



for excellence in performing arts tuition

Summer Boot Camp

2012

Junior & Senior Campuses

Welcome to HAPA's Summer Boot Camp!

The boot camp is designed to get you back into dancing shape after the holiday break. Dust the cobwebs off your dance shoes, stretch out the muscles after all those sleep ins, and dance away the Christmas Pudding!

Boot Camp is great for dancers of all levels and styles, but is especially important for dancers who aim to work at a high level during 2012, whether that be in comp, exams or simply to take your dancing up a notch in 2012.

Days 1 and 2 are designed to work you hard and quick, with an emphasis of getting your technique, flexibility and strength back. Day 3 is a recovery day! Pilates and focussed stretching help to relieve and revive your muscles as day 3 is generally the day when you'll feel it most! On Day 4 we get back into it, aiming to re-build your technique, flexibility and most importantly, your stamina!

Junior Campus boot camp will run in the morning with a 15 minute break for morning tea. Junior boot camp caters to 5-13 year olds from grade prep to year 7. Basically, if you are doing the majority of your classes at Junior campus in 2012 or are in Primary school, this is the boot camp you'll enrol in. Seniors are from 11 years and up. Generally this is from year 7 and above. There is no scheduled break in the senior timetable, however, you are encouraged to eat healthy snacks in between classes and of course drink plenty of water throughout!!!

Please bring healthy snacks full of protein and good carbohydrates. Nuts, museli bars, yoghurt, cheese, meats, eggs and fruit are all good snacks for boot camp. The café will be open at both campuses so you can buy drinks and healthy snacks at reasonable prices. Students will not have time to go down the street during the boot camp.

You can choose to come on single days if you wish, however, the program is structured as a complete 4 day training program. We have also included an extra class for Cheerleaders on Day 2 focusing on stunt & tumbling, and an extra Ballet class on Day 3. Costs vary depending on how many days you enrol in. See the [Enrolment Form](#) page for details.

Boot camp is not exclusively for HAPA students. Anyone can join in, however, it is preferable that you have dance experience, especially in the Senior Boot Camp. If a currently enrolled HAPA student brings a non-HAPA student to boot camp we'll give you a discount!

We look forward to working hard and having fun doing what we all love – DANCING!!!

Junior Schedule

39 Military Rd, Avondale Heights

Monday 23rd <i>Finding Your Centre</i>		
Claire	Warm Up	Claire
9:30 - 10:15	Strength & Conditioning	
10:15-10:30	Morning Break	
10:30-11:30	Ballet	
11:30-12:00	Turns	

Tuesday 24th <i>Move it! Move it!</i>		
9:00 -9:30	Warm Up	Claire&Beth
9:30 - 10:15	Contemporary	
10:15-10:30	Morning Break	
10:30-11:30	Jazz	
11:30-12:00	Jumps	
12:00-1:00	<i>Cheer Tumbling & Stunt (extra class)</i>	Beth

Wednesday 25th <i>Recovery Day</i>		
9:00 -9:30	Warm Up	Beth
9:30 - 10:15	Pilates	TBC
10:15-10:30	Morning Break	
10:30-11:30	Technique	Claire&Beth
11:30-12:00	Stretching	
12:15-1:00	<i>Ballet (extra class)</i>	Claire

Thursday 26th <i>Strength & Stamina</i>		
9:00 -9:45	Warm Up	Beth
9:45 - 10:15	Zumba	Claire
10:15-10:30	Morning Break	
10:30-12:00	Kicks, Jumps, Turns & Tricks	Claire&Beth

Senior Schedule

4/34 Marshall Rd, Airport West

Monday 23rd <i>Finding Your Centre Again</i>		
1:00-1:30	Warm Up	Claire
1:30-2:00	Strength & Conditioning	
2:00-2:45	Ballet	
2:45-3:30	Pointe & Footwork	
3:30-4:00	Turns	

Tuesday 24th <i>Move it! Move it!</i>		
1:00-1:30	Warm Up	Claire
1:30-2:30	Contemporary	
2:30-3:30	Jazz	Claire&Beth
3:30-4:00	Jumps	
4:00-5:30	<i>Cheer Tumbling & Stunt (extra class)</i>	Beth

Wednesday 25th <i>Recovery Day</i>		
1:00-1:30	Warm Up	Beth
1:30-2:30	Pilates	TBC
2:30-3:15	Lyrical	Claire&Beth
3:15-4:00	Stretching	
4:15-5:15	<i>Ballet (extra class)</i>	Claire

Thursday 26th <i>Strength & Stamina</i>		
1:00-1:30	Warm Up	Beth
1:30-2:15	Zumba	Claire
2:15-4:00	Kicks, Jumps, Turns & Tricks	Claire&Beth

What to Bring & What to Wear

Uniform

Students must wear suitable dance attire. No loose or baggy clothing will be permitted, except in the warm up class. The teachers need to see the body moving correctly, so all clothing must be fitted to the body.

Allowable attire includes:

- Leotard
- Leggings
- Crop top
- Hot shorts
- Fitted shorts
- Tights
- Ballet skirt
- Fitted singlet
- Legwarmers & arm warmers
- Cross over
- Other fitted warm up gear if the weather is cool.

What to Bring

- All your dance shoes! Even if you don't think you'll need them! The Kicks, turns and jumps classes will cover various styles, including tap, so it's best to make sure you have all your dance shoes with you every day.
- A towel to dry off with. Even in the air conditioned studios it's going to get hot!
- A towel or yoga mat for Pilates class.
- Seniors – if you have ankle/wrist weights bring them with you as they are great to get your strength back up!
- Money to buy drinks and snacks or bring a lunch box with your own drinks and snacks.

Enrolment Form

Student Information

Please circle: Junior Campus / Senior Campus

Full Name _____

Age _____ D.O.B.: ___ / ___ / _____ Year Level at School _____

List any medical concerns _____

If you were referred by an existing students please tell us their name so we can thank them with a discount! _____

Parent / Guardian

Name _____

Address _____

Email Address _____

Home Ph. _____ Mobile: _____

Do you give HAPA permission to contact an ambulance in an emergency? **Yes/No** (please circle)

Junior Boot Camp				Senior Boot Camp			
Day	Cost	✓		Day	Cost	✓	
<i>Individual Days</i>				<i>Individual Days</i>			
Day 1 – Finding Your Centre	Mon	\$25		Day 1 – Finding Your Centre	Mon	\$30	
Day 2 – Move it! Move it!	Tues	\$25		Day 2 – Move it! Move it!	Tues	\$30	
Day 3 – Recovery Day	Wed	\$25		Day 3 – Recovery Day	Wed	\$30	
Day 4 – Strength & Stamina	Thurs	\$25		Day 4 – Strength & Stamina	Thurs	\$30	
<i>Extra Classes</i>				<i>Extra Classes</i>			
Cheer	Tues	\$10		Cheer	Tues	\$10	
Ballet	Wed	\$10		Ballet	Wed	\$10	
<i>Full Program</i>				<i>Full Program</i>			
4 Days (no extra classes)	Mon-Thurs	\$70		4 Days (no extra classes)	Mon-Thurs	\$85	
4 Days (+ Cheer extra)	Mon-Thurs	\$75		4 Days (+ Cheer extra)	Mon-Thurs	\$90	
4 Days (+ Ballet extra)	Mon-Thurs	\$75		4 Days (+ Ballet extra)	Mon-Thurs	\$90	
4 Days (+ Cheer & Ballet extra)	Mon-Thurs	\$80		4 Days (+ Cheer & Ballet extra)	Mon-Thurs	\$95	
TOTAL				TOTAL			

Refer a Friend Discount

Friend's Name (must be a non HAPA Student)

You receive 10% off any Full Program