

Dynasty - Motivated

2020 Summer Camp Activities



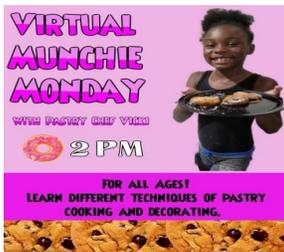
These drills will help with body positioning, cheer motions and techniques.



This class is an excellent introduction to the world of ballet and fun for both the dancer and the instructor. This class focuses on coordination and basic ballet steps fostering a love of dance.



Cheer Dance - this is a combination of cheer moves and dance put together into a dance choreography.



Munchie Monday is a weekly nutrition program that demonstrates how to prepare a quick and healthy snack. Learn skills in cupcake and cake decorating. Too!



Jumps Drills help with proper posture, balance, proper foot pointing, and synchronization of upper body and lower body movements that will transfer to back handsprings.



Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. You will learn how to balance and express yourself through contemporary dance.



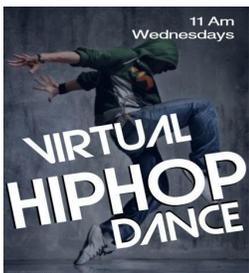
The challenge of team-building supports team development, and team management. Specific leadership challenges include how to instill pride and how to provide support. Pick your team and join us!



Look what I made -Tie Dye Tuesdays/crafts – The kids will enjoy creating new colorful projects with tie dye. The process of tie-dye will consist of folding, twisting, pleating, or crumpling fabric or a garment and binding with string or rubber bands, followed by application of dye(s).



Strength classes aim to improve daily living skills through better balance, strength, flexibility and agility. This class promotes progressive resistance where your training load is increased as your muscles become stronger.



Hip hop is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

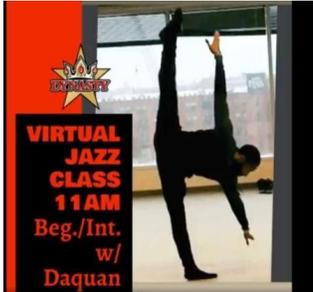


Want to exercise at a pace that is comfortable for you? Join our Wednesday workouts where exercising is fun. Enhance your physical fitness and overall health and wellness. Improve strength and develop muscles.

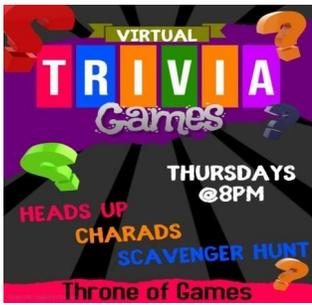
Pump It Up®

where your imagination comes to play™

Enjoy physical activities through games such as Dance Battle, Lip Sync and Cheer Games.



Learning basic jazz dance steps are the first part of exploring jazz dance, an energetic and exciting display of physical prowess. Jazz dance is a combination of classical ballet moves mixed with steps from American popular culture, including African and Celtic dance influences.



Throne of Games - Are you ready to be challenged! Join us for fun games of scattergories, trivia and more! Are you ready to be challenged!



Sharpen your math skills with this fun game of bingo.