



## DISCOVER DANCE

All dancers must be the proper age by the first day of class. All dance classes are for children unless otherwise noted. Proper dance attire is mandatory. Registration for Performance Team classes is open to current Fall/Winter 2019-2020 team dancers.

IOWA COMMUNITY CENTER.

APRIL 13-MAY 21

\$43

6 CLASSES



NO ONLINE  
REGISTRATION



NO EARLY BIRD  
REGISTRATION

(NO CLASS, 5/6, MAKEUP ON 5/27)

### CLASS ATTIRE

#### CREATIVE DANCE AND BALLET:

Black leotard, pink, black or tan tights, skirts are acceptable, pink ballet shoes

#### JAZZ:

Black leotard, pink, black or tan tights, leggings and jazz shorts are acceptable, black jazz shoes

#### TAP:

Black leotard, pink, black or tan tights, leggings and jazz shorts are acceptable, black slip on or tie tap shoes.

#### HIP HOP:

Comfortable clothing and black gym shoes

#### DEMI-POINTE:

Solid color leotard and ballet pink/nude tights, dancers may wear dance shorts, but other athletics shorts/leggings will not be allowed, split sole ballet shoes

#### TECHNIQUE CLASSES:

Black leotard, pink or black tights, black jazz shoes

#### PERFORMANCE TEAMS:

Black leotard, pink, black or tan tights, leggings and jazz shorts are acceptable, black jazz shoes

Dance warm ups (e.g. jazz pants, shrugs, leg warmers) may be worn to class but it is to the instructor's discretion to ask the dancer to remove them once class has begun. Hair must be securely pulled back off the dancer's face for every class. Dancers will be asked to observe class without proper attire and/ or hair.

### DANCE CLASS DESCRIPTIONS

#### Creative Dance

Creative Dance provides an introduction to dance and encouragement of self-expression for our youngest dancers. Instruction includes developmentally appropriate activities in movement, music, coordination and an introduction to ballet.

#### Pre-Ballet

Pre-Ballet's major goal is to experience the joy of dance, enrich skills and learn to appreciate this art. Simple ballet steps are taught as well as the five ballet positions. Skills are completed both at the barre and in the center of the floor. Basic arm positions are introduced. Students continue to work on concepts learned in Creative Dance, but with greater complexity and more emphasis on elementary ballet steps. Ballet shoes required.

#### Tap/Jazz

This combination class provides you the opportunity to learn the basics of jazz and tap dance. Techniques for each will be taught with simple step combinations and dance routines. You are required to have both tap and jazz shoes by the first class. Ballet shoes may not be substituted for jazz shoes.

#### Ballet/Jazz

A combination of skills introduced in both pre-ballet and jazz combo class. Techniques for each will be taught with simple step and dance combinations. Ballet and jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

#### Ballet (BEGINNER, INTERMEDIATE & ADVANCED)

Rhythm technique, movement and tap combination Dancers will increase knowledge of proper alignment and positioning through skills in barre, center, adagio and allegro. Beginners need no prior experience. Intermediate dancers gain a stronger understanding of techniques and terminology. Advanced dancers are taught how to execute advanced principles. Ballet shoes required.

#### QUESTIONS?

Please contact Discover Dance  
Artistic Director Courtney Heneghan  
at [CHeneghan@invillapark.com](mailto:CHeneghan@invillapark.com)

#### Jazz (BEGINNER, INTERMEDIATE & ADVANCED)

Beginner dancers need no prior experience and receive basic and fundamental training in the varied forms of expression in jazz dance. Intermediate dancers gain a stronger understanding of techniques and terminology. Advanced dancers receive more extensive techniques and principles. Jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

#### Tap (BEGINNER, INTERMEDIATE & ADVANCED)

Rhythm technique, movement and tap combination steps will be learned. Beginner dancers need no prior experience and receive basic and fundamental training. Intermediate dancers gain a stronger understanding of techniques and terminology. Advanced dancers are taught how to execute advanced principles. Tap shoes required.

#### Hip Hop

In this dynamic upbeat class, dancers will learn hip hop technique and choreography. Dancers develop rhythm, coordination and self-expression. Dancers need black gym shoes.

#### Demi-Pointe

Dancers will work on strengthening the entire foot and ankle as well perfecting the proper body placement that would be essential for going on pointe. Students will begin preparing the legs and feet for more extensive ballet work through a combination of pre-pointe appropriate physical therapy exercises and ballet technique. Students will work with therabands and other PT props to strengthen the appropriate muscles in the legs, feet, back and abdominals that would prepare students anatomically for work on pointe, and will further their ballet technique. Dancers must have been enrolled in an advanced ballet class for at least 1 full year before taking this class. jazz combo class. Techniques for each will be taught with simple step and dance combinations. Ballet and jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

#### Technique Classes

(BEGINNER, INTERMEDIATE, ADVANCED & TEEN)  
This class was created to further develop and strengthen dancers technique utilizing ballet, jazz and lyrical genres. Dancers will learn barre exercises, across the floor skills, combinations and more. The perfect way to keep your dancer "fresh" during the Spring and Summer.

Please note that minimum registration numbers need to be met for each class in order for them to run. To avoid having to cancel/combine classes or be put on a wait list, we strongly encourage signing up early for classes.



## DISCOVER DANCE CLASS SCHEDULE April 13-May 21

CLASS	AGE	DAY	TIME	CODE	INSTRUCTOR
Hip Hop	5-12	M	4:30-5:25 pm	DDS07-30	Mary
Int. Technique	7+	M	5:30-6:25 pm	DDS39-30	Mary
Energy/Impact Team	IA	M	6-6:55 pm	DDT02-31	Courtney
Power Team	IA	M	7-7:55 pm	DDT03-31	Courtney
Force Team	IA	M	8-8:55 pm	DDT07-30	Courtney
Demi-Pointe	IA	Tu	6:10-6:55 pm	DDS37-30	Courtney
Adv. Technique	10+	Tu	7-7:55 pm	DDS23-30	Courtney
Teen Technique	14+/IA	Tu	8-8:55 pm	DDS36-30	Courtney
Creative Dance	3-4	W	4:10-4:55 pm	DDS10-31	Debbie
Pre-Ballet	4-5	W	5-5:55 pm	DDS05-31	Debbie
Beg. Ballet	5+	W	6-6:55 pm	DDS02-31	Debbie
Tap/Jazz	5-6	W	7-7:55 pm	DDS11-32	Debbie
Ballet/Jazz	5-6	Th	6-6:55 pm	DDS34-31	Claryce
Beg. Technique	5+	Th	7-7:55 pm	DDS22-31	Claryce

IA = Instructor Approval

Questions regarding the dance program? Contact Ms. Courtney, Discover Dance Director at [CHeneghan@invillapark.com](mailto:CHeneghan@invillapark.com)

## 2019-2020 Discover Dance Recital Closing Number

Join our Discover Dance Teams as they close out the 2019-2020 Discover Dance Recital!

Dancers interested in potentially placing on one of our performance troupes in the upcoming 2020-2021 season are encouraged to participate in the Closing Number to experience what it feels like to perform as part of a Performance Team.

A minimum of 10 dancers is required. Participation is based on a first come first served basis (please pre-register at the registration office using the registration code below, no registration fee, WALK-INS WILL NOT BE ACCEPTED). A maximum of 20 positions are available. Dancers must be 5 years or older and currently enrolled in at least one 2019-2020 Discover Dance class. Attendance for both rehearsal dates and dress rehearsal are mandatory (absent dancers will not be permitted to perform the closing number at recital). Jazz shoes are required (ballet shoes are not permitted).

**IOWA COMMUNITY CENTER**

DDR00-31 Sa 11:30 am-1 pm Feb 8 & 15

The 2019-2020 Discover Dance Recital "You Can't Stop The Beat" will be held on Saturday, February 22, 2020 at Willowbrook High School at 2 pm.

## 2019-2020 Discover Dance Recital Dad's Dance

Calling all dance dads...it's your turn to steal the show! Did your dancer get their coordination from you? Then show off your dance moves at this year's recital. It's a great way to show your support for them. Participation is based on a first come first served basis (please pre-register at the registration office using the registration code below, no registration fee, WALK-INS WILL NOT BE ACCEPTED). A maximum of 20 positions are available. Dad's and dancers (ages 5 and up) are encouraged to sign up for this recital piece. Both rehearsal dates and participation at dress rehearsal are mandatory (performers who miss either rehearsal or dress rehearsal will not be permitted to perform in the Dad's Dance at the recital). Jazz shoes are required for dancers (ballet shoes are not permitted) and comfortable gym shoes for the Dad's.

**IOWA COMMUNITY CENTER**

DDR01-31 Sa 10-11:30 am Feb 8 & 15



Did you know???

We offer DANCE BIRTHDAY PARTIES with a Discover Dance Instructor!

For more information, please email Mikie Kudelas at [MKudelas@invillapark.com](mailto:MKudelas@invillapark.com)