

# Summer Camp/Classes Summary

(see schedule for times and dates)

## Tumbling Camps/Classes

**Tiny Tumbler-Tiny Tumbler** is a camp where parents get to join in the fun! Each class offers something new for you and your toddler to explore. Classes consist of stretching and warm up, obstacle course training, and trampoline time. Enjoy being a part of your child's learning!

**PRICE: \$23/wk**

**Tumbling Tots-** Join us for a tumbling camp designed specifically for your preschooler! Your child will enjoy learning tumbling skills in our state-of-the-art tumble gym, including: forward and backward rolls, cartwheels, back-bends, straddle rolls, and handstands. Fun activities, games, and music are incorporated appropriately into each day of camp to keep your child actively engaged. All of our tumbling classes are taught by a USA Gym certified instructor!

**PRICE: \$63/wk.**

**Tumbling Unlimited Tots-** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 3-5 years, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$48/wk.**

**Tumbling Unlimited -** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 6 and up, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$63/wk.**

**Power Tumbling I-** This camp is for Level I Power Tumbling kids. No experience necessary to join this camp. Instructors will help those with little to no experience with basic tumbling skills including: cartwheels, back-bends, back-bend kickovers, straddle rolls, backward rolls, forward rolls, and head-stands. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors

**PRICE: \$63/wk.**

**Power Tumbling II-** This camp is for Level II Power Tumbling kids. Our instructors will build upon existing skills learned in Power Tumbling I, including: back-bends, back-bend kickovers, front-walkovers, back-walkovers and back-handspring skills. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$63/wk.**

**Skills & Drills Camp-** This camp is for Level III and up Power Tumblers. Attendants at this camp will be broken into groups by level. Our tumbling coach will help each athlete work towards tumbling skills and goals through drills related to said skill. They will also learn and work on other drills for skills like Baranis, back tucks, front tucks, and backhand springs. These drills will help give athletes the resources and positions needed for said skills. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$80/wk.**

**Back-Tuck & Barani Camp-** This camp is for Level 3 and up Power Tumblers. Attendants at this camp will have a mixture of skill based learning and spotted skills (if ready for back tucks). They will focus on learning how to generate a twist and rotating correctly. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$80/wk.**

**Tumble & Tricks I & II-**Join Coach Derek for this high energy camp that offers a wide variety of skills that center around aerial acrobatics. Elements of gymnastics, tumbling and other forms of movement will be highlighted as class content. This class provides an opportunity to hone old skills, as well as develop new skill in a controlled environment.

**PRICE: \$63/wk.**

**Cheer Camp-** No experience necessary for this high-energy cheer camp! Participants will learn cheer technique and skills including beginning cheers, cheer dance/choreography, and stunting.

**PRICE: 1 hr. camp: \$53/wk.—1.5 hr. camp: \$75/wk.**

**TDC Competition Tumbling Teams-**For competition members only. Practices will run throughout the summer beginning June 14<sup>th</sup> and ending August 19<sup>th</sup>. Intermediate and Advanced teams will be scheduled for 3 hrs. 2x/week. Mini/Prep Team will be scheduled for 1.5 hrs. 2x/week

**PRICE: Int/Adv Team \$198/mo. Mini/Prep Team: \$153/mo.**

## **Dance Camps/Classes**

**Creative Movement Camp-**This camp is a beginner level camp focusing on introducing toddlers to music, rhythm, and movement! Even the tiniest dancer will find something to love in this high-energy camp. Students play games and use props to enhance their experience as they make discoveries that will propel them into a lifetime of love for music and dance. A craft-time and performance will be held on the last day of camp.

**PRICE: \$35/wk.**

**Princess/Prince Ballet Camp-** Camp emphasizes musicality & creativity as the dancers practice balance & coordination. A craft-time and performance will be held on the last day of camp. \*

**PRICE: \$48/wk.**

**Hip Hop Tots Camp-** This camp is perfect for your tiny dancer that just needs to move! Our Hip Hop Tots class teaches beginning hip hop technique along with tempo, rhythm, across-the-floor exercises and gross motor coordination. All the while learning musicality and playing with fun props to enhance each dancer's experience.

**PRICE: \$30/wk.**

**Hip Hop I Camp-** This is a beginner level class, perfect for kids that are new to dance! Hip-Hop is one of the most recent popular dance styles for boys and girls alike. Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$43/wk.**

**Hip Hop II Camp-** This is an intermediate level class, perfect for kids who want to build on their existing dance skills! Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$43/wk.**

**Combo Dance Camp-** Camp emphasizes technique, conditioning, and musicality as dancers practice balance, posture & coordination. Each day of the camp dancers will focus on different styles of dance and will incorporate a variety of dance moves into their routines. This camp includes a performance for family and friends on the last day.

**PRICE: \$165/wk. (3hrs/day)**

**Leaps & Turns Clinic-** For Elite and Recreational Dancers to refresh and advance in dance technique. There will be separate camps for Beginner, Intermediate and Advanced students. Strongly recommended for all Elite dancers before the season begins.

**PRICE: \$40/wk.**

**Beginner Clogging Camp-** Miss Deb often has folks ask her about learning to clog. This August, Miss Deb and Miss Cristina will be offering beginning clogging classes. Come and have some fun creating percussive sounds and laugh a lot! \*Miss Deb will have shoes available for rent.

**PRICE: \$53/wk.**

**Competition Clogging Sparks Team Camp-** Camp will be held August 2<sup>nd</sup>-6<sup>th</sup>

**PRICE: \$53/wk.**

**Competition Clogging Yahoo's & a Dude Team Class:** Classes will be held each Monday starting June 14<sup>th</sup>.

**PRICE: \$53/mo.**

**ELITE Acro Intensive- THIS CAMP IS FOR TDC ELITE TEAM MEMBERS ONLY**

New members should sign up for Primary-Level 2 to start catching up on skills. Returning members should attend the level that they still need to complete (ex. if they received a certificate at the banquet for passing Level 1, they should register for Primary to Level 2 ). We will have 3 hours of instruction during the week. Testing date & time is still TBD. It's important to try to get everyone caught up on the Acro Levels as we get closer to starting our fall classes.

**PRICE: \$40/wk.**

## **Martial Arts Camps/Classes**

**Little Dragons Camp-** This camp is designed for ages 3-5 years. Your child will learn the basics of Martial Arts and develop fundamental motor skills, increase awareness of body. This class will promote physical strength, coordination and stamina and help to develop a sense of independence and self-esteem. They will also learn to: act respectfully, develop speech and language skills and a love for learning, share, take turns, follow directions, problem solve, self-control, and goal setting.

**PRICE: \$63/wk.**

**Novice Martial Arts Camp-** Thinking about whether your child will enjoy martial arts? Come try out this beginning camp with Sensei Nory August 9<sup>th</sup>-12<sup>th</sup>. All within a fun, safe and structured environment! Classes are high energy, where your child will learn the basis of TaeKwonDo. They'll love every second of each positive, high-energy, goal-driven class. Our instructor, Sensei Nory, has many years of experience working with children. She understands the importance of a positive, encouraging, yet challenging experience, that will keep students motivated and learning.

**PRICE: \$93/wk.**

**Soaring Dragons Novice/Int/Adv. Class-** Classes will be held 2x/wk on Mondays and Thursdays for our 10-week summer session beginning Monday, June 7<sup>th</sup>. (see schedule for times) All within a fun, safe and structured environment! Classes are high energy, where your child will learn the basis of TaeKwonDo. They'll love every second of each positive, high-energy, goal-driven class. Our instructor, Sensei Nory, has many years of experience working with children. She understands the importance of a positive, encouraging, yet challenging experience, that will keep students motivated and learning.

**PRICE: \$93/mo.**

## Adult Fitness Classes

**ZUMBA (M/W/F):** Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Students as young as 12 and as mature as 70 something are welcome. These classes are NO pressure, very casual, non-intimidating.

**PRICE: \$35/mo. or \$6 drop-in fee/class**

**TAI CHI (T/Th):** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**PRICE: \$25/mo. or \$6 drop-in fee/class**

**Zumba/Tai Chi COMBO:** Want to do both? Sign up for Amber's Zumba/Tai Chi Combo and attend both classes!

**PRICE: \$45/mo.**