

Join us for ADMA Summer Classes and Camps!

*****NEW*** Gymnastics Classes:** June 21st - Aug 2nd (6 week session, no class 7/5) **\$125**

4:30-5:30pm - Gymnastics 2/3

6:30-7:30pm - Gymnastics 3/4/5

5:30-6:30pm - Gymnastics 3/4

7:30-8:30pm - Acro (ages 8 and older)

Week 1: June 26th- June 30th (Camp tuition due June 15th)

2 Technique Camp: 5-8pm Camp focused on improving stamina, strength and fitness. Strong emphasis on technique and elevating your dance skills to the next level. A must for the serious dancer. **\$150**

Week 2: June 26th- June 30th (Camp tuition due June 15th)

1 Gymnastics/Acro-Tumbling: 10am-3pm This Camp includes all levels of Gymnastics and Tumbling tricks to increase power, agility, and flexibility. Camp incorporates strength training necessary to progress to a higher level of dance. **\$225**

1A Mini Gymnastics: 10am-12pm or 1pm-3pm Gymnastics camp for 3-6 year old students that includes tumbling tricks, supervised use of gym equipment and strength training for beginners. **\$145**

Week 2: June 26th- June 28th (Three Day Mini Camp: Monday, Tuesday, Wednesday) (Camp tuition due June 15th)

3 Princess Camp: 10am-12pm This camp is a dance princess experience for ages 6 and under. Each day has a different Disney Princess Theme filled with tea parties, dance, games, story time, snack, and much more! **\$125**

Week 3: July 5th - July 7th (Three Day Mini Camp: Wed, Thurs, Fri) (Camp tuition due July 1st)

4 Little Movers Gymnastics Camp: 10am-12pm (Ages 1.5-4) This camp is a creative movement camp including elements of dance, gymnastics, and games geared towards improving coordination, learning, and listening skills through fun activity. **\$125**

5 Obstacle Training/Kung Fu Camp: 1-3pm This camp is for energetic students interested in navigating their environment in a unique way. Students will run, jump, climb, swing, etc through obstacles while learning about body movement and burning energy. **\$125**

Week 3: July 7th - July 9th (Camp tuition due July 1st)

6 Nationals Camp: 10am-1pm Mandatory camp for all 2022-2023 ADMA Elite dancers attending Nationals in the Summer of 2023 **\$100**

Week 4: July 10th - July 14th (Camp tuition due July 1st)

7 Dance Camp: 2pm-7pm (Ages 6+) This camp includes a little bit of everything! Ballet, Tap, Jazz, Lyrical, Acro-Tumbling/Gymnastics and Hip Hop!! **\$225**

8 Jumps and Turns / Ballet / Lyrical / Musical Theater / Contemporary Camp: 10am-3pm (TIME MAY CHANGE) This camp will work on multiple styles of dance, jumps/turns as well as all aspects of Ballet including barre, body alignment, strength, stretch, and center. **\$250**

Week 5: July 17th - July 19th (Three Day Mini Camp: Monday, Tuesday, Wednesday) (Camp tuition due July 1st)

9 Princess Camp: 10am-12pm This camp is a dance princess experience for ages 6 and under. Each day has a different Disney Princess Theme filled with tea parties, dance, games, story time, snack, and much more! **\$125**

Week 6: July 24th - July 28th (Camp tuition due July 1st)

10 Gymnastics/Acro-Tumbling: 3pm-8pm This Camp includes all levels of Gymnastics and Tumbling tricks to increase power, agility, and flexibility. Camp incorporates strength training necessary to progress to a higher level of dance. **\$225**

10A Mini Gymnastics: 3pm-5pm Gymnastics camp for 3-6 year old students that includes tumbling tricks, supervised use of gym equipment and strength training for beginners. **\$145**

Week 7: July 31st – August 4th (Camp tuition due August 1st)

11 Gymnastics/Acro-Tumbling: 3pm-8pm This Camp includes all levels of Gymnastics and Tumbling tricks to increase power, agility, and flexibility. Camp incorporates strength training necessary to progress to a higher level of dance. **\$225**

12 Mini Gymnastics Camp: 3pm-5pm Gymnastics camp for 3-6 year old students that includes tumbling tricks, supervised use of gym equipment and strength training for beginners. **\$145**

13 Rose/Gold/Purple/Red/Blue Elite Camp: 10am-3pm (Rose Elite 10-12pm) This Camp is for the dancers entering our Rose, Gold, Purple, Red, and Blue Elite Dance Teams in the Fall 2023. **\$225 (Rose Elite \$145)**

14 Orange/Yellow Elite Camp: 3:30pm-8:30pm This Camp is for the dancers entering our Orange and Yellow Elite Dance Teams in the Fall 2023 **\$225**

Register on our website admadanceandgymnastics.com, by email to admadanceandgymnastics@gmail.com or by call/text to 440-226-0504. Space is limited and a \$50 deposit per camp is due at the time of registration!