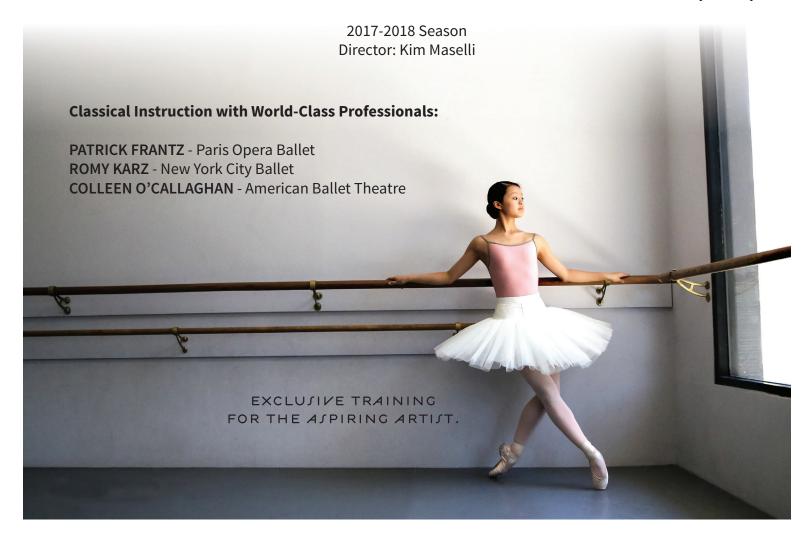


## CALIFORNIA DANCE THEATRE'S PRE-PROFESSIONAL TRAINING PROGRAM (PTP)



California Dance Theatre's *Pre-Professional Training Program (PTP)* is a supplemental program for the career/college minded dancer. This 8 hour/week program provides the additional training necessary that is achieved in an accelerated environment. Combined with the standard 9 hour/week training program and the 7 hour/week rehearsal process, the additional 8 hour *PTP* will give each dancer a 24 hour/week training regime.

## Included in the platform curriculum are:

- Weekly sessions with Dr. Kyle Knox with an emphasis on core dynamics and injury prevention.
- Coaching for Classical Ballet Competitions
- Performing opportunities three seasons a year with affiliate company Pacific Festival Ballet.
- Floor barre, Yoga, and Pilates instruction
- Nutrition & Body Wellness

## PRE-PROFESSIONAL TRAINING PROGRAM (PTP) SCHEDULE:

MONDAY	1:30-3:30	PTP Session with Romy Karz
TUESDAY	4:00-5:00	PTP Session with Dr. Kyle - Recovery Work / Core Dynamics
WEDNESDAY	1:30-3:30	PTP Session with Colleen O'Callaghan
THURSDAY	1:30-3:30	PTP Open Studio Sessions for Competition and/or Private Coaching
FRIDAY	1:30-3:30	PTP Session with Patrick Frantz

PRE-PROFESSIONAL TRAINING PLATFORM (PTP) TUITION: \$375/mo.

## **CDT'S MANDATORY ADVANCED TRAINING & COMPANY REHEARSAL SCHEDULE:**

MONDAY	5:00-6:30 6:30-8:00	Advanced BALLET TECHNIQUE with Nader Hamed Optional Advanced LYRICAL JAZZ Class
TUESDAY	6:00-7:15 7:15-8:45	Advanced POINTE with Kim Maselli or BALLET TECHNIQUE with Randall Graham PFB Company Rehearsal
WEDNESDAY	6:00-7:15 7:15-8:45	CLASSICAL VARIATIONS with Jean Lubin Optional CONTEMPORARY/JAZZ Class
THURSDAY	5:45-7:15 7:15-8:45	Advanced BALLET TECHNIQUE with Francine Kessler Optional CONTEMPORARY Class
FRIDAY	3:45-5:15 5:15-7:30	Advanced BALLET TECHNIQUE/POINTE with Kim Maselli or CLASSICAL VARIATIONS with Jean Lubin PFB Company Rehearsal
SATURDAY	10:15-11:30 11:30-1:00 1:15-5:00	Optional Class MODERN with Deborah Collodel Advanced BALLET TECHNIQUE with Jonathan Sharp/Colleen O'Callaghan or Advanced POINTE with Kim Maselli PFB Company Rehearsal