Camp Rince Ceol

YOUR AT-A-GLANCE SCHEDULE

2027 BONUS CLASS GUIDE

Choose ONE class each day, Monday through Thursday. Have three choices ready for each day.

MONDAY

- **Amp It Up**
- **Camp Games**
- **Emphasis on the Backfoot**
- **Extension Station** NEW
- **Fancy Footwork**
  Prelim/Champ
- **Importance of Recovery**
- **Make It SNAPPY!**
- **Set Piece**
  Champ; max 6
- **Stage Presence**
- **Time for Turnout**
- **Toe Work**
  U13 & above only
- **Trouble with Trebles**
- **Traditional Sets**
  Garden of Daisies
- **Grade Exam Review**
  Grades 1–3 only

TUESDAY

- **Arches**
- **Ceili**
- **Fancy Footwork**
  Beginner–Prizewinner
- **Fix Those Clicks!**
- **Foot Placement**
- **Irish Language**
- **Mindset of a Dancer**
- **Mind the Gap**
- **Posture & Arms**
- **Precision Power**
- **Set Piece**
  Champ; max 6
- **Take Care of Those Feet!**
- **Traditional Sets**
  Job of Journeywork
- **Grade Exam Review**
  Grades 4–6 only

WEDNESDAY

- **Back to Basics**
- **Ballet Barre**
- **Camp Crafts**
- **Disney Workout**
- **Fancy Footwork**
  Prelim/Champ
- **History of Irish Dance Fashion** NEW
- **Instructor's Choice**
- **Lift in Lifts**
- **Practice 101**
- **Rhythm & Timing**
  Beginner–Prizewinner
- **Strengthening & Flexibility**
- **Take Care of Those Feet!**
- **Traditional Sets**
  The Blackbird
- **Grade Exam Prep**
  Grades 6–11 only

THURSDAY

- **Arches**
- **Core Work**
- **Dancer's Diet & Nutrition**
- **Deep Stretch** NEW
- **Drills**
- **Irish Sports**
- **Makeup Tips**
- **Own the Stage**
- **Showsteps**
  Beginner–Prizewinner
- **Showsteps**
  Prelim/Champ
- **Shows Behind the Scenes**
- **Traditional Sets**
  St. Patrick's Day
- **Treble Reel**

PLAN YOUR BONUS CLASSES!

Use this space to plan before registration! Review classes with your dancer and list their top three choices for each day. Backup options help when classes fill.

Monday	Tuesday	Wednesday	Thursday
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____

EXPLORE YOUR OPTIONS

MONDAY BONUS CLASSES

Classes listed alphabetically for Monday. Please review any age or competition-level restrictions.

Amp It Up

Boost stamina and endurance with upbeat, high-energy workouts that help you dance strong from start to finish.

Camp Games

Enjoy classic outdoor games, creative challenges, teamwork and plenty of camp fun.

Emphasis on the Backfoot

Work through drills and exercises to improve backfoot technique, precision and confidence.

Extension Station — NEW FOR 2027

Develop flexibility, lines and extension through targeted stretches and exercises that improve range of motion and control.

Fancy Footwork (Prelim/Champ)

Break down fun, trendy movements and combinations with instruction tailored to Preliminary and Open Championship dancers.

Grade Exam Review (Grades 1–3 only)

A focused review for dancers preparing for Grades 1–3. Grade Exam preparation is available as a bonus class rather than during regular classes.

Grade Exams are offered ONLY during NY Sessions 2 & 3.

Importance of Recovery

Explore ways to reduce soreness, support recovery and keep your body performing at its best after demanding dance sessions.

Make It SNAPPY!

Bring more energy to your dancing with strong pull-ups, sharper movements and longer extensions.

Set Piece

Extra set dance practice with focused instructor feedback. For Championship-level dancers only; maximum 6 dancers per class. Regular camp set practice is offered separately.

Stage Presence

Learn to walk onstage, perform confidently and take your final bow with charm and proper etiquette.

Time for Turnout

Use techniques, props and exercises to develop turnout.

Toe Work

Build strength and balance for toe walks with stretching, foot exercises and core work. Monday: U13 and above only.

Traditional Sets - Garden of Daisies

Learn or review Garden of Daisies with instructor guidance. Traditional set instruction is available to all levels.

Trouble with Trebles

Break down treble rhythms and sounds to build clarity and better understand hard-shoe technique.

EXPLORE YOUR OPTIONS

TUESDAY BONUS CLASSES

Classes listed alphabetically for Tuesday. Please review any age or competition-level restrictions.

Arches

Learn exercises to strengthen foot muscles and tendons and develop beautiful soft-shoe arches.

Ceili

Learn traditional ceili dances from the official Ar Rince Ceili collection. Great for dancers of all levels, including those interested in TCRG preparation.

Fancy Footwork (Beginner–Prizewinner)

Break down fun, trendy movements and combinations with instruction tailored to Beginner through Prizewinner dancers.

Fix Those Clicks!

Use focused techniques and exercises to make clicks stronger, clearer and more consistent.

Foot Placement

Focus on precise foot placement through targeted exercises for cleaner, more controlled technique.

Grade Exam Review (Grades 4–6 only)

A focused review for dancers preparing for Grades 4–6. Grade Exam preparation is available as a bonus class rather than during regular classes.

Grade Exams are offered ONLY during NY Sessions 2 & 3.

Irish Language

Learn introductory Irish, including greetings, counting and simple everyday questions.

Mind the Gap

Improve crossing and knee placement, especially when performing trebles.

Mindset of a Dancer

Build confidence and learn strategies for stage nerves and the mental challenges of performing.

Posture & Arms

Improve upper-body carriage with instructor tips and exercises for a straighter back and controlled arms.

Precision Power

Build strength, polish form and execute dance movements with greater accuracy and control.

Set Piece

Extra set dance practice with focused instructor feedback. For Championship-level dancers only; maximum 6 dancers per class. Regular camp set practice is offered separately.

Take Care of Those Feet!

Learn from our camp nurse about blister prevention, wrapping, foot care and common dance ailments. Includes a relaxing foot soak.

Traditional Sets - Job of Journeywork

Learn or review Job of Journeywork with instructor guidance. Traditional set instruction is available to all levels.

EXPLORE YOUR OPTIONS

WEDNESDAY BONUS CLASSES

Classes listed alphabetically for Wednesday. Please review any age or competition-level restrictions.

Back to Basics

Refresh the essential fundamentals of Irish dance with technique-focused exercises and practice.

Ballet Barre

Blend ballet and Irish dance with barre-inspired drills for turnout, crossing, extension and poise.

Camp Crafts

Make projects such as tie-dye and friendship bracelets while enjoying music and time with camp friends.

Disney Workout

Enjoy a fun, Disney-themed workout filled with movement and energy.

Fancy Footwork (Prelim/Champ)

Break down fun, trendy movements and combinations with instruction tailored to Preliminary and Open Championship dancers.

Grade Exam Prep (Grades 6–11 only)

Focused preparation and review for dancers working toward Grade Examinations 6–11.

Grade Exams are offered ONLY during NY Sessions 2 & 3.

History of Irish Dance Fashion — NEW FOR 2027

Explore Irish dance costume history, from Celtic influences and traditional styles to today's designs. Discover Book of Kells inspiration, color theory and the creativity behind Irish dance fashion.

Instructor's Choice

Enjoy a unique mix of activities, exercises or creative themes selected by the instructor.

Lift in Lifts

Work on the height and execution of lifts with focused guidance and exercises.

Practice 101

Discover how to build a well-rounded practice schedule and work toward your next dancing goal.

Rhythm & Timing

Develop musicality and timing through listening exercises and rhythmic combinations. Wednesday: Beginner–Prizewinner only.

Strengthening & Flexibility

Use leg weights, resistance bands and focused drills to build strength and flexibility while supporting injury prevention.

Take Care of Those Feet!

Learn from our camp nurse about blister prevention, wrapping, foot care and common dance ailments. Includes a relaxing foot soak.

Traditional Sets - The Blackbird

Learn or review The Blackbird with instructor guidance. Traditional set instruction is available to all levels.

EXPLORE YOUR OPTIONS

THURSDAY BONUS CLASSES

Classes listed alphabetically for Thursday. Please review any age or competition-level restrictions.

Arches

Learn exercises to strengthen foot muscles and tendons and develop beautiful soft-shoe arches.

Core Work

Build core strength to support balance, stability, posture and control while dancing.

Dancer's Diet & Nutrition

Learn from our dietitian about foods, hydration and fueling strategies that support energy and performance.

Deep Stretch — NEW FOR 2027

Slow down and give your body some TLC with relaxing stretches designed to release tension, improve flexibility and unwind.

Drills

Practice repetitive instructor-led movements to develop agility, endurance and stamina.

Irish Sports

Get to know popular Irish sports such as Gaelic football and hurling.

Makeup Tips

Learn practical, stage-ready makeup tips for Irish dance competitions and performances.

Own the Stage

Develop confidence, personality, energy and performance skills that help you command the stage.

Shows Behind the Scenes

Hear stories and backstage experiences from dancers who have performed in world-touring professional shows.

Showsteps (Beginner–Prizewinner)

Learn show-style steps inspired by professional Irish dance productions, adapted for Beginner through Prizewinner dancers.

Showsteps (Prelim/Champ)

Learn show-style steps inspired by professional Irish dance productions, adapted for Preliminary and Open Championship dancers.

Traditional Sets - St. Patrick's Day

Learn or review St. Patrick's Day with instructor guidance. Traditional set instruction is available to all levels.

Treble Reel

Join camp staff to create fun, creative and sometimes silly treble reel steps.