TRAINING FOR

CHEERLEADERS



$10 PER PERSON

\*Discount for groups of 15 or more.

Hour long sessions. Sara Colla & Erin Muskatallo All State Cheerleaders for the past two years will work cheer techniques with your children to either help them prepare for their upcoming season or just for fun. Email thestudioct@ymail.com to schedule your own personal time for your group.

 

JUNE 29-JULY 3

6-10 yrs old 9am-12pm

11-14 years old 12-3pm

JULY 27-31

11-14 years old 9am-12pm

6-10 years old 12-3pm

$100 PER CHILD PER WEEK

Boxing is a great way to cross train athletes of all sports. You will learn the fundamentals of boxing along with a conditioning workout that boxers use for their training. Bag work-no sparring-no contact. Learn how to hit the heavy bags, double end bag & speed bag along with shadow boxing, endurance, speed, agility and conditioning. Participants Need: 120” Mexican hand wraps, 12 oz. bag gloves and a jump rope. Wear any athleticsneakers, shorts & shirt.

Bring: Water bottle and snacks.

**MINI CAMPS**

Camp runs 9:00am-12:00pm

Cost is $20 per child per day

\*Camps attendees do not need to be existing students.

\*Camps require a minimum of 6 children & are on a first come first serve basis.

\*Each day will have a different theme and include dance movement, fun & games related to the theme, snack break and craft.

\*Children should wear comfortable clothing/sneakers and bring a snack & drink.

\*Camps are geared for ages 5-10

**Hawaiian Luau Mon. June 22**

**Carnival Day Tues. June 23**

**Pop Star Make Over Wed. June 24**

**Pajama Day Thurs. June 25**

**Spa Day Fri. June 26**

**Costume Party July 6**

**Teddy Bear Picnic July 7**

**Pirates & Mermaids July 8**

**Heroes & Heroines July 9**

**Frozen July 10**

**Princess Day August 3**

**Scooby Doo Mystery August 4 Country Western Day August 5**

**Jewelry Making August 6**

**Spa Day August 7**

**SUMMER SAMPLER-DANCE**

**\*COMBO\*BALLET\*TAP\*JAZZ\***

**\*ACRO\*LYRICAL\*HIP HOP\***

Our four week session is a great way to try out a new form of dance without long term commitment.

Cost: $47 for first subject

 $39 for each additional

MONDAYS July 6-13-20-27

4:15-5:00 Jazz (5-7 yr. olds)

4:15-5:00 Baton Twirling (open level)

5:00-5:45 Jazz (8-10 yr. olds)

5:00-5:45 Hip Hop (5-7 yr. olds)

5:45-6:30 Tap (8-10 yr. olds)

5:45-6:30 Hip Hop (8-10 yr. olds)

6:30-7:15 Lyrical (8-10 yr. olds)

6:30-7:15 Tap (11 & up)

7:15-8:00 Lyrical (11 & up)

TUESDAYS July 7-14-21-28

4:15-5:00 Hippity Hoppity (3-5 yr. olds)

5:00-5:45 Ballet (8-10 yr. olds)

5:00-5:45 Strictly Boys Hip Hop (open)

5:45-6:30 Ballet (11 & up)

6:30-7:15 Jazz (11 & up)

7:15-8:00 Hip Hop (11-13 yr. olds)

8:00-8:45 Hip Hop (14 & up)

THURSDAYS July 9-16-23-30

4:15-5:00 Ballet/Tap Combo (2 ½ -4)

5:00-5:45 Ballet/Tap Combo (5-7)

5:45-6:30 The Art of Acrobatics(5-8)

6:30-7:15 The Art of Acrobatics(9-12)

Please wear dance clothing and appropriate dance shoes.

ADULT HIP HOP & TAP

JUNE 3-24 TUESDAYS

Tap 6:15-6:45 \* Hip Hop 6:45-7:15

$28 for one style-$48 for both

**ACRO CLINICS**

Thursday, July 16th9am-12pm 5-7 yr. olds

Thursday, July 23rd 9am-12pm 8-10 yr. olds

Thursday, July 23rd 1-3pm 11 & up

$20 per child

**PARTIES FOR BIRTHDAY OR ANY OCCASION**

**END OF SCHOOL YEAR PARTY:** Have a day time party with a summer theme to include crafts, games and treats or a night time party that can be similar to a school dance setting.

**ACROBATIC PARTY**: Kids will have a blast working on basic rolls, handstands, bridges and cartwheels. Time will also be spent working at different stations on mats & equipment. Cake and presents follow.

**HIP HOP PARTY**: Kids can dance to the hottest songs of the season. After warming up, they’ll learn basic techniques, across the floor progressions and finish the dance jam with a fun and funky video style dance. Relay races and games come next followed by cake and presents.

**FAIRY PRINCESS PARTY:** Become the ultimate fairy princess with tiara’s, magic wands and of course fairy wings! Ballet basics, fairy-like dancing and games followed by cake & presents.

**BOXING PARTY:** Learn the fundamentals of boxing and some of the conditioning boxers do to train. No contact. Cake and presents will follow training session.$150 10 kids or less. $10 each additional child.

**SOCK HOP**: Learn all the most popular dances from the 50’s & 60’s. Kids will do the twist, mashed potato, hitch hiker, the stroll, locomotion, hand jive along with many others. We’ll do the limbo rock too! Kids can dress up in poodle skirts and peddle pushers or maybe choose the greaser look.

**TEEN NIGHT CLUB**: This is a great type of party for tweens. The studio is set up like a night club and the guest of honor gets their very own DJ to play their favorite songs. Karaoke is always popular once things get rolling!

**THEME PARTY:** Pick a theme and we’ll tailor the dance and activities to your theme.

All parties are an hour and a half. Food, beverages, paper goods and any type of goody bags are the parents’ responsibility.$120 for 10 kids or less. It is $5 each additional child. (except boxing)

SUMMER



**1 Sinco Place**

 **East Hampton, CT**

**thestudioct@ymail.com**

**thestudioct.com**

CARDIO BOXING

Adults

Mon-Tues-Wed-Thurs

7:15-8:15pm

Sat. 8:45-9:45am

BOXING

Youth Ages 6-10

Tues. 5:00-5:45pm

Sat. 10:30-11:15am

Youth Ages 11-17

Tues. 5:45-6:30pm

Sat. 9:45-10:30am

**Bag work-no sparring-no contact.**

\*180 inch Mexican Hand wraps (120” for small children), 14 ounce Bag Gloves (12 oz. for small children) are required for the boxing program-jump rope recommended. Wear any type of work out clothes and any type of athletic sneakers. (Wraps & gloves can be purchased on lineor at a sporting goods store. Everlast brand is usually most economical. Gloves average $25pr. & hand wraps average $10pr.

\*45 MINUTE CLASS $45 PER MONTH 1X PER WEEK OR $55 FOR UNLIMITED

\*1 HOUR CLASS $50 PER MONTH 1X PER WEEK OR $65 FOR UNLIMITED

**PRIVATE LESSONS**

$25 PER ½ HOUR DANCE

$60 PER HOUR BOXING