

Step into the rhythm of Bollywood magic at our youth dance summer camp! Get ready for a whirlwind of vibrant colors, energetic beats, and mesmerizing moves as you dive into the world of Bollywood dance. From classic grooves to trendy twists, unleash your inner superstar and shine on stage with confidence. Join us for a summer of joy, laughter, and unforgettable dance moments that will make your heart sing and your feet dance!

**Requirement/Prerequisites:** Water bottle

#### **Indian Fusion Dance For Ladies(18 years & above) (11:00-11:55AM)**

Ladies/Moms please join our VV ladies summer dance class to enjoy and learn some good Bollywood dance numbers that will lighten up your smile and boost your energy.

**Requirement/Prerequisites:** Water bottle

#### **Yoga: Beginner to Intermediate (Adults) (11:00-11:55AM)**

Yoga sessions for beginners to intermediate level. In this class the participants will learn and practice: Yogasanas, Pranayamas, Surya Namaskar Yoga, Yoga Nidra, Patanjali yoga sutra based Meditation techniques

**Requirement/Prerequisites:** Bring Mats and Water, wear comfortable clothing.

#### **Youth leadership Program – Public Speaking(15-18 years) (11:00-11:55AM)**

The workshop is designed to help youth improve their public speaking and leadership skills and involves active participation. Upon successful completion of the program, participants can be expected to be more effective in communication and leadership activities.

**Requirement/Prerequisites:** None

#### **Learning to play Chess (6-12 years) (11:00-11:55AM)**

Are you enticed by the game of chess? If so, then you should join this class! We will teach many things starting from what each piece is to popular strategies for endgames.

**Requirement/Prerequisites:** None