

# CNYAOD 2024 Summer Intensive Schedule

## **LEVELS & CLASS DAYS:**

Level 1 – 3<sup>rd</sup>/4<sup>th</sup> grade Sept. 2024 – Mondays

Level 2 – 5<sup>th</sup> grade Sept. 2024 – Tuesdays & Wednesdays

Level 3 – 6<sup>th</sup>/7<sup>th</sup> grade Sept. 2024 – Tuesdays & Wednesdays

Level 4 – 8<sup>th</sup> grade and up (college-aged dancers welcome!) – Mondays, Tuesdays & Thursdays

### **Monday 7/15**

**Level 1** Ballet 5-6 (Instructor - Eileen Witt)

**Level 1** Stretch/Conditioning 6-6:30 (Instructor – Eileen Witt)

**Level 4** Jazz 6:30-7:30 (Instructor – Eileen Witt)

**Level 4** Contemporary 7:30 – 8:30 (Instructor – Eileen Witt)

### **Tuesday 7/16**

**Level 2/3** Jazz 4:30-5:15 (Instructor – Olivia Bauer)

**Level 2/3** Contemporary 5:15-6 (Instructor – Olivia Bauer)

**Level 2/3** Stretch/Conditioning 6-6:30 (Instructor – Olivia Bauer)

**Level 4** Ballet 6:30-8 (Instructor – Eileen Witt)

### **Wednesday 7/17**

**Level 2** Ballet/Pre-Pointe 5-6:30 (Instructor – Eileen Witt)

**Level 3** Ballet & Dance Theory 6:30-8 (Instructor – Eileen Witt)

### **Thursday 7/18**

**Level 4** Ballet/Pointe 6:30 – 8:30 (Instructor – Fallon Gannon)

### **Monday 7/22**

**Level 1** Jazz 5-6 (Instructor – Olivia Bauer)

**Level 1** Hip-Hop 6-6:30 (Instructor – Olivia Bauer)

**Level 4** Ballet 6:30-7:45 (Instructor – Fallon Gannon)

**Level 4** Variations 7:45 – 8:30 (Instructor – Fallon Gannon)

### **Tuesday 7/23**

**Level 2/3** Jazz 4:30-5:30 (Instructor – Olivia Bauer)

**Level 2/3** Stretch/Conditioning 5:30-6 (Instructor – Olivia Bauer)

**Level 2/3** Improvisation 6-6:30 (Instructor – Julia Zeszutko)

**Level 4** Modern/Improvisation 6:30-7:30 (Instructor – Julia Zeszutko)

**Level 4** Stretch 7:30-8 (Instructor – Julia Zeszutko)

### **Wednesday 7/24**

**Level 2** Ballet & Dance Theory 5-6:30 (Instructor – Eileen Witt)

**Level 3** Ballet/Pointe 6:30-8 (Instructor – Julia Shove)

### **Thursday 7/25**

**Level 4** Ballet/Pointe 6:30 – 8:30 (Instructor – Julia Shove)

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### Monday 7/29

**Level 1** Ballet 5-6 (Instructor – Eileen Witt)

**Level 1** Musical Theatre 6-6:30  
(Instructor – Olivia Bauer)

**Level 4** Musical Theatre 6:30-7:15  
(Instructor – Olivia Bauer)

**Level 4** Stretch/Conditioning 7:15-8  
(Instructor – Eileen Witt)

**Level 4** Dance Theory 8-8:30  
(Instructor – Eileen Witt)

### Tuesday 7/30

**Level 2/3** Contemporary 4:30-5:15  
(Instructor – Olivia Bauer)

**Level 2/3** Musical Theatre 5:16-6  
(Instructor – Olivia Bauer)

**Level 2, 3 & 4** Hip-Hop 6:30-7:15  
(Instructor – Olivia Bauer)

**Level 2, 3 & 4** Dancer Wellness 6:30-7:15  
(Instructor – Eileen Witt)

**Level 4** Pointe/Variations 7:15-8:15  
(Instructor – Eileen Witt)

### Wednesday 7/31

**Level 2** Ballet & Pre-Pointe 5-6:30  
(Instructor – Eileen Witt)

**Level 3** Ballet/Pointe 6:30-8  
(Instructor – Fallon Gannon)

### Thursday 8/1

**Level 4** Ballet/Pointe 6:30 – 8:30  
(Instructor – Julia Shove)

\*Dancers should arrive in proper dance attire each day, with hair pulled back in a bun. Any color leotard, nude tights if no ballet that day – pink tights for any days with ballet. A detached skirt is allowed for ballet/pointe/variations, black shorts, leggings or jazz pants allowed for other classes

**\*PLEASE BRING** a water bottle and notebook/pen or pencil each day, and a yoga mat for any days with stretch/conditioning on your schedule.