

# ADMA

## 2026 SUMMER

### Dance Camps:

**Princess Dance Camp** (ages 6 and under) Monday, June 29th - Wednesday, July 1st 10:00-12:00PM

**Musical Theatre Camp** (Levels 1-3) Monday, June 29th - Wednesday, July 1st 2:30-5:00PM

**The Edge: Adv Camp** (Levels 4-5) Monday, July 6th - Friday, July 10th 3:00-8:00PM

**Elevate: Int Camp** (Level 3) Monday, July 6th - Friday, July 10th 3:00-8:00PM

**Pop Star Dance Technique Camp** (Levels 1-3) Monday, July 13th - Friday, July 17th 3:00-8:00PM

**Princess Dance Camp** (ages 6 and under) Monday, July 20th - Wednesday, July 22nd 10:00-12:00PM

**K-POP Dance Camp** (Levels 1-2) Monday, July 20th - Friday, July 24th 3:00-8:00PM

### Dance Classes

**Ballet** (Levels 4-5) Tuesdays June 23rd - July 28th 10:00-12:00PM

**Leaps & Turns** (Levels 2-3) Tuesdays June 23rd - July 28th 10:00-12:00PM

**Ballet** (Levels 2-3) Tuesdays June 23rd - July 28th 12:00-2:00PM

**Leaps & Turns** (Levels 4-5) Tuesdays June 23rd - July 28th 12:00-2:00PM

**Improv, Strength & Flexibility** (Levels 2-3) Wednesdays June 24th - July 29th 10:00-11:30AM

**Acro** (Levels 2-3) Wednesdays June 24th - July 29th 11:30-12:15PM

**Improv, Strength & Flexibility** (Levels 4-5) Wednesdays June 24th - July 29th 12:15-1:45PM

**Acro** (Levels 4-5) Wednesdays June 24th - July 29th 1:45-2:30PM

**Pom & Jazz Funk** (Levels 2-3) Thursdays June 25th - July 30th 10:00-12:00PM

**Pom & Jazz Funk** (Levels 4-5) Thursdays June 25th - July 30th 12:00-2:00PM

### Gymnastics Camps:

**Full Camps: Levels 3-5 Mini Camps: Levels 1-2**

**Gymnastics Camp** June 22nd - 26th 10:00AM-3:00PM / 3:00PM-8:00PM

(Mini Camps 10:00AM-12:00PM / 3:00-5:00PM)

**Gymnastics Camp** June 29th - July 3rd 10:00AM-3:00PM

(Mini Camp 10:00AM-12:00PM)

**Gymnastics Camp** July 13th-17th 10:00AM-3:00PM

(Mini Camps 10:00AM-12:00PM / 1:00PM-3:00PM)

**Gymnastics Camp** July 20th-24th 10:00AM-3:00PM / 3:00PM-8:00PM

(Mini Camps 10:00AM-12:00PM / 3:00PM-5:00PM)

**Gymnastics Camp** July 27th-31st 3:00PM-8:00PM

(Mini Camps 3:00PM-5:00PM / 6:00PM-8:00PM)

**Princess Gymnastics Camp:** (ages 6 and under) July 6th-8th | 10AM-12PM

**Princess Gymnastics Camp:** (ages 6 and under) July 27th-29th | 10AM-12PM

### Gymnastics Classes

**Gymnastics 2/3** Tuesdays June 23rd - July 28th 5:30-6:30PM

**Gymnastics 3/4** Wednesdays June 24th - July 29th 5:30-6:30PM

**Acro 3/4** Wednesdays June 24th - July 29th 6:30-7:30PM

**Gymnastics 4/5** Thursdays June 25th - July 30th 5:30-6:30PM

**Acro 4/5** Thursdays June 25th - July 30th 6:30-7:30PM



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## 2026 SUMMER DANCE CAMPS

### **MUSICAL THEATRE CAMP (\$150)**

Monday, June 29th - Wednesday, July 1st

Levels 1-2 | 2:30-5:00PM    Levels 3-5 | 5:30-8:00PM

Take your talent to the next level! Dancers and performers will dive into musical theatre choreography, character work, jazz technique (jumps/turns) and stage presence, all while learning dynamic routines. The camp finishes with a showcase that lets their star power shine!

### **THE EDGE: ADVANCED CAMP (\$275)**

Monday, July 6th - Friday, July 10th | Levels 4-5 | 3:00-8:00PM

Ready to take your dancing to the next level? This intensive camp is designed for dedicated dancers who want to sharpen their technique and push their performance skills. Each day features focused training in ballet, tap, lyrical/contemporary, acro, jazz, hip hop, and musical theatre, plus challenging combos to test your versatility.

### **ELEVATE: INTERMEDIATE CAMP (\$275)**

Monday, July 6th - Friday, July 10th | Levels 2-3 | 3:00-8:00PM

Ready to grow your skills and gain confidence this summer? This camp is perfect for dancers who want to strengthen their technique while having fun learning new choreography. Each day includes focused training in ballet, tap, lyrical/contemporary, acro, jazz, hip hop, and musical theatre, along with engaging combos that help dancers build versatility, musicality, and performance confidence.

### **POP STAR DANCE TECHNIQUE CAMP (\$275)**

Monday, July 13th - Friday, July 17th | Levels 1-3 | 3:00-8:00PM

Get ready to shine like a star! Campers will learn fun routines to upbeat music in styles like ballet, tap, lyrical, acro, jazz, hip hop, and musical theatre. With dress-up days, music video fun, and lots of chances to perform, this camp is all about confidence, creativity, and excitement. It's the ultimate dance party!

### **K-POP DANCE CAMP (\$275)**

Monday, July 20th - Friday, July 24th | Levels 1-2 | 3:00-8:00PM

Calling all K-Pop heroes! This camp is inspired by K-Pop Demon Hunters and is perfect for dancers who love action, adventure, and high-energy moves. Campers will learn powerful K-Pop style choreography, explore different dance, and jump into a world where music and movement save the day. With themed activities, creative games, and dynamic routines, dancers will train like pop stars and heroes all week long!

### **PRINCESS DANCE CAMP (\$125)**

Monday, June 29th - Wednesday, July 1st 10:00AM - 12:00PM | ages 6 & under

Monday, July 20th - Wednesday, July 22nd 10:00AM - 12:00PM | ages 6 & under

Step into a fairytale world! Each day features a different Disney Princess with themed dancing, tea parties, story time, games, crafts, snacks, and more. Little ones will twirl, play, and make magical memories in this enchanting camp designed just for them!

**ADMADANCEANDGYMNASTICS@GMAIL.COM**



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## 2026 SUMMER DANCE CLASSES

June 23rd – July 30th

Train, grow, and have fun all summer long with focused weekly dance classes! Whether you want to strengthen your ballet technique, nail your leaps & turns, improve flexibility, or bring the energy with pom and jazz funk, we've got something for every dancer this summer!

### **Tuesdays**

Ballet (Levels 4-5) 10:00AM – 12:00PM

Leaps & Turns (Levels 2-3) 10:00AM – 12:00PM

Ballet (Levels 2-3) 12:00PM – 2:00PM

Leaps & Turns (Levels 4-5) 12:00PM – 2:00PM

### **Wednesdays**

Improv, Strength & Flexibility (Levels 2-3) 10:00AM – 11:30AM

Acro (Levels 2-3) 11:30AM – 12:15PM

Improv, Strength & Flexibility (Levels 4-5) 12:15PM – 1:45PM

Acro (Levels 4-5) 1:45PM – 2:30PM

### **Thursdays**

Pom & Jazz Funk (Levels 2-3) – 10:00AM – 12:00PM

Pom & Jazz Funk (Levels 4-5) – 12:00PM – 2:00PM

### **Weekly Dance Class Fees:**

Ballet - \$200 for the summer

Leaps & Turns - \$200 for the summer

Improv, Strength & Flexibility - \$160 for the summer

Acro - \$90 for the summer

Pom & Jazz Funk - \$200 for the summer

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## 2026 SUMMER GYMNASTICS CAMPS

### **Gymnastics Camp: June 22nd - 26th**

Full Camp 10AM-3PM      Full Camp 3PM-8PM

Mini Camp 10AM-12PM      Mini Camp 3PM-5PM

### **Gymnastics Camp: June 29th - July 3rd**

Full Camp 10AM-3PM

Mini Camp 10AM-12PM

### **Gymnastics Camp: July 13th-17th**

Full Camp 10AM-3PM

Mini Camp 10PM-12PM      Mini Camp 1PM-3PM

### **Gymnastics Camp: July 20th - 24th**

Full Camp 10AM-3PM      Full Camp 3PM-8PM

Mini Camp 10AM-12PM      Mini Camp 3PM-5PM

### **Gymnastics Camp: July 27th - 31st**

Full Camp 3PM-8PM

Mini Camp 3PM-5PM      Mini Camp 6PM-8PM

### **Gymnastics Camp Fees:**

Full Camp - \$275

Mini Camp - \$150

### **Gymnastics Camp Ages:**

Full Camp - Levels 3-5

Mini Camp - Levels 1-2

### **Before / After Camp Care:**

\$15 per day per time or \$100 for the week

8:30-10:00AM / 3:00-4:30PM

### **Princess Gymnastics Camp: July 6th - 8th**

10AM - 12PM | ages 6 and under | \$125

### **Princess Gymnastics Camp: July 27th - 29th**

10AM - 12PM | ages 6 and under | \$125

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## 2026 SUMMER GYMNASTICS CLASSES

**June 23rd – July 30th**

Train, grow, and have fun all summer long with focused weekly gymnastics classes! Whether you want to perfect your cartwheels, master new tumbling skills, build strength and flexibility, or take on exciting acro challenges, we've got something for every gymnast this summer!

### **Gymnastics Classes**

Tuesdays Gymnastics 2/3 | 5:30-6:30PM

Wednesdays Gymnastics 3/4 | 5:30-6:30PM

Thursdays Gymnastics 4/5 | 5:30-6:30PM

### **Acro Classes**

Wednesdays Acro 3/4 | 11:30AM-12:15PM

Wednesdays Acro 4/5 | 1:45PM-2:30PM

Wednesdays Acro 3/4 | 6:30-7:30PM

Thursdays Acro 4/5 | 6:30-7:30PM

### **Strength and Flexibility Classes**

Wednesdays (Level 3-4) 10:45AM-11:30AM

Wednesdays (Level 4/5) 1:00PM-1:45PM

### **Weekly Gymnastics Class Fees:**

Gymnastics - \$125 for the summer

Acro - \$90 for the summer

Strength & Flexibility - \$90 for the summer

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## 2026 SUMMER ELITE CAMPS

**Kick off the competition season with energy, focus, and fun in our 2026 Elite Camps!**

These camps are required for all Elite dancers and are designed to sharpen technique, learn new choreography, and strengthen team connections. Dancers will train hard, bond with teammates, and prepare for the season ahead. The week wraps up with a special Parent Preview so families can see the progress and celebrate the start of another amazing season!

### **Teen / Senior Elite Camp - \$275**

Monday, July 20th - Friday, July 24th  
3:00PM - 8:00PM

### **PreTeen / Junior Elite Camp - \$275**

Monday, July 27th - Friday, July 31st  
3:00PM - 8:00PM

### **Tiny / Petite / Mini Elite Camp - \$250**

Monday, July 27th - Friday, July 31st  
10:00AM - 2:00PM

### **Teen / Senior Elite Retreat Weekend**

July 31st - August 2nd

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**2026 SUMMER**

## **GYMNASTICS TEAM CAMPS**

**Kick off the competition season with energy, focus, and fun in our 2026 Gymnastics Team Camps!**

These camps are required for all team gymnasts and are designed to strengthen skills, improve technique, and build confidence for the season ahead. Athletes will train hard, work on new drills and routines, and strengthen team connections along the way. The camp wraps up with a special Parent Preview so families can see the progress and celebrate the exciting start of another wonderful gymnastics season!



### **PreTeam / Bronze Team Camp - \$275**

Monday, June 29th - Friday, July 3rd  
3:00PM - 8:00PM

### **Silver / Gold Team Camp - \$275**

Monday, July 6th - Friday, July 10th  
3:00PM - 8:00PM

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