

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.
Hip-Hop	Comfortable clothes (not jeans) and clean sneakers.	Comfortable clothes (not jeans) and clean sneakers.
Modern/Lyrical	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.
Tap	Solid colored t-shirt, black jazz pants, shorts or sweatpants. Black tap shoes.	Solid colored tank or leotard with black jazz pants or shorts. Black tap shoes.

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

DANCE CLASS SCHEDULE

Dance classes this fall will culminate in a Winter Showcase where dancers can share what they've learned. Depending on the COVID situation in December, the showcase may be a small performance in the Recreation Center Gym with limited attendees or a recorded performance that's shared with families.

Dates: Sept. 13 - Dec. 18 (12 weeks)
(No class: Oct. 25-30 & Nov. 22-27)
Location: Recreation Center Dance Studio
Min / Max: 4 / 8
Register By: Registration will be accepted until Oct. 2

Eligibility: students must be the proper age by Sept. 27 and must be toilet trained

Fee: includes class instruction and accessories for Showcase Performance at the end of the session

	Code:	Time:	Age:	Class:	Fee (R/NR):
MONDAY	160000A	10-10:45am	3-4 years	Creative Dance	\$149/\$186
	160005A	10:45-11:45am	4-6 years	Pre-Ballet & Tap	\$158/\$198
	160018A	11:45am-12:30pm	5-6 years	Pre-Ballet	\$149/\$186
	160003A	12:30-1:15pm	5-6 years	Pre-Jazz	\$149/\$186
	160021A	3:30-4:30pm	6-8 years	Ballet 1	\$158/\$198
	160021B	4:30-5:30pm	7-9 years	Ballet 1B	\$158/\$198
	160021C	5:30-6:30pm	9-11 years	Ballet 2	\$158/\$198
	160017A	6:30-7:30pm	7-9 years	Tap	\$158/\$198
	160027A	7:30-8:30pm	By Approval	Lyrical 3	\$158/\$198
	160035C	8:30-9:30pm	By Audition	Sr. Company	\$500/\$500
TUESDAY	160009A	3:45-4:30pm	5-6 years	Pre- Hip-Hop	\$149/\$186
	160012A	4:30-5:30pm	10-12 years	Hip-Hop 2	\$158/\$198
	160035A	5:30-6:30pm	By Audition	Mini Company	\$500/\$500
	160010A	6:30-7:30pm	6-8 years	Jazz 1	\$158/\$198
	160010B	7:30-8:30pm	8-10 years	Jazz 2	\$158/\$198
	160010C	8:30-9:30pm	By Approval	Jazz 4	\$158/\$198
WEDNESDAY	160005B	10-11am	4-6 years	Pre-Ballet & Tap	\$158/\$198
	160003B	1:15-2pm	4-6 years	Pre-Jazz	\$149/\$186
	160010D	4:30-5:30pm	9-11 years	Jazz 3	\$158/\$198
	160021D	5:30-6:30pm	11-13 years	Ballet 3/4	\$158/\$198
	160006A	6:30-8pm	By Approval	Int/Adv Ballet	\$177/\$221
	160029A	8-8:45pm	By Approval	Pre-Pointe	\$149/\$186
THURSDAY	160002A	10-11am	5-6 years	Pre-Ballet & Tap 2	\$158/\$198
	160018B	11:15am-12pm	4-6 years	Pre-Ballet	\$149/\$186
	160000B	12:15-1pm	3-4 years	Creative Dance	\$149/\$186
	160001A	1:15-2:15pm	4-5 years	Pre-Ballet & Tap 1	\$158/\$198
	160028A	3:30-4:30pm	9-11 years	Modern 2	\$158/\$198
	160012B	4:30-5:30pm	11-13 years	Hip-Hop 3	\$158/\$198
	160028B	5:30-6:30pm	11-13 years	Modern 3	\$158/\$198
	160012C	6:30-7:30pm	By Approval	Hip-Hop 4	\$158/\$198
	160028C	7:30-8:30pm	By Approval	Modern 4	\$158/\$198
	160028D	3:45-4:45pm	7-9 years	Modern 1	\$158/\$198
FRIDAY	160027B	4:45-5:45pm	11-13 years	Lyrical 2	\$158/\$198
	160035B	5:45-6:45pm	By Audition	Jr. Company	\$500/\$500
	160000C	9:30-10:15am	3-4 years	Creative Dance	\$149/\$186
SATURDAY	160001B	10:15-11:15am	4-5 years	Pre-Ballet & Tap 1	\$158/\$198
	160002B	11:15am-12:15pm	5-6 years	Pre-Ballet & Tap 2	\$158/\$198
	160027C	12:15-1:15pm	9-12 years	Lyrical 1	\$158/\$198
	160012D	1:15-2:15pm	7-9 years	Hip-Hop 1	\$158/\$198

DANCE

PRESCHOOL CLASS DESCRIPTIONS

Preschool classes are a great way to introduce your little one to express him or herself through movement. All preschool classes are drop off classes.

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.

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.

Pre-Hip-Hop

This introduction to hip-hop dance for the younger ones is focused on rhythm, musicality, and basic footwork in a casual, friendly environment. Using combinations and steps with music, hip-hop is a great way to get kids moving and having fun. Be prepared for plenty of movement.

Pre-Jazz

Jazz is a funkier form of a dance. 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.

Pre-Pointe

Pre-Pointe is a pointe preparation class for serious ballet students interested in dancing en pointe. Registration for this class by instructor recommendation only.

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 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.

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.



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 his or her skills to the next level by performing, volunteering, and giving back to the community. There's a Mini Company for younger dancers, a Junior Company and Senior Company. Dancers must audition to join the company.

Key Dates:

- Parent Information Night - Wednesday, Aug. 18 at 6:30pm
- Auditions - Saturday, Aug. 21 at 10am
- Parent/Dancer Orientation Night - Friday, Aug. 27 at 7:30pm

Once accepted into the Company, dancers must register (see Dance Class Schedule for rehearsal days/times). Registration fee includes: Choreography, performances, weekly company rehearsal, and monthly full company rehearsal from September 2021-June 2022.

