



## Park District Dancers

### Class Descriptions:

**Parent/Tot:** Parent/tot classes are designed for parents to help guide their child through stretching, obstacle courses, props, games and musical dances. Parents will follow instructions given by the instructor. Our goal for this class is to develop friendships, confidence, balance, following directions and structured learning. We want your child to feel confident enough to become independent so she/he can continue to move on to our other dance/tumbling classes.

**Pre-Dance:** Classes are especially designed for the 3 and 4 year olds, including an introduction to music, dance, rhythm, coordination, and creative movement. Each class is 45 minutes and combines ballet/tap or ballet/tumbling. The basic principles of body and spatial awareness, coordination, rhythm and an overall feel for music are developed while incorporating the fundamentals of dance. These fundamentals are introduced and developed throughout the course in a playful and non-competitive environment. Leotard, tights, and leather or canvas ballet shoes are required.

**Ballet/Tumbling or Ballet/Tap:** Classical ballet training for students 5 years of age and older or instructor approval. The grace of ballet and flexibility of tumbling come together in these energetic classes. Basic tumbling and ballet skills will be taught in a fun and interactive environment. Each level of instruction is offered with ballet/tap technique, music, rhythm and tap routines. Leotard, tights, and leather or canvas ballet shoes are required.

**Hip-Hop/Jazz:** Have fun creating new dances in this innovative class for the beginner that emphasizes flexibility and balance using current music. It improves coordination and helps build confidence while teaching rhyme and modern music appreciation. Comfortable clothing and gym shoes required for attire.

**Dance Tumbling/Conditioning:** Classes for students 5 years of age and older. These classes include an extensive warm-up, stretching, and mat work. No other equipment is included in this program. The emphasis is on good, strong acrobatic tumbling technique. Comfortable clothing and gym shoes required for attire.

**Jazz/Lyrical:** A dance form that combines ballet and jazz. Classes include ballet warm-up, jazz progressions, stretching, jumps and turns. Leotard, tights, and leather or canvas ballet shoes are required.

**All Boys:** Special all-boys tumbling/hip-hop classes offered. Who says dance is just for girls? Not us for sure! Strength, flexibility, and coordination are only a few benefits your son will receive from taking this class. Whether your son is just beginning to run and climb, or if he's progressed to using your couch as his personal trampoline – we have a class that will harness and direct that enthusiasm in a fun and safe environment! Please wear comfortable clothing and gym shoes.

## Early Childhood

### Lovely Leos

This is an introductory class for your child and you to learn basic ballet using creative music and movement with the help of different props. Balance, coordination, and flexibility will be developed. Music changes every session.

<b>Age:</b> 2-3 yrs/adult	<b>Deadline:</b> 2/1
<b>Sun – Provena Saint Joseph Inwood Athletic Club (Studio 2);</b>	
<b>Mon – Multi-Purpose Center (Room 6/Dance Studio)</b>	
5-2900-12	Sun 2/5-5/6 10:30 am-11 am
5-2901-12	Mon 2/6-5/7 4-4:30 pm
\$150	No Class: 4/1, 4/2, 4/8, 4/9

### Sugar Plum Fairies

This is a beginning movement class for the first time dancer. Music and props will be used to help introduce the basic skills needed to be successful in ballet, hip hop, and jazz.

<b>Age:</b> 3-4 yrs	<b>Deadline:</b> 2/1
<b>Multi-Purpose Center (Room 6/Dance Studio)</b>	
5-2905-12	Mon 2/6-5/7 4:45-5:30 pm
5-2906-12	Thurs 2/9-5/10 5-5:45 pm
\$150	No Class: 4/2, 4/5, 4/9, 4/12

## Youth

### Ballet & Tumbling

The grace of ballet and flexibility of tumbling come together in this energetic class. Basic tumbling and ballet skills will be taught in a fun and interactive environment.

<b>Age:</b> 1-8 yrs	<b>Deadline:</b> 2/1
<b>Sun – Provena Saint Joseph Inwood Athletic Club (Studio 2);</b>	
<b>Sat, Wed, Thurs – Multi-Purpose Center (Room 6/Dance Studio)</b>	
<b>Pre Ballet 1 (3-5 yrs)</b>	5-2910-12 Sun 2/5-5/6 11:15 am-12 pm
<b>Pre Ballet 1 (4-5 yrs)</b>	5-2911-12 Wed 2/8-5/9 4-4:45 pm
<b>Pre Ballet 1 (3-4 yrs)</b>	5-2912-12 Sat 2/4-5/5 9-9:45 am
<b>Ballet &amp; Tumbling (4-5 yrs)</b>	5-2913-12 Thurs 2/9-5/10 4-4:45 pm
<b>Ballet &amp; Tumbling (6-8 yrs)</b>	5-2914-12 Weds 2/8-5/9 5-5:45 pm
\$150	No Class: 4/1, 4/4, 4/5, 4/7, 4/8, 4/11, 4/12, 4/14

### Beginner Tap and Ballet

Students will be taught the basic elements of tap and ballet. Flaps, shuffles and basic ballet techniques are set to creative and fun combinations.

<b>Age:</b> 4-8 yrs	<b>Deadline:</b> 2/1
<b>Sun – Provena Saint Joseph Inwood Athletic Club (Studio 2);</b>	
<b>Sat, Mon, Thurs – Multi-Purpose Center (Room 6/Dance Studio)</b>	
5-2915-12	Sun 2/5-5/6 12:15-1 pm
5-2916-12	Mon 2/6-5/7 5:45-6:30 pm
5-2917-12	Thurs 2/9-5/10 6-6:45 pm
5-2918-12	Sat 2/4-5/5 10-10:45 am
\$150	No Class: 4/1, 4/2, 4/5, 4/7, 4/8, 4/9, 4/12, 4/14

### Hip Hop & More

Have fun learning and creating new dances in this innovative class for the beginner and advanced student which emphasizes flexibility and balance using current music. Basic dance techniques of ballet, jazz, tap, and hip hop will be taught.

<b>Age:</b> 4-6 yrs	<b>Deadline:</b> 2/1
<b>Sat &amp; Wed – Multi-Purpose Center (Room 6/Dance Studio) ;</b>	
<b>Sun – Provena Saint Joseph Inwood Athletic Club (Studio 2)</b>	
<b>Boy's Beginner (4-6 yrs)</b>	5-2920-12 Sat 2/4-5/5 11-11:45 am
<b>Girl's Beginner (4-8 yrs)</b>	5-2921-12 Sat 2/4-5/5 1-1:45 pm
<b>Boy's Advanced (7-10 yrs)</b>	5-2922-12 Wed 2/8-5/9 6-6:45 pm
<b>Girl's Advanced (8-10 yrs)</b>	5-2923-12 Sun 2/5-5/6 1-1:45 pm
\$150	No Class: 4/1, 4/4, 4/7, 4/8, 4/11, 4/14

### Dance Poms

Let's shake our poms as we move to the beat. In this class students will be taught the basic elements of poms and dance as well as team spirit, through the use of fun and invigorating combinations.

Age: 4-13 yrs Deadline: 2/1  
 Sun – Provena Saint Joseph Inwood Athletic Club (Studio 2);  
 Sat, Thurs – Multi-Purpose Center (Room 6/Dance Studio)  
**Beginner 1** (4-6 yrs) 5-2925-12 Sun 2/5-5/6 2-2:45 pm  
**Beginner 2** (6-10 yrs) 5-2926-12 Thurs 2/9-5/10 7-7:45 pm  
**Advanced** (10-13 yrs) 5-2927-12 Sat 2/4-5/5 2-2:45 pm  
 \$150 No Class: 4/1, 4/5, 4/7, 4/8, 4/12, 4/14

### Jazz Dance Beginner

Jazz dance utilizes the technique of ballet with a stylized and contemporary approach. Dance fundamentals are developed in this class. Please wear comfortable clothing and jazz shoes. Class advances by age and skill.

Age: 4-10 yrs Deadline: 2/1  
 Multi-Purpose Center (Room 6/Dance Studio)  
**Beginner 1** (4-6 yrs) 5-2930-12 Mon 2/6-5/7 6:45-7:30 pm  
**Intermediate** (6-10 yrs) 5-2931-12 Sat 2/4-5/5 12-12:45 pm  
 \$150 No Class: 4/2, 4/7, 4/9, 4/14



## Joliet Park District Dance Schedule – Winter/Spring 2012

**Class Attire – Students are encouraged to wear traditional dance or yoga attire: leotards, tights, leggings, stretch pants and tops. Ballet technique shoes are worn in ballet classes. Ballet technique shoes and jazz shoes or bare feet may be worn in Modern or Jazz classes.**

Monday	Wednesday	Thursday	Saturday	Sunday
4-4:30pm <b>Lovely Leos</b> Age: 2-3 yrs Miss Tabitha	4-4:45pm <b>Pre-Ballet 1</b> Age: 4-5 yrs Miss Tabitha	4-4:45pm <b>Ballet &amp; Tumbling</b> Age: 4-5 yrs Miss Tabitha	9-9:45am <b>Pre-Ballet 1</b> Age: 3-4 yrs Miss Tabitha	10:30-11am <b>Lovely Leos</b> Age: 2-3 yrs/Adult Miss Wendy
4:45-5:30pm <b>Sugar Plum Fairies</b> Age: 3-4 yrs Miss Tabitha	5-5:45pm <b>Ballet &amp; Tumbling</b> Age: 6-8 yrs Miss Tabitha	5-5:45pm <b>Sugar Plum Fairies</b> Age: 3-4 yrs Miss Tabitha	10-10:45am <b>Beginning Ballet &amp; Tap</b> Age: 4-6 yrs Miss Tabitha	11:15am-12pm <b>Pre-Ballet 1</b> Age: 3-5 yrs Miss Wendy
5:45-6:30pm <b>Beginning Ballet &amp; Tap</b> Age: 4-6 yrs Miss Tabitha	6-6:45pm <b>Boys Advanced Hip Hop</b> Age: 7-10 yrs Miss Tabitha	6-6:45pm <b>Ballet &amp; Tap</b> Age: 6-8 yrs Miss Tabitha	11-11:45pm <b>Boys Beginner Hip Hop</b> Age: 4-6 yrs Miss Tabitha	12:15-1pm <b>Beginning Ballet &amp; Tap</b> Age: 6-8 yrs Miss Wendy
6:45-7:30pm <b>Beginner 1 Jazz</b> Age: 4-6 yrs Miss Tabitha		7-7:45pm <b>Beginner 2 Dance Poms</b> Age: 6-10 yrs Miss Tabitha	12-12:45pm <b>Intermediate Jazz</b> Age: 6-10 yrs Miss Tabitha	1-1:45pm <b>Girls Advanced Hip Hop</b> Age: 8-10 yrs Miss Wendy
			1-1:45pm <b>Girls Beginner Hip Hop</b> Age: 4-8 yrs Miss Tabitha	2-2:45pm <b>Beginner 1 Dance Poms</b> Age: 4-6 yrs Miss Wendy
			2-2:45pm <b>Advanced Dance Poms</b> Age: 10-13 yrs Miss Tabitha	

**Dance Showcase**  
Sun., April 29

