

## CDP 2023 Summer Information:

Consistency in training is vital for competitive dancers at all levels to continue their learning and stay conditioned and trained throughout the summer months. This helps to provide smooth transitions into the following season, as well as prevent injuries and training setbacks. Priority in training should be at your home studio.

### Evening Classes

Summer evening classes will take place on Tuesday, Wednesday, and Thursday evenings throughout July and August.

Classes are **1 hrs** in length, pricing structure is as follows:

1-4 classes: \$18.00 +HST/class  
5-9 Classes: \$17.00 +HST/class  
10-14 Classes: \$15.00 +HST/class  
15-19 Classes: \$14.00 +HST/class  
20+ Classes: \$12.00 +HST/class

#### Summer Class Requirements:

Micro: 3 classes min (Bootcamp is HIGHLY recommended) Mini: 5 Classes min (Bootcamp is highly recommended)

Part-time: 8 classes min Full-Time: 14 classes min (highly recommended to come to as many as possible for consistency in training and flexibility development & injury prevention)

Classes must be pre-registered for on the parent portal. The portal will automatically adjust pricing based on the scale above. A minimum number of 4-5 students is required to run a class, classes will be cancelled if the minimum is not met and we will notify you.

### Semi-Private Small Group Technique Focus Groups

1 hr focus groups for additional technical training in smaller group settings of 3 dancers. This is a great way to get more one on one, individualized attention on specified dance topics.

\$25 +hst/dancer/focus group

Focus groups will be on the parent portal offered for multiple age groups in multiple styles, as well as set up by request. If you have a request for a certain style/skill or have a few friends that want to do a focus group together please reach out to the office. Ex. Age 9-12 Pirouette Focus Group, Age 13+ Tumbling Focus Group, Age 6-8 Tap Skills Focus Group etc.

### Private Lessons

30 min private lessons can be booked on the parent portal with a few select teachers.

\$40 +hst/private lesson  
\$150 +hst/package of 5 private lessons

### Camps/Intensives

**Acro Intensive: July 10-13** (ages 7+: competitive level dancers, dancers will be split by age/ability) \*highly recommended for all competitive level students, especially those interested in or wanting to be considered for acro or open routines in 2024. Taught by core faculty and guest instructors.

**Micro/Mini Bootcamp: July 24-28** (ages 5-8: competitive level dancers) Designed for current micros/minis as well as students entering competitive dance in the fall.

**Technique Camp: Aug 21-24** (ages 8+) Tech Camp with Core Faculty

**Week 1:**

Tuesday July 4th					
			4:15-5:00		Tiny Tots 2-3 (4 wk session)
5:00-6:00	Mini (7-8) Acro/Flexibility - Cheryl		5:00-6:00		Part-Time (12+) Jazz/Tech - Abi
6:00-7:00	Part-Time/Full-Time (12+) Acro/Tumbling - Cheryl		6:00-7:00		Full-Time (9-12) Jazz/Tech - Abi
7:00-8:00	Part-Time/Full-Time (8-12) Acro - Cheryl		7:00-8:00		Full-Time (13+) Jazz/Tech - Abi
8:00-9:00	Full-Time (13+) Lyrical - Cheryl				
Wednesday July 5th				Guest Classes (Sydney Faulkner)	
5:00-6:00	Age 12+ Aerials/ Variations Focus Group - Alyshia	5:00-6:00	Age 9-12 Pirouette Focus Group (3 spots) - Abi	5:00-6:00	Part-Time (8-11) contemporary/Lyrical - Guest - Sydney Faulkner
6:00-7:00	Age 13+ Back Handspring Focus Group (3 spots) - Alyshia	6:00-7:00	Age 12+ PT Jumps Focus Group (3 spots) - Abi	6:00-7:00	Full-Time (9-12) - Contemporary/lyrical - guest - Sydney Faulkner
7:00-8:00	Age 8-11 Intro to Tumbling Focus Group (3 spots) - *must have walkovers/clean cartwheels Alyshia	7:00-8:00	Age 13+ FT Flexibility & Legs Focus Group (3 spots) - Abi	7:00-8:00	Part-Time (12+) Contemporary - Guest - Sydney Faulkner
				8:00-9:00	Full-Time (13+) Contemporary - Guest - Sydney Faulkner
Thursday July 6th					
4:15-5:15	Age 9-12 Walkover Focus Group (3 spots) - Abi	4:30-5:30			Micro/Mini (5-8) Jazz/Tech - Alyshia
5:15-6:15	Full-time (9-12) Lyrical - Abi	5:30-6:15			Jazz/Acro 4-6 (4 wk session)
6:15-7:15	Full-Time (13+) Jazz/Tech - Abi	6:15-7:15			Part-Time/Full-time (8-12) Hip Hop - Alyshia
7:15-8:15	Part-Time (12+) Jazz/Tech - Abi	7:15-8:15			Full-Time (13+) Contemporary - Alyshia
		8:15-9:15			Part-Time/Full-Time (12+) Hip Hop- Alyshia

## Week 2:

\*This is the week of the daytime acro intensive - so class options are limited.

\*acro intensive highly recommended for anyone interested in being offered acro or open routines in 2023/24

Tuesday July 11th			
5:00-6:00	Full-Time (9-12) Jazz/Tech - Cheryl	4:30-5:15	Tiny Tots 2-3 (4 wk session)
6:00-7:00	Micro/Mini (5-8) Jazz/Tech - Cheryl	5:30-6:30	Age 12+ PT Turns Focus Group (3 spots) - Abi
7:00-8:00	Part-Time (12+) Jazz/Tech - Cheryl	6:30-7:30	Age 12+ FT Turns Focus Group (3 spots) - Abi
8:00-9:00	Full-Time (13+) Jazz/Tech - Cheryl		

Thursday July 13th			
4:15-5:15	Age 6-8 Jumps & Turns Focus Group (3 spots) - Abi	4:30-5:30	Micro Jazz/Acro (5-6) - Alyshia
5:15-6:15	Full-Time (13+) Jazz/Tech - Abi	5:30-6:15	Jazz/Acro 4-6 (4 wk session)
6:15-7:15	Full-time (9-12) Jazz/Tech - Abi	6:15-7:15	Part-Time (8-11) Jazz/Tech - Alyshia
7:15-8:15	Part-Time (12+) Jazz/Tech - Abi	7:15-8:15	Part-Time (8-11) Lyrical - Alyshia
		8:15-9:15	Part-Time (12+) Contemporary - Alyshia

**Week 3:**

**Tuesday July 18th**

		4:15-5:00	Tiny Tots 2-3 (4 wk session)
5:00-6:00	Part-Time (8-11) Jazz/Tech - Cheryl	5:00-6:00	Mini (6-8) Jazz - Abi
6:00-7:00	Full-Time (9-12) Acro - Cheryl	6:00-7:00	Full-Time (13+) Jazz/Tech - Abi
7:00-8:00	Full-Time (13+) Lyrical - Cheryl	7:00-8:00	Full-Time (9-12) Jazz/Tech - Abi
8:00-9:00	Full-Time (13+) Acro/Tumbling - Cheryl	8:00-9:00	Part-Time (12+) Jazz/Tech - Abi

**Wednesday July 19th**

**Guest Classes (Jennie Pappas)**

5:00-6:00	Age 8-11 Intro to Tumbling Focus Group (3 spots) - *must have walkovers/clean cartwheels Alyshia			5:00-6:00	Part-Time (8-11) contemporary/Lyrical - Guest - Jennie Pappas
6:00-7:00	Age 12+ Aerials/ Variations Focus Group - Alyshia	6:00-7:00	Age 12+ PT Jumps Focus Group (3 spots) - Abi	6:00-7:00	Full-Time (9-12) - Contemporary/lyrical - guest - Jennie Pappas
7:00-8:00	Age 13+ Back Handspring Focus Group (3 spots) - Alyshia	7:00-8:00	Age 13+ FT Flexibility & Legs Focus Group (3 spots) - Abi	7:00-8:00	Part-Time (12+) Contemporary - Guest - Jennie Pappas
				8:00-9:00	Full-Time (13+) Contemporary - Guest - Jennie Pappas

**Thursday July 20th**

4:15-5:15	Age 9-12 Walkover Focus Group (3 spots) - Abi	4:30-5:30	Micro/Mini (5-8) Acro - Alyshia
5:15-6:15	Full-time (9-12) Ballet - Bardette Thomas	5:30-6:15	Jazz/Acro 4-6 (4 wk session)
6:15-7:15	Full-Time (13+) Ballet - Bardette Thomas	6:15-7:15	Part-Time & Full Time (8-12) Hip Hop - Alyshia
7:15-8:15	Part-Time (12+) Ballet - Bardette Thomas	7:15-8:15	Full-Time (13+) Contemporary - Alyshia
8:15-9:15	Full-Time (13+) Jazz/Tech - Bardette Thomas	8:15-9:15	Part-Time (12+) Contemporary - Alyshia

**Week 4:**

Tuesday July 25th			
		4:15-5:00	Tiny Tots 2-3 (4 wk session)
5:00-6:00	Part-Time/Full-Time (12+) Acro/Tumbling - TBA	5:00-6:00	Part-Time (8-11) Jazz/Tech - Abi
6:00-7:00	Part-Time/Full-Time (8-12) Acro - TBA	6:00-7:00	Part-Time (12+) Jazz/Tech - Abi
7:00-8:00	Full-Time (9-12) Jazz/Tech - TBA	7:00-8:00	Full-Time (13+) Jazz/Tech - Abi
8:00-9:00	Full-Time (13+) Lyrical - TBA		
Wednesday July 26th			
5:00-6:00	Age 8-12 Leg Holds & Flexibility (3 spots) - Alyshia		
6:00-7:00	Age 13+ Back Handspring Focus Group (3 spots) - Alyshia		
7:00-8:00	Age 8-11 Intro to Tumbling Focus Group (3 spots) - *must have walkovers/ clean cartwheels Alyshia		
Thursday July 27th			
4:15-5:15	Micro/Mini (5-8) Lyrical - Abi	4:30-5:30	Part-Time/Full-time (8-12) Hip Hop - Alyshia
5:15-6:15	Part-Time/Full-Time (8-12) Lyrical - Abi	5:30-6:15	Jazz/Acro 4-6 (4 wk session)
6:15-7:15	Full-Time (12+) Jazz/Tech - Abi	6:15-7:15	Part-Time (12+) Contemporary - Alyshia
7:15-8:15	Part-Time (12+) Jazz/Tech - Abi	7:15-8:15	Full-Time (13+) Contemporary - Alyshia
		8:15-9:15	Part-Time/Full-Time (12+) Hip Hop- Alyshia

**Week 5:**

Tuesday Aug 1st			
5:00-6:00	Micro/Mini (5-8) Jazz/Tech - Cheryl	5:00-6:00	Part-Time (12+) Jazz/Tech - Brittany
6:00-7:00	Part-Time/Full-Time (12+) Acro/Tumbling - Cheryl	6:00-7:00	Full-Time (9-12) Jazz/Tech - Brittany
7:00-8:00	Part-Time/Full-Time (8-12) Acro - Cheryl	7:00-8:00	Full-Time (13+) Jazz/Tech - Brittany
8:00-9:00	Full-Time (13+) Lyrical - Cheryl		
Wednesday Aug 2nd			
5:00-6:00	Age 12+ Handsprings Focus Group - Alyshia	5:00-6:00	Part-Time (8-11) Hip Hop- Guest - Diana Viselli
6:00-7:00	Age 13+ Back Handspring Focus Group (3 spots) - Alyshia	6:00-7:00	Full-Time (9-12) - Hip Hop - guest - Diana Viselli
7:00-8:00	Age 8-11Aerials Focus Group (3 spots) - *must have walkovers/ clean cartwheels Alyshia	7:00-8:00	Part-Time (12+) Hip Hop - Guest - Diana Viselli
		8:00-9:00	Full-Time (13+) Hip Hop - Guest - Diana Viselli
Thursday Aug 3rd			
4:30-5:30	Micro/Mini (5-8) Tap - Houys	4:30-5:30	Part-Time/Full-time (8-12) Acro - Alyshia
5:30-6:30	Part-Time/Full-Time (8-12) Tap - Houys	5:30-6:30	Micro/Mini (5-8) Jazz/Tech - Alyshia
6:30-7:30	Full-Time (12+) Tap - Houys	6:30-7:30	Part-Time/Full-time (8-12) Lyrical/Contemp - Alyshia
7:30-8:30	Part-Time (12+) Tap - Houys	7:30-8:30	Full-Time (13+) Contemporary - Alyshia
		8:30-9:30	Part-Time/Full-Time (12+) Hip Hop- Alyshia

**Week 6:**

**Tuesday August 8th**

<b>4:00-5:00</b>	Micro (5-6) Jazz/Acro - Cheryl	<b>4:15-5:00</b>	Tiny Tots 2-3 (4 wk session)
<b>5:00-6:00</b>	Part-Time (8-11) Jazz/Tech - Cheryl	<b>5:00-6:00</b>	Mini (7-8) Jazz/Tech - Abi
<b>6:00-7:00</b>	Part-Time/Full-Time (8-12) Acro - Cheryl	<b>6:00-7:00</b>	Full-Time (13+) Jazz/Tech - Abi
<b>7:00-8:00</b>	Full-Time (13+) Lyrical - Cheryl	<b>7:00-8:00</b>	Full-Time (9-12) Jazz/Tech - Abi
<b>8:00-9:00</b>	Full-Time (13+) Acro/Tumbling - Cheryl	<b>8:00-9:00</b>	Part-Time (12+) Jazz/Tech - Abi

**Thursday August 10th**

<b>4:30-5:30</b>	Full-time (9-12) Contemporary - Abi	<b>4:30-5:30</b>	Micro/Mini (5-8) Acro - Alyshia
<b>5:30-6:30</b>	Part-Time (8-11) Jazz/Tech - Abi	<b>5:30-6:30</b>	Full Time (9-12) Acro - Alyshia
<b>6:30-7:30</b>	Full-Time (13+) Jazz/Tech - Abi	<b>6:30-7:30</b>	Part-Time (12+) Jazz/Tech - Alyshia
<b>7:30-8:30</b>	Full-Time (13+) Contemporary - Abi	<b>7:30-8:30</b>	Part-Time (12+) Contemporary - Alyshia