



2023-2024 SCHEDULE

BTR  **BREAKIN**
AFTER SCHOOL

BREAKDANCING | SPORTS SCIENCE

SAFELY AND EFFECTIVELY

ATHLETICISM | SELF EXPRESSION | SOCIAL SKILLS

- WEEKLY ON-CAMPUS TRAINING SESSIONS-
- CITY WIDE INTER-SCHOOL BREAKING TOURNAMENT-
- GROUP PERFORMANCES-

WINTER SESSION | COST-\$325
 10 WEEKS | EVERY WEDS | 4:15-5:45
 1.5 HRS /DAY (15 HOURS TOTAL)

JANUARY 3	FEBUARY 7
JANUARY 10	FEBUARY 14
JANUARY 17	FEBUARY 21
JANUARY 24	FEBUARY 28
JANUARY 31	MARCH 6

SPRING SESSION | COST-\$325
 10 WEEKS | EVERY WEDS | 4:15-5:45
 1.5 HRS /DAY (15 HOURS TOTAL)

MARCH 20	APRIL 24
MARCH 27	MAY 1
APRIL 3	MAY 8
APRIL 10	MAY 15
APRIL 17	MAY 22



BREAK SPORT TOURNAMENT 1 VS 1
 (TENTATIVE DATE: MARCH 2 |)



BREAK SPORT TOURNAMENT 1 VS 1
 (TENTATIVE DATES: MAY 18 OR MAY 24)

START ANY TIME! OUR TIERED TRAINING SYSTEM, EXPERT INSTURCTORS, AND INCLUDED ONLINE COURSEWARE ALLOWS YOUR KID TO START ANY TIME!

SECURE YOUR SPOT AT BTRBREAKIN.COM/AFTERSKOOOL

IF YOU'RE ALREADY REGISTERED, YOU DO NOT NEED TO REGISTER AGAIN.

ONLY SUBMIT PAYMENT (SEE AMOUNTS ABOVE) AT BTRBREAKIN.COM/LINKS.

PAYMENT PLANS AVAILABLE.

CONTACT- JASOUL | 808-635-7120 | EMAIL: JASON@BTRBREAKIN.COM

TO STAY INFORMED PLEASE FOLLOW US ON SOCIAL MEDIA



@BTRBREAKIN

ONLINE VIDEO COURSE

- Intro log in- btrbreakin.com/4-week
- ★ **NEW ACCESS-** btrbreakin.com/course
- At home | self guided
- 300+ instructional videos
- Printable pdf lessons
- lesson make up and reinforcement

ACHIEVEMENT BADGES



AFTERSKOOOL BREAKDANCING TIMELINE

02 SESSION 2 | 4 WEEKS OCTOBER 18 - NOVEMBER 8

New Training Structure

- 30 mins Strength and Conditioning
- 40 mins skills / movement vocabulary
- 20 mins of practical application | Guided freestyle | Performance preparation
- 1.5 hrs/ week {6 hours total}



04 WINTER SESSION | 10 WEEKS JANUARY 3 - MARCH 6 1.5 hrs /day | 15 hours total COST: TBD

- Movement Vocabulary Advancement
- Introduction to Breakdancing Choreography
- Tournament Preparation (competition)

PERFORMANCE AND TOURNAMENT SCHEDULED SOON



01 6-WEEK INTRO SEPT 6- OCT 11

INTRODUCTORY PROGRAM | 1 hrs / day | 6 hours total

- Rhythm
- Performance (Cypher Etiquette)
- Top Rocks / Drops | Indian Step
- Front Footwork / Back Footwork (ground work)
- Freezes | Baby Freeze
- Intro to Breakdancing Sequencing | learning to combine different foundations to perform a complete round with fluidity.

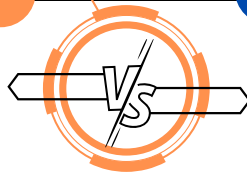
03 SESSION 3 | 4 WEEKS NOVEMBER 15 - DECEMBER 6

STRENGTH / SKILLS ADVANCEMENT | BREAK SPORT

- Strength and Conditioning | Level 3
- Skills and Movement Vocabulary | Level 3
- Competition / Performance preparation

END OF SESSION

LV BREAKSPORT
YOUTH 1 VS 1 TOURNAMENT



05



SPRING SESSION | 10 WEEKS MARCH 20- MAY 22 1.5 hrs /day | 15 hours total COST: TBD

- Movement Vocabulary Advancement
- Breakdancing Choreography
- Tournament Preparation (competition)

PERFORMANCE AND TOURNAMENT SCHEDULED SOON

2024 PARIS OLYMPICS!