

Pineapple Dance

Summer Acro Adv/Int 2019!



Dates: July 8 - 12

Ages 10+, Co-Ed

Daily Schedule:

9:00am	Arrival
9:00-10:00am	Warm-Up Routine
10:00-10:30am	Snack, Goals, Videos
10:30-11:45am	Drills N Skills
11:45-12:15pm	Lunch
12:15-1:00pm	Craft
1:00-2:15pm	Routines & Review
2:15-3:00pm	Mill River Pool
3:00pm	Pick up at Mill River every day except Friday

3pm Friday 7/12/19 SHOWING at PD!



Crafts:

We will be making the props needed for our Friday Showing. Monday will be the planning / deciding day, then each day after we will be making them together.

Goals:

Maintain skills and strength during the off-season. Build partner skills and expand knowledge of acrobatics. Learn healthy habits and injury prevention / care.

Focus on:
Limbers,
Walkovers,
Arabians,
Handsprings,
Aerials,
and Tucks.



Bring:

Lunch, snacks, water bottle, changes of dance clothes, swimwear, towel, sunscreen, positive attitude, and excitement to TUCK, SPRING, LEARN and IMPROVE!!!!

Tuition:

\$300 due 7/8/19

\$50 deposit due 5/1/19

Jennifer R Root - Instructor

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