

# PROGRESSDNA SUMMER CAMP

EVERYTHING YOU NEED TO KNOW TO GET  
YOUR LITTLE ARTIST ENROLLED AND READY!



GOT MORE QUESTIONS?  
EMAIL [INFO@PROGRESSDNA.COM.AU](mailto:INFO@PROGRESSDNA.COM.AU)  
CALL 0452 289 211

# PROGRESSDNA SUMMER CAMP

## WHAT IS PROGRESSDNA?

Progress DNA is a new age, inclusive dance and arts school that prides itself on creating a welcoming, safe and encouraging space for young artists to develop their talents in the arts, alongside their life skills and confidence. We're located in North Sydney, right in the heart of the education district, with state of the art facilities and studios with lots of natural light to create a safe and fun environment for staff and students alike.

## WHAT IS THE SUMMER CAMP?

Summer Camp is an opportunity for any young artist aged 3-18 to come and train with us during the December/January break. Having even a short period of dancing during the break can make the transition back into term time significantly easier for young artists of all ages. We're offering programs for Preschool, Primary age students, Elite young artists and High School students so that everyone can be training with people their age, as well as having training catered to their specific needs and ability levels.

**Preschool** caters towards Tiny Artists (2-5 years), who get to do just a half day program from 9am-12.30pm.

**Primary 1 & 2** caters towards Little Artists in Kindergarten to Year 6, and is split into two groups so that they can train to the correct levels. This program runs from 9am-3pm.

**Junior Elite** is a program for Young Artists aged 9-14 who want a challenge AND already have established technical training. This program will run in the second week of the January workshops (with the possibility to extend these dates pending demand), and will run from **9am-3pm on Monday and Friday** and from **1.30pm-7pm from Tuesday to Thursday**. On Tuesday, Wednesday and Thursday, Junior Elite students will do 2 classes with Primary 2 in the afternoon, take a break and then join in again at 4pm for a program similar to the High School program. This will consist of a technique class as well as two Industry level classes with choreographers currently working in the Australian Dance Industry.

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In order to enrol in the Junior Elite program, a guardian must contact ProgressDNA faculty directly so that we can make sure that this is the correct stream for your young artist. Please note that we want as many artists challenging themselves as possible, but will be in industry-level classes that require a certain skillset, and must fit the following criteria to enrol:

1. Must have at least 3 years of training in multiple technical styles (e.g. Jazz, Ballet, Contemporary, Tap, Hip Hop, Theatre)
2. Must be able to relatively consistently perform a DOUBLE PIROUETTE on both legs.
3. Must feel certain in their ability to have confidence and maintain a good attitude in challenging classes with a fast-paced learning environment.

The **High School Program** caters towards Young Artists who are older and want flexibility with managing their training with their social time over the summer. This program is running on the **18th, 19th and 20th of January, from 4pm-7pm** (with the opportunity to extend these dates based on demand). This program will consist of one technique training class followed by an afternoon tea break and two Industry level classes taught by choreographers currently working in the Australian Dance Industry. Styles will vary daily and students have the opportunity to drop in to select classes if they choose upon request.

*\*High School Students enrolled in these programs by November 30th are eligible to be offered student teaching opportunities both in the Summer Camps and 2022 classes. If your Young Artist wishes to assist in the Summer Camps, please contact us after enrolment to express interest.*

## **WHAT STYLES WILL MY YOUNG ARTIST BE TRAINING IN?**

We've developed a program that allows all of our students to train in multiple styles across the week, as we believe in the importance of a holistic approach to training. This encourages dancers to try something new, become more versatile and maybe even come across a new style that they can fall in love with!

*\*All styles taught at the Summer Camp will be offered at ProgressDNA in 2022.\**

Each morning will begin with an SST-Style **Warm Up Session** for all age groups to promote safe dancing and get our Artists ready to move. SST (Stretch, Strength, Technique) offers a strong base for dancers across the Performing Arts and Dance genres. These sessions will help your young artist safely and beautifully perform dance moves and tricks.

**Jazz** classes provide an upbeat and fun class to develop body control, technique, performance skills and confidence. Jazz covers a wide range of styles, from Broadway to commercial with an opportunity for all artists to become versatile and find the styles that fit them best!

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**Ballet** is a technical dance style that encourages control and alignment in all artists. We offer ballet classes following RAD (Royal Academy of Dance) Technique, which aligns with our current exam style so that dancers can develop a consistent technical base.

**Lyrical class** is where technique, creativity and artistry collide, and where Artists in Training get to develop their performance skills and musicality. Dancers get to show off their technique with soft movements and express themselves as they choose.

**Theatre** provides artists with the opportunity to hone their triple threat skills. Theatre dance combines a variety of styles from jazz, ballet, contemporary and hip-hop techniques in conjunction with singing and acting skills to tell a story through performance.

We know singing and acting can be daunting if your Artist in Training hasn't done Theatre before! We've all been there. We'll be starting every week and Theatre lesson with games and introductions to the style so that everyone has the opportunity to develop confidence and come out of their shells before diving right in!

**Hip Hop** refers to street dance styles primarily performed to Hip-Hop music or developed from Hip-Hop culture. It includes a wide range of styles which were primarily created in the 1970, 80s and 90s with a focus on developing students' strength, control and kinaesthetic awareness over a range of movements, grooves and isolations through exercises and choreography.

**Contemporary (High School and Junior Elite)** is an ever-evolving dance style that covers a range of movement types throughout history. We want to see our artists show off their technique while getting experimental both in improvisational exercises and choreography workshops.

**Commercial (High School and Junior Elite)** is a new age jazz dance style that embraces performance style and strength. It covers multiple styles of dance, and develops strength and confidence through new and fun explorations of what these styles can look like.

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# **WHAT IS THE END OF WEEK PERFORMANCE?**

Part of the Summer Camp's goal is to develop your Artist's performance skills, and what better way to do this than putting on a show?!

On the Friday of both weeks of the January Summer Camps, students who have performed with us for at least 3 days of the week (including Friday) will be offered the opportunity to perform in front of their families. Throughout the week, we will be teaching routines and getting everybody ready for this performance, with one short dance in each style offered (Jazz, Lyrical/Ballet, Theatre, Hip Hop) being offered.

\*These performances are not costumed, however each age will be given a colour theme for performance day!

\*High School Students will be offered this opportunity as an option, though this performance runs outside of their class timetables.

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# WHAT TO BRING!

**All Artists must bring the following to our Summer camp:**

- A water bottle
- Snacks AND lunch
- **Dance-appropriate clothing -**

If possible, we'd love to see everyone in dance wear, though we understand that for some first-time dancers and families this isn't possible - you don't need to buy dance wear for the week if you don't want to!

If you don't already have class wear, we just ask for the following

- no non-dance skirts
- no dresses
- no denim
- something comfortable and stretchy
- try to avoid zippers and buttons!
- Dance shoes (if applicable) and sneakers - *socks or bare feet work just fine! If you have just one style of dance shoe (e.g. only jazz, only ballet) bring them along!*
- Hair tied off of face
- No jewellery or watches
- Any medicine, puffers or epipens student requires (please notify staff of this before your camp and bring medicine to us in the morning!)

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# HOW TO ENROL?

ProgressDNA uses ClassManager, an online system that is custom built to keep you in control and help us manage your enrolments and schedule.

*If you have class questions email [info@progressdna.com.au](mailto:info@progressdna.com.au)*

*If you need help with anything payment related email [accounts@progressdna.com.au](mailto:accounts@progressdna.com.au)*

Find our website at <https://app.classmanager.com/portal/progressdna/login> OR head to our website at [www.progressdna.com.au](http://www.progressdna.com.au), click "SUMMER!" and click the "JOIN THE SUMMER FUN AT PROGRESSDNA" button.

## To enrol in the Summer Camps

1. Click "register"
2. Fill out your details
3. Enter of the details of your student/s

The screenshot shows the 'ProgressDNA Registration' form. It includes sections for 'Basic Information (of bill payer)' with fields for first name, surname, email, password, and a 'Delete' button. Below this is a section for 'Student 1' with fields for first name, surname, date of birth (day, month, year), and gender. There is also a 'Medical/Injury Details' section. At the bottom, there is an 'Address (of bill payer)' section with fields for address line 1, address line 2, town, and county/state. A blue 'Add Contact' button is visible.

4. Click "Register" and you should be directed to your dashboard
5. Click "enrol now"

The screenshot shows the 'ProgressDNA Dashboard'. At the top, there is a 'Successfully registered' message with a checkmark icon and an 'Enrol Now' button. Below this, the main content area has a heading 'Enrolments - available now' and a sub-heading 'Enrolments are now available via our online portal. You can check the available enrolments by clicking on the "Enrol Now" button.' A red circle highlights the 'Enrol Now' button. The dashboard also features sections for 'Upcoming Classes' and a 'Noticeboard'.

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# HOW TO ENROL?

## 6. Select the student you wish to enrol

7. Pick your camps and check the box that says "Add to enrolment list"! You can do as many days or as many weeks as you choose! Do 2 days or all 13!
8. Click "Confirm"

## 9. Either add another student or click the green enrol button!

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# PRICING!

## **For Preschool:**

For a single Day: \$30

December camp (3 days): \$80

January camps (5 days): \$120

## **For Primary 1&2 and Junior Elite (5 days):**

For a single day: \$70

December camp (3 days): \$200

January camps (5 days): \$325

## **For High School and Junior Elite (3 days)**

For a single day: \$50

January camp (3 days): \$140

You can enrol your Tiny, Little or Young Artist in any number of days or weeks! Please note that only students who do **at least** 3 days in the same week of either of the January Camps (e.g. Wednesday, Thursday and Friday in January week 1) will be eligible for the end of week performances.

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