

Where
You're Free
to Dance!



AMERICAN DANCE TRAINING CAMPS

Ph/Fax: 866-383-ADTC(2382) | Info@DanceADTC.com | www.AmericanDanceTrainingCamps.com

ADTC ULTIMATE CHICAGO LAKE SHORE 2011 INFORMATION PACKET

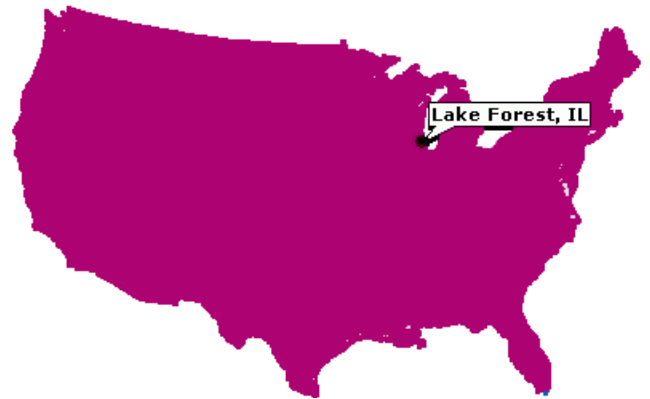
AT LAKE FOREST ACADEMY IN LAKE FOREST, ILLINOIS



JOIN OUR CELEBRITY STAFF IN THE CHICAGO LAKE SHORE REGION FOR ADTC'S ULTIMATE OVERNIGHT DANCE CAMP AT LAKE FOREST ACADEMY - 45 MINUTES FROM CHICAGO!

2011 ILOVERNIGHT CAMP RATES

ADTC Alumni: \$1189 per-camper, per-week (overnight)
New Camper: \$1239 per-camper, per-week (overnight)
Day Camper: \$649 per-camper, per-week (alumni & new)



2011 ILOVERNIGHT CAMP DATES

Session 1: Sunday, June 26 - Saturday, July 2
Session 2: Sunday, July 3 - Saturday, July 9

EARLY-BIRD DISCOUNTS!

Alumni: \$1139 by 4/15
New Camper: \$1189 by 4/15

** We also offer multi-session, sibling, group discounts & more special offers!

PROGRAM DIRECTOR'S BLOG!



Pam Zeidman

Our 2011 Midwest Camps Program Director is Pamela Zeidman. [Connect with Pam! Check out her Midwest Camps Blog!](#)

LAKE FOREST, IL PHOTO GALLERIES



[Candid Gallery](#)



[Facilities Gallery](#)



[Dancing Gallery](#)

LIFE AT ADTC ULTIMATE CHICAGO LAKE SHORE

Our 2011, American Dance Training Camps will hold two ULTIMATE Overnight Dance Camp sessions for girls ages 8 - 17 in the Chicago Lake Shore region. Come join us for a fun-filled week (or two!) you'll never forget!

ABOUT LAKE FOREST ACADEMY



Lake Forest Academy is a prestigious college preparatory boarding school (once home of millionaire Philip Danforth Armour Sr.) situated on a wooded 150-acre campus, which includes a small lake. Beautiful in any season, the community of Lake Forest, Illinois, is located 31 miles north of the City of Chicago on the west shore of Lake Michigan. It is recognized for its natural beauty, sensitivity to open space and preservation of its historic structures and landscapes. Vibrant business districts, including the historic and charming Market Square, welcome residents and visitors alike. Chartered in 1861, The City of Lake Forest is home to prestigious businesses and residential locations and offers many excellent schools and cultural opportunities, making Lake Forest Academy a perfect location for American Dance Training Camp's ULTIMATE Chicago Lake Shore dance camp.

>> [Click here for a campus pictorial tour](#)

DORM LIFE AT ADTC CHICAGO LAKE SHORE

At ADTC ULTIMATE Chicago Lake Shore, campers and staff live together in one of Lake Forest Academy's traditional residence halls. Campers live in double rooms (two campers to a room) sharing a community bathroom on the hall.

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 24-hour supervision and support.



Building amenities include community lounges (for all-camp meetings, watching TV, doing arts & crafts and just hanging out), laundry facilities, and a Dance Canteen for basic supplies, snacks, dance accessories, and ADTC apparel and souvenirs.

MEALS AT ADTC ULTIMATE CHICAGO LAKE SHORE



Meals at ADTC's ULTIMATE Chicago Lake Shore are served buffet-style in L.F. Academy's dining hall. A variety of healthy and fresh menu options will be available at each meal.

Meal service begins after check-in with Sunday night dinner, and ends before check-out with Saturday morning breakfast. ADTC staff and campers eat together, allowing for lots of interaction and bonding time. All meals are included in the weekly tuition. (Campers with food allergies or special dietary restrictions, please see below.)

THE DANCE CANTEN

ADTC's [Dance Canteen](#) sells snacks, drinks, long-distance phone cards, postcards & stamps, toiletry items, dance-related apparel, supplies and souvenirs, and ADTC logo items like t-shirts, sweatshirts, dance pants and tanks. We set up the Canteen in a common area within our dorm. The Canteen is open during afternoon and evening free time. It's a favorite spot for campers to relax, listen to music and hang out with other campers!



AWESOME ACTIVITIES AT ADTC CHICAGO LAKE SHORE



Horseback Riding



Kayaking



Roller Coasters



Paintball



Beading Class



Swimming



Tennis



Making Friends!

There's a lot more than dance happening at American Dance Training Camps!

Optional activities planned for ADTC ULTIMATE Chicago Lake Shore this year include:

- An afternoon of fun at nearby [Six Flags Great America](#)
- Horseback riding through the beautiful area forests
- Kayaking on beautiful Lake Michigan
- Swimming, tennis, basketball, and arts & crafts
- Ice Skating on L.F.A.'s indoor hockey rink (bring your skates!)
- Working on your tactical skills with Paintball

As if all of that isn't enough... free time choices include taking an elective dance class, swimming in Wayland's indoor pool, representing your peeps in a fun and challenging team event, arts & crafts, socializing in the ADTC Canteen, working on dance steps with instructors, or just relaxing in your room.

ADTC staff participates with campers during all activities and field trips. Registration/waiver forms and pricing for the optional field trips (as well as detailed weekly activity schedules) will be included in the Registered Campers' Handbook distributed to all registered campers this spring. Optional field trips are priced separately from the ADTC weekly tuition. All other activities are included in the tuition price.

TEAM EVENTS

At the start of each week, the ADTC staff helps campers get to know each other and to build camaraderie by organizing the girls into teams. The teams earn points by competing in friendly events and working together to complete various tasks throughout the week (photo safaris, scavenger hunts, outside games, dance competitions, art projects, all-camp evening competitions, etc.). Individuals also earn points for their teams by keeping their dorm rooms clean and being on-time to dance classes, meals and camp activities.

More details will be explained at the All-Camp Welcome Meeting on Sunday evening. At the end of each week, an awards ceremony is held to recognize each team for their efforts and to celebrate the winning team. Campers should come ready to participate and have fun with their teams!



More details will be explained at the All-Camp Welcome Meeting on Sunday evening, but in the meantime, [visit the "team events" page of our website.](#)



Evening all-camp activities center around our popular team competitions, like American Dance Idol, Team Cheers, Dance Trivia, and Flexibility/Strength/Leaps Night. These fun and friendly gatherings are a highlight of the week! Other evening activities may include dance-based games, roasting marshmallows outside, an evening barbecue, or a dance movie night (age-appropriate, of course).

[>> Click here to visit the "Awesome Activities" page of our website](#)
(Includes a YouTube video featuring some of our optional field trips and evening all-camp activities!)

THE DANCING

FUN DANCE CLASSES

Campers participate in four one-hour dance classes each weekday Monday through Friday, lead by [ADTC's professional dance instructors](#). The focus of each of these mandatory classes is learning an appropriately challenging performance piece for the Friday Night Showcase. Performance pieces are unique to each session, meaning fresh and new choreography is taught in each of our four core dance classes, each and every week.



Our ULTIMATE Chicago Lake shore dance classes are scheduled to be held in L.F. Academy's state-of-the-art athletic building (which includes a beautiful, large dance studio), performance stage, Armour House library, and/or large multi-purpose room, all located just a short walk from our dorm.

ADTC's core dance disciplines are [hip hop](#), [jazz](#) and [Broadway](#), [lyrical](#) or [contemporary](#). Our four mandatory daily dance classes center on these disciplines. The dance curriculum is designed to challenge dancers of all backgrounds and levels - from beginners through experienced performers. Dancers are organized into dance groups by ability level, allowing all campers to learn and progress at an appropriate speed. Class sizes are kept as small as possible to enable plenty of one-on-one interaction and attention.

Dance group placement is managed through a Dance Screening process. After check-in on Sunday, campers gather together to learn two short dance combinations, during which our staff evaluates each camper. This informal, non-competitive process helps our staff place campers in appropriate dance groups for the week.

Additionally, elective dance classes are offered during afternoon free time. Elective techniques offered during a session may include ballet, Latin or street jazz, lyrical, modern and tap. (Elective classes vary each week, and unfortunately we cannot guarantee that a particular elective dance style will be offered during any specific camp session.)

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, collegiate dance team competitors and even Radio City Rockettes! To learn more, read our [Staff Bios](#) on our website.



All dance classes - both mandatory and elective - are included in the ADTC weekly tuition price. For more specifics on ADTC's ULTIMATE dance camp curriculum, visit the [Dance Classes](#) section of our website.

>> [Click here to visit the "Fun Dance Classes" page of our website](#)
(Includes a YouTube video featuring Dance Class Clips!)

FRIDAY NIGHT SHOWCASE = THE BIG RECITAL!

Each session at ADTC ULTIMATE Chicago Lake Shore culminates with a Friday Night Showcase. Throughout the camp week, campers help to choose the show's theme, fashion their costumes and design the sets. In just five days, campers learn performance pieces in four different dance disciplines. The Showcase gives our dancers the opportunity to show off the choreography they've been learning all week, and it is THE highlight of the week for most campers. Symbolic camp awards are presented at the end of the show, and a party for all campers, siblings & parents follows.



The Showcase begins at 7:30 p.m. sharp on Friday night, and lasts approximately one hour. Parents, family and friends are strongly encouraged to come support their campers and cheer them on. It's a wonderful night for campers and parents alike. Don't miss it!

Showcase performance DVDs will be available to order when checking out your camper from camp.

>> [Click here to Visit the "Friday Show" page of our website](#)
(Includes a YouTube video featuring some of our performances)

MORE NUTS & BOLTS:

FAMILY VACATION PACKAGES AT ADTC ULTIMATE CHICAGO LAKE SHORE

A family vacation in the Chicago Lake Shore region would be a great home-base for parents and families wishing to stay in the area while their camper attends ADTC. The area abounds with outdoor recreation opportunities: fishing, boating, bird watching, biking, golf and much more. A short drive into the city of [Chicago](#) offers exceptional shopping and sight-seeing.

Family vacation packages with nearby hotels will be announced in the Registered Campers Handbook distributed in the spring.

GETTING TO ADTC ULTIMATE CHICAGO LAKE SHORE

The Lake Forest Academy campus is easy to get to from anywhere in the Midwest.

From O'Hare Airport:

Route 190 East to Route 294 North, exit at Town Line Road (Route 60). Travel east about 3/4 mile; the campus entrance is on the left; the third stop light on just before the railroad trestle.

From Chicago Midway Airport:

Route 55 West to Route 294 North, exit at Town Line Road (Route 60). Travel East about 3/4 mile; the campus entrance is on the left; the third stop light just before the railroad trestle.

Campers Flying Alone:

Campers traveling long-distances to camp may be able to save money by sharing shuttle service from the airport, train or bus station, but transportation must be arranged and paid for with the shuttle company itself. Please call 866-383-ADTC no sooner than one week prior to your camp session to see if sharing a shuttle possible.

CHECK IN & CHECK OUT

Each ADTC ULTIMATE Chicago Lake Shore session begins on Sunday afternoon and ends on Saturday morning. Check in on Sunday is from 2:00 - 4:00 p.m. Check out on Saturday is from 9:00 - 11:00 a.m.

EARLY / LATE ARRIVALS AND DEPARTURES

We strongly encourage all campers to arrive before 4:00 p.m. on Sunday and check out by 11:00 a.m. on Saturday. If you simply cannot arrive or depart within these times, don't worry. You can request special arrangements for your camper on the "Authorized Release To, and From" form, which will be included in the Registered Campers' Handbook distributed to all registered campers this spring. Please note that a \$20 extra fee applies for campers checking in before noon on Sunday or checking out after noon on Saturday of their camp session.

EXTENDED STAY CAMPERS

Campers who need to arrive one day early for their camp session or stay an extra night after their session ends usually can do so. Please call (866-383-2382) or email (Pam@DanceADTC.com) prior to camp to request these arrangements, and also make a note about your special needs on the "Authorized Release To, and From" form. The fee for one extra night is \$85. Meals are not included - please see Multi-Session Campers below for information on weekend meals. Please note that we generally cannot accommodate early arrivals on the first day of our first session or late departures on the last day of our last session.

MULTI-SESSION CAMPERS

For campers staying at ADTC more than one week, ADTC covers the price of the camper's Saturday night stay. Thanks for joining us for an extra week!

Between sessions, 24-hour supervision is provided by our staff, just as it is during camp. An exciting weekend field trip usually is offered for our multi-session campers, on Saturday afternoon. Details, prices and a registration form will be included in the Registered Campers' Handbook distributed this spring.

Multi-session campers need to allow for extra spending money in their canteen accounts to cover their weekend meals (Saturday lunch and dinner, and Sunday breakfast and lunch). ADTC staff accompanies campers to a campus or downtown restaurant. The group dines together and the staff pays the bill, after which the amount spent by each camper is deducted from her canteen account.

ROOMMATE PLACEMENTS / REQUESTS

Campers who come solo to ADTC (that's most of our campers!) are bunked together with another solo camper their own age. Roommate assignments cannot be communicated in advance, but after registering you will be invited to join our Social Network, where you can connect with other campers coming to ADTC ULTIMATE Green Mountains during your chosen session. Girls who come to ADTC without knowing a soul usually leave us having made great friends and life-long connections!

If you're coming to ADTC with a friend and you want to room together, we welcome your roommate requests. Just fill out and submit the "Roommate Request Form" in the Registered Campers' Handbook that will be distributed to all registered campers this spring. (Roommate requests cannot be accepted any other way!) Coming with a group? Groups of friends can be placed in neighboring rooms - just list everyone's names on your Roommate Request Form (and be sure they do the same), and we'll take care of the rest.

>> [Click here for more information on coming to ADTC as an individual or group \(Discounts apply for groups!\)](#)

CANTEEN & ACTIVITIES ACCOUNTS

Campers make purchases from the ADTC Dance Canteen on credit, meaning we keep track of exactly what the campers spends, then charge the parent's credit card at the end of the week. Parents pre-authorize their campers to spend up to a certain amount at the Canteen each week, and ADTC's staff ensures each camper stays within her limit.

Fees for the optional field trips are handled the same way. On Sunday during their first team meeting, campers register for the optional activities they will participate in during their session. The fees for these activities are then paid by the parent with a credit card at check out.

A valid credit card is required to be on file for each camper during camp. We cannot accept cash or checks to pay canteen or account balances. For security reasons, we do not allow campers to have or use cash while at ADTC.

More details and a “Canteen & Activities Account Set-Up Form” will be included in the Registered Campers’ Handbook distributed this spring.

HEALTH AND WELLNESS

The ADTC staff is very accustomed to assisting campers with all types of medical needs. Rest assured that we are capable of taking great care of your camper’s health needs while away from home.

ADTC has a licensed physician or nurse on-site daily and on-call 24/7 during each camp session. Additionally, all ADTC staff are trained in basic first aid and life-saving techniques. In the event of an emergency, [Northwestern Lake Forest Hospital](#) is approximately [2.5 miles](#) from the Lake Forest Academy campus.

Campers needing to take prescription medication will be assisted by ADTC staff; we keep all medications safe and distribute it as directed. Campers with inhalers should bring two - one to keep with her and one for us to hold. Those with severe allergies must bring their own anaphylactic kit.

Detailed camper health questionnaires and physical forms will be part of the required paperwork needed from each camper prior to arrival at camp. These forms and more information will be provided in the Registered Campers’ Handbook distributed to all registered campers this spring.

FOOD ALLERGIES &/OR DIETARY RESTRICTIONS

Campers with special dietary needs (food allergies/sensitivities, vegetarian, vegan, Kosher... anything!) do not need to worry about how they will stay safe, healthy and well-fed at ADTC. The food-service staff at all ADTC locations is very accustomed to handling all kinds of special dietary restrictions.

We encourage campers with special dietary needs to bring to camp any desired or necessary food items they may need during their camp stay. These items are stored appropriately in the kitchen and can be served to the camper based on a schedule you discuss directly with the kitchen staff.

Parents are encouraged to speak with the kitchen staff and the camp nurse upon check-in to share details about your camper’s special dietary needs. Should you wish to speak with the kitchen staff and/or nurse prior to camp, we can put you in touch with them approximately one month prior to your camp session.

SAFETY, SUPERVISION AND SUPPORT

ADTC’s staff provides campers with 24-hour supervision, help and support. Whether it’s a scraped knee or late-night homesickness, our counselors are there for your camper.

Being an effective counselor is more art than science, and the role is oftentimes complex: mentor, role model, dance instructor, comforter, disciplinarian... sometimes all at once. Our staff understands this implicitly. They approach their jobs with a true love for kids and a firm sense of responsibility.

Younger campers are escorted between activities, meals and dance classes. Older campers are trusted to transition between activities around campus, using the “buddy system,” and to check into their next activity in a timely fashion. Counselors account for all campers after each transition. All camp activities - even free time and TV watching - are supervised by ADTC staff.

All off-campus activities are run through professional third-party outfitter companies. Any necessary driving to and from off-campus activities is handled by a professional shuttle company. All off-site events and activities are chaperoned by ADTC staff.

For everyone’s safety, curfew is at 10:00 p.m. nightly. All campers must report to their rooms at this time. Campers’ dorm rooms must be locked at bedtime and remain locked until 7:00 a.m. A counselor remains on duty through the night to watch the halls and help any campers in-need.

OUR STAFF = OUR SUCCESS

From dance class and meals to activities and free time, our counselors are constantly interacting with the campers. We do this not only to ensure each camper’s safety and well-being. We do this to get to know each girl as a person, so we can understand and support the unique individual she is.

We measure the success of the ADTC ULTIMATE camping program not in the teaching of dance alone, but more importantly in how we are able to positively affect the lives of our campers.

ADTC is proud to have the best staff in the residential dance camp industry. Each year our counselors undergo a rigorous hiring process that includes a 14-page application, extensive interviews, background checks, reference verification, CPR & first aid certification, physical exam and an intense multi-day staff training onsite before camp begins. Most of our staff comes back year after year after year.

You couldn't ask for more interesting, sensitive and enjoyable dance teachers and camp counselors. ADTC's staff members are bright, enthusiastic, talented and well-educated people who love sharing their passion for dance - and life - with our campers. They are the foundation of ADTC’s dance camp programs, and the reason for our success.

STILL HAVE QUESTIONS? CONTACT US!

We’d love to talk to you! Call us at 1-866-383-ADTC or fill out our [Contact Request Form](#).

We hope to see you at ADTC ULTIMATE Chicago Lake Shore this summer!