

DANCE DESCRIPTIONS

Dance with Me!

Dance With Me is tailored to our youngest dancers and their parents. This class emphasizes the creative art of dance while working in an exciting new learning environment. Each class will work around a different theme and use new props and activities to introduce dance and movement to toddlers. Students will gain communication skills, coordination and develop their memory.

Tip Toe Toddlers

This class is a perfect introduction to dance and movement for toddlers. Songs, games, props basic technique and tons of fun! It is time to dance! Please wear comfortable clothing and pink or black ballet shoes to class.

Ballet & Tap Combo

Combination classes are a great way for dancers to try multiple styles of dance while meeting new people and having fun. Classes include stretches, barre work, class etiquette, basic technique of each style, games and learning choreography in both ballet and tap. As the foundation of all dance, Ballet emphasizes precision, balance and strong technique while tap is an American made dance form the focuses on the energetic rhythm, musicality and strength of the feet. Students will need to wear a leotard, black tap and ballet shoes.

Ballet & Jazz Combo

Combination classes are a great way for dancers to try multiple styles of dance while meeting new people and having fun. Classes include stretches, barre work, class etiquette, basic technique of each style, games and learning choreography in both ballet and jazz. As the foundation of all dance, Ballet emphasizes precision, balance and strong technique while jazz is an American made dance form that focuses on the energetic rhythm, musicality and strength of the feet. Students will learn a variety of styles in each area while focusing on technique and performance. Students will need to wear a leotard, jazz and ballet shoes. ***This class is required for all Company Dancers.

Lyrical

Lyrical is the blending of jazz and ballet techniques that uses popular music and provides a modern twist on classic movement while expressing the lyrics of the songs. This popular style of dance can be seen on Dance Moms and So You Think You Can Dance. Students will need to wear a leotard, tights and tan jazz shoes.

Musical Theatre & Tap

Musical Theatre is a perfect class for the dancer who wants to be on Broadway one day. Incorporating dancing and acting this class will focus on character development, performance skills, musicality and telling stories through dance and song. The second half of class dancers will learn all of the tap technique that was popularized by musical theatre. Please wear a leotard, jazz shoes and tap shoes.

Hip Hop

Hang out with friends, learn fun, energetic dances to popular music and get fit all while having fun! This class takes popular hip hop music and puts cool moves to it. Dancers will learn basic hip hop technique along with popping, locking, and many other cool tricks and moves. Beginner and experienced dancers are welcome. Please wear comfortable clothing and jazz shoes or hip hop sneakers.

Color Guard

Love to dance? Want to learn more about many styles of dance? Looking for a fun class without a weekly commitment? Join the Medinah Park District Dance Club! This club will meet once a month. Dancers can sign up for all 4 clubs up front for a discount or they can sign up for just one dance of the club. Club members will learn a different style of dance and routine at each meeting. They will also play fun dance games, make a craft and have tons of fun. All levels of dancers are welcome! Please wear comfortable clothing and dance shoes.

MPD SCHOOL OF DANCE PERFORMING COMPANY

The Performing Company will give dedicated dancers the opportunity to study Ballet, Lyrical, Hip Hop and Jazz more in depth. This performing group is a year-round commitment. Company members will perform throughout the community and at local events. Our focus will be creating, leading, and guiding dancers on a disciplined and rewarding path that will instill the fundamentals of dance. We will focus on choreography during weekly rehearsals. Company members will be required to attend 90% of the rehearsals. Company Dancers are required to take at minimum Ballet & Jazz Combo. The training our dancers will receive within the company will provide them with confidence and valuable communication skills they can use in a future dance career and in their everyday life. Company Members are required to wear a leotard, tights and have ballet and jazz shoes.

Company Dancers are required to register for all 4 school year sessions of dance and will be required to pay for additional Company Fees through out the year. Please contact Lora Vodicka at lora@medinahparkdistrict.org for more information.

NO AUDITION REQUIRED!!! ALL LEVELS AND EXPERIENCE ARE WELCOME!!!

THEATRE DESCRIPTIONS

This program is for all ages and levels! Dance and non-dancers welcome! Theatre classes are a great way to build confidence, develop creative thinking and problem solving, practice public speaking skills, learn how to communicate with others, and building positive self esteem! In theatre, young actors will meet new friends and build positive relationships while learning solid techniques and skills for performance and life. Come learn the art of theatre and stage performance with MPD School of Dance!

Acting

New to the world of Acting? This is the perfect class for you! Learn the basics of acting, audition and performing! During this fast paced, interactive class students will play theatre game, do voice and movement exercises and learn a scene to perform for parents during the final class. All of these activities will prepare students to TAKE THE STAGE!

Acting & Directing

This class challenges young actors/actress to create strong, compelling scenes. Focusing on dialogue, blocking, and character development students will act in and direct scenes during this class and will preform for parents during the final class. This is a great opportunity to meet other actor/actresses and explore a variety of exciting scenes!

FITNESS DESCRIPTIONS

FIT KIDS!

FIT KIDS is a program designed to get kids excited about exercise and leading a healthy life style. Every class will begin with warm-up activities, followed by non-competitive/non-contact workout activities that emphasize body control skills, locomotion skills, and object control skills. Part of class will also focus on Wellness Education including importance of a balanced diet, food groups, proper hydration, hygiene and safety. Finally class will end with kid's yoga cool-down. Fun and safe props (scarves, hula-hoops, cones, sponge balls, bean-bags, color full stars and parachutes) will be used during class and activity hand-outs will be provided at the end of every class to encourage family involvement at home. Get healthy while having tons of fun!

Adult Barre Fit

Define, strengthen and tone your entire body in this unique and challenging workout. Half the class will take place in the center doing barre like exercises and the other half of the class will be mat work inspired by ballet technique and moves that promote grace, balance and core work. This low impact but

high intensity fusion of Pilates, sculpting, and ballet-based exercises will change the way your body looks and feels! Please bring your own mat and 1-3lb hand weights to class.

Adult Tap Fit

Time to get fit while tapping your toes! Tap is a fun and energetic dance form that can also serve as a great cardio workout. During Tap Fit participants will learn basic tap technique using repetition, popular music and easy to follow choreography. No dance or tap experience needed! All levels are welcome! Please wear tap shoes and be ready to break a sweat!

CAMP DESCRIPTIONS

Saturday Dance Club

Join us once a month for Saturday Dance Club! Each club meeting revolves around a fun, new theme and includes a crafts, games and dancing! Sign up for 1 or all 4! Please wear comfortable closing dance shoes or clean gym shoes and pack a water bottle and a small snack.

Thankful for Dance Camp

No school Thanksgiving Week? No worries! Join us for the Thankful for Dance Camps. Each day will revolve around a fun, new theme and includes a craft, games and dancing! Sign up for 1 or all 3! Please wear comfortable closing dance shoes or clean gym shoes and pack a water bottle and a small snack.

Let's Put on a Show: The Lion King

During this 4 day camp participants will work together to create, rehearse and produce a short musical: *The Lion King*. On the last day of camp at 2:00pm they will perform for their parents. This camp is a great way to learn about dance, theatre and art. Please wear comfortable clothing and dance shoes or clean gym shoes. All campers must pack a lunch, water bottle and small snack. All campers will receive a show t-shirt.