



Beats n' Bling for B-boys and B-girls this Spring Break



Contender B-boys and B-girls can beatbox, scratch, pop and lock their way into the September school holidays at Capital E with *The Spring Jam Sessions* - a series of music, dance and technology workshops for children with a street edge from 26 September to 9 October.

Kicking it all off is street-artist **Drypnz**. Drop by Civic Square to catch him painting a street art mural for the Capital E foyer on Saturday 26 September.

King Homeboy is living proof that you don't need to know how to play an instrument to create music - he holds the current world-record for the longest continuous beatbox at 34 hours. In **King Homeboy's Beatbox Lab** kids can learn how to use their voice to make beats and sounds into a music track. Bmzgzachr..!!

Young fashionistas can take time out to create a dope dog-tag, chain or bracelet with Wellington jeweller **Vaune Mason's Bling Workshop**. Using materials like gold leaf, neon, copper and more, juniors (8-10 yrs) and seniors (11+ yrs) will walk away with something unique!

If there's a budding DJ in the house, now's their chance to learn from the best in the **Itching to Scratch DJ Workshop**. **DJ Shan**, founder of Whitireia Community Polytechnic's DJ Academy and **DJ Rollout**, a graduate of the Academy and up-and-coming hot-property on the dance scene, will share the basics of spinning the decks with beginners (age 11+ yrs).

Just can't stop the dance? Kids can burn some of their excess energy with one of three chances to pop it, lock it and krump it. Give hip hop a go with **Ben Uili from Legacy Dance Crew** at the **Open Hip Hop Dance Workshops**. Join a dance crew, learn the moves and perform your own choreo in the Hip Hop Dance Intensives. Or battle it out for prizes while checking out the moves that made all-girl dance crew **Emerge** national champs, in The Basement Dance-Off!

Want to see behind the scenes? Be part of a team working to produce a live TV show based on all things street in the **Inside Hip Hop TV Workshop**. Learn about camera techniques, directing, working to script and more. All shows will be broadcast on the net so friends can check out your talent later!

Get in quick to make your own smokin' hot music track in the - **back by popular demand** - **Music Producer Workshop**. This workshop allows children to use one of the industry's favourite pieces of 'loop-based' music software Sony ACID. Best of all, no musical knowledge is required.

Alternatively, young imaginations are set free in the **Music Video Designer Workshop**. Utilising the latest trends in digital sound and video, combining music and 3D animation, kids will create their own fly 30 second music video. All tracks and clips will be available to download from the Capital E website after the sessions.

Running alongside the Spring Jam Sessions after a sell-out North Island tour, the **Capital E National Theatre for Children** presents **Seasons** (for 2 - 7 year olds). This beautifully crafted production takes children and adults alike on a magical journey through spring, summer, autumn and winter with the help of a cheeky caterpillar, a dancing lamb and a comic seagull. It's fast paced and hugely entertaining and plays from Saturday 26 September - Saturday 10 October.

After the show, help the Capital E team create a giant growing caterpillar to decorate the playground and make your own crawling caterpillar to take home!

So, get out the door and down the street to Capital E, because there's plenty to keep you occupied this September holidays.



Full details of the Capital E September School Holiday programme follows:



The Spring Jam Sessions – music, dance and technology workshops with a street edge

CREATIVITY

BLING WORKSHOPS

Age 8-10 (Junior) and 11+ (Senior)

Join Wellington-based jeweller Vaune Mason for a three hour mixed-media jewellery workshop. Create customised chains, dog-tags or bracelets using materials like gold leaf, neon and sequined fabrics, copper and wood to design a unique piece to add to your fashion collection.

When: Junior: Either Mon 5 or Tue 6 October. Senior: Either Wed 7, Thu 8 or Fri 9 October.

Time: 10am -1pm

Duration: 3 hours

Venue: Capital E E-Lounge

Price: \$35 (price includes all materials)

CRAWLING CATERPILLAR CRAFT

Age 2+

Spring has arrived and soon caterpillars everywhere will be fattening themselves up before they turn into butterflies. After watching Seasons come and help us make a giant caterpillar to decorate our playground – as the holidays pass our caterpillar will grow bigger and bigger. Then you can make your own baby crawling caterpillar to take home with you.

When: Mon 28 September – Sat 10 October (excluding Sundays)

Time: 10am-3pm

Duration: Stay as long as you like

Venue: The Playground, Capital E

Price: \$2 per craft

DANCE (HIP HOP)

OPEN HIP HOP DANCE WORKSHOPS

Age 5+

Have you ever seen hip hop dancing and wanted to give it a go? Well now is your chance – come along to an open beginners' class, give it a try and find out why kids all over the world are so into it. The focus is on having fun while developing fitness and rhythm with the help of **Ben Uili** from **Legacy Dance Crew** showing you the skills.

When: Mon 5 – Fri 9 October

Time: 10.45am-11.25am

Duration: 40 minutes

Venue: Capital E Main Floor

Price: \$4. Watchers free.

HIP HOP DANCE INTENSIVE

Age 5-7, Age 8-10 (Junior) and 11+ (Senior)

This is your chance to learn how to dance, hip hop style – working alongside our fantastic teachers you'll develop dance skills and learn how to follow choreography in this fun week-long course. You don't need dance experience and the sessions are tailored to cover all ages. During the week you'll work with your class to form a dance crew and create an original performance to showcase your hard-earned talents as part of **The Basement Dance-Off** on **October 9**. Get your friends to mark the date!

When: Mon 5 – Fri 9 October

Time: Age 5-7 12.30pm-1.30pm. Junior (8-10 year olds): 1.30pm-2.30pm. Senior (11+ year olds): 3pm-4pm. On Friday 9 October – all classes begin at 12.30pm.

Duration: 1 hour per day for 5 days

Venue: Main Floor, Capital E

Price: \$45

THE BASEMENT DANCE-OFF

Age 5+

Join some of Wellington's best hip hop crews, like national champs **Emerge** for a high-energy showcase of the best that hip hop has to offer. Along with guest stars you'll also get to see students of **Capital E's Hip Hop Dance Intensive workshops** perform to an audience for the first time – battles and prizes will be on offer for those brave enough to take the stage.

When: Fri 9 October

Time: 12.30pm

Duration: 1 hour

Venue: Capital E Main Floor

Price: \$4

MUSIC and TECHNOLOGY

BEATBOX LAB WITH KING HOMEBOY

Age 5+

You don't need to know how to play an instrument to create music and **King Homeboy** is living proof. Learn how to use your voice to make beats and sounds and then loop them to make a musical track. King Homeboy is one of the world's best beatboxers and current world record-holder for the longest continuous beatbox at 34 hours.

When: Mon 28 September – Fri 2 October

(BEATBOX LAB WITH KING HOMEBOY cont...)

Time: 10.50am-11.30am and 12.30pm-1.10pm
Duration: 40 minutes
Venue: Capital E Main Floor
Price: \$4 (under two free)

MUSIC PRODUCER WORKSHOP

Age 8-10 (Junior) and 11+ (Senior)

Back by popular demand this workshop allows you to use one of the industry's favourite pieces of 'loop-based' music software, Sony ACID, to assemble your own musical masterpiece. Rock, pop, hip-hop, jazz...it's your choice! Best of all, no musical knowledge is required. At the completion of the programme your work is uploaded to the Capital E website for you to download and share with family and friends.

When: Either: Tue 29 September, Wed 30 September or Thu 1 October
Time: Junior: 10am-12pm, Senior: 1pm-3pm
Duration: 2 hours
Venue: Capital E Soundhouse TM NZ
Price: \$30

MUSIC VIDEO DESIGNER

Age 8-10 (Junior) and 11+ (Senior)

Experience the latest trends in digital sound and video by combining music and 3D animation to create your own 30 second music video. First create your own music from a huge range of musical loops using Sony's professional loop based ACID software. Then, build your video to accompany it using the free and very powerful 3D animation software, iClone. Both ACID and iClone are user-friendly and can help you achieve amazing results. When you're finished you'll have created your first music video ready to download and enjoy.

When: Junior: Tue 6 October. Senior: Either Wed 7 or Thu 8 October.
Time: 10am-2.30pm
Duration: 4.5 hours
Venue: Capital E Soundhouse TM NZ
Price: \$60

THE ITCHING TO SCRATCH DJ WORKSHOP

Age 11+

If you've ever dreamed of being a DJ and want to get started now is your chance. Learn from **DJ Shan**, a founder of the **Whitireia Community Polytechnic's DJ Academy** in Porirua and **DJ Rollout**, a graduate of the Academy and up-and-coming hot property on the dance scene. They will give you an introduction to the skills needed to DJ, the equipment and the basics for beginners. Just in time to DJ your next party.

When: Mon 28 September - Saturday 3 October (Mon/Tue, Wed/Thu or Fri/Sat options)
Time: 10am-2.30pm
Duration: 2 days for 4.5 hours a day
Venue: Capital E E-Lounge
Price: \$80

INSIDE HIP HOP TV

Age 8-10 (Junior) and 11+ (Senior)

Be part of a team working to produce a live TV show based on all things street. Learn how to be one of the crew working behind the scenes or have a go at presenting to camera. Inside Hip Hop TV will be broadcast on the net so it's easy for your friends and family to check it out -- wherever they are! Parents are invited to come along at the end of the session to view the finished programme.

When: Junior: Either Tue 29 September, Thu 1 or Wed 7 October. Senior: Either Wed 30 September, Tue 6 or Thu 8 October.
Time: 9.15am-12.45pm. Parents arrive at 12.30pm for the viewing.
Duration: 3.5 hours
Venue: Capital E OnTV Studio
Price: \$50

THEATRE

SEASONS

Age 2-7

A cast of three share a stage full of delightful puppets and magical sets in this fast-paced and funny show - hugely entertaining for 2 to 7 year-olds it will "enrapture the entire age range plus the parents." The National Theatre for Children is delighted to present this beautiful production that takes you on a magical journey through spring, summer, autumn and winter with the help of a cheeky caterpillar, a dancing lamb and a comic seagull. The show returns to Wellington for the final time this year after a sell-out tour of the North Island.

"Winter comes first ("the earth is sleeping"), and as soon as the snowflakes begin to fall, I know we're in for a magical ride.." Theatreview

When: Sat 26 Sept - Sat 10 October (excluding Sunday's)
Mon-Fri 10am & 11.30am, Sat 11am & 2pm (Sat 26 Sept 2pm only)
Duration: 45 minutes
Venue: Capital E McKenzie Theatre
Price: \$10.50 per person. \$38 for a group of four. \$8.50 per person for groups of 10 or more. Under two free.

For further media enquiries or images please contact:

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