

# 12

# DANCE & POMS

Our Dance Program Runs For Approximately 29 Weeks From September 11 - May 12.

Please check the calendar for your days off. It is 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	802801-01	\$114 R/\$119 NR
4:30 - 5:00 p.m.	Ballet 1	802802-01	\$114 R/\$119 NR
5:00 - 5:30 p.m.	Jazz 1	802833-01	\$114 R/\$119 NR
5:30 - 6:00 p.m.	Hip Hop 1	802805-01	\$114 R/\$119 NR
6:00 - 6:30 p.m.	Ballet 1	802802-02	\$114 R/\$119 NR
6:30 - 7:00 p.m.	Mini Poms A	802807-01	\$139 R/\$144 NR
7:00 - 7:30 p.m.	Pre-Ballet	802802-03	\$114 R/\$119 NR
7:30 - 8:00 p.m.	Mini Poms B	802807-02	\$139 R/\$144 NR
8:00 - 8:45 p.m.	Varsity Poms	802807-04	\$149 R/\$154 NR
Tuesday Classes - Miss Gianna			
3:30 - 4:00 p.m.	Pre-Ballet	802802-04	\$114 R/\$119 NR
4:00 - 4:30 p.m.	Ballet 2	802802-05	\$114 R/\$119 NR
4:30 - 5:00 p.m.	Tap 2	802801-02	\$114 R/\$119 NR
5:00 - 5:45 p.m.	Jazz 2	802833-02	\$124 R/\$129 NR
5:45 - 6:15 p.m.	Hip Hop 2	802805-02	\$114 R/\$119 NR
6:30 - 7:15 p.m.	Hip Hop 4	802805-04	\$124 R/\$129 NR
7:15 - 8:00 p.m.	Jazz 4	802833-04	\$124 R/\$129 NR
8:00 - 8:45 p.m.	Ballet 4	802802-06	\$124 R/\$129 NR
Wednesday Class - Miss Gianna			
4:00 - 5:00 p.m.	Hip Hop 5/6	802805-05	\$137 R/\$142 NR
Wednesday Classes - Miss Liz			
5:00 - 5:45 p.m.	Lyrical 4	802806-02	\$163 R/\$168 NR
5:45 - 6:15 p.m.	Tap 4/5	802801-04	\$121 R/\$126 NR
6:15 - 7:00 p.m.	Jazz 5	802833-05	\$163 R/\$168 NR
7:00 - 7:45 p.m.	Lyrical 5	802806-03	\$163 R/\$168 NR
7:45 - 8:30 p.m.	Ballet 5	802802-07	\$163 R/\$168 NR
8:30 - 9:00 p.m.	Intermediate Pointe	802802-13	\$121 R/\$126 NR
9:00 - 9:45 p.m.	Int. Jumps, Leaps, Turns, & Tricks	802809-01	\$163 R/\$168 NR

**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):** This class is defined by a fusion of jazz, ballet and contemporary dance techniques. Lyrical dancing is performed to music with lyrics to inspire movements to express strong emotions the choreographer feels from the lyrics in the chosen song.

**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, tap, 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.

**JUMPS, LEAPS, TURNS, & TRICKS:** This class consists of focusing on the foundation of dance technique. The class hopes to improve technique in all steps and styles of dance including Ballet, Jazz, and Lyrical. These classes not only practices jumps, leaps, and turns but they will also use the Ballet barre to improve the over all technique and flexibility to perform every dance step. 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	802804-01	\$188 R/\$193 NR
4:45 - 5:45 p.m.	Performance B	802804-02	\$231 R/\$236 NR
5:45 - 6:45 p.m.	Ballet 6	802802-08	\$205 R/\$210 NR
6:45 - 7:45 p.m.	Lyrical 6	802806-04	\$205 R/\$210 NR
7:45 - 8:45 p.m.	Jazz 6	802833-06	\$205 R/\$210 NR
8:45 - 9:45 p.m.	Performance C	802804-03	\$231 R/\$236 NR
Friday Classes -			
4:00 - 4:30 p.m.	Pre-Ballet	802802-09	\$114 R/\$119 NR
4:30 - 5:15 p.m.	Ballet 3	802802-10	\$124 R/\$129 NR
5:15 - 5:45 p.m.	Tap 3	802801-03	\$114 R/\$119 NR
5:45 - 6:30 p.m.	Jazz 3	802833-03	\$124 R/\$129 NR
6:30 - 7:15 p.m.	Hip Hop 3	802805-03	\$124 R/\$129 NR
7:15 - 8:00 p.m.	Lyrical 3	802806-01	\$124 R/\$129 NR
8:00 - 8:45 p.m.	Junior Poms	802807-03	\$149 R/\$154 NR
Saturday Classes -			
9:00 - 9:30 a.m.	Pre-Ballet	802802-11	\$114 R/\$119 NR
9:30 - 10:00 a.m.	Jazz 2	802833-07	\$114 R/\$119 NR
10:00 - 10:30 a.m.	Hip Hop 2	802805-06	\$114 R/\$119 NR
Saturday Classes - Mrs. Liz			
11:30 - 12:15 p.m.	Adv. Jumps, Leaps, Turns, & Tricks	802809-02	\$163 R/\$168 NR
12:15 - 1:15 p.m.	Performance Jazz	802804-04	\$231 R/\$236 NR
1:15 - 2:15 p.m.	Performance Lyrical	802804-05	\$231 R/\$236 NR
2:15 - 3:15 p.m.	Advanced Ballet	802802-12	\$205 R/\$210 NR
3:15 - 4:00 p.m.	Advanced Pointe	802802-14	\$163 R/\$168 NR
4:00 - 5:00 p.m.	Advanced Jazz	802833-08	\$205 R/\$210 NR
5:00 - 5:30 p.m.	Tap 6/Adv. Tap	802801-05	\$121 R/\$126 NR

## HHPD PERFORMANCE TEAM

A performance dancer will be able to take part in the following activities depending on your own schedule and commitment.

**Required Performances:** Weekend dance performance in Chicago (approximately cost is \$40 per dance per dancer), Midwest Nationals (approximately cost is \$46 per dance per dancer plus transportation and lodging). There will also be 3-4 Park District competitions at a cost of approximately \$13 each.

**Optional Performances:** Weekend dance convention in Chicago (approximately cost per dancer is \$200), and a performance at Great America (approximately cost per dancer is \$35). In the past HHPD dancers have performed at Great America, Disney World, Disneyland, the children's division of the Joffrey Nutcracker and Dance Chicago.

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

### Dance Workout Class 802810-01

This is a workout class that specifies in certain workouts that help dancers such as cardio, abs, and arms. We focus on correct stretching exercises that keeps up and improves your flexibility. We will also review choreography that you want to improve on or learn. **NOTE: All skill levels are welcome and we will work at your own pace.**

**Dates:** October 7 - November 11  
**Day:** Saturday  
**Time:** 10:30 - 11:30 a.m.  
**Ages:** 6 years & up  
**Instructor:** Miss Danielle  
**Fee:** \$54 Res.; \$59 Non-Res.

## 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 10-13 .
- \* 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 - \$12.00. 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 21st 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, & fund-raising.