



## American Pole League Training Camp 2024

March 20-25, Jasper, IN

### SCHEDULE\*

**Location:**

**Aerial 51 Fitness:**

25 Clay St., Jasper, IN 47546, USA

Day, Location	Time	Activity	Description	Attendance
<b>March 20 Wednesday</b>	<b>All day</b>	<b>Arrival</b>		
<b>March 21 Thursday</b>  <b>Aerial 51 Fitness</b>	8:15am-8:30am	Participants registration	Please arrive earlier to be registered for the camp. Be ready to sign a liability waiver and to fill in a health protocol.	All Instructors, Studio and Team APL representatives, all students, photo/ video
<b>Aerial 51 Fitness</b>	8:30am-10:00am	<b>Ice breaker</b>	Theoretical introduction to the camp, friendly gathering, fun contests and more	Pink Puma, all students
	10:00am-11:00am	Lunch break		
<b>Aerial 51 Fitness</b>	11:00am-12:30pm	<b>Practical pole class</b>	Group warm up, conditioning and tricks with Pink Puma.	Pink Puma, all students
<b>Aerial 51 Fitness</b>	12:45pm-2:15pm	<b>Creative pole choreo</b>	Choreography on and around the pole.	Pink Puma, all students
<b>Aerial 51 Fitness</b>	2:30pm-3:45 pm	<b>Contact improvisation</b>	Stage movement and contact improvisation class (floor based).	Invited instructor, all students
	4:00pm-7:00pm	Promenade break		
<b>Schnitzelbank Restaurant 393 Third Ave, Jasper, IN 47546</b>	7:00pm-9:00pm	<b>Group dinner**</b>	Friendly casual diner with all students, instructors and studio representatives.	All available instructors, studio and Team APL representatives, students, photo/ video

<b>March 22 Friday Park</b>	8:30am-9:50am	<b>Morning outdoor training</b>	Morning warm up and conditioning at the park.	Pink Puma, all students
	10:00am-11:00am	Lunch break		
<b>Aerial 51 Fitness</b>	11:00am-1:00pm	<b>Practical pole class</b>	Elements and combinations for your competition routine.	Pink Puma, all students
<b>Aerial 51 Fitness</b>	1:15pm-2:30pm	<b>Stretching</b>	Stretching class	Invited instructor, all students
	2:30pm-7:00pm	Promenade break		
<b>Plaid &amp; Timber 402 McCrillus St., #100, Jasper, IN</b>	7:00pm-9:00pm	<b>Axe 🪓 throwing at Plaid &amp; Timber.**</b>	Group axe throwing and great time out!	All available instructors, studio and Team APL representatives, students, photo/video
<b>March 23 Saturday TBD</b>	9:00am-10:20am	<b>Morning yoga class</b>	Specialty yoga class	Invited instructor, all students
	10:30am-11:30am	Lunch break		
<b>Aerial 51 Fitness</b>	11:30am-1:00pm	<b>Pole Transitions</b>	Creative practical work on overall originality, transitions, storytelling, choreography & floor work.	Pink Puma, all students
<b>Aerial 51 Fitness</b>	1:15pm-2:45pm	<b>Flex and acro</b>	Fun acropatics class	Invited instructor, all students
	2:45pm-5:00pm	Promenade break		
<b>Location TBD</b>	5:00pm-7:00pm	<b>Group photoshoot!</b>	Things to remember and to capture on beautiful photographs:)	All Instructors, Studio and Team APL representatives, all students, photo/video
<b>March 24 Sunday Aerial 51 Fitness</b>	9:00am-11:00am	<b>Dynamic pole class</b>	Variety of dynamic moves and combinations. Bonuses for your competition routine.	Pink Puma, all students
	11:00am-12:00pm	Lunch break		
<b>Aerial 51 Fitness</b>	12:00pm-1:30pm	<b>Pole Dance class</b>	Contemporary or modern dance class on pole.	Invited instructor, all students

<b>Aerial 51 Fitness</b>	1:45pm-3:15pm	<b>Specialty class</b>	Specialty class of participants choice.	Pink Puma, all students
<b>Eastown bowling 1370 Crossroads Ave., Jasper, IN</b>	3:30pm-5:30pm	<b>Eastown bowling at Recreation Center**</b>	Experience the perfect combination of entertainment and bowling here at Eastown Recreation, Combining the age old game of bowling with food, fun and friends.	All available instructors, studio and Team APL representatives, students, photo/ video
	5:30pm-8:00pm	Promenade break		
<b>Odd Fellows Bar 511 Newton St. Suite 0 Jasper, IN</b>	8:00pm-11:00pm	<b>Practical part - LIVE Pole battles</b>	Live pole battles showcasing all students. This part is about fun & positive time out. Give it your best and highlight the stage with your improvisation - visual effectiveness, creative tricks, musicality, personal interpretation & audience engagement!	All available instructors, studio and Team APL representatives, students, photo/ video
<b>March 25 Monday</b>	<b>All day</b>	<b>Departure</b>		

\* Please note that the schedule is subject to change.

\*\* Additional fees may apply for this activity.

**Stay in touch with Team APL through Instagram @AmeracanPoleLeague**

**[WWW.AMERICANPOLELEAGUE.ORG](http://WWW.AMERICANPOLELEAGUE.ORG)**