

BOISE DANCE ALLIANCE



(ages 10 & up)

June 16th-19th

Join us for this fun four-day summer camp!

Dancers will work on a variety of acrobatic skills as well as some stretching and strengthening exercises.

Bring your own snack, water bottle, and appropriate dance attire.

Monday, June 16th

1:00pm-1:15pm	Warm-Up
1:15pm-1:45pm	Class #1 (Stretching/Strengthening or Stationary Skills)
1:45pm-2:00pm	Snack Break
2:00pm-2:30pm	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
2:30pm-3:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Tuesday, June 17th

1:00pm-1:15pm	Warm-Up
1:15pm-1:45pm	Class #1 (Stretching/Strengthening or Stationary Skills)
1:45pm-2:00pm	Snack Break
2:00pm-2:30pm	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
2:30pm-3:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Wednesday, June 18th

1:00pm-1:15pm	Warm-Up
1:15pm-1:45pm	Class #1 (Stretching/Strengthening or Stationary Skills)
1:45pm-2:00pm	Snack Break
2:00pm-2:30pm	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
2:30pm-3:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Thursday, June 19th

1:00pm-1:15pm	Warm-Up
1:15pm-1:45pm	Class #1 (Stretching/Strengthening or Stationary Skills)
1:45pm-2:00pm	Snack Break
2:00pm-2:30pm	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
2:30pm-3:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)