

DANCE & POMS

Our Dance Program Runs For Approximately 29 Weeks From September 15 - 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 11.****

Monday Classes - Miss Gianna			
Time	Class	Program #	Fees
3:30 - 4:00 p.m.	Pre-Ballet	602602-04	\$124R/\$129NR
Monday Classes - Miss Isabella			
4:00 - 4:30 p.m.	Tap 1	602601-01	\$124R/\$129NR
4:30 - 5:00 p.m.	Ballet 1	602602-01	\$124R/\$129NR
5:00 - 5:30 p.m.	Jazz 1	602633-01	\$124R/\$129NR
5:30 - 6:00 p.m.	Hip Hop 1	602605-01	\$124R/\$129NR
Monday Classes - Miss Adelina			
6:00 - 6:30 p.m.	Ballet 1	602602-02	\$124R/\$129NR
6:30 - 7:00 p.m.	Mini Poms	602607-01	\$149R/\$154NR
Monday Classes - Miss Emily			
7:15 - 8:00 p.m.	Varsity Poms A	602607-03	\$159R/\$164NR
8:00 - 8:45 p.m.	Hip Hop 5/6	602605-05	\$134R/\$139NR
8:45 - 9:30 p.m.	Advanced Hip Hop	602605-06	\$134R/\$139NR
Tuesday Classes - Miss Aryanna			
4:00 - 4:30 p.m.	Ballet 2	602602-05	\$124R/\$129NR
4:30 - 5:00 p.m.	Tap 2	602601-02	\$124R/\$129NR
5:00 - 5:45 p.m.	Jazz 2	602633-02	\$134R/\$139NR
5:45 - 6:15 p.m.	Hip Hop 2	602605-02	\$124R/\$129NR
Tuesday Classes - Miss Sarah			
6:30 - 7:15 p.m.	Hip Hop 4	602605-04	\$134R/\$139NR
7:15 - 8:00 p.m.	Ballet 4	602602-06	\$134R/\$139NR
8:00 - 8:45 p.m.	Jazz 4	602633-04	\$134R/\$139NR
Wednesday Classes - Miss Sarah			
4:00 - 4:45 p.m.	Varsity Poms B	602607-04	\$159R/\$164NR
4:45 - 5:30 p.m.	Lyrical 4	602606-02	\$134R/\$139NR
5:30 - 6:00 p.m.	Tap 4/5	602601-04	\$124R/\$129NR
6:00 - 6:30 p.m.	Pre-Ballet	602602-03	\$124R/\$129NR

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. 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 techniques. It is performed to music that it inspires expression of strong emotions the choreographer and dancer feel from the lyrics of the song. Lyrical steps

include combinations of movement and technical steps.

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 focus on jazz classes build upon the movements and foundational techniques that becomes helpful for the team.

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 Children's Christmas Party, along with 2 or 3 other 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), JUNIOR DIVISION (3rd - 5th), VARSITY DIVISION (6th & Up)**

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.

Wednesday Classes - Miss Liz

Time	Class	Program #	Fees
6:30 - 7:15 p.m.	Performance C	602604-03	\$198R/\$203NR
7:15 - 8:00 p.m.	Advanced Technique	602609-02	\$173R/\$178NR
8:00 - 8:45 p.m.	Performance Jazz	602604-05	\$198R/\$203NR
8:45 - 9:30 p.m.	Performance Lyrical	602604-06	\$198R/\$203NR

Thursday Classes - Miss Liz

4:00 - 4:45 p.m.	Performance A	602604-01	\$198R/\$203NR
4:45 - 5:30 p.m.	Intermediate Technique	602609-01	\$173R/\$178NR
5:30 - 6:15 p.m.	Performance B	602604-02	\$198R/\$203NR
6:30 - 7:30 p.m.	Ballet 5/6	602602-08	\$215R/\$220NR
7:30 - 8:15 p.m.	Lyrical 5/6	602606-04	\$215R/\$220NR
8:15 - 9:15 p.m.	Jazz 5/6	602633-06	\$215R/\$220NR

Friday Class - Miss Gianna

4:00 - 4:30 p.m.	Pre-Ballet	602602-09	\$124R/\$129NR
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Friday Classes - Miss Sarah

4:30 - 5:15 p.m.	Ballet 3	602602-10	\$134R/\$139NR
5:15 - 6:00 p.m.	Lyrical 3	602606-01	\$134R/\$139NR
6:00 - 6:30 p.m.	Tap 3	602601-03	\$124R/\$129NR
6:30 - 7:15 p.m.	Jazz 3	602633-03	\$134R/\$139NR
8:00 - 8:45 p.m.	Junior Poms	602607-02	\$159R/\$164NR
7:15 - 8:00 p.m.	Hip Hop 3	602605-03	\$134R/\$139NR

Saturday Classes - Miss Liz

10:00 - 10:30 a.m.	Heals	602601-05	\$131R/\$136NR
10:30 - 11:15 p.m.	Advanced Lyrical	602606-05	\$174R/\$179NR
11:30 - 12:00 p.m.	Intermediate Pointe	602602-12	\$131R/\$136NR
12:30 - 12:30 p.m.	Advanced Pointe	602602-13	\$215R/\$220NR
12:30 - 1:30 p.m.	Advanced Ballet	602602-11	\$215R/\$220NR
1:30 - 2:30 p.m.	Advanced Jazz	602633-07	\$215R/\$220NR

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.

Registration Fee/Auditions: All Participants who would like to join the performance team must pay the registration fee and attend an audition.

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. Recital is tentative date is Sunday, May 19th.
- * 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.
- * 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 Blu-Ray, or jump drive, and fundraising.