

# DANCE & POMs

**Due to COVID-19 parents WILL NOT be able to stay in the lobby. We will walk the children out to you at the end of class.**

**Our Dance Program Runs For Approximately 29 Weeks From September 14 - May 8.**

**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.\*\***

Monday Classes			
Time	Class	Program #	Fees
4:00 - 4:30 p.m.	Tap 1	702701-01	\$119R/\$124NR
4:30 - 5:00 p.m.	Ballet 1	702702-01	\$119R/\$124NR
5:00 - 5:30 p.m.	Jazz 1	702733-01	\$119R/\$124NR
5:30 - 6:00 p.m.	Hip Hop 1	702705-01	\$119R/\$124NR
6:00 - 6:30 p.m.	Ballet 1	702702-02	\$119R/\$124NR
Monday Classes - Miss Gianna			
6:45 - 7:15 p.m.	Mini Poms	702707-01	\$144R/\$149NR
7:15 - 8:00 p.m.	Varsity Poms A	702707-03	\$154R/\$159NR
8:00 - 8:45 p.m.	Hip Hop 5/6	702705-05	\$129R/\$134NR
8:45 - 9:30 p.m.	Advanced Hip Hop	702705-06	\$129R/\$134NR
Tuesday Classes - Miss Sarah			
3:30 - 4:00 p.m.	Pre-Ballet	702702-04	\$119R/\$124NR
4:05 - 4:35 p.m.	Ballet 2	702702-05	\$119R/\$124NR
4:35 - 5:05 p.m.	Tap 2	702701-02	\$119R/\$124NR
5:05 - 5:50 p.m.	Jazz 2	702733-02	\$129R/\$134NR
5:50 - 6:20 p.m.	Hip Hop 2	702705-02	\$119R/\$124NR
6:30 - 7:15 p.m.	Hip Hop 4	702705-04	\$129R/\$134NR
7:15 - 8:00 p.m.	Jazz 4	702733-04	\$129R/\$134NR
8:00 - 8:45 p.m.	Ballet 4	702702-06	\$129R/\$134NR
Wednesday Classes - Miss Sarah			
4:00 - 4:45 p.m.	Varsity Poms B	702707-04	\$154R/\$159NR
4:45 - 5:30 p.m.	Lyrical 4	702706-02	\$129R/\$134NR
5:30 - 6:00 p.m.	Tap 4/5	702701-04	\$119R/\$124NR
6:00 - 6:30 p.m.	Pre-Ballet	702702-03	\$119R/\$124NR

**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 & up):** Children will have fun learning basic tap steps emphasizing basic motor control and rhythmic concepts. Higher level 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 lev-

els. They will demonstrate ability to dance with equal emphasis on the musicality, posture, and sounds.

**JAZZ (Ages 5 & 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 5 & 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.

Thursday Classes - Miss Liz			
Time	Class	Program #	Fees
4:00 - 4:45 p.m.	Performance A	702704-01	\$193R/\$198NR
4:45 - 5:30 p.m.	Intermediate Technique	702709-01	\$168R/\$173NR
5:30 - 6:15 p.m.	Performance B	702704-02	\$193R/\$198NR
6:30 - 7:30 p.m.	Jazz 6	702733-06	\$210R/\$215NR
7:30 - 8:30 p.m.	Ballet 6	702702-08	\$210R/\$215NR
8:30 - 9:30 p.m.	Lyrical 6	702706-04	\$210R/\$215NR
Friday Classes - Miss Megan			
4:00 - 4:30 p.m.	Pre-Ballet	702702-09	\$119R/\$124NR
4:35 - 5:20 p.m.	Ballet 3	702702-10	\$129R/\$134NR
5:20 - 6:05 p.m.	Lyrical 3	702706-01	\$129R/\$134NR
Friday Classes - Miss Sarah			
6:15 - 6:45 p.m.	Tap 3	702701-03	\$119R/\$124NR
6:45 - 7:30 p.m.	Jazz 3	702733-03	\$129R/\$134NR
7:30 - 8:15 p.m.	Hip Hop 3	702705-03	\$129R/\$134NR
8:15 - 9:00 p.m.	Junior Poms	702707-02	\$154R/\$159NR
Saturday Classes - Miss Liz			
10:00 - 10:45 a.m.	Performance C	702704-03	\$193R/\$198NR
10:45 - 11:30 a.m.	Advanced Lyrical	702706-05	\$168R/\$173NR
11:30 - 12:15 p.m.	Advanced Technique	702709-02	\$168R/\$173NR
12:15 - 12:45 p.m.	Tap 6/Advanced Tap	702701-05	\$126R/\$131NR
1:00 - 1:30 p.m.	Intermediate Pointe	702702-12	\$126R/\$131NR
1:00 - 2:00 p.m.	Advanced Pointe	702702-13	\$210R/\$215NR
2:00 - 3:00 p.m.	Advanced Ballet	702702-11	\$210R/\$215NR
3:00 - 4:00 p.m.	Advanced Jazz	702733-07	\$210R/\$215NR
4:00 - 4:45 p.m.	Performance Jazz	702704-05	\$193R/\$198NR
4:45 - 5:30 p.m.	Performance Lyrical	702704-06	\$193R/\$198NR

## 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 & Optional Performances:** Due to COVID-19 we do not know if we will have any outside performances. We will still have the performance team.

**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 DANCE INFORMATION:

**\* If you were in classes last year, sign up for the same class this year. No one is moving.**

\* If you have never danced with us before please speak with Miss Tammy or Miss Liz for placement.

\* Upon registration you will need to sign off on the parent/student handbook. In this handbook you will find all of the important information needed regarding the dance program, from conduct to additional costs to spring

recital costume fees, recital ticket fees, dates, and times. Depending on COVID-19, there may not be a recital.

\* 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 web site, so check it often.

\* No Refunds once dance begins, even for medical reasons.

\* No snow days will be made up, however in event of a snow day we may offer virtual classes.

\* Register early! We can only have a max of 12 students in a class. The Park District cannot save a spot in any class for any reason.

\* Face masks must be worn when social distancing cannot be done.

\* Due to COVID-19 the dancer will have an option to be in person or virtual. You will need to decide which you would like to do, and let us know when you register. This will be in effect until at least the end of December. At that time we will re-evaluate what our options are. We may also hold a virtual class for everyone depending on weather and COVID-19.

\* Classes will be held at Krueger Park for the month of September & October 1st, 2nd, & 3rd. The remainder of the classes will be held at the Cynthia Neal Center.