



VH DANCE CENTER

School of the Chicago Festival Ballet



Market Meadows Plaza
1239 S. Naper Blvd. Naperville, IL, 60540
(630)-527-1052 vhcfb1@gmail.com

Summer Intensive: June 10 – August 10

4th of July Break: July 1 – July 6

Tentative Summer Intensive Dress Rehearsal:

Friday, August 9th, 2019, 4PM

Tentative Summer Intensive Performance:

Sun, August 11th, 2PM

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Studio I		Studio I		Studio I		Studio I		Studio I		Studio I	
WERQ (all)	9:00- 10:00	ZUMBA (adult)	9:00-10:00	WERQ (all)	9:00-10:00						
Stretch	10:00-10:30	D & E Ballet	10:00-12:00	D & E Ballet	10:00-12:00	Stretch	10:00-10:30	D & E Ballet	10:00 - 12:00		
D & E Ballet	10:30 12:30	Lunch	12:00-12:30	Lunch	12:00-12:30	Jazz	10:30-12:30	Lunch	12:00 - 12:30		
Lunch	12:30-1:00	Pointe	12:30-1:30	Pointe	12:30-1:30	Lunch	12:30 -1:00	Pointe	12:30-1:30		
Pointe	1:00-1:30	Variations	1:30 - 2:30	Ballet Rehearsal	1:30-2:30	Hip Hop	1:00 - 3:00	Ballet Rehearsal	1:30-2:30		
Ballet Rehearsal	1:30-2:30	Musical Theater	2:30 - 4:00					Understanding Choreography	2:30 - 3:30		
Partnering	2:30 -3:30										
Strength & Conditioning	4:00 - 5:30	Mommy & Me (Studio 3)	6:00 - 6:30								
Studio II		Studio II		Studio II		Studio II		Studio II		Studio II	
C Ballet	4:30-6:00	Pre-Ballet	3:45-4:30	C Ballet	4:30-6:00	Ballet for Skaters	6:30-7:30			Pre-Ballet	8:45-9:30
C Prepointe	6:00-6:30	A/B Ballet	4:30-6:00	C PrePointe	6:00-6:30					A/B Ballet	9:30-11:00
C Workshop	6:30-7:00	A/B Workshop	6:00-7:00	C Workshop	6:30-7:00					A/B Workshop	11:00-12:00
		Adult/Teen Ballet	7:00 - 8:00							C Ballet	12:30-2:30
		WERQ (adult)	8:00-9:00							C Workshop	2:30-3:00

