

BOISE DANCE ALLIANCE



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

10:00am-10:15am	Warm-Up
10:15am-10:45am	Class #1 (Stretching/Strengthening or Stationary Skills)
10:45am-11:00am	Snack Break
11:00am-11:30am	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
11:30am-12:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Tuesday, June 17th

10:00am-10:15am	Warm-Up
10:15am-10:45am	Class #1 (Stretching/Strengthening or Stationary Skills)
10:45am-11:00am	Snack Break
11:00am-11:30am	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
11:30am-12:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Wednesday, June 18th

10:00am-10:15am	Warm-Up
10:15am-10:45am	Class #1 (Stretching/Strengthening or Stationary Skills)
10:45am-11:00am	Snack Break
11:00am-11:30am	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
11:30am-12:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)

Thursday, June 19th

10:00am-10:15am	Warm-Up
10:15am-10:45am	Class #1 (Stretching/Strengthening or Stationary Skills)
10:45am-11:00am	Snack Break
11:00am-11:30am	Class #2 (Aerial Progressions or Kick over, walkover, handsprings)
11:30am-12:00pm	Class #3 (Aerial Progressions or Kick over, walkover, handsprings)