

# **Welcome to The Dance Studio of Park Slope**

## **Summer Camp Policy & Daily Schedule**

*Camp is Monday through Friday 9:00 to 4:00 (week of July 5<sup>th</sup> is 4 days)  
Complimentary early drop off starts at 8:30 & late pick to 4:30 (after 4:30, additional fee applies)  
Summer Fridays – leave at noon option available for discounted price*

*Camp starts promptly at 9am. Daily check in starts at 8:30. We start our day with an obstacle course or dance game. This helps warm our muscles up. \*Please dress your children in comfortable clothing. No jeans/denim shorts.*

9:00am - Warm-up and Stretch! Light cardio to get our muscles ready for stretching and then stretching to get our muscles ready to dance.

9:30 - Technique! We begin with instruction, working on vocabulary and new sequences of movement.

10:30 - Snack Time! Due to food allergies, we ask parents to pack snacks for each dancer. \*No nuts\*. We will not allow children to share snacks.

10:45 - Art Break! Quick art project before we get back to dancing. We want those snacks to settle before we start moving.

11:00 - Choreography! Time to put together all the beautiful steps with the song of the day.

11:45 - Cool Down and Clean up!

12:00pm - Lunch! Refueling to keep our mind and body happy. We ask parents to pack lunch for each dancer. \*No Nuts\*

12:45 - Dance History! Expand knowledge to excite dancers.

1:30 - Choreography! Song of the week!

2:30 - Conditioning! Stretching and callisthenic exercises.

3:30 - Jazz Isolation - Ending the day with on a high note with jazz movements and hip-hop music.

4:00 - It's time for Pick- Up! If you are late for pick up, please contact the studio promptly so staff can accommodate.

*\*\*If a child is without snack, we will provide water, fruit, and cheddar bunnies. Without lunch we will provide strawberry jam and sunflower butter sandwich.*

*\*\*We ask that children are potty trained. All children will be escorted to the bathrooms to help avoid accidents. We suggest parents' pack spare clothes in case of an accident for younger children.*

*\*\*Only participating Students permitted in the building. During class time, only allowed in and out of the studio. Children will not be allowed to exit without a guardian.*

***Thank you for joining us this Summer!***