



[ physical theatre ]

**DARREN & HEATHER STEVENSON**  
founding directors

389 GREGORY ST. UNIT 400  
ROCHESTER, NY 14620

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## FREQUENTLY ASKED QUESTIONS:

### What is the average age of the students?

The average age of students is around 19–30. We've had students from 18-65. If you are over 18 and under 104, you are welcome.

### Where will we be staying?

We will be staying in Townhouses at [Roberts Wesleyan College](http://www.robertswesleyan.com). <www.robertswesleyan.com>

### Do I need to be really fit to do this?

No (although by the time you leave you will be fit whether you like it or not). We are not looking for a particular body type or fitness level. We are interested in you as an individual. Everything you bring to the stage is valid and important. Remember that physical theatre is an art, not a sport. Your body just happens to be the tool you use to communicate.

Some of the work is demanding, and the fitter you are when you arrive, the more you will get out of the program. If you start now, you will have plenty of time to get ready. You will generally want to improve upper body strength and over all flexibility. If you need pointers feel free to contact us.

### Do I need to be a dancer/acrobat to do this?

No. You need to be a mover. If you have a body and it moves, you qualify. Students are both professional and amateur actors, gymnasts, performance artists, martial artists, singers, mimes, dancers, athletes, jugglers, clowns and total beginners.

### What should I wear to class?

We wear sweatpants, t-shirts, jazz pants. Don't wear shorts (you'll burn your knees on the floor), jeans (you won't be able to move), overly baggy clothes (we won't be able to see you move), or shoes (you'll step on someone's fingers and make them cry).

### What does a typical day look like?

9:00pm – 12:00pm: studio class. We work, primarily, on technique each morning.

12:45pm – 4:30pm: studio class. We work, primarily, on applying the physical technique to the art of performing each afternoon.

7:00pm – 10:00pm: personal time, discussion sessions, or lab classes

- You will arrive on Sunday, Jun 28. If you're staying in our housing you'll need to check in there after 12:00pm. Dinner and orientation will begin at 4:00pm
- We end at 4:30pm on Saturday, July 11. If you need to stay with us overnight, the housing is available until 10:00am on Sunday, July 12.

### How will transportation be arranged?

You are responsible for your trip to Rochester and home again after the intensive. We will provide you with directions or pick you up from the airport. There will be a 15-minute drive to the studio each day. If you don't have a vehicle we will help arrange a ride with another student. There will be a small fee of \$5 per week to cover gas for the drivers.

## Can I take only the second week?

No, the training builds on itself so jumping in during the middle of the session won't work. But you can take the first week only.

## How will I know I'm registered?

We will send acceptance information by email within a week of receiving your deposit and application form.

### To be eligible you must:

- Be **18 or over** by Jun 28, 2020
- Fill out the [Registration and Medical Release](#) and mail your non-refundable **deposit of \$300** to:
  - 389 Gregory St. Unit 400. Rochester, NY 14620
- Pay your **complete balance by May 1<sup>st</sup>** (discounts available for early payment, see below)
- Cost:
  - First week only - \$949 USD (\$649 after deposit)
  - Both weeks - \$1,299 USD (\$999 after deposit)  
(Cost includes housing with kitchen facilities)
- Discounts:
  - **Alumni Discount:** Returning student? First week \$849, both weeks \$1,199
  - **Early Discount:** Apply before Jan 14 - receive \$100 discount
  - If you're a **Rochester local** and don't need housing - deduct \$80 per week

## What else does PUSH do?

<http://www.facebook.com/PUSHtheatre>

## What if I have other questions?

Contact us anytime at:

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389 Gregory St. Unit 400  
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(585) 415-7874  
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