



SHINE A LIGHT



R E T R E A T

The retreat of a lifetime- Ballet, girl time, and worship galore. Led by our amazing faculty: Ansleigh W. Standridge, Ashley H. Matveyev, Shania McAmis, Kathrine Washburn, Maggie Greene, Alex Crawford and Lauren Forbes. Beginning July 18th, the girls will check in for the weekend where they will learn their entire choreography for the SAL Performance including their main Company and Trainee worship pieces that will be performed all season long. In addition to time inside the studios, each level will stay together overnight at host homes with a designated faculty member. During their time outside the studio they will have group outings, endless bible studies, and so much more. The weekend will conclude with a ballet banquet where they will dress up in formal attire, fine dining, worship and teaching, and dance the night away! A weekend to prepare them for a week long intensive AND the 2025-2026 Season!

Friday July 18th

Jefferson Studio

8:30-9:00 Check In

9:00-9:30 Dance Cardio

9:30-12:00 Choreography

12:00-12:30 Packed Lunch

12:30-4:30 Choreography

4:30 Dismiss to Host Homes

5:30-8:30 Host Home Outing

8:30-9:30 Bible Study

10:00 Lights Out

Saturday July 19th

Monroe Studio

7:30 Breakfast @ Host Home

8:30 Depart for Monroe Studio

9:00-9:30 Morning Stretch Class

9:30-11:30 Group Piece Choreography

11:30-12:45 Company Choreography

Trainee Lunch @ Cocina Fuentes

12:45-2:00 Trainee Choreography

Company Lunch @ Cocina Fuentes

2:00-4:00 Choreography

4:00 Dismiss to Host Homes

6:30 Arrive @ Destination Unknown

6:30-9:30 Shine A Light Conference

10pm Lights out at Host Homes

Sunday July 20th

9am Breakfast @ Host Homes

Attend 11:00 Service

10am Depart for Southside Church Redstone

12:30 Parent Pickup @ Southside

**Schedule is subject to change

SAL BALLET INTENSIVE

Monday July 21st

Jefferson Studio

9:00-11:00

Company: Ballet

Trainee: Ballet

11:00-12:00

Company: Variations

Trainee: Jazz

12:00-12:30

Packed Lunch

12:30-1:30

Conditioning/Stretch

1:30-2:30

Company: Jazz

Trainee: Modern

2:30-4:30

Review Choreography

Tuesday July 22nd

Monroe Studio

9:00-11:00

Ballet

11:00-12:00

Pointe/Pre-Pointe

12:00-12:30

Packed Lunch

12:30-2:00

Guest Artist Class

2:00-2:30

Worship

2:30-4:30

Review Choreography

Wednesday July 23rd

Jefferson Studio

9:00-11:00

Company: Ballet

Trainee: Ballet

11:00-12:00

Company: Variations

Trainee: Jazz

12:00-12:30

Packed Lunch

12:30-1:30

Nutrition/Conditioning

1:30-2:30

Company: Modern

Trainee: Variations

2:30-4:30

Review Choreography

Thursday July 24th

Monroe Studio

9:00-11:00

Ballet

11:00-12:00

Pointe/Pre-Pointe

12:00-12:30

Packed Lunch

12:30-2:00

Guest Artist Class

2:00-4:30

Review Choreography

Friday July 25th

Jefferson Studio

9-2pm

Dress Rehearsal Day for SAL Show





SHINE A LIGHT



DETAILS

Retreat Dates: July 18-20

Intensive Dates: July 21-24

Dress Rehearsal for SAL: July 25

SAL Show Day @ Southside Church: July 26

-Load in: 10am

-Show Time: 6pm

SAL Retreat/Intensive Tuition: \$400

*2 Scholarships are available. You must audition and apply for the scholarship at the first Summer Company Audition.

**Payments can be split up over the summer.

Registration Opens: March 11

Registration Deadline: June 31

Register on your Jackrabbit Parent Portal

We look forward to having every 2025-2026 Trainee and Company member with us for this INCREDIBLE new addition to our summer!