

SUMMER CAMPS & WORKSHOPS

GROOVZ- Hamilton & Stevi

Please check box of each camp you would like to participate in on the registration form on the back page and list dancer(s) name for each camp. (Only one registration form necessary per family). Fill out registration page and turn in with payment at GROOVZ or via mail. We prefer that you register online and submit payment via PayPal. Payments must be in at least one week prior to camp. If there are still spots available, we will accept registrations and payments on the day the camp starts. Camps may be cancelled due to low enrollment (NEED AT LEAST 5 ENROLLED), so please help spread the word so we can make all of these a success!! THANK YOU!!

Registration for these camps will be open on May 6th by going to <http://www.groovzdance.com/> or <https://groovzdance.wufoo.com/forms/sbvq6b50y13yr4/> paper forms and info will be available at both studios. For Hamilton, Call Michelle Post at 375-5226 or text her at 510-828-7545 for more info. For Stevensville, Call or text April at 214-5295. Also find us on Facebook: Groovz studio of dance & fitness or Groovz Dance – Stevensville.

FAB JAZZ (Hair, Nails, Spa and DANCE!!!)

Ages 5-10

June 24-27 Mon-Thurs, 10-1130am each day

Come learn a Fun Fashionista Jazz dance routine and get beautified while you're there! Each day, a new hair style and a new look! Join us for some girly good times! Performance for parents at end of class on the last day!

Cost is \$45 for the week

HAMILTON

I WANT TO COMPETE!! CHOREO INTENSIVE

Age 9+ (4+ Years of Dance experience mandatory) (Instructor: CheraLynn)

August 5-9; Monday-Friday, Age 9-11: 9am-1030am Mon-Wed

Age 12+: 1030-Noon Mon-Wed

Both groups meet together
9-11am Thurs & Fri

****Registrations for this workshop will be based on Instructor Approval Only If we feel like your dancer is not ready technically or maturity-wise, we will let you know and give them goals to be able to try for next summer instead 🙄**

Choreo for 2020 Competition Season in the genre of lyrical. Dancers who participate in this workshop, should be serious about dance in general, be able to focus on instruction for at least two hours at a time, and plan on participating in ALL competitions in 2020. Extra costume fees and rehearsal fees later in the season will apply—we will meet once per month throughout the dance season (\$5 per lesson due on or before each class time). Dancers must be available for all practices in this workshop in order to participate since we will be learning new choreography each day. Please have dancers bring a water bottle each day.

Cost is \$80 for entire week (8.5 hours of instruction) (does not include costume fees or later rehearsals in the season)

HAMILTON

PRINCESS & FRIENDS DANCE CAMP (Dance-Play-Imagine-Sing)

Ages 2 ½ to 7 (Must be fully potty trained)

Stevi – June 24-27 Mon-Thurs 10-11a each day

Hamilton – July 15-18 Mon – Thurs 10-11a each day

Join us for some MAGICAL days of dance, fun, crafts and VISITS FROM THE REAL PRINCESSES!

Monday – Little Mermaid (Visit from Ariel)

Tuesday – FROZEN (Visit from Anna & Elsa)

Wednesday – Beauty & the Beast (Visit from Belle)

Thursday – Moana & Maui (Visit from Moana)

COST IS \$35 for the week

Workshop may include dance, music, learning to count to music, basic tumbling, crafts, & tea parties

HAMILTON

& STEVENSVILLE

(Choose One)

LEAP! BALLERINA CAMP Ages 5-10

Hamilton: July 8-11, Monday-Thursday Noon-130pm each day

Stevi: July 15-18, Monday-Thursday 1130a-1pm each day

Learn from our very own REAL BALLERINA, Miss CheraLynn Jessop, basic ballet technique, proper ballet etiquette as far as attire, hair, ballet terminology, etc. Using music from the popular movie, "Leap!", dancers will learn what it takes to become a real ballerina and practice and perfect a ballet dance during the week. Short Performance for parents at the end of class on the final day. In order to feel like a real ballerina themselves, dancers must have their hair in a bun on top of head. If they have tights and leotard to wear already, please do, otherwise, leggings and a tank is fine. No ballet shoes required.

Cost is \$45 for the week

HAMILTON

Hip Hop & Blacklight Dance Party (All Levels)

Stevi: June 17-20 Mon-Thur 11am-Noon each day

Hamilton: July 29 – August 1 Mon-Thur 11am-Noon each day

Open to Age 5-12

Join us for some hip hop dance fun (each day ends w/ a blacklight dance party)

Cost is \$35 for the week

**HAMILTON
& STEVENSVILLE
(Choose One)**

6 Week Summer Dance Session (AGE 5-10)

Tuesdays and Thursdays 9-1030am each day

June 11-20-- Ballet/Lyrical

July 9-18 -- Hip Hop

August 13-22—Jazz/Broadway

**FOR NOVICE
or BEGINNERS
0-2 years exp**

HAMILTON

This summer session will give your dancer a taste of 4 different dance genres (jazz, ballet, lyrical, hip hop) throughout the summer! They will learn a choreographed piece in each genre and perform at a mini-performance on scheduled in the evening on Aug. 23rd. This is a great workshop for new dancers who are trying to decide which genre they want to take in the fall and also for seasoned dancers who want to keep up on choreo and technique throughout the summer.

COST FOR 6 WEEKS IS \$120 or Each 2 week session is \$45

SUPER HERO/ SHE-RO Dance Camp (Dance-Play-Imagine-Sing)

Ages 2 ½ to 7 (Must be fully potty trained)

Hamilton – June 17-20 Mon-Thurs 10-11am

Stevi – July 22-25 Mon-Thurs 11am-Noon each day

**HAMILTON
& STEVENSVILLE
(Choose One)**

Join us for some SUPER POWER PACKED days of dance, fun, crafts and games!

Monday – Ninja Turtles

Tuesday – Superman vs. Batman (Supergirl vs. Batwoman)

Wednesday – Iron Man vs. Captain America (Iron Heart vs. American Dream)

Thursday – Hulk vs. The Flash (She-Hulk vs. Lady Flash)

COST IS \$35 for the week

Workshop may include dance, music, learning to count to music, basic tumbling, crafts

Ballet Pre-Pointe Summer Program ****Instructor approval ONLY****

***Must have previous ballet experience and be age 10+**

**6 WEEKS: July 9 – August 1 Tuesdays & Thursdays 9-11am
August 6-August 15 Tues & Thurs 1-3pm**

STEVENSVILLE

***CLASS WILL BE OFFERED AT THE STEVENSVILLE STUDIO, BUT THERE WILL BE A CARPOOL OPPORTUNITY AVAILABLE IN ORDER FOR HAMILTON DANCERS TO TAKE PART.**

This summer program is being offered to ballerinas in order further develop and strengthen the muscles necessary to pursue pointe. The class stresses correct alignment and correct classical ballet technique. Each dancer grows and develops at an individual rate, so some may be already be en pointe while others may be ready to go en pointe by end of summer or early fall. Some dancers may need to train more in order to get to that level. This decision will be made by the instructor when the time comes.

COST IS \$150 FOR 6 WEEKS (24 HOURS OF TRAINING)

Dance Strength & Conditioning Class **Age 10+**

June 12 – July 31, Wednesdays 9-10am (No class June 26 & July 3)

August 7 & 14, Wednesdays 1-2pm

It is absolutely imperative that dancers are strong, physically fit, and able to endure the rigors of dance performance. A conditioning regime allows dancers to opportunity to strengthen their bodies to compliment their technical and stylistic dance training and prevent injuries.

Class will include:

- Cardiovascular Exercises
- Flexibility Exercises
- Strength Exercises
- Core/Abdominal Work
- Arm/ Back/Leg Work

HAMILTON

COST IS \$50 for entire summer or \$7 per class to drop in

Tween/Teen Beginners Dance Week **Age 10+**

July 22-25, Monday – Thursday, Noon-130pm each day

HAMILTON

It's never too late to start studying **dance**! Pre-teens & Teenagers who are new to dance will love our **beginner teen week**! Experience a day each of **hip hop, jazz, lyrical & ballet** throughout the week to see which one suits your dancer best!

COST IS \$45 for week

Tap! Tap! Tap!

August 12-15, Mon-Thurs

HAMILTON

Novice/Beginners (Age 5+) 9-1030 am each day in studio #2 (INSTRUCTORS: Max Naidl & McKenna Smith)

Intermediate (Age 8+) 9-1030am each day in studio #3 (Instructor: Natalie Naidl)

Advanced (Age 12+) 1030-Noon each day in studio #3 (Instructor: Natalie Naidl)

Fun week of **tap** that will teach new technique for the beginner level and challenge the intermediate & advanced levels with new rythms, steps & techniques that Natalie will be learning over the summer!

COST IS \$45 FOR THE WEEK

SO YOU THINK YOU CAN DANCE – CHOREO CHALLENGE DANCE OFF!

July 10-August 14 AGE 9+

Every Wednesday: 10-11a (July 10-31) & 2-3p (Aug 7-14)

HAMILTON

This class is intended to help you become better and faster at remembering dance combinations and movement phrases. Learning new choreography in dance class or auditions can be a frustrating experience. This class will offer tips and practice using dance-offs each week similar to what we see at dance competitions. With some work (we won't pretend it's always easy), you will learn to retain choreo quicker, look better freestyle dancing, not crack under pressure and you'll look like one of the gifted... our present to you.

COST IS \$40 FOR 6 WEEKS or \$7 per week to drop in

Creamery Picnic Parade Workshop Ages 3-17

July 30-August 3 (Parade on Sat, Aug 3 at 11am)

Tues – Friday 11am-Noon each day for practices

STEVENSVILLE

Come join us this summer with some Creamery Picnic Fun! Learn a dance to perform in the Creamery Picnic Parade! Dancers meet for an hour each day, we will pick a fun theme for all ages to enjoy and entertain the whole community with our performance!!

Cost is \$50 for the week and the performance

(Dancers must have solid black leggings or capris to wear in the parade...Cost of Camp INCLUDES A GROOVZ TANK TO WEAR IN THE PARADE)

Ravalli County Fair Parade Workshop Open to Ages 3-17

Practices: August 21-22(Wed & Thur) & August 26-27(Mon & Tues)

4-5pm each day for practices

Fair Parade on Aug. 28 (Wed) at 10am

HAMILTON

Come end the summer with some Fair Fun! Learn a dance to perform in the Ravalli County Fair Parade! Dancers meet for an hour each day, we will pick a fun theme for all ages to enjoy and then entertain the whole county with our performance to end the summer!! (Dancers must have all black leggings or capris to perform...COST OF CAMP INCLUDES A GROOVZ TANK TO WEAR IN THE PARADE.)

Cost is \$50 for all practices and performance

EXCITING GROOVZ NEWS!!!

ONCE AGAIN, WE WILL BE HOSTING A FOOD BOOTH THIS YEAR AT THE RAVALLI COUNTY FAIR! A PORTION OF OUR PROCEEDS WILL BENEFIT OUR SELECTED LOCAL CHARITY, **EMMA'S HOUSE!!** WE WILL BE SERVING MONKEY TAILS (FULL FROZEN BANANAS DIPPED IN CHOCOLATE) AND OUR SPECIALTY "GROOVY NANNERS" (SLICED FROZEN BANANAS TOPPED WITH HOT FUDGE & TOPPINGS OF CHOICE (NUTS, CANDY, COCONUT, CARAMEL DRIZZLE, ETC...), SLUSHIES & BOTTLED WATER! OUR BOOTH WILL BE THE FIRST ONE ON THE RIGHT WHEN YOU LEAVE THE CARNIVAL AREA TO WALK DOWN THE FOOD COURT AREA. WE WILL BE LOOKING FOR VOLUNTEERS AND THERE'S EVEN A WAY TO EARN TUTORSHIP CREDIT FOR FALL IF YOU WANT TO HELP OUT WITH WORKING SHIFTS!

WE LOOK FORWARD TO SEEING YOU AND APPRECIATE YOUR SUPPORT!