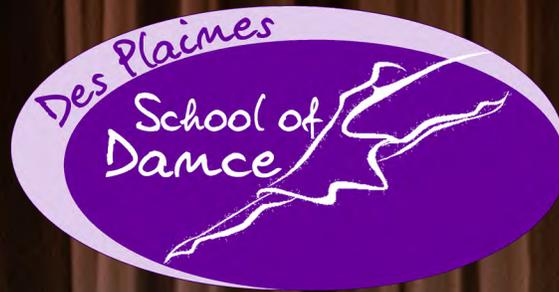


PARENT/STUDENT MANUAL

2021-2022



DES PLAINE SCHOOL OF DANCE

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



Why the DPSOD:

- ◆ Professionally trained Dance Staff.
- ◆ Staff is CPR/FA Certified.
- ◆ Progressive Ballet Technique Program Certified.
- ◆ Discover Dance Certified.
- ◆ Staff works from a detailed School of Dance Syllabus to maintain consistency among classes. This syllabus is updated annually.
- ◆ Staff take continuing education classes to stay up to date on the most recent trends.
- ◆ Reasonably priced: a fraction of the cost of private studios.
- ◆ No membership fee.
- ◆ Recital costume fee included in registration.
- ◆ Free Recital T-Shirt.
- ◆ Mid-term testing for Junior and Senior Levels.
- ◆ End of year student evaluations.
- ◆ Star Student Program.

WELCOME TO THE DES PLAINES SCHOOL OF DANCE!

We are pleased that you will be joining us for the **2021–2022 School of Dance 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 School of Dance 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 School of Dance Hotline at 847-391-6924. You may also send us an email at Aim@dpparks.org.

Des Plaines School of Dance Manual

If you have any further questions, please contact:

The School of Dance hotline at 847-391-6924

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 School of Dance is divided into four unique programs:



DiscoverDance

AiM for the Stars

Performance (Recital)

Artistry in Motion Dance Co.

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

Registration and Payment Plan Information

You will only register ONE TIME for the entire 34 week Performance Program

School of Dance registration begins on Monday, August 16 for Des Plaines Park District residents and on Monday, August 23 for non-residents. *New enrollment will not be accepted after the 6th week of classes (October 16).*

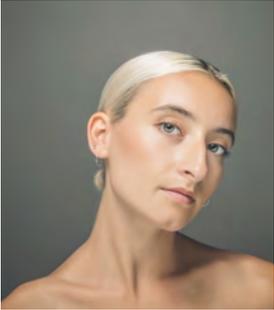
Payment plan: A \$35 processing fee will be added for each payment plan. No payment plans will be accepted after September 7.

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.

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

**School of Dance Location
Administrative and Leisure Center, 2222 Birch Street
Dance Studio 101, 102 and 113**

School of Dance Staff 2022



Ella Dorman was born in Traverse City, Michigan. She began her dance training at the age of 3 under Korin Drilling and Tera Garrow at The Dance Center, where she danced the lead in several DCYE productions such as The Nutcracker, Cinderella, Swan Lake, Snow White, and Peter Pan. She also competed on Fresh Fusion Extreme, earning high awards for solo and group, as well as two Merit Ballet Scholarships. She continued dancing at Interlochen Arts Academy where she danced the leading roles in LaBayadère, The Nutcracker, The Sleeping Beauty, and Philip Jerry's Our Town. After graduating with honors, Ms. Dorman went on to train with Alexei Kremnev at A&A Ballet in Chicago, IL, where she danced in various new works, including the role of Cinderella in Kremnev's adaptation of Cinderella. With Interlochen and A&A, Ella has competed at YAGP with solos and group ensemble pieces. Ella attended various Summer Intensives, including ABT New York and Joffrey Chicago. In 2017 she joined the Oklahoma City Ballet's Studio Company for two years 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, Michael Pink's Dracula, as well as new works by Penny Saunders, Robert Mills, Penny Askew, and Michael Bearden. Ella enjoys teaching ballet, pointe, and repertoire to students of all ages. She has choreographed several pieces for Design Dance Company and the Dance Center in Traverse City, MI, where her choreography has placed 1st and earned Industry Dance Awards "Outstanding Recognition" for her piece "Le Temps De L'Amour" in 2021. She most recently joined Visceral Dance Chicago as a company dancer and is excited to be immersed in contemporary dance.

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. Sarah is a company member in two Chicago based companies - Peckish Rhodes Performing Arts Society and Forward the Movement. 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 in 2019. 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.



Marcus Hardy is a multi-disciplined dancer/choreographer from North Carolina, who began his training at the age of 19. His passion for dance erupted after witnessing a local hip-hop group perform at his alma mater, East Carolina University. Marcus spent many hours honing his skills as a hip hop dancer, joining the local Hip Hop Crew, Nubiance Dance Team, and eventually starting up his own Dance Crew, Untitled, with a few of his peers. Driven to further his skills as a dancer, at 21, Marcus auditioned for ECU's dance program, and was accepted in 2010, where he had the opportunity to work with many world renowned choreographers such as John Magnus, Jennifer Archibald, Mark Hines, and Frank Chaves. During his time in the program, he cultivated his skills not only as a dancer, but as a choreographer as well, where his choreography was seen at various professional venues. After graduating in 2012, with a BFA in Dance Performance, Hardy moved to Chicago where he has performed as a guest artist with SueMo Dance Company and Chicago Dance Crash and as a company member with Inside Chicago

Dance Dance and has had the opportunity to choreograph and teach across the Midwest. Marcus is also a NASM certified personal trainer for LulaFit. He has even choreographed for our very own Artistry in Motion Dance Company. He is thrilled to be a part of the School of Dance family and is eager to begin training our young Hip Hop dancers.

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-Ziai. After 3 years at UNCSA, Holly moved to Israel to dance with Kibbutz Contemporary Dance Company - MASA. In Israel she performed works by Rami Beer and Mats Ek. 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 currently dances with Hedwig Dances and Water Street Dance Company. She is extremely excited to be joining the Des Plaines School of Dance Family.



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 Rhardjanoto, 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 School of Dance.



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 School of Dance 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 operations manager of Pure Barre Willowbrook!

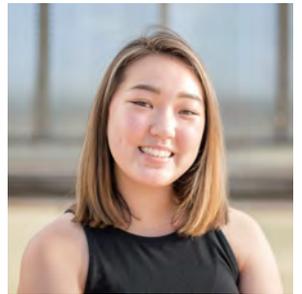


Terry Turner started dancing at the age of 5 when his mom introduced him to Michael Jackson and his music. He has been an active athlete and enjoys playing football and basketball. When he tore his ACL in college during football practice after returning home and getting surgery he decided to pursue dance 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.



Karli Walker is a native of Fairfax, VA, where she was trained under the direction of Bennett and Debra Savage at the Center for Ballet Arts. Karli also studied at The John F. Kennedy Center for the Performing Arts as part of the young artist program with the Dance Theatre of Harlem. She was invited to further her studies at North Carolina School of the Arts, The Joffrey Ballet, and was awarded a scholarship to North Carolina School of the Arts, and The Dance Theatre of Harlem. She received a scholarship from Point Park University where she graduated with a Bachelor of Arts in Dance - Ballet concentration and studies in Business Management. While there she had the opportunity to perform works by Margo Sappington, Alan Hineline, Peter Merz, Nicholas Petrov, and George Balanchine. Karli has danced with Inside Chicago Dance, Thodos Dance Chicago, All The Pieces Matter, Still Inspired (?), among other free lance performances. She is a certified personal trainer through the National Academy of Sports Medicine, specializing in pre-natal fitness. Karli has been an active instructor, trainer, and performer in the Chicagoland area since 2007.

Lynn Anama was a School of Dance student from 2003 until she graduated in 2018. In her years as a dancer, she trained in ballet, jazz, modern/contemporary, tap, and pointe. From 2012-2015, she was a member of Artistry in Motion Dance Company. During that time, she competed at many regional and national competitions and performed in Inside Chicago Dance Regional Youth Summit for the Arts, Six Flags Great America Dance Fest, and All the Pieces Matter Dance Project. At Maine West High School, she joined the Orchestis Dance Company, where she danced and choreographed with her peers. Lynn was a Helping Hands Teachers Assistant for six seasons, now that she has graduated, she now serves as the Program Coordinator of Helping Hands. She is currently an Early Childhood Education major and National Louis University. Lynn is excited to teach at her home studio and combine her love for dance and early childhood education, especially now that she is DiscoverDance certified.



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, where she has had the opportunity to perform works by Brendan Dougan, Azure 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. In addition to dancing and teaching, Lauren travels with Dupree Dance Convention and Competition as a lead assistant, serves as the Digital Media and Brand Manager of Young Dancers Initiative, and is a photographer specializing in dance and movement-based photos.

Our Unique Programs

DiscoverDance & Pre-Dance

Early Childhood Program

These beginner level classes are geared towards toddlers ages 18 months through 5 years. This program is a great introduction into the wonderful world of dance. Each class is designed to teach students the fundamentals of dance, such as rhythm, coordination, flexibility, strength and creative movement. Dancers will learn basic dance terminology as well as simple combinations to fun songs. During the session, students will have an opportunity to express themselves, meet new friends and gain self confidence. Our goal is to encourage each student to put their best foot forward and ensure they have a blast while doing it. Students are expected to follow the Performance Program dress code for Pre-Dance. (pg.9)

AiM for the Stars

Mini Performance Program

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 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.

Performance

9 Month Recital Program - 34 Weeks

This program is designed for the dancer who will receive training in both technique and performance, showcasing their achievements in our annual June recital, held at 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 5** 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.

Mini/Pre-Dance: \$65

Junior: \$75

Senior/Pointe: \$85

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 5!*) **Enrollment for recital classes ends October 16.**

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 student's 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.

Artistry in Motion Dance Company

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, about to start its 17th



season. It is designed for the dedicated dancer who also loves to perform. This diverse and multi-talented company self-produces a 2 show season at Prairie Lakes Theatre: Winter Spectacular and Spring Showcase. Dancers also perform and have become a highlight at various community events throughout the year. Each company will compete at 4 competitions and have the opportunity to 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 Katy at AiM@dpparks.org or call 847-391-6924.**



Class Placement Guidelines

Classes are divided into 3 age categories

Pre-Dance Levels (Ages 2–6)

DiscoverDance ages 2–5 (preschool)
Pre-Dance, Teeny Bop, Mini-Modern, ages 4–7 (kindergarten and 1st grade)

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 School of Dance 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 School of Dance 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.



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 Bop - 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 School of Dance for \$5). **Pointe** - Students will learn the basics of dancing en pointe.



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.

Sr. Contemporary: Must be enrolled in an additional ballet class and have 4+ years dance training.

School of Dance 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 School of Dance staff will be enforcing the dress code. If these requirements are not followed, parents will be notified by the instructor and the student may not be permitted to participate in class until the proper dance attire is worn. Failure to wear the appropriate dance attire will constitute one absence. 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 convertible tights. No skirts; attached or otherwise, tutus, or dance costumes are permitted.

Discover Dance: dancers will be barefoot
Pre-Jazz: Black jazz shoes

Pre-Ballet: Full-sole leather pink ballet shoes (no satin slippers)
Pre-Tap: Black buckle tap shoe (no ribbons or ties)

Ballet/Pre-Pointe/Pointe (Jr./Sr. Levels): BLACK leotard and PINK tights (NO TAN TIGHTS). Pink ballet shoes; canvas ballet shoes are required for 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. *Senior level classes can wear any solid colored leotard.

Jazz: BLACK solid leotard and form fitting bottoms (tights, leggings, shorts). Black or tan leather jazz shoes. No jazz sneakers.

Contemporary/Modern (Jr./Sr. Levels): Any solid colored leotard or form fitting tank top 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.

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

- Hair must be secured away from the face in a ballet bun* for ALL classes, except Tap and Hip Hop.
- 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.)

Suggested Dance Shoes

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

Jr Level Ballet Slipper: Sansha Split Sole Leather – Pink,
Capezio "Cobra" Child Split-Sole Leather - Pink

Sr Level Ballet Slipper: Sansha Split Sole Canvas - Pink

Jazz Shoe: Bloch Split Sole Jazz Shoe - Black

Tap Shoes (Pre-Dance Levels): Capezio "Mary Jane" Child Buckle Tap Shoe - Black
(Jr. Levels 1+): Bloch Lace up Leather - Black

What Every DPSOD 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 **10 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 847-391-5700.

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, 2022. 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 School of Dance will have a make-up week **December 13-18 and March 14-19.** 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 School of Dance 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 School of Dance 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 instructor knows the best way to reach you in an emergency. **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 School of Dance at 847-391-6924, and leave a message for your child's instructor if they have to miss a class. You may also email katy.fedrigon@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 katy.fedrigon@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 DiscoverTOTS students, who must have a parent/guardian outside the classroom). 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.

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. 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 one week in advance. If we do not receive notification with at least one 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 \$20 discount.
- Register for 3 classes and receive a \$35 discount.
- Register for 4 classes and receive a \$55 discount.
- Register for 5 or more classes and receive a \$75 discount.

*Valid for Des Plaines School of Dance Performance Classes only. Amount will be credited to your household account. Does not apply to Artistry in Motion Company classes.

*Must register for all Performance Classes at the same time in order to qualify for the savings plan.

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. 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.
3. No refunds for gift certificates will be allowed. Gift certificates may be used toward any Park District facility, program or trip.
4. 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.
5. Refunds take approximately 2 weeks to process, and are mailed in check form or credited to your credit card account.
6. If you have an outstanding balance, a refund will be applied to that balance.
7. **School of Dance Costume Fees will not be refunded after December 6.** 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 School of Dance participants.

In order for the School of Dance 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 school 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 School of Dance 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 School of Dance participant, but cannot have danced with the School of Dance 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 School of Dance!

What Every DPSOD 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 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 cubby in the hallway. 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 bars 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 co-operation. 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 School of Dance will be a pleasure for all concerned.

Lost and Found

The Des Plaines Park District & School of Dance is not responsible for lost or stolen items. Please label shoes and other personal items. Do not bring valuable to dance class. Anything left in the dance studios will be placed in the lost and found box in the back office area at the Leisure Center.



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.

Fall Bring a Friend (Pre-Dance & Jr Levels Only): 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 School of Dance 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 25–30, 2022** 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.
- Be Respectful – of yourself, your fellow classmates and your instructor.
- Be-lieve – in yourself!



Student / Teacher Relationships

The School of Dance 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 School of Dance 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 School of Dance 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 School of Dance hotline (847-391-6924) or via email at schoolofdance@desplainsparks.org.

Social Media

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

Facebook: www.Facebook.com/DesPlainesSchoolofDance

Instagram: @DesPlainesSchoolofDance

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 School of Dance programs. Cost is \$80 for an 8-month membership or \$10 a month. The program is Valid only Oct. 2021–May 2022. For more information, call Peggy at 847-391-5700.



The Annual Dance Recital: Download Dance 2022, June 11 & 12

All forms and handouts regarding **Recital 2022 : Download Dance** will be emailed home in April. 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 School of Dance information.

Recital Costumes

All measuring for costumes will begin the week of November 4 and will continue through November 20. 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 School of Dance 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 **December 1** 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 in the bins 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 2 shows (A & B). 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 7. All other dances are: Wednesday, June 8- "A-Show" and Thursday, June 9 - "B-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 the “A-Show” / “B-Show” begin 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!** Professional videos will be available for purchase.
- 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 lobby area. ONLY one parent will be allowed back into the dressing area to pick up your dancer.

Recital Tickets

Tickets will go on sale at the front desk at the Leisure Center, Prairie Lakes, and online on Monday, May 2. Front desk hours are as follows: Monday - Friday: 8:30a-5:00p. The Leisure Center will be closed on Monday, May 23. Once tickets have been purchased, there are no returns. Tickets may be exchanged for another performance, unless the show is sold out. Tickets are \$10 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. Every volunteer will receive a recital t-shirt and one \$10 voucher for summer dance classes. 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 in the dance studio.

Picture Day

Picture Day will be held on Saturday, June 4, from 9:00a-5:00p. A schedule of picture times will be included in the recital handouts. Pictures will be taken at Prairie Lakes, and the Meeting Rooms will be available as a dressing room, for dancers with multiple costumes. We ask that students do not change in the bathroom. Dancers will be asked to wait in the lobby area and in full costume, until their class is called. *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 3rd year of performing and is open to ALL moms, aunts, or older sisters (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, 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 School of Dance 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.

- **Camp Dance-A-Lot (Ages 6–10)** 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 11–15)** 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.
- **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.

Summer School of Dance

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 School of Dance 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.



Helping Hands Teacher Assistant Program

Helping Hands Teacher Assistant Program is open to Des Plaines School of Dance 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 School of Dance 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 School of Dance. 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 Lynn Anama, the Helping Hands Coordinator, at lynnanama28@gmail.com.

2021/2022 CALENDAR

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

SEPTEMBER

9/7 (Tue)

9/11 (Sat)

Des Plaines School of Dance Classes begin
School of Dance Open House

OCTOBER

10/4 - 10/9 (Mon-Sat)

10/16 (Sat)

10/25 - 10/30 (Mon-Sat)

10/25 (Mon)

Bring A Friend Week! (Pre-Dance & Jr Levels)
(see instructor for forms)

New Enrollment Ends!

Halloween Week. Dancers may come dressed in costume
(All level classes are encouraged to participate)

Parent/Student Confirmation and Acceptance Form Due

NOVEMBER

11/1-11/6 (Mon-Sat)

11/15 - 11/20 (Mon-Sat)

11/22 - 11/27 (Mon-Sat)

Measuring for recital costumes begins

Sign off on costume sizes

NO CLASSES (Happy Thanksgiving!)

DECEMBER

12/11 (Sat)

12/13 - 12/18 (Mon-Sat)

12/20 - 1/2 (2 Weeks)

Artistry in Motion Dance Company presents "Winter Spectacular" at Prairie Lakes Theater

Missed class Make-up Week!

(Any classes canceled due to weather, power outages, Holidays, etc.)

NO CLASSES (Happy Holidays!)

JANUARY

1/3 (Mon)

Performance Program Classes Resume

FEBRUARY

2/14 - 2/19 (Mon-Sat)

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

MARCH

3/1 (Tues)

3/14 - 3/19 (Mon-Sat)

3/21 - 3/26 (Mon-Sat)

Des Plaines Food Pantry Food Drive Begins

Missed class Make-up Week!

NO CLASSES (Spring Break)

APRIL

4/9 & 4/10 (Sat & Sun)

4/9 (Sat)

4/25 - 4/30 (Mon-Sat)

Artistry in Motion Dance Company presents "Spring Showcase" at Prairie Lakes Theater

Des Plaines Food Pantry Food Drive Ends

SPIRIT WEEK - Celebrate National Dance Week! Look for flyers with special dress-up days

MAY

5/2 (Monday by 9a)

5/2 (Mon)

5/23 - 5/28 (Mon-Sat)

5/27 (Fri)

5/30 (Mon)

Way to Go's due

Recital tickets go on sale at the ALC front desk and Prairie Lakes Front Desk

In-Class Dress Rehearsal Week!

Stage Parent and Handicapped Seating Request forms are due

NO CLASSES (Memorial Day)

JUNE

6/4 (Sat)

6/6 (Mon)

6/7 (Tues)

6/8 & 6/9 (Wed & Thurs)

6/11 & 6/12 (Sat & Sun)

6/13

Picture Day (8:30a-4:30p) at Prairie Lakes.

Last Day of School of Dance Classes

Ballet Production/Opening/Closing/Mom's Dance/Dad's Dance Tech Day

Dress Rehearsal (4:00p) A Show (Wed) / B Show (Thurs)

Dance Recital (1:30p) A Show / (5:30p) B Show

Session 1 Dance Camp Begins

July

7/6 & 7/7 (Wed & Thurs)

7/11 (Mon)

Artistry in Motion Dance Company Auditions

First Day of Summer School of Dance!



Behavioral Policy

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 School of Dance.

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.*

Please read the following and provide signatures, then tear out and return to your child's dance instructor.

Confirmation and Acceptance of Parent/Student Manual

(Parent/Guardian, Student Signatures Required)

Due: Week of October 25, 2021

This handbook offers important information, procedures and policies relating to the day to day activities for the Des Plaines School of Dance. Please read the entire handbook carefully, and go over it with your child/children. Please keep it and use it for future reference.

Students Name (Printed): _____

Parent/Guardian Signature: _____

Students Signature: _____

Emergency Phone Number: _____

Parent's E-mail Address: _____

(Important information regarding the School of Dance, including newsletters, flyers, and forms, will be sent via e-mail.) HELP US GO GREEN! Thank you!

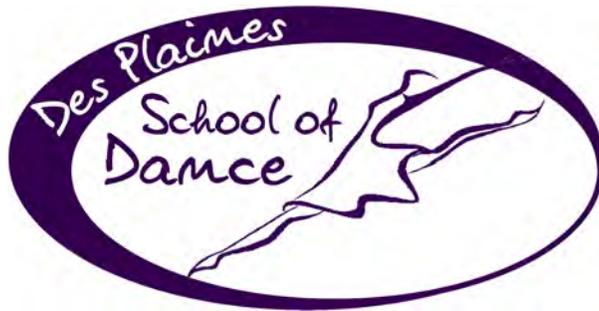


Yes, please send me important School of Dance information via e-mail.



No, please do not send me information via e-mail. I accept responsibility for picking up all School of Dance newsletters, flyers, forms, etc.

I understand that the Des Plaines School of Dance may photograph and/or video any students' participation in scheduled classes, workshops, activities and/or events. All recordings are the sole property of the Des Plaines Park District.



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