



American Pole League Training Camp 2023

April 19-24, Panama City Beach, FL

SCHEDULE*

Location:

Air Sports Studio:

7924 A Front Beach rd., Panama City Beach, FL, USA

Day, Location	Time	Activity	Description	Attendance
April 19 Wednesday	All day	Arrival		
April 20 Thursday Air Sports Studio	7:40am-8:00am	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
Air Sports Studio	8:00am-10:00am	Ice breaker - practical pole class	Introduction to the camp. Group warm up. Conditioning and tricks with Pink Puma.	Pink Puma, all students
	10:00am-11:00am	Lunch break		
Air Sports Studio	11:00am-12:30pm	Theoretical part - competition preparation	Important steps in creation of successful competition routine.	Pink Puma, all students
Air Sports Studio	12:45pm-2:00pm	Creative pole choreo	Choreography on and around the pole.	Pink Puma, all students
	2:00pm-7:00pm	Promenade break		
Air Sports Studio	7:00pm-8:20pm	Stretching splits	Intensive splits stretching class	Pink Puma, all students
Rock'it Lanes	9:00pm-10:30pm	Bowling at Rock'it Lanes**	Group bowling and great time out!	All available instructors, studio and Team APL representatives, students, photo/video

April 21 Friday	8:00am-10:00am	Morning pole class	Group warm up. Conditioning and tricks with Pink Puma.	Pink Puma, all students
Air Sports Studio				
	10:00am-11:00am	Lunch break		
Air Sports Studio	11:00am-12:30pm	Theoretical part - general pole & aerial sports rules and regulations	Understandable explanation of general pole & aerial sports rules and regulations. Experiences, examples.	Pink Puma, all students
Air Sports Studio	12:45pm-2:15pm	Practical pole class	Elements and combinations for your competition routine.	Pink Puma, all students
	2:15pm-7:00pm	Promenade break		
Air Sports Studio	7:00pm-8:20pm	Acting	Revealing acting skills	Invited instructor, all students
Location to be determined	9:00pm-11:00pm	Group dinner**	Friendly casual diner with all students, instructors and studio representatives.	All available instructors, studio and Team APL representatives, students, photo/ video
April 22 Saturday	9:00am-10:30am	Morning dance class	Specialty dance class with invited instructor.	Invited instructor, all students
TBD				
	10:30am-11:45am	Lunch break		
Air Sports Studio	11:45am-1:15pm	Pole Transitions	Creative practical work on overall originality, transitions, storytelling, choreography & floor work.	Pink Puma, all students
Air Sports Studio	1:30pm-2:45pm	Flex and acro	Back flexibility and floor acropatics class.	Pink Puma, all students
	2:45pm-5:00pm	Promenade break		
Panama City beach	5:00pm-7:00pm	Group photoshoot on the beach!	Things to remember and to capture on beautiful photographs:)	All Instructors, Studio and Team APL representatives, all students, photo/ video
Air Sports Studio	7:00pm-8:20pm	Acting	Acting enhancement.	Invited instructor, all students

April 23 Sunday	8:00am-10:00am	Morning pole class	Variety of dynamic moves and combinations. Bonuses for your competition routine.	Pink Puma, all students
Air Sports Studio				
	10:00am-11:00am	Lunch break		
Air Sports Studio	11:00am-12:30pm	Pole Tango	Tango steps and patterns implemented into passionate pole dance class.	Pink Puma, all students
Air Sports Studio	12:45pm-2:00pm	Specialty class	Specialty class of participants choice.	Instructor, all students
Wonder Works	2:30pm-4:00pm	Wonder Works**	WonderWorks is an amusement park with the ceiling under your feet and the ground above your head. It will turn your world upside down! Pass through the inversion tunnel to realign yourself and start your adventure!	All available instructors, studio and Team APL representatives, students, photo/ video
	4:00pm-8:00pm	Promenade break		
Location to be determined	8:00pm-11:00pm	Practical part - LIVE Pole battles	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
April 24 Monday	All day	Departure		

* 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

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