

Summer Slam Dance Camp

Idaho Falls, ID

July 31, Aug. 1,2 - 2008

Day 1

Time	Mini	Beg.	Int.	Adv.	Directors
8:00--8:45am	Check-In				
8:45-9:00am	Welcome				
9:00-10:00am	Warm-Up & Camp Dance	Warm-Up & Camp Dance	Warm-Up & Camp Dance	Warm-Up & Camp Dance	Warm-Up & Camp Dance
10:00-11:00am	Jazz Part 1 Stacy	Jazz Part 1 Niqole	Jazz Part 1 Britt	Jazz Part 1 Tiff/Jill	Lyrical Cicily
11:00-12:00pm	Hip Hop Britt	Turn Tech. Cicily/La	Lyrical Part 1 Niqole/Jill	Lyrical Part 1 Stacy	Break
12:00-12:30pm	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review
12:30-1:30pm	LUNCH				
1:30-2:15pm	Stretch & Camp Dnc.	Stretch & Camp Dnc.	Stretch & Camp Dnc.	Stretch & Camp Dance	Stretch & Camp Dance
2:15-3:15pm	Char./Theme Niqole	Lyrical Part 1 Stacy/Jill	Hip Hop Part1 Tiff	Hip Hop Part1 Britt	Jazz La
3:15-4:15pm	Feet & Locomotor Skills Cicily	Hip Hop Part 1 Tiff	Turn Tech. Stacy	Turn Tech. Niqole/Jill	Hip Hop Britt
4:15-5:00pm	Excused early!!	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down

5:00pm

Dinner on own

Practice Routines on own

Bedtime!!! Get your rest – You're going to need it!!!

Day 2

Time	Minis	Beg.	Int.	Adv.	Directors
8:30-9:15am	Warm-up & Camp Dance	Warm-up & Camp Dance	Warm-up & Camp Dance	Warm-up & Camp Dance	Warm-up & Camp Dance
9:15-10:15am	Jazz Part 2 Stacy	Jazz Part 2 Niqole	Jazz Part 2 Britt	Jazz Part 2 Tiff/Jill	Lyrical Cicily
10:15-11:15am	Hip Hop Part 2 Britt	Hip Hop Part 2 Tiff	Lyrical Part 2 Niqole/Jill	Lyrical Part 2 Stacy	Hot Dance Topic Lauralyn
11:15-12:00pm	Char/Theme Part 2 Niqole	Leap Tech. La/Jill	Leap Tech. Stacy/Britt	Leap Tech. Cicily/Tiff	Break
12:00-1:00pm	LUNCH				
1:00-1:45pm	Stretch & Camp Dnc.	Stretch & Camp Dance	Stretch & Camp Dance	Stretch & Camp Dance	Stretch & Camp Dance
1:45-2:45pm	Timing & Rhythms Cicily/La	Lyrical Part 2 Stacy/Jill	Hip Hop Part 2 Tiff	Hip Hop Part 2 Britt	Jazz Niqole
2:45-3:45pm	Strut Your Stuff & Kick technique <i>*Mini Dancers may be excused OR they can stay and take class with everyone..</i>				
3:45-5:00pm	Camp Dance Review – Blue Ribbon opportunity Theraband Training & Cool Down				

5:00pm Dinner Break on own
Swimming Fun (if staying at hotel)
Review Routines on own
Bedtime!! Big Show for your friends & parents tomorrow – get your rest!

Sat. – Day 3

8:30-9:15am	Warm-up & Camp Dance Review
9:15-9:25am	Divide camp into two groups – keep studios/teams together
9:25-10:10am (switch classes)	“Creative Thinking Activity” (La, Tiff, and Cicily)
10:15-11:00am	“Professionalism” When, Where, How? (Stacy, Niqole, Jill and Britt)
11:00-11:45am	Routine Review – all classes
11:45-12:20pm	SNACK BREAK
12:30-1:30pm	SHOWTIME – parents and friends welcome – FREE!!
1:30-2:15pm	Summer Slam “Dance Off” for all Blue Ribbon participants
2:15-2:30pm	Camp Awards
2:30pm	Camp Photos & Clean Up

Upcoming Event you WON'T WANT TO MISS.....

“Rap It Up” Hip Hop Workshop
Oct. 11, 2008 in Salt Lake City
(Skyline High School)

Summer Slam Dance Camp

Pocatello, ID

Aug. 12, 13, 14 - 2008

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Time	Mini	Beg.	Int.	Adv.	Directors
8:00--8:45am	Check-In				
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10:00-11:00am	Jazz Part 1 Stacy	Jazz Part 1 Kati	Jazz Part 1 Britt	Jazz Part 1 Tiff/Jill	Lyrical Cicily
11:00-12:00pm	Hip Hop Britt	Turn Tech. Cicily/La	Lyrical Part 1 Niqole/Jill	Lyrical Part 1 Stacy/Kati	Break
12:00-12:30pm	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review	Camp Dnc. Review
12:30-1:30pm	LUNCH				
1:30-2:15pm	Stretch & Camp Dnc.	Stretch & Camp Dnc.	Stretch & Camp Dnc.	Stretch & Camp Dance	Stretch & Camp Dance
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3:15-4:15pm	Feet & Locomotor Skills Cicily	Hip Hop Part 1 Tiff	Turn Tech. Kati	Turn Tech. Niqole/Jill	Hip Hop Britt
4:15-5:00pm	Excused early!!	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down	Thera Band Conditioning & Cool Down

5:00pm

Dinner on own

Practice Routines on own

Bedtime!!! Get your rest – You're going to need it!!!

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