

# Aerial Silks, Hoop, Hammock, Dance Tumble Camp Details



**What: DANCE/TUMBLE/AERIAL CIRCUS CAMP**

**When: Monday-Friday, June 24-June 28**

**Time: 9:30-11:30am**

**Ages: 6-10**

**Theme: Circus Dreams**

Have you ever dreamed about running away with the circus? Well here's your opportunity! Join us for a week long camp where you will not only dance but also dabble in the circus arts! Learn how to juggle, tumble, and dance while also trying out some aerial arts like silks and hoop. We will put together a fun routine that utilizes both ground and aerial skills and present it on the last day for family and friends to enjoy. See if you're cut out to join the circus both on the ground and in the air!

Please be sure to bring some water to stay hydrated. Snacks will be provided. Attire should be leggings and a fitted top that can be tucked in if necessary.

**What: AERIAL CAMP**

**When: Monday-Friday, July 8-12**

**Theme: Everything But the Kitchen Sink**

**Time: 10:00am-11:00am Ages 5-8**

**11:00am-12:30pm Beginners Ages 9-13 (or with permission from Ms. Colleen)**

**1:00-3:00 Intermediate/Advanced Ages 14+ (or with permission from Ms. Colleen)**

It's time to expand your aerial experience! Maybe you've seen the more "common" aerial apparatuses like silks, hoop and trapeze, but have you ever tried sphere, aerial chair, crescent moon, or dance harness? There are so many "made up/unique" apparatuses in the aerial world that you can transfer skills you already know to or learn brand new skills that are unique to that apparatus. Come try your hand and possibly be introduced to your new favorite aerial apparatus while expanding your aerial horizons!

Not sure which level is for you? Grab some friends and book a private lesson with Ms. Colleen prior to the camp so she can assess you and place you in the level that is most appropriate for you. The more friends there are, the less expensive the lesson will cost.

Please be sure to bring some water to stay hydrated. Attire should be leggings and a fitted top that can be tucked in if necessary.

**What: AERIAL HOOP CAMP**

**When: Monday and Wednesday, July 15 & 17**

**Theme: All the Circles**

**Time: 4:30pm-5:30pm Ages 5-8**

**5:30pm-7:00pm Beginners Ages 9-13 (or with permission from Ms. Colleen)**

**7:00pm-9:00pm Intermediate/Advanced Ages 14+ (or with permission from Ms. Colleen)**

Come join us for all the ways to create circles with the circular aerial apparatus called the Lyra! Learn the many ways to work on creating circles: whether it's your body circling around the lyra (with skills like hip circles, mills, around the world, etc) or you making the lyra spin (in an orbit, slow spin, fast spin, etc) or even the numerous ways to begin your spin (from a leg hook, using your hands, using your feet, etc). There are so many ways to move in a circle. Come discover your favorite!

Not sure which level is for you? Grab some friends and book a private lesson with Ms. Colleen prior to the camp so she can assess you and place you in the level that is most appropriate for you. The more friends there are, the less expensive the lesson will cost.

Please be sure to bring some water to stay hydrated. Attire should be leggings and a fitted top that can be tucked in if necessary.

**What: AERIAL SILKS CAMP**

**When: Tuesday and Thursday, July 16 & 18**

**Theme: Wrapped Up in the Silks**

**Time: Time: 4:30pm-5:30pm Ages 5-8**

**5:30pm-7:00pm Beginners Ages 9-13 (or with permission from Ms. Colleen)**

**7:00pm-9:00pm Intermediate/Advanced Ages 14+ (or with permission from Ms. Colleen)**

So what exactly is holding you up in the air? What exactly is the name of that wrap? How many ways do you know how to get into a hip key? We will explore these and so many more questions in this camp. Deepen your knowledge of your silks wraps and possibly learn some new ones to help you become safer in the air and find new connections so you can begin to create more interesting pathways.

Not sure which level is for you? Grab some friends and book a private lesson with Ms. Colleen prior to the camp so she can assess you and place you in the level that is most appropriate for you. The more friends there are, the less expensive the lesson will cost.

Please be sure to bring some water to stay hydrated. Attire should be leggings and a fitted top that can be tucked in if necessary.

**What: AERIAL CIRCUS/TUMBLE/DANCE CAMP**

**When: Tuesday-Thursday, July 23-25**

**Time: 9:30am-11:30am**

**Ages: 6-10**

**Theme: Master of the 3-ring Circus**

Ready to become the master of ceremonies of your personal 3-ring circus? Come experience the multiple disciplines you might find in a circus. Swing on a trapeze, somersault through rings, and find your movement on the ground, just to name a few. This camp will be all about trying out and experiencing moving our bodies on the ground and in the air in different ways. It will be exciting to try new things like the aerial silks or aerial hoop but there will also be familiarity in ground movements like pretending to be a lion or doing cartwheels. Fun will be the focus so you will feel in charge like a ring master at a circus! We invite family and friends to watch on our last day for show and tell of what we've learned and a great opportunity for pictures and videos!

Please be sure to bring some water to stay hydrated. Snacks will be provided. Attire should be leggings and a fitted top that can be tucked in if necessary.

**What: PERFORMANCE CAMP-OPEN TO BOTH GROUND MOVERS (aka dancers) AND AIR MOVERS (aka aerialists)**

**When: Tuesday-Friday, July 30-August 1**

**Theme: How to Perform From the Ground to the Air**

**Time: 11:00am-1:00pm Beginner/Intermediate Ages 9-13 (or with permission from Ms. Colleen)**

**1:00pm-3:00pm Intermediate/Advanced Ages 14+ (or with permission from Ms. Colleen)**

**"Great dancers are not great because of their technique, they are great because of their passion." -Martha Graham**

Performing is a skill that one will be forever developing! Join us in a camp to help find your why for performing. Through multiple exercises on both the ground and in the air you will be pushed to further your abilities to create a "work of art" and not just a "routine". Come with an idea, theme, or movements and learn how to make them into something others will want to watch. While you might not have a finished product by the end of the camp, you will have a better idea of how to develop your act into something you look forward to performing every time.

Not sure which level is for you? Grab some friends and book a private lesson with Ms. Colleen prior to the camp so she can assess you and place you in the level that is most appropriate for you. The more friends there are, the less expensive the lesson will cost.

Please be sure to bring some water to stay hydrated. Attire should be leggings and a fitted top that can be tucked in if necessary.