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# DANCE & POMS

Our Dance Program Runs For Approximately 29 Weeks From September 10 - May 11.

Please check the calendar for your days off. It will be posted by the doors to the dance room and online.

**\*\*Please make sure you read the IMPORTANT INFORMATION on the bottom of page 13.\*\***

**\*\*It is HIGHLY recommended you attend the first day of class with your child to receive the 1st day letter.\*\***

Monday Classes - Miss Gianna			
Time	Class	Program #	Fees
4:00 - 4:30 p.m.	Tap 1	502501-01	\$116R/\$121NR
4:30 - 5:00 p.m.	Ballet 1	502502-01	\$116R/\$121NR
5:00 - 5:30 p.m.	Jazz 1	502533-01	\$116R/\$121NR
5:30 - 6:00 p.m.	Hip Hop 1	502505-01	\$116R/\$121NR
6:00 - 6:30 p.m.	Ballet 1	502502-02	\$116R/\$121NR
6:45 - 7:15 p.m.	Mini Poms A/B	502507-01	\$141R/\$146NR
7:15 - 7:45 p.m.	Pre-Ballet	502502-03	\$116R/\$121NR
7:45 - 8:30 p.m.	Varsity Poms A	502507-03	\$151R/\$156NR
8:30 - 9:15 p.m.	Hip Hop 6	502505-06	\$126R/\$131NR
Tuesday Classes - Miss Eirene			
3:30 - 4:00 p.m.	Pre-Ballet	502502-04	\$116R/\$121NR
4:00 - 4:30 p.m.	Ballet 2	502502-05	\$116R/\$121NR
4:30 - 5:00 p.m.	Tap 2	502501-02	\$116R/\$121NR
5:00 - 5:45 p.m.	Jazz 2	502533-02	\$126R/\$131NR
Tuesday Classes - Miss Maddie			
5:45 - 6:15 p.m.	Hip Hop 2	502505-02	\$116R/\$131NR
6:30 - 7:15 p.m.	Hip Hop 4	502505-04	\$126R/\$131NR
7:15 - 8:00 p.m.	Jazz 4	502533-04	\$126R/\$131NR
8:00 - 8:45 p.m.	Ballet 4	502502-06	\$126R/\$131NR
Wednesday Class - Miss Gianna			
4:00 - 4:45 p.m.	Hip Hop 5	502505-05	\$126R/\$131NR
4:45 - 5:30 p.m.	Varsity Poms B	502507-04	\$151R/\$156NR
5:30 - 6:15 p.m.	Lyrical 4	502506-02	\$126R/\$131NR
6:15 - 6:45 p.m.	Tap 4/5	502501-04	\$116R/\$121NR
7:00 - 7:45 p.m.	Jazz 5	502533-05	\$126R/\$131NR
7:45 - 8:30 p.m.	Lyrical 5	502506-03	\$126R/\$131NR
8:30 - 9:15 p.m.	Ballet 5	502502-07	\$126R/\$131NR

**PRE-BALLET (Ages 3 - 5 Years):** In this level we focus on dance and rhythm using exercises that enable the child to discover musicality and creative movement. We will also concentrate on the beginnings of ballet such as skips, gallops, walks, plies, port de bras, and attention to clean and consistent footwork. **BALLET (Ages 5 & Up):** In these levels we use floor exercises that promote coordination, strength and flexibility. As the levels increase additional focus will be placed on the following ballet technique: proper body placement and carriage of the arms and head, free movement, jumps, and traveling across the floor. It is also important that a student learns how to feel and correctly utilize the center core of their body which is the basis of balance and strength in dance. Higher level students should understand advanced concepts of ballet such as placement and alignment of the body, clean footwork, positions of arms and feet, and correct muscle use. The training and expectations, both technical and behavioral, intensifies.

**POINTE (Instructor Permission):** Students in ballet ready to start pointe classes will be allowed on pointe only at the discretion of the teacher. The teacher must be sure the child has strong ankles, feet, and center core. Pointe work takes a great deal of strength and focus and should only be taken by students willing to apply these concepts in class.

**LYRICAL (Levels 3 & Up):** Lyrical can be slow or fast but nonetheless it is style of dance that is a cross between Ballet, Jazz, and Modern dance, dependent on the lyrics of the music. Lyrical steps include reaches, kicks, extensions, leaps, jumps, turns, as well as fouette.

**TAP (Ages 5 - 9 Years):** Children will have fun learning basic tap steps emphasizing basic motor control and rhythmic concepts. **TAP (Ages 9 & Up):** Students will progressively build upon fundamental tap techniques arranged in combinations and performed in the recital. Students will improve the speed and articulation of their footwork in these levels. They will demonstrate ability to dance with equal emphasis on the musicality, posture, and sounds.

**JAZZ (Ages 6 & up):** This is a high-energy dance class, which develops flexibility, rhythm, extension, balance, speed and strong movement in dancers, preparing them for a lifetime of dancing. Students who continue in jazz classes build upon the movements and technique that students have already learned.

**HIP-HOP (Ages 6 & up):** Students will learn different hip-hop techniques. We will use the latest sounds in R&B, alternative rock, acoustic, and pop music.

**POMS:** All poms teams will be performing at the Fall Festival & Children's Christmas Party, along with 4 park district competitions (3 regular and 1 state). There is an additional fee for competitions. Poms girls are also included in the annual recital. **Since Poms is a competing team every child must take at least one additional class. i.e. jazz, ballet, or hip hop. You cannot take just Poms.** **MINI DIVISION (K - 2nd):** They will be learning performance skills and dance techniques with pom arms and jazz incorporated combos and routines. **JUNIOR DIVISION (3rd - 5th):** The girls will gain performance skills and pom techniques along with jazz techniques. **VARSITY DIVISION (6th & Up):** These girls will learn a variety of advanced skills to help them improve their performance, pom, and overall dance skills to further themselves in junior high and high school dance teams.

**TECHNIQUE:** This class consists of going back to the basics of dance. The class hopes to improve technique in all steps and styles of dance including Ballet, Jazz, Pointe, and Lyrical. This class not only practices kicks, jumps, leaps, turning leaps, and turns but it will also use the Ballet barre to improve the basic technique mechanics needed to perform every dance step as well as improve flexibility to improve jumps, leaps, and kicks. This is not a recital class.

# DANCE & POMMS

# 13

Thursday Classes - Miss Liz			
Time	Class	Program #	Fees
4:00 - 4:45 p.m.	Performance A	502504-01	\$190R/\$195NR
4:45 - 5:30 p.m.	Intermediate Technique	502509-01	\$165R/\$170NR
5:30 - 6:15 p.m.	Performance B	502504-02	\$190R/\$195NR
6:30 - 7:30 p.m.	Jazz 6	502533-06	\$207R/\$212NR
7:30 - 8:30 p.m.	Ballet 6	502502-08	\$207R/\$212NR
8:30 - 9:30 p.m.	Lyrical 6	502506-04	\$207R/\$212NR
Friday Classes - Miss Kasia			
4:00 - 4:30 p.m.	Pre-Ballet	502502-09	\$116R/\$121NR
4:30 - 5:15 p.m.	Ballet 3	502502-10	\$126R/\$131NR
5:15 - 6:00 p.m.	Lyrical 3	502506-01	\$126R/\$131NR
6:00 - 6:30 p.m.	Tap 3	502501-03	\$116R/\$121NR
6:45 - 7:30 p.m.	Jazz 3	502533-03	\$126R/\$131NR
7:30 - 8:15 p.m.	Hip Hop 3	502505-03	\$126R/\$131NR
8:15 - 9:00 p.m.	Junior Poms	502507-02	\$151R/\$156NR
Saturday Classes - Miss Liz			
10:00 - 10:45 a.m.	Performance C	502504-03	\$190R/\$195NR
10:45 - 11:30 a.m.	Performance D	502504-04	\$190R/\$195NR
11:30 - 12:15	Advanced Technique	502509-02	\$165R/\$170NR
12:15 - 12:45 p.m.	Intermediate Pointe	502502-12	\$123R/\$128NR
1:00 - 1:45 p.m.	Advanced Lyrical	502506-05	\$165R/\$170NR
1:45 - 2:45 p.m.	Performance Jazz/Lyrical	502504-05	\$233R/\$238NR
2:45 - 3:45 p.m.	Advanced Jazz	502533-07	\$207R/\$212NR
3:45 - 4:45 p.m.	Advanced Ballet	502502-11	\$207R/\$212NR
4:45 - 5:30 p.m.	Advanced Pointe	502502-13	\$165R/\$170NR
5:30 - 6:00 p.m.	Tap 6/Advanced Tap	502501-05	\$123R/\$128NR

## HHPD PERFORMANCE TEAM

A performance dancer will be able to take part in the following activities depending on your own schedule and commitment. In the past HHPD dancers have performed at Great America, Disney World, Disneyland, the children's division of the Joffrey Nutcracker, and Dance Chicago.

**Required Performances:** Weekend dance performances in Chicago (approximately cost is \$60 per dance per dancer) and there will also be 3-4 Park District competitions at a cost of approximately \$15 each.

**Optional Performances:** Weekend dance convention in Chicago (approximate cost per dancer is \$270), a performance at Great America (approximate cost per dancer is \$38). This year there will be the first ever Winter Dance Trip (end of December) to Disney and Universal (approximate cost \$1,500 per person, approx. 8 days). There will also be a performance and masters class in New York over the summer (cost per dancer for the entire trip is approximately \$1,500 for 10 days).

**In order to be on our performance team it is required that you take at least one other class (ballet, lyrical, jazz, hip hop, or technique) with us. You cannot take just performance.**



## IMPORTANT INFORMATION

- \* The first two weeks are preliminary. You/your child could be asked to change class levels. Please follow teacher recommendations.
- \* If you have never danced with us before please speak with Miss Tammy or Miss Liz for placement.
- \* It is recommended you attend the first day of class with your child. Important information will be sent home about where to buy shoes, days off, emails and our website.
- \* Please make sure the office has an e-mail address on file. This is the only way to stay updated with important information about your child's class. We have over 200 households in our classes, we are unable to call everyone. All important information is also put on our website, so check it often.
- \* Register early! The Park District cannot save a spot in any class for any reason. All classes are held at the Cynthia Neal Center unless noted.
- \* No snow days will be made up. Dance classes will be held at Krueger Park May 6-11.
- \* No Refunds once dance begins and not for medical reasons.
- \* Spring recital costumes average between \$55.00 and \$65.00 per class. Nude leotards are required for all children who have costume changes. The cost of the leotard is approximately \$12.00. Tan tights are also required and the cost is approximately \$6.00 - \$13.00. Costume fees will be due in November. Any costume order turned in after December 1 will be charged a late fee per costume.
- \* This year's recital is tentatively set for Sunday, May 19th at Carl Sandburg High School, and the show times will be available at a later date. Show times are dependent on enrollment. Ticket sales will be a random draw from the floor right, floor center, floor left, or the balcony. You will be allowed a certain number of tickets per dancer, per show. **\*\*If you wish to attend the dance recital you will have to purchase tickets in advance. Information for ticket prices and sale dates will be posted approximately in April. Recital tickets are NOT included in the cost of the class\*\***
- \*\*ADDITIONAL COSTS\*\*:** There are additional costs to our dance program and include, but are not limited to: **Required:** Shoes, recital costume, recital tights, recital leotard, & recital tickets; **Optional:** Recital pictures, recital DVD, & fundraising.