

Welcome to



Midwest Performing Arts

Summer Intensive | 2022

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# Class Attire Requirements

- Black leotard
- Convertible pink tights
- Black shorts or leggings (can be worn over leotard and tights in all classes except Ballet)
- Pink Ballet slippers
- Jazz Shoes
- Pointe shoes (if working on Pointe)
- Character shoes (not required, but can be used for Musical Theater class)
- Hair secured in a bun

# Other supplies needed

- Yoga mat
- Thera Band
- Golf ball
- Tennis ball
- Large exercise ball (under 4'8"-45 cm ball/ 4'8"-5'3"-55 cm ball/5'3"-5'10"-65 cm ball)
- Fusion Ball (22 in circumference)
- Hand towel
- Notebook
- Pen/pencil
- Packed lunch
- Water

# Summer Intensive | 2022

## Dance Class Etiquette (International Standard)

- Come as early as your schedule permits to warm-up quietly before class. Your body is your instrument, take care of it. (MPA open a half hour before classes begin.)
- Stand-up when the instructor enters the room.
- Be on time and ready to enter the room after the previous class leaves.
- Do not enter a class rehearsal in session without first getting permission from the instructor.
- Students who are injured or who arrive late to class should sit quietly in the studio observing class. This is to ensure the students' physical safety.
- Students may not sit down or leave class without the teacher's permission, except in an emergency.
- Chewing gum, eating or drinking is not allowed in the studio. Only water bottles are permitted inside the studios.
- Street shoes are not allowed in the studio.
- No jewelry including necklaces, bracelets long earrings and/or wristwatches should not be worn during class.
- Dancers should follow the class attire requirements for each class.
- Look Good! Groom yourself to feel better in class. Take pride in the way you appear.
- Wear street clothing, warm-ups over your dancewear when outside of the studio. Do not wear dance shoes outdoors.
- Movements other than the one being demonstrated or addressed by the instructor should not be practiced during that time.
- When changing sides during exercises at the barre, please turn towards the barre.
- Do not lean on the barres.
- Be attentive to the instructor's remarks. Be alert to all corrections given to you and the other students in class.
- Do not talk in class. Address any questions to the instructor.
- Students must show respect to teachers and fellow dancers for an enjoyable learning environment. In the event of an accident, the instructor will supervise procedures.
- When an exercise has been completed, the student should not immediately "turn off" his or her attention. Please listen for the instructor's direction to rest.
- Change groups quickly and energetically in the center.
- Maintain chessboard formation during the center exercises and maintain straight lines throughout class.
- After the lesson, show your appreciation to your instructor, your peers, and yourself by clapping.
- Leave personal/emotional problems outside of the studio. If you feel that you are unable to keep in control please ask to be seated or take an absence.
- This is a place of business; students/families must conduct themselves in a quiet, controlled, appropriate manner in all areas of the building. Please turn off cell phones. Young children should not be left unattended. No running.

**Give it your best and have fun!**

# Summer Intensive | Group 1

## 2022 Senior Summer Intensive Week 1 JUNE 20-24 GROUP 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:30 Modern Jessica	10:00-11:30 Ballet Lauren	10:00-11:30 Modern Jessica	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan H.
11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pointe Lauren	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pointe Meghan M.	11:30-12:30 Pointe Meghan H.
12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Improvisation Techniques Crystal
1:30-2:00 Lunch/Lecture Caitlin	1:30-2:00 Lunch/Lecture Abigail	1:30-2:00 Lunch/Lecture Caitlin	1:30-2:00 Lunch/Lecture Abigail	1:30-2:00 Lunch/Lecture Crystal
2:00-3:30 Ballet Meghan H.	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Ballet Meghan H.	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Modern Fusion Abi
3:30-4:30 Pointe Variations Meghan H.	3:30-4:30 Choreography Meghan M.	3:30-4:30 Pointe Variations Meghan H.	3:30-4:30 Choreography Meghan M.	3:30-4:30 Musical Theater Jazz Jessica

## 2022 Senior Summer Intensive Week 2 JUNE 27-JULY 1 GROUP 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:30 Modern Jessica	10:00-11:30 Ballet Lauren	10:00-11:30 Modern Jessica	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan H.
11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pointe Lauren	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pointe Meghan M.	11:30-12:30 Pointe Meghan H.
12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:00 Lunch
1:30-2:00 Lunch/Lecture Jessica	1:30-2:00 Lunch/Lecture Abigail	1:30-2:00 Lunch/Lecture Jessica	1:30-2:00 Lunch/Lecture Abigail	1:00-3:00 Performance Rehearsal All Staff
2:00-3:30 Ballet Meghan H.	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Ballet Meghan H.	2:00-3:30 Jazz Technique Meghan M.	3:00-3:30 Hair and Make-up All Staff
3:30-4:30 Pointe Variations Meghan H.	3:30-4:30 Choreography Meghan M.	3:30-4:30 Pointe Variations Meghan H.	3:30-4:30 Choreography Meghan M.	3:30-4:30 Showcase All Staff

# Summer Intensive | Group 1

## Lunch Lecture Line Up

### **Monday, June 20**

*Become a Smarter Dancer in 30 Minutes a Day-* How to become a more detail-oriented dancer.  
– The Brainy Ballerina w/Caitlin Sloan

### **Tuesday, June 21**

Intro to House Dance/Floorwork w/ Abigail

### **Wednesday, June 22**

*Become a Smarter Dancer in 30 Minutes a Day-*Think ahead! How to show up prepared for class and rehearsal. – The Brainy Ballerina w/ Caitlyn Sloan

### **Thursday, June 23**

Intro to House Dance/Floorwork continued w/ Abigail

### **Friday, June 24**

Evolution of Dance w/ Crystal

### **Monday, June 27**

Laban Notation w/ Jessica

### **Tuesday, June 28**

History of Modern/Contemporary Dance w/ Abigail

### **Wednesday, June 29**

Musical Theater Dance History w/ Jessica

### **Thursday, June 30**

Dance Careers/Education w/ Abigail

### **Friday, July 1**

No Lecture- Preparing for Showcase

# Summer Intensive | Group 2

## 2022 Senior Summer Intensive Week 1 JUNE 20-24 GROUP 2

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 Ballet Lauren	10:00-11:30 Ballet Lauren	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan H.
11:30-12:30 Pre-Pointe Lauren	11:30-12:30 Pointe Lauren	11:30-12:30 Pre-Pointe Meghan M.	11:30-12:30 Pointe Meghan M.	11:30-12:30 Pointe Meghan H.
12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Improvisation Techniques Crystal
1:30-2:00 Lunch/Lecture Caitlin	1:30-2:00 Lunch/Lecture Caitlin	1:30-2:00 Lunch/Lecture Caitlin	1:30-2:00 Lunch/Lecture Abigail	1:30-2:00 Lunch/Lecture Crystal
2:00-3:30 Modern Crystal	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Modern Crystal	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Modern Fusion Abi
3:30-4:30 Choreography Crystal	3:30-4:30 Choreography Meghan M.	3:30-4:30 Choreography Crystal	3:30-4:30 Choreography Meghan M.	3:30-4:30 Musical Theater Jazz Jessica

## 2022 Senior Summer Intensive Week 2 JUNE 27-JULY 1 GROUP 2

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 Ballet Lauren	10:00-11:30 Ballet Lauren	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan M.	10:00-11:30 Ballet Meghan H.
11:30-12:30 Pre-Pointe Lauren	11:30-12:30 Pointe Lauren	11:30-12:30 Pre-Pointe Meghan M.	11:30-12:30 Pointe Meghan M.	11:30-12:30 Pointe Meghan H.
12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:00 Lunch
1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Abigail	1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Abigail	1:00-3:00 Performance Rehearsal All Staff
2:00-3:30 Modern Crystal	2:00-3:30 Jazz Technique Meghan M.	2:00-3:30 Modern Crystal	2:00-3:30 Jazz Technique Meghan M.	3:00-3:30 Hair and Make-up All Staff
3:30-4:30 Choreography Crystal	3:30-4:30 Choreography Meghan M.	3:30-4:30 Choreography Crystal	3:30-4:30 Choreography Meghan M.	3:30-4:30 Showcase All Staff

# Summer Intensive | Group 2

## Lunch Lecture Line Up

### **Monday, June 20**

*Become a Smarter Dancer in 30 Minutes a Day-* How to become a more detail- oriented dancer. – The Brainy Ballerina w/Caitlin Sloan

### **Tuesday, June 21**

*Become a Smarter Dancer in 30 Minutes a Day-* What are the "right" questions to ask in a dance class? – The Brainy Ballerina w/Caitlin Sloan

### **Wednesday, June 22**

*Become a Smarter Dancer in 30 Minutes a Day-*Think ahead! How to show up prepared for class and rehearsal. – The Brainy Ballerina w/ Caitlin Sloan

### **Thursday, June 23**

Intro to House Dance/Floorwork w/ Abigail

### **Friday, June 24**

Evolution of Dance w/ Crystal

### **Monday, June 27**

Doris Humphrey w/ Crystal

### **Tuesday, June 28**

History of Modern/Contemporary Dance w/ Abigail

### **Wednesday, June 29**

Katherine Dunham w/ Crystal

### **Thursday, June 30**

Dance Careers/Education w/ Abigail

### **Friday, July 1**

No Lecture- Preparing for Showcase

# Summer Intensive | Group 3

## 2022 Senior Summer Intensive Week 1 JUNE 20-24 GROUP 3

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 Ballet Lauren	10:00-11:30 Jazz Technique Jessica	10:00-11:30 Ballet Meghan M.	10:00-11:30 Jazz Technique Jessica	10:00-11:30 Ballet Abi
11:30-12:30 Pre-Pointe Lauren	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pre-Pointe Meghan M.	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Ballet Variations Abi
12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Choreography Composition Jessica
1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Catlin	1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Catlin	1:30-2:00 Lunch/Lecture Abi
2:00-3:30 Modern Crystal	2:00-3:30 Ballet Celia	2:00-3:30 Modern Crystal	2:00-3:30 Ballet Celia	2:00-3:30 Musical Theater Jazz Jessica
3:30-4:30 Choreography Crystal	3:30-4:30 Ballet Variations Celia	3:30-4:30 Choreography Crystal	3:30-4:30 Ballet Variations Celia	3:30-4:30 Hip Hop Abi

## 2022 Senior Summer Intensive Week 2 JUNE 27-JULY 1 GROUP 3

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 Ballet Lauren	10:00-11:30 Jazz Technique Jessica	10:00-11:30 Ballet Meghan M.	10:00-11:30 Jazz Technique Jessica	10:00-11:30 Ballet Jessica
11:30-12:30 Pre-Pointe Lauren	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Pre-Pointe Meghan M.	11:30-12:30 Choreography Composition Jessica	11:30-12:30 Progressing Ballet Technique Jessica
12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:30 Yoga for Dancers Abigail	12:30-1:30 Progressing Ballet Technique Jessica	12:30-1:00 Lunch
1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Jessica	1:30-2:00 Lunch/Lecture Crystal	1:30-2:00 Lunch/Lecture Jessica	1:00-3:00 Performance Rehearsal All Staff
2:00-3:30 Modern Crystal	2:00-3:30 Ballet Celia	2:00-3:30 Modern Crystal	2:00-3:30 Ballet Celia	3:00-3:30 Hair and Make-up All Staff
3:30-4:30 Choreography Crystal	3:30-4:30 Ballet Variations Celia	3:30-4:30 Choreography Crystal	3:30-4:30 Ballet Variations Celia	3:30-4:30 Showcase All Staff



# Summer Intensive | Group 3

## Lunch Lecture Line Up

### **Monday, June 20**

Twyla Tharp w/ Crystal

### **Tuesday, June 21**

*Become a Smarter Dancer in 30 Minutes a Day*- What are the "right" questions to ask in a dance class? – The Brainy Ballerina w/Caitlin Sloan

### **Wednesday, June 22**

Lester Horton w/ Crystal

### **Thursday, June 23**

*Become a Smarter Dancer in 30 Minutes a Day*-Think ahead! How to show up prepared for class and rehearsal. – The Brainy Ballerina w/ Caitlin Sloan

### **Friday, June 24**

Dance in college w/ Abi

### **Monday, June 27**

Doris Humphrey w/ Crystal

### **Tuesday, June 28**

Laban Notation w/ Jessica

### **Wednesday, June 29**

Katherine Dunham w/ Crystal

### **Thursday, June 30**

Musical Theater Dance History w/ Jessica

### **Friday, July 1**

No Lecture- Preparing for Showcase

# Summer Intensive | 2022 Showcase Performance

Friday, July 1<sup>st</sup> 3:30 PM

All participating dancers are allowed to invite friends and family to come and watch a showcase demonstration of what they have learned and created during the MPA Sr. Summer Intensive 2022!

**MPA Studio 3**

604 E. Main St. Waunakee, WI