

Ballet Boot Camp:

This class is focused on the fundamentals of Ballet and is for dancers wanting to improve their overall technique. Dancers will work at the barre, go across the floor and learn combinations to perfect their technique.

Beginner Ballet: 2:30-3:30 - \$75

Tuesday, July 5th, Thursday, July 7th, Tuesday, July 12th & Thursday, July 14th

Intermediate Ballet: 4:30-5:30 - \$75

Tuesday, July 5th, Thursday, July 7th, Tuesday, July 12th & Thursday, July 14th

Advanced Ballet: 3:30-4:30 - \$75

Tuesday, July 5th, Thursday, July 7th, Tuesday, July 12th & Thursday, July 14th

Conditioning/Technique Camp:

The class is technique based and will focus on building strength, flexibility, jumps leaps and turns. It's a great way to keep your technique polished over the summer and work on new tricks and skills!

Teen/Senior: 2:00-3:30 - \$130

Tuesday, July 19th, Thursday, July 21st, Tuesday, July 26th & Thursday, July 28th

Junior: 3:00-4:30 - \$130

Tuesday, July 19th, Thursday, July 21st, Tuesday, July 26th & Thursday, July 28th

Choreography Camp:

This camp will give dancers the opportunity to learn short routines in different styles of dance. It will give dancers the opportunity to work on genres of dance they have taken and possibly try some new ones. Each class we will teach short combinations for dancers to try new styles and work on picking up choreography. The camp is a fun way for dancers to primarily focus on the choreography part of dance!

Teen/Senior: 3:30-4:30 - \$100

Tuesday, July 19th, Thursday, July 21st, Tuesday, July 26th & Thursday, July 28th

Improv Camp:

This camp will focus on improvisational skills using different exercises and techniques. Classes will focus on musicality, quick and adaptable thinking, and building the mind-body connection. Students will get to improv to different pieces of music while using different styles of dance.

Jr/Teen/Senior: 2:00-3:00 - \$95

Tuesday July 5th, Thursday, July 7th, Tuesday, July 12 & Thursday, July 14th

Dance Camp

A fun filled week of dancing! Your dancer will get to experience a little of each dance subject. It's a great opportunity for dancers to try different styles of dance. Each camp will learn mini routines and perform them for a TBA showcase!

3-4yr olds: Monday, July 11th - Thursday, July 14th - 3:00-4:30 - \$100 (Tap, Jazz & Ballet)

5-6yr olds: Tuesday, July 5th - Friday, July 8th - 3:00-4:30 - \$100 (Hip Hop, Tap & Jazz)

7-9yr olds: Tuesday, July 5th - Friday, July 8th - 4:30-6:30 - \$120 (Hip Hop, Tap, Jazz & Lyrical) **FULL**

10-13yr olds: Monday, July 11th - Thursday, July 14th - 4:30-6:30 - \$120 (Hip Hop, Tap, Jazz & Lyrical)

Acro Camp:

These camps will strictly focus on Acrobatic skills. Our Acro camps are a great way to perfect current skills, while also working towards new ones.

Beginner: 3:00-3:45 - \$55 (Working on cartwheels & starting walkovers)

Monday, July 18th, Wednesday, July 20th, Monday, July 25th & Wednesday, July 27th

Intermediate: 4:30-5:30 - \$60 (working on back-walkovers, back-handsprings & aerials)

Tuesday, July 19th, Thursday, July 21st, Tuesday, July 26th, & Thursday, July 28th

Advanced: 3:45-4:45 - \$60 (must have an aerial & back-handspring)

Monday, July 18th, Wednesday, July 20th, Monday, July 25th, & Wednesday, July 27th

Hip Hop:

Have a little fun moving and grooving with Mr. Carter! These classes will focus on Hip Hop style only and will be a great time for dancers to learn a few fun routines!

Junior: 5:00-5:45 - \$15 per class

Monday, July 11th, Wednesday, July 13th, Tuesday, August 9th & Thursday, August 11th

Teen/Senior: 5:45-6:30 - \$15 per class

Monday, July 11th, Wednesday, July 13th, Tuesday, August 9th & Thursday, August 11th

Open Mat:

Open mat will give our Acrobats a chance to work on their Acro skills in an open style setting. Teachers will be there to offer help and assistance, but students will have the class time to work on the skills they feel they would like to work on. All levels are welcome!

Tuesday, August 16th & Thursday, August 18th - 5:00-6:00 - \$15 per class

Tabata:

A great workout to try this summer! Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Join us for some sweaty fun, you won't regret it!

Monday, July 18th & Monday, July 25th - 5:00-5:45 - \$15 per class

Monday, August 8th & Monday, August 15th - 5:30-6:15 - \$15 per class

Zumba:

A total body workout combining elements of cardio, muscle conditioning, balance and flexibility. We take the "work" out of workout, by mixing low-intensity and high-intensity dance moves for a calorie burning dance fitness party! Perfect for anybody who wants a good workout while having fun. All dancers and parents welcome!!

Wednesday, July 20th & Wednesday, July 27th - 5:00-5:45 - \$15 per class

Wednesday, August 10th & Wednesday, August 17th - 5:30-6:15 - \$15 per class

Aerial Camp:

This camp will focus specifically on aerials! Students will learn new drills & techniques to help them achieve & perfect their aerials.

Monday, August 8th & Wednesday, August 10th – 4:30-5:30 - \$35

Back-Handspring Camp:

This camp is perfect for the dancer that is working for their back-handspring. We will focus on specific skills needed to build strength & confidence while working towards back handsprings!

Monday, August 15th & Wednesday, August 17th – 4:30-5:30 - \$35

Prep & Performance Team Auditions:

Dancers interested in our 2022/2023 Prep or Performance Teams. All dancers wanting to be placed in team groups must attend auditions. Additional information to follow - auditions will be held the week of August 1st.