

CONTINUING DANCE

The Mt. Prospect Park District offers dance classes for students of all abilities and ages. We are committed to excellence in dance education and creating a positive environment where students can achieve their goals in dance and life.

This Winter, new dancers are invited to join the dance program! Due to the progressive nature of our program, however, some classes are only available to returning dancers. If you need assistance with dancer placement or selecting classes for a new intermediate/advanced level dancer, please contact Amy at 847-640-1000.

Important Dates and Information For Dancers

New Date! Winter/Spring term begins on Monday, Jan. 25

No classes Mar. 22-Mar. 28 or Apr. 4

Visit mppd.org/program-events/dance for details on all of our safety protocols for in-studio dance classes.

- Dancers are asked to stay home if they are not feeling well, have had a close contact, or have traveled to a state on Cook County's travel advisory list.
- Dancers who need to stay home for any reason, but are feeling well enough to take class may participate via Zoom by emailing ahubert@mppd.org.
- We are prepared to move the full dance class schedule to Zoom if needed.
- A determination about the spring recitals will be made at a later date. No costume fees have been included in any class fees at this time.

Dance Discovery Theater Camps

Explore a variety of dance styles from ballet to hip hop, centered around the holiday ballet classic "The Nutcracker" and everyone's favorite Winter-themed princess story "Frozen!". Dancers learn choreography and explore movement related to these wonderful winter-themed stories and characters. On the last day of camp, dancers will film an in-studio performance experience to share with family and friends. Space is limited!

The Nutcracker

RecPlex	Instructor Molly			
Monday-Wednesday, Dec. 21-Dec. 23				
Preschool/Kindergarten	10:00-10:45 AM	R \$33	NR \$38	40769
Grades 1 & 2	11:00 AM-12:30 PM	R \$40	NR \$45	40768
Grades 3-5	1:30-3:30 PM	R \$50	NR \$55	40770

Frozen

RecPlex	Instructor Vanessa			
Monday-Wednesday, Dec. 28-Dec. 30				
Preschool/Kindergarten	10:00-10:45 AM	R \$33	NR \$38	40771
Grades 1 & 2	11:00 AM-12:30 PM	R \$40	NR \$45	40772
Grades 3-5	1:30-3:30 PM	R \$50	NR \$55	40773

Winter Dance Workshops

Contemporary Ballet

Explore the intersection of classical ballet and contemporary movement with a guest instructor to be announced at the end of November. Dancers should register based on his or her homeroom ballet class level. Dancers who have more than one year of pointe training may take class en pointe.

Monday, Dec. 28

Lions Recreation Center

Intermediate dancers	10:00 AM-12:00 PM	R \$40	NR \$45	40774
Advanced dancers	1:00-3:00 PM	R \$40	NR \$45	40775

Jazz Dance

Take your jazz technique and performance quality to the next level with this high-intensity one day workshop featuring guest instructor TBA. Dancers should register based on his or her homeroom jazz or ballet class level.

Tuesday, Dec. 29

Lions Recreation Center

Intermediate dancers	10:00 AM-12:00 PM	R \$40	NR \$45	40776
Advanced dancers	1:00-3:00 PM	R \$40	NR \$45	40777

December Drop-In Dance

MT. PROSPECT
SCHOOL OF
CLASSICAL
Ballet

Studio
Impulse
Tap • Jazz Contemporary • Hip Hop

We invite all dancers to drop-in on favorite dance class offerings as your schedule permits! Any intermediate or advanced level dancer may register for these special classes to continue training during break, or even try out a new style! Mix-and-match dates and genres to choose your own dance adventure this December during your regular class hiatus!

Please enroll by 12 noon the day PRIOR to your selected class so we may confirm enrollment. Call Amy at 847-640-1000 with any placement or class selection questions.

Lions Recreation Center

Monday, Dec. 7 & 14

Intermediate Modern	5:15-6:45 PM	Instructor Molly S.	R \$14 NR \$16	Dec. 7 40733	Dec. 14 40750
Advanced Modern	7:00-8:30 PM	Instructor Molly S.	R \$14 NR \$16	Dec. 7 40732	Dec. 14 40751

Tuesday, Dec. 8 & 15

Master Ballet: Cont. Int. Tech.	4:45-6:15 PM	Instructor Sue L.	R \$14 NR \$16	Dec. 8 40736	Dec. 15 40753
Master Ballet: Adv. Tech.	6:30-8:00 PM	Instructor Sue L.	R \$14 NR \$16	Dec. 8 40738	Dec. 15 40754
Contemporary 1 & 2	5:15-6:15 PM	Instructor Kim K.	R \$12 NR \$14	Dec. 8 40735	Dec. 15 40755
Contemporary 3 & 4	6:30-7:45 PM	Instructor Kim K.	R \$13 NR \$15	Dec. 8 40737	Dec. 15 40752
Contemporary 5	8:00-9:30 PM	Instructor Kim K.	R \$14 NR \$16	Dec. 8 40734	Dec. 15 40756

Wednesday, Dec. 9 & 16

Junior Ballet & Holiday Repertory	4:15-5:15 PM	Instructor Linda B.	R \$12 NR \$14	Dec. 9 40740	Dec. 16 40759
Intermediate Ballet & Holiday Repertory	5:30-7:15 PM	Instructor Linda B.	R \$15 NR \$17	Dec. 9 40741	Dec. 16 40757
Advanced Ballet & Holiday Repertory	7:30-9:15 PM	Instructor Linda B.	R \$15 NR \$17	Dec. 9 40739	Dec. 16 40758

Thursday, Dec. 10 & 17

Intermediate Jazz	4:30-5:30 PM	Instructor Rachel V.	R \$12 NR \$14	Dec. 10 40743	Dec. 17 40762
Intermediate Tap	5:45-6:45 PM	Instructor Sandy S.	R \$12 NR \$14	Dec. 10 40745	Dec. 17 40760
Advanced Jazz	5:45-7:15 PM	Instructor Rachel V.	R \$14 NR \$16	Dec. 10 40742	Dec. 17 40763
Advanced Tap	7:15-8:15 PM	Instructor Sandy S.	R \$12 NR \$14	Dec. 10 40744	Dec. 17 40761

Friday, Dec. 11 & 18

Advanced Broadway Jazz	4:15-5:45 PM	Instructor Amy H.	R \$14 NR \$16	Dec. 11 40746	Dec. 18 40764
Intermediate Broadway Jazz	6:00-7:30 PM	Instructor Amy H.	R \$14 NR \$16	Dec. 11 40747	Dec. 18 40765

Saturday, Dec. 12 & 19

Advanced Hip Hop	12:30-1:30 PM	Instructor Rachel V.	R \$12 NR \$14	Dec. 12 40748	Dec. 19 40766
Intermediate Hip Hop	1:45-2:45 PM	Instructor Rachel V.	R \$12 NR \$14	Dec. 12 40749	Dec. 19 40767





Introduction to Ballet (Grades 1 & 2)

The perfect starting point for young dancers. Students work at an accelerated but comfortable pace, with a focus on developing ballet technique and learning how to perform a variety of ballet movements and steps in a fun and encouraging environment.

Lions Recreation Center

Monday, 4:00-5:00 PM Jan. 25-May 17 **Instructor** Linda B. **R** \$187 **NR** \$197 40509
Saturday, 9:15-10:15 AM Jan. 30-May 22 **Instructor** Vikki B. **R** \$187 **NR** \$197 40511

Virtual

Tuesday, 5:00-5:45 PM Jan. 26-May 18 **Instructor** Caryn H. **R** \$170 **NR** \$180 40510

Junior Ballet

Provides a strong foundation in classical ballet technique in a fun and encouraging environment. Develop flexibility, strength, control and learn a sense of line essential to the training of all dancers, as well as athletes and students of other performing arts.

Lions Recreation Center

Junior 1

Monday, 4:00-5:00 PM Jan. 25-May 17 **Instructor** Tara S. **R** \$187 **NR** \$197 40516
Tuesday, 5:15-6:15 PM Jan. 26-May 18 **Instructor** Tara S. **R** \$187 **NR** \$197 40520

Junior 2

Monday, 5:15-6:15 PM Jan. 25-May 17 **Instructor** Tara S. **R** \$187 **NR** \$197 40518
Tuesday, 4:00-5:00 PM Jan. 26-May 18 **Instructor** Tara S. **R** \$187 **NR** \$197 40519

Junior 3

Monday, 5:15-6:15 PM Jan. 25-May 17 **Instructor** Linda B. **R** \$187 **NR** \$197 40517
Thursday, 5:45-6:45 PM Jan. 28-May 20 **Instructor** Caryn H. **R** \$187 **NR** \$197 40522

Virtual

Junior Ballet

Wednesday, 4:30-5:30 PM Jan. 27-May 19 **Instructor** Caryn H. **R** \$187 **NR** \$197 40521

Accelerated Intermediate Ballet

Created for dancers in middle school or high school who have training in other dance disciplines. New or returning students to ballet who want to audition for Orchesis, musical theater productions, or other dance opportunities where technical dance training is important.

RecPlex

Wednesday, 8:00-9:00 PM Jan. 27-May 19 **Instructor** Allison R. **R** \$187 **NR** \$197 40473
Monday, 8:30-9:30 PM Jan. 25-May 17 **Instructor** Molly S. **R** \$187 **NR** \$197 40805

Advanced Ballet

Dancers work to improve flexibility, strength, and stamina at the barre and center, & are challenged with virtuoso steps, variations and longer combinations. Dancers may also train en pointe based on individual student readiness.

Lions Recreation Center

Advanced 1 (ballet & pointe)

Monday, 6:30-8:00 PM Jan. 25-May 17 **Instructor** Amy H. **R** \$200 **NR** \$210 40476
Wednesday, 5:45-7:30 PM Jan. 27-May 19 **Instructor** Rachel V. **R** \$204 **NR** \$214 40478

Advanced 1/2 (ballet & pointe)

Wednesday, 7:45-9:30 PM Jan. 27-May 19 **Instructor** Rachel V. **R** \$204 **NR** \$214 40480

Advanced 2 (ballet & pointe)

Thursday, 7:45-9:30 PM Jan. 28-May 20 **Instructor** Linda B. **R** \$204 **NR** \$214 40481

Advanced 2/3 (ballet & pointe)

Monday, 8:15-9:45 PM Jan. 25-May 17 **Instructor** Amy & Linda **R** \$200 **NR** \$210 40477

Advanced 3 (ballet & pointe)

Wednesday, 7:30-9:15 PM Jan. 27-May 19 **Instructor** Amy H. **R** \$204 **NR** \$214 40479

Advanced Open (ballet & pointe)

Saturday, 3:00-4:30 PM Jan. 30-May 22 **Instructor** Rachel V. **R** \$200 **NR** \$210 40482

Intermediate Ballet

Learn more complex steps and combinations, while continuing to develop and refine technique in preparation for pointe work in the upper intermediate levels. Dancers are coached on developing a sense of musicality and artistry.

Lions Recreation Center

Intermediate 1

Instructor Linda B.
Thursday, 4:30-5:45 PM Jan. 28-May 20
R \$191 **NR** \$201 40504

Intermediate 2

Instructor Linda B.
Thursday, 6:00-7:30 PM Jan. 28-May 20
R \$200 **NR** \$210 40506

Intermediate 2/3

Instructor Linda B.
Monday, 6:30-8:00 PM Jan. 25-May 17
R \$200 **NR** \$210 40502

Instructor Caryn H.

Tuesday, 7:30-9:00 PM Jan. 26-May 18
R \$200 **NR** \$210 40503

Intermediate 3

Instructor Caryn H.
Thursday, 7:00-8:30 PM Jan. 28-May 20
R \$200 **NR** \$210 40505

Ballet Expressions

(By Invitation Only)

Provides the committed ballet dancer with additional exposure to choreography and opportunities for performance through an exciting and diverse ballet repertory. For more information about Ballet Expressions or to book a performance, call Amy at 847-640-1000.

Lions Recreation Center

Instructor Amy H.

Wednesday, 4:00-7:15 PM Jan. 27-May 19
R \$200 **NR** \$210 40486



Tap & Jazz Combo

(Grades 1 & 2)

This combination class offers tap and jazz instruction in a fun atmosphere. In tap, students work with timing and rhythms, while jazz focuses on technique and traveling progressions.

RecPlex

Instructor Katelyn R

Saturday, 12:15-1:15 PM Jan. 30-May 22
R \$187 NR \$197 40542

Master Ballet Class Series

Designed for committed and experienced Intermediate and Advanced level dancers, these weekly technique classes offer the opportunity to reach your potential by training in a fast-paced, uniquely enriching class. Pre-requisite: concurrent enrollment in Intermediate 2 Ballet or above. Dancers new to the dance program are welcome to enroll and should call Amy at 847-640-1000.

Lions Recreation Center

Beginning Tech

Friday, 6:45-8:00 PM Jan. 29-May 21 **Instructor** Amy H. **R \$180 NR \$190** 40529

Continuing Intermediate Tech

Tuesday, 4:15-5:30 PM Jan. 26-May 18 **Instructor** Sue L. **R \$180 NR \$190** 40526

Advanced Tech

Tuesday, 5:45-7:15 PM Jan. 26-May 18 **Instructor** Sue L. **R \$188 NR \$198** 40527

Tuesday, 7:30-9:00 PM Jan. 26-May 18 **Instructor** Sue L. **R \$188 NR \$198** 40528

Junior Jazz

Teaches young dancers the fundamentals of jazz technique through traveling progressions and center combinations. Provides students with a strong foundation for continued jazz dance training in a fun and supportive environment.

RecPlex

Junior 1/2

Wednesday, 6:00-6:45 PM Jan. 27-May 19 **Instructor** Allison R. **R \$170 NR \$180** 40524

Junior 3

Monday, 4:00-4:45 PM Jan. 25-May 17 **Instructor** Molly S. **R \$170 NR \$180** 40523

Intermediate Jazz

Learn challenging combinations incorporating technical elements along with directional and weight changes, more complex rhythms, and dynamics. Develop strong technical ability and performance quality.

RecPlex

Intermediate 1/2

Monday, 6:00-7:00 PM Jan. 25-May 17 **Instructor** Molly S. **R \$187 NR \$197** 40507

Intermediate 3

Tuesday, 6:00-7:00 PM Jan. 26-May 18 **Instructor** Kim K. **R \$187 NR \$197** 40508

Advanced Jazz

Features a fast-paced warm up, energetic progressions and combinations designed to challenge and push experienced dancers' comfort zones. Complex weight, level and dynamic changes make classes both fun and challenging. Dancers coached on energy, expression and musicality to enhance performance quality and prepare them for performances, auditions and more.

RecPlex

Advanced 1

Tuesday, 8:30-9:30 PM Jan. 26-May 18 **Instructor** Kim K. **R \$187 NR \$197** 40483

Advanced 2/3

Thursday, 5:45-7:00 PM Jan. 28-May 20 **Instructor** Rachel V. **R \$191 NR \$201** 40484

Advanced Open

Saturday, 11:00 AM-12:00 PM Jan. 30-May 22 **Instructor** Katelyn R. **R \$187 NR \$197** 40485

Tap Dance

Tap classes give students a sense of rhythm, musicality and timing. Placement into these sections requires instructor permission or placement. Black Jazz-Tap shoes are required. (AZ)

RecPlex

Junior

Wednesday, 7:00-7:45 PM Jan. 27-May 19 **Instructor** Allison R. **R \$170 NR \$180** 40544

Lions Recreation Center

Intermediate

Tuesday, 6:30-7:15 PM Jan. 26-May 18 **Instructor** Sandy S. **R \$170 NR \$180** 40543

Impulse Dance Ensemble

(By Audition Only)

Provides Studio Impulse dancers with an opportunity to study performance and choreography. Ensemble members learn multiple works that are featured at area festivals and events. For more information about Impulse Dance Ensemble, the requirements for the annual August IDE auditions or to book a performance, please call Amy at 847-640-1000.

RecPlex

Instructor Kim K.

Thursday, 7:15-9:30 PM Jan. 28-May 20
R \$200 NR \$210 40501

Broadway Bound

(Grades 5-12)

Explore musical theater dance to sounds of Broadway favorites such as Hamilton, Newsies, Aladdin and more. Gain confidence for your next audition. Dancers will learn choreography and receive coaching on rhythm, style, technique and dynamic.

RecPlex

Instructor Amy H.

Beginning

Tuesday, 4:15-5:00 PM
Jan. 26-May 18
R \$170 NR \$180 40488

Lions Recreation Center

Continuing Intermediate/Advanced

Friday, 5:30-6:30 PM
Jan. 29-May 21
R \$187 NR \$197 40489

Contemporary Dance

Features a unique synergy of contemporary ballet, jazz, and modern dance technique and teaches skills through the use of creative expression, individuality, and musicality. Pre-requisite: (add a space in text here) Dancers must have a minimum of 2 years in ballet and/or jazz technique classes and a concurrent enrollment in Intermediate 1 ballet/jazz or above. New contemporary students should register for Level 1. Instructor permission and previous training is required for Levels 1/2 and up.

RecPlex

Contemporary 1

Friday, 5:15-6:15 PM Jan. 29-May 21 **Instructor** Rachel V. **R** \$187 **NR** \$197 40493

Contemporary 3

Monday, 7:15-8:15 PM Jan. 25-May 17 **Instructor** Molly S. **R** \$187 **NR** \$197 40490

Contemporary 3/4

Tuesday, 7:15-8:15 PM Jan. 26-May 18 **Instructor** Kim K. **R** \$187 **NR** \$197 40491

Lions Recreation Center

Contemporary 2

Saturday, 10:00-11:00 AM Jan. 30-May 22 **Instructor** Caryn H. **R** \$187 **NR** \$197 40495

Contemporary 4

Friday, 4:15-5:15 PM Jan. 29-May 21 **Instructor** Amy H. **R** \$187 **NR** \$197 40492

Contemporary 5

Saturday, 1:45-2:45 PM Jan. 30-May 22 **Instructor** Rachel V. **R** \$187 **NR** \$197 40494

Modern Dance

Learn fundamental Graham principles including contraction, release, spirals and experiment with weight, gravity and dynamic. Wear a leotard and footless tights to dance barefoot. Pre-requisite: Dancers must have a minimum of 2 years in ballet and/or jazz technique classes and a concurrent enrollment in Intermediate 1 ballet and/or jazz or above.

Lions Recreation Center

Advanced Modern

Sunday, 2:15-3:30 PM Jan. 31-May 23 **Instructor** Molly S. **R** \$191 **NR** \$201 40532

Jazz Plus!

Studio Impulse's curriculum is rooted in jazz dance technique. The new Jazz Plus class format offers young dancers a unique opportunity to develop the poise, confidence and jazz technique needed for future dance training while also exploring the funky and fun stylized moves of hip hop (Beginning 1/2 sections are for first and second grade dancers).

Lions Recreation Center

Beginning 1/2 Plus Hip Hop

Saturday, 11:15 AM-12:15 PM Jan. 30-May 22 **Instructor** Caryn H. **R** \$187 **NR** \$197 40515

Virtual

Junior 1 Plus Hip Hop

Wednesday, 6:30-7:30 PM Jan. 27-May 19 **Instructor** Caryn H. **R** \$187 **NR** \$197 40512

RecPlex

Junior 1/2 Plus Hip Hop

Thursday, 4:15-5:30 PM Jan. 28-May 20 **Instructor** Rachel V. **R** \$191 **NR** \$201 40513

Lions Recreation Center

Junior 1/2 Plus Hip Hop

Friday, 4:45-6:00 PM Jan. 29-May 21 **Instructor** Vanessa M. **R** \$191 **NR** \$201 40514

Hip Hop for Guys (Grades 1-4)

Fun and fast-paced class for guys only! In addition to training in this popular style, guys also gain coordination and agility both as dancers and for athletics and other activities.

Lions Recreation Center

Friday, 3:45-4:30 PM Jan. 29-May 21 **Instructor** Vanessa M. **R** \$170 **NR** \$180 40500

Rhythm Project

(Grades 6-12)

The perfect opportunity to start your tap training! Fun, versatile, and beneficial to round out your dance education. Using upbeat, new hit music, you begin learning the rhythmic art of tap with students your age!

Lions Recreation Center

Instructor Molly S.

Sunday, 1:15-2:00 PM Jan. 31-May 23
R \$170 **NR** \$180 40540

Riff Raff Dance Crew

(By Invitation Only)

Riff Raff Dance Crew is a multi-level hip hop performance group offering invited dancers the opportunity to build on their skills and performance personality by focusing on unique choreography and local performance opportunities.

Lions Recreation Center

Instructor Vanessa M.

Saturday, 1:30-2:30 PM Jan. 30-May 22
R \$187 **NR** \$197 40541

Hip Hop

Learn the basics of hip hop through warm-ups, combinations, steps, and short routines. Beginning level classes are based on grade.

RecPlex

Grades 5 & 6

Instructor Molly S.

Monday, 5:00-5:45 PM Jan. 25-May 17
R \$170 **NR** \$180 40496

Intermediate 2/3

Instructor Rachel V.

Friday, 4:15-5:00 PM Jan. 29-May 21
R \$170 **NR** \$180 40497

Lions Recreation Center

Intermediate 1

Instructor Vanessa M.

Saturday, 12:30-1:15 PM Jan. 30-May 22
R \$170 **NR** \$180 40498

Advanced

Instructor Rachel V.

Saturday, 12:30-1:30 PM Jan. 30-May 22
R \$187 **NR** \$197 40499