



# North Dakota Ballet Company & Academy

## 2021 Summer Classes & Camps

Throughout summer sessions dancers will have the opportunity to dance through incredible journeys of a variety of styles, hone their technical skills, and experience a variety of fun and unique class formats.

*\*A minimum of one session is required for all Competitive Team Dancers to include jazz and ballet. A minimum of one session of ballet is required for all Apprentice/Youth Ballet Company Dancers. Additional sessions and classes are highly encouraged.*

### Sessions:

Session I: June 7 – July 1

Session II: July 12 – August 5

### Prices:

Unlimited - \$200 a session

6 classes - \$185 a session

5 classes - \$155 a session

4 classes-\$125.00 a session (ages 8+)

3 classes-\$95.00 a session

2 classes- \$65.00 a session

1 class- \$35.00 a session

1 45 min class - \$30 a session

### Registration Deadlines:

Session 1: June 1

Session 2: July 1

**\*\*Class minimums required.**



## Session 1: June 7 – July 1

### Monday

#### Studio A

4:00 – 5:00 Jazz 9 – 12  
 5:00 – 6:00 Contemporary 11+  
 6:00 – 7:00 Int./Adv. Ballet 13+  
 7:00 – 8:00 Pointe All Levels

#### Studio B

5:15 – 6:00 Ballet 6 – 8  
 6:00 – 6:45 Jazz 6 – 8

### Tuesday

#### Studio A

4:00 – 5:00 Pre-Pointe  
 5:00 – 6:00 Ballet 9 – 12  
 6:00 – 7:00 Int./Adv. Jazz 13+  
 7:00 – 8:00 Jumps/Turns 11+  
 8:00 – 9:00 Choreography Composition 11+

#### Studio B

4:00 – 4:45 Pre-Ballet 3 – 5  
 5:15 – 6:00 Hip Hop 6 – 8  
 6:00 – 7:00 Musical Theater 7 – 10

### Wednesday

#### Studio A

4:00 – 5:00 Musical Theater 11+  
 5:00 – 6:00 Variations 11+  
 6:00 – 7:00 PBT 9 – 12  
 7:00 – 8:00 PBT 13+

#### Studio B

5:15 – 6:00 Pre-Ballet 3 – 5

### Thursday

#### Studio A

4:00 – 5:00 Combo Class 11+  
 5:00 – 8:00 Nationals Rehearsal

#### Studio B

4:00 – 5:00 Hip Hop 9 – 12  
 5:00 – 6:00 Hip Hop 13+

## Session 1: July 12 – August 5

### Monday

#### Studio A

4:00 – 5:00 Jazz 9 – 12  
 5:00 – 6:00 Creative Spaces 11+  
 6:00 – 7:00 Int./Adv. Ballet 13+  
 7:00 – 8:00 Pointe All Levels

#### Studio B

4:00 – 5:00 Improv 11+  
 5:15 – 6:00 Ballet 6 – 8  
 6:00 – 6:45 Jazz 6 – 8

### Tuesday

#### Studio A

4:00 – 5:00 Pre-Pointe  
 5:00 – 6:00 Ballet 9 – 12  
 6:00 – 7:00 Int./Adv. Jazz 13+  
 7:00 – 8:00 Jumps/Turns 11+  
 8:00 – 9:00 Lyrical 11+

#### Studio B

4:00 – 5:00 Tap 11+  
 5:15 – 6:00 Music/Movement 3 – 5  
 6:00 – 7:00 Storybook Exploration  
 7 – 10

### Wednesday

#### Studio A

4:00 – 5:00 Variations 11+  
 5:00 – 6:00 PBT 13+  
 6:00 – 7:00 Stretch/Strengthen 11+

#### Studio B

5:15 – 6:00 Pre-Ballet 3 – 5

### Thursday

#### Studio A

5:00 – 6:00 Tricks 11+  
 6:00 – 7:00 Conditioning 11+

#### Studio B

5:15 – 6:00 Hip Hop 6 – 8  
 6:00 – 7:00 Hip Hop 9 – 12  
 7:00 – 8:00 Pom 8+

## **Class Descriptions:**

**Pre-Ballet (ages 3 – 5)** Dance, twirl, and spin to the music while learning ballet basics, creative movement, and rhythmic games.

**Music and Movement (ages 3 – 5)** This class is an exploration of how music can inspire movement and creativity. Dancers will participate in games and movement activities to introduce them to the world of dance in a fun and nurturing environment!

**Storybook Exploration (ages 7 - 10)** This class will explore creativity and imagination as we take classic stories and bring them to life through music and movement. Learn about characters and create fun movement in a creative class atmosphere.

**Ballet (Ages 6 - 8, 9 - 12, 13+)** Explore the beauty of ballet while learning ballet foundations or advancing their skills through a traditional ballet class format.

**Pointe ALL LEVELS (approval required)** Advanced dancers that are approved for pointe class will work on developing or enhancing their pointe skills while strengthening and lengthening their muscles to learn the proper technique of pointe dancing. Pre-pointe dancers are welcome! (Approval required)

**Jazz (Ages 6 - 8, 9 - 12, 13+)** Explore the rhythms and beats in this fun and energetic class. Dancers will explore a variety of techniques and styles of jazz dance while moving and grooving to the beat.

**Hip Hop (Ages 6 – 8, 9 - 12, 13+)** Get ready to groove! This class is full of energy and fun movement! Work on your rhythm and beat with this fun class!

**Jumps/Turns Class (Ages 10+)** This high energy class focuses on the proper technique needed for jumps, leaps, and turns all while learning new sequences!

**Lyrical/Contemporary (Ages 11+)** Experience the synergy of lyrical and modern dance as you explore this fun and creative movement style!

**Variations (Ages 10+)** Embrace the classics as dancers focus on learning a variety of classical ballet variations and the history behind ballet.

**Progressive Ballet Technique (Ages 9 – 12, 13+)** Dancers will explore techniques to better train muscle memory in perfecting their technique with specialized strength training, flexibility, and conditioning exercises to enhance their dance training.

**Tap (Ages 11+)** All levels welcome to work at various levels of tap technique skills and fun energizing combos.

**Improv (Ages 11+)** This is a stress-free class where dancers can move freely through various improvisational exercises to different types of music. This class will help dancers explore their space and movement styles, as well as help cultivate their unique voices as movers and artists.

**Creative Spaces (Ages 11+)** Creative Spaces is an approach to choreography that will help dancers understand concepts, intentions, and methods used by many choreographers to create dance pieces. This class will allow dancers to collaborate with their fellow students to create their own pieces of art through movement with a special showing of their pieces for family members at the end of the session.

**Pom (Ages 8+)** Pom is a fun and lively class that incorporates aspects of cheerleading motions as well as jazz style dancing. Pom is the style of dance used in sideline dancing for sports games and is a super fun way to combine aspects of both cheer and dance.

**Stretch/Strengthen & Conditioning (Ages 11+)** These high energy classes focus on developing strength and muscle tone all while building endurance, flexibility and coordination. This class includes a wide variety of exercises and techniques to help create well-rounded dancers.

**Musical Theater (Ages 7-10, 11+)** Get ready to tell stories! In this class dancers will learn to improve their acting and storytelling through dance!

**Combo Class (Ages 11+)** Each week dancers will learn an exciting new combination from a different genre of dance.

**Tricks (Ages 11+)** This unique class will focus on exploring new ways to turn, leap, and bend. Dancers will get the opportunity to try popular skills they may have never tried before and is designed to challenge students to get them out of their comfort zone.

**Choreography Composition (Ages 11+)** Dancers will examine themes of shape, time, space, and energy to explore their own movement and create their own pieces of choreography.

## **Children's Dance Camps**

Each day camp is jam-packed with fun activities: making crafts, imagination, learning fun dance steps and more! Explore Arendelle with Elsa and Anna, dance under the big top to Greatest Showman, help Poppy and Branch save music, journey to the Pride Lands with Simba, be a superhero and save the day, or travel the oceans with Moana. There is something for everyone in these fun filled one day camps.

Fees for children's dance camp include instruction, crafts, and snack. Register for just one or all of them! We look forward to dancing with you on a magical adventure this summer!



### **Camp Sessions:**

Frozen Dance Camp: June 15<sup>th</sup>

Greatest Showman Camp: June 22<sup>nd</sup>

Trolls World Tour Camp: June 29<sup>th</sup>

Lion King Musical Theater Camp: July 13<sup>th</sup>

PJ Masks Camp: July 20<sup>th</sup>

Moana Camp: July 27<sup>th</sup>

**Times:** 9:00 am – 12:00 pm

**Prices:** \$25 per camp

## Youth Ballet Intensive Camp

NDBC is proud to provide professional training opportunities for dancers to study classical ballet. Our summer camp will include intensive skill building, company teambuilding, and choreography sessions for the youth ballet company's 2021 Holiday Show.

*(Camp is exclusively for Youth Ballet Company dancers. Auditions May 15<sup>th</sup> (Times TBA) - Contact Lauren at [lauren.theurer@northdakotaballet.org](mailto:lauren.theurer@northdakotaballet.org) for more information.)*

### **Session:**

August 2 – 6 (Monday-Thursday)

### **Apprentice III/IV**

**Time:** 9:00am – 3:00 pm

### **Apprentice I/II**

**Time:** 9:00 – 12:00 PM ONLY

**Price:** \$160 for Apprentice III/IV\* (\$80 for Apprentice I/II)

## **Competition TEAM: Choreography Camp!**

NDBC holds a **MANDATORY** competition team camp for all competitive teams. Teams will work on fun teambuilding exercises, as well as get a jumpstart on learning their competition dances for the 2021/2022 season!

*(Camp is exclusively for competition team dancers. Auditions May 15<sup>th</sup> (Times TBA) - Contact Cole at [cole.rodgers@northdakotaballet.org](mailto:cole.rodgers@northdakotaballet.org) for more information.)*

### **Session:**

August 9 - 13 (Monday – Friday)

### **Diamonds/Emeralds/Crystals/Sapphires**

**Time:** 9:00am -3:00pm

### **Rubies**

**Time:** 9:00am – 12:00 PM ONLY

**Pearls are not required for camp but are encouraged to take one summer session class.**

**Price:** \$200 for the week (\$100 for Rubies)