

# Dance Programs

## Dance Classes

All classes begin September 12.

Dance Recital tentative date is May 17, 2009. One dance costume fee is included in the cost of the program. There will be no classes on:

**Rosh Hashanah - September 30, 2008**

**Yom Kippur - October 8-9, 2008**

**Halloween Festival - October 22-25, 2008**

**Thanksgiving - November 25-29, 2008**

**Winter Break - December 23-January 3, 2009**

**Starbound Competition - March 13-15, 2009**

**Spring Break - March 24-28, 2009**

**Easter Break - April 10-11, 2009**

**No. Weeks:** 29

**Location:** PVCC - Dance Studio/Community Room

**Note:** Ages are a guideline; Instructors reserve the right to place dancers according to ability.

## Jazz

### Jazz & Tap I

Learn the basic jazz steps and floor routines to popular music. Flexibility, coordination, strength and free movement are incorporated. In tap the dancers will learn basic steps, rhythms and combinations in center work and moving across the floor.

**Age:** 7-8 Yrs

### Jazz & Tap II

Level II class must have completed Jazz/Tap I or similar class.

**Age:** 8-9 Yrs

### Boys Hip Hop

You asked for it - here it is - a boys only dance class. The energetic hip hop dance style is ideal for the male dancer who wants to express himself and look cool doing it! Class will focus on hip hop style and will incorporate other techniques for style and form.

**Age:** 9-11 Yrs

### Hip Hop Jazz

Students will learn a mixture of street moves and jazz. No previous dance experience is needed. This fun, high energy dance style promotes group movement and free style.

**Age:** 10-12 Yrs

### Advanced Street Dance

This is a continuation of hip hop with the introduction of more advanced techniques. Modern rhythms and exercises are included as well as fun freestyle.

**Age:** 12+ Yrs

**See page 16 for registration information.**

## Variety

Quick learning and performing is required of our variety dance participants. All registrants must have completed advanced dance classes. New students need instructor's approval.

**Age:** 9-10 Yrs

## Repertoire

Experience tap and jazz in our repertoire program which focuses on each dancer choreographing their own dance piece for the annual recital. Prior dance training is required. New students need instructor's approval.

### Pre-Repertoire

**Age:** 10-11 Yrs

### Repertoire

**Age:** 11-13 Yrs

## Starbound

### Starbound Jazz/Tap

Starbound Company is for advanced dancers who want to perform and be involved in competition. The dancers will work with different choreographers and guest teachers. The focus will be on jazz and tap. Most students will be high school age (minimum age 13 years). By invitation only.

**Age:** 13+ Yrs

### Starbound Lyrical Pointe

By invitation only. The syllabus for both lyrical and pointe ballet will include barre work, advanced progressions and combinations. They will perform 2 dances and be in competition with the lyrical dance routine. Dancers must have solid ballet foundations for this class. Subject to instructor approval. Dancers will have multiple performance opportunities throughout the year, plus have a guest teacher and attend a workshop.

**Age:** 13+ Yrs

### Spotlight Jazz/Tap

By invitation only. Class is designed for advanced dancers who like to perform. Dancers will work with different choreographers and have a guest teacher. Focus is on jazz and tap. Most students will be in high school (minimum age 13 years).

**Note:** Spotlight Dance does not attend competition.

**Age:** 13+ Yrs

**\*All Starbound classes are by invitation only. New dancers may call Kelly Smith to schedule an audition.**

## Creative Dance

### Beginning Creative Dance

This program is for children who love to move their bodies. Classes will introduce ballet and some tumbling as well as other dance movements.

**Age:** 3-4 Yrs

### Showbiz Dance

This class is an introduction to theatrical dance which includes tap and ballet. You will be dancing to Disney movie soundtracks and children's Broadway show-tunes!

**Age:** 4-5 Yrs

### Combination Dance

This tap dance class emphasizes musical rhythm that is applied to contemporary music in a high energy fun way.

**Age:** 5-6 Yrs

### Tappin' Kids

Toe, heel, step, step - shuffle, ball, change. Children will improve their coordination and rhythm as they learn tap combinations and a show stomping routine.

**Age:** 5-6 Yrs

### Rhythm Tappers

This class is designed to introduce advanced dancers to the more intricate steps and movements of tap with addition of jazz movement.

**Age:** 6-7 Yrs

### Musical Theatre

Dancers will work on movements and singing from actual Broadway and movie musicals.

**Age:** 6-7 Yrs

**See page 32 for Adult Dance program**

## Ballet

### Tot Ballet

Your child will be introduced to the art of ballet and some tumbling.

**Age:** 3-4 Yrs

### Pre-Ballet

Ballet is the cornerstone for each dancer to learn proper techniques for all forms. This is the perfect class for the younger dancer. Ballet can be fun and this class will incorporate skills with fun.

**Age:** 4-5 Yrs

### Lyrical Ballet I

Lyrical combines ballet and jazz techniques to use motion to interpret music and express emotion. Ballet teaches body alignment and control which is essential for a well rounded dancer.

**Age:** 8-10 Yrs

### Lyrical Ballet II

Building on basic ballet positions and techniques will be taught as students learn to appreciate this beautiful dance form.

**Age:** 10-13 Yrs

### Ballet with Pointe

Dancers must be 12 years of age or older and have 2 years of ballet experience to enroll in this advanced class. The students will not start out in pointe shoes. Dancers will work on strengthening their bodies and correct technique. Instructor approval required.

**Age:** 12+ Yrs



**All dancers should wear dance clothing to class (i.e. leotard, dance pant) - absolutely NO JEANS. There is no cell phones, food, drink or chewing gum permitted in the dance studio.**

If your child is enrolled in the following class, the proper footwear is needed:

Combination, Showbiz, Tappin' Kids, Musical Theatre, Rhythm Tappers - Pink Ballet Slippers & Black Tap Shoes

Creative & Ballet - Pink Ballet Slippers

Variety & Repertoire - Black Tap Shoes & Black Jazz Shoes

Tap - Black Tap Shoes

Starbound & Spotlight Jazz/Tap - Black Tap Shoes & Black Hip Hop Shoes

Jazz/Hip Hop - Black Hip Hop Shoes

Toe/Pointe - Toe Shoes & Pink Ballet Slippers

Starbound Lyrical/Pointe - Lyrical Shoes and Toe Shoes

**\*Any combination of classes Jazz/Tap - need shoe for each type of dance**

**\*\*Male dancers should wear clean white tennis shoes in place of ballet slippers**



# Dance Programs

<b>CLASS</b>	<b>CLASS #</b>	<b>DAY</b>	<b>TIME</b>	<b>DATE</b>	<b>R/NR FEE</b>	<b>INST</b>	<b>M/M</b>	<b>LOCATION</b>
Beginning Creative 3-4 Yrs	5145-3	Sa	11:00-11:45am	9/13-5/09	\$275/\$371	HL	6/12	ADS
Tot Ballet 3-4 Yrs	5175-0	F	12:15-1:00pm	9/12-5/08	\$275/\$371	HL	6/10	ADS
Showbiz Dance 4-5 Yrs	5145-0	F	1:00-1:45pm	9/12-5/08	\$275/\$371	HL	6/12	ADS
Pre-Ballet 4-5 Yrs	5175-1	W	6:15-7:00pm	9/17-5/06	\$275/\$371	LS	6/12	CR
Combination Dance 5-6 Yrs	5145-6	W	4:30-5:15pm	9/17-5/06	\$275/\$371	LS	6/12	ADS
Tappin' Kids 5-6 Yrs	5145-2	Th	4:15-5:00pm	9/18-5/07	\$275/\$371	HL	6/12	ADS
Musical Theatre 6-7 Yrs	5145-1	Tu	4:15-5:00pm	9/16-5/05	\$275/\$371	HL	6/12	ADS
Rhythm Tappers 6-7 Yrs	5145-7	W	5:15-6:00pm	9/17-5/06	\$275/\$371	LS	6/10	ADS
Jazz & Tap I 7-8 Yrs	5165-2	Th	5:00-5:45pm	9/18-5/07	\$275/\$371	HL	6/12	ADS
Jazz & Tap II 8-9 Yrs	5165-7 5165-3	Tu Th	5:00-5:45pm 5:45-6:30pm	9/16-5/05 9/18-5/07	\$275/\$371 \$275/\$371	HL HL	6/12 6/12	ADS ADS
Lyrical Ballet I 8-10 Yrs	5175-2	Th	6:30-7:15pm	9/18-5/07	\$275/\$371	HL	6/12	ADS
Variety 9-10 Yrs	5185-6	Th	7:15-8:00pm	9/18-5/07	\$275/\$371	HL	6/12	ADS
Boys Hip Hop 9-11 Yrs	5165-8	W	7:45-8:30pm	9/17-5/06	\$275/\$371	LS	6/12	CR
Pre-Repertoire 10-11 Yrs	5155-0	Tu	5:45-6:30pm	9/16-5/05	\$280/\$378	HL	6/12	ADS
Hip Hop Jazz 10-12 Yrs	5165-5 5165-6	Sa W	9:30-10:15am 7:00-7:45pm	9/13-5/09 9/17-5/06	\$275/\$371 \$275/\$371	CG LS	6/12 6/12	ADS CR
Lyrical Ballet II 10-13 Yrs	5175-4	Tu	6:30-7:15pm	9/16-5/05	\$275/\$371	HL	6/15	ADS
Repertoire 11-13 Yrs	5155-1	Tu	7:15-8:15pm	9/16-5/05	\$306/\$413	HL	6/15	ADS
Advanced Street Dance 12+ Yrs	5165-4	Sa	10:15-11:00am	9/13-5/09	\$275/\$371	CG	6/12	CR
Ballet/Pointe 12+ Yrs	5175-5	Sa	11:00-11:45am	9/13-5/09	\$275/\$371	CG	6/12	ADS
Spotlight Jazz/Tap 13+ Yrs	5195-2	Sa	Noon-1:30pm	9/13-5/09	\$472/\$637	CG	6/15	ADS/CR
Starbound Lyrical/ Pointe 13+ Yrs	5195-3	Sa	1:30-2:15pm	9/13-5/09	\$292/\$394	HL	6/15	ADS
Starbound Dance/ Jazz & Tap 13+ Yrs	5195-4	Sa	Noon-1:30pm	9/13-5/09	\$472/\$637	HL	6/15	ADS/CR

**Locations: Aerobic Dance Studio - ADS/Community Room - CR**

**Dance Instructors:** Helen Lazicki- **HL**, Lindsay Skarbek - **LS**, Carla Garippo - **CG**

## Gymnastics at PVCC and Niles West

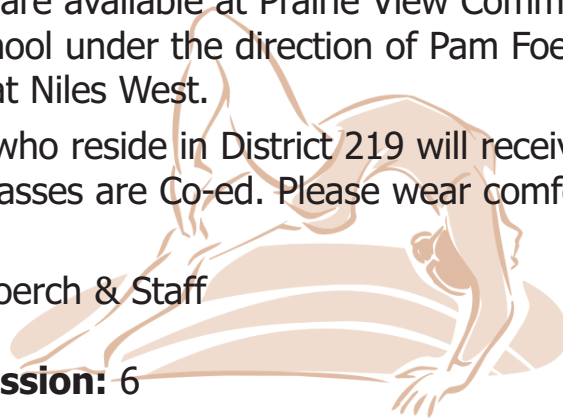
Gymnastics classes are available at Prairie View Community Center and Niles West High School under the direction of Pam Foerch, Head Women's Gymnastics Coach at Niles West.

**Note:** Participants who reside in District 219 will receive the resident rate for all classes. All classes are Co-ed. Please wear comfortable clothing. No jeans.

**Instructor:** Pam Foerch & Staff

**Min/Max:** 6/12

**No. Weeks per session:** 6



### GYMNASTICS

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>	<u>LOCATION</u>
Tumbling Tots 4-5 Yrs	2047-7	Tu	5:30-6:30pm	9/09-10/21	\$43/\$57	PVCC
	2047-8	W	6:00-7:00pm	9/10-10/22	\$43/\$57	NW
	2047-9	Sa	10:00-11:00am	9/13-10/25	\$43/\$57	PVCC
	2048-0	Tu	5:30-6:30pm	11/04-12/09	\$43/\$57	PVCC
	2048-1	W	6:00-7:00pm	11/05-12/10	\$43/\$57	NW
	2048-2	Sa	10:00-11:00am	11/08-12/20	\$43/\$57	PVCC
Beginners 6-10 Yrs	2018-0	M	6:00-7:00pm	9/08-10/20	\$43/\$57	NW
	2018-1	Tu	6:30-7:30pm	9/09-10/21	\$43/\$57	PVCC
	2018-2	Sa	11:00am-Noon	9/13-10/25	\$43/\$57	PVCC
	2018-3	M	6:00-7:00pm	11/03-12/08	\$43/\$57	NW
	2018-4	Tu	6:30-7:30pm	11/04-12/09	\$43/\$57	PVCC
	2018-5	Sa	11:00am-Noon	11/08-12/20	\$43/\$57	PVCC
Intermediate II 8-12 Yrs	2018-6	M/W	6:00-7:00pm	9/08-10/22	\$83/\$111	NW
	2018-7	Tu	7:30-8:30pm	9/09-10/21	\$43/\$57	PVCC
	2018-8	Sa	Noon-1:00pm	9/13-10/25	\$43/\$57	PVCC
	2018-9	M/W	6:00-7:00pm	11/03-12/10	\$83/\$111	NW
	2019-0	Tu	7:30-8:30pm	11/04-12/09	\$43/\$57	PVCC
	2019-1	Sa	Noon-1:00pm	11/08-12/20	\$43/\$57	PVCC
Adv III/IV 10-18 Yrs	2019-2	M/W	7:00-8:30pm	9/08-10/22	\$120/\$163	NW
	2019-3	M/W	7:00-8:30pm	11/03-12/10	\$120/\$163	NW
High School 14-18 Yrs	2019-4	M/W	7:00-9:00pm	9/08-10/22	\$159/\$213	NW
	2019-5	M/W	7:00-9:00pm	11/03-12/10	\$159/\$213	NW

**No class September 27, 29 & 30, October 8 & November 29.**

## Pre-Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school and other sports.

## Youth Karate

Karate skills help build coordination, strength and poise as well as personal safety skills all in a well-supervised setting. The confidence gained through karate helps foster a strong positive self-image, builds self-confidence, control and discipline while the physical aspect is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities.

## Adult Karate

This program offers a variety of benefits for all. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable. Karate movements develop poise and agility while improving overall muscle tone.

All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and former National Faculty Member of ASEP (American Sport Education Program).

**Location:** Monday classes - National Park Fieldhouse, 9325 Marion

\*Wednesday classes - Golf Middle School, 9401 Waukegan (Multi-Purpose Room)

**\*Note: Classes on September 3 and November 26 will be held at National Park Fieldhouse**

**Min/Max:** 6/15

**No. of Weeks:** 14/15

## KARATE

CLASS/LEVEL	CLASS #	DAY	TIME	DATE	R/NR
Pre-Karate 5-7 Yrs					
Beg	2126-0	W	4:00-4:45pm	9/03-12/17	\$120/\$162
Cont.	2126-1	W	4:50-5:35pm	9/03-12/17	\$120/\$162
Int/Adv	2126-2	W	5:45-6:30pm	9/03-12/17	\$120/\$162
Youth Karate 7-14 Yrs/8-14 Yrs (2125-4, 2125-5)					
Beg	2125-0	M	4:30-5:30pm	9/08-12/15	\$112/\$151
Cont/White	2125-1	M	5:30-6:30pm	9/08-12/15	\$112/\$151
Int/Org-Yellow	2125-2	M	6:30-7:30pm	9/08-12/15	\$112/\$151
Adv/Blue+	2125-3	M	7:30-8:30pm	9/08-12/15	\$112/\$151
Int/Org-Blu	2125-4	W	6:30-7:30pm	9/03-12/17	\$120/\$162
Adv/Grn+	2125-5	W	7:30-8:30pm	9/03-12/17	\$120/\$162
Adult Karate 15+ Yrs					
Beg/Cont	2125-6	M	8:30-9:30pm	9/08-12/15	\$112/\$151
Int/AdvYell+	2125-7	M	8:30-10:00pm	9/08-12/15	\$161/\$217

**Note:** Beginning students will not be permitted to register into the current session after the second class has met. Registration for Continuing through Advanced students will be accepted after the start date; however the full class fee will be required. Uniforms and Belt Testing are options available through the ISKC instructor.

**No class October 8 & 13**

# Teen Programs

## Teens in Charge

All students in 6-8 grade are invited to join the Teens in Charge group. Teens in Charge I.D. are available for \$5 which are valid until students graduate from 8th grade and to be admitted to monthly teen special events. I.D.'s can be purchased at any teen special event held at Prairie View Community Center.

## All Junior High students...

from the following schools are invited to participate in TEENS IN CHARGE activities: Gemini, Nelson, Melzer, Golf, Jerusalem Lutheran, Park View, Lincoln Muslim Education Center, Old Orchard and Plato Academy.

## Become Involved...

Join the fun! Call 847-965-1200 for more information.

## Saturday Teen Nights

These events are held on Saturdays from 7:00-9:00pm at the Prairie View Community Center. Morton Grove Teen Dances will feature a D.J. Saturday Sport Nights feature refreshments, games and sports activities. Admission to is \$3 with a Teens in Charge I.D.

### MORTON GROVE TEEN DANCE

September 20 - Back to School Dance

### TEEN NIGHTS

October 11

November 8

## TEEN TRIPS

### Six Flags Fright Fest

Get your friends together for a spooktacular day at Great America. Come see how the park is turned into a haunted park with ghosts, goblins, screams and chills. Please bring money for food, treats and souvenirs. Hurry, space is limited. **Registration deadline is September 29.**

**Code#:** 8275-3

**Age:** Gr 6-8

**Date:** Monday, October 13

**Time:** 9:00am-7:00pm

**Fees:** \$55/ticket & transportation  
\$18/transportation only

**Min/Max:** 4/10

**Depart:** Prairie View Community Center  
6834 Dempster, Morton Grove

### Soldiers Field Tour

Let's head to the lake front and visit the home of the Chicago Bears; Soldiers Field. We will tour the stadium which includes a guided tour of the Cadillac Club, Colonnades, Sky Suites, Visitor's Locker Room, West Den and every level of the stadium. For lunch we will visit the **ESPN Zone** for a buffet lunch and enjoy the sports arena of games. Fee includes transportation, supervision, lunch and \$5 sports arena game card. Bring extra money to purchase additional game card points. **Registration deadline is October 17.**

**Code#:** 8275-1

**Age:** Gr 6-8

**Date:** Monday, November 10

**Time:** 9:00am-5:00pm

**R/NR Fees:** \$30/\$38

**Min/Max:** 4/10

**Depart:** Prairie View Community Center  
6834 Dempster, Morton Grove

**Most of our teen trips are in conjunction with the Park Ridge, Lincolnwood, Niles and Skokie Park Districts. Adult chaperones will be provided.**

## Halloween Party Volunteers

Calling all energetic and enthusiastic Junior High students!  
We need your help on Friday, October 24 at our annual Halloween Festival.

Call Sue Braubach at 847-965-1200.

