



Enjoy a sizzling
summer of fun,
friends and dance!

Camps, Clinics
5 Week Classes



Something for
everybody!

Sign up:
[https://dancelifecenter.
com/effingham-
summer](https://dancelifecenter.com/effingham-summer)

June 21 -
July 31,
2021



Camps & Clinics

• Ballet Boot Camp (Beginner)	June 21-24	\$60
• Skills Clinic (Int/ Adv)	June 21-23	\$55
• Hip Hop Clinic	June 28-29	\$55
• Skills Clinic (Beginner)	July 6-7	\$40
• PBT Clinic	July 5-7	\$45
• Choreo Camp (Adv)	July 12-15	\$60
• Ballet Boot Camp (Int/Adv)	July 19-22	\$60
• Choreo & Skills (Beg/Int)	July 19-22	\$50
• Summer Intensive	July 26-30	\$225

Little Dancers

• Royal Princess Ball - Ballet Camp	June 21-24	\$140
• Rainbow Unicorn Camp	June 26	\$35
• Baby and Me Ballet	June 28-July 1	\$50
• Hair in the Air Trolls Camp	July 12-15	\$60
• Hip Hop Hooray Camp	July 24	\$35
• Frozen Adventure Camp	July 31	\$35

5 Week Sessions Every Thursday June 24 - July 22

• Ballet, Tap & Jazz	\$50
• Ballet (Children, Preteen)	\$50
• Lyrical (Preteen)	\$50
• Hip Hop (Children, Preteen)	\$50
• B'Boy Dance Crew	\$50

CAMPS & CLINICS

Ballet Boot Camp

A four-day session of serious fun, strengthening your dance technique, expanding your artistic voice and broadening your movement vocabulary in new and exciting ways. The Ballet Boot Camp provides a unique opportunity for dance students to work intensively in developing their bodies, their technique, and their artistry. The classes also remind students to focus more consistently on correct body placement and technique allowing them to develop "muscle memory," and gain flexibility and strength.

Beginners.: Ages 6-11 years.

Intermediate/Advanced: Ages 12 - up.

Teachers: Mrs. Lynn, Mrs. Shae

Beginners

June 21 - 24

\$60

8:15 - 9:15am

Inter/Adv

July 19 - 22

\$60

8:15- 9:15am

Skills Clinic (Beginner)

In this two-day clinic for the beginning dancer, we will focus on flexibility for standing skills like kicks and leg holds, and progressive fundamentals for turns (chaines, pirouettes), leaps (straight split leaps) and jumps (toe touches). Recommended for ages 6-8

Teachers: Mrs. Lynn

July 6 - July 7

\$40

4:30 - 6:00pm

Skills Clinic (Intermediate/Advanced)

This three-day camp will be focused on learning and improving dance technique and fundamentals. Dancers will specifically be working on the preparation, execution and landing of leaps and jumps, as well as turns. Emphasis will be on implementing them into fun combos and across the floor combinations.

Teachers: Mrs. Lynn, Ms. Avery

June 21 - 23

\$55

Int: 5 - 6:30p

Adv: 6:30 - 8pm

Hip Hop Clinic

This two-day Hip Hop clinic will focus on technique in hip hop, jazz, pop-locking, street dance and funk. The dancers also work on free-style movement to promote self confidence. Dancers will have an opportunity to showcase hip hop technique such as handstands, headstands, stalls and kips , with new steps and age/level appropriate choreography.

Teacher: Mr. Antoine

June 28 - 29

\$55

Int: 4:30-6:15

Adv:

6:30 - 8:30pm

CAMPS & CLINICS

PBT Clinic

Dance body conditioning is essential for the serious dancer! This clinic is geared towards intermediate and advanced dancers aged 11 and up, and is based on Progressive Ballet Technique principles and movements. This class was introduced to our curriculum this past year. Give it a try if you are interested in signing up for the fall semester!

Teacher: Ms. Avery

July 5 - 7
\$45
6:00 - 7:15pm

Choreo Camp (Advanced)

This camp is all about choreography! Each night dancers will learn combinations in different styles (jazz/contemporary/hiphop). They will also be asked to incorporate their own improvisations while being guided on creating their own choreography.

Teacher: Mrs. Lynn

July 12 - 15
\$60
7:00 - 8:15pm

Choreo & Skills Camp (Beginner, Intermediate)

In this fast-paced camp, dancers will be learning a variety of genres, from ballet, jazz and pom. Emphasis will be on skills, conditioning and incorporating that into choreography.

Teacher: Ms. Avery

July 19 - 22
\$50
5:00 - 6:00pm

Summer Dance Intensive

Join DanceLife for the annual Summer Dance Intensive! The program focuses on developing well-rounded dancers through exposure to a wide array of dance disciplines – with an emphasis on ballet and modern techniques. Students can expect to dance every day from 4:00 - 8:00pm everyday and revel in a comprehensive curriculum that includes ballet, modern, jazz, contemporary and hip hop. This five day dance camp meets from Monday, July 26 - Friday, July 31 and will be followed by a Parent Demonstration on Saturday, August 1. Three tracks are available (beginner, intermediate and advanced).

Teachers: Mr. Antoine, Ms. Avery, Mrs. Lynn, Mrs. Maria

July 26 - 31
\$225
4:00 - 8:00pm

For the Littlest Dancers

Royal Princess Ball - Ballet Camp

Hear ye, Hear ye! By royal decree, princesses of all kinds are invited to this spectacular event. Together, you will dance to your favorite princess songs in ballet class, work on special art and crafts projects, and play wonderful games fit for only a real princess. Ages 4 - 6. Teacher: Mrs. Krishna, Mrs. Lynn

June 21 -24
\$140
9:00 - 11:30am

Rainbow Unicorn Camp

Come join us in the magical land of unicorns and rainbows. We will dance in ballet & creative movement, create beautiful art, and end the day with games & activities. You can wear your best rainbow or unicorn attire to get in the spirit (optional). Magical memories will be made! Ages 3-5. Teacher: Mrs. Krishna

June 26
\$35
9:00 - 11:30am

Baby & Me Ballet

Baby and Me Ballet is designed for kids ages 3-4 - please bring a doll or stuffed animal to class! In addition to our curriculum, we will have fun doing creative movement, rhythm, exercises and partnering skills. Our classroom format moves with the attention span of the students. Ages 3-4. Teacher: Mrs. Lynn, Mrs. Krishna

June 28 - July 1
\$50
8:15 - 9:00am

Hair in the Air Trolls Camp

Transport yourself into the colorful, wonderful, magical world of TROLLS! Join Poppy, Branch and the entire crew in this whimsical exciting camp filled with bright colors, wonderful music and dancing! We will be making fun crafts and dancing along to all the fun music from Trolls! We "Can't Stop the Feeling" of excitement for everyone to join in on the fun! Ages 4-6. Teacher: Mrs. Krishna

July 12 - 15
\$60
8:15 - 9:15am

Hip Hop Hooray Camp

Hip hop hooray! Bring your own beat to this awesome meet! Learn new dance moves to share with family after class. This high-energy camp is nonstop fun, from learning cool choreography to mastering new tricks. Come join the party this summer! Ages 3-5. Teacher: Mrs. Krishna

July 24
\$35
9:00 - 11:30am

Frozen Adventure Camp

Let It Go! This dance camp is inspired by the music and characters of the Frozen movie. Children will learn different dance styles all while dancing to their favorite Frozen music! On their fantasy adventure, we will celebrate Coronation Day and have a Crowning Ceremony, have a sing a long dance party, play Frozen games, and create crafts (Elsa snowflakes, Olaf snowman, Princess Crown, and more!) Ages 3-5. Teacher: Mrs. Krishna

July 31
\$35
9:00 - 11:30am

5 Week Sessions

Classes meet **every Thursday, June 24 - July 22**

Ballet, Tap & Jazz

This is a perfect combination class for young dancers. Ballet training promotes coordination, balance, correct body alignment and grace. Tap dancing develops a keen sense of rhythm, timing and musical awareness. Jazz dance introduces a stylistic dance vocabulary for a fun, funky and expressive way of dancing. This class is a fun and well rounded introduction to dance for young students. Ages 6 - 8. Teacher: Ms. Katherine, Mr. Antoine

3:30PM
\$50

Ballet Children

Our ballet program is designed to take students from their very first step through classical ballet lessons. It encourages physical discipline, general body awareness and control. Ballet teaches the student to understand the relationship between music, rhythm and controlled movement. Ages 6-8. Teacher: Ms. Katherine

4:30PM
\$50

Ballet Preteen

This class begins to transition young dancers into the full structure of a standard ballet class with increased exercises and vocabulary. The focus of this class is to create good technical habits while building strength and flexibility. This class will prepare dancers for more advanced movement, while solidifying skills. Ages 9 - 11. Teacher: Ms. Katherine

5:30PM
\$50

Lyrical Preteen

Lyrical dance combines techniques of classical ballet and modern dance with current forms of popular dance. Classes include warm up, isolations, stretches, across the floor progressions, and choreography combinations. Ages 9-11. Teacher: Ms. Katherine

6:30PM
\$50

5 Week Sessions

Classes meet **every Thursday, June 24 - July 22**

Hip Hop Children

This class is a basic introduction to hip hop and jazz funk style dance. The class will include hip hop technique and choreography, and of course freestyle improvisation! We will have a blast dancing to age appropriate music and moves for the young dancers. Ages 6 - 8. Teacher: Mr. Antoine

4:30PM
\$50

Hip Hop Preteen

This hip hop class is a fast-paced and energetic dance style using the latest street/urban dance moves set to hip hop music. Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style. Ages 9 - 11. Teacher: Mr. Antoine

5:30PM
\$50

B'Boy Dance Crew

This fun, high-energy boys' only dance class enables boys to be boys while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, basic break dancing, and dance games in a non-stop action-packed class that will have you movin' to the beat! All music and moves are age appropriate. Ages 6-11. Teacher: Mr. Antoine

6:30PM
\$50



Let's dance!