

# DANCE & POMS

**Our Dance Program Runs For Approximately 29 Weeks From September 10 - May 7.**

**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 - Miss Isabella			
Time	Class	Program #	Fees
4:00 - 4:30 PM	Tap 1	802801-01	\$120R/\$125NR
4:30 - 5:00 PM	Ballet 1	802802-01	\$120R/\$125NR
5:00 - 5:30 PM	Jazz 1	802833-01	\$120R/\$125NR
5:30 - 6:00 PM	Hip Hop 1	802805-01	\$120R/\$125NR
6:00 - 6:30 PM	Ballet 1	802802-02	\$120R/\$125NR
Monday Classes - Miss Gianna			
6:45 - 7:15 PM	Mini Poms	802807-01	\$145R/\$150NR
7:15 - 8:00 PM	Varsity Poms A	802807-03	\$155R/\$160NR
8:00 - 8:45 PM	Hip Hop 5/6	802805-05	\$130R/\$135NR
8:45 - 9:30 PM	Advanced Hip Hop	802805-06	\$130R/\$135NR
Tuesday Classes - Miss Isabella			
3:30 - 4:00 PM	Pre-Ballet	802802-04	\$120R/\$125NR
4:05 - 4:35 PM	Ballet 2	802802-05	\$120R/\$125NR
Tuesday Classes - Miss Sarah			
4:35 - 5:05 PM	Tap 2	802801-02	\$120R/\$125NR
5:05 - 5:50 PM	Jazz 2	802833-02	\$130R/\$135NR
5:50 - 6:20 PM	Hip Hop 2	802805-02	\$120R/\$125NR
6:30 - 7:15 PM	Hip Hop 4	802805-04	\$130R/\$135NR
7:15 - 8:00 PM	Ballet 4	802802-06	\$130R/\$135NR
8:00 - 8:45 PM	Jazz 4	802833-04	\$130R/\$135NR
Wednesday Classes - Miss Sarah			
4:00 - 4:45 PM	Varsity Poms B	802807-04	\$155R/\$160NR
4:45 - 5:30 PM	Lyrical 4	802806-02	\$130R/\$135NR
5:30 - 6:00 PM	Tap 4/5	802801-04	\$120R/\$125NR
6:00 - 6:30 PM	Pre-Ballet	802802-03	\$120R/\$125NR

**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 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 techniques: proper body placement and carriage of the arms and head, free movement, jumps, and traveling across the floor. It is vital 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 with each level.

**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 to maintain proper technique and to prevent injury.

**LYRICAL (Levels 3 & Up):** Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions the choreographer and dancer feel from the lyrics of the song. Lyrical steps include reaches, extensions, leaps, jumps, turns.

**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 as level increase.

**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 perform 2 or 3 competitions TBA. 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 prepare them for junior high and high school dance teams.

**TECHNIQUE:** This class consists of going back to the basics of dance. This class will build off of prior knowledge and ability to develop precision and accuracy in technical skills. Students will work on proper alignment, strength, flexibility, understanding of body awareness and mobility to help improve their execution of leaps, turns, jumps and other dance skills/tricks. This is not a recital class.

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## Wednesday Classes - Miss Liz

Time	Class	Program #	Fees
6:30 - 7:15 PM	Performance C	802804-03	\$194R/\$199NR
7:15 - 8:00 PM	Advanced Technique	802809-02	\$169R/\$174NR
8:00 - 8:45 PM	Performance Jazz	802804-05	\$194R/\$199NR
8:45 - 9:30 PM	Performance Lyrical	802804-06	\$194R/\$199NR

## Thursday Classes - Miss Liz

4:00 - 4:45 PM	Performance A	802804-01	\$194R/\$199NR
4:45 - 5:30 PM	Intermediate Technique	802809-01	\$169R/\$174NR
5:30 - 6:15 PM	Performance B	802804-02	\$194R/\$199NR
6:30 - 7:30 PM	Lyrical 5/6	802806-04	\$211R/\$216NR
7:30 - 8:30 PM	Ballet 5/6	802802-08	\$211R/\$216NR
8:30 - 9:30 PM	Jazz 5/6	802833-06	\$211R/\$216NR

## Friday Classes - Miss Sarah

4:00 - 4:30 PM	Pre-Ballet	802802-09	\$120R/\$125NR
4:35 - 5:20 PM	Ballet 3	802802-10	\$130R/\$135NR
5:20 - 6:05 PM	Lyrical 3	802806-01	\$130R/\$135NR

## Friday Classes - Miss Sarah

6:15 - 6:45 PM	Tap 3	802801-03	\$120R/\$125NR
6:45 - 7:30 PM	Jazz 3	802833-03	\$130R/\$135NR
7:30 - 8:15 PM	Hip Hop 3	802805-03	\$130R/\$135NR
8:15 - 9:00 PM	Junior Poms	802807-02	\$155R/\$160NR

## Saturday Classes - Miss Liz

10:00 - 10:45 AM	Advanced Lyrical	802806-05	\$169R/\$174NR
10:45 - 11:15 PM	Tap 6/Advanced Tap	802801-05	\$127R/\$132NR
11:30 - 12:00 PM	Intermediate Pointe	802802-12	\$127R/\$132NR
11:30 - 12:30 PM	Advanced Pointe	802802-13	\$211R/\$216NR
12:30 - 1:30 PM	Advanced Ballet	802802-11	\$211R/\$216NR
1:30 - 2:30 PM	Advanced Jazz	802833-07	\$211R/\$216NR

## HHPD PERFORMANCE TEAM

The HHPD Company Dancers are offered the opportunity to participate in competitions and showcases in the Chicagoland area as well as out of state. In the past HHPD dancers have performed at Great America, Disney World, Disneyland, Legere Nutcracker, the children's division of the Joffrey Ballet Nutcracker, and Dance Chicago.

**Required Performances:** 2 weekend dance performances in Chicago (approximate cost is \$65.00 per dance). A performance at Great America (covid pending-approximate cost is \$40.00 per dancer)

**Optional Performances:** Weekend dance convention in Chicago approximately \$250.00 for the weekend of classes.

**Travel Year:** Performance and classes in Florida. The dance team participates in a class and performance at Walt Disney World and Universal Studios. The cost of the trip is approximately \$1,250 per person (includes 4 nights at Disney area hotel, Disney 4 day Park hopper, 3 nights Universal Studio hotel, 2 day Universal park hopper and \$89.00 per person fast pass included in cost) You are responsible for your own food and transportation. More information to follow at your first class.

**In order to be on the performance team it is required that you take at least one other class (ballet, lyrical, jazz, hip hop or technique) You cannot just take a performance class. All performance team members are highly encouraged to take technique.**

## IMPORTANT DANCE INFORMATION:

\* The first two-weeks are preliminary. You/

your child may be asked to change class levels. We ask you please follow the instructors recommendations

\*Never danced with us before? Please speak with Ms. Tammy or Ms. 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 such as: conduct, additional costs, spring recital costume fees, recital ticket fees, dates, and times. Depending on COVID-19, there may not be a recital, however, the tentative date is Sunday, May 15th.

\* Make sure the office has an **updated** e-mail address on file. This is the only way to stay current 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 our website (hhparkdistrict.org) 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.

\* 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, view days, emails we send out, and our website. **\* ADDITIONAL COSTS:** There are additional costs to our dance program that include, but not limited to, the **required** shoes, recital costume, recital tights, recital leotard, & recital tickets. **Optional expenses** include: recital pictures, recital DVD or Blu-Ray, and fundraising.