

**\*Camps are organized by instructors.\***

## **Sole Expressions Summer Dance Classes** **2023 with Guest Instructor Jenna** **Langen**



### **Jenna Langen - BIO**

Jenna is currently attending Luther College in Decorah, Iowa for Elementary Education with a dance minor and will begin her sophomore year next semester. She has studied ballet, jazz, tap, lyrical, contemporary, pointe and hip hop at local studios and various workshops throughout the Midwest. She danced competitively as both a soloist and large and small group participant for over a decade with Nicole's School of Dance in La Crescent, Minnesota. She loves working with kids and staying active. She is on the Luther Girls Volleyball Team and coaches youth volleyball as well. She is excited to bring her enthusiasm and love for dance to the students at Sole Expressions this summer for some amazing classes.

### **June**

**Craft Camp - \$25/camp or all three for \$65 (2 hours each camp)**  
**\*minimum 6 kids per camp**

For each of these camps there is both a dance and craft component related to the theme.

*"Princess Camp"* Ages 4-8 - Session 1 - June 13 from 3:00 - 5:00 pm

*"Frozen Camp"* Ages 4-8 - Session 2 - June 20 from 3:00 - 5:00 pm

*"Super Hero Camp"* Ages 4-8 - Session 3 - June 27 from 3:00 - 5:00 pm

"TikTok Camp" Ages 9 and up - Session 1 - June 13 from 5:00 - 7:00 pm

"Greatest Showman Camp" Ages 9 and up - Session 2 - June 20 from  
5:00 - 7:00 pm

"Wednesday Addams Camp" Ages 9 and up - Session 3 - June 27 from  
5:00 - 7:00 pm

## July

**Hip Hop - \$20 per student for level 1 (2 - 1 hour classes), \$30 for level 2/3 and 4 and up (3 - 1 hour classes)**

**\*minimum 6 kids per camp**

Hip Hop is a super fun way for dancers to express themselves with new techniques and current funky styles. Come ready to learn some of the newest choreography being used today and have a great time while doing so!

Level 1 (2 classes) July 18 and 20 from 4:00 - 5:00 pm

Level 2/3 (3 classes) July 18, 20, and 25 from 5:00 to 6:00 pm

Level 4 and Up (3 classes) July 18, 20, and 25 from 6:00 - 7:00  
pm

## August

**Sampler - \$30 per student (1.5 hour classes)**

**\*minimum 6 kids per camp**

Thinking about trying out some dance classes this fall for your young dancer, but aren't quite sure what they'd be interested in? Or did the summer slide hit your dancer and they'd like a refresher to start out the next season strong? This is a great class for your child. They will cover basic ballet, jazz, and tap (don't worry, no tap shoes required) while having tons of fun.

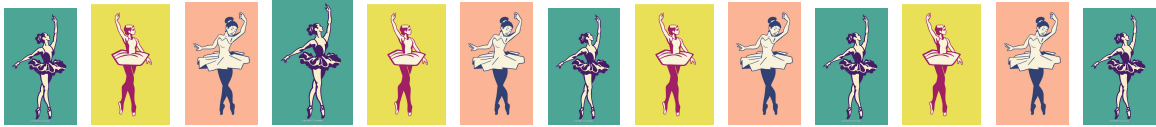
Ages 4-6 (2 classes) August 8 and 10 from 4:00 - 5:00 pm

Ages 7-9 (2 classes) August 8 and 10 from 5:00 - 6:00 pm

Ages 10 and Up (2 classes) August 8 and 10 from 6:00 - 7:00 pm



# Sole Expressions Summer Dance Classes 2023 with Miss J.



## June

**“Express Yourself” (Art and Dance) \$25/Dancer per class or all 3 for \$65/Dancer (2 hours per class)**

**\*minimum 6 kids per camp**

In this combo class you will get to use various forms of art to show your creative side. Each class will be unique and have its own art/craft and dance component that go hand in hand. You'll explore various mediums and take home a beautiful piece of art to display.

Level 2 and Up

Paint and Dance - June 22 from 4:00 - 6:00 pm

Mixed Media Collage and Dance - June 26 from 4:00 - 6:00 pm

Fiber Art and Dance - June 28 from 4:00 - 6:00 pm

## July

**Choreography Workshop - \$20/Dancer (2 hour class)**

**\*minimum 6 kids per camp**

Are you ready to show what you've got?! In this class you will be able to individually and collaboratively make up your own choreography to go with a variety of musical selections. Explore your creative style and technique while having fun!

Level 2 and Up Wednesday, July 12 from 4:00 - 6:00 pm

**Yoga Flow - Stretch and Strengthen - \$30/Dancer (3 - 1 hour classes)**

**\*minimum 6 kids per camp**

It is so important for dancers to learn to stretch and strengthen their bodies appropriately in order to stay flexible and prevent injury. Yoga is a fun way to do both of those things. In this series we will move through traditional poses, new strengthening exercises, and even some partner yoga to stay limber and ready to move. Dancers will leave with a workout plan they can use outside of the studio to help improve their technique, flexibility, and strength.

Levels 2/3 - July 10, July 11, and July 12 from 6:00 - 7:00 pm

Level 4 and Up - July 10, July 11, and July 12 from 7:00 - 8:00 pm

**August**

**Tricks and Lifts Workshop - \$20/Dancer (2 hour class)**

**\*minimum 6 kids per camp**

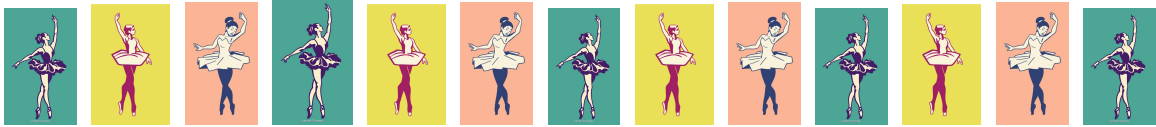
This is the class you've been waiting for! Get ready for the upcoming season with some new tricks up your sleeve. We'll work on small and large group techniques and safely teach each dancer how to improve their performance and elevate their dances.

Levels 2/3 August 10 from 4:00 - 6:00 pm

Levels 4 and Up August 10 from 6:00 - 8:00 pm



# Sole Expressions Summer Dance Classes 2023 with Heidi



## August

Craft Camp - \$35.00

\*minimum 6 kids per camp

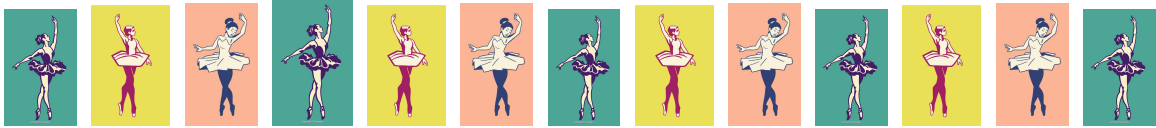
For each of these camps there is both a dance and craft component related to the theme.

"Beach Blast" Ages 3&4 - August 16 - 18 from 4:00 - 5:00 pm

"Beach Blast" Ages 5-8 - August 16-18 from 5:00 - 6:00 pm



# Sole Expressions Summer Dance Classes 2023 with Alumni Natalie Benish and Hannah Pedretti



## June

**Skills/Drills/Stretching Camp - \$10.00**

**\*minimum 6 kids per camp**

*Ages 13 and up/level 4 and up - June 14th - 3:00 - 4:00 pm*

**Choreography Camp - \$10.00**

**\*minimum 6 kids per camp**

*Ages 13 and up/level 4 and up - June 21st - 3:00 - 4:00 pm*

**"Moana" Camp - \$12.00**

**\*minimum 6 kids per camp**

**\*Taught by Natalie**

*For this camp there is both a dance and craft component related to the theme.*

*Ages 3-8 - June 23rd - 3:00 - 4:00 pm*





WAIVER AND RELEASE OF LIABILITY

I, \_\_\_\_\_ [print your name] have chosen to

have my child(ren) \_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

participate in dance instruction given by Sole Expressions Dance Studio Cooperative and agree as follows: I am aware of the risks inherent in dancing. Injuries might result from direct trauma, or overuse, of feet, ankles, lower legs, low back, hip, and neck. Injuries might include stress fractures, tendon injuries, meniscus tear of the knee, sprains and strains. Additionally, slips and falls on a hard floor may cause injuries to the face including broken teeth. I am aware of the risk that these and other injuries might be caused by the negligence of teachers and staff members of Sole Expressions Dance Studio Cooperative.

I acknowledge and am aware of the contagious nature of COVID-19 and voluntarily assume the risk that we may be exposed to or infected by COVID-19 by participation. This exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while at Sole Expressions Dance Studio Cooperative may result from the actions, omissions, or negligence of ourselves and others, including, but not limited to Sole Expression Dance Studio Cooperative employees, volunteers, and program participants and their families.

I, on behalf of myself and my child(ren), hereby release, waive and discharge Sole Expressions Dance Studio Cooperative, its teachers and staff members, from liability for negligence causing personal injury, death, or property damage to my child while participating in dance instruction including events held outside the studio. I have considered that without this waiver of liability, the cost for my child's/children's use of the facility and participation in the dance class would be considerably higher and as I do not wish to pay a considerably higher cost, I waive the right to bargain for different waiver of liability terms. I freely choose to sign this release and pay the fee to enroll my child(ren) in the dance class.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_



Agreement to Follow Policies Form

I/We agree to read and follow the facility policies including prompt payment and understand the curriculum of Sole Expressions Dance Studio Cooperative. I/We take full responsibility for my/our behavior in addition to any damage I/we may cause to the facilities utilized by Sole Expressions Dance Studio Cooperative. The policies can be found on our site at [www.soleexpressions.org](http://www.soleexpressions.org) on the studio policies tab. A hard copy can also be obtained at the studio. My signature is proof of my intention to execute a complete and unconditional agreement as to all terms and conditions contained above. I am of lawful age and competent to sign this affirmation. I HAVE FULLY INFORMED MYSELF AS TO THE CONTENTS OF THIS RELEASE AND HAVE READ THE SAME PRIOR TO SIGNING. Signature of Parent or

Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Dancer's Name: \_\_\_\_\_

Photo and Video Release Form

I authorize and agree that Sole Expressions Dance Studio Cooperative, Hazel Media, LLC, Kristina Olson Photography, and Artistic Video Productions may take and use photographs or videos of myself or my child as needed for its record keeping, advertising, social media and/or public relations projects and that I have no rights to the same and will not be compensated for the same. My signature is proof of my intention to execute a complete and unconditional waiver and release of all liability pursuant to the terms herein, and agreement as to all terms and conditions contained above. I am of lawful age and competent to sign this affirmation. I HAVE FULLY INFORMED MYSELF AS TO THE CONTENTS OF THIS RELEASE AND HAVE READ THE SAME PRIOR TO SIGNING.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Dancer's Name: \_\_\_\_\_