



2010 Summer Dance Camps

Ages 3 to Teen

Beginner - Advanced levels

7 Weeks of Camps

Choose from Full Week, Full Day, Half day or Drop-In

CLASSES OFFERED

Hip Hop
Jazz
Tap
Ballet
Lyrical

Musical Theatre
Creative Movement
Contemporary
Anatomy
Conditioning

BEGINNER DANCERS

NO EXPERIENCE NECESSARY!

ADA Summer Dance is a perfect introduction to dancing for the beginner. We offer a variety of classes to sample, such as ballet, jazz, and hip hop. In addition to dancing there are crafts, games, trips to the park and library. Thursdays will be a special event day, see the schedule for your camps special event! Fridays we will hold a dance show at pick up time!

Ages 3-4 yrs

- 1) July 12 - 16
- 2) August 3 - 6*

Ages 5-6 yrs

- 1) July 12 - 16
- 2) August 3 - 6*

Ages 7-9 yrs

- 1) July 5 - 9

Ages 10-12 yrs - TWEENS

- 1) July 5 - 9

Ages 13+ yrs

- 1) July 26 - 30

*4 Day camp August 3 - 6

FEES: BEGINNERS 3 - 13+ years

\$150 / full week (5 days/same camp)

\$120 / full week (4 days/same camp)*

\$35 / full day

\$20 / half day

\$85 / half days / full week (am or pm options)

\$15/ drop-in class

Prices do not include GST

EXPERIENCED DANCERS

FOR DANCERS WITH A FEW YEARS UNDER THEIR FEET!

ADA Summer Dance is an excellent way to introduce your dancer to our studio, or simply keep in shape over the summer months! We offer a sample of each class scheduled during the regular season such as ballet, jazz, contemporary and hip hop. In addition to dancing there are crafts, games, trips to the park and library. Thursdays will be a special event day, see the schedule for your camps special event! Fridays we will hold a dance show at pick up time!

Junior 1: 5-7 yrs (approx. 1 year of training)

- 1) August 9 -13

Junior 2: 7-9 yrs (approx. 2 years of training)

- 1) August 9 -13

Junior 3: 10-12 yrs (approx. 3 years of training)

- 1) August 16-20

Pre-Intermediate: 13+ years (approx. 4 years of training)

- 1) August 16-20
Intermediate/Advanced Camp: 13+ years (*approx. 5 years of training*)
1) August 23-27

FEES: EXPERIENCED 5 – 13+ years

\$175 / full week (5 days/same camp)
\$40 / full day
\$25 / half day
\$90 / half day – full week (am or pm options)
\$15/ drop-in class

Prices do not include GST

Description of Classes

Ballet

A great class for fundamental technique! We use the RAD syllabus to focus on turnout, posture, and grace.

Ballet/ Jazz

This is an ideal class for the young beginner. We teach basic technique in both ballet and jazz, while incorporating lots of fun props and music to keep your dancer interested.

Conditioning

Dancers will learn to improve flexibility, muscle tone, and stamina with dance specific stretches and exercises.

Contemporary

This class explores natural movements of the body. Concepts discovered in this class include momentum, weight, spirals, undercurves, and finding the fun in being off balance!

Creative Movement

Beginner and Junior dancers will learn basic contemporary technique through the use of improvisation and imagination.

Hip Hop

Callin' all B-boys and B-girls! Learn some cool new moves while dancin' to hip beats. This class works on using levels, isolations and major attitude!

Jazz

This is a total body workout, focusing on posture and coordination. Dancers will learn current moves to popular, and throwback music!

Lyrical

This is a beautiful class that combines jazz and ballet techniques to emote to the lyrics of a song.

Musical Theatre

Great for any aspiring performer! We learn basic singing techniques, and combined with acting and dancing skills.

Tap

Make music with your feet! A great class to improve coordination, rhythm and musicality!

Specialized Classes

Anatomy

Learn about the dancer's instrument. An overview of bones and muscles, and how they function.

Craft

Here's your chance to get creative; younger camps will have craft time as a chance to rest our bodies and minds!

Creation

ADA summer dance camp participants will create short dances and have the opportunity to perform them at the end of the week!

Design

Use your imagination and personal sense of style to design, draw, and colour your own costume.

Games

Dancing takes a lot of concentration, so we have incorporated games and stories to keep dancers interested, and avoid wearing them out!

Jumps/Turns

A class devoted to jumping and turning. Learn how to get higher, and land safely. Learn how to spot, and maintain your balance.

Registration Information

Summer Dance has limited room available so register early to avoid disappointment. If numbers permit, dancers will be divided by age and level. Camps with smaller numbers will be combined as long as age and level are within reason.

Parents/Friends can request to have their children together; however, friends will be placed in the age and level of the younger/less experienced camp.

Our schedule is built to fit your summer needs. You can sign up for individual classes, half days, full days, and full weeks. Special events will take place on Thursdays. Dance Shows will take place on Fridays at the time of pick up.

Camps run from 9:00 am - 4:00 pm. Beginner Teen and Experienced Teen camps run 10:00 am - 3:00 pm.

ADA reserves the right to alter schedules / locations to suit the participant's needs.

Payment

Payment must be received in full at the time of registration.

Refund Policy

There will be a \$20 administrative fee for withdrawal from each ADA Summer Dance Camp. Refunds will only be given if withdrawal takes place more than one week prior to the camp start date. Refunds will not be given within one week of the camp, or after the camp has begun.

Registration/Waiver Form

The registration and waiver form must be completed in full and signed before any dancer may participate in ADA Summer Dance.

Questions?

Please contact us with any questions you have!

Email: adaerica@telus.net **Phone:** 403-938-3125

Dancer's Checklist

Dress Code- Beginner Dancers

- Dance shoes -if you have them
 - For tap class please use dress shoes or indoor runners
- CLEAN indoor runners (Hip Hop)
- Any dancewear, gym wear, yoga wear OR
- Clothes they can move in
- Hair off the face in a pony or bun
- No gum or jewelry please

Dress Code- Experienced Dancers

- Foot Undeez, Ballet slippers, Tap Shoes
- CLEAN indoor runners (Hip Hop)
- Bodysuit or fitted dance top
- Dance shorts, capris, or pants
- Hair off the face in a pony or bun
- No gum or jewelry please

For Everyone

- Old Shirt for Crafts - 12 yrs & under
- Beach Towel (for Thursdays)
- Water Bottle
- Yoga Mat - optional
- Outdoor Runners
- A Hat
- Sun Screen
- Bug Spray
- 2 Nut Free Snacks
- 1 Nut Free Lunch

**Please note, dancers will have access to a microwave*



To Register Contact Us

Email: adaerica@telus.net **Web:** www.albertadanceacademy.com

Phone: 403-938-3125 **Fax:** 403-938-5537

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