

## EXPRESSIONS UNLIMITED DANCE COMPANY

The Expressions Unlimited Dance Company is an extension of the Expressions Dance Studio. Dance Company is an opportunity for dancers who want to take their skills to the next level by performing, volunteering, and giving back to the community. We offer three levels of dance company. Dance company is by audition only.

### Key Dates:

Parent Information Meeting - Saturday, Aug. 9 from 12-1pm\*

Auditions - Saturday, Aug. 9 from 12-2pm

Company Orientation - Thursday, Aug. 28 at 7pm

*\*Even if you are unsure about the commitment, we encourage you to attend the information meeting and the audition.*



Once accepted into Dance Company, dancers must register (see Dance Class Schedule for rehearsal days/times). Registration fee includes: choreography, performances, weekly company rehearsals, and once-a-month full company rehearsals from September 2025-June 2026 with the exception of two in November and two in June. All company dancers are required to register for a Ballet class.

Ages: 9 - 18 years

# Dance Auditions

The Expressions Dance Studio is excited to launch another season of Expressions Unlimited Dance Company!

**SATURDAY, AUG. 9 | 12-2PM**

Recreation Center Dance Studio

Parent meeting will be held from 12-1pm during auditions





## 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 certification 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 dance classes. Please contact Jenny Reed at [jreed@glpd.com](mailto:jreed@glpd.com) with any dress code questions or concerns.

- 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	Solid colored t-shirt (not baggy), with black pants, shorts or sweatpants. Black ballet shoes, black tap shoes (Pre-Ballet/Tap only).	Any solid colored leotard, pink tights. Pink leather ballet shoes, black tap shoes (Pre-Ballet/Tap only).
Ballet, Pre-Pointe/Pointe	White t-shirt, men's black dance tights with dance belt OR comfortable athletic shorts/pants, black ballet shoes	Black leotard, pink tights, optional ballet skirt, pink canvas ballet shoes, hair in bun. *dancers with darker skin tones can choose either pink tights/shoes or skin-toned tights/shoes
Jazz	Solid colored t-shirt, black pants, shorts or sweatpants. Black jazz shoes.	Solid colored tank or leotard with black pants, leggings, or shorts. Black jazz shoes.
Tap	Solid colored t-shirt, black pants, shorts or sweatpants. Black tap shoes.	Solid colored tank or leotard with black pants, leggings, or shorts. Black tap shoes.
Lyrical/Modern	Solid colored t-shirt (not baggy), with black pants, shorts or sweatpants. Turner shoes (Lyrical) No shoes (Modern)	Solid colored tank or leotard with black pants, leggings or shorts. Turner shoes (Lyrical) No shoes (Modern)
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 Jenny Reed at [jreed@glpd.com](mailto:jreed@glpd.com)

# DANCE

## PARENT & TOT DANCE

### Age: 1 - 2 years with adult

This fun and interactive 6-week Parent & Tot Dance class is the perfect introduction to movement and music for your little one! Designed for toddlers ages 1 to 2 years and their parent or caregiver. Through creative movement and basic ballet technique, little dancers will learn important developmental skills such as coordination, motor skills, listening, following directions, and interacting with classmates. The parent or caregiver helps guide tots through class by reinforcing instructions, assisting with movement, and providing encouragement. No previous dance experience is required - just come ready to move and have fun together! Parents/caregivers must stay the entire class. (KR)

Code:	Day:	Date:	Time:	Fee (R/NR):
101017A	M	Sept. 8-Oct. 20 (No class: Oct. 13)	11:05-11:35am	\$48/\$60
101017B	Th	Sept. 18-Oct. 23	11:05-11:35am	\$48/\$60
101017C	M	Nov. 3-Dec. 15 (No class: Nov. 24)	11:05-11:35am	\$48/\$60
101017D	Th	Nov. 6-Dec. 18 (No class: Nov. 27)	11:05-11:35am	\$48/\$60

**Location:** Dance Studio  
**Instructor:** Ms. Megan  
**Min / Max:** 4 / 12  
**Register By:** One week prior

## DADDY DAUGHTER DANCE CLASS

### Age: 3 - 6 years with Dad

Calling all tiny dancers and their dads! The Daddy Daughter Dance Class will give dads and daughters the opportunity to learn a choreographed dance to be performed at the Expressions Dance Studio Winter Showcase! Make memories that will last a lifetime! Dads and dancers should wear comfortable clothing in which they can move freely. Dancers and Dads will rehearse in socks, but dancers may wear ballet shoes if they choose. Dads and dancers must be able to participate in at least 3 out of 4 classes in order to participate in the Winter Showcase performance. **Mandatory rehearsal is on Saturday, December 13 from 2:30-3:30pm.** The performance at our Winter Showcase will be on Sunday, December 14 at 10am (9:30am arrival). (KR)

Code:	Day:	Date:	Time:	Fee (R/NR):
160037A	Su	Nov 2-16	12:30-1:30pm	\$56/\$70

**Location:** Dance Studio  
**Instructor:** Ms. Megan  
**Min / Max:** 4 / 12  
**Register By:** Oct. 26

## SUGAR PLUM FAIRY DANCE & STORYTIME

### Age: 3 - 8 years

Join us for a Nutcracker themed dance party and story-time! Participants will dance, play games, read a story, and have a visit from the Sugar Plum Fairy (one of our high school ballerinas!). Participants can dress up as long as they can move comfortably in their attire. Students must be fully potty trained. This is a drop-off class. (KR)

Code:	Day:	Date:	Time:	Fee (R/NR):
160034A	Sa	Dec. 20	2:30-4pm	\$18/\$22

**Location:** Dance Studio  
**Instructor:** Ms. Cate  
**Min / Max:** 6 / 12  
**Register By:** Dec. 13

## HALLOWEEN DANCE PARTY

### Age: 4 - 11 years

Join us for a spooky Halloween Dance Party at the Expressions Dance Studio! Dancers will wear their Halloween costume and participate in a Halloween-themed dance class! Get ready to party to some fun Halloween songs, play games, and dance with your friends! Students must be fully potty trained. This is a drop-off class. (KR)

Code:	Age:	Day:	Date:	Time:	Fee (R/NR):
160036A	4-7 yrs	M	Oct. 27	5:30-6:30pm	\$15/\$19
160036B	8-11 yrs	M	Oct. 27	6:30-7:30pm	\$15/\$19

**Location:** Dance Studio  
**Instructor:** Ms. Gracie  
**Min / Max:** 6 / 12  
**Register By:** Oct. 20

## 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. Parents are not allowed in the studio during class.

### 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

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.

## PRESCHOOL DANCE CLASS SCHEDULE

**Dates:** **Fall Session:** Saturday, Sept. 13 - Saturday, Dec. 20 (No class: Oct. 27-Nov. 1, Nov. 24-30, Dec. 7, Dec. 14)  
**Recital Session:** Sunday, Jan. 4, 2026 - Saturday, May 16, 2026 (No class: Mar. 22-28, Apr. 5, Apr. 26, May 9)

**Location:** Recreation Center Dance Studio

**Min / Max:** 4 / 12

**Register By:** Fall Session: Registration is ongoing through Oct. 13, based on availability  
 Recital Session: Registration is ongoing through Dec. 19, based on availability

Day:	Time:	Age:	Class:	Fall Session:	Fall Session Fee (R/NR):	Recital Session:	Recital Session Fee (R/NR):
Tu	3:30-4:30pm	5 - 6 years	Pre-Ballet & Tap 2	160002A	\$171/\$214	160002D	\$257/\$321
Th	11:45am-12:30pm	3 - 4 years	Creative Dance	160000A	\$156/\$195	160000D	\$234/\$293
Th	12:30-1:30pm	4 - 5 years	Pre-Ballet & Tap 1	160001A	\$171/\$214	160001D	\$257/\$321
Th	3:45-4:30pm	3 - 4 years	Creative Dance	160000B	\$156/\$195	160000E	\$234/\$293
Sa	8:15-9:00am	3 - 4 years	Creative Dance	160000C	\$169/\$211	160000F	\$208/\$260
Sa	9:00-10:00am	4 - 5 years	Pre-Ballet & Tap 1	160001B	\$186/\$233	160001E	\$228/\$285
Sa	10:00-11:00am	5 - 6 years	Pre-Ballet & Tap 2	160002B	\$186/\$233	160002E	\$228/\$285
Su	10:30-11:30am	4 - 5 years	Pre-Ballet & Tap 1	160001C	\$157/\$197	160001F	\$228/\$285
Su	11:30am-12:30pm	5 - 6 years	Pre-Ballet & Tap 2	160002C	\$157/\$197	160002F	\$228/\$285

\*Age is used as a guideline, but class placement is ultimately at the discretion of the dance instructors.



# DANCE

## STUDENT DIVISION CLASS DESCRIPTIONS

This division is a graded-training program. Age is used as a guideline for class placement, but placement is primarily based on a student's knowledge of technique and their physical abilities. It is typical for a student to remain at the same level for 2-3 years. For both the student's safety and confidence, promotion to the next level does not occur until the student has mastered the current level syllabus. Class placement is ultimately at the discretion of the dance faculty.

### 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.

## LEAPS AND TURNS

### Age: 13+ years

Leaps and Turns class is a technique class for dancers that want to focus on learning different turns and jumps in the styles of Jazz and Lyrical dance. Dancers will learn across the floor progressions that incorporate a variety of leaps and turns with an emphasis on strength, alignment, and flexibility. This class does not perform in the Spring Recital. (KR)

Code:	Day:	Date:	Time:	Fee (R/NR):
160031A	Th	Sept. 18-Dec. 18	6:30-7:30pm	\$168/\$210
160031B	Th	Jan. 8-May 14	6:30-7:30pm	\$252/\$315

**No Class:** Oct. 30, Nov. 27 & Mar. 26

**Location:** Dance Studio

**Instructor:** Ms. Anna

**Min / Max:** 4 / 12

**Register By:** Sept. 11 & Jan. 1

### 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.

### 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 focus on clarity of sounds, increasing speed, and performance quality.

### 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.

### Pre-Pointe/Pointe

Pre-Pointe/Pointe is a class for serious ballet students who are preparing for or currently dancing en pointe. Registration for this class by instructor recommendation only.

## GRADUATION SENIOR SOLO

### Age: Graduating seniors

Seniors in high school have the opportunity to register for a Senior Solo to be performed at the end of year recital. Registration includes 3 hours of solo rehearsals and a costume. The solo is choreographed by a dance teacher of their choosing. Dancers must be enrolled in at least one dance class for the year, and dancers must be enrolled in the genre of dance that they wish to choose for their solo. For example, dancers who want to perform a Lyrical solo must be enrolled in Lyrical class. (Dancers enrolled in Dance Company are eligible to do either a Lyrical or Jazz solo). (KR)

Code:	Date:	Time:	Fee (R/NR):
160030A	Dec. 1-May 16	TBD	\$190/\$190

**Location:** Dance Studio

**Register By:** Dec. 1

## STUDENT DIVISION SCHEDULE

## Mondays, September 15 - May 11 (No class: Oct. 27, Nov. 24 &amp; Mar. 23)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
M	3:30-4:30pm	6-8 years	Ballet 1	160021A	\$428/\$535
M	4:30-5:30pm	9-12 years	Jazz 2	160010A	\$428/\$535
M	5:30-6:30pm	10-13 years	Lyrical 2	160027A	\$428/\$535
M	6:30-7:30pm	9-11 years	Hip Hop 2	160012A	\$428/\$535
M	7:30-8:30pm	11-14 years	Hop Hop 3	160012B	\$428/\$535
M	8:30-9:30pm	By Approval	Hip Hop 4	160012C	\$428/\$535

## Tuesdays, September 16 - May 12 (No class: Oct. 28, Nov. 25 &amp; Mar. 24)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
Tu	4:30-5:30pm	6-8 years	Hip Hop 1	160012D	\$428/\$535
Tu	5:30-6:30pm	11-14 years	Jazz 3	160010B	\$428/\$535
Tu	6:30-7:30pm	11-14 years	Tap 2/3	160017A	\$428/\$535
Tu	7:30-8:30pm	By Approval	Lyrical 4	160027B	\$428/\$535
Tu	8:30-9:30pm	By Audition	UDC 3	160035A	\$550/\$550

## Wednesdays, September 17 - May 13 (No class: Oct 29, Nov. 26 &amp; Mar. 25)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
W	5:15-6:30pm	By Approval	Ballet 3B	160021B	\$473/\$590
W	6:30-7:45pm	By Approval	Int/Adv Ballet	160006A	\$473/\$590
W	7:45-8:45pm	By Approval	Pointe 2	160029A	\$428/\$535

## Thursdays, September 18 - May 14 (No class: Oct. 30, Nov. 27 &amp; Mar. 26)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
Th	4:30-5:30pm	9-12 years	Ballet 2	160021C	\$428/\$535
Th	5:30-6:30pm	11-14 years	Modern 2/3	160028A	\$428/\$535
Th	7:30-8:30pm	By Approval	Jazz 4	160010C	\$428/\$535
Th	8:30-9:30pm	By Approval	Modern 4	160028B	\$428/\$535

## Fridays, September 12 - May 15 (No class: Oct. 31, Nov. 28 &amp; Mar. 27)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
F	4:00-5:00pm	7 - 9 years	Jazz 1	160010D	\$428/\$535
F	5:00-6:00pm	By Audition	UDC 1	160035B	\$550/\$550
F	6:00-7:00pm	12-14 years	Lyrical 3	160027C	\$428/\$535
F	7:00-8:00pm	By Audition	UDC 2	160035C	\$550/\$550

## Saturdays, September 13 - May 16 (No class: Nov. 1, Nov. 29, Mar. 28 &amp; May 9)

Day:	Time:	Age:	Class:	Code:	Fee (R/NR):
Sa	11:00am-12:15pm	11-14 years	Ballet 3	160021D	\$473/\$590
Sa	12:15-1:30pm	By Approval	Ballet 4	160021E	\$473/\$590
Sa	1:30-2:30pm	By Approval	Pre-Pointe/Pointe 1	160029B	\$428/\$535

\*Age is used as a guideline, but class placement is ultimately at the discretion of the dance instructors.

**Tuition:** includes class instruction, studio t-shirt, recital costume, digital download of the Spring Recital performances and two tickets to the recital on May 16, 2026. Tuition may be paid in full or in monthly installments (must complete an automatic payment form). Tuition must be paid in full by March 1, 2026.

## DETAILS

- **Extended Recital Session** (Sept. 2025 - May 2026, 30-weeks) so your dancer can maximize their training.
- **Winter Showcase Performance** at the Rec Center is tentatively scheduled for Sunday, Dec. 14, so you don't have to wait until May to see your dancer perform.
- Tuition includes **two tickets to the Spring Recital** tentatively scheduled for May 16, 2026. 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 Oct. 13**, so if you miss when classes start in September you can still join a class (depending on availability)
- If your dancer signs up for multiple classes, you may qualify for a **10% discount** (excludes Dance Company).
- **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.

If you have any questions, please contact Dance Director Jenny Reed at [jreed@glpd.com](mailto:jreed@glpd.com).