

DP DA

DES PLAINES DANCE ACADEMY

2023-2024

PARENT/DANCER MANUAL



DES PLAINES DANCE ACADEMY

To provide our students with the finest dance instruction through inspiration, artistry, technique and performance.



INSPIRATION ARTISTRY TECHNIQUE PERFORMANCE

Why the DPDA:

- ◆ Professionally trained Dance Staff.
- ◆ Reasonably priced: a fraction of the cost of private studios.
- ◆ Staff works from a detailed Dance Academy Syllabus to maintain consistency among classes.
- ◆ Recital costume fee included in registration.
- ◆ Progressive Ballet Technique Program Certified.
- ◆ Staff is CPR/FA Certified.
- ◆ Discover Dance Certified.
- ◆ Acrobatic Arts Certified.
- ◆ No membership fee.
- ◆ Free Recital T-Shirt & video.
- ◆ Star Student Program.
- ◆ Mid-term testing for Junior and Senior Levels.
- ◆ End of year student evaluations.



WELCOME TO THE DES PLAINES DANCE ACADEMY!

We are pleased that you will be joining us for the **2023–2024 Dance Academy Season**. This will be an exciting year for all students, parents, teachers, assistants, and administrators to DANCE, grow, learn, and succeed together.

Our Philosophy

Dancers, like everyone, come in all different shapes, sizes and abilities. We all have our strengths and weaknesses and our goal at the Des Plaines Dance Academy is to help each individual dancer to SHINE through their strengths and improve upon their weaknesses. Teaching dance is about more than teaching technique, and choreography. Students in our dance program also learn discipline, confidence, how to overcome challenges and how to persevere. These are lessons that will help our dancers succeed in whatever they choose to pursue, be it in the arts, sports, or academics. Our staff is motivated to teach dance for all aspects of life!

If you have any questions or concerns regarding the program, or any other information in this manual, please contact the Dance Academy Hotline at 847-391-6924. You may also send us an email at Natalie.Sanchez@dpparks.org.

Des Plaines Dance Academy Manual

Since 1971, The Des Plaines Park District has provided studio quality instruction and recitals, at a fraction of the cost that you would pay at a private studio. Our teachers are professionally trained dancers, who are committed to the growth and development of each student. Our goal is to offer our students a positive dance experience in a fun and creative environment.

The Des Plaines Dance Academy is divided into ten unique programs:

Performance (Recital)	Adult Dance Classes
Artistry in Motion Dance Co.	POMS Dance Team
Groove Hip-Hop Co.	Acrobatics
Rhythm Tap Co.	Aerial Silks
AiM For the Stars	Discover Dance

Each program is specifically designed to accommodate every individual's desire to dance!

Performance Registration and Payment Plan Information

You will only register one time for the entire 33 week Performance Program

Dance Academy registration begins on Monday, August 14 for Des Plaines Park District residents and on Monday, August 21 for non-residents. *New enrollment will not be accepted after the 6th week of classes (October 23).*

Payment plan: A \$35 processing fee will be added for each payment plan. No payment plans will be accepted after September 11.

1. Fill out a registration form and bring it to the Leisure Center, 2222 Birch Street.
2. An installment billing agreement will be filled out by a Park District staff member.
3. 8 Installment payments will be charged to your credit or debit card on the 20th of each month after the initial payment.
4. You will receive a copy of the installment billing agreement once it has been approved.
5. Any declined payments will be subject to a \$25 penalty fee. Failure to adhere to the payment plan policies will result in your child's inability to participate in class.

For more information about payment plans, please contact the Business Dept. at 847-391-5700.

Des Plaines Dance Academy 2023/2024 Schedule
For a complete list of classes and a detailed schedule, please visit our website at DPParks.org



Our Unique Programs

DiscoverDance/Pre-Dance Early Childhood Program

These beginner level classes are geared towards toddlers ages 18 months through 5 years. The DiscoverDance Early Childhood Program is a series of movement classes designed to introduce children to the creative and expressive world of dance. Each program offers children the opportunity to develop their natural movement ability in a multi-sensory environment. Music, movement, visuals, and props will enhance your dancer's love of the art form and the unique conceptual approach to dance education will provide the opportunity for cognitive growth. Students are expected to follow the Performance Program dress code for each session (pg.9)



Acrobatics

Seasonal - Optional Recital Opportunities

Acrobatics is a style that combines the techniques of classical dance with acrobatic movement. Gymnastic skills add excitement to the discipline. We are proud to offer this new comprehensive program whose simple, thoughtful progressions (Flexibility, Strength, Balancing, Limbering and Tumbling) take the beginner preschool level student from log rolls and summersaults to the advanced student tumbling effortlessly across the floor! The program is designed to teach acro through safe, proper progressions and stresses the importance of alignment and training everything on both sides of the body.

Performance

9 Month Recital Program - 33 Weeks

This program offers training in both technique and performance. Dancers showcase their achievements at our annual dance recital in June, in the beautiful Prairie Lakes Theater. **All registrants of the Performance program are expected, but not required, to participate in the recital.** Please notify your instructor by **November 11** if you do not plan to participate. Notifying your instructor past this date means you will be responsible for the full cost of the costume (*costume orders are placed in December*).

All costume fees are already included in your registration fees.

DiscoverDance/Pre-Dance: \$70 Junior: \$80 Senior/Pointe: \$90

Should you decide not to participate in the recital, you may fill-out a refund request form for the costume fee only (*must be received by November 11*). **Enrollment for recital classes ends October 23.**

During the first few months, classes will focus on technique, gaining flexibility, and building strength. All of our instructors teach from our detailed syllabus, which focuses on nurturing a students complete knowledge of dance. Students are taught terminology and are asked weekly to demonstrate their understanding of it in class. Level-based terminology tests are given throughout the year, and study sheets are available in each dance studio for students to take home and review. It is important for students to not only execute the moves, but to understand their meanings. In the Winter and Spring months, students will expand their knowledge of dance and learn choreography to be performed in our annual June recital.

Aerial Silks

Seasonal - 4 sessions

Aerial Silks combines strength, grace, and flexibility to create a unique type of movement. You will learn to manipulate the silks and move your body in new ways. How to pose, climb, and invert on the silks are just a few of the skills you will learn in addition to conditioning and how to combine poses into unique sequences. Please wear fitted clothing that covers the backs of your knees, underarms, and midsection.

Helping Hands Teacher Assistant Program

Helping Hands Teacher Assistant Program is open to Des Plaines Dance Academy students who are interested in assisting in the classroom, and have a desire to learn how to teach dance. This program experience will afford the participants the opportunity to develop leadership training skills and self-confidence/personal growth while being of service to others. The heart of the HH Program experience is the interaction of HH Assistants with our Dance Academy Staff and program participants. HH Assistants help with beginner level dance classes under the guidance of the adult dance staff. They have an important role in the success of the Dance Academy. HH Assistants should have a sincere desire to assist the staff in working with dance students. We are looking for experienced dancers who want to help and make a commitment. Dancers interested in becoming a HH Assistant or finding out more information can contact Natalie at Natalie.Sanchez@dpparks.org.



Our Unique Programs

AiM for the Stars

Mini Performance Program - 3 Sessions

These non-recital classes are offered for students that love to dance, but may not have time to commit to a nine month program, would like to try something new, or older students that would like to start their dance training! Each session provides students with professional dance instruction in specific genres. Students will work on dance technique, strength and flexibility. This is a great way to try out a new class or introduce dance to someone who has never tried it before. This seasonal performance class gets your young dancer ready for the big stage! Dancers will learn basic Ballet and/or Jazz moves to create a short dance that will be performed at the Artistry in Motion show; Winter Spectacular or Spring Showcase and the end of year dance recital. Dancers can register for one session or all three.

Artistry in Motion Dance Company (AiM)

12 Month Competitive Program

To provide our dancers multiple opportunities to perform and share their love of dance with the community. Our goal is to nurture a student's ambition to grow into a versatile dancer and a well-rounded performer.



Artistry in Motion Dance Company is an award-winning dance company, currently celebrating its 19th season. It is designed for the dedicated dancer, who also loves to perform. This diverse and multi-talented company consists of 60 dancers, ranging in age from 5-18. AiM is divided into 8 company levels; Mini, Elite Mini, Junior, Elite Junior, Teen, Elite Teen and Senior. Artistry in Motion self-produces

a 2 show season at Prairie Lakes Theater: The Winter Spectacular and the Spring Showcase. Dancers also perform and have become a highlight at various community events throughout the year. AiM Company Members compete and attend dance conventions and workshops, to further their dance training. Artistry in Motion Dance Company promotes a deep appreciation of dance as it provides an environment for learning. It offers a venue for students to understand and develop performance techniques, while experiencing various dance styles **For more information email Lauren Smith at AiM@dpparks.org or call 847-391-6924.**



Rhythm Tap Company

12 Month Competitive Program

Rhythm in Motion Tap Company is in its 15th year. It is designed for dancers with serious tap skills and a love of rhythm, who want to take their training to the next level. This company is divided into 2 levels; Teen and Senior. RiM works in conjunction with Artistry in Motion at all community events, performances and competitions.

Groove Company

12 Month Competitive Program

Groove in Motion Hip-Hop Company is in its 7th year. It is designed for the dancer with a love of hip-hop to train in a more structured environment. This company is divided into 3 levels; Petite, Junior, and Senior. Groove works in conjunction with Artistry in Motion at all community events, performances and competitions.

Artistry in Motion Presents:

'Tis the Season

2023 Annual Winter Spectacular

Friday, December 8 at 6:30p
Saturday, December 9 at 2:30p
Saturday, December 9 at 6:30p

Prairie Lakes Theater, 515 E. Thacker Street
Tickets on sale to the public November 13
at the ALC, 2222 Birch Street 847-391-5700 (M-F
8:30a-5:00p) and online DPParks.org until Thurs-
day, December 7. Friday & Saturday at the door
tickets on sale 1 hour prior to show time.
\$12 General Admission (under 2 free)

Artistry in Motion Presents:

Spring into Dance

2024 Annual Spring Showcase

Saturday, April 13 at 2:30p
Saturday, April 13 at 6:30p
Sunday, April 14 at 2:30p

Prairie Lakes Theater, 515 E. Thacker Street
Tickets on sale to the public March 18
at the ALC, 2222 Birch Street 847-391-5700 (M-F
8:30a-5:00p) and online DPParks.org until Thurs-
day, April 11. Saturday & Sunday at the door
tickets on sale 1 hour prior to show time.
\$12 General Admission (under 2 free)

Class Placement Guidelines

Classes are divided into 4 age categories

DiscoverDance (walking-age 5)

Discover With Me, walking-age 3 with Adult

DiscoverTOTS, ages 2-3

DiscoverDance 1, age 3-4

DiscoverDance 2, age 4-5

Pre-Dance Levels (Ages 2-7)

Pre-Dance, Teeny Bop, Mini-Modern, ages 5-7

Junior Levels (Ages 7-14)

Jr. I: 0-3 years experience.

Jr. II: 2-4 years experience (Must have basic knowledge of dance terminology and execution).

Senior Level (Ages 11+)

Sr. I: 0-4 years experience.

Sr. II: Minimum of 4 years experience. (Must have in depth knowledge of dance terminology and execution.)

If unsure which class is the most suitable, please call for a placement class appointment.

One of our instructors will assess your child's ability and place in the appropriate class.

Adhering to the above class placement guidelines will ensure that each student is receiving the appropriate training at the appropriate level.

- Participants must be the appropriate age by the first day of class.
- The Des Plaines Park District reserves the right to transfer students into a different class that will be more suitable to their skill level.
- If you have questions regarding what level your child is qualified for, please contact the Dance Academy at 847-391-6924 prior to registration. Questions and concerns may also be addressed with the staff at the open house prior to fall classes.

Student Evaluations, Testing, and Class Placement

Each student enrolled in Jr. and Sr. Level classes will be tested on their knowledge throughout the nine month Performance Program, through written and practical testing. These tests do not result in a pass/fail, but are meant to gauge a student's development, strengths and weaknesses. Based off of the tests, and their performance in the classroom, each dancer will receive a brief mid-year evaluation. We at the Des Plaines Dance Academy recognize that every child learns at a different rate and this feedback is meant to bring positive encouragement to every participant and give parents more insight into how their child is doing in the classroom.

During Dress Rehearsal week, all students enrolled in the Performance Program will receive an end of year evaluation for dancers enrolled in Jr. and Sr. levels to help give a better understanding of your child's recommendation and placement.

Please note: Due to the design of our syllabus, dancers should expect to remain in the same class level for a **minimum of two (2) years**. Some exceptions may apply.



Early Childhood and Dance

Parent/Guardian Separation for individual development

Separating from the parent/guardian as the child begins dance class is an important step at this age. Separating from their parent/guardian at beginning of class helps establish that:

- There are minimized distractions within the classroom
- That during class time there is one authority figure in the room
- That it is time to be in the mindset of dance class and separate themselves from outside factors
- That this is a normal routine for all students

In separating from you, the parent/guardian, your child is learning:

- Positive experiences of separations and reunions (That you will be right there after class)
- To take directions from someone other than their parent/guardian.
- To identify themselves as individuals
- To be brave in new environments/situations
- To gain confidence in themselves and their ability to make accomplishments on their own
- To become comfortable with other children in the class
- The studio and staff is a familiar and safe space for them to explore and have fun
- To develop an interest in dance

Is your child ready for dance?

Child may be ready if they :

- Can be away from parent/guardian for short periods of time
- Can walk into studio independently
- Dances to music or brings up class activities at home
- Observes teacher or group in class (Observation is a form of participation)
- Engages in class activities
- Enjoys being around others
- Can follow simple directions
- Understands importance of sharing and waiting their turn

Child may NOT be ready if:

- Crying on way to class continues after 4 weeks
- Instructor has to take child from parents/guardians arms after 4 weeks
- Crying and/or no participation continues after 3 weeks
- Dancer hits/kicks/pushes the instructor/assistant/other dancers
- Dancer runs to the door and tries to exit studio after 3 weeks
- Dancer is distracting or upsetting other dancers in class continuously after 3 weeks
- Dancer is showing up to class tired due to class time

Suggested changes:

- Move dancer to a class on a different day or time
- Changing to a Parent and child class
- Wait and try again next semester.

Please avoid forcing your child into the dance studio when they are crying, this creates more stress and they may perceive dance class in a negative light. Wait until calmed down and encourage them into class. Remind them that they will see you right after class is over and that you want to know all of the exciting things that they learned today. Avoid over comforting your child, this confirms their thoughts that this is a scary experience and you may unintentionally intensify their fear and make them more apprehensive about dance. Let your child know that your are confident in their ability to be in this new social situation even if you are having a hard time yourself. Communicate with your instructor about any difficulties that you are having and we will try to resolve together.



Class Descriptions



Pre-Dance & DiscoverDance - These introductory classes begin with the fundamentals of dance such as rhythm, coordination, and creative movement. Dancers will learn the basics of each discipline including terminology, positions, and barre work, as well as simple center combinations.

Ballet - Students will be taught the classical techniques of ballet, including terminology and positions. Classes will start with a proper barre warm-up, and then move into center and progressions. Ballet is the foundation for all forms of dance. It provides strength, balance, flexibility, posture, technique and knowledge of terminology critical to success in other dance forms, including jazz, modern, lyrical, tap, and hip-hop.

***Please note:** It is strongly recommended by the Dance Staff that all dancers take ballet in conjunction with any other dance genre. This class is highly recommended for dancers interested in joining Artistry in Motion Dance Company.

Jazz - Combines techniques of classical ballet and modern dance with current forms of popular dance. Students will be taught movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with accents of musical rhythms. Classes begin with a warm-up, including isolations, stretching, strength building, and center barre work. Dancers will learn progressions down the floor as well as center combinations, working on performance and style.

***Please note:** In order to properly advance, it is strongly recommended to take ballet in conjunction with jazz technique.

Modern and Contemporary - Discover new ways of using your body and defy the limitations of all different dance forms. This discipline of dance requires strength, control and grace, by utilizing concepts such as; contract/release, fall/recovery and tilts/spirals.

Tap - Students learn to make music with their feet. Early levels learn basic terminology in an interactive classroom, working in center and down the floor. Basic combinations will be taught, allowing students to practice connecting different steps. Advanced levels focus on how to elaborate on these basic ideas, incorporating intricate rhythms, and will be exposed to the exciting "loose ankle" technique of rhythm tap.

Hip Hop/Teeny Pop - Students will learn to groove to the newest and best of upbeat street funk. Classes will begin with a basic warm-up, including isolations, stretch and strength, and learn combinations in center and down the floor, incorporating style and attitude.

Pre-Pointe - This class is designed for the serious student who would like to advance their ballet technique, while gaining tremendous strength and stability in their feet, ankles and legs. A student will advance to Pointe when the instructor feels the student's body is strong enough to support her in pointe shoes without any risk of injury. Thera-bands are highly recommended for this class as they aid in the strengthening of the feet and ankles (available for purchase through the Des Plaines Dance Academy for \$5).

Pointe - Students will learn the basics of dancing en pointe.

Acro - Students will enhance their flexibility, strength, balance, and tumbling skills in this new program. Taking the beginner preschool level student from log rolls and summersaults to the advanced student tumbling effortlessly across the floor! The program is designed to teach acro through safe, proper progressions and stresses the importance of alignment and training everything on both sides of the body.

Aerial Silks - Aerial Silks combines strength, grace, and flexibility to create a unique type of movement. You will learn to manipulate the silks and move your body in new ways. How to pose, climb, and invert on the silks are just a few of the skills you will learn in addition to conditioning and how to combine poses into unique sequences.

Classes with a Prerequisite

Please note: The Park District reserves the right to transfer students into a different class that will be more suitable to their skill level. If you have questions regarding what level your child is qualified for, please call the Dance Academy, 847-391-6924, prior to registration.

Pre-Pointe: Must be enrolled in an additional ballet class.

Pointe: Must be enrolled in an additional ballet class and have instructor's consent.

Jr/Sr Modern Contemporary: Must be enrolled in an additional ballet class and have 2+ years dance training.

Dance Academy Dress Code

Proper attire is vital for the dancer's safety and will maximize the dancer's learning experience. It is necessary for the instructor to see the shape and line of the dancer's body which will assist in the proper assessment of the advancement of each student. The Des Plaines Dance Academy staff will be enforcing the dress code. We appreciate your cooperation with the compliance of the dress code for our program.

Please note: We encourage a hands-on teaching approach. Instructors may need to physically readjust a student's body, to fully correct the dancer's placement and alignment.

ALL DISCOVER DANCE AND PRE-DANCE CLASSES: SOLID colored leotard with PINK tights. No skirts; attached or otherwise, tutus, or dance costumes are not permitted.

Discover Dance/AiM for the Stars: Dancers will be barefoot*, please have dancer wear PINK footless or convertible tights. *The instructor may ask for you to purchase ballet or jazz shoes, depending on the style of dance taught in the AFTS class.

Pre-Ballet: Full-sole leather pink ballet shoes (no satin slippers)

Pre-Jazz: Black jazz shoes Pre-Tap: Black buckle tap shoe (no ribbons or ties) Boys: White or Black shirts, black pants or black bike shorts and appropriate shoes, depending on style of class.

Ballet/Pre-Pointe/Pointe (Jr./Sr. Levels): BLACK leotard and PINK tights (NO TAN TIGHTS). Pink ballet shoes; canvas ballet shoes are required for Junior & Senior class levels. Proper ballet bun (bobby pins and hairnets) required. All Pointe shoes must be approved by the instructor before ribbons and elastics are sewn on.

Jazz: BLACK solid leotard and form fitting bottoms (tights, leggings, shorts). Black leather jazz shoes.

Contemporary/Modern (Jr./Sr. Levels): Any solid colored leotard and form fitting bottoms (tights, leggings, shorts). Barefoot.

Tap: Fitted tank top or leotard and fitted bottoms. NO JEANS. Jazz tap shoes (hard toe and shank, no split-sole) required for all Junior and Senior levels.

Hip Hop: Loose fitting clothes, easily able to move in. **Clean sneakers, no street shoes.*** The instructor will notify each class what specific shoe to purchase during the first week of classes. NO JEANS OR SHORTS. Legs must be covered. *Instructor will ask students to wear a particular color (white or black) for the recital.

Acro: Biketard or leotard with dance shorts/leggings or tight fitting tank top with dance shorts/leggings, no tights, hair in a ponytail. Barefoot.

Aerial Silks: Comfortable, fitted clothing that covers the backs of your knees, underarms, and midsection. NO LOTION, JEWELRY, SHOES, or clothing with ZIPPERS.

Male Dancers: Black shorts, solid colored t-shirt, appropriate footwear based on style of dance. Hip Hop; joggers or sweatpants.

Individual instructors may have additional requirements; please check with your instructor after the first day of class.

WHERE TO GO

Allegro Dance Boutique

2114 Central Street
Evanston, IL 60201
847-733-8460

Dance N' Tees

1065 North Salem Drive
Schaumburg, IL 60194
847-884-5924

Toe the Line

Buffalo Grove Town Center
302 McHenry Rd, Buffalo
Grove, IL 60089
847-818-9800

Discount Dance Supply

www.discountdance.com

Additional requirements:

- Hair must be secured away from the face for ALL classes, except Tap, Hip Hop, Acro, and Aerial Silks.
- Tools needed for a ballet bun: Elastic ponytail holders, bobby pins/hair pins, hair net, brush/comb, gel/hairspray.
- All jewelry must be removed before any class.
- Dancers who have reached the age where support undergarments are necessary are required to wear a black sports bra only.
- Dancers ages 10 and older should wear deodorant.
- ALL Level dancers should not wear underwear underneath a leotard and tights. (Tights are the undergarment.) ALL Level dancers should not wear underwear underneath a leotard and tights. (Tights are the undergarment.)

Required Dance Shoes

Pre-Ballet Slipper: Capezio "Daisy" Leather Full Sole – Pink

Jr Level Ballet Slipper: Sansha Split Sole Canvas – Pink

Sr Level Ballet Slipper: Sansha Split Sole Canvas – Pink

Jazz Shoe: "Super Jazz" – Black

Tap Shoes(Pre-Dance Levels): Capezio "Mary Jane" Child Buckle Shoe – Black

Tap Shoes (Jr. Levels 1+): Bloch Lace up Leather – Black

Hip Hop Shoes (All Levels): Clean black sneakers (only to be worn in class.)

*** Shoe exchange available in hallway near studio 101**



What Every DPDA Parent Should Know

Attendance Policy

In order to maximize each student's experience, it is necessary to enforce the following attendance policy for all Performance Program classes. If the need arises, a student may miss a total of 7 classes, with no penalty. Students and parents will be periodically notified by the instructor on the status of their attendance. After missing an 8th class, the parent will be notified and the student will be placed on probation. At this point, participation in recital is at the instructor's discretion. If a student reaches the maximum of **7 absences from September through May, participation in recital is prohibited.** *This policy will be strictly enforced!*

Parents and students are reminded that frequent absences may slow down a dancer's progress, and lead to uncertainty with recital choreography. The dancer is prohibited from performing in the recital due to repeated absences to be fair to dancers who attend class regularly and know the choreography.

Pick up / Drop off Procedure

Students should arrive NO MORE than 15 minutes prior to the start of class. Our instructors have many duties to tend to prior to beginning a class or may be teaching another class; therefore they will not be responsible for any child who is dropped off more than 15 minutes before class. If you intend to accompany your child into the studio, please park in the designated areas. If you wish to simply drop off or pick up your child, please DO NOT PARK OR LEAVE YOUR CAR UNATTENDED IN THE DRIVE THRU AREA.

Classroom doors will open promptly at the time class is scheduled to begin and will reopen at dismissal. Please be on time for arrival and dismissal. If you will be extremely late, due to uncontrollable circumstances, please contact our office at 847-391-6924.

Make-Up Classes

All students are able to make-up a missed class by attending another class with pre-approval from their instructor. Attending a make-up class and turning in the proper form, filled out by the instructor to their current instructor, will erase one of the student's absences. If absence is unavoidable, we strongly encourage make-up classes. Classes are best made up *before* April 1, 2024. Please notify your instructor of any pre-known absences, due to vacations, school or family events, at least 2 weeks prior to the missed class.

Make-Up Week

The Des Plaines Dance Academy will have a make-up week **December 17-23 and March 18-24**. Classes that had to be canceled due to weather, power outages or last minute cancellations will be made up during this week. Make-up classes will be held at their regular day and time. If a make up class cannot be scheduled, a refund credit for the canceled class will be issued to your household account.

Snow Day Policy/Cancellation of Classes

The Des Plaines Dance Academy follows District 62 in the event of a snowstorm. If District 62 schools are closed, due to weather, then there will be no dance classes that day before 3pm. **If the weather clears after school hours classes may still be held.** You can always check the Park District website or the Des Plaines Dance Academy facebook for up to date class cancellations. www.DPParks.org

Classes may at times be canceled due to teacher illness or conflict and a substitute is not available. We will make every effort to contact you by telephone. **Please make sure the Park District has your current contact information on file.**

Illness

If your child becomes ill while at dance class, they will be asked to sit out the duration of the class or if they become severely ill, a phone call will be made home for the child to be picked up. Please make sure the park district has your current contact information. **IMPORTANT:** If they have a fever or are contagious, we ask that they stay home from class, so as not to infect other participants. In the case of severe illness please notify the instructor if other dancers may have been exposed. A doctor's note may be required to return to class after an extended illness. Please call the Dance Academy at 847-391-6924, and leave a message for your child's instructor if they have to miss a class. You may also email Natalie.Sanchez@dpparks.org.

PLEASE NOTE: If a dancer sustains a long-term illness or injury, that prohibits them from participating in class full-out for multiple, consecutive weeks, they **MUST** be cleared from a doctor to dance full-out by May 1st in order to participate in the recital. This rule is not meant to punish an ill dancer, but to protect them. We are looking out for our dancer's overall health and well-being!

Parent Etiquette

- ⇒ Parents, please do not stay in the room with your child during class.
- ⇒ Please inform the instructor if you have to leave the building during your child's class and how they can reach you in an emergency. We prefer that parents of dancers age 6 or under stay in the hallway or lobby during class.
- ⇒ In order to maximize your child's learning experience, we ask that parents refrain from addressing issues with the instructors before, during or after class. Please call 847-391-6924 and leave a message or email Natalie.Sanchez@dpparks.org, and the instructor will get back to you in a timely manner. We appreciate your understanding of this matter.

Medication

Medication(s) both prescription and over-the-counter, require a Medical Waiver with the dancer's name, dosage, and times to be taken. Put directions in writing on the dancer's medical information form. If it is necessary to administer medication to a participant during program hours, the parent/guardian must complete the necessary forms and return them to the Cultural Arts Manager, Nancy Suwalski: the Permission to Dispense Medication/Waiver and Release of All Claims form; the Medication Dispensing Information form; and if applicable, the Waiver & Release of All Claims for Use of Inhaler or Auto-Injector. All medication must be delivered to the instructor in the original prescription bottle or in clearly marked containers which include the person's name, medication, dosage, and time of day the medication is to be given.

Please contact the Des Plaines Park District if you are in need of the Medication Waiver, Release of Claims and Dispensing Information forms. They will also be located on our website www.DPParks.org Des Plaines Park District Staff are not able to administer any diabetic medication injections or check blood sugar for your child.

Bathroom Use

All children must be fully toilet-trained and tend to their own bathroom needs. **No pull-ups or diapers are allowed** (with the exception of Discover With Me students). Teachers or Helping Hands Assistants will walk your child to the bathroom. Teachers and Helping Hands Assistants are not allowed to change your child or assist them in the bathroom. **If your child has a bathroom accident, you will be called to come and change him/her.** Please be sure the people on your emergency phone list are aware of this policy. Three incidents will indicate that your child is not fully toilet trained and he/she may be removed from the program until such time that he/she has achieved this requirement. Please emphasize with your child the importance of telling their teacher when they need to use the bathroom, and bring your dancer to the bathroom **before** class.

Lobby/Hallway Expectations

Be considerate of other patrons as well as our students while in the lobby or hallway areas of the studios. Just as you can hear some of the instructors voices coming from inside the studio, dancers and instructors inside the studio can hear loud noises from the hallway. Siblings of students must be supervised at all times within the walls of Leisure Center. There should be no running, yelling or playing with water fountains, vending machines or promotional material outside the studios or in the lobby. Dancers, please do not block the entrance to the building or the doors of the studios. Hang/Store belongings in designated areas and do not block walkways.

Inclusion

It is the parent/legal guardian's responsibility to notify the Park District of any physical, mental or emotional condition(s) which might require special attention by our staff. If your child needs special accommodations to participate in our dance program, notify the Cultural Arts Manager, Nancy Suwalski. Your confidentiality will be respected. With proper notification we can work with the parent, child, and staff to be prepared to assure for the best possible conditions for a positive dance experience.

MNASR

If your child requires assistance from our Maine-Niles Special Recreation Association, you must notify the Cultural Arts Manager a minimum of two weeks in advance. If we do not receive notification with at least two week notice, we may not be able to provide accommodations for your child. Please see our website for more information.

Mandated Reporting

Suspected Abuse or Neglect In accordance with the procedures set forth on the Abused and Neglected Child Reporting Act, any dance personnel having reasonable cause to believe that a child known to them in their professional capacity may be an abused or neglected child, shall immediately report the matter to their supervisor. The proper authorities will be notified.

Non-Resident Card

If you are a non-resident taking classes at the Des Plaines Park District, you may want to take advantage of this great, money-saving opportunity. Persons living outside Des Plaines pay up to 25% more than the resident rate for programs and facilities. Instead, Non-Residents can pay an annual fee of \$250 which will give them "Resident" status and save them the additional Non-Res Fees for the entire year. For more information, please contact the Administrative and Leisure Center at 847-391-5700.

Performance Program Savings Plan

- Register for 2 classes and receive a \$25 discount.
- Register for 3 classes and receive a \$40 discount.
- Register for 4 classes and receive a \$55 discount.
- Register for 5 classes and receive a \$70 discount.
- Register for 6 classes and receive a \$85 discount.
- Register for 7 classes and receive a \$100 discount.

*Must register for all Performance/Company Classes at the same time in order to qualify for the savings plan. Valid for Des Plaines Dance Academy Performance/Company Classes only. Amount will be credited to your household account.

Refunds

In order to receive any refund, you must complete a Refund Request Form. The form, which includes the complete policy, is available at any of our facilities as well as from our website: www.DPParks.org

1. Satisfaction Guaranteed: Participants will receive a full refund if they are dissatisfied with the program after the 1st class meeting, and we receive a refund request form at least 24 hours before the 2nd class meets. An Administrative Fee of \$3 per class or program will be charged for all refunds.
2. After the first week of a program/class no refunds will be granted unless the program/class is cancelled.
3. Refund requests received after the first week of a program will be honored if the request is due to a medical condition. A doctor's note must accompany the request.
4. No refunds for gift certificates will be allowed. Gift certificates may be used toward any Park District facility, program or trip.
5. A refund request for trips or one-day programs must be received 48 hours prior to the day of the program; refunds will be prorated based on the program costs incurred prior to receipt of the request.
6. Refunds take approximately **2 weeks to process**, and are mailed in check form or credited to your credit card account.
7. If you have an outstanding balance, a refund will be applied to that balance.
8. **Dance Academy Costume Fees will not be refunded after November 11.** Participants will be responsible for the full cost of the costume.

Communication

We encourage parents to maintain open communication with our dedicated dance staff, in order to avoid any misunderstandings. Please check in with your child's instructor on a semi-regular basis, for any announcements and information about the program. All concerns will be addressed in a manner that is fair to all Dance Academy participants.

In order for the dance Academy to maintain proper communication and notification with its participants, all registrants will need to have an email address on file. Many notices will be sent electronically, instead of being mailed home. Make sure your email address is current and checked periodically, especially in the months leading up to the recital. If you are not receiving emails, please check your junk or spam box.



Referral Program

Word of mouth is the best form of advertisement when it comes to dance classes. We appreciate you spreading the word about our academy and want to offer you a reward for your loyalty. When your friend registers for a class at our studio and lists your name as a referral, you will receive a \$25 credit, which will be applied to any class within the Des Plaines Dance Academy Program. There is no limit to how many students you can recommend, so there is no limit on the amount of credit you can receive. The friend can be a former Dance Academy participant, but cannot have danced with the Dance Academy for the past two years. You could potentially pay for a dance class or your recital costume just by spreading positive words about your experience with The Des Plaines Dance Academy!

Social Media

Follow us on Facebook and Instagram for important information, news and updates.

Facebook: www.Facebook.com/DesPlainesDanceAcademy

Instagram: @DesPlainesDanceAcademy

Workout While You Wait

This membership discount program is for the health club at the Leisure Center and is available to all parents/guardians of participants enrolled in Dance Academy programs. Cost is \$90 for an 9-month membership or \$10 a month. The program is Valid only September 2023–May 2024. For more information, call the Leisure Center at 847-391-5700.



Setting an example for your child

Please do not compare your child's progress to that of others in the program. Encourage your dancer to focus on his/her own accomplishments. Looking to others for inspiration is a good thing; however, a negative focus or comparison distracts from the energy that could be focused on becoming a stronger dancer. In addition, speaking negatively about your child's teachers, fellow dancers, or other parents in front of your child—or other students—could result in problems far beyond your original concerns. Often children will react in a way that imitates the parent's behavior with other adults or authority figures. Encourage your child to be the best that he or she can be without regard to what others may achieve. Dance is an individual art form; each child needs to achieve at a pace that's comfortable for them. No two students will progress at the same rate. It is important to encourage the children to focus on themselves, give their all, respect and be supportive of their teammates, and be satisfied with their own accomplishments

Behavioral Policy

The Des Plaines Dance Academy follows the Des Plaines Park District Behavior Guideline (A-24) which can be found on the Park District website.

Positive statements and redirection of behavior are used to help children learn self-control, problem-solving, and assume responsibility for their actions. When more discipline is needed, removal from the group may also help children regain control. Children will only be removed from the group for a short period of time, not exceeding one minute per age of child. **When this fails, these guidelines will be implemented:**

1. A conduct report is written by staff and discussed with the parents.
2. A copy of this report is given to the parent.
3. A conversation will take place with the staff and the parent to discuss further action if necessary.

If inappropriate behavior continues and a dancer has had repeated conduct reports during the program, then the following procedures may take place:

1. A behavior contract is implemented.
2. The dancer will be suspended from the dance program for a minimum of one class.
3. If the problem continues after the suspension, the dancer will be removed from the Dance Academy.

Parents will always be informed of problems involving their children. If behavior persists, a meeting with the Cultural Arts Manager, Dance Instructor and Parent will be held. *Refunds and/or prorates will not be issued for suspension and/or dismissal from dance.*

Contacts and Locations

Dance Academy Location

Administrative and Leisure Center, 2222 Birch Street
Dance Studio 101, 102, and 113

Theater Location

Prairie Lakes Theater, 515 E. Thacker Street

Administrative and Leisure Center Front Desk:	847-391-5700	www.desplainesparks.org
Nancy Suwalski, Cultural Arts Manager:	847-391-5094	Nancys@dpparks.org
Natalie Sanchez, Dance Academy Assistant Supervisor:	847-391-6924	Natalie.Sanchez@dpparks.org
Lauren Smith, Artistry in Motion Company Director:	847-391-6924	AIM@dpparks.org

What Every DPDA Dancer Should Know

Nutrition

Eating right is an important part of a dancer's training. We encourage our dancers to practice healthy eating habits, as it provides them with energy to obtain the maximum out of their dance classes. A proper diet includes meals with a balance of protein (meat, beans, tofu, dairy), carbohydrates (breads, pasta, fruit) and a limited amount of good fat (omega-3 fatty acids, stay away from trans-fat). If a dancer has multiple classes in one day, they are encouraged to pack healthy snacks, such as fruit/nuts/yogurt, for an energy boost. Keep soda and sugary snacks to a minimum (try not to purchase snacks from the vending machines). Drink lots of water throughout the day and at dance class. We encourage students to bring a water bottle to class.

Hygiene

Students are expected to observe good personal hygiene habits such as bathing regularly, wearing deodorant (if of age), washing hands, sneezing/coughing into arm, etc. The dancers will be in close quarters, as well as working up a sweat throughout class. It is important to practice proper hygiene habits to eliminate sickness or other issues that may result from poor hygiene.

Student Injury

It is the responsibility of the parent and dancer to inform the instructor before class if the dancer has an injury that will preclude the dancer from any part of class. If a dancer receives a mild injury during class, he or she will be offered appropriate first aid treatment as needed. For a more severe injury, the parent will be notified immediately. Accident reports will be filled out by staff and given to the Cultural Arts Manager. We ask that if your child sustains an injury, or is not feeling well, but not sick before class begins, that they still come and observe class and take notes. Dancers should always come prepared with a notebook in their dance bag. Watching a dance class is very beneficial to becoming a better dancer.

Classroom Etiquette

- ⇒ Please be on time for class! Arriving late can be disruptive to the teacher and other students. If a student is more than 15 minutes late to class, they will be asked to sit out and watch the remainder of class. If late to class, please wait until the current exercise is complete before joining. *This policy is strictly enforced.*
- ⇒ Students who are not properly dressed may be asked to sit.
- ⇒ Students are encouraged to bring a water bottle into the classroom to avoid multiple trips to the water fountain.
- ⇒ No talking or distracting other dancers in class.
- ⇒ All cell phones must be turned off and placed in a phone box in the studio. No texting will be allowed during class time.
- ⇒ Smart watches should be removed before taking class.
- ⇒ Never say anything negative about another dancer or teacher or post negative comments to social media outlets.
- ⇒ No sitting in dance class unless you are instructed to by your teacher.
- ⇒ Be attentive and work on corrections when given. Students should apply all corrections to their own work whether or not you are being directly addressed.
- ⇒ Let your teacher know if you feel ill or have an injury. Keep your instructor informed.
- ⇒ Please visit the restroom before class.
- ⇒ No running in the classroom or leaning/hanging on the dance barres at any time.
- ⇒ No wet shoes, gum chewing, eating or drinking is allowed in the studios.
- ⇒ Always applaud and thank your instructor upon completion of class.

Dancers, please practice respect. Students are not to be socializing in a disruptive manner during the class with other students. Please honor your teacher and fellow students by giving full attention and cooperation. You will be advised if we feel any student is not well adjusted to the classroom environment for any reason over time. Dance is educational and fun, however, an important part of class work is developing an attitude of discipline and respect for teachers and fellow students. We trust that following our classroom etiquette will provide an environment whereby classes at The Des Plaines Dance Academy will be a pleasure for all concerned.

Lost and Found

The Des Plaines Park District & Dance Academy is not responsible for lost or stolen items. Please label shoes and other personal items. Do not bring valuables to dance class. Anything left in the dance studios will be placed in the lost and found box in the dance hallway.

Bring a Friend to Dance Week

Bring a Friend to Class Week is a special opportunity to have fun and let your friends see where you dance. Your friend will take part in your regular dance class (only one friend per class). Your friend needs to wear dance clothes or comfortable clothes they can easily move in. Your friend's parent must sign a participation waiver in order for your friend to participate in class. Forms will be available in the flyer bins outside each studio.

If any of your friend decides to join our program and sign up for a Performance Program (9-month) Dance Class, as a bonus, the Dance Academy dancer receives a \$25.00 credit towards their own classes. As a thank you to your friend for attending, they will receive two complimentary tickets to the Artistry in Motion Winter Spectacular.



Spirit Week

During the week of **April 15–20, 2023** we encourage dancers to come to dance class in the themed attire to celebrate National Dance Week (NDW). National Dance Week is an annual event in the United States sponsored by the United Dance Merchants of America to increase public awareness and appreciation of various forms of dance. Flyers will be available with the themes for each day during Spirit Week.



How to Succeed in Dance

Here are some helpful ideas and thoughts to guide every participant to be the best dancer they can be!

- ◆ Be Ready – on time and prepared for class.
- ◆ Be Responsible – for yourself and your belongings.
- ◆ Be Smart – don't chew gum, run in class or hang on the barres.
- ◆ Be Attentive – listen quietly when the instructor is speaking.
- ◆ Be a Pro – work hard and always give 100%.
- ◆ Be Positive – never judge yourself or others.
- ◆ Be Safe – take care of your body in all that you do during the day.
- ◆ Be Brave – take risks so you can learn new skills.

Student / Teacher Relationships

The Dance Academy is committed to the principle of protecting the integrity and objectivity of its staff members in the performance of their duties and to maintaining a fun, safe and education environment. It is, therefore, fundamental to the overall mission of the Dance Academy that the professional responsibilities of its staff be carried out in an atmosphere that is free of conflicts of interest and favoritism that compromise these principles.

- The Dance Academy has a policy regarding online social networking. The staff, if asked, cannot "Friend" any of their students on Facebook, Twitter, etc.
- Staff members, if asked, will not give out any personal contact information, i.e. cell phones, email addresses. Contact can be made with the Dance Staff by calling the Dance Academy hotline (847-391-6924) or via email at nancys@dpparks.org.



The Annual Dance Recital: The Beat Goes On!

June 8 & 9



All forms and handouts regarding **Recital 2024 : The Beat Goes On** will be emailed home in April/May. Forms can also be downloaded on our website, www.DPParks.org. and will be available in all of the dance studios. Keep checking our website throughout the year for updated Dance Academy information.

Recital Costumes

All measuring for costumes will begin the week of November 5 and will continue through November 18. It is important that you work closely with the instructor to determine what size costume you want to order for your child. Each parent or participant must initial the costume measuring sheet to make sure we order the correct costume size. It is the responsibility of the parent to see the instructor to approve the costume size that will be ordered. If a parent does not stop in and check with the instructor to approve the size of the costume, the instructor will use their own discretion to determine what size to order. Sizing is determined by using the dancer's measurements and cross-referencing them with the costume company's sizing chart. Please note that costume sizing is generic and alterations may be required in order fit the costume appropriately to your dancer's body. The Dance Academy can assist with any major alterations if necessary.

If you do not intend to participate in the recital, a refund request form must be filled out by **November 11** or you will be responsible for the full price of the costume. Costume fees are included in the registration fees. Tights are an additional requirement with each costume and will be available to order through the Park District, at an additional cost.

Dress Rehearsal Information

- Attendance at Dress Rehearsal is **MANDATORY** to all students participating in the recital. Failure to attend will result in forfeiting the dancer's chance to perform. Any unavoidable conflicts should be addressed with the instructor prior to the rehearsal.
- A dress rehearsal schedule will be posted outside of each dance room. This will give parents an approximate time of when each grouping of dances is expected to start and finish. Students are encouraged to stay; this is a great opportunity to see the entire show.
- To avoid lengthy recitals, classes are divided into 3 shows (A, B, & C). Each class is assigned to one of these shows. Please note that consideration will be given to families with a child or multiple children in only two recital dances to be in the same show, if possible.
- Families with three or more dances should expect to participate in multiple shows.
- The rehearsal will follow the order of the show. Drafts of the show order will be posted outside each dance studio in early March, with the final show order posted by the beginning of May. It is important for parents to notify the instructor of any conflicts with the dress rehearsal or recital days before the final show order is posted.
- Dress Rehearsals will start promptly at 4:00p. Pointe/Opening/Closing/Dads Dance/Moms Dance/Senior Dance is Tuesday, June 4. All other dances are: Wednesday, June 5 - "A-Show", Thursday, June 6 - "B-Show", Friday, June 7 - "C-Show".
- Dancers should arrive at Prairie Lakes Theatre no later than 3:30p.
- All dancers must come in full costume (make-up, hair, tights, shoes, accessories etc.).
- Dancers will need to sit with their class in designated areas in the theatre. Please look for the sign with the name of their dance. After the dancers have completed rehearsing their dance, they will need to return to their reserved section of seats in the theatre. For safety reasons, dancers will not be allowed to sit in the area in front of the stage or in the aisles. Everyone will need to be in chairs!
- **NO FOOD OR DRINKS** are allowed in the theater! There will be tables set up in the lobby for everyone to use. To avoid damage to the costume, please do not eat or drink in costume or without cover ups.
- Parents, we ask that you DO NOT stay for the dress rehearsals. Dress rehearsals are not open to the public: Dance Staff, Dancers and Stage Parents ONLY! This helps us track who is in the theater and with crowd control. Parents can pick up their child from the designated stage parents in the Prairie Lakes lobby at the end of their assigned shift.

Recital Information

- All dancers must arrive at Prairie Lakes a ½ hour before their designated show begins and go directly to their assigned dressing room. For students in levels Jr. II-Sr. II and Artistry in Motion, call time is 1½ hours before each day of performances for a mandatory warm-up class.
- *Dancers are asked not to arrive in costume on the recital days!* There will be time for dancers to change in the dressing rooms when they arrive for each performance.
- Make sure to label each item of the costume, including headpieces, shoes and any other belongings. The Des Plaines Park District is not responsible for lost or stolen property.
- We ask that you pack healthy snacks that will not stain the costume (pretzels, crackers, etc.) and a water bottle (no juices or soda please!).
- Prairie Lakes is a NO SMOKING facility.
- No dancers will be allowed in the theater before the performances! If dancers want to watch the show after their dance, parents will need to purchase a ticket for them. Dancers must be out of costume.
- **Videotaping and flash photography are not allowed at the performances!**
- If a dancer is in multiple dances, they are allowed to bow with only one class.
- Parents, please wait at least 10 minutes after the show before picking up your child. This gives the dancers time to get back to their dressing rooms and makes it less crowded in the hallways. We ask that family and friends wait in the Gym Lobby, not the Theater Lobby.

Recital Tickets

Tickets will be available for DPDA families to purchase at the front desk at the Leisure Center on Monday, May 6. Families will be allowed to purchase 4 tickets per show. Tickets be released to the public and available online on Monday, May 20. Front desk hours are as follows: Monday - Friday: 8:30a-5:00p. The Leisure Center will be closed on Monday, May 27. Ticket sales close Thursday, June 6, but can be purchased at the Box Office on the day of the shows, if available. Once tickets have been purchased, there are no returns. Tickets may be exchanged for another performance, unless the show is sold out. Tickets are \$12 per person/per show. Children under 2 are free (if they sit on a lap).

Volunteer Stage Parents

Calling all Volunteer Stage Parents! We are always looking for volunteers to help out at the recital as designated "stage parents" and room supervisors during the performance. Every class will need to have 1-3 dedicated adults, per show, depending on the age and size of the class. The duties of the stage parents will include helping dancers, for your child's class only, on and off stage and planning quiet activities in the dressing rooms as they wait for their turn on stage. Stage Parents are critical to helping our dance recital run smoothly! Volunteer forms will be included in the recital handouts, and sign-up sheets will be posted outside the dance studio.

Picture Day

Picture Day will be held during the dress rehearsals (NEW this year!). A schedule of picture times will be included in the recital handouts. Pictures will be taken at Prairie Lakes, backstage. *We also ask parents to wait in the hallway while pictures are being taken; only photographers, dance staff, and dancers will be allowed into the room.*



Unique Recital Performance Opportunities

Dad's Dance

Those daring dads who take the stage every year is open to ALL dads, uncles, or older brothers (must be 18+) who have relatives in the school of dance. Rehearsals begin in early spring and costumes will be provided by the dancers - that's you, Dad! Nothing to lose and lots of respect to gain!

Mom's Dance

Moms in Motion are in their 4th year of performing and is open to ALL moms, aunts, or older sisters (must be 18+) who have relatives in the Dance Academy. Rehearsals begin in early spring and costumes will be provided by the dancers -that's you, Mom! After taking care of your dancer(s) all year, it's YOUR time to shine, MOM!

Senior Dance

Part of life is moving on and starting new adventures. One of the hardest things is saying good-bye. In order to congratulate our graduating seniors and wish them luck as they move on to new experiences, the annual recital will feature one dance choreographed by an instructor from the School of Dance Staff, performed by all senior dancers involved in the Des Plaines Dance Academy Performance Program. Rehearsal schedules will be based on availability of the dancers and the School of Dance staff and facilities. An additional fee for rehearsals and costume may be required to participate.

Additional Dance Opportunities

Dance & Arts Camp

Each two-week camp features a daily technique class in jazz, ballet, hip-hop or modern. Performances are held on the last Friday of each session at 2:00pm in the Prairie Lakes Theater. Family and friends are invited to attend! Musical themes are announced on the first day of each session.

- **Teeny Tiny Dancer Camp (Ages 3-5)** Let your tiny dancer come on a magical adventure as they take their first steps in dance. This camp will be a combination of creative movement, beginner ballet and jazz. Our fun themes will make camp fun. More than just a dance camp, Tiny Dancers specializes in inspiring a love of dance through an imaginative program designed especially for young children. The camp includes daily instruction in ballet, modern and jazz, along with fine motor exercise through a theme related craft, and their exclusive story and dress-up dance interpretation. Teeny Tiny Dancer Camp also includes water and pizza day. The camp culminates with a recital on the last Friday of each session where they will join the Dance & Arts Camp/Camp REMIX performance.
- **Camp Dance-A-Lot (Ages 6-9)** This two-week camp covers dance and stage presence. You'll build simple props and scenery, design and make costumes, as well as focusing on several disciplines of dance, including jazz, tap, hip hop, and lyrical.
- **Camp REMIX (Ages 10-14)** You'll create more challenging and creative art projects and do more complex dance routines. Camp REMIX participants work on the Dance and Arts Camp show theme; you dance in the morning and create sets and costumes in the afternoon.

Summer Dance Academy

These classes are offered to new and continuing students ages 3-18, who want to be introduced to a new form of dance or for those who want to continue to develop their technique, strength and flexibility. Students who take dance classes throughout the summer tend to progress faster than dancers who take the summer off. Summer Session will run for 7-weeks.

Summer Dance Intensive

This is an intensive training session designed for dancers, looking to get back in shape before Fall classes begin. Ideal for dancers who are interested in auditioning for high/middle school Poms and Orchesis teams, as well as dancers who are in a dance performance/competition company. Dancers will not only get technique classes in multi-disciplines, but also be instructed in other aspects for dance training, including nutrition, dance history, anatomy, injury prevention, acting, and choreography. Students will leave this week feeling more prepared to start intense activity in the school year, and more informed on how to maintain their bodies throughout the entire season. More information about our "Summer Dance Opportunities" can be found in the Spring and Summer Spectrum program guides, and on the park district website: dpparks.org.

Master Classes

Throughout the year, The Des Plaines Dance Academy gives our students the opportunity to study dance with the best talent Chicago has to offer through Master Classes, workshops, and intensives. These instructors teach and perform nationally and internationally, and we are bringing them to you at a fraction of the cost you would pay at another event. Take advantage of this amazing opportunity to further your child's dance training and maybe launch it in a new direction. As always, our goal is to expose our dancers to the best dance training possible and to ensure that they are having fun, too! Keep checking the School of Dance flyer bins for more information.

Des Plaines POMS Dance Team

Ages 6-13

Poms dance is a fun, high-energy style that requires strength, stamina, coordination, and above all else, teamwork! In this class, dancers will learn how to work together as a team to perform sharp, precise, energetic routines that incorporate elements of jazz, hip hop, and other styles. Participants will have multiple performance opportunities, including the Artistry in Motion Winter Spectacular. The team will compete at the Dance Idol competition at the end of the session. Coach/Lizzie Karras

Dance Academy Staff 2024



Ella Dorman is from Traverse City, MI, and has been dancing since the age of three. She attended Interlochen Arts Academy, and spent summers training at ABT NYC, Gelsey Kirkland Academy of Classical Ballet, Joffrey Chicago and NYC, and Oklahoma City Ballet. After graduating, Ella joined A&A Ballet for their inaugural season where she danced works by Alexei Krenev, Justin Allen, and Ronn Stewart, including Cinderella in Kremnev's adaptation of *Cinderella*. She then joined Oklahoma City Ballet's Second Company before being promoted to the Main Company. Her repertoire with the company includes *Swan Lake*, *The Nutcracker*, *The Little Mermaid*, *Romeo and Juliet*, Septime Webre's *Alice in Wonderland*, *La Sylphide*, Balanchine's *The Four Temperaments*, Helen Pickett's *Petal*, and Michael Pink's *Dracula*. She has danced with Traverse City Dance Project, performing works by Mauro de Candia, Jennifer Lott, and Kara Wilkes. Ella currently dances with The Rooted Space Dance Company in Chicago. She is passionate about teaching the artform of dance in supportive and empowering ways, and is a strong advocate for dancer's needs as people and as artists.

Bridget Donovan started her dance training with the Des Plaines School of Dance at the age of 3 years old. Later, she joined and competed with the Artistry in Motion Competition Team. Alongside competing with her home studio, Bridget also trained and competed in Latin Ballroom dance with Interclub Academy of Dance for several years. To expand her understanding and passion for dance, she attended Ball State University. During her time at Ball State she participated in the Student Dance Association and Ball State Dance Company where she trained in various styles and performed in productions, musicals, and student works. In May of 2021, Bridget graduated Magna Cum Laude with her BFA in Dance. After graduating, Bridget returned back to the Chicagoland area as a teaching and performing artist. Now, Bridget is in her second season dancing professionally and choreographing with Trifecta Dance Collective and is a company member for Solarium Dance Company. Bridget is currently working towards her Yoga Teacher Training Certification. Teaching and choreographing is a great joy for Bridget and she looks forward to sharing her knowledge and passion!



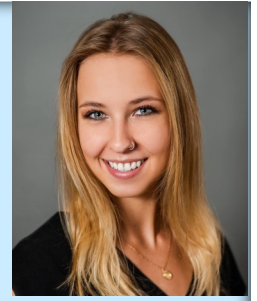
Rachel Galicia has been in the aerial arts industry for 9 years; constantly improving and learning through online programs, teacher trainings and independent study. She trained and performed at multiple studios in the Chicago area and in North Carolina, Raleigh area. Throughout her time training and instructing, Rachel has developed a strong understanding of performance art, intelligent movement, choreography, and injury prevention. She finds so much joy in seeing her students' progress, giving back to the community and improving the physical and emotional lives of others through the art form. Rachel continues to challenge herself to always create a safe, positive, and welcoming environment to grow self-esteem, develop grit, confidence, and a strong mindset that her students can implement in class and in their own lives outside of aerial.

Sarah Glover grew up training in the Chicagoland area and graduated from East Carolina University with a BFA in Dance Performance, where she had the privilege of studying with, and performing works by guest artists such as the David Dorfman Dance Company and River North Dance Chicago. As a freelance dancer, she has performed in various shows in the Chicagoland area such as Dance For Life, Within (Visceral Dance Chicago), THAW 2016, 2017 and 2018, along with touring nationally with her companies, Peckish Rhodes Performing Arts Society and Forward the Movement, in 2019. She recently had the honor of performing in the 9th annual film festival in Saudi Arabia. In addition to dance Sarah is a signed model and has worked for companies such as MAC Cosmetics, Groupon, Medline, and many more. She is so grateful to be surrounded by so many supportive and encouraging people, who constantly push her to grow as an artist.



Lizzie Karras grew up dancing right here at Des Plaines Dance Academy. She attended Maine West High School, where she became a member of Orchesis Dance Company and enjoyed choreographing and performing with her peers. She went on to attend the University of Illinois at Springfield, where she joined the Dancing Stars dance team and became co-captain in her senior year. From 2016 - 2022, Lizzie spent her summers choreographing and teaching at Dance & Arts Camp here at the Des Plaines Park District. In 2021, she became an official member of the Des Plaines Dance Academy staff as an instructor for the Aim for the Stars program. She has since become coach of Des Plaines Poms, and she is looking forward to another season with the team!

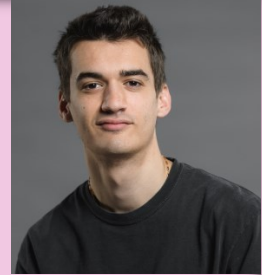
Sam Kedziora was born and raised in Des Plaines, Illinois, and began her dance journey in 2008 competing and training with Artistry in Motion Dance Company. From the time that her passion for dance began until now, Sam has trained in dance styles including Ballet, Pointe, Jazz, Modern, Contemporary, Musical Theatre, Hip-hop, and more. In 2018, she followed that passion and chose to study dance at the University of South Florida. She graduated with her BFA in Modern Dance Studies and a minor in psychology in May 2022 and also spent the 2019-2020 season dancing on the USF Sundolls Dance Team to further expand her dance vocabulary. Over the course of her college career, Sam has participated in various dance-related events, has been in clubs and leadership positions with the dance department, has choreographed multiple small works (both live and film), has worked very closely with Tampa's Moving Current Dance Collective, and has taught varying dance styles to all ages. In 2019, she performed with Diavolo Architecture in Motion's Veterans Project, which was her first professional gig, and stayed involved in the local Tampa dance scene. Sam also took the summer after graduating to independently travel to Paris, Berlin, and Northern Israel where she continued her dance studies. She is now a performing apprentice with Trifecta Dance Collective as well as a company member with Solarium Dance Company and is excited to have made a full circle by teaching for AiM this season.



Holly Lehnertz grew up in a suburb of Chicago. She earned a Bachelor of Fine Arts degree in Contemporary Dance from the University of North Carolina, School of the Arts. While in college she studied numerous techniques including CounterTechnique, Graham, Cunningham, Limon, and Release. She performed works by José Limón, Merce Cunningham, Martha Graham and Kira Blazek-Ziaili. After 3 years at UNCSA, Holly moved to Israel to dance with Kibbutz Contemporary Dance Company - MASA from 2019-2020. Holly has participated in many summer studies including Cambrians Dance Chicago, Peter Chu's Intensive, Entity Dance Company, Countertechnique, Thodos Dance Chicago, Point Park Intensive and Saratoga Summer Dance Intensive. Holly danced professionally for Hedwig Dances in Chicago for their 2021-2022 season. She recently performed with the Kate Jablonksi Statement in Croatia for the 2022 Sibenik Dance Festival. She currently dances professionally with

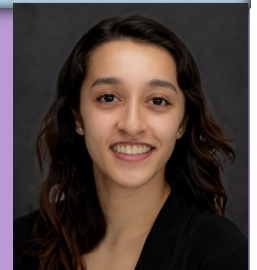
Water Street Dance Milwaukee, where she has performed in many cities including New York City, Detroit, Chicago, Milwaukee, Madison, Green Bay, and Toledo. Holly is so excited to continue to share her love of dance and inspire the students at Des Plaines Dance Academy.

Case Prime, from Lake George, NY, started tap dancing at the age of 4 years old. Eventually he went on to study ballet, contemporary, and modern dance. At age 14 he began his career as a teacher and choreographer at Starlet Dance Works in Queensbury NY. Once he turned 15, Case was accepted as a member of the American Tap Dance Foundation's Tap City Youth Ensemble in New York City where he had the opportunity to work under amazing artists such as Michelle Dorrance, Brenda Buffalino and Claudia Rahardjanoto, just to name a few. After high school, Case traveled to Chicago to study Music Composition and Audio Engineering at Columbia College Chicago, as well as start his apprenticeship under Mark Yonnally at Chicago Tap Theatre. After two years with CTT, Case started training, and is now apprenticing with MADD Rhythms under incredible artists and technicians including Starinah Dixon, Donnetta Jackson, Brill Barrett and many, many others. As a student of the dance, Case could not be happier to be a sponge to all that this City has to offer, and is just as excited to share what he's learned so far with the students at The Des Plaines Dance Academy.



Jamie Salas is a native of San Antonio, TX and graduated from the University of Nevada, Las Vegas, where she received a Bachelor of Fine Arts degree in dance performance and choreography. Since her move to Chicago 10+ years ago, she has performed with numerous dance companies including Inside Chicago Dance, Chicago Tap Theatre, Esoteric Dance Project and most recently, Dance in the Parks. Choreography is one of her passions as she has been lucky enough to have works featured at numerous shows such as Dance Chicago, Dance Chance, Dance Chance: Redux and numerous venues around Chicagoland including the iconic Chicago Theatre. Jamie has been on staff at Des Plaines Dance Academy and a choreographer and teacher for Artistry in Motion Dance Company since 2013. When she's not in the dance studio, she's at the barre studio. She has been a Pure Barre teacher since 2013 and is the owner of Pure Barre Willowbrook!

Natalie Sanchez began dancing at the age of 4 with the Des Plaines School of Dance (now DPDA). In 2011, she joined Artistry in Motion (AiM) until she graduated in 2017. During her time with AiM she participated in Inside Dance Chicago's Youth Training Program and developed a relationship with the company through intensives and performances. She trained in Ballet, Pointe, Modern, Contemporary, Jazz, Tap, Musical Theater, and Hip hop until leaving AiM and continuing her studies at Northern Illinois University (NIU). It was at this time that she concentrated on her dance foundations and expanded her studies into Horton, Graham, Ballroom, Flamenco, Pilates, and Kinesiology. She has trained with I Am Force (IAF), Deeply Rooted Dance Theater and at various other studios, along with many noteworthy professionals throughout the country. She has performed at the Athenaeum Theater, Paramount Theater, Harold Washington Library, Reva and David Logan Center for the Arts, Prairie Center for the Arts and various other locations throughout Chicagoland. Along with dance, she was Northern Dance Theater's School of Dance Student President for 3 years, Assistant Stage Manager, choreographed 4 works involving different facets of stage production (Lighting, Costume, and Music) and produced 2 dance films (Director and Editor). She graduated in 2021 with a Bachelor of Fine Arts in Dance and is excited to continue teaching at her home studio here at DPDA!





Mathew Skorupski is a Polish American dancer that grew up in Des Plaines. Mat is a Northern Illinois University graduate with a Bachelors of Fine Art in Dance Performance. After graduating from Northern in December of 2021, Mat was hired by Rockford University as a tap instructor. Mat has trained in dance since he was 6 years old dancing at the Des Plaines School of Dance, and has over 10 years of performance experience. Mathew has danced with many companies in the past including our very own Artistry in Motion, Supreme Dance, Insaide Dance Chicago, and Ardent Dance. A few of Mat's other passions in life are traveling, overlanding, cycling, and hiking. Mathew aims to express himself through the artistry found within dance, he also aims to inspire others through this same expression. Mat is currently a second year member at Madison Contemporary Dance in Wisconsin.

Lauren Smith is a creative based in Chicago, Illinois. She graduated from Western Michigan University in May 2021 with her Bachelor of Fine Arts in dance. Here she has had the opportunity to perform works by Brendan Dougan, Aszure Barton, Kate Skarpetowska, Melanie George, Seyong Kim, and Mike Esperanza and was a member of the student touring company, Western Dance Project under direction of Whitney Moncrief. Since moving to Chicago, Lauren has worked with artists Stefany Cotton, Sydney Jones, Haley Tarling, Tessa Richey, and Alyssa Simpson. She was also fortunate to perform in an episode of Robyn Mineko-Williams' Undercover Episodes. She is currently dancing with Alluvion Dance Chicago as, and continues to work on freelance projects with Chicago artists.



Terry Turner started dancing at the age of 5 when his mom introduced him to Michael Jackson and his music. He has been an active athlete and enjoys playing football and basketball. When he tore his ACL in college during football practice after returning home and getting surgery he decided to pursue dance and started training as a serious dancer. In 2010 he started with a UIC Collegiate hip hop team, FiaModern and Primo Dance Troupe. After training in the collegiate group for a period of time he decided it was time for a bigger challenge and auditioned for the professional companies in the Chicago community starting with Puzzle league on 2012. When he didn't make the company he auditioned for CODA (Chicago Onyx Dance Alliance). He made it and continued to train more and in many styles. In 2013 he auditioned again for Puzzle League. Through his hard work, training and perseverance, he made the company. During that time he became an Artistic Board member for CODA. Currently and continues to explore more styles of dance. His mission as a hip hop teacher is for his students to become educated, confident and well trained dancers.

Desi VanDyke grew up in the small town of Waverly, New York. She was a teacher, an assistant, and a choreographer at her local dance studio. Desi graduated with a Bachelors of Fine Arts in Dance and minors in both Dance Studio Administration and Theater Arts from the State University of New York at Fredonia. She has traveled to New Jersey, Saratoga Springs, Buffalo, Rochester, Ohio, New York City, and Pittsburgh to perform dance works with her peers and professors throughout college. Desi was so fortunate to be able to study many styles of dance from a young age, including not only modern, jazz, tap and ballet, but also breaking and acrobatics. She moved to Chicago in June of 2022. During her time in Chicago, Desi had the honor of participating in Hubbard Street Dance Chicago and Visceral Dance Chicago intensives over the summer, and she was recently chosen to work for the Youth Education Program through Hubbard Street Dance. Desi is beyond excited to be back for her second season at Des Plaines Dance Academy as the head acro instructor.



Nancy Suwalski began dancing at the age of 4 at the Lattof YMCA in Des Plaines. She attended Maine West High School where she was a member of Orchesis (now West Side Dance Company) during her 4 years. Nancy attended Northeastern Illinois University where she studied Recreation and Leisure Studies and minored in Health Education. While attending college, Nancy began her journey as a dance teacher, specializing in Ballet, Tap, Jazz, and Lyrical. She has taught for over 12 years at various park districts; Arlington Heights, Park Ridge, and Des Plaines. In 2001, Nancy transitioned into her full time role as the Cultural Arts Manager at the Des Plaines Park District, overseeing the Des Plaines Dance Academy, Des Plaines Music Academy, Dance & Arts Camp, Dance Idol Dance Competition, as well as managing the Leisure Center. Nancy resides in Des Plaines with her husband and 3 dogs. She is the proud mother of 2 daughters, who both grew up attending dance classes at the Des Plaines Dance Academy. Dance has always been a part of her life and she is thrilled to share her passion with the DPDA students.



2023/2024 DPDA CALENDAR

Please mark your calendars with these important dates.
Dates are subject to change.

INSPIRATION
ARTISTRY
TECHNIQUE
PERFORMANCE

SEPTEMBER

9/9 (Sat)
9/11 (Mon)

Dance Academy Open House
Des Plaines Dance Academy classes begin

OCTOBER

10/15 - 10/21 (Sun-Sat)
10/23 (Mon)
10/23 (Mon)
10/29 - 11/4 (Sun-Sat)

10/31 (Tue)

Bring a Friend Week!
DPDA Food Drive Begins
DPDA 9-month performance program registration ends!
Halloween Week. Dancers may come dressed in costume
(All level classes are encouraged to participate)
NO CLASSES (Happy Halloween!)

NOVEMBER

11/5 - 11/11 (Sun-Sat)
11/12 - 11/18 (Sun-Sat)
11/13 (Mon)
11/18 (Sat)
11/20 - 11/26 (Mon-Sun)

Measuring for recital costumes begins
Sign off on costume sizes (Recital Classes Only)
Artistry in Motion's Winter Spectacular Tickets go on sale at the ALC front desk and online
DPDA Food Drive Ends
NO CLASSES (Thanksgiving Break - Happy Thanksgiving!)

DECEMBER

12/2 (Sat)
12/8 & 12/9 (Fri & Sat)
12/10 - 12/16 (Sun-Sat)
12/17 - 12/23 (Sun-Sat)

12/24 - 1/6 (2 Weeks)

Winter Wonderland at Prairie Lakes
Artistry in Motion Dance Company presents "Winter Spectacular" at Prairie Lakes Theater
Parent Observation Week
Missed class Make-up Week!
(Any classes canceled due to weather, power outages, Holidays, etc.)
NO CLASSES (Winter Break - Happy Holidays!)

JANUARY

1/8 (Mon)

Performance Program Classes Resume

FEBRUARY

2/11 - 2/17 (Sun-Sat)

Valentine's Week. Dancers may come dressed in pink or red
(All level classes are encouraged to participate)

MARCH

3/18 - 3/24 (Mon-Sun)
3/18 (Mon)
3/25 - 3/31 (Mon-Sun)

Missed class Make-up Week!
Artistry in Motion's Spring into Dance Tickets go on sale at the ALC front desk and online
NO CLASSES (Spring Break)

APRIL

4/13 & 4/14 (Sat & Sun)
4/21 - 4/27 (Sun-Sat)

Artistry in Motion Dance Company presents "Spring Showcase" at Prairie Lakes Theater
SPIRIT WEEK - Celebrate National Dance Week!

MAY

5/6 (Mon)
5/13 (Monday by 9a)
5/20 (Mon)
5/20 - 5/26 (Mon-Sun)
5/25 (Sat)
5/27 (Mon)

Recital tickets go on sale at the ALC front desk for DPDA families only (max 4 per family)
Way to Go's due
Recital tickets go on sale at the ALC front desk and online
In-Class Dress Rehearsal Week!
Stage Parent and Handicapped Seating Request forms are due
NO CLASSES (Memorial Day)

JUNE

6/3 (Mon)
6/4 (Tues)
6/4 - 6/7 (Tue-Fri)
6/4 - 6/7 (Tue-Fri)
6/8 & 6/9 (Sat & Sun)
6/10 (Mon)
6/17 (Mon)
6/13 & 6/14 (Thur & Fri)

Last Day of School of Dance Classes
Pointe Production/Opening/Closing/Mom's Dance/Dad's Dance/Senior Dress Rehearsal
Picture Days at Prairie Lakes (during dress rehearsal)
Dress Rehearsal (4:00p) - A Show (Wed) / B Show (Thur) / C Show (Fri)
Dance Recital - A Show (11:30a) / B Show (2:30p) / C Show (5:30p)
Session 1 Dance & Arts Camp Begins
First Day of Summer School of Dance!
Artistry in Motion Company Auditions