

## Meals & Snacks

Snacks and lunch are provided. Juices, coffee and teas, and bottled water are readily available. We do not serve carbonated beverages.

At Sierra Dance Center we encourage you to make yourself at home. All food and dishes are in glass cupboards for easy viewing and access. Meals are served family style. And of course, everyone pitches in to help prepare and clean-up!

Please let us know if you have any specific dietary needs, so that we may accommodate you.

## Location & Driving Directions

### *Traveling From The East*

2nd exit, 89 North toward Sierraville.

### *Traveling From The West*

Truckee has two 89 exits. The 2nd exit is South to Tahoe city, Squaw Valley, Alpine.

**Do not take this exit, you want 89 North.** Take the 4th exit, 89 North toward Sierraville.

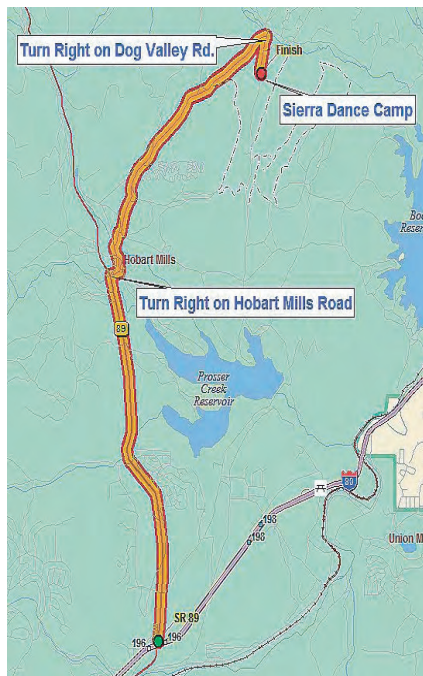
### *Travel 4.45 mi.*

Turn right on Hobart Mills Road. Turn to the left at the T, right is a dead end. You will begin to see signs saying 4 miles to Russel Valley. Stay on Hobart Mills and follow the signs. Hobart Mills Dead Ends at Dog Valley Road. Turn right.

### *Go 1.1 miles.*

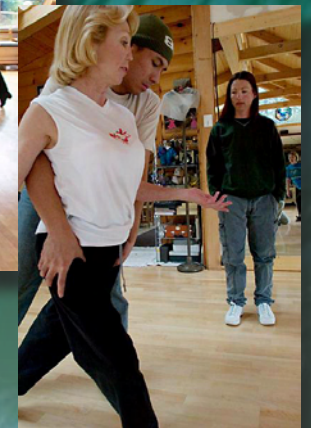
Drive way is on the left with a white post with address number 16661. Drive down the drive slowly, there is parking at the bottom. You will see the house. **Just come right in, the dogs will think you're a stranger if you knock.**

*Please Note: GPS systems are not up-to-date for directions to Sierra Dance Camp.*



# Sierra Dance Center

## One-Day Dance Camp Starter Kit



*Get concentrated dance training  
in just one day!*



P.O. Box 34043 ::: Truckee, CA 96160-34043 ::: 530-582-4589 phone  
530-320-7889 mobile ::: [www.SierraDanceCenter.com](http://www.SierraDanceCenter.com) ::: [SierraDanceCamp@aol.com](mailto:SierraDanceCamp@aol.com)



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## Introduction

Immersion is the best way to learn any language including the language of dance. Our one-day camps enable dancers who aren't able to spend an entire weekend to learn in record time through total body immersion. The value is equal to 8 hours of private lessons!

Using innovative methods to improve personal technique for all dancing and sports, these camps incorporate the natural laws of motion to improve alignment, centering, balance, and dynamic movement. Have a great time surrounded by fellow dancers in the beautiful Sierra Nevada Mountains.

Following is all the information you will need to make your dance camp experience a wonderful and fulfilling one. Please do not hesitate to call us with any questions you might have.

## Pricing

**One-Day Dance Camps: 4 Month Series ~ \$175/Camp**  
Inquire for payment options.

*Drop-in rate: \$200 for one camp, space providing.*

## Registration

You may register for dance camps online at  
[www.SierraDanceCenter.com/campregistration.htm](http://www.SierraDanceCenter.com/campregistration.htm)  
*(under the Camps section of the Programs and Camps page)*  
or, by calling us at  
**530-582-4589.**



## Arrival Times

Arrive Saturday morning by 8:30 am. Camp begins at 9 am on Saturday.

In the winter we are prepared to shuttle you to the cabin when weather is bad. Please ask us for special instructions in those circumstances.

## What to bring to camp

### Clothing

Bring layers. Casual, comfortable for the morning workout, and able to get mud or dog hair on them. Toiletries are provided.

### Shoes

You will need a pair of tennis shoes in the summer for outdoor activities. In the Winter we will let you know ahead of time if you need outdoor snow boots.

Dance shoes for the Men: Ballroom shoes and Latin shoes. Dance shoes for the Woman: Practice shoes (preferably canvas), Latin Heels, Ballroom Heels.

## Schedule

- 9:00 am Session One
- 11:00 am Break
- 11:20 am Session Two
- 1:00 pm Lunch
- 2:00 pm Session Three
- 4:00 pm Break
- 4:20 pm Session Four
- 6:00 pm Finish

## Other Info

At Sierra Dance Center there are several big friendly dogs who like to interact with all who attend. If you are allergic to dogs or have any concerns please let us know. We wish to make dance camp a pleasant experience for all.

