

# Pineapple Dance

## Summer Acro Beg/Int 2019!



Dates: June 24 - 28

Ages 5-9, 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 6/28/19 **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.

### Plan for the Week:

Monday	hellos, proper warm-up, class etiquette, set goals
Tuesday	partner work, routines
Wednesday	skills, conditioning, healthy habits, routines
Thursday	build strength, routines
Friday	finish props, celebrate goals reached, enjoy our showing



### Bring:

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

### Tuition:

**\$300 due 6/24/19**

**\$50 deposit due 5/1/19**

Jennifer R Root ~ Instructor

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