



SPRING BREAK CAMPS



GUIDE 2024

Put a spring in your step



Ages 18+

Thriller level ADULTS

MORNING Barre Monday, March 18th + March 25th | 9:30-10:15am
|\$20 +GST (or class card purchase)

EVENING Barre Monday, March 18th + March 25th | 6:15-7:00pm
|\$20 +GST (or class card purchase)

MORNING Mat Pilates Tuesday, March 19th + March 26th | 9:30-10:15am
|\$20 +GST (or class card purchase)

MORNING Barre Thursday, March 21st + March 28th | 9:30-10:15am
|\$20 +GST (or class card purchase)

EVENING Barre Thursday, March 21st + March 28th | 6:15-7:00pm
|\$20 +GST (or class card purchase)

MORNING BBarreless Friday, March 22nd + March 29th | 9:30-10:15am
|\$20 +GST (or class card purchase)



ALL CAMPS/CLASSES RUNNING WEEK OF: March 25-28th

Ages 3.5-6yrs Thriller levels Preschool + Primary

****Bring a snack for short break**
All below camps \$30+GST per day

Frozen Camp Ages 3.5-6yrs | Monday, March 25th | 1-3pm
Frozen and dance? "Put em' together it just makes sense"! Your littles will enjoy a BALLET + LYRICAL camp, craft time and an end of class parent viewing!

Super Hero's! Ages 3.5-6yrs | Tuesday, March 26th | 1-3pm
Super Hero's UNITE..HIP HOP style! Dancers will have a groovin time learning basic hip hop movements to energetic music and a little craft time and end of class parent viewing!

All Things Encanto Camp Ages 3.5-6yrs | Wednesday, March 27th | 1-3pm
This MUSICAL THEATRE + JAZZ camp will be a favourite! Dancers will learn to lip-sync and dance to the best of Encanto. Plus a mini craft and an end of class parent viewing!

Circus Camp Ages 3.5-6yrs | Thursday, March 28th | 1-3pm
ACRO time! This camp will have your little balancing like a ballerina, cartwheeling like a clown, and monkeying around non-stop! A mini craft and end of class parent viewing as well!



ALL CAMPS/CLASSES RUNNING WEEK OF: March 25-28th

Ages 7-10 Thrivers levels Mini + Junior

****Bring a snack for short break**
All below camps \$55+GST per day

BALLET + LYRICAL CAMP Ages 7-10yrs | Monday, March 25th | 9-1pm
Jam packed with activities in both ballet and lyrical dance styles, students will have a mini craft and an end of class parent viewing!
*Bring a mini lunch *nut free*

HIP HOP CAMP Ages 7-10yrs | Tuesday, March 26th | 9-1pm
Time to dance it out HIP HOP style! Dancers will explore various hip hop techniques, learn about it's history, plus a fun craft and end of class parent viewing.
*Bring a mini lunch *nut free*

MUSICAL THEATRE + JAZZ CAMP Ages 7-10yrs | Wednesday, March 27th | 9-1pm
This musical theatre + jazz camp will be a favourite! Dance, act and lip-syncing plus a mini craft and an end of class parent viewing! .
*Bring a mini lunch *nut free*

ACRO CAMP Ages 7-10yrs | Thursday, March 28th | 9-1pm
ACRO time! Dancers will work on hand balancing, tumbling, and partnering! Beginners welcome!
*Bring a mini lunch *nut free*



ALL CAMPS/CLASSES RUNNING WEEK OF:
March 25-28th

**Thrivers levels Inter/Lower/Upper
+ Senior 1 + 2**

All 1 hour classes \$15+GST per class

All Workshops \$40+GST

MON

DANCE CONDITIONING WORKSHOP Ages 8-12yrs | Monday, March 25th | 4-5:30pm

Join Miss Tamara for this workshop focusing on Progressing Ballet Technique (PBT). But don't get the wrong idea..it's not just for ballet dancers!

What is PBT?

Developed by Marie Walton-Mahon, PBT was created to help students advance in all dance forms by training muscle memory. PBT focuses on core stability, weight placement and alignment and is practiced internationally.

DANCE CONDITIONING WORKSHOP Ages 13+yrs | Monday, March 25th | 5:30-7:00pm

Join Miss Tamara for this workshop focusing on Progressing Ballet Technique (PBT). But don't get the wrong idea..it's not just for ballet dancers!

What is PBT?

Developed by Marie Walton-Mahon, PBT was created to help students advance in all dance forms by training muscle memory. PBT focuses on core stability, weight placement and alignment and is practiced internationally.

TUES

TUMBLING OPEN LEVEL | Tuesday, March 26th | 4-5pm

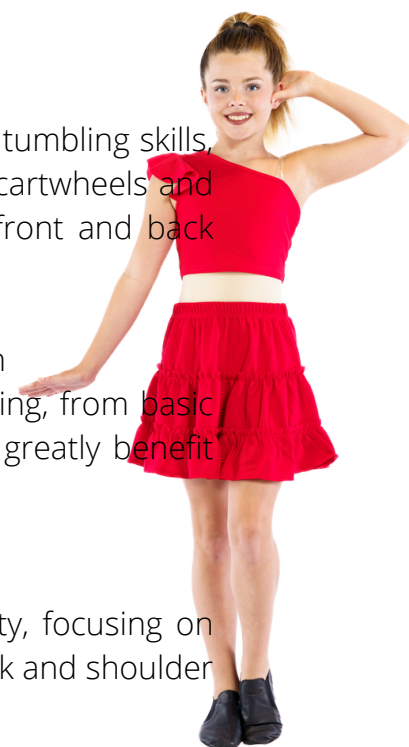
Designed for students who want to further and strengthen their tumbling skills, this class is recommended for students who are confident with cartwheels and bridges and are working on or who can successfully do their front and back walkovers.

HAND BALANCING OPEN LEVEL | Tuesday, March 26th | 5-6pm

In this class, we will focus on everything handstands and balancing, from basic shapes to more difficult progressions, students of all levels will greatly benefit from this class.

CONTORTION OPEN LEVEL | Tuesday, March 26th | 6-7pm

This class is great for students who want to push their flexibility, focusing on safe and effective stretching techniques with an emphasis on back and shoulder work.



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WED

FLOORWORK FOUNDATIONS WORKSHOP Ages 8-13yrs | Wednesday, March 27th | 4-5:30pm

Join Miss Milaina for a Contemporary Floorwork Workshop. Students will immerse themselves in floorwork fundamentals for higher quality, clean and clear floorwork whilst expanding skill set.

COMBO CLASS Ages 13+yrs | Wednesday, March 27th | 5:30-6:30pm

Join Miss Milaina and roll the dice on this one! A fun way to try something new and practice the skill of learning choreography quickly

THURS

WHACKING WORKSHOP Ages 8-12yrs | Thursday, March 28th | 4-5:30pm

Join Mr Maryo in learning the fundamentals of this energetic social dance. Students will focus on foundational skills, history and elements of the style, and explore the freedom to fully express oneself on the dance floor through whacking.

WHACKING WORKSHOP Ages 13+yrs | Thursday, March 28th | 5:30-7:00pm

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ALL CAMPS/CLASSES RUNNING WEEK OF:

March 25-28th

SCHEDULE

	March 25th	March 26th	March 27th	March 28th
9:00	Mini/Junior Camp *Ballet/Lyrical	Mini/Junior Camp *Hip Hop	Mini/Junior Camp *Musical Theatre/Jazz	Mini/Junior Camp *Acro
10:00	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00
11:00	Miss Ashley	Miss Anika	Miss Anika	Miss Hannah
12:00				
1:00	Preschool/Primary *Ballet/Lyrical	Preschool/Primary *Hip Hop	Preschool/Primary *Musical Theatre/Jazz	Preschool/Primary *Acro
2:00	1:00-3:00 Miss Ashley	1:00-3:00 Miss Anika	1:00-3:00 Miss Anika	1:00-3:00 Miss Hannah
3:00				
4:00	Dance Conditioning 8-12 Years	Tumbling Open - Miss Hannah	Whacking Workshop 8-12 Years	Floorwork Foundations 8-12 Years
5:00	Miss Tamara 4:00-5:30	Hand Balancing	Mr Mario 4:00-5:30	Miss Milaina 4:00-5:30
	Dance Conditioning 13+ Years	Open - Miss Hannah	Whacking Workshop 13+ Years	Combo Class 13+ Miss Milaina
6:00	Miss Tamara 5:30-7:00	Contortion Open - Miss Hannah	Mr Mario 5:30-7:00	
7:00				



REGISTRATION

THRIVERS REGISTER THROUGH YOUR DANCE STUDIO PRO PARENT PORTAL

Visit thrivedance.ca and click "Member Login" to prompt your DSP login

NEWCOMERS PLEASE EMAIL THRIVEDANCESTUDIO@GMAIL.COM TO SET UP YOUR ACCOUNT

TUITION

Payments processed immediately upon registration. No refunds after March 10th.

We reserve the right to cancel any class or camp that does not have enough enrolment.

1 hour Dance Classes \$15 +GST

2 hour Camps \$30+GST per day

4 hour Camps \$55+GST per day

WORKSHOPS: \$40 +GST

ADULT FITNESS CLASSES

Drop in rate: \$20+GST

6 Class Pass \$108+GST

10 Class Pass \$150+GST

20 Class Pass \$240+GST

