



American Dance Training Camps

The **ULTIMATE** Overnight Dance Camp!

For Girls Ages 8 - 17



WELCOME HOME!

ADTC 2015 Summer Overnight Camps

Enroll Online! • www.AmericanDanceTrainingCamps.com • (866) 383-ADTC • Info@DanceADTC.com



— Lindsey —
“The Visionary”



— Shannon —
“The Unifier”



Come Let Go & Dance

Hey Girls! What are YOU doing this summer?! You're invited to spend an action-packed week (or two or more!) with us at American Dance Training Camps – the ULTIMATE overnight dance camp! At ADTC, you can share your love of dance, adventure, sun & summer fun with new friends and America's greatest dance teachers. Our camps are for dancers of all levels, so whether you're an absolute beginner or experienced performer, we're thrilled to welcome you to your new summer home.

**~ Lindsey Fadner (Founder)
& Shannon Fouts (Manager)**



10 Reasons You'll Flip for ADTC

1 FIND YOUR **SPIRIT**

Combine exercise with new friends, activities, and independence, and ADTC campers feel happier and more connected to their true spirit than ever!

2 EXERCISE YOUR **INDEPENDENCE**

It's a fact – growth experiences begin at camp. Each year we hear from parents about how these experiences continue to impact the lives of their daughters at home and in their communities.

3 EMBRACE YOUR LIFE'S **RHYTHM**

There's something healing about rhythm, and when you experience this in your everyday life, you feel centered and balanced.

4 TACKLE NEW **CHALLENGES**

Not only do our brains need stimulation and activity to function, people who try new things have better physical health and are more creative.

5 UNPLUG TO CHECK-IN

Claustrophobia is a condition caused when Facebook, Instagram, texting and bad TV collaborate in a hostile takeover of your personal space. Relief can be found when you unplug so you can check in with yourself.

6 DISCOVER YOUR **CREATIVITY**

After just 20 minutes of exercise, brain cognition significantly improves for girls... the perfect time to tap into your inventive side with one of the many creative activities we offer at ADTC.



10 REAP THE REWARDS

Enjoy a FUN and engaging program while improving your physical and emotional well-being. ADTC promotes character development, self-esteem, and a love for dance and life.

9 BREATHE THE FRESH AIR

ADTC operates in locations where the pace of life is slower. Turns out you can reduce stress, raise serotonin and boost your immune system just by breathing. We provide the space and guidance to relax.

8 GET AWAY AT A NEARBY RETREAT

Our airport shuttle service makes it easy to get to the ADTC location of your choice, but sometimes the greatest escape is right in your backyard. Our camps are close to major cities but feel away from it all.

7 EXPAND YOUR NETWORK

Community and a sense of belonging make life more fulfilling. Many girls come solo to ADTC and leave with dozens of new friends. Friendship aids our psychological health, our immune systems, and our longevity.

THE ADTC DIFFERENCE

ADTC is a movement towards love with an inherent belief in core values that inspire us every day we wake up. The best way to understand the ADTC difference is to attend a session with us, but we've done our best to identify key elements that contribute to making American Dance Training Camps truly unique, and our summer camp experience one you'll remember for a lifetime.

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2015 OVERNIGHT CAMP LOCATIONS

Location info online!
AmericanDanceTrainingCamps.com



SPECIAL OFFERS & REFERRAL PROGRAM

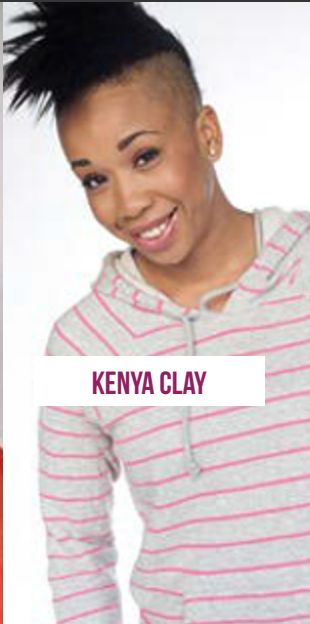
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KAMBI GATHESHA



CHRISTINA JOHNSON



KENYA CLAY



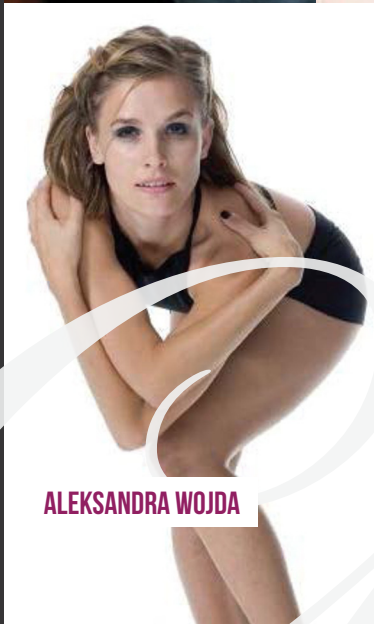
PRINCE RILEY



CORINNE DEBEER



JAMILE MCGEE



ALEKSANDRA WOJDA



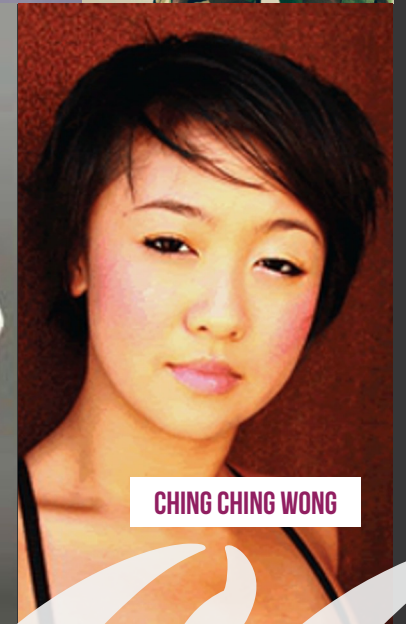
TOKYO



MARTINE LA PRI



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THE ADTC DIFFERENCE #1:

It takes a lot of enthusiastic, dedicated people to create American Dance Training Camps around the country. Each year ADTC staff (new and returning) undergo a rigorous hiring process that includes an extensive application, interviews, employment verification, criminal background check, CPR & first aid certification, physical exam, health screening, skills verification, and a multi-day pre-camp staff training.

And it works! You couldn't ask for more interesting, sensitive and enjoyable teachers and counselors.

Our team leaders understand that when they become an ADTC counselor, they accept one of

the greatest responsibilities there is in life — to be entrusted with the health, well-being and education of young girls. Their role is complex: teacher, friend, disciplinarian, mentor, dance instructor and protector to each of their campers, sometimes all at once! The living group is a family and our camp is a community.

Parents' willingness to place their children in the care of ADTC is an expression of trust and our counselors understand and accept this very important responsibility.

In order to incorporate ADTC's philosophy and objectives into each child's camp experience, our

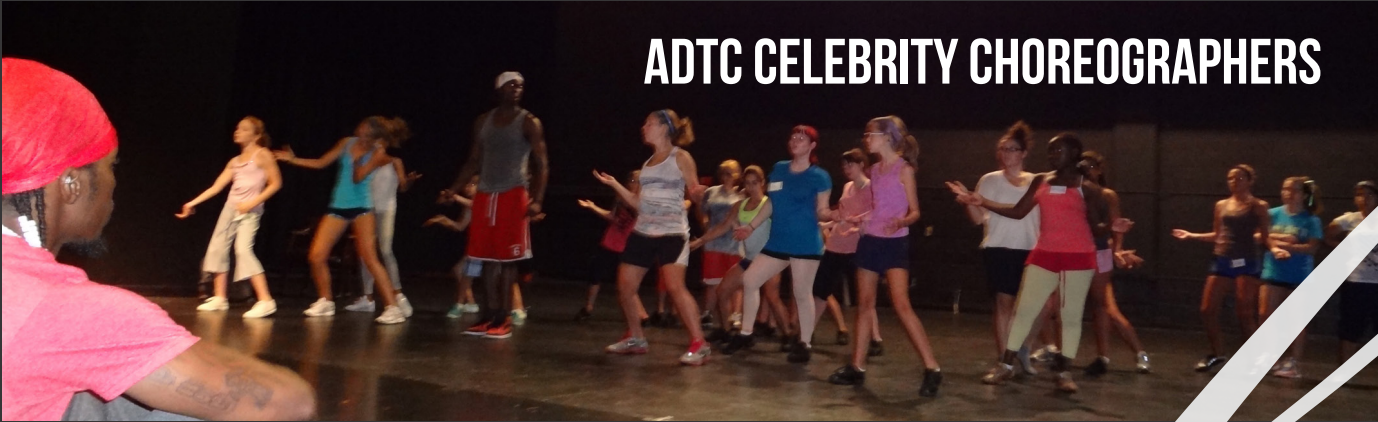
GREAT TEACHERS

counselors accept campers as they find them and recognize their worth as individuals. The measure of the success of our camping program is not in teaching dance alone, but in how we positively affect the lives of our campers.

Being a sensitive, effective counselor is more an art than science. Our staffers approach their jobs with love, a firm sense of responsibility, a willingness to work hard and a commitment that allows them to accept nothing but the best from themselves.



ADTC CELEBRITY CHOREOGRAPHERS



ADTC'S dance instructors are members of some of the best national and international studios and performance groups. Our dance instructors are Broadway and MTV performers, finalists from your favorite dance TV shows, collegiate dance team competitors and even Radio City Rockettes! Many of our dance instructors return year after year. ADTC's camper-to-counselor ratio is 7:1.

wrap her

THE ADTC DIFFERENCE #2:

Beautiful LOCATIONS

According to Richard Louv in 'Last Child in the Woods,' today's children are spending less time outdoors, resulting in a wide range of psychological, physical and behavioral problems. Humans have an instinctive need to bond with the earth and we've got lots of places to do this! ADTC operates overnight camps in eight U.S. states plus Costa Rica. Our dance camp locations are all right within or just minutes from renowned destination resorts or major U.S. cities. Our unique dance camp locations mean that ADTC campers have access to all the traditional activities you'd want to enjoy at a summer dance camp, as well as all of the amenities you'd expect to find at a resort location. At ADTC, we have just as much fun outside the dance studio as we do in class!



FABULOUS FACILITIES

Our facilities feature dormitory-style sleeping arrangements, community lounges (for all-camp meetings, watching TV, doing arts & crafts and just hanging out), laundry facilities, a cafeteria with top-notch food service, performance area and a Dance Canteen for basic supplies, snacks, dance accessories, and ADTC apparel and souvenirs. It's just us in our living space... we'll have exclusive access to either the entire dorm, or to specific floors within our building. Hallway blocks are organized so that girls of similar ages are grouped together. ADTC staff (in single rooms) are either mixed in right along the hallways, or housed in RA (Resident Assistant) rooms on each floor. Either way, our staff provides campers with constant supervision and 24-hour support.

ALL ADTC FACILITIES FEATURE...



CAFETERIA-STYLE DINING

Hardy, tasty & nutritious meals are prepared by professional food services and served buffet-style!



DANCE SPACES

Our locations feature beautiful dance studios or private spaces set with marley dance floors!



"CANTEEN" (STORE)

We carry snacks, beverages, personal items, dance apparel, and ADTC t-shirts & souvenirs!



GAME ROOMS

We set up space in the Canteen for arts & crafts, board games, etc. Many facilities also have lounge areas with games like ping pong and foosball!



NATURAL BEAUTY

Our locations are some of the greatest national parks and mountain resort areas in the U.S. Come relax and breathe the mountain air!



A "HOMEY" FEEL

You'll feel right at home with your new best friends and our amazing staff. We offer bonding opportunities like "pajama parties" and "spa nights."

THE ADTC DIFFERENCE #3:

Fun DANCE CLASSES!

Unlike some dance camps, ADTC is open to dancers of ALL levels, from first-time beginners to advanced performers...and everyone in between. Our classes are as fun as they are challenging! ADTC dance classes are grouped by age and ability, and class sizes are kept as small as possible to enable plenty of one-on-one interaction. Campers take four dance classes daily and at week's end they get to show off their new moves in a big Friday night performance for family, friends and fellow campers. In addition to core classes in contemporary, hip hop & jazz (styles of jazz vary and may include lyrical, modern or Broadway), campers will choose between ballet, tap or world dance for their core elective dance discipline.

**SUNDAY NIGHT DANCE SCREENING**

After check-in on Sunday, campers participate in a "dance screening" where they learn two short dance combinations. This informal process helps our teachers place campers in appropriate dance groups for the week.

ADTC IS FOR ALL LEVEL DANCERS

Absolute beginners through experienced performers are welcome at ADTC!

DANCE STIMULATES **ENDORPHINS**

Feel Great: Studies show that dance can increase self confidence and help build social skills.

Go With the Flow: Our bodies and our lives are ordered by rhythms great and small, so rhythm makes us feel great while it does us good.

Reduce Stress: Movement plus rhythm creates an anxiety-reducing, focused & meditative state.

Zap Boredom: Dance is an endlessly varied form of physical activity with strong mind-body and social components; if you like it, you're likely to stick with it!



THE ADTC DIFFERENCE #4:

JUST SOME OF THE OPTIONAL ACTIVITIES ADTC CAMPERS ENJOY



HORSEBACK RIDING



AERIAL DANCE



SKY JUMP



WATER RIDES



TRIPS TO THE THEATRE



BUILD-A-BEAR



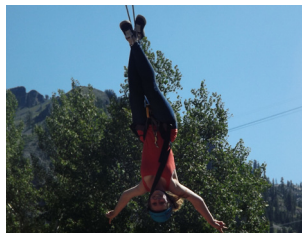
CANOEING & KAYAKING



ICE SKATING



SIX FLAGS



ROPES COURSE



ROCK CLIMBING



TRAMPOLINE HOUSE



ALPINE SLIDES



WHITE WATER RAFTING



TENNIS



SWIMMING

MORE THAN DANCE!

Outside of dance class, ADTC campers can enjoy swimming, hiking, horseback riding, tennis, canoeing and more! Evening open activities include dance elective classes, arts & crafts, listening to music & socializing in the ADTC Canteen, working on dance steps with instructors, watching movies, or just hanging out with friends.

At the start of each week, the ADTC staff helps campers get to know each other and to build camaraderie by placing the girls into teams. The teams earn points by competing in organized all-camp evening events like American Dance Idol, Team Cheers, Dance Tech Night (dance trivia, flexibility, strength and leaps competitions), & more!

Awesome ACTIVITIES!

Optional activities and field trips are offered at each ADTC location, typically in the afternoon during free time. Activities may be purchased individually at check-in or through your online account.



SPECIAL OFFERS & REFERRAL PROGRAM

DISCOUNTS & DEADLINES

Check it out! You might qualify for the following **\$avings** when you register!

ALUMNI DISCOUNT (Ongoing): \$50 OFF New Camper Tuition, per-camper / per-session.

(Applies to alumni overnight campers only)

SIBLING DISCOUNT (Ongoing): \$50 OFF tuition for each child.

(Campers must be from the same household. Applies to overnight campers only)

GROUP DISCOUNT (Ongoing): \$50 OFF each session for each camper when four or more campers from the same dance studio or team register.

(Group and Sibling discounts CANNOT be combined. Applies to overnight campers only)

TEAM DISCOUNT (Ongoing): 5% OFF Tuition, per-camper when eight or more campers from the same dance studio, team or cheerleading squad register.

(Team and Group discounts CANNOT be combined. Team and Sibling discounts CANNOT be combined. Applies to both overnight & day campers)

CAMPERS GOT FRIENDS? BRING 'EM TO ADTC!

Here's how it works...

COPY & SHARE THIS COUPON WITH ALL YOUR FRIENDS

YOU GET A \$25 CANTEEN CREDIT each time a friend registers using the “friend-2015” coupon

(And your friend gets an extra \$25 off her tuition)



LIKE US ON FACEBOOK: www.Facebook.com/AmericanDanceTrainingCamp



FOLLOW US ON INSTAGRAM: @DanceADTC



SUBSCRIBE TO OUR CHANNEL: www.YouTube.com/user/ADTCamp

PARENT & ALUMNI REFERRAL PROGRAM

HELP PROMOTE ADTC IN YOUR COMMUNITY & GET A FREE WEEK OF CAMP!

Here's how it works...

Spread the word about ADTC overnight camps by posting flyers & distributing brochures around your community in exchange for \$100 OFF one week of camp, no questions asked. Host an Info Session at your home, local dance studio or school, and we'll give you 50% OFF one week of camp if 5 new campers enroll as a result of your efforts; if 10 new campers enroll, you get one week of camp FREE.

Interested? Email Info@DanceADTC.com



2015 ADTC CAMP DATES & RATES

ADTC EARLY-BIRD RATES — ALL 2015 SUMMER LOCATIONS

| SESSIONS | AVG 2014 RATE | PAY-IN-FULL RATE | YOUR SAVINGS | OR THREE PAYMENTS OF |
|------------|------------------|------------------|--------------|----------------------|
| 1 session | \$1499 | \$1349 | \$150 OFF | \$489 |
| 2 sessions | \$1469 / session | \$1319 / session | \$360 OFF | \$479 / session |
| 3 sessions | \$1439 / session | \$1289 / session | \$630 OFF | \$469 / session |
| 4 sessions | \$1409 / session | \$1259 / session | \$960 OFF | \$459 / session |

Attend as many session-weeks as you like! All rates are quoted on a per-session / per-camper basis. Our Early-Bird prices are significantly lower than even last year's rates, but they won't stay there. This offer is only available from April 15 – 30th, at which point registration will close until the end of May (if space is still available, and rates will go up). Full payment is required for the full Early-Bird discount, or pay three installments (1st installment at registration; 2nd installment on May 15; 3rd installment on May 30th). And there's absolutely NO RISK – cancel anytime before May 15 for a full refund.

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|--|---|--|--|---|
|  |  |  |  |  |
| ULTIMATE GREEN MOUNTAINS STRATTON, VT | ULTIMATE SIERRA MOUNTAINS SQUAW VALLEY, CA | ULTIMATE MID ATLANTIC BALTIMORE COUNTY, MD | ULTIMATE CHICAGO LAKE SHORE LAKE FOREST, IL | ULTIMATE BLUE RIDGE MOUNTAINS ASHEVILLE, NC |
| Session 1: July 5 - 11 Session 2: July 12 - 18 Session 3: July 19 - 25 Session 4: July 26 - Aug 1 | Session 1: July 5 - 11 Session 2: July 12 - 18 Session 3: July 19 - 25 | Session 1: July 19 - 25 Session 2: July 26 - Aug 1 | Session 1: June 21 - 27 Session 2: June 28 - July 4 | Session 1: July 5 - 11 Session 2: July 12 - 18 |
|  |  |  |  | |
| ULTIMATE TRI-STATE LAWRENCEVILLE, NJ | ULTIMATE ROCKY MOUNTAINS WINTER PARK, CO | ULTIMATE HILL COUNTRY KERRVILLE, TX | ULTIMATE PACIFIC SURF COAST NOSARA, COSTA RICA | |
| 1 Session: Aug 2 - 8 | 1 Session: June 14 - 20 | 1 Session: June 7 - 13 | 1 Session: Aug 9 - 16 | |

HOST A HOMETOWN DANCE CAMP!

Want to coordinate & host a personalized, positive, professional and inspiring dance camp, the memory of which your students will cherish forever? ADTC can come to your hometown - anywhere, nationwide! Hometown camps can be held at schools, YMCAs, Parks & Rec facilities, fitness centers, dance studios, or even outdoors. The only requirement is that Hosts secure and pay for dance space to accommodate the # of registered dancers - then we bring our great experience, positive energy and passion for dance to YOU! And with more than 50 professional choreographers to choose from, we'll create the perfect dance camp based on your requests and specifications, including length of camp, class levels and dance styles.



AmericanDanceTrainingCamps.com

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