

Sample Dance Programme 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1 09.30 ó 10.30 or 14.30 ó 15.30	Getting to know dancers Warm-up	Warm-up Corner work, floor work and technique	Warm-up Corner work, floor work and technique	Warm-up Corner work, floor work and technique	Warm-up Corner work, floor work and technique	Departures day / Excursion (multiple week stay)	Arrival Day / Excursions (multiple week stay)
Session 2 10.30 ó 11.30 or 15.30 ó 16.30	New choreography learning and practice	New choreography learning and practice	New choreography learning and practice for 2 nd dance	Finish off both routines	Polish routines and prepare for evening performance		
Session 3 11.30 ó 12.30 or 16.30 ó 17.30	Group choreography with music Cool-down	Supervised individual work Group work Cool-down	Complete set with music Cool-down	Group choreography and video analysis for critical feedback Cool-down	Inject funø element (enjoy the show!) Practice with small audience Show Time!		
Lunch, Afternoon meeting & free time							
Lesson 1 14.30 ó 15.30 or 09.30 ó 10.30	English assessment	Reading, writing & Vocabulary input	Reading, writing & Vocabulary input	Reading, writing & Vocabulary input	Reading, writing & Vocabulary input		
Lesson 2 15.30 ó 16.30 or 10.30 ó 11.30	English assessment & Workshop choices	Speaking, listening & learning skills	Speaking, listening & learning skills	Speaking, listening & learning skills	Speaking, listening & learning skills		
Lesson 3 16.30 ó 17.30 or 11.30 ó 12.30	Dance specific English lesson (coaching language & safety)	Workshop hour	Dance specific lesson (nutrition & injury prevention)	Workshop hour	Progress test Awards		
Optional swim & free time							
Dinner & evening programme							

¹ Please note that this is a sample and may be changed by the Head Professional at any time because of weather, studentsølevel(s), etc.