



NIKE

DANCE

AND ENGLISH CAMPS
SUMMER 2020



EUROSPORTSCAMPS

GO DANCE!

Join us in summer 2020
for brand-new Nike Dance
and English Camps.

6- or 13-night camps for girls and boys aged 11-16

Enjoy feel-good fitness and learn moves
from around the world with our expert
coaches from At Your Beat, a leading
London and New York dance studio.
The day is split between high-energy dance
coaching sessions and interactive English
language lessons with our professional
teachers.

ABOUT **AT YOUR BEAT**

With studios in London and New York, AYB
has quickly become the class of choice for
celebrities, pop stars and athletes alike. Nike
trainer and founder Joelle D'Fontaine has
created the ultimate inclusive environment
and flexible curriculum for teaching people
of all ages and abilities. AYB champions
energy, expression and empowerment.



WHAT'S INCLUDED



16 hours a week of dance coaching



13-14 hours a week of English language lessons



Full-board accommodation



Evening rehearsal sessions



Evening activities programme and games lounge



Progress report and completion certificates to take home



24/7 on-site male and female support staff



Exclusive Nike kit pack



Cultural excursions to London, Portsmouth and Brighton

IN ADDITION...

We can provide airport transfers to/from London Heathrow (LHR) and London Gatwick (LGW) airports. Arrival transfers are available for flights landing between 9am and 6pm on arrival day. Departure transfers are available for flights departing between 11am and 7pm on departure day.



DANCE COACHING

The one- or two-week programme is a roller-coaster journey through different styles and techniques.

Coaches bring the signature At Your Beat flavour to Jazz, Street, Contemporary and Latin working towards a final performance at the end of the week showcasing a unique mash-up of all the styles covered. The focus on expression, creativity, fun and fitness builds confidence in dancers of all abilities.



URBAN BEAT

Find your beat with one of the most varied and widely danced styles. Each instructor will give you a different flavour of UrbanBEAT and you'll want to try them all! Get loose, get low and get down!

JAZZ BEAT

Time to get serious with clean lines, building a stronger core, learning how to turn, jump and leap! We'll get full out and funky while improving your dance technique and poise! Learn fundamental jazz steps to help you build a strong dance foundation and expand your dance repertoire!



JOELLE D'FONTAINE

Joelle D'Fontaine is the founder of At Your Beat Studios. He is a Nike Trainer, choreographer, dancer and movement director who has choreographed and worked for brands, music artists and record labels such as Nike, MTV, Virgin Records, ASOS and Sony.

VIDEO BEAT

Get funky and fresh to catchy commercial songs you know and love. Fun and energising routines that will make you feel like the star of your own music video!

LYRICAL BEAT

Feel free and find your release! LyricalBEAT helps you find a deeper connection to music through freedom of movement and expression. We pay close attention to your use of breath, performance and how to utilise your raw emotions.



ENGLISH

The English curriculum is based on the CLIL approach used in top schools worldwide and is designed to enhance students' use of English in sport and the wider world.

Teachers live on site and all our staff create an immersive English environment by ensuring students communicate in English throughout the camp.

On the first day, students take an English test and are divided into CEFR level classes within their age group, ranging from A1 to C2 (beginner to advanced). Teachers cover general English and sports-related English in their lessons. Using the topic of dance or movement engages students with a common interest in the classroom and equips them with useful vocabulary for their dance sessions.

Lessons are **fun and interactive**, using a combination of **traditional classroom techniques**, **active participation** and **project work**.

At the end of each week, students get an English progress report and completion certificate, along with advice from their teacher on how to continue improving their English at home.





LOCATION LANCING COLLEGE BRIGHTON

Spectacularly situated on the South Coast overlooking the sea, Lancing College is one of Britain's great private schools. The college is just 15 minutes from the historic seaside town of Brighton. Founded in 1848, Lancing College has developed an international reputation for academic and sporting achievement.

FACILITIES

- Dance studio
- Indoor sports hall
- Swimming pool
- Games lounge with TV, table tennis, table football and games consoles
- Free Wi-Fi
- On-site camp shop

Accommodation

Single, twin, triple bedrooms and quad rooms with shared bathrooms.

Meals

3 nutritionally balanced meals a day and an evening snack, including vegetarian options. Specific dietary requirements can be catered for.



Transport links

Airport transfers are available from Heathrow and Gatwick airports.

London Heathrow Airport (LHR): **107 km**

London Gatwick Airport (LGW): **49 km**

Closest Train Station: **Lancing**





EXCURSIONS



LONDON

(all 13-night camps)

Take a trip to the capital city and the home of the West End. Take in all the major sights including Buckingham Palace and the Houses of Parliament before a shopping visit to Niketown on Oxford Street with its new Nike Dance Studio!

PORTSMOUTH

(every other week)

The day starts with an interactive tour of HMS Victory, the renowned flagship of Admiral Lord Nelson in the Battle of Trafalgar, and concludes with a visit to Gunwharf Quays, the South Coast's leading designer outlet shopping centre.



BRIGHTON

(every other week)

After enjoying the rides and amusements of the classic English sea-front pier, explore the famous English town and get a chance to do some shopping.

A TYPICAL DAY



08:30 Breakfast



09:00 Dance session



12:15 Lunch



14:00 English session



17:30 Dinner



19:00 Evening activities
/Dance rehearsal



20:30 Games lounge



22:00 Bed



BOOK YOUR CAMP TODAY

For more information

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email info@eurosportscamps.com



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CAMP DATES

Arrival day Monday

Departure day Sunday

6-Night Camps

06 July - 12 July

13 July - 19 July

20 July - 26 July

27 July - 02 August

13-Night Camps

06 July - 19 July

13 July - 26 July

20 July - 02 August



EUROSPORTSCAMPS

Euro Sports Camps is a trading division of CMT Learning, specialising in residential camps that combine high quality English language teaching with sports coaching to accelerate learning, sporting development and self-belief. CMT Learning works with the world's top clubs, federations and coaches, together with advice from sports scientists and English language specialists.

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