

**Level 5/6 summer schedule**

**June 9-27**

**July 14-August 1**

**Mondays**

- 9:30-10:30 yoga
- 10:30-12:30 ballet w/ Ms. Rachel
- 12:30-1:30 pointe w/ Ms. Rachel
- 1:30-3 lunch
- 3-4 tendu toning

**Tuesdays**

- 10:30-12:30 ballet w/ Ms. Rachel
- 12:30-1:30 pointe w/ Ms. Rachel
- 1:30-3 lunch
- 3-4 tendu toning
- 4-5 pointe shoe sewing tutorial/injury prevention/nutrition/ballet trivia

**Wednesdays**

- 9:30-10:30 contemporary
- 10:30-12:30 ballet w/ famous guest teacher
- 12:30-1:30 pointe w/ famous guest teacher
- 1:30-3 lunch
- 3-4 Pilates and stretching

**Thursdays**

- 9:30-10:30 stretching
- 10:30-12:30 ballet w/ Ms. Rachel
- 12:30- 1:30 pointe w/ Ms. Rachel
- 1:30-3 lunch
- 3-4 tendu toning

**Fridays**

- 9:30-10:30 contemporary
- 10:30-12:30 ballet w/ Mr. Brad
- 12:30-1:30 pointe w/ Mr. Brad
- 1:30-3 lunch
- 3-4 tendu toning