

Summer Camps 2022

4-8 July
22-26 August



On the topic of

SCENIC ART

DANCE
ACROBATICS
YOGA
ART & CRAFTS

Nathalie BOUTONNET
director, camp coordinator,
dance teacher

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STUDIO 52 Dance & Wellness Academy

ASBL Centre Sylphes et Sylphides
Rue César Franck 52 – 1050 Ixelles

www.studio-52.be / infostudio52@yahoo.com / 0477.22.93.84

PROGRAMME OVERVIEW

Learn and have fun, in modern and professional facilities, during multi-activity courses on the topic of Scenic Art, to :

- Develop their artistic sensitivity and talents,
- Awaken their curiosity, expression of their personality and their ability to express themselves,
- Reinforce their basic skills or enrich their knowledge,
- Improve their dynamics and dance technique,
- Start the 2022-2023 season in the best conditions with solid basis.

Participants are divided into groups according to their age and ability.

Group 1 : 3 - 6 years old (children born 2016 to 2019)

- 4-8 july and 22-26 august
Baby Dance / Baby Yoga / Art & Crafts

Group 2 : 7 - 10 years old (children born 2012 to 2015)

- 4-8 july and 22-26 august
Contemporary Dance / Acrobatics / Art & Crafts

Group 3 : 10 - 12 years old (children born 2010 to 2012)

- 4-8 july and 22-26 august
Contemporary Dance / Acrobatics / Floorwork
(Only 4+ years of dance, acrobatics or gym)

Group 4 : 13 - 16 years old (teens born 2006 to 2009)

- 4-8 july (camp only the afternoon)
Contemporary Dance / Acrobatics / Floorwork
(Only 4+ years of dance, acrobatics or gym)

Topics of the Art & Crafts workshops

A World Tour

- 4-8 july « Pacific Ocean »
- 22-26 august « Asia »



DANCE WORKSHOPS & TECHNICS

Baby Dance (3-6 years old)

Dance and music are intimately linked. This workshop allows children to develop their psychomotricity, their body expression, their rhythm as well as their concentration and attention. It also aims to make the child aware of group dynamics.

Initiation through fun, playful and dynamic methods, focusing on:

- basic principles and first dance steps
- awareness of the body and its sensations
- discovery of space: round, diagonal ...
- moving to the rhythm of the music
- guided improvisation or free dance
- working on rhythm through rhythmic games
- choreography: learning a dance combined with a rhyme, a song, etc.
- listening to music: exercising hearing with sound games or recognition games
- discovering different styles of music: various periods and countries, from classical to jazz, from traditional to modern music (hip-hop, pop, etc.). Footsteps are associated with it.



Acro Dance (7-16 years old)

It is a dance style that harmoniously combines dance and acrobatics. With rich and diversified musical choices and with a group dynamic to bring the dancer to surpass himself, this workshop combines, on the one hand, learning and perfecting contemporary dance and floorwork and acrobatic techniques, and on the other hand, choreographies.

Contemporary Dance

Contemporary dance is a vast discipline. Built from multiple trends and influences, it allows the creation of emotion. Its teaching is based on fundamentals and techniques based on the mobility of the back, the relationship to the floor, the quality and fluidity of movement, musicality, the notions of gravity, "fall and suspension", "contraction and releasing". The awareness of the body weight is approached in different dynamics of movement (balancing, rebounding, imbalance ...).



Floorwork

The Floorwork technique refers to choreographed movements performed on the floor, widely used in contemporary and break dance. It is a technical work of exchange between the body and the ground in order to find the acceleration, the reception, the cushioning, the relaunch which gives the movement its fluidity, without force or muscular tension.

In Floorwork the floor and the body form a duo, the floor is our partner.



Acrobatics

The program of this workshop: learn or perfect acrobatics and know-how to integrate them into choreographed sequences.

Content: various acrobatic movements, from basic to complex (cartwheels, round-offs, handstands, handstands, inversions, hand jumps, etc.), stances, acrobatic crossings on the floor, lifts, muscle strengthening, stretching, choreographed sequences with individual or duo acrobatics....).



YOGA WORKSHOPS

For a better control of emotions and a better physical and psychological balance. These workshops make the participants calmer and allow them to take on the various lessons with pleasure and concentration.

For a tonic and relaxed body, a clear mind, and to evacuate stress.

Relaxation

Quiet sessions to canalise children's energy and help them refocus on learning. It is practised with soft music and in a lying position as it favours belly breathing and falling asleep.

Baby Yoga

Fun sessions using visualisations. They are composed of simple postures to ease flexibility, strengthen and reinforce the back.



ART AND CRAFTS WORKSHOP

To allow the participant to express his/her personality as an artist and to be creative.

By travelling to the land of colours, the children

- discover different ways of using coloured pencils, felt-tip pens,
- learn how to handle a paintbrush, make funny prints (≤ 6 years),
- see new techniques such as ink, watercolour, gouache (≥ 7 years).

On a given topic (stories, songs, travels, characters, animals, nature, human life ...), our artists:

- create their own drawings,
- paint imposed drawings,
- make manual creations and do crafts.

For inspiration and learning, children

- from 3 to 6 years old:
 - listen to the reading of tales and stories, then reflect on what they have heard and can then invent or interpret sequences,
 - look at pictures: they take turns telling the group the scene or story that the illustration represents (interpretation of emotions, characters, identification of places, time, etc.).
- from 7 to 10 years old:
 - watch and listen to documentaries, read books on the proposed topics.



GENERAL INFORMATION

Full-time camps for groups 1, 2 and 3.

Half-day camps for group 4.

Schedule

Full Time

- Participants arrive from 8:30 to 9:30: games/reading
- Activities from 9.30 to 16.30
 - 09.30-12.00: Workshops
 - 12.00-13.30: Meal - relaxation - nap /games
 - 13.30-16.30: Workshops
- Snack-Childcare from 16:30 to 17:30: games/reading/videos

Half day

- Reception of students from 13:15 to 13:30
- Workshops from 13.30 to 16.30

Fee

Full Time: **200€**

Half day: **130€**

The school closes at 5.30pm sharp. Any delay will be charged at 5€ per started 1/4 hour.

Discount: registration of two or more children from the same sibling or for several weeks

-10% off the basic price for the 2nd week or the 2nd child,

-15% off the basic price for the 3rd child

The discount is calculated on the cheapest camps.

Enrolment

Enrolment is only definitive once the fee has been paid.

1. Complete the online form via this link:

<https://docs.google.com/forms/d/1YE0l6ITifF8pgaxHOM52dMDoesdRBdSxQUNAmcfFd6g/edit>

2. Pay the fee at the school reception desk or to the account BE93 0682 4383 2967.

Cancellation of course enrolment: no refund, except in the case of cancellation by Studio 52 (e.g. due to restrictions imposed by the Authorities).



Equipment and Clothing

Mark all personal items with the child's name.

Provide 2 bags marked with the child's name to hold 1) all his/her belongings 2) the meal.

Dance & Yoga : dance outfit if the participant has one (dance shoes, tights or dance trousers and leotard or t-shirt, tights and t-shirt for boys) otherwise socks, shorts and t-shirt.

No dress, skirt or jeans.

Art & Crafts : apron or an old shirt

Relaxation and Nap : sheet, cushion, dummy, cuddly toy

Breaks and outdoor activities : cap or hat and sun cream.

Think about your children and bring **casual clothes, shoes without laces for 3-6 years old**



Meals

For all, a **cold meal** for lunch, a **snack and drinks**. Do not forget the **cutlery**.

For the 3-6 years old group: a **"healthy" snack** (fruit, yoghurt, ..., no candy) for the morning break.

We use the garden terraces for meals, breaks and workshops that do not require dance studios.



Educational games

Books, games, toys and music are available during breaks:

- 3-6 years old: to learn to count, recognise shapes or colours, learn the alphabet, size sorting, logic games, role playing, puzzles, quizzes ...
- 7-12 years old: card games, games, puzzles, etc.