CLASS DESCRIPTIONS & DRESS CODE

DiscoverDance Classes

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 simple center combinations.

Class Dress Code: SOLID colored leotard (NO Skirts, tutus, or dance costumes) with PINK convertible tights. Dancers will be barefoot or in canvas ballet slippers without laces (satin slippers, socks, and street shoes are NOT permitted in class).



Ballet Classes

Ballet provides strength, balance, flexibility, posture, technique and knowledge of terminology critical to success in other dance forms, including jazz, modern, tap, and hip-hop. 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.

***It is strongly recommended that all dancers take ballet in conjunction with any other dance genre.**

Pre-Pointe Class

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. When the instructor feels a student is strong enough to advance their pointe work without the risk of injury, the student will move on to Pointe.

Class Dress Code Ballet/Pointe: BLACK leotard (no visible undergarments, if necessary dancers are encouraged to purchase front lined or shelf lined leotards for additional support), PINK convertible tights, and Pink canvas ballet slippers. For all 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 (ballet skirts allowed in Pre-Pointe class only, length must be instructor approved).

Jazz, DP Poms, Musical Theater, and Glitter & Pop Classes

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 traveling progressions across 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.**

Class Dress Code: Solid colored leotard or form fitting top and form fitting bottoms (tights, leggings, shorts). CLEAN Tan leather jazz shoes (No laces). Hair should be pulled back securely in a ponytail.

Modern/Contemporary/Lyrical Classes

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.

Class Dress Code: Solid colored leotard or form fitting top and form fitting bottoms (tights, leggings, shorts). Barefoot.



Classes with a Prerequisite

Please note: The Des Plaines Dance Academy 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 email the Dance Academy Supervisor, Natalie.Sanchez@dpparks.org, prior to registration.

Aerial Silks Levels 2+: Must have instructors consent

Aerial Flight Lab: Must be currently enrolled in Aerial Silks to enroll in Flight Lab.



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Tap Classes
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 tap.
Class Dress Code: Solid colored leotard or form fitting top and form fitting bottoms. NO JEANS. Black leather lace up tap shoes required for all levels (No slip on or split-sole shoes).

Hip Hop and Action & Beats Classes
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.
Class Dress Code: Loose fitting dance specific clothes, easily able to move in(no streetware). NO JEANS OR SHORTS (Legs must be covered for potential hip hop floorwork). Clean sneakers, no street shoes or outside shoes (Your hip hop sneakers are to only be worn in class and not outside). ***The instructor will notify each class what specific shoe to purchase during the first week of classes.**

Acrobatics Classes
Students will enhance their flexibility, strength, balance, and tumbling skills in this new program. Taking the beginner preschool level student from donkey kicks and tuck jumps to the advanced student tumbling effortlessly across the floor! The program is designed to teach acrobatics through safe, proper progressions & stresses the importance of alignment and training everything on both sides of the body.
Class Dress Code: Biketard/leotard or tight fitting top with dance shorts/leggings (no tights, no loose fitting clothes). Hair in a ponytail and Barefoot.

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

Bollywood Rhythm & Roots Classes
Embark on a vibrant journey through the dynamic world of Bollywood dance! No prior dance experience is necessary, just bring your enthusiasm and a smile.
Class Dress Code: Loose fitting dance specific clothes, easily able to move in (no streetware). NO JEANS OR SHORTS

Male Identifying dancers: For all classes (with the exception of Hip Hop) Solid colored fitted t-shirt, Black shorts or pants/joggers (no logos).
Shoes: Ballet-Black canvas ballet slipper, All other classes-refer to section for shoe requirements

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. We appreciate your cooperation with the compliance of the dress code for our program. Individual instructors may have additional requirements; please check with your instructor after the first day of class.
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 (Instructors will ask dancers first if they can adjust them).



Additional requirements:
· Hair must be secured away from the face for ALL classes.
· 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 ages 10 and older should wear deodorant.
· ALL Level dancers should not wear underwear underneath a leotard and tights (Tights are the undergarment and if necessary dancers are encouraged to purchase leotards with front/shelf lining). No visible undergarments.