



# CAMP 2020

## DANCE & ACRO INTENSIVE HANDBOOK

Our Dance Intensive and Acro Intensive Camps are a great way for dancers improve their technique and develop new skills over the summer.

**DANCE INTENSIVE CAMP** is a Summer dance program designed for dancers in Grade 5+ with 3+ years of previous training who want to improve their skills and technique in a fun but more intensive environment. During Dance Intensive Camp, Dancers spend their time fully immersed in dance training rather than participating in arts & crafts activities or park trips that are part of regular Dance Camp. Dance Intensive campers will focus on improving their strength, conditioning and flexibility while exploring a variety of dance styles. Dance Intensive campers will perform for parents at the end of Camp week.

**ACRO INTENSIVE CAMP** is offered during session 3 and 8 over the summer and is ideal for dancers who want to improve their Acro and technique skills.

In Half Day Acro Intensive camp, dancers work with our certified acrobatics instructors in groups based on age and ability. We focus on improving core strength, flexibility and artistry while progressing towards new skills and 'tricks'.

In Full Day Acro Intensive, dancers spend part of the day working on acrobatics skills and technique and the other part of the day working on dance skills and technique, and applying acrobatics skills to choreography.

Acro Intensive is designed for dancers Grade 1+ who have 2 years of dance experience or previous acro or gymnastics training. Please review minimum ages and pre-requisites for each level.

### Acro Intensive Levels: Pre-Requisites

When registering for half or full day Acro Intensive camp, select the level based on these guidelines:

#### Junior: (class level equivalent – Acro 2)

- Minimum age 6, plus 2 years of dance and acro or gymnastics training
- Dancers in this level should be able to complete at cartwheel and have some capability with basic balance and flexibility skills such as a headstand and a bridge
- Dancers in this level will be working towards front and back walkovers and walkover variations, aerial cartwheel progressions and balance skills such as chest stands and elbow stands.

#### Intermediate: (class level equivalent – Acro 3/4)

- Minimum age 10, plus 5 years of dance and acro or gymnastics training
- Dancers in this level should be able to complete walkover variations and basic 'flight' skills such as side aerial or front handsprings and balance skills such as hand stands and elbow stands.
- Dancers in this level will be working towards more complex walkover and aerial variations, connected tumbling skills such as round off backhandsprings, and balance skills such as handstand walking and pirouettes.

#### Elite: (class level equivalent – Acro 5+)

- Minimum age 10, plus 5 years of dance and acro or gymnastics training
- Dancers in this level should be able to complete a variety of walkover variations and 'flight' skills including aerial variations and connected tumbling skills, plus strength and flexibility skills such as handstand walking.
- Dancers in this level will be working towards more advanced connected tumbling skills such as aerial back handsprings, round-off back layouts, cartwheel layouts and advanced balance / flexibility skills such as scorpions.