



Class Descriptions

***Progressions**-Students will refine and perfect all steps and technique and how to properly piece multiple steps together to make across-the-floor combinations. This class is for dancers who want to continue to focus on their style and technique in jazz, lyrical and contemporary.

***Ballet/Pointe Boot Camp**-Students will have a morning to focus on the foundation of all DANCE, ballet. Dancers will brush up on their vocabulary, go through all their positions, take an advanced ballet technique class, pointe class and work on their lines, feet and placement. The class is geared towards dancers who are very focused on improving their technique and knowledge. This program will prepare them for the full year of dancing they have ahead.

***Stretching, Strengthening & Conditioning**-Students will begin with a warm up and then the fun will begin. Students will gain over all AWARENESS of the body and their muscles. This class is designed to develop the body's core, mobilize the spine and strengthen their flexibility to gain control. "A flexible muscle is a strong muscle, but one must be in control."

***Flexibility & Range of Motion**-Class will have materials and props used to allow the dancer to gain flexibility in their legs and back, along with working on range of motion in their hips, shoulders and rotation. "One's level of flexibility affects that individual's form, alignment, the ability to have clean lines, proper technique and it prevents injury."

Attire

All Ballet/Pointe Classes: Dancers should wear a leotard and pink tights. Hair should be all the way up and secured to dancers head in a bun, French twist, French braid, etc. No ponytails please.

Ballet/Tap Combo Classes: Girls-Solid color leotard, skirt or attached skirt allowed but not required, pink tights, pink ballet shoes, tap shoes, and hair must be worn all the way up and off the face. Example; ponytail or pigtails. Boys: White t-shirt or white tank top, black/grey pants or shorts; wear hair so it doesn't distract the dancer.

2 Week Intensives: "Ballet"- Dancers should wear a solid color leotard, pink tights, ballet shoes and hair should be all the way up and secured in a bun, French twist, French braid, etc. No ponytails please. "Turns, Leaps & Tricks"- Dancers can wear any outfit they would like, including 2 pieces. Tights are not required. Dancer must have hair all the way up, secured to their head and jazz shoes.

All Additional Classes: Dancers can wear any outfit they would like, including 2 pieces. Tights are not required. Dancer must hair all the way up, secured to their head and jazz shoes. For Hip Hop-wear a hip hop shoe, combat boot or tennis shoe that the dancer does NOT wear outside.

Tumbling Classes: Please NO tights, jewelry or t-shirts. Form fitting clothing only. Please wear hair so tumbler can do tricks or rolls and it doesn't bother their head.



SUMMER
2019



Registration starts February 25th for all students.
Hurry – Spots fill up quickly!

Dear Parents & Students,

Charlee's Elite School of Dance/Tumbling combines all aspects of dance, with dedication to the fundamentals of dance and proper technical development. The classes also include a kinesthetic analysis to provide conditioning in strength, flexibility, muscular endurance, cardio respiratory endurance and neuromuscular coordination. Students experience extensive dance training, creating an elite and versatile dancer.

Thank you for considering Charlee's Elite School of Dance/Tumbling. For questions and registration, feel free to contact us at (515) 987-7337.

Sincerely,

Charlee T. Campbell-Slaughter

Director/Owner

2 WEEK SUMMER INTENSIVE

\$85.60 PER WEEK/PER CLASS
(REQUIRED FOR ELITE EDGE MEMBERS)

June 3-7 & June 17-21

AGES 9-12

BALLET TECHNIQUE	4:00-5:30PM
URNS, LEAPS & TRICKS	5:30-7:00PM

AGES 12 & Up

BALLET TECHNIQUE	7:00-8:30PM
URNS, LEAPS & TRICKS	8:30-10:00PM

*Note: Cost is per week/per class

COMBO CLASSES

(Prices listed are per week)

(Classes MUST have 6 dancers, if not will cancel 2 weeks prior)

BALLET/TAP

June 17-21

AGES 4-6	9:00-9:45AM	\$54.57
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BALLET/TAP/INTRO TO JAZZ

June 17-21

AGES 6-8	9:45-11:15AM	\$85.60
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BALLET/TAP

July 8-12

AGES 4-6	5:30-6:15PM	\$54.57
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BALLET/TAP/INTRO TO JAZZ

July 8-12

AGES 6-8	6:15-7:45PM	\$85.60
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TUMBLING CLASSES

JUNE 10-JUNE 14

TINY TOTS	5:30-6:00	\$47.70
PRIMARY	6:00-7:00	\$64.20
INTERMEDIATE	7:00-8:00	\$64.20
ADVANCED	8:00-9:00	\$64.20

BALLET CLASSES

AUGUST 5-9

AGES 9-12	5:30-7:00	\$85.60
AGES 13 & UP	7:00-8:30	\$85.60

OPEN GYMS - \$5 cash @ door

July 5, 19, 26 August 2
5:30-7:00pm

INTENSIVE SKILLS CLASSES

STRETCH, STRENGTHEN & CONDITION

July 15, 17, 22, 24

AGES 9-12	5:15-6:00PM	\$66.34
AGES 13 & UP	7:30-8:15PM	\$66.34

PROGRESSIONS

July 15, 17, 22, 24

AGES 9-12	6:00-6:45PM	\$66.34
AGES 13 & UP	8:15-9:00PM	\$66.34

IMPROV

July 15, 17, 22, 24

AGES 9 & UP	6:45-7:30PM	\$66.34
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FLEXIBILITY & RANGE OF MOTION

July 16, 18, 23, 25

AGES 9-12	5:15-6:00PM	\$66.34
AGES 13 & UP	7:30-8:15PM	\$66.34

LYRICAL

July 16, 18, 23, 25

AGES 9-12	6:00-6:45PM	\$66.34
AGES 13 & UP	8:15-9:00PM	\$66.34

HIP HOP

July 16, 18, 23, 25

AGES 9-12	6:45-7:30PM	\$66.34
AGES 13 & UP	9:00-9:45PM	\$66.34

FOR 2 SKILLED CLASSES - SAVE 5%

FOR 3 SKILLED CLASSES - SAVE 10%

FOR 4 SKILLED CLASSES - SAVE 15%

FOR 5+ SKILLED CLASSES - SAVE 20%

The more Intensive Skills you take, the more you save!
(discount not valid on any other camps/classes)

4TH OF JULY PARADE

PLEASE COME AND JOIN US ON THE 4TH OF JULY FOR THE WAUKEE PARADE. BRING A BAG OF CANDY, A BOTTLE OF WATER, SUN SCREEN, WEAR CEESOD STUDIO ATTIRE AND GOOD WALKING SHOES. SIGN UP AT THE STUDIO OR EMAIL THE OFFICE. CHECK WEBSITE FOR MORE DETAILS AS THE DATE APPROACHES.

www.eliteschoolofdance.com

DES MOINES DANCE PROJECT

July 27-28

FURTHER INFORMATION FOUND AT:

www.desmoinesdanceproject.com

REQUIRED FOR ELITE EDGE MEMBERS

PRIVATE LESSONS AVAILABLE FOR

DANCE & TUMBLING

Cost is \$53.50/hour or \$26.75/half-hour
(Open to ALL students)

STUDIO RENTAL

Individual \$16.05 (non EE members) / \$10.70 (EE members)

Group Rate \$37.45/hour

All rentals are subject to a janitorial fee, determined at time of reservation. Contact Charleecesod@gmail.com to reserve.

SUMMER CAMPS

(REQUIRED FOR ELITE EDGE MEMBERS)

Dancers may wear any style of dance attire. Dancers need to wear convertible tights. Dancers must have hair worn all the way up and secured to their head.

FANCY NANCY DANCE CAMP

JUNE 24-28

AGES 2.5 - 4	9AM - 12PM	\$133.75
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9:00-9:15	WARM UP & STRETCH
9:15-9:30	GETTING TO KNOW "YOU" ACTIVITY
9:30-10:00	DANCE MOVEMENTS ACROSS THE FLOOR
10:00-10:15	SNACK
10:15-10:30	POSITIONS (FRENCH TERMINOLOGY)
10:30-11:00	CRAFT OR ACTIVITY
11:00-11:30	LEARN A DANCE
11:30-12:00	DANCE W/PROPS & TUMBLING



DESCENDANTS DANCE CAMP

JUNE 10-14

AGES 5-7	9AM - 12PM	\$139.10
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9:00-9:15	WARM UP & STRETCH
9:15-9:30	GETTING TO KNOW "YOU" ACTIVITY
9:30-10:00	DANCE MOVEMENTS ACROSS THE FLOOR
10:00-10:15	SNACK
10:15-10:30	POSITIONS (FRENCH TERMINOLOGY)
10:30-11:00	CRAFT OR ACTIVITY
11:00-11:30	LEARN A DANCE
11:30-12:00	DANCE W/PROPS & TUMBLING

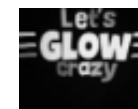


GLOW IN THE DARK DANCE PARTY

JUNE 3-7

AGES 8-10	9AM - 12:30PM	\$160.50
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9:00-9:15	WARM UP & STRETCH
9:15-9:45	BALLET BARRE & TECHNIQUE
9:45-10:15	LYRICAL
10:15-10:30	SNACK
10:30-11:00	TUMBLING
11:00-11:30	TAP
11:30-12:00	PRE-JAZZ
12:00-12:30	HIP HOP



MUSIC VIDEO DANCE CAMP

JULY 8-12

AGES 9-12	9AM - 2PM	\$181.90
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9:00-9:30	STRETCHING & CONDITIONING
9:30-10:15	BALLET
10:15-11:00	LYRICAL
11:00-11:30	TAP
11:30-12:00	LUNCH
12:00-1:00	JAZZ/TUMBLING
1:00-1:30	URNS, LEAPS, TRICKS & LIFTS
1:30-2:00	HIP HOP



DANCERS SHOULD BRING A BOTTLE OF WATER TO CLASS. BRING A SACK LUNCH AND DRINK EVERY DAY.
DANCERS WILL PERFORM DURING THE LAST 15 MINUTES ON THE LAST DAY OF CAMP - VIEWERS WELCOME!

BALLET/POINTE BOOT CAMP

JULY 20

(Dancers must have a least one year of pointe class or take 2 ballet classes per week)

AGES 9 & UP	9am-12pm	\$128.40
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STATE FAIR CAMP & PERFORMANCE

AUG 10TH & AUG 11TH

(Sign up before Aug 1st. See front desk for more details.)

Pick up flyer for additional information