



**CREATING ELITE AND
VERSATILE DANCERS
SINCE 2004**

**SUMMER
2024**

16190 SE LAUREL ST. STE B.
WAUKEE, IA 50263
(515) 987-7337

CHARLESELITESCHOOLOFDANCE@GMAIL.COM
ELITESCHOOLOFDANCE.COM



**Crayola
CRAYONS
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**REGISTRATION
OPENS
FEBRUARY 1ST
2024 AT
12:00 PM CST
ELITESCHOOLOFDANCE.COM**

2 Week Summer Intensive

Week 1

(REQUIRED FOR ELITE EDGE MEMBERS)

June 10th-13th

Ages 9-12

Ballet Technique • 8:00-9:30 AM

Turns, Leaps, and Tricks • 9:30-11:00 AM

Ages 13 & Up

Ballet Technique • 8:00-9:30 AM

Turns, Leaps & Tricks • 9:30-11:00 AM

\$90.95 per week/per class

2 Week Summer Intensive

Week 2

(REQUIRED FOR ELITE EDGE MEMBERS)

June 17th-20th

Ages 9-12

Ballet Technique • 5:00-6:30 PM

Turns, Leaps, and Tricks • 6:30-8:00 PM

Ages 13 & Up

Ballet Technique • 5:00-6:30 PM

Turns, Leaps & Tricks • 6:30-8:00 PM

\$90.95 per week/per class

Combo Classes

July 8-11 • *Ages 4-6*

Ballet/Tap • 6:00-6:45 PM • \$68.21

July 8-11 • *Ages 6-8*

Ballet/Tap/Jazz • 4:30-6:00 PM • \$107.00

(Prices listed are per week- classes MUST have 6 dancers, if not will cancel 2 weeks prior)

Tumbling Classes

July 15th-18th

Tiny Tots • 5:30-6:00 PM • \$68.21

Primary • 6:00-7:00 PM • \$86.94

Intermediate • 7:00-8:00 PM • \$86.94

Advanced • 8:00-9:00 PM • \$86.94

Convention Style Classes

***STRETCH, STRENGTHEN,
CONDITION & IMPROV***

July 12th-14th

Ages 9-12 • 9:00-10:30 AM • \$90.95

Ages 13 & Up • 10:30-12:00 PM • \$90.95

LYRICAL & HIP HOP

July 21st-23rd

Ages 9-12 • 5:00-6:30 PM • \$90.95

Ages 13 & Up • 6:30-8:00 PM • \$90.95

Ballet Classes

August 5th-8th

Ages 9+ • 5:30-7:00 PM • \$107.00

CESOD Champs - Boys Hip Hop

July 8th-11th

Ages 5+ • 6:00-7:00 PM • \$80.25

STATE FAIR PRACTICE/ PERFORMANCE

August 10th-12th (More Info to Come)

DES MOINES DANCE PROJECT

TBD (More Info to Come)

Open Gym - \$10 Cash @ Door

June 14th & 21st, July 19th,

August TBD

5:30-7:00 PM

SUMMER REGISTRATION OPENS

February 1st at 12pm CST. \$40.00

registration fee is required per Invoice



Dance Camps

Join us for a fun-filled week of dance, tumbling/props, activities/crafts, snacks, French terminology, games, and more! All dancers should bring a water to camp.

Under the Sea Dance Camp

June 24th-27th

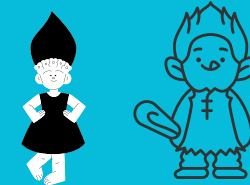
Ages 2.5-4 • 9 AM – 12 PM • \$155.15



Trolls Band Dance Camp

June 17th-20th

Ages 4-6 • 9 AM – 12 PM • \$155.15



Inside Out Dance Camp

July 15th-18th

Ages 6-8 • 9 AM – 12 PM • \$162.64



BeReal Dance Camp

July 8th-11th

Ages 8-10 • 9 AM – 2:00 PM • \$187.25



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 overall 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 dancer's 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; have 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. Dancers must have hair all the way up, secured to their heads, and jazz shoes.

All Additional Classes: Dancers can wear any outfit they would like, including 2 pieces. Tights are not required. Dancers must have hair all the way up, secured to their heads, 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 the tumbler can do tricks or rolls and it doesn't bother their head.

Charlee's Elite School of Dance/Tumbling

combines all aspects of dance, with a 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, cardiorespiratory endurance, and neuromuscular coordination. Students experience extensive dance training, creating an elite and versatile dancer.

Thank you for considering CESOD. Please contact us via phone or email with any questions regarding summer dance, registration, private lessons, and/or studio rentals.

Charlee T. Campbell-Slaughter
Director/Owner

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Waukee, IA 50263
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