



North Dakota Ballet Company & Academy

2022 Summer Classes & Camps

Throughout summer sessions dancers will have the opportunity try new genres of dance with 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 6 – June 30

Session II: July 11 – August 4

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 6

**Class minimums required.



Session 1: June 6 – June 30

Monday

Studio A

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

Studio B

4:15 – 5:00 Ballet 6 – 8
5:00 – 5:45 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 12+

Studio B

5:15 – 6:00 Pre-Ballet 3 – 5
6:00 – 7:00 Musical Theater 8 - 12

Wednesday

Studio A

4:00 – 5:00 Musical Theater 12+
5:00 – 6:00 Contemporary 12+
6:00 – 7:00 Conditioning 12+
7:00 – 8:00 Modern 12+

Studio B

5:15 – 6:00 Pre-Ballet 3 – 5
6:00 – 7:00 Adult Ballet

Thursday

Studio A

4:00 – 5:00 Tap 8 – 12
5:00 – 6:00 Tap 12+
6:00 – 7:00 Variations 13+
7:00 – 8:00 Acro 12+

Studio B

5:00 – 6:00 Variations 8 – 12

Session 2: July 11 – August 4

Monday

Studio A

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

Studio B

4:15 – 5:00 Ballet 6 – 8
5:00 – 5:45 Jazz 6 – 8

Tuesday

Studio A

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

Studio B

5:15 – 6:00 Pre-Ballet 3 – 5

Wednesday

Studio A

4:00 – 5:00 Choreo. Comp 12+
5:00 – 6:00 Lyrical 12+
6:00 – 7:00 Stretch/Strengthen 12+

Studio B

5:15 – 6:00 Pre-Ballet 3 – 5
6:00 – 7:00 Adult Intro to Dance

Thursday

Studio A

4:00 – 5:00 Improv 8 - 12
5:00 – 6:00 Modern 12+
6:00 – 7:00 Variations 12+

Studio B

5:00 – 6:00 Strength/Tech 8 – 12

Class Descriptions:

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

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.

Jumps/Turns Class (Ages 12+) This high energy class focuses on the proper technique needed for jumps, leaps, and turns all while learning new sequences!

Lyrical/Contemporary (Ages 12+) Experience the synergy of lyrical and modern dance as you explore this fun and creative movement style!

Variations (Ages 8 – 12, 13+) Embrace the classics as dancers focus on learning a variety of classical ballet variations and the history behind ballet.

Progressive Ballet Technique (Ages 12+) 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 8 – 12, 13+) All levels welcome to work at various levels of tap technique skills and fun energizing combos.

Improv (Ages 8 – 12) 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.

Stretch/Strengthen & Conditioning (Ages 12+) 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 8-12, 13+) Get ready to tell stories! In this class dancers will learn to improve their acting and storytelling through dance!

Modern (Ages 12+) Modern dance breaks the mold and explores grounded movement using the natural flow of the human body. Through various techniques and styles, this class helps dancers play with gravity, breath, musicality, and improvisation as well as grow in strength and control through their movement.

Acro (12+) Acro dance combines classical dance technique with acrobatic elements. Acro helps to build strength and coordination in dancers

Partnering (12+) Partnering is dancing performed by a pair of dancers and requires coordination and strength in order to achieve a harmony of coordinated movements

Choreography Composition (Ages 12+) In this class we will explore new concepts and innovative ways of moving in hopes of guiding the dancer's exploration of creating choreography and strengthening their improvisation skills

Adult Ballet (Ages 16+) Beginning Ballet is specifically designed for absolute beginners as well as those who have had some dance experience in the past. The class starts with exercises at the barre followed by work in the center of the floor. This class is non-competitive, friendly and a great way to get fit while learning something new.

Adult Intro to Dance (Ages 16+) Intro to Dance is for the adult dancer who wants to try everything, at least once. Each week will bring a new style to try, including Ballet, Tap, and Jazz. Test the waters of dance by learning a little bit about each style per week. Get a taste of what could become your new favorite activity in this class!

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, discover your gift with Mirabel, help Poppy and Branch save music, journey to the floating lanterns with Rapunzel, help Raya save her land, 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! **All camps are for ages 3 – 10.**



Camp Sessions:

Frozen Dance Camp: June 7th
Encanto Dance Camp: June 14th
Moana Dance Camp: June 16th
Trolls Dance Camp: June 21st
Tangled Dance Camp: June 28th
Raya Dance Camp: June 30th
Frozen Dance Camp: July 12th
Encanto Dance Camp: July 19th

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 **MANDATORY** summer camp will include intensive skill building, company teambuilding, and choreography sessions for the youth ballet company's 2022 Holiday Show.

(Camp is exclusively for Youth Ballet Company dancers. Auditions May 22nd (Times TBA) - Contact Lauren at lauren.theurer@northdakotaballet.org for more information.)

Session:

August 1 – 4 (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 2022/2023 season!

(Camp is exclusively for competition team dancers. Auditions May 22nd (Times TBA) - Contact Natalie at natalie.koch@northdakotaballet.org for more information.)

Session:

July 25 – 29 (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)