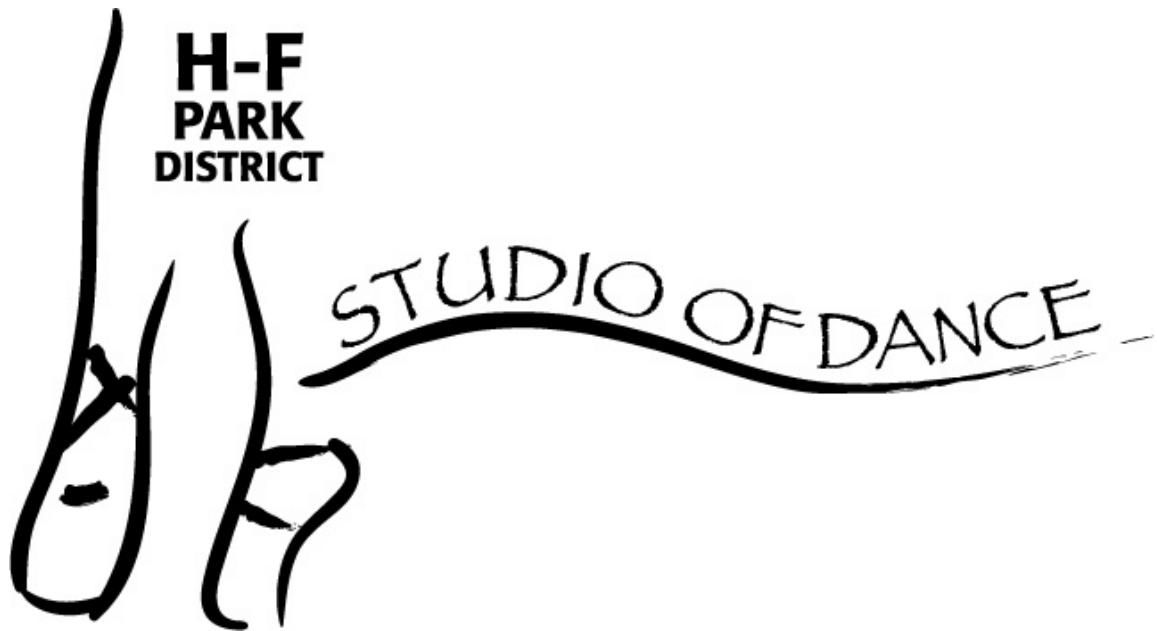


Homewood-Flossmoor Park District **STUDIO OF DANCE**



RECITAL SESSION

2010-2011

Nov. 2010 - April 2011

Parent-Student Handbook

Homewood-Flossmoor Park District
18120 Highland Avenue
708-957-7275 or 708-957-0300
Hfparks.com

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STUDIO OF DANCE PHILOSOPHY

The philosophy of our dance program is to teach the fundamentals of dance in a safe manner and to instill in our students an appreciation of the arts in an enjoyable atmosphere. Our main goal is to teach the love of dance as a performing art.

Our teaching staff is all highly trained professionals and their goal is to give each student the best possible dance experience, to help them gain poise and confidence, as well as encouraging participation in a healthy physical activity.

The annual recitals are designed to teach our students what it would be like to be a real performer. They learn teamwork and stage directions, experience dressing in costume, as well as seeing the workings of a theatre.

Welcome to the Homewood-Flossmoor Park District *Studio of Dance*

We hope that you will find this information helpful and that your child will enjoy his/her classes in the months ahead. If you have questions or concerns throughout your experience with us please do not hesitate to call LeeAnn Fisk at 708-957-0300

CLASS ARRIVAL and DEPARTURE

Classes are held at the Marie Irwin Community Center. Please bring your child to class on time. The instructors are busy preparing for class prior to the start time and therefore are unable to supervise early arrivals. **Please wait with your child in the lobby until the instructor is ready.** The same applies to pick-up at the end of class. If siblings are brought, they must stay with parents in the waiting area.

ATTENDANCE

Promptness and attendance is a prime factor in the development of a dancer. Progress is seriously jeopardized when they are chronically absent or late for class. The beginning of class is devoted to the gradual warming up of the muscles in order to prepare them for the dance steps to follow. It is a crucial segment of the class and should not be missed. If your child arrives more than ten minutes late to class, he/she must sit and watch. Absenteeism is also difficult for the teacher as well as the student who must struggle to try to catch up. It is especially difficult during the weeks prior to the spring recital when the choreography needs to be learned and polished. If a student is chronically absent, they will not be permitted to participate in the performances.

DRESS ATTIRE

In order for dance students to be able to move freely and for the instructor to teach effectively, we have established a dress code for all dancers in our program.

Ballet students need to wear a pink leotard and pink tights with **PINK** ballet shoes (street clothing, baggy clothes etc. are NOT acceptable). Long hair must be secured in a bun with no hair on the face.

Ballet and Tap students need to wear a pink leotard and pink tights with **PINK** ballet shoes and black tap shoes (street clothing, baggy clothes etc. are NOT acceptable). Long hair must be secured in a bun with no hair on the face.

Jazz and Hip Hop students may wear any color leotard with tights or black jazz pants and black jazz shoes (street clothes can restrict your movement). Hair must be pulled back off the face (ponytail if the hair is long enough).

DRESS ATTIRE cont.

Boy Dancers may wear a solid colored T-shirt and shorts and Black Ballet, Tap or Jazz shoes appropriate for the class/s.

Pom Poms black leotard, any color shorts, white socks and white indoor gym shoes.

DANCE STUDIO RULES

- * Street shoes are NOT allowed on the dance floor. Please try to label all of your clothes and shoes in case something is misplaced. The park district cannot be held responsible for lost items.
- * No gum, food, or beverages are allowed in the studio. There is a water fountain outside of the studio for your convenience.
- * All park district facilities are non-smoking environments.
 - During class, if you need a drink or to use the bathroom, please ask your instructor.

FEES

The Recital session fee is due at registration. **This fee includes dance class instruction, recital costume, and recital participation.**

A payment plan is available. Half of the fee is due at registration with the remainder due February 1, 2011. A \$25 late fee will be applied to all payments made after February 1, 2011.

Dancers will not receive their costumes for recital until all balances are paid. There will be no credit for students who miss class for personal reasons.

VACATION DATES

Classes **WILL NOT** be in session on the following dates:

Sunday, November 21 thru Sunday, November 28
Sunday, December 19 thru Sunday, January 2, 2011
Sunday, March 27 thru Sunday, April 3, 2011

PARENT OBSERVATION

We love parents, but with your child's best interests in mind, parents are invited to their child's mid-term class. Our instructors find that their quality of instruction has often been greatly affected by parents and/or sibling distraction, interruptions, and various other concerns during class time. We also feel it is most beneficial for children to have recreational time with their peers. We encourage parents to wait in the lobby area during class time. Our instructors always welcome the opportunity to discuss participants' progress with parents at any time. **Please note that participants must be potty trained.**

PRACTICING AT HOME

From time to time, the instructors may ask students to practice a certain step or move at home. This is acceptable; however, we strongly urge that other things not be attempted, as they need to be done under the expert eye of the instructor.

Stretching exercises that have been carefully taught are permissible, as these exercises need to be part of a daily regime to improve flexibility. Basic exercises and other movements that can be harmful if not done correctly should never be practiced away from the dance studio.

EVALUATIONS

At the end of each year, each student will be evaluated by his or her instructor as to the appropriate level he/she should take the following year. The purpose of this is to ensure that our students are participating in classes that are best suited for them. Just as in any activity, some children develop their dance skills at a faster rate, while others need to take their time. It is important to remember that it takes many years to train a dancer, and even professional performers and teachers continue their education and take classes throughout their careers.

Our instructors are extremely careful with their recommendations. Students that are moved into classes that are too advanced for them can become frustrated. Serious injury can occur since their bodies have not reached the required level of muscle strength and flexibility required to participate in that class. **Please note: Instructors reserve the right to place children in the correct level class.**

CLASS FORMAT

The format of our classes is to teach the discipline and technique of dance, while instilling the love for the art. This will provide an excellent environment for both the serious student interested in a dance career and those preferring it as a recreational activity.



CLASS RECOMMENDATIONS/LEVELS

All of our dance instructors follow a set curriculum. These were established so that each level would have a set lesson plan to be taught. This ensures a more cohesive dance program and is a benefit to the students and the teachers.

Each of our levels for tap, ballet, jazz and hip-hop has been carefully prepared. Students will be required to understand and perform correctly all of the exercises for that level before moving on to the next. As the students progress, they may spend longer in certain levels. This is because the material is becoming increasingly more difficult and they need to develop the physical and mental skills, which requires more time and patience.

Not only does this ensure a solid dance education, but it also helps to prevent injuries. Our teachers are well versed in anatomy and understand that serious and sometimes lifelong injuries can result if a dancer's body is not ready for some of the rigors of upper level classes. We are strongly committed to our dancers and will recommend levels based on the expertise and understanding of each student. It should also be noted that "skipping" over levels means missing an important part of the overall training and is extremely detrimental.

Classes for our younger students are geared toward teaching the basics and providing a foundation on which to build. They will learn rhythm, creative movement, an understanding and appreciation of music, the beginning of dance vocabulary and dance class etiquette.

Our older students are able to progress to a higher level of skill thanks to the expertise of our teaching staff. Dance experts around the world agree that when the student reaches the higher levels, their classes should be

CLASS RECOMMENDATIONS/LEVELS cont.

taken on different days of the week. This will ensure that their physical skills and muscle memory are developed properly. Just as in aerobics and fitness, a physical activity such as dance should be split up through the course of the week.

Ballet is the foundation of all dance, and for that reason, we strongly urge all students to take at least one ballet class per week. Dancers studying jazz and tap can progress successfully if they have a ballet background. The benefits include strength, flexibility, posture, technique, knowledge of dance vocabulary, as well as the grace that only ballet training can provide.

RECITAL CLASSES/LEVELS OFFERED

The levels we have established here at the park district are as follows (please note that ages are used as a guideline and class placement is determined by the child's ability):

Pre-Ballet & Tap	3 - 4 years
Beginning Ballet & Tap	5 - 7 years
Jazz /Ballet	8 - 12 years
Poms	6 - 10 years
Hip Hop 1	5 - 7 years
Hip Hop 2	8 - 12 years



THE 3 A's

Appearance, Attitude, Attentiveness. A good appearance means dressing appropriately for the class. A positive attitude means that you are willing to learn new things along with being supportive of those students who need extra help during classes. Attentiveness means paying attention to your instructor. By applying these elements, you are showing respect.

TEACHING STAFF

Our teachers all come from different backgrounds and training in the dance world, but they all share a common desire to teach dance and to teach it well. They are happy to discuss with you any problems or concerns and answer any questions. You may contact them by leaving a message with LeeAnn Fisk, Recreation Supervisor at 708-957-0300

ABOUT OUR INSTRUCTOR

Vi Donald, owner of Dancin' Around Dance Studio, specializes in dance techniques at various levels. Ms. Donald began dancing at the age of four. She studied dance and drama at Curie High School for the Performing Arts where she acted and danced competitively. Her dance background includes Jazz, Ballet, Tap, Pom Poms, Hip-hop, Pointe, Modern and Gymnastics at various dance studios and at the prestigious Lou Conte Dance Studios, home of Hubbard Street Dance Theatre. Highlights of her career include her television debut on "Star Search", "Early Edition", "Taste of Chicago" and "CBS Channel 2". As a former LuvaBull (Chicago Bulls Cheerleader) and instructor for the Jr. LuvaBull, she danced and toured with the team for 2 seasons, including international performances in England and Holland. She is ASEP certified and a former Head Pom Pom Coach and choreographer for Andrew High School. She was a member with the Illinois Drill Team Association (IDTA), Certified Judge

ABOUT OUR INSTRUCTOR cont.

1999, Judge Coordinator and State Officer in 2000. During this time, she helped train, monitor and assign judges. Along with performing throughout Europe, she also taught and choreographed for numerous park districts, daycare, junior and high schools, colleges' universities and participated in numerous dance functions including performing with Ms. Diana Ross in the 1994 Opening Ceremony of the World Cup held in Chicago. She is the choreographer for the well renowned "Bally's Performance Team". She has been teaching dance for 18 years and passes the passion and love for dance to her students at her studio.



COSTUMES

The instructor by Mid-December through Mid-January will measure students. The instructor will determine costume sizes, as it is easier for the instructor to determine the correct sizes with the students measurements. If a wrong size is ordered, the studio will properly handle the situation with no additional cost to the parents. If parents strongly suggest a certain size, the parent will be responsible to replace the costume at his or her own expense. We strongly recommend that the students' name be placed on the inside tag of ALL costumes/pieces for identification purposes.

Costume costs are included in your registration fee. Costumes take anywhere from 8 weeks to 12 weeks in productions before being shipped out to the studio.



IMPORTANT DATES 2011

Dress Rehearsal

Tuesday, April 12, 2011	Irwin Dance Studio	6:00 – 7:00 p.m.
Tuesday, April 26, 2011	James Hart Middle School	6:00 – 8:00 p.m.

Class Portraits

Tuesday, April 26, 2011	James Hart Middle School	6:00 – 8:00 p.m.
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Recital Performance

Sunday, April 30, 2011	James Hart Middle School	4:00 p.m.
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Tickets will be available April 5, 2011 for \$6.00 each.

Seating is on a first come - first serve basis

RECITAL INFORMATION

Dress Rehearsal (Full costumes required with shoes-No makeup)

- It is required that students attend **ALL** scheduled dress rehearsals to participate in the annual recital. (Full costumes Required)
- Dress rehearsal is the time for all the students to practice together and prepare themselves mentally and physically for the big finale.
- Missing any rehearsals will only cause confusion, chaos and decrease confidence in the student.

Day of Recital

- The 2011 annual dance recital Sunday, April 24 4:30 – 6:30 p.m.
- The students will be required to be present at the venue **one hour** prior to show time.
- Location James Hart Middle School Gymnasium
18205 Aberdeen Street – Homewood
- One parent is requested to drop the student off at the designated “stage door” entrance and will not be able to enter that area.
- There will be parent volunteers working at the door, should you need help to get to the student.
- All performing students are required to stay until the end of the performance behind stage unless a written notification is given to the director or an emergency arises.
- If an emergency should arise and the student needs to be released early, a parent volunteer should be notified, to assist.
- At the end of the performance, the same parent from drop-off will be asked to stay in the gymnasium to receive their child.

ANNUAL RECITAL VIDEO

Videotaping is strictly prohibited. There will be a professional videographer there to videotape the entire performance. FLASH photography during the performance is not permitted as it can distract and/or blind the performers. It also ruins the quality of the video. Recital videos will be available for purchase one month prior to the recital. Order forms will be hand out to the parents by the studio. **Full payment (cash, checks or money orders made out to Dancin' Around - no credit cards)** must be collected before the studio can accept the order form. Prices will range between \$25.00 to \$45.00 per VHS/ DVD. You will receive the entire dance recital from start to finish for that price. Finished orders will be mailed directly to you from the videographer 2-5 weeks after the performance. Any refunds or discrepancies should be directed to the video company not the Dancin' Around Dance Studio or the Irwin Center.

DANCE CLASS PORTRAITS

Dance class portraits are taken each year. Picture taking is **mandatory** but purchasing the portraits is optional. Pictures will be taken on **Tuesday April 6, 2010** at the James Hart Junior High 6-7 p.m. Students are to come fully dressed in costume with natural make-up and hair in a bun or behind their head. Order forms will given out in March. Portraits are mailed directly to you approximately 4-5 week after picture day. Any discrepancies with the portraits should be directed to the photography company NOT Dancin' Around Dance Studio or the Irwin Center. Retain all your payments, orders and photography information for your records.



Dance Class for children: how it can help them grow!

We all do it at some point in time. We feel the rhythm, hear the music and before we know it, we are dancing. We may not have the finesse of the ballroom dancer, or the speed of the clogger or the grace of the ballerina, but when you are up and dancing it doesn't really matter.

Children who dance have increased self-esteem, coordination, balance and poise. Dancing cannot only be fun, but educational. Whether you enroll your child in a dance school or a program through the local community center, as long as they are exposed to the feel and the beat they will have fun.

Let's look at how dancing can help your child to grow. A child's self-esteem is enhanced with dancing. In a classroom setting, children are placed by age and skill level. Accomplishing the different positions of ballet or steps and routines in Tap create a sense of self worth for the child. Being able to create moves with the music is a very satisfying event for a young dancer. And dancing is not just for girls. Boys are becoming more active in dancing, just look at all the boy bands and the synchronized dance moves they perform.

In addition to self-esteem, dance can reinforce a sense of pride. A child who wears glasses, has braces, is "pudgy" or maybe a little clumsy will find a renewal in their pride when dancing. When you are on stage or dancing by yourself, you are in a different world. It may not happen overnight, but it does happen.

Grace and poise are two physical benefits of dance, in addition to providing an intense and fun form of exercise. A child in dance learns different positions and steps, which utilize all parts of their bodies. They are educated on proper posture, head and body alignment and moving with their entire body to create a flow of movement. Dance techniques have been used to train professional athletes including football and basketball players to help them develop faster moves on the playing field and allow them to move without injuring their bodies.

There is also a great deal of discipline involved with dancing. For the youngest dancers it is less rigid, but as you progress with years of experience, the discipline becomes stricter. Visions of a stern, older woman sitting by the bar tapping a heavy stick come to mind, but it is rarely like that. The discipline will involve positioning, practicing, learning, practicing, respecting and practicing. The longer a child dances, the more respect for others and themselves they will have. Dance has evolved from a thing skinny, pretty girls did in tutus to an active and recognized sport.

Not every child who dances when they are young will go on to become professionals, or even continue to dance into their middle and high school years. But the majority who have danced at some point in their lives will tell of the fun and the discipline. The feel good rhythm that moved their feet then continues to course through their veins today. Once a dancer always a dancer.

Written by Bobbi Jo Innamorato Williams

MARK YOUR CALENDARS

Homewood-Flossmoor Park Districts Community Events

Turkey Hoops * Fri., Nov. 5 * 6:00 p.m. * HFPD Auditorium

Holiday Lights in Homewood * Fri. Dec. 3 * 7:00 p.m. * Irwin Park

Flossmoor Winterfest * Sat., Dec. 4 * 5:30 p.m. * Flossmoor Library

Breakfast with Santa * Sat., Dec. 11 * 9:00 a.m. * Irwin Center

2011

The Stage presents “Amazing Grace “	Jan. 16	HFPD Auditorium
National Popcorn Day	Jan. 18	All facilities
Dinner Theatre	Jan. 20-21	Balagio’s
Celebration of Winter	Jan. 29	Coyote Run
Daddy Daughter Date Night	Feb. 4	HF Sports Complex
The Stage presents “Danny King of the Basement”	April 8 - 10	HFPD Auditorium
Lucky Egg Hunt	Apr. 16	Irwin Park
Great Dog Egg Hunt	Apr. 16	Irwin Park
Spring Fishing Derby	April 30	Dolphin Lake