

Summer Irish Intensive Camp

Our Irish Dance Intensive is designed to give students the opportunity to continue their training through a 4 week summer program. Students take their dancing to the next level by attending classes designed to focus on technique, stamina, strength, and education.

It is highly recommended that students continue their training during the summer as taking extended time off from dance can cause students to lose their strength and technique that they have work so hard on since September.

The benefits of our summer are intensive....

- *Maintain and improve student's technique, strength, and stamina*
- *Get ahead for the fall in material skills, and steps*
- *Opportunity to increase student's knowledge and education in Irish dance*
- *Refine and polish basic skills*

Session # 1: RIVERDANCERS (June 24th, July 8th, July 22nd, August 5th)

Eligibility: *Completed Level 1,2,3 in 2009-2010 dance year*

Thursday Session #1	
Class	Times
Riverdancers Soft Drill & Bonus	6:00-7:15pm
Riverdancers Hard Drill (<i>Level 2, 3 only</i>)	7:15-7:45pm

Session # 2: TRINITY TREBLERS (July 1st, July 15th, July 29th, August 12th)

Eligibility: Completed Level 4,5,6 in 2009-2010 dance year

Thursday Session #2	
Class	Times
Trinity Treblers Soft Drill & Bonus	5:30-7:00pm
Trinity Treblers Hard Drill	7:00-7:45pm

SUMMER INTENSIVE TUITION

		Riverdancers (Level 1) (5 hours)	Riverdancers (Level 2-3) (7 hours)	Trinity Treblers (Level 4-6) (8 hours)
Option #1	4 Intensive Sessions	\$52	\$73	\$83
Option #2	Pay by Session **Option if a student can't attend all 4 sessions	\$15	\$22	\$28

BONUS CLASSES

The bonus classes would be like our dance card classes, but with a few extra new classes.

These classes are fun, unique classes designed to focus on strength, flexibility, stamina, creativity, and most important education in Irish dance.

List of Bonus Classes

Students will vote which bonus classes they would like to do for 3 of their intensive session.

(The first class will be chosen by the instructor)

Class	Description
Jump Training	Get ready to achieve higher jumps! Jump training has been proven to dramatically improve athletic performance. It is designed to produce fast, powerful movements, and improve the functions of the nervous system. These exercises use the strength and elasticity of muscle and surrounding tissues to increase the speed or force of muscular contractions, often with the goal of increasing the height of a jump and stamina, which is perfect for Irish dancers.

<p>Right To The Core</p>	<p>This is a great class that recruits multiple muscle groups to build and support the core (lumbar spine and trunk muscles), while still conditioning the rest of your body. Exercises are fun, unique and challenging. These exercises will help to prevent injury and allow an Irish dancer to become stronger and more durable.</p>
<p>Ceili/Figures</p>	<p>A fun class for students who enjoy dancing with partners & as a team! Instructor will teach some of the 30 Ceilis that are in the official, "Ar Rince Foirne Book" designed by the Irish Dance Commission in Dublin, Ireland. Students will also be able to learn different and unique figure choreography.</p>
<p>Traditional Irish Sets (Trinity Treblers only!)</p>	<p>For students who wish to learn Traditional Set Pieces such as "St. Patrick's Day", "Blackbird", & "Job of Journeywork".</p>
<p>Irish Dance History</p>	<p>Students will have the opportunity to learn about the history of different aspects of Irish dance including shoes, costumes, competitions, ect. This is a great informative class that is a must for Irish dancers.</p>
<p>Choreography</p>	<p>Students will get the opportunity to utilize their creative sides. Students will be asked to choreography their own 30 sec-1 minute dance using fun costumes, props, or other creative ideas. This is a fun class allow students to take traditional Irish step to the next level.</p>