

Virginia Ballet Company and School
2021 Summer Intensive/Camp • June 28th – August 14th (7 week program)*

Senior Intensive Program (Advanced & Intermediate IV level classes)

Class Hours Scheduled per Week					Discipline	Total Classes per wk	Total Hours per wk
Mon	Tues	Wed	Thurs	Fri			
9:00-10:00am Dynamic Flexibility Tr. <i>studio - A</i>	9:00-10:00am Core Strength Tr <i>studio - A</i>	9:00-10:00am Dynamic Flexibility Tr. <i>studio - A</i>	9:00-10:00am Core Strength Tr <i>studio - A</i>	9:00-10:00am Dance Theory <i>studio - A</i>	Core Strength Tr.	2	2.0
					Dynamic Flexibility Tr.	2	2.0
					Dance Theory	1	1.0
10:15-12:15pm Ballet <i>studio - A</i>	10:15-12:15pm Ballet <i>studio - A</i>	10:15-12:15pm Ballet <i>studio - A</i>	10:15-12:15pm Ballet <i>studio - A</i>	10:15-11:45pm Ballet <i>studio - A</i>	Ballet	5	9.5
Lunch Break	Lunch Break	Lunch Break	Lunch Break	11:45-12:45pm Flamenco <i>studio - A</i>	Pointe	4	4.0
1:00-2:00pm Pointe <i>studio - A</i>	1:00-2:00pm Pointe <i>studio - A</i>	1:00-2:00pm Pointe <i>studio - A</i>	1:00-2:00pm Pointe <i>studio - A</i>	Lunch Break	Variations	3	3.0
2:00-3:00 Variations <i>studio - A</i>	2:00-3:00 Modern/ Contemporary <i>studio - A</i>	2:00-3:00 Tap <i>studio - A</i>	2:00-3:00 Character <i>studio - A</i>	1:30-2:30pm Hip-Hop <i>studio - A</i>	Tap	1	1.0
					Modern/ Contemporary	3	3.0
Break	Break	Break	Break	2:30-3:30 Modern/ Contemporary <i>studio - A</i>	Character	1	1.0
3:30-4:30 Jazz <i>studio - A</i>	3:30-4:30 Variations <i>studio - A</i>	3:30-4:30 Variations <i>studio - A</i>	3:30-4:30 Modern/ Contemporary <i>studio - A</i>	3:30-4:30 Musical Theatre Dance <i>studio - A</i>	Musical Theatre Dance	1	1.0
					Flamenco	1	1.0
					Jazz	1	1.0
					Hip Hop	1	1.0
Total Classes and Hours Per Week						26	30.5

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Junior Intensive Program (Intermediate III, II & I level classes)

Class Hours Scheduled per Week							Discipline	Total Classes per wk	Total Hours per wk
Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
9:00-10:00am Dynamic Flexibility Tr. <i>studio - B</i>	9:00-10:00am Core Strength Tr <i>studio - B</i>	9:00-10:00am Dynamic Flexibility Tr. <i>studio - B</i>	9:00-10:00am Core Strength Tr <i>studio - B</i>	9:00-10:00am Core Strength Tr <i>studio - B</i>			Core Strength Tr.	3	3.0
							Dynamic Flexibility Tr.	2	2.0
10:15-12:15pm Ballet <i>studio - B</i>	10:15-12:15pm Ballet <i>studio - B</i>	10:15-12:15pm Ballet <i>studio - B</i>	10:15-12:15pm Ballet <i>studio - B</i>	10:15-11:45am Ballet <i>studio - B</i>			Dance Theory	1	1.0
Lunch Break	Lunch Break	Lunch Break	Lunch Break	11:45-12:45pm Hip-Hop <i>studio - A</i>			Ballet	5	9.5
1:00-2:00pm Pointe <i>studio - B</i>	1:00-2:00pm Pointe <i>studio - B</i>	1:00-2:00pm Pointe <i>studio - B</i>	1:00-2:00pm Pointe <i>studio - B</i>	Lunch Break			Pointe	4	4.0
2:00-3:00 Jazz <i>studio - B</i>	2:00-3:00 Character <i>studio - B</i>	2:00-3:00 Variations <i>studio - B</i>	2:00-3:00 Modern/ Contemporary <i>studio - B</i>	1:30-2:30pm Dance Theory <i>studio - B</i>			Variations	3	3.0
				Character			Character	1	1.0
Break	Break	Break	Break	2:30-3:30pm Musical Theatre Dance <i>studio - B</i>			Modern/ Contemporary	3	3.0
3:30-4:30 Variations <i>studio - B</i>	3:30-4:30 Modern/ Contemporary <i>studio - B</i>	3:30-4:30 Tap <i>studio - B</i>	3:30-4:30 Variations <i>studio - B</i>	3:30-4:30pm Modern/ Contemporary <i>studio - B</i>			Hip Hop	1	1.0
							Jazz	1	1.0
							Tap	1	1.0
							Musical Theatre Dance	1	1.0
Total Classes And Hours Per Week								26	30.5

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Elementary Intensive Program (Beginning Ballet III, II & I level classes)

Class Hours Scheduled per Week							Discipline	Total Classes per week	Total Hours per week
Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
5:00-6:00pm Ballet studio - B	5:00-6:00pm Ballet studio - B	5:00-6:00pm Ballet studio - B	5:00-6:00pm Ballet studio - B		10:45-11:45am Ballet studio -B		Ballet	5	5.0
6:00-7:00pm Character *ONLY Open to Beg. Ballet III level studio - B	6:00-7:00pm Intro to Tap *ONLY Open to Beg. Ballet III level studio - B	6:00-7:00pm Intro to Dynamic Flexibility *OPEN to ALL Beg. Ballet levels studio - B	6:00-7:00pm Intro Modern *OPEN to ALL Beg. Ballet levels studio - B				Character (BBIII Only)	1	1.0
							Intro To Modern (BBIII Only)	1	1.0
							Intro To Tap (Open To All Levels)	1	1.0
							Intro Dynamic Flexibility Tr (Open To All Levels)	1	1.0
Total Classes And Hours Per Week								9	9.0

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Fantasy Ballet Camp: Ages 4 – 7 (Creative Movement- Pre-Ballet II)

4 Available Weeks- June 28 th -July 2 nd , July 12 th -July 16 th , July 26 th -July 30 th , August 9 th -August 13 th							Discipline	Total Days per week	Total Hours per week
Mon 9:00am-12:00pm Fantasy Ballet Camp studio - C	Tues	Wed 9:00am-12:00pm Fantasy Ballet Camp studio - C	Thurs	Fri 9:00am-12:00pm Fantasy Ballet Camp studio - C	Sat	Sun			
							Fantasy Ballet Camp	3	9
Total Camp and Hours Per Week								3	9

- Camps Must Have 4 Students Registered To Run
- Students Must Be Registered By 4:30pm The Friday Before The Start Of The Camp
- Due To Covid-19 Restrictions, camps may have a max limit.

Creative Movement, Pre-Ballet 1 & 2: Additional Scheduled Classes: Ages 3 – 7, individual classes offered per week

*Additional Class Hours Scheduled per Week (7 weeks)								Discipline	Total Classes per week	Total Hours per week
Mon	Tues	Wed	Thurs	Fri	Sat 10:00-10:30am Pre-Ballet 1 Ballet studio - B	Sat 9:30-10:15am Pre-Ballet 2 Ballet studio - A	Sat 10:15-11:00am Creative Movement Ballet studio - C			
								Pre-Ballet 1	1	.5
								CM & Pre-Ballet 2	1 <i>each</i>	.75 <i>each</i>
Total Classes and Hours Per Week								1 Class Per Level		

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Adult Dance Program (ages 16-up classes)

2021 Summer Schedule – Adult Dance Program (ages 16 - up)							Discipline	Total Classes per week	Total Hours per week
Class Hours Scheduled per Week									
Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
7:00-8:00pm Adult Beginning Ballet <i>studio - B</i>	10:00-11:30am Adult Intermediate Ballet <i>studio - C</i>	5:00-6:00pm Adult Intermediate Flamenco <i>studio - A</i>	9:00-10:00am Adult Floor Barre <i>Zoom</i>		8:15-9:45am Adult Intermediate Ballet <i>studio - B</i>		Stretch Tone Yoga	2	2.0
							Ballet	5	6.5
7:30-8:30pm Stretch Tone Yoga <i>Zoom</i>	11:30-12:30pm Adult Jazz <i>studio - C</i>	6:00-7:00pm Adult Beginner Flamenco <i>studio - A</i>	10:00-11:30am Adult Intermediate Ballet <i>Zoom</i>		9:00-10:00am Adult Intro to Tap <i>studio - C</i>		Flamenco	2	2.0
							Jazz	2	2.0
8:00-9:00pm Adult Jazz <i>studio - B</i>	7:00-8:00pm Adult Beginning Ballet <i>studio - A</i>	7:30-8:30pm Stretch Tone Yoga <i>Zoom</i>	11:30-12:30pm Adult Tap <i>Studio- C</i>				Intro to Tap	2	2.0
							Floor Barre	1	1.0
Total Classes And Hours Per Week								14	15.5

- Students enrolled in the Core Strength Training and Stretch Tone Yoga classes need to bring an exercise mat and towel to each class
- Virginia Ballet Company and School does not have an area to secure valuables and is not responsible for misplaced, lost, stolen or damaged items
- Adult Dance Program tuition on back of class schedule applies to all classes shown above on the schedule (flamenco, jazz, modern, strength training, tap etc...). Please speak with registrar if interested in attending a class discipline that is not shown on above Adult Class Schedule (character, modern/contemporary, hip hop, tap etc...) for tuition information

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