



# ADMA

## 2026 SUMMER DANCE CAMPS

**MUSICAL THEATRE CAMP** Monday, June 29th - Wednesday, July 1st  
ages 7-11 | 2:30-5:00PM      ages 11+ | 5:30-8:00PM

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

**THE EGDE: ADVANCED CAMP** Monday, July 6th - Friday, July 10th  
ages 12+ | 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.

**POP STAR DANCE CAMP** Monday, July 12th - Friday, July 17th  
ages 11+ | 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!


**SWIFTIE DANCE CAMP** Monday, July 20th - Friday, July 24th  
ages 6-10 | 3:00-8:00PM

Calling all Swifties! This camp is perfect for Taylor fans who love to dance, sing, and sparkle. Campers will learn fun routines in all styles of dance to their favorite T. Swift hits, enjoy album-themed days, make friendship bracelets, and celebrate all things Taylor. It's a week full of music, movement, and memories you'll never shake off!

**PRINCESS DANCE CAMP** Monday, June 29th - Wednesday, July 1st  
and/or Monday, July 20th - Wednesday, July 22nd  
ages 6 and under | 10:00AM - 12:00PM

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 (Ages 12+) 10:00AM – 12:00PM

Leaps & Turns (Ages 7–11) 10:00AM – 12:00PM

Ballet (Ages 7–11) 12:00PM – 2:00PM

Leaps & Turns (Ages 12+) 12:00PM – 2:00PM

### **Wednesdays**

Improv, Strength & Flexibility (Ages 7–11) 10:00AM – 11:30AM

Acro (Ages 7–11) 11:30AM – 12:15PM

Improv, Strength & Flexibility (Ages 12+) 12:15PM – 1:45PM

Acro (Ages 12+) 1:45PM – 2:30PM

### **Thursdays**

Pom & Jazz Funk (Ages 7–11) – 10:00AM – 12:00PM

Pom & Jazz Funk (Ages 12+) – 12:00PM – 2:00PM

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## 2026 SUMMER ELITE CAMPS

**Kick off the 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 exciting new choreography, and strengthen team connections. Dancers will train hard, bond with teammates, and prepare for the year ahead. The week wraps up with a special Parent Preview so families can see the progress and celebrate the start of another amazing season!

### **Yellow / Teal / Red Elite Camp**

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

### **Rose / Gold Elite Camp**

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

### **Pink / Purple Elite Camp**

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

### **Yellow / Teal / Red Elite Retreat Weekend**

July 31st - August 2nd

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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      Full Camp 3PM-8PM

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

### Gymnastics Camp: July 6th-10th

Full Camp 3PM-8PM

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

### 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

### Princess Gymnastics Camp:

July 6-8th 10AM-12PM

July 27-29th 10AM-12PM

### Obstacle Camp:

Dates and times TBD

[ADMADANCEANDGYMNASTICS@GMAIL.COM](mailto:ADMADANCEANDGYMNASTICS@GMAIL.COM)





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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 (Ages 7-11) 11:30AM-12:15PM

Wednesdays (Ages 12+) 1:45PM-2:30PM

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

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

### **Strength & Flexibility Classes:**

Wednesdays (Ages 7-11) 10:45AM-11:30AM

Wednesdays (Ages 12+) 1:00PM-1:45PM

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