

Cary Ballet Conservatory Summer Intensive Sample Schedule

| monday | | |
|-----------------------------|------------------------------|-----------------------------|
| level A | level B | level C |
| technique 9:30 - 11:00 | technique 9:30 - 11:00 | technique 9:30 - 11:00 |
| pointe 11:00 - 12:00 | pointe 11:00 - 12:00 | pointe 11:00 - 12:00 |
| lunch 12:00 - 12:30 | lunch 12:00 - 12:30 | lunch 12:00 - 12:30 |
| variations 12:30 - 1:30 | variations 12:30 - 1:30 | variations 12:30 - 1:30 |
| turns/jumps 1:30 - 2:30 | turns/jumps 1:30 - 2:30 | turns/jumps 1:30 - 2:30 |
| afternoon break | afternoon break | afternoon break |
| choreography 2:45 - 4:00 | character 2:45 - 4:00 | character 2:45 - 4:00 |
| tuesday | | |
| level A | level B | level C |
| technique 9:30 - 11:00 | technique 9:30 - 11:00 | technique 9:30 - 11:00 |
| character 11:00 - 12:00 | pointe 11:00 - 12:00 | pointe 11:00 - 12:00 |
| lunch 12:00 - 12:30 | lunch 12:00 - 12:30 | lunch 12:00 - 12:30 |
| variations 12:30 - 1:30 | jazz 12:30 - 1:30 | variations 12:30 - 1:30 |
| stretch 1:30 - 2:30 | variations 1:30 - 2:30 | jazz 1:30 - 2:30 |
| afternoon break | afternoon break | afternoon break |
| jazz 2:45 - 4:00 | stretch 2:45 - 4:00 | stretch 2:45 - 4:00 |
| wednesday | | |
| level A | level B | level C |
| technique 9:30 - 11:00 | technique 9:30 - 11:00 | technique 9:30 - 11:00 |
| pointe 11:00 - 12:00 | pointe 11:00 - 12:00 | pointe 11:00 - 12:00 |
| lunch 12:00 - 12:30 | lunch 12:00 - 12:30 | lunch 12:00 - 12:30 |
| modern 12:30 - 1:30 | variations 12:30 - 1:30 | variations 12:30 - 1:30 |
| variations 1:30 - 2:30 | modern 1:30 - 2:30 | character 1:30 - 2:30 |
| afternoon break | afternoon break | afternoon break |
| broadway 2:45 - 4:00 | character 2:45 - 4:00 | modern 2:45 - 4:00 |
| thursday | | |
| level A | level B | level C |
| technique 9:30 - 11:00 | technique 9:30 - 11:00 | technique 9:30 - 11:00 |
| pointe 11:00 - 12:00 | jumps/turns 11:00 - 12:00 | pointe 11:00 - 12:00 |
| lunch 12:00 - 12:30 | lunch 12:00 - 12:30 | lunch 12:00 - 12:30 |
| variations 12:30 - 1:30 | pointe 12:30 - 1:30 | jumps/turns 12:30 - 1:30 |
| jumps/turns 1:30 - 2:30 | variations 1:30 - 2:30 | variations 1:30 - 2:30 |
| afternoon break | afternoon break | afternoon break |
| conditioning 2:45 - 4:00 | conditioning 2:45 - 4:00 | conditioning 2:45 - 4:00 |
| friday | | |
| level A | level B | level C |
| technique 9:30 - 11:00 | technique 9:30 - 11:00 | technique 9:30 - 11:00 |
| pointe 11:00 - 12:00 | pointe 11:00 - 12:00 | pointe 11:00 - 12:00 |
| lunch 12:00 - 12:30 | lunch 12:00 - 12:30 | lunch 12:00 - 12:30 |
| variations 12:30 - 1:30 | jazz 12:30 - 1:30 | jazz 12:30 - 1:30 |
| jazz 1:30 - 2:30 | variations 1:30 - 2:30 | variations 1:30 - 2:30 |
| afternoon break | afternoon break | afternoon break |
| stretch 2:45 - 4:00 | stretch 2:45 - 4:00 | stretch 2:45 - 4:00 |
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