


# AMBITION

ONE-DAY DANCE WORKSHOP

VIRGINIA BEACH CONVENTION CENTER  
MEETING ROOMS (A-D)

1000 19<sup>TH</sup> ST, VA BEACH, VA 23451

VA BEACH, VA – 13 NOV 2022

|                   | ROOM 1 ( <i>12yrs &amp; Under</i> )  | ROOM 2 ( <i>13yrs &amp; Over</i> ) |
|-------------------|--|------------------------------------|
| 8:15AM – 9:00AM   | REGISTRATION FOR WORKSHOP   Check-in (MAIN LOBBY AREA)   |                                    |
| 9:05AM – 9:25AM   | ROOM 1 – WARM-UP   (ALL LEVELS) - AMANDA   |                                    |
| 9:30AM – 10:30AM  | CONTEMPORARY   JADE  | JAZZ   RUTH                        |
| 10:30AM – 11:30AM | RHYTHM TAP   NICOLE  | HIP HOP   AMANDA                   |
| 11:30AM – 12:30PM | HIP HOP   AMANDA   | CONTEMPORARY   JADE                |
| 12:30PM – 1:00PM  | 30 MINUTE LUNCH   Hydrate & Re-energize!  |                                    |
| 1:00PM – 2:00PM   | TECHNIQUE   JADE   | RHYTHM TAP   NICOLE                |
| 2:00PM – 3:00PM   | JAZZ   RUTH  | IMPROV   JADE                      |
| 3:00PM – 3:45PM   | ROOM 1 - SHOWCASE   AWARD PRESENTATION   Q&A (ALL LEVELS)  |                                    |

*\*Dancers will be selected by instructors to take part in the Improvisational Showcase at the Awards Presentation.*

*\* Faculty will honor dancer scholarships at the Showcase Awards Presentation*

*\*Dancers under the Age of 16 yrs. must have a Parent/ Legal Guardian present should a Studio Director / Teacher and/or Studio Representative not be present at the workshop.*