



# UNITED DANCE & TUMBLING CENTER

## Summer DANCE Camps



Girls & Boys Welcome

Register Online at [www.uniteddancecenter.com](http://www.uniteddancecenter.com)

Each Camp will be Unique! Register for One or Multiple Camps!

**3 & 4 Year Old Dance Camps:** 9:15 a.m. - 10:15 a.m. / \$50.00 per camp (Includes 4 Lessons / Camp) \* Students must be potty trained\*

**5 & 6 Year Old Dance Camps:** 10:30 a.m. - 11:30 a.m. / \$50.00 per camp (Includes 4 Lessons / Camp)

- Princess / Prince Camp
  - June 6th, 8th, 13th, & 15th
  - Dancers may wear a dress up each day! Dancers will learn ballet and jazz technique while going on fun princess / prince adventures!
- Imagination Camp
  - June 20th, 22nd, 27th, & 29th
  - Dancers will learn ballet & jazz technique while going on fun adventures through a Candy Land, dancing with unicorns, dragons, dinosaurs, fairies, and with the wizard of oz!
- Dancing Around the World with Magic
  - July 11th, 13th, 18th & 20th
  - Dancers will learn ballet and jazz technique while going on adventures with unicorns, fairies, under the sea with Ariel, and through the sky to other countries to visit Mulan and Moana.
- Ballerina Camp
  - July 25th, 27th, August 1st, & August 3rd
  - Dancers will focus on learning proper ballet technique & all about what it takes to be a beautiful ballerina.

**7 - 10 Year Old Dance Camps:** 11:30 a.m. -12:30 p.m. / \$50.00 per camp (Includes 4 Lessons / Camp)

- Hip Hop Camp #1
  - June 6th, 8th, 13th, & 15th
  - Dancers will explore the different styles of hip hop and will learn an upbeat routine!
- Technique Camp #1
  - June 20th, 22nd, 27th, & 29th
  - Dancers will focus on the fundamentals of jazz technique and will also learn dance combos!
- Technique Camp #2
  - July 11th, 13th, 18th & 20th
  - Dancers will focus on the fundamentals of jazz technique and will also learn dance combos!
- Hip Hop Camp #2
  - July 25th, 27th, August 1st, & August 3rd
  - Dancers will explore the different styles of hip hop and will learn an upbeat routine!

# UNITED DANCE & TUMBLING CENTER



## Summer TUMBLING Camps

Girls & Boys Welcome

Register Online at [www.uniteddancecenter.com](http://www.uniteddancecenter.com)



### **June - July Tumbling Camps:** \$100.00 Tuition (includes 8 lessons)

- Mini Tumblers (3 & 4 Year Olds) \*Students must be potty trained. Option 1:
  - 9:30 a.m. - 10:30 a.m.
  - Tuesdays (June 7th - July 26th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, spider crawls down wall
- Mini Tumblers (3 & 4 Year Olds) \*Students must be potty trained. Option 2:
  - 2:00 p.m. - 3:00 p.m.
  - Wednesdays (June 8th - July 27th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, spider crawls down wall
- Beginning Tumbling Option 1:
  - 10:45 a.m. - 11:45 a.m.
  - Tuesdays (June 7th - July 26th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, & spider crawls down wall
- Beginning Tumbling Option 2:
  - 9:30 a.m. - 10:30 a.m.
  - Thursdays (June 9th - July 28th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, & spider crawls down wall
- Beginning Tumbling Option 3:
  - 11:45 a.m. - 12:45 p.m.
  - Wednesdays (June 8th - July 27th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, & spider crawls down wall
- Beginning Tumbling Option 4:
  - 1:00 p.m. - 2:00 p.m.
  - Wednesdays (June 8th - July 27th)
  - Students will work on the following skills: Bridge hold, candlesticks, forward & backward rolls, lunge, lever, lever-handstand, handstands, lunge cartwheel, side cartwheel, & spider crawls down wall
- Intermediate Tumbling Option 1:
  - Tuesdays (June 7th - July 26th)
  - 12:00 p.m. - 1:00 p.m.
  - Students will work on the following skills: Full spider crawl, banana backs, bridge from standing, front limber, kick-overs, back walkovers, 3 second handstand, cartwheel to handstand, handstand block, cartwheel bock, round-offs, & power hurls
- Intermediate Tumbling Option 2:
  - 10:45 a.m. - 11:45 a.m.
  - Thursdays (June 9th - July 28th)
  - Students will work on the following skills: Full spider crawl, banana backs, bridge from standing, front limber, kick-overs, back walkovers, 3 second handstand, cartwheel to handstand, handstand block, cartwheel bock, round-offs, & power hurls
- Advanced Tumbling:
  - 12:00 p.m. - 1:00 p.m.
  - Thursdays (June 9th - July 28th)
  - Students will work on the following skills: Back walkover, front walkover, back handspring, back handspring step out, tumbling sequences, front ariels, side ariels, back tuck, front handspring, tick-tocks, round off back handspring, round off back handspring x2.

*\*Master Camp Options on Back\**



# UNITED

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# TUMBLING MASTER CAMPS!

**Master Camps:** \$65.00 Tuition (includes 6 lessons)

- Kickover Camp:
  - For beginner & intermediate tumblers (must be able to currently hold a bridge for 15 seconds)
  - 1:00 - 1:45 p.m.
  - Thursdays (June 9th - July 14th)
- Ariel Camp:
  - For intermediate & advanced tumblers (must have a strong cartwheel)
  - 1:00 - 1:45 p.m.
  - Tuesdays (June 7th - July 12th)
- Back Handspring Camp:
  - For advanced tumblers (must have a straight leg back walkover)
  - 1:45 - 2:30 p.m.
  - Tuesdays (June 7th - July 12th)