

Holy Family 2011-2012 Summer Opportunities

Hello everyone,

Welcome to Summer Intensives! I am Kristin Macklin and will be working with the dancers over the course of the summer with their dance training. Please read the following information carefully and all the way through. Any questions/comments, please contact me.

Summer Info.....

Summer Session 1:

Dates: June 13th –July 7th **We will NOT have practice on July 4th & 5th**

Location: Holy Family High school (multi-purpose room or gym).

Cost: \$180

Times:

Orange Team

Monday	11:00am - 12:30pm	Conditioning
Tuesday	1:45pm - 4:15pm	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	1:45pm - 4:15pm	Technique

Yellow Team:

Monday	11:00am - 12:30pm	Conditioning
Tuesday	11:00am - 1:30pm	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	11:00am - 1:30pm	Technique

Red Team:

Monday	11:00am - 12:30pm	Conditioning
Tuesday	4:30pm - 7:00pm	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	4:30pm - 7:00pm	Technique

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Summer Session 2:

Dates: July 11th – August 8th

Location: Holy Family High school (multi-purpose room or gym).

Cost: \$180

Time:

Orange Team:

Monday	8:00am - 10:30am	Conditioning
Tuesday	6:30am - 9:00am	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	6:30am - 9:00am	Technique

Yellow Team:

Monday	8:00am - 10:30am	Conditioning
Tuesday	12:00pm - 2:30pm	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	12:00pm - 2:30pm	Technique

Red Team:

Monday	8:00am - 10:30am	Conditioning
Tuesday	9:15am - 11:45am	Technique
Wednesday	3:30pm - 6:30pm	Conditioning + Kick Tech
Thursday	9:15am - 11:45am	Technique

Classes are not prorated*

Payment:

Please make checks payable to Holy Family Catholic High School.

Please send the checks to:
Holy Family Catholic High School
8101 Kochia Lane
Victoria, MN 55386

Please bring to every practice.....

- Proper shoes for running and cardio work.
- Water bottles; we do go outside for conditioning if the weather is nice.
- Layers (sweatshirts, pants, extra socks)
- 2 tennis balls
- small/med size blanket
- Strap/belt
- Journal and pen/pencil

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JFK Summer Camp

Date: Sunday, July 24th – Thursday, July 27th

Location: Brainerd, MN

Cost: \$309 (this does not include gas or camp wear)

Summer Camp is **NOT** mandatory. If you have any specific questions or would like more information about what happens at camp, please feel free to contact me.

Please email me back responding to....

*Will you be attending Summer Session 1?

*Will you be attending Summer Session 2?

*Will you be attending JFK Summer Camp?

Thank you,
Kristin Macklin

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