

RESILIENCE Dance Company - Summer Intensive - Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM - 10:30 AM	Orientation and Group Activity	Ballet	Modern	Contemporary	Ballet	Modern
10:30 AM - 10:45 AM	Break	Break	Break	Break	Break	Break
10:45 AM - 12:15 PM	Modern	Improvisation	Partnering	Choreography & Composition	Improvisation	Choreographic Process 2: Rehearsal
12:15 PM - 1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM - 2:30 PM	Choreographic Process 1: Rehearsal	Choreographic Process 1: Rehearsal	Choreographic Process 2: Rehearsal	Choreographic Process 2: Rehearsal	Choreographic Process 1: Rehearsal	Tech/Dress Rehearsal
2:30 PM - 2:45 PM	Break	Break	Break	Break	Break	Break
2:45 PM - 4:00 PM	Injury Prevention Workshop	Choreographic Process 2: Rehearsal	Mental Health for Dancers Workshop	Choreographic Process 1: Rehearsal	Professional Panel: Q & A	Closing Group Activity/Show Prep

*All full-day participants will complete two choreographic processes and get to perform two short dances

**Optional Photoshoot Weekday 4 - 5:30pm

***Performance Saturday 4PM