



ADTC - The ULTIMATE Overnight Dance Camp!

Info@DanceADTC.com * www.AmericanDanceTrainingCamps.com

Ask Us Anything!
866-383-ADTC

Virtual Contemporary Boot Camp Sample Schedule

Live Zoom Instruction: 2:00 - 4:30pm EST, Sunday (Day 1) & Saturday (Day 7)

Nightly Electives (always optional*): 7:00 - 8:00pm EST, Mon - Fri (Days 2 - 6)

** Links to dance elective class videos will be emailed - learn on own time, if desired!*

Upload Link (for solo videos / theme day pics, etc.): <https://driveuploader.com/upload/ZRoBgWzrSs/>

Structured Free Time: Self-paced practice, Mon - Fri:

1. **Practice dance combos** (we have a show on Saturday!) - video links will be emailed each day.
2. **Choreograph dance for our Dance Idol Competition.** This is optional, but our dance idol competition at our overnight camps is the highlight of the week for the girls, so we hope a lot of campers will participate! Dancers should work on this a little bit every day (Mon - Thurs), and upload submissions by 11am EST Friday morning.
3. **Do daily dance, self-growth & team challenges.** We will confirm these each day in an email. Assignments are meant to be fun & engaging (and not feel like "work").

Schedule at a Glance: Campers will earn team points for spirit + participation in our theme days & team assignments each day. Here's the schedule at a glance:

SUNDAY: Spirit Sunday! Create at least 1 ADTC poster or sign for your dance space - get creative with adding a favorite inspiring quote, etc!

MONDAY: Move To Love Monday! Make or do something special for your "Secret Angel."

- Mon Night Elective: All Camp Live Dance Elective

TUESDAY: TikTok Tuesday! Wear clothes & accessories from your fav 20th Century decade!

- Tues Night Elective: "TikTok Tuesday" Dance Challenge + Party

WEDNESDAY: Wacky Wednesday! Wear the wackiest outfit + accessories possible

- Wed Night Elective: Zoom Open Studio (practice combos &/or idol w/ our teachers)

THURSDAY: Theater Thursday! Dress up like your favorite female character, movie or Bwy star!

- Thurs Night Elective: All Camp Live Dance Elective

- Film Dance Idol Video (optional - due by 11am on Friday)

FRIDAY: Fierce Friday! Wear the wildest outfit + accessories possible (animal prints, etc)

- Fri Night Elective: Dance Idol Watch Party + Spa Night (mani/pedis, facemasks, etc.)

SATURDAY: Showtime! Wear dance group color!

- We will record dance group combos during live instruction time!

- Film solos of group combos (optional - due by 4pm EST on Saturday!)

- Zoom 'Live Viewing Party' 8pm EST - parents/siblings/friends invited to watch!