



North Dakota Ballet Company & Academy

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 8 – July 2

Session II: July 6- 30

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

****Registration Deadlines: Session 1: June 1 Session 2: July 1**

Class minimums required.



MON	Studio A	Studio B	TUES	Studio A	Studio B	WED	Studio A	Studio B	THURS	Studio A	Studio B
3:45 - 4:45pm	Lyrical/ Contemporary 11+ (session 2)	Stretch N' Strength 8+ (session 1)	3:45 - 4:45pm	Tap 11+ (Session 1)		4:00 - 5:00pm			4:00 - 5:00pm		
5:00 – 5:45pm	Jazz I/II 9-12yrs (45 min)	Ballet 6 - 8yrs (45 min)	5:00 – 5:45pm	Pre-Pointe (45 min)	Pre-Ballet 5 yr olds 5:15 – 6:00 (45 min)	5:00 - 6:00pm	Musical Theater 7 – 10 yrs	Pre- Ballet 5 yr olds 5:15 – 6:00 (45 min)	5:00 – 6:00pm	Hip Hop 6 – 8 yr olds	Progressive Ballet Tech. 8 - 12 (session 2)
6:00 – 7:00 pm	Int/Adv Ballet Ages 13+	Ballet I/II 9-12yrs	6:00 – 7:00 pm	Int/Adv Jazz 13+	Pre- Jazz 6-8 yrs 6:00 – 6:45 (45 min)	6:15 – 7:15pm	Musical Theater Ages 11+ (session 1) Improv Movement (session 2) Ages 11+	Improv Movement (1 st session) 7 – 10	6:15 – 7:15pm	Progressive Ballet Tech. 13+ (session 2)	Hip Hop 9 – 12 yr olds
7:15 – 8:15pm	Pointe (All levels)		7:15 – 8:00pm	Jumps/ Leaps/Turns 10+ (45 min)	Adult Barre (16+) (session 1) Adult Tap (16+) (session 2)	7:30 – 8:30pm	Lyrical/ Contemporary Ages 11+ (session 1) Creative Spaces Ages 11+ (session 2)		7:15 – 8:15pm	Variations 10+ (session 2)	Hip Hop 13+ (session 1) Pom 8+ (session 2)
8:30 – 9:15pm	Partnering 13+ (45 min)		8:15 – 9:00pm	Variations 10+ (session I) (45 min)	Adult Ballet (16+) (session 2)				8:00 – 9:00pm		

Class Descriptions:

Pre-Ballet/Creative Movement (ages 5) Dance, twirl, and spin to the music while learning ballet basics, creative movement, and rhythmic games. Dancers will participate in creative games and movement activities to introduce them to the world of dance in a fun and nurturing environment!

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

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, Ages 9 - 12, Ages 13+) Just Dance! 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, Ages 9 - 12, Ages 13+) Get ready to groove! This class is full of energy and fun movement! Work on your rhythm and beat with this fun class!

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

Jumps/Leaps/Turns Class (Ages 10+) Get spinning in this class! Turns class focuses on technique of jumps, leaps, and turns and learning new sequences!

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

Creative Spaces (Ages 11+) This class will explore concepts of choreography, allowing the students to explore their creativity and create their own works by the end of the session using different techniques.

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

Partnering (13+) Dancers will explore the basic foundation of partnering, weight-sharing, and balance to prepare them for advanced dance technique.

Progressive Ballet Technique (Ages 8 – 12, Ages 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 (11+) All levels welcome to work at various levels of tap technique skills and fun energizing combos.

Adult Ballet (16+) All levels welcome to work at various levels of ballet training, gaining the stretching and toning established in classical ballet training in this easy to follow class building and strengthening your dance foundations.

Adult Barre (16+) All levels welcome to work on learning basic ballet barre technique while strengthening your muscles, increase your flexibility, and improving your posture.

Adult Tap (16+) All levels welcome to work at various levels of Tap Basics with tap technique and fun energizing combos.

Children's Dance Camps

Each day camp is jam-packed with fun activities: making crafts, imagination, learning fun dance steps and more! The Peter Pan & Tinkerbell camp will be packed with days filled with dancing to this favorite classic tale of imagination and exploration! Musical Theater Camp will get you ready to hit the stage with character work, Broadway dance styles, and more. Princess Camp will have the most royal activities with each day exploring a new Disney princess.

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

Sessions:

Session I: Peter Pan & Tinkerbell Camp (5 -10yrs) July 27 - 30

Session II: Musical Theater (6 -12) July 13 - 16

Session II: Princess Camp (5 -10yrs) July 20 - 23

Times: 9am-12pm

Prices: \$25.00 a day/ or \$80 for the full Session!

*Musical Theater Full Session Only



***PLEASE NOTE: Competition/Ballet Intensive Camps will both take place the first two weeks of August but may switch weeks as we confirm plans for the re-scheduled Peter Pan.**

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 2020/2021 season!

(Camp is exclusively for competition team dancers. Auditions TBD - Contact Lauren at lauren.theurer@northdakotaballet.org for more information.)

Session:

August 3 - 7 (Monday – Friday)*

Time: 9:00am -3:00pm **Diamonds/Emeralds/Sapphires. Rubies 9:00am – 12:00 PM ONLY. Pearls are not required for camp but encouraged to take one summer session class.**

Price: \$175 for the week (\$100 for Rubies) - pack your own sack lunch!

Ballet Intensive Camp/Youth Ballet Company

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 2020 Holiday Show. Additional Intensive workshop will be held tentatively on September 11 -13 with Emily Grizzell for Master Classes and Holiday Show Choreography.

(Camp is exclusively for Youth Ballet Company dancers. Auditions TBD - Contact Lauren at lauren.theurer@northdakotaballet.org for more information.)

Session:

August 10 – 13 (Monday-Thursday)*

Time: 9:00am – 3:00 pm Apprentice III/IV, 9:00 – 12:00 Apprentice I/II

Price: \$185 for Apprentice III/IV* (\$100 for Apprentice I/II)

*Includes September Weekend Workshop with Emily Grizzell