VIRTUAL DANCE LAB I: July 20-24 / July 27-31 / August 3-7
Ages 8-10

Schedule subject to change. All classes held in Central Time.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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| 9:30-10:45 AM | 9:30-10:45 AM  
Ballet (Trish Strong) | Ballet (Trish Strong) |
| 11:00 AM-12:00 PM | 11:00 AM-12:00 PM  
*Contemporary (Keesha Beckford) | *Conditioning and Rep (Trish Strong) |

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<th>WEDNESDAY</th>
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*Week 1: Contemporary
*Week 2: Modern
*Week 3: Musical Theatre Jazz

These classes follow weekly themes. See second page for a list of themes and descriptions.
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Ages 8-10

Tuition and Registration Information
Price per Week: $135.00
Registration Fee per Week: $10.00
Total per Week: $145.00

- Students must have turned 8 years old by 6/1/2020 to enroll.
- Students must have at least one year of ballet experience to enroll.
- Students may register for one, two, or three weeks. Students must register online by Thursday prior of each week they wish to register for.
- Refunds will not be given for missed classes or withdrawal from the program.

Dance Lab I Weekly Themes
Week 1: July 20-24 “Back in Action”
An understanding of how the arms connect to the back is vital for beautiful port de bras and upper body movement, as well as for strong turns and jumps. Back in Action will help students lengthen through their spine and use their upper bodies with efficiency, strength, and style. Non-classical technique: Contemporary

Week 2: July 27-31 “Power to the Pelvis”
The pelvis is the meeting point of the upper and lower body. It is a major factor in a dancer’s placement and ability to move the body as a whole. In Power to the Pelvis, students will focus on core and glute strength, as well as on increasing mobility and turnout at the hip joint. Non-classical technique: Modern

Week 3: August 3-7 “Footloose and Fancy Free”
Strong, supple feet are a vital part of clear, clean dancing. Footloose and Fancy Free will help dancers properly strengthen, stretch, and organize the feet, promoting better overall body placement and movement mechanics. Non-classical technique: Musical Theatre Jazz

Recommended Attire
- Students should be prepared to take ballet class each day in ballet attire:
  - Ladies: Plain, camisole leotard (black recommended), ballet tights (flesh-tone or pink), ballet flats
  - Men: White, fitted t-shirt, ballet tights (black or gray) or black shorts, ballet flats
- Students are welcome to wear dance shorts or leggings for their non-classical classes.
- All students should have a medium to heavy-strength Theraband.

Connecting to Online Classes
These classes are designed to do at home! All that is needed is some floor space, a sturdy, makeshift barre, and an electronic device that can connect to the video conference platform Zoom.

Registration opens online July 9 at 10:00 AM CST. Visit joffrey.org/academy/registration to register.

Joffrey Academy of Dance, Official School of The Joffrey Ballet, is the only training program owned, operated or endorsed by The Joffrey Ballet. The Joffrey Ballet is not affiliated with any other dance training or school program, including the Joffrey Ballet School in New York. The Joffrey Academy, located in the Exelon Education Center at Joffrey Tower in Chicago, Illinois is the only school that follows the organizational mission, training syllabi, and artistic vision of The Joffrey Ballet. No other program, including those holding the Joffrey name, is sanctioned by The Joffrey Ballet. For more information, please contact Academy Reception at 312.784.4600.