

**SUMMER
2025**

**NIKE
DANCE
CAMPS.**



LEARN. TRAIN. PLAY.

Residential 1- and 2-week camps in July and August for girls and boys aged 10-17 at Bradfield College, a prestigious UK private school near London.

Enjoy feel-good fitness and learn moves from around the world with our expert dance instructors from At Your Beat, a leading London dance studio. Students can choose to focus exclusively on dance in the Total Dance programme or take daily English lessons alongside their training. Camps are action-packed with training, workshops and fun activities, enabling dancers to hone their skills while creating unforgettable memories.





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CAMP OPTIONS

Choose from either TOTAL DANCE or DANCE + ENGLISH.
Both options are available as a 6- or 13-night camp.

OPTION 1

TOTAL DANCE

- Up to 24 hours a week of dance training with At Your Beat
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

OPTION 2

DANCE + ENGLISH

- Up to 24 hours a week of dance training with At Your Beat
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities



ALL CAMPS INCLUDE



DANCE TRAINING
WITH AT YOUR BEAT



24/7
SUPPORT STAFF



ON-SITE
ACCOMMODATION



EXCLUSIVE NIKE
GIFT PACK



SPORTS WORKSHOPS
OR ENGLISH LESSONS



3 NUTRITIONALLY
BALANCED MEALS A DAY



EXCURSIONS TO
CITIES + LANDMARKS



COMPLETION
CERTIFICATE





DANCE TRAINING

360° DANCE

The one- or two-week programme is a journey through different modern styles and techniques. Dance instructors bring the signature At Your Beat enthusiasm and expertise, working towards a final performance at the end of the week showcasing a unique mash-up of all the styles covered.

BE YOURSELF

With a focus on individual expression, creativity and fun, the supportive environment encourages dancers to try new styles and believe in themselves. Absorbing the energy from each class, dancers leave each session feeling uplifted, with new-found confidence both in and out the studio.

CLASSES

URBAN BEAT

Find your beat with one of the most varied and widely danced styles.

VIDEO BEAT

Dance to iconic music videos and get a glimpse into the world of a dancer.

K-POP BEAT

Fresh choreography dancing to iconic K-pop routines you know and love!

JAZZ BEAT

Time to get serious with clean lines, building a stronger core, learning how to turn, jump and leap.



MEET THE DANCE TRAINERS



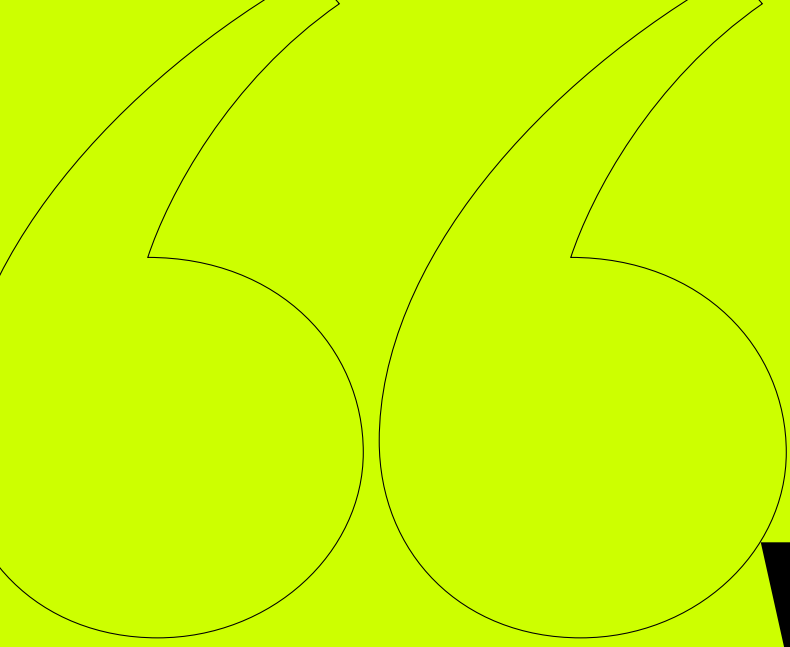

**AT
YOUR
BEAT**



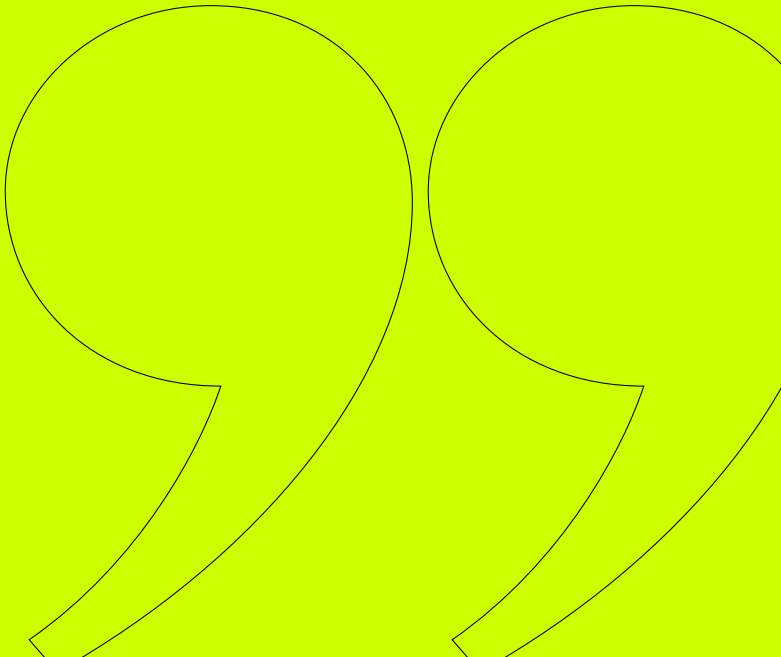
With studios in London and New York, At Your Beat dance instructors are some of the most respected and charismatic dancers in London, often working with the very artists who inspire the moves.

Nike trainer and founder Joelle D'Fontaine has created the ultimate inclusive environment and flexible curriculum for dancers of all ages and abilities. Working in partnership for 3 years, At Your Beat instructors provide an unforgettable experience in the studio for all students on Nike Dance Camps.





**WE CREATE A FUN
AND INCLUSIVE ATMOSPHERE.
IT'S ALL ABOUT BEING
YOURSELF AND CELEBRATING
EACH OTHER.**



JOELLE D'FONTAINE
AT YOUR BEAT DIRECTOR



DANCE SHOWCASE



STEP INTO THE SPOTLIGHT

At the end of each week, dancers have the opportunity to take to the stage for a final performance. The choreographed routine is a unique mash-up of all the styles covered throughout the week.

The performance gives dancers a chance to showcase their progress and creativity, whilst being celebrated by fellow campers. It's the highlight of the week!

OWN
THE
MOMENT





ENGLISH TEACHING

WHAT TO EXPECT

Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary sports people and events, interviewing coaches, or writing and speaking their own commentary of a famous sporting moment. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

HOW IT WORKS

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each student receives a written report and advice on how to continue their learning at home.

WHAT'S INCLUDED



UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK



1:12 TEACHER TO STUDENT RATIO (AVERAGE)



INDIVIDUAL REPORT



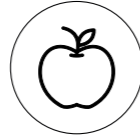


WORKSHOPS

WHAT TO EXPECT

Students taking the Total Dance option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed. Recovery exercises, such as yoga, help students manage the workload of training 2 sessions each day.

WORKSHOP EXAMPLES



NUTRITION
WHY WHAT YOU EAT
AND DRINK MATTERS



RESPECT
CREATING A CULTURE
OF TRUST AND RESPECT



ELITE PERFORMANCE
WHAT IT TAKES TO PERFORM
AT THE HIGHEST LEVEL



RESILIENCE
HOW TO BOUNCE BACK
FROM DIFFICULT SITUATIONS



GOAL SETTING
TAKING ACTIVE STEPS TO ACHIEVE
YOUR DESIRED OUTCOME



ELEVATE YOUR
DANCE OUTSIDE
THE STUDIO



BRADFIELD COLLEGE, READING

LEADING UK PRIVATE SCHOOL WITH MODERN DANCE STUDIO

Located in the heart of the beautiful Berkshire countryside, near London, Bradfield College is one of the country's leading private schools. With a reputation for academic and sporting excellence, the College has impressive sporting facilities including a modern dance studio with a sprung floor and natural light.

With its inclusive international environment and inspiring setting, Bradfield College is the perfect home for Nike Dance Camps in the UK.

SUITABLE FOR:

- Girls and boys aged 10-17
- All dance abilities





BRADFIELd COLLEGE

THE DETAILS

ACCOMMODATION

Mix of single and shared bedrooms

TRANSFERS

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR)
32 miles / 51 km
- London Gatwick Airport (LGW)
60 miles / 96 km

FACILITIES

- Modern dance studio
- Indoor sports centre
- Players' lounge with TV, table tennis and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop

EXCURSIONS

ALL CAMPS

- London Experience
or
- Oxford Tour

13-NIGHT CAMPS ONLY

- Theme Park



2025 CAMP DATES

6-NIGHT CAMPS MONDAY – SUNDAY

- 30 Jun - 06 Jul
- 07 Jul - 13 Jul
- 14 Jul - 20 Jul
- 21 Jul - 27 Jul
- 28 Jul - 03 Aug
- 04 Aug - 10 Aug

13-NIGHT CAMPS MONDAY – SUNDAY

- 30 Jun - 13 Jul
- 07 Jul - 20 Jul
- 14 Jul - 27 Jul
- 21 Jul - 03 Aug
- 28 Jul - 10 Aug





**THE CAMP WAS A
TRANSFORMATIVE
EXPERIENCE FOR
OUR DAUGHTER. WE ARE SO
GRATEFUL FOR THE POSITIVE
IMPACT IT HAD ON HER.**



PARENT
NIKE DANCE CAMP 2024



CAMP EXCURSIONS

All camps include exciting excursions, giving students a taste of some of the UK's top attractions.



THEME PARK

13-NIGHT CAMPS ONLY

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

OXFORD TOUR

EVERY OTHER WEEK

Students explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.

LONDON EXPERIENCE

EVERY OTHER WEEK

Students experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.





LIFE ON CAMP

Camps are action-packed with sport, learning and meeting friends from around the world. Child welfare is at the heart of what we do, and camp life is designed to provide a fun and supportive environment for students to grow in skills and confidence.

ACCOMMODATION

Students stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

WELFARE STAFF

There is a dedicated camp management and welfare team on-site all day and night. They are trained to look after students' wellbeing and are always on hand to help, support and guide campers to have an incredible experience.

DIET, NUTRITION AND HYDRATION

Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each student to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure students drink plenty of water during training sessions.




MEDICAL AND INJURY

Medical staff are available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.






A TYPICAL DAY




MORNING

-  BREAKFAST
-  MORNING MEETING
-  DANCE TRAINING

AFTERNOON

-  LUNCH
-  ENGLISH OR WORKSHOPS
-  RECOVERY + WELLNESS

EVENING

-  DINNER
-  DANCE TRAINING
-  RELAX + LIGHTS OUT





DATES & DETAILS

BRADFIELD COLLEGE
GIRLS AND BOYS AGED 10-17

All dance abilities

DANCE		UP TO 24 HRS OF DANCE A WEEK
Choose from either option:	TOTAL DANCE	UP TO 8 HRS OF WORKSHOPS A WEEK
	DANCE + ENGLISH	UP TO 13 HRS OF ENGLISH A WEEK
6 NIGHT CAMPS DATES		<ul style="list-style-type: none"> • 30 Jun - 06 Jul • 07 Jul - 13 Jul * • 14 Jul - 20 Jul • 21 Jul - 27 Jul * • 28 Jul - 03 Aug • 04 Aug - 10 Aug *
13 NIGHT CAMPS DATES		<ul style="list-style-type: none"> • 30 Jun - 13 Jul • 07 Jul - 20 Jul • 14 Jul - 27 Jul • 21 Jul - 03 Aug • 28 Jul - 10 Aug
EXCURSIONS		<p>OXFORD TOUR (Weeks with*)</p> <p>LONDON EXPERIENCE (Weeks without*)</p> <p>THEME PARK (13-night camps only)</p>





BOOK A DANCE CAMP TODAY.

SPEAK TO AN AUTHROISED PARTNER.



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. © 2024 Copyright CMT Learning Ltd. All rights reserved. Nike and the Swoosh design are registered trademarks of Nike, Inc. and its affiliates and are used under license. Nike is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of CMT Learning.