



CAMP SUNNY

SUMMER CAMP

DANCE SPECIALTY CAMP

SUMMER 2021

Dear Camp Sunny Parents and Participants,

Welcome and thank you for signing up for Sun Country's **Dance Specialty Camp!** We are excited to be offering a truly FUN and dance-filled week for our campers.

Please have your child arrive by 9:00 AM dressed in appropriate attire each morning.

Attire for Dance Camp: Dance attire (i.e., leotard, tights, lycra dance shorts, capri or long leggings, etc.) is preferred. If not, campers should wear non-restrictive, flexible clothing that they can move in (such as lycra bike shorts and t-shirts). Shorts should be knee length, t-shirts should be fitted. Loose soffe shorts are not appropriate. Girls should NOT wear skirts and dresses. Many dancewear items for camp can be purchased at our Sun Country Pro Shop. Campers will be allowed to change into their regular clothing after the morning dance camp. Also, if they have dance shoes (ballet, jazz), please send these with them. Otherwise, bare feet will be fine. For Girls - hair must be pulled back away from the face into a ponytail every day.

Your child will be learning Dance skills in a fun, safe and positive environment from knowledgeable instructors. The camp will offer both boys and girls the opportunity to explore dance styles ranging from Hip-Hop and Jazz to Modern and Improv. It is a great way for the children to express their creativity and bring their own attitude and personality into the steps. Dance warm-ups will include exercises for strength, flexibility, balance, and coordination. Appropriate popular music will be used to create dance moves and routines that will be fun with an explosion of energy. We cannot wait to teach the students new skills and see how they are each able to express them uniquely!

On the last day of camp, students will have an opportunity to perform their newly gained skills and routines in a show (via Zoom) for parents and friends before receiving individual awards! This will begin at 11:30am on Friday, July 16th! Further details will be given out the week of camp, but we would love for you to join us!

If you have any questions, please e-mail dance@sun countrysports.com. We are looking forward to a wonderful week of dance!



SUN COUNTRY SPORTS - WEST

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