

Highland Park Dance Company Summer 2020 Schedule

HIGHLAND PARK dance company

	EVENT	DATES/TIMES	DESCRIPTION	PRICING
CAMPS	3-4 Year-Old Camps	9:00-11:00am June 1-4 June 22-25 July 20-23 August 10-13	Students will explore the joy of music and movement as they develop basic motor skills, muscle strength, coordination, and flexibility using dance, music, stories, and crafts . Dancers will learn and play along to their very favorite songs and themes such as Frozen, Moana, Trolls , and more! Please wear a leotard and tights along with ballet or jazz shoes. Also please secure hair back away from the face. Please bring water as well as a snack each day. On the very last day, parents will be invited to come watch a short performance at the very end!	* \$150 for the week
	Kinder-1st Grade Camps	9:00-11:00am June 8-11 July 6-9 July 27-31	Young dancers in this camp will explore and build upon foundational dance technique. They will practice motor skills, muscle strength, coordination, and flexibility using dance and exercise. This camp will focus on dance genres such as hip hop and jazz . Dress code is either leotard and tights or a workout top and workout leggings/dance shorts (NO loose running shorts, and entire midriff must be covered), jazz shoes, and tennis shoes. Please bring water as well as a snack each day. On the last day, parents will be invited to come watch a short performance!	* There is a one-time summer registration fee of \$25 per child * No adjustments or credits for missed days or partial days
	2nd-3rd Grade Camps	9:00-11:00am June 15-18 July 13-16 August 3-6	Dancers in this camp will explore and build upon foundational dance technique as well as turns and leaps technique. They will practice motor skills, muscle strength, coordination, and flexibility using dance and exercise. This camp will focus on dance genres such as hip hop, jazz, and pom . Please wear either a leotard and tights or a workout top and workout leggings or dance shorts, jazz shoes, and tennis shoes. Please to not wear loose running shorts, and make sure your entire midriff is covered. Please bring water as well as a snack each day. On the very last day, parents will be invited to come watch a short performance at the very end!	
	4th-7th Grade Intermediate Camps	11:00am-3:00pm May 18-21 (4-8pm) June 8-11 June 22-25 July 13-16 July 27-30 Aug 10-13	This camp is for dancers seeking an introduction to all areas of drill team technique such as leaps, turns, high kicking, jazz, pom , and more. Emphasis is on conditioning, technique training, and drill team style choreography. Please wear either a leotard and tights or a workout top and workout leggings, preferred turning footwear, and tennis shoes. Please to not wear loose running shorts, and make sure your entire midriff is covered. Please bring water and lunch each day.	* \$500 for the week * There is a one-time summer registration fee of \$25 per student
	7th-12th Grade Advanced Camps	11:00am-3:00pm May 18-21 (4-8pm) June 1-4 June 15-18 July 6-9 July 20-23 Aug 3-6	This challenging camp is for dancers seeking to perfect and maintain all areas of drill team technique such as leaps, turns, high kicking, jazz, pom , and more. Emphasis is on conditioning, technique training, and drill team style choreography. Dress code is either leotard and tights or a workout top and workout leggings/dance shorts (NO loose running shorts, and entire midriff must be covered), preferred turning footwear, and tennis shoes. Please bring water as well as a lunch each day.	* No adjustments or credits for missed days or partial days
DROP IN CLASSES	Turns & Leaps Clinics	Turns 4:00-5:00pm Leaps 5:00-6:00pm Intermediate June 3 Advanced June 10 June 17 June 24 July 8 July 15 July 22 July 29 August 5 July 12	These separate, 1-hour intensives focus solely on perfecting turning and leaping skills. Students will refine the strength, flexibility, and technique needed to execute challenging turns and leaps and ultimately incorporate them into choreography. Some of the skills include: double, triple, and quad pirouettes, coupes, turns in second, toe touches, axel jumps, calypso jumps, jete leaps, switch leaps, russian leaps, turning russian leaps, and more.	* Drop in day-of for \$25 per class OR register ahead of time for a \$100 pack for 5 classes
	TikTok Tuesdays	6:00-7:00pm June 2 June 16 July 7 August 4	This 1-hour class is all about having FUN! Students of all ages and levels will get to learn, practice, and perform some of TikTok's most fun dances. No previous experience is required. Invite all of your friends, and get filming!	* No adjustments or credits for expired or unused classes on a class pack * All drop-in students are required to register a credit card on file in order to attend any drop in class (You will automatically be charged if no cash/check payment is submitted)
	Cardio, Conditioning & Powerstretch	Thursdays 6:00-7:00pm	This 1-hour class combines conditioning, interval training, weight lifting, stretching, yoga, and barre elements. Dancers will learn proper exercise technique, specific muscle groups, and the importance of overall health. The class also incorporates instructor-led flexibility training. Instructors lead in stretching exercises while critiquing and correcting form to maximize efficiency and to target certain muscle groups to improve in specific dance skills.	
	Current Belles	7:00-8:00pm July 23 July 30 Aug 5	Join us for these 1-hour clinics to keep up your skills over the summer. We'll allocate time for skills and for full-out runs of the All-American tryout routine with critiques.	
OPEN	Mommy + Me Open Free Play (1-5 years)	Mondays 3:00-5:00pm Fridays 11:00am-1:00pm	Beat the summer heat, and join us inside for free-play. Instructors will supervise use of the mini tumbling and play equipment, and we'll have fun music, games, snacks, and crafts . Parent supervision is required.	* \$12 per child