

Dance Classes

take place at our School of Dance

NRC-East

4652 N. Olcott
Harwood Heights

| Fees | Resident | Nonresident |
|-------------------------|----------|-------------|
| Fall Session* | \$169 | \$202 |
| Non-Recital Classes | \$115 | \$140 |
| Winter/Spring Session** | \$148 | \$170 |

*includes cost of recital costume & one pair of tights

**includes cost of recital DVD; fees must be paid by Jan 1, 2023

Fall Dance Dates

| | |
|-----------|---------------|
| Monday | Sep 12-Dec 12 |
| Tuesday | Sep 13-Dec 13 |
| Wednesday | Sep 14-Dec 14 |
| Thursday | Sep 15-Dec 15 |
| Friday | Sep 16-Dec 16 |
| Saturday | Sep 17-Dec 17 |

Please note:

- Installment Billing options are available. There is a \$25 service/set up fee. Must be done in person at NRC East.
- A 10% discount will be applied when paying in full for both Fall and Winter/Spring sessions. Please contact Dmccollum@norridgepk.com for more information.
- There will be no classes during the week of Nov 21-26.
- Costume measurements will be taken during the week of Oct 3. A parent or guardian must attend to sign and agree to costume measurement form.
- There will be two separate spring Dance Recital Shows. Dates and times are TBD.
- For class descriptions, required shoes and other info, visit www.norridgepk.com
- **Final class placements are at the discretion of the dance teacher.**

Girl Scouts Dancing

Need to earn your dance badge? We will teach your troupe how to warm up their bodies for dance, learn to name a few different types of dance and teach them their own dance routine to share with others. *Minimum of 5 troupe students.* Please call 708-457-0961 for more details.

\$17 R/\$20 NR

McNulty School of Irish Dance

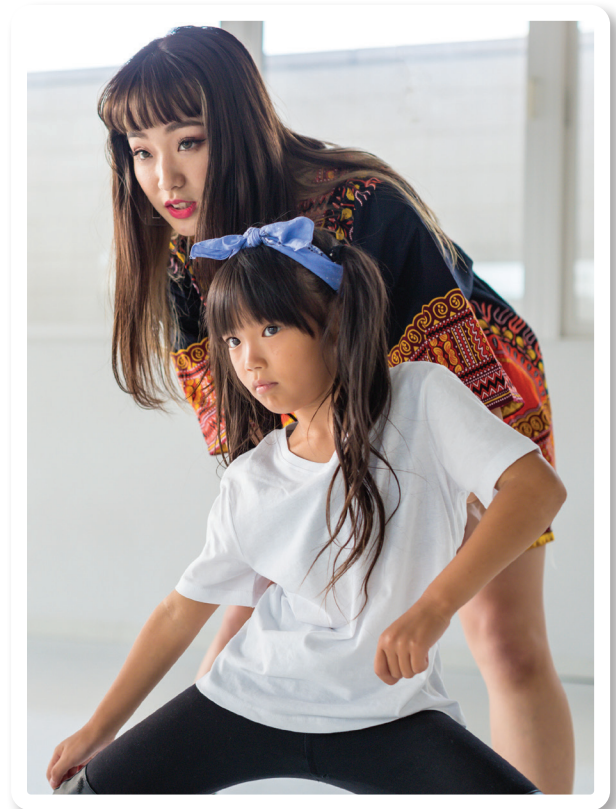
Ages 3 & older

This recreational program will introduce the basic steps and traditional music of Irish Dance.



| | Day | Date | Time | Fee |
|-------------------|-----|---------------|---------------|-----------------|
| Ages 3-5 | F | Sep 9-Dec 16* | 3:00-3:30pm | \$84 R/\$94 NR |
| Heavy Shoe | F | Sep 9-Dec 16* | 3:30pm-4:00pm | \$84 R/\$94 NR |
| All Ages | F | Sep 9-Dec 16* | 4:00-4:45pm | \$144 R/\$94 NR |

*No class Oct 27 & Nov 25



Private Dance Lessons

Brush up on your skills, improve your technique, or learn a choreographed routine to perform at a later date. Lessons are available in several dance styles, including jazz, tap, ballet, lyrical and contemporary. After you register, a dance instructor will contact you to set up your private lesson.

\$32 R/\$42 NR

Dance Class Descriptions

BALLET

The basic ballet positions and techniques will be taught as students learn to appreciate the grace and beauty of the dance.

BALLET TECHNIQUE

This class will help dancers perfect their ballet positions and techniques with the goal of enhancing overall dance skill level and ability. (This class is a required class for Movers and Shakers Competition groups but available to other students that may be interested. Inquire with the Park District regarding age and skill level requirements if interested in signing up for this class and are not a participant of the Movers and Shakers performing groups.)

CHOREOGRAPHY

In order to participate in Choreography class, students must be enrolled in at least one other dance class with Norridge Park District. Teachers will guide students in creating a dance piece for the recital using improvisational, structured and teamwork exercises.

CONTEMPORARY DANCE

This class takes elements from many dance forms and combines them to create an expressive form of dance unique to our time. Ballet, jazz and modern dance technique are learned in combination with fun choreography to popular music.

DANCE CLUB

In order to participate in Dance Club, students must be enrolled in at least one other dance class with Norridge Park District. Dance Club is for dancers who want more performance experience and does not require an audition. Dance Club is a fun way for dancers to gain valuable performance experience and build confidence in order to take their dancing to the next level.

DANCE STRENGTH & CONDITIONING

This fun and structured class combines yoga, core work and barre' to stretch, strengthen and refine your body. It can be taken in conjunction with other dance classes to round out an athletic dancer's education or it may be taken as a stand alone class as part of a healthy and balanced lifestyle.

FAIRYTALE BALLET

This imaginative pre-ballet class combines ballet fundamentals and creative movement with fairytale stories.

HIP HOP BABIES

This class will introduce young students' to the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required.

HIP HOP

A fun, energetic style of dance in which students will learn a variety of freestyle dancing and the latest dance moves.

JAZZ

This class will focus on learning, applying and perfecting dance technique and increased flexibility through the use of floor, barre, and center exercises. Students will learn routines for which they will apply and practice the fundamentals and more advanced movements as skills are perfected.

MOVERS AND SHAKERS

Students must audition for Mini, Jr. and Sr. level Movers and Shakers performing groups. The Movers and Shakers typically participate in one competition per month during the months of January – May. Competitions typically take place in various locations around the Chicagoland area. All Movers and Shakers are required to participate in a Ballet Technique class as well.

PARENT / TOT DANCE CLASS

This class is specifically designed for the young child that loves to move and dance with music. Emphasis is placed on motor skill development, coordination and balance in a safe, nurturing environment that encourages parent involvement.

TAP

A fun and exhilarating class that will focus on coordination and learning a variety of rhythms and tempos which will build every week.

POMS

POMS class focuses on sharpness and timing along with showmanship. In this class you will use pom-poms and combine skills from dance and cheer to learn high energy crowd pleasing routines.

MUSICAL THEATRE

Love Broadway shows? In this upbeat class, you will learn to use your acting skills in conjunction with dance to portray a character. You will learn choreography from industry shows along with new original dances that are sure to light up any stage.

PRIVATE DANCE LESSONS

Brush up on your skills, improve your technique or learn a choreographed routine to perform at a later date. Lessons are available in several dance styles including jazz, tap, ballet, lyrical and contemporary. After you register a dance instructor will contact you to set up your private lesson.

| DAY | TIME | AGE | CLASS | INSTRUCTOR | LOCATION | LEVEL |
|-----|-----------------|--------------|----------------------------------|-------------|----------|---------------------|
| M | 2:05-3:05pm | Adult (50+) | Adult Line Dancing (Non-recital) | TBD | Studio 1 | Beginner |
| M | 3:10-4:10pm | 3-5 | Hip Hop Babies | TBD | Studio 2 | Beginner |
| M | 4:55-5:55pm | 12 and older | Tap | SG | Studio 1 | Beginner & Level 1 |
| M | 4:15-5:15pm | 8-11 | Ballet | TBD | Studio 2 | Beginner & Level 1 |
| M | 5:20-6:20pm | 7-9 | Contemporary | TBD | Studio 2 | Beginner & Level 1 |
| M | 6:00-7:00pm | 9 and older | Silver Conditioning | SG | Studio 1 | Must Audition |
| M | 7:00-8:00pm | 12 and older | Gold/Platinum Conditioning | SG | Studio 1 | Must Audition |
| Tu | 2:00-3:00pm | Adult (50+) | Adult Tap (Non-Recital) | TBD | Studio 2 | Beginner |
| Tu | 3:25-4:25pm | 3-5 | Fairytale Ballet | TBD | Studio 2 | Beginner |
| Tu | 3:25-4:25pm | 3-5 | Creative Cuties Combo-NEW | SG | Studio 1 | Beginner |
| Tu | 4:25-5:25pm | 5-7 | Jazz/Tap | TBD | Studio 2 | Beginner & Level 1 |
| Tu | 5:30-6:30pm | 5-7 | Hip Hop | TBD | Studio 2 | Beginner & Level 1 |
| Tu | 6:35-7:35pm | 12 and older | Ballet | TBD | Studio 2 | Beginner & Level 1 |
| Tu | 4:25-5:40pm | 9 and older | Silver Movers and Shakers | SG | Studio 1 | Must Audition |
| Tu | 5:45-7:15pm | 12 and older | Gold Movers and Shakers | SG | Studio 1 | Must Audition |
| Tu | 7:15-8:45pm | 13 and older | Platinum Movers and Shakers | SG | Studio 1 | Must Audition |
| W | 3:45-4:45pm | 5-7 | Jazz/Ballet | AR | Studio 1 | Beginner & Level 1 |
| W | 4:50-5:50 | 8-11 | Lyrical-NEW | AR | Studio 1 | Beginner & Level 1 |
| W | 5:55-6:55 | 11 and older | Jazz | AR | Studio 1 | Beginner & Level 1 |
| W | 7:00-8:00pm | 11 and older | Contemporary | AR | Studio 1 | Beginner & Level 1 |
| Th | 4:00-5:00pm | 3-5 | Ballerina Babes | AR | Studio 1 | Beginner |
| Th | 5:05-6:05pm | 5-7 | Ballet/Tap-NEW | AR | Studio 1 | Beginner |
| Th | 6:10-7:10pm | 11-14 | POMS | AR | Studio 1 | Beginner & Level 1 |
| Th | 7:10-8:10pm | 8-11 | Hip Hop | AR | Studio 1 | Beginner & Level 1 |
| Th | 7:00-8:00pm | 11 and older | Hip Hop/Jazz | TBD | Studio 2 | Levels 1 & above |
| F | 2:40-3:40pm | 3-5 | Ballerina Babes | TBD | Studio 1 | Beginner |
| F | 3:00-3:30pm | 3-5 | McNulty Irish Dance | Shailagh G. | Studio 2 | Beginner |
| | 3:30-4:00pm | All Ages | McNulty Heavy Shoe | Shailagh G. | Studio 2 | Teachers Discretion |
| F | 4:00-4:45pm | All Ages | McNulty Irish Dance | Shailagh G. | Studio 2 | Beginner & Level 1 |
| F | 3:45-5:15pm | 9 and older | Mini/Junior M & S Ballet | HM | Studio 1 | Must Audition |
| F | 5:15-6:45pm | 13 and older | Senior Movers & Shakers Ballet | HM | Studio 1 | Must Audition |
| F | 6:45-7:45pm | 11 and older | Beginning Pointe | HM | Studio 1 | Teachers Discretion |
| Sa | 10:00am-11:00am | 3-5 | Hip Hop Babies | SG | Studio 1 | Beginner |
| Sa | 11:00am-12:00pm | 3-5 | Creative Cuties Combo-NEW | AR | Studio 2 | Beginner |
| Sa | 12:05-1:05pm | 8-11 | POMS | AR | Studio 2 | Beginner & Level 1 |
| Sa | 11:05-12:05pm | 5-7 | Jazz/Tap | SG | Studio 1 | Beginner & Level 1 |
| Sa | 1:10-2:25pm | 7-9 | Just Dance Club | AR | Studio 1 | Beginner & Level 1 |
| Sa | 12:10-1:10pm | 11 and older | Hip Hop | SG | Studio 1 | Beginner |
| Sa | 2:30-3:45pm | 10-14 | Just Dance Club | AR | Studio 1 | Beginner & Level 1 |

Instructors

SG—Sharon Girten
HM—Haley Marcin

AR—Alexis Rohde
OR—Olivia Ringelstein

TBD—To Be Determined