

## Meals & Accomodations

Meals, snacks, 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 accomodate you.

The accomodations are dormitory style. Generally the gentlemen use the ballroom for their dorm, and the ladies are in the guest room. There are beds and linens, but many campers just bring a sleeping bag to make life faster and easier in the mornings as we need to make the ballroom ready for the day's activities.

## 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.

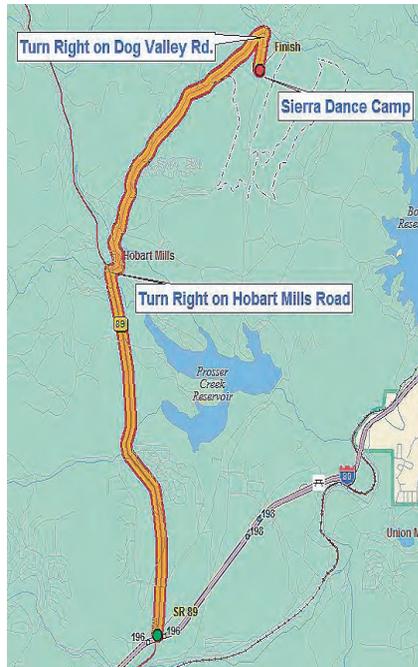
**Do not take this exit, you want 89 North.** Take the 4th exit, 89 North toward Sierraville.

### *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.*



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)

# Sierra Dance Center

## Weekend Dance Camp Starter Kit



*Breathe, eat and sleep Ballroom dance  
in scenic Truckee, California!*



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## Introduction

Immersion is the best way to learn any language including the language of dance. Our weekend camps enable dancers to learn in record time through total body immersion.

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

### Weekend Dance Camps:

Inquire for yearly rates.

If paying for more than one camp in advance, full payment is required by the first camp.

# of Camps Paid in Advance	Cost per Camp
1	\$375
2+	\$300

### Coming Soon: One-Day Dance Camps!

These camps run in a series of four camps and are perfect for beginning dancers looking to quickly increase their dance level, or for those who cannot commit a full weekend for dancing. Check out our website for more information.

## 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.

## 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.

## Arrival Times

Most people who have a bit of a drive arrive late Friday night so they can sleep and be fresh Saturday morning.

Locals usually arrive Saturday morning by 8:30 am. Camp begins at 9 am on Saturday.

Please let us know your expected arrival time when you register. Confirming arrival times is very important. It allows us to have the sleeping arrangements made ahead of time, and in the winter it allows us to be prepared to shuttle you to the cabin when weather is bad.

## Schedule

Note: Camps held on holiday weekends are extended to three days for additional training and body work.

### Saturday

8:00 am Breakfast  
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 Day One  
7:30 pm Dinner

### Sunday

7:00 am Breakfast  
8:00 am Session Five  
10:00 am Break  
10:20 am Session Six  
12:30 pm Lunch  
2:00 pm Session Seven  
4:00 pm Break  
4:20 pm Session Eight  
6:00 pm Finish Day Two & Depart

**Saturday Evening:** There are times most have to finish work from their jobs, and the dining room is filled with laptops and keys clicking on Saturday nights, and others are practicing and dancing, or watching dance videos in the ballroom. Often, people choose to head into Reno to attend the Saturday night dance parties at Never Enough Ballroom.

## What to bring to camp

### Clothing

Bring layers. Casual, comfortable for the morning workout, and able to get mud or dog hair on them. If needed we always have a washer and dryer. Appropriate clothes if you wish go down to Reno for Saturday night dancing. 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.

