



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-

-----CHRISTMAS BREAK-----

**WINTER SESSION** | COST-\$325  
 10 WEEKS | EVERY TUESDAY | 3:45-5:15  
 1.5 HRS /DAY (15 HOURS TOTAL)

JANUARY 2	FEBUARY 6
JANUARY 9	FEBUARY 13
JANUARY 16	FEBUARY 20
JANUARY 23	FEBUARY 27
JANUARY 30	MARCH 5

**SPRING SESSION** | COST-\$325  
 10 WEEKS | EVERY TUESDAY | 3:45-5:15  
 1.5 HRS /DAY (15 HOURS TOTAL)

MARCH 19	APRIL 23
MARCH 26	APRIL 30
APRIL 2	MAY 7
APRIL 9	MAY 14
APRIL 16	MAY 21



**INCLUDED:**  
 BREAK SPORT TOURNAMENT  
 (TENTATIVE DATE: MARCH 2)



**INCLUDED:**  
 BREAK SPORT TOURNAMENT  
 (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/AFTERSKOOL](https://BTRBREAKIN.COM/AFTERSKOOL)

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

ONLY SUBMIT PAYMENT (\$325) AT [BTRBREAKIN.COM/LINKS](https://BTRBREAKIN.COM/LINKS).

PAYMENT PLANS AVAILABLE.

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# TO STAY INFORMED PLEASE FOLLOW US ON SOCIAL MEDIA



## @BTRBREAKIN

## ONLINE COURSE

- Intro log in- [btrbreakin.com/4-week](https://btrbreakin.com/4-week)
- NEW ACCESS- [btrbreakin.com/course](https://btrbreakin.com/course)
- At home | self guided
- 300+ instructional videos
- Printable pdf lessons
- lesson make up and reinforcement

## ACHIEVEMENT BADGES



2024 PARIS OLYMPICS!

## AFTERSKOOOL BREAKDANCING TIMELINE

**02** SESSION 2 | 4 WEEKS  
OCTOBER 10 - NOVEMBER 7

### New Training Structure

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



**04** WINTER SESSION | 10 WEEKS  
JANUARY 2 - MARCH 5  
1.5 hrs /day | 12 hours total  
COST: TBD

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

PERFORMANCE AND TOURNAMENT SCHEDULED SOON



**01** 6-WEEK INTRO  
AUGUST 29- OCT 3

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.

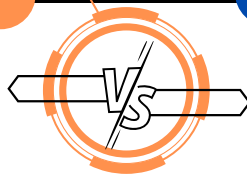
**03** SESSION 3 | 4 WEEKS  
NOVEMBER 14 - DECEMBER 12

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 19-MAY 21  
1.5 hrs /day | 12 hours total  
COST: TBD

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

PERFORMANCE AND TOURNAMENT SCHEDULED SOON