



# North Dakota Ballet Company & Academy

## 2023 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 5 – June 29

Session II: July 10 – August 3

### Prices:

- Unlimited - \$230 a session
- 6 classes - \$215 a session
- 5 classes - \$180 a session
- 4 classes-\$145 a session (ages 8+)
- 3 classes-\$110 a session
- 2 classes- \$75 a session
- 1 class- \$40 a session
- 1 45 min class - \$35 a session
- 1 30 min class - \$30 a session

### Registration Deadlines:

Session 1: June 1

Session 2: July 6

\*\*Class minimums required.



## Session 1: June 5 – June 29

### 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 13+

#### Studio B

5:00 – 5:45 Pre-Ballet 3 – 5

### Wednesday

#### Studio A

4:00 – 5:00 Tricks 12+  
5:00 – 6:00 Contemporary 12+  
6:00 – 7:00 Conditioning 12+

#### Studio B

4:30 – 5:00 Baby Ballet  
5:00 – 5:45 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 13+

#### Studio B

4:00 – 8:00 Nationals Rehearsals

## Session 2: July 10 – August 3

### Monday

#### Studio A

4:00 – 5:00 Jazz 9 – 12  
5:00 – 6:00 Variations 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 13+

#### Studio B

4:15 – 5:00 Tap 6 – 8  
5:00 – 5:45 Pre-Ballet 3 – 5

### Wednesday

#### Studio A

4:00 – 5:00 Stretch/Strength 8-11  
5:00 – 6:00 Jumps/Turns 9 - 12  
6:00 – 7:00 Lyrical 12+

#### Studio B

4:30 – 5:00 Baby Ballet  
5:00 – 5:45 Pre-Ballet 3 – 5

### Thursday

#### Studio A

4:00 – 5:00 Variations 8 - 11  
5:00 – 6:00 Stretch and Strengthen 12+  
6:00 – 7:00 Modern 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 9 – 12, 13+)** 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 – 11, 12+)** 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.

**Stretch/Strengthen & Conditioning (Ages 8 - 11, 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.

**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.

**Tricks (12+)** Tricks dance combines classical dance technique with acrobatic elements. This class explores the latest moves in the dance world. Have fun while working on exciting new skills and tricks.

**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

**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.

**Baby Ballet (Ages 18 months – 2 years).** This exciting class is a great way to get dancers introduced to the basics of movement, and music in a fun and collaborative parent-child class atmosphere!

## **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, find your voice with Ariel, save the day with superheroes, and much more! 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.**



**Times:** 9:00 am – 12:00 pm

**Prices:** \$35 per camp

## **Camp Sessions:**

Frozen Dance Camp: June 6th

Beauty and the Beast Camp: June 8<sup>th</sup>

Encanto Dance Camp: June 13<sup>th</sup>

Sing 2 Dance Camp: June 15<sup>th</sup>

Turning Red Dance Camp: June 20<sup>th</sup>

Encanto Dance Camp: June 22<sup>nd</sup>

Little Mermaid Dance Camp: June 27<sup>th</sup>

Unicorn Dance Camp: June 29<sup>th</sup>

Frozen Dance Camp: July 11<sup>th</sup>

Princess Party Dance Camp: July 13<sup>th</sup>

Superhero Dance Camp: July 18<sup>th</sup>

Bluey Dance Camp: July 20<sup>th</sup>

Matilda Dance Camp: July 25<sup>th</sup>

Encanto Dance Camp: July 27<sup>th</sup>

## 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 2023 Holiday Show.

*(Camp is exclusively for Youth Ballet Company dancers. Audition date and times TBA - Contact Lauren at [lauren.theurer@northdakotaballet.org](mailto:lauren.theurer@northdakotaballet.org) for more information.)*

### Session:

July 31<sup>st</sup> – August 3<sup>rd</sup> (Monday-Thursday)

### Apprentice III and IV

Time: 9:00am – 3:00 pm

### Apprentice I and II

9:00 – 12:00 PM ONLY

Price: TBD

## 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 2023/2024 season!

*(Camp is exclusively for competition team dancers. Audition dates and times TBA - Contact Natalie at [natalie.koch@northdakotaballet.org](mailto:natalie.koch@northdakotaballet.org) for more information.)*

### Session:

August 7<sup>th</sup> – 11<sup>th</sup> (Monday – Friday)

### Diamonds/Emeralds/Crystals/Sapphires

Time: 9:00am -3:00pm

### Rubies

9:00am – 12:00 PM ONLY

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

Price: TBD