

Introducing the Medinah Park District School of Dance

The Medinah Park District School of Dance is a community-based program with a studio feel. We provide quality dance instruction to students of all ages and levels. Our progressive curriculum focuses on core techniques needed to be a strong dancer, but also stresses the importance of positive attitude and hard work. All of our instructors have an extensive background in dance and education and have participated in our training school. In our classes students will develop grace, rhythm, coordination, creativity, and confidence. The Medinah School of Dance provides a fun, safe and structured environment and are designed to equip each student with the proper attitude and experience to excel in their future endeavors in dance. We look forward to seeing you in class!

MEET THE STAFF

Dance Coordinator and Head Dance Instructor

Lora Vodicka is a proud Summa Cum Laude graduate of Illinois State University with a B.S. in Theatre Education and extensive dance & fitness background. At Illinois State University, Lora danced in various shows and with multiple companies including *The Who's: Tommy*, *Evita*, *West Side Story* and the Illinois State Dance Theatre. Lora also choreographed ISU's production of *How to Succeed in Business without Really Trying* as well as many other High School and Community productions. Recently, Coach Lora received her AFAA Group Fitness certification and became a Licensed Zumba Instructor. With over 20 years of dance and theatre experience and 10 years of teaching under her belt, Lora has developed strong classroom management skills, creative lesson plans and a true passion for education. Lora is very excited to share her knowledge of dance, theatre and fitness with the Medinah community.

"Dance has played a large role in shaping the person I have become. I gained confidence while learning the importance of responsibility and hard work. Teaching allows me to share my passion and help young people discover their potential."

DANCE DESCRIPTIONS

Please visit the Medinah Park District Website for Dance Class Descriptions!

*****Dance Descriptions on MPD website only!**

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.

Mini 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. Leotard, tights, black tap shoes and ballet shoes required.

Mini 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. Leotard, tights, jazz and ballet shoes required.

Ballet & Tap Combo I, II & III

As the foundation of all dance, Ballet emphasizes precision, balance and strong technique while tap is an American made dance form that 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 I, II & III

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.

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 I, II & III

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. Please wear a leotard and jazz shoes.

Tumble & Cheer I, II & III

Tumble & Cheer introduces dancers to the skills necessary to be a Cheer Team member. Dancers will be expected to learn multiple routines, apply precision to their moves and work with their team to create energizing and exciting routines. Dancers will learn how to safely execute leaps, turns, kicks, splits, jumps and various tumbling tricks. Please wear comfortable clothing and Jazz shoes.

Hip Hop I, II & III

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.

Boys Hip Hop

BOYS ONLY!!! This class is for guys who like to groove! The boys will learn basic hip hop technique in a fun, exciting and energetic way. Make new friends, learn new moves and have tons of fun! Please wear comfortable clothes and black 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 by audition only and a year-round commitment will be expected. 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 technique and 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 class to be in the company. The training our students 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.

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

DANCE AND THEATRE CAMPS

Our dance and theatre camp program provides many opportunities for dancers to work on their skills and technique while having fun and meeting new friends. Check out our 5 day a week kinder camps. You can sign up for 1 or all 5! We also are offering a week long *So You Think You Can Dance Camp* for older dancers interested in learning all styles of dance.

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!

SUMMER THEATRE

It is finally here! You spoke and we listened! Medinah Park District is going to produce our first ever Summer Theatre Production: *Broadway Cabaret!* During the rehearsal process actors will learn about all elements of a theatrical production including auditioning, acting technique, costume design, etc. Actors will also learn a basic history of Broadway while performing a variety of scenes, songs and dances from musicals through out history. Performance on Friday, August 4 at 7:00pm

NO DANCE, SINGING, ACTING EXPERIENCE NEEDED! ALL ARE WELCOME!!!

FITNESS DESCRIPTIONS

Kids Dance Fit

Join the fun!!! Kids Dance Fit is designed for all kids who love music, love to move and love to have fun! This class features age-appropriate music and moves that get kids movin' & groovin'. Our goal is to get gets active in a fun and exciting way while reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Please bring a water bottle, wear CLEAN gym shoes and be ready to have fun!