



PHILOSOPHY

The Grayslake Park District's Expressions Dance Studio is committed to providing high-quality dance classes to enhance the overall development of the child. We provide a safe and child-centered environment to encourage our students to explore dance with qualified, nurturing teachers.

We believe that dance training encourages young people to develop a positive self-image as they increase awareness of their physical being. Along with improving coordination skills and developing muscular awareness, dance classes give children the freedom to express themselves through movement.

FACULTY

The highest educational standards are expected from Expressions Dance Studio Faculty Members. They are lifelong learners who continue to educate themselves through certifications programs, teacher-training schools, conferences, and other learning opportunities.

DRESS CODE REQUIREMENTS

The Expressions Dance studio maintains a dress code to encourage concentration and a sense of inclusiveness. Proper attire is required for all Recital Dance Classes.

- Watches, jewelry, and safety pins should not be worn to class.
- Dance shoes should never be worn outside.
- Hair must be worn secured back and off the face and neck. Ballet students (Ballet I and above) should wear their hair in a bun. Short hair should be secured off the face.
- No jeans in any dance class.



Class	Boys	Girls
Creative Dance, Pre-Ballet/Tap Ballet	Solid colored t-shirt (not baggy), with black jazz pants, shorts or sweatpants. Shoes appropriate for dance style.	Any solid colored leotard, pink tights. Pink leather ballet shoes or black tap shoes (Pre-Ballet/Tap only).
Jazz	Solid colored t-shirt, black jazz pants, shorts or sweatpants. Black jazz shoes.	Solid colored tank or leotard with black jazz pants or shorts. Black jazz shoes.
Broadway Kids	Solid colored t-shirt, black jazz pants, shorts or sweatpants. Black tap shoes and black jazz shoes.	Solid colored tank or leotard with black jazz pants or shorts. Black tap shoes and black jazz shoes.
Modern/Contemporary	Solid colored t-shirt (not baggy), with black jazz pants, shorts or sweatpants. No shoes.	Solid colored tank or leotard with black jazz pants or shorts. No shoes.
Hip-Hop	Comfortable clothes (not jeans) and clean sneakers.	Comfortable clothes (not jeans) and clean sneakers.

If you have any questions regarding classes, class placement, or registration, please contact Dance Director Meghan Reimers at mreimers@glpd.com

SUGAR PLUM TEA PARTY

Age: 4 - 8 years, girls & boys

Miss Meghan has invited the Sugar Plum Fairy all the way from the Land of the Sweets to help host this magical party! Guests will enjoy a reading of The Nutcracker and a craft, then learn a dance from the Sugar Plum Fairy! To sweeten things up just a little more, we will also enjoy a delectable dessert (cupcakes...mmmm!). (MR)

Code:	Day:	Date:	Time:	Fee (R/NR):
160034A	F	Dec. 13	6:30-8pm	\$30/\$38

Location: Recreation Center Dance Studio & MPA
Min / Max: 5 / 20
Register By: Dec. 6



SENIOR SOLO

Age: High School Seniors

A special class for High School Seniors who would like to perform a Senior Solo in the Annual Spring Concert. Fee includes choreography, three 60 minute private rehearsals, and costume. Rehearsal schedule, music, and costume will be discussed and agreed upon between the student and instructor. (MR)

Location: Recreation Center Dance Studio
Code: 160030A
Fee: \$175



EXPRESSIONS UNLIMITED DANCE COMPANY

Expressions Unlimited is an extension of the Expressions Dance Studio. It is a company for the dancer who wants to take their skills to the next level by performing, volunteering, and giving back to the community.

There's a Mini Company for younger dances, a Junior Company and Senior Company. Dancers must audition to join the company.

Key Dates:

- Parent Information Night - Monday, Aug. 26, 6:30pm
- Auditions - Saturday, Sept. 7, 10am
- Parent/Dancer Orientation Night - Friday, Sept. 13, 6pm

Once accepted into the Company, dancers must register (see Dance Class Schedule for rehearsal days/times). Registration fee includes: Expressions Unlimited Company Jacket, choreography, performances, weekly company rehearsal, and monthly full company rehearsal.

See pages 38 and 40 for more information!

NEW! STAY AND PLAY DANCE!

Age: 3 - 5 years

If your child loves to dance, they will love this class! Students are introduced to multiple styles of dance throughout the session and there's plenty of time for free dance and movement games. Stay and Play Dance is more than just a fun time to dance - the class will help your child develop motor skills, practice teamwork and follow directions, while also fine-tuning their social skills! Please pack a lunch and drink. ***This class is great for preschoolers to extend their day with friends - teachers will walk your student to class.*** (KR)

Code:	Day:	Date:	Time:	Fee (R/NR):
102044A	W	Sept. 11-Dec. 18 (No class: Oct. 16 & Nov. 27)	11:45am-1pm	\$130/\$163

Location: Recreation Center Dance Studio
Min / Max: 6 / 10
Register By: Sept. 4



DANCE

DANCE CLASS SCHEDULE

Dates: Sept. 16, 2019 - May 9, 2020 (29 weeks)
(No class: Oct. 28-Nov. 2, Nov. 25-30, Dec. 7, Dec. 23-Jan. 4, Mar. 23-28)

Location: Recreation Center Dance Studio

Min / Max: 4 / 12

Register By: Registration is ongoing through Nov. 4, based on availability

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
M	3:30-4:30pm	4-5 years	Pre-Ballet/Tap 2	160002A	\$375 / \$475
M	4:30-5:30pm	5-6 years	Pre-Ballet/Tap 3	160004A	\$375 / \$475
M	5:30-6:30pm	7-9 years	Tap	160025A	\$375 / \$475
M	6:30-7:30pm	By Audition	Mini Company	160035A	\$525 / \$525
M	7:30-8:30pm	By Approval	Lyrical 3	160027A	\$375 / \$475
M	8:30-9:30pm	By Audition	Sr Company	160035B	\$525 / \$525
Tu	10-11am	4-5 years	Pre-Ballet/Tap 2	160002B	\$375 / \$475
Tu	11-11:45am	4-6 years	Pre-Ballet	160018A	\$345 / \$431
Tu	11:45am-12:30pm	3-4 years	Creative Dance	160000A	\$345 / \$431
Tu	12:30-1:15pm	3-4 years	Pre-Ballet/Tap 1	160001A	\$345 / \$431
Tu	2:45-3:30pm	3-4 years	Creative Dance	160000B	\$345 / \$431
Tu	3:30-4:30pm	7-9 years	Jazz 1	160010A	\$375 / \$475
Tu	4:30-5:30pm	8-10 years	Jazz 2	160010B	\$375 / \$475
Tu	5:30-6:30pm	9-11 years	Jazz 3	160010C	\$375 / \$475
Tu	6:30-8pm	By Approval	Int/Adv Ballet	160006A	\$415 / \$519
Tu	8-9pm	By Approval	Int/Adv Jazz	160010D	\$375 / \$475
W	10-10:45am	3-4 years	Creative Dance	160000C	\$345 / \$431
W	10:45-11:30am	4-6 years	Pre-Ballet	160018B	\$345 / \$431
W	2:45-3:30pm	4-6 years	Pre-Ballet	160018C	\$345 / \$431
W	3:30-4:30pm	6-8 years	Ballet 1	160021A	\$375 / \$475
W	4:30-5:30pm	7-9 years	Ballet 1B	160021B	\$375 / \$475
W	5:30-6:30pm	9-11 years	Ballet 2	160021C	\$375 / \$475
W	6:30-7:30pm	11-13 years	Ballet 3/4	160021D	\$375 / \$475
W	7:30-8:30pm	By Approval	Jazz 4	160010E	\$375 / \$475
Th	2:45-3:30pm	4-6 years	Pre-Ballet	160018D	\$345 / \$431
Th	3:30-4:30pm	10-12 years	Hip Hop 2	160012A	\$375 / \$475
Th	4:30-5:30pm	11-13 years	Hip Hop 3	160012B	\$375 / \$475
Th	5:30-6:30pm	10-12 years	Modern 2	160028A	\$375 / \$475
Th	6:30-7:30pm	By Approval	Hip Hop 4	160012C	\$375 / \$475
Th	7:30-9pm	By Approval	Modern 3	160028B	\$415 / \$519
F	3:45-4:45pm	7-9 years	Modern 1	160028C	\$375 / \$475
F	4:45-5:45pm	11-13 years	Lyrical 2	160027B	\$375 / \$475
F	5:45-6:45pm	By Audition	Jr Company	160035C	\$525 / \$525
Sa	9-9:45am	3-4 years	Pre-Ballet/Tap 1	160001B	\$345 / \$431
Sa	9:45-10:45am	4-5 years	Pre-Ballet/Tap 2	160002C	\$375 / \$475
Sa	10:45-11:45am	5-6 years	Pre-Ballet/Tap 3	160004B	\$375 / \$475
Sa	12-1pm	7-9 years	Hip Hop 1	160012D	\$375 / \$475
Sa	1-2pm	9-12 years	Lyrical 1	160027C	\$375 / \$475

Tuition

Tuition includes class instruction, studio t-shirt, recital costume, recital DVD and two tickets to the recital on May 9, 2020. Tuition may be paid in full or in installments (enroll in the automatic payment program). Tuition must be paid in full by April 15, 2020.

Eligibility

Students must be the proper age by October 1 and must be toilet trained.

Calendar

A detailed calendar for the year will be emailed to the address on your child's account in the first week of classes.

WHAT'S NEW?

If you've danced with us before, you may have noticed some changes this year. We're continually working to improve your experience with the Expressions Dance Studio!

- **Extended Recital Session** (Sept. through May, 29 weeks) so your dancer can maximize their training.
- If committing to a 29 week session seems like a lot for your 3-6 year old, a **6-week long trial session** is available upon request for preschool classes including Pre-Ballet, Pre-Ballet & Tap 1, Pre-Ballet & Tap 2, and Creative Dance. Please contact Meghan Reimers for more information.
- Special **Winter Performance** at the Rec Center on Sunday, Dec. 8 so you don't have to wait until May to see your dancer perform.
- Tuition includes **two tickets to the Spring Recital** on May 9, 2020. Additional tickets will be available for purchase in April.
- **More tuition payment options!** Pay tuition in full or in monthly installments throughout the session.
- **Ongoing registration through Nov. 4**, so if you miss when classes start in September you can still join a class (depending on availability)
- The **Mini Company** is a chance for younger dancers to participate in the Expressions Unlimited Dance Company.
- If your dancer signs up for multiple classes, you may qualify for a **10% discount**.

If you have any questions, please contact Dance Director Meghan Reimers at mreimers@glpd.com or (847) 223-7529.

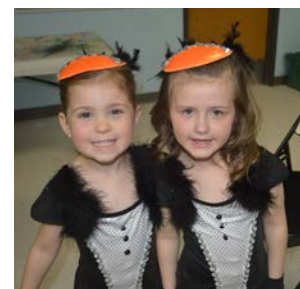
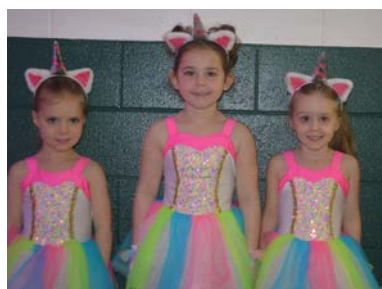
PRESCHOOL CLASS DESCRIPTIONS

Creative Dance

Creative Dance blends movement, music, improvisation, and basic dance steps while providing an excellent introduction for the future study of all dance techniques. Students learn dance fundamentals while improving motor skills, self-expression, confidence, imagination and social development. Dancer must be fully potty trained, no pull-ups. This is a drop off class.

Pre-Ballet and Tap 1, 2 and 3

This program takes the basics of ballet technique and through the use of props and imagination, gives the children a fun and educational class. Large motor skills are highlighted as well as stimulating the brain's coordination. The tap portion of class explores rhythms and smaller motor skills. This is a drop off class.



Pre-Jazz

Jazz is a more funky form of dance. The body is used in many different ways and is not as restricted as in ballet. This is an introductory class with jazz basics to fun and kid-friendly music. Dancers will learn the beginning steps of jazz and work on picking up choreography sequences that fuse style and technique. This is a drop off class.

STUDENT DIVISION CLASS DESCRIPTIONS

This division is a graded-training program. Age is used as a guideline for class placement; however a student's individual ability becomes more important. It is typical for a student to remain at the same level for 2 years. For the students' safety, as well as their confidence, promotion to the next level does not occur until the student has mastered the current level syllabus.

Ballet

As students grow, they naturally begin to dance as a form of expression and imagination. We capture this enthusiasm and incorporate it into our ballet program - emphasizing proper ballet technique with a focus on developing strength, alignment, musicality, and the grace that is inherent in the form. As students mature and their bodies develop strength, we transition to a more serious study of ballet technique that will prepare them to be both confident and technically proficient artists.

Hip Hop

Hip-Hop evolved out of street and break dancing and is characterized by its athletic and bouncy style. Hip-Hop is set to a strong, contemporary beat, builds stamina, and emphasizes body isolations, attitude, coordination, free-style movement, and rhythm. This form of dance is seen in music videos.

Jazz

Jazz dance is an upbeat and performative style that is often seen in Broadway productions. While exploring many different stylistic preferences, students focus on principles such as syncopated rhythms, body isolations, precise technical skills, and choreography. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer.

Lyrical

Lyrical is a fusion of ballet and jazz dance techniques. Lyrical dance challenges dancers to use motion to interpret music and express emotion. Lyrical jazz is a very passionate and emotional dance style. It portrays certain emotions and tells a story through every movement made.

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Modern

Modern Dance develops strong creative dancers through the study of technique and improvisation with a focus on musicality, dynamics, floor-work and artistic expression. The class provides students the opportunity to create their own explorative movement within a structured class. Classes with composition focus on problem-solving skills and the tools needed to create unique dances for a group or individual.

Tap

Tap Dance focuses on developing coordination, precision, rhythmic skills, and musicality within both the Broadway and contemporary Rhythm-Tap styles. As students' progress they further develop skills, focusing on clarity of sounds and increasing speed as well as dynamics and musicality.



Ages: 7 - 18 years

Dance Auditions

The Expressions Dance Studio has expanded and we're excited to launch the second season of **Expressions Unlimited Dance Company!**

SATURDAY, SEPT. 7 | 10AM

Recreation Center Dance Studio

We want YOU to join us! Auditions are FREE. We'll be working primarily in the styles of ballet and lyrical/contemporary, so please bring appropriate footwear.

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Questions?

Contact Miss Anna at annakerdman3@gmail.com