



One-Day Dance Intensive Schedule

Morton Ranch HS – Tuesday, August 1, 2017

8:30-9:00am	Registration
9:00-9:30am	Introductions, Stretch, & Explanation of Morning Routines
9:30-11:00am	Pep Rally Routines #1-3
11:00-11:15am	Show-Off Routines & Ribbons Presented
11:15-12:00pm	Leaps & Turns Combos (Int & Adv options) + Team Building
12:00-1:00pm	Lunch (pre-order OR on your own)
1:00-1:45pm	“Dance After High School” and “Social Media” Workshops
1:45-2:00pm	Stretch & Explanation of Afternoon Routines
2:00-3:30pm	Pep Rally Routines #4-6
3:30-3:45pm	Show-Off Routines & Ribbons Presented
3:45-4:15pm	Team Building & Motivational Activities
4:15-4:30pm	Closing Words & Farewells

