Deane Dance Center - Home of Sacramento Ballet Founders Deane & Barbara Crockett & Principal San Francisco Ballet Dancers Don & Allyson (Deane) Schwennesen

Level 5 - Royal Blue Leotard with White Alignment Belt

RECOMMENDED FIVE CLASSES PER WEEK (MINIMUM 4 TECHNIQUE REQUIRED - POINTE/CHARACTER COUNT) - Syllabus by Deane & Barbara Crockett

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:45 AM						
10:00 AM						**9:30 - 11:00 AM**
10:15 AM						**LEVEL 4b & 5**
10:30 AM						**BALLET TECHNIQUE & STRETCH**
10:45 AM						Studio 4
11:00 AM		***PLEASE MAKE SURE TO TAKE YOUR CORRECT POINTE LEVEL**				LY
11:15 AM						
11:30 AM		****MANDATORY CLASS FOR COMPANY MEMBERS - CLASSES COUNTED AS TECHNIQUE**				**11:15 AM - 11:45 PM**
11:45 AM						**BEGINNING & PT 1**
12:00 PM						LY
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM	**4:30 - 6:00 PM**	**4:30 - 6:00 PM**	**4:30 - 5:00 PM**	**4:30 - 6:00 PM**		
4:45 PM	**LEVEL 4 & 5**	**LEVEL 4 & 5**	**STRETCH LEVEL 3-9 - FREE**	**LEVEL 4 & UP**		
5:00 PM	**BALLET TECHNIQUE**	**BALLET TECHNIQUE**	**5:00- 6:30 PM**	**BALLET TECHNIQUE**		
5:15 PM			**POINTE 1/2/3***	**& CHARACTER**		
5:30 PM			(Counts as technique)			
5:45 PM	LY	LY	Studio 3	IK		
6:00 PM	**6:00 - 7:00 PM**	**6:00 - 7:00 PM**	AD			
6:15 PM	**BEGINNING POINTE**	**LEVEL 4 & 5**		**6:15 - 7:00 PM**		
6:30 PM		**MOD/CONTEMPORARY**	**6:30 - 7:15 PM**	**POINTE 1 & 1/2**		
6:45 PM	Studio 4 - LY	Studio 4 - EE	**PRE-POINTE - EE**	EE		
7:00 PM			**By invitation only*			
7:15 PM						

4:30 - 6:00 PM	**APPRENTICE COMPANY CLASS**** LY
5:00- 6:30 PM	**LEVEL 4 & UP TECHNIQUE** Studio 4 PL
6:30-7:45	***REHEARSAL*** *FLOWERS* *Studio 3*