

# TACOMA CITY BALLET

## 2019 Free Ballet Immersion Week Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ORIENTATION</b> 9:30 AM				
Ballet Technique 10:00 am-12:00 pm	Ballet Technique 10:00 am-12:00pm	Ballet Technique 10:00 am-12:00 pm	Ballet Technique 10:00 am-12:00 pm	Ballet Technique 10:00 am-12:00 pm
Lunch 12:00-12:30	Lunch 12:00-12:30 pm	Lunch 12:00-12:30 pm	Lunch 12:00-12:30 pm	Lunch 12:00-12:30 pm
Pointe 12:30-1:30 pm	Pas de Deux 12:30-1:30 pm	Pointe 12:30-1:30 pm	Pas de Deux 12:30-1:30 pm	Pointe 12:30-1:30 pm
Contact Improvisation 1:30-2:30 pm Dr. Grierson	Graham Modern Technique 1:30-2:30 pm Dr. Kadel	Graham Modern Technique 1:30-2:30 pm Dr. Kadel	Contact Improvisation 1:30-2:30 pm Dr. Grierson	Classical Variations Solo 1:30-2:30 pm
Anatomy 2:30-3:30 pm Dr. Kadel Dr. Grierson	The Foot On Pointe 2:30-3:30 pm Dr. Kadel	Injury Prevention 2:30-3:30 pm Dr. Kadel	Health 2:30-3:30 pm Dr. Kadel Dr. Grierson	Classical Variations Pas de Deux 2:30-3:30 pm
Choreography Theater Stage Craft 3:30-5:00 pm	Contemporary Technique 3:30-5:00 pm	Choreography Theater Stage Craft 3:30-5:00 pm	Contemporary Technique 3:30-5:00 pm	Choreography Showcase For Guests 3:30-5:00 pm