

Academy of Movement & Music Summer Schedule 2023

June 12th – July 22nd Registration starts March 6th, contact the office.

**The Academy will be closed for Juneteenth on Monday, June 19th
and 4th of July on Tuesday, July 4th.**

Downstairs ARTS Summer Camp	ages 2 1/4 (by June 1 st) to 4 years old
Each day provides balance between teacher directed movement classes and the child directed art and Montessori environment. Our songs, artwork, dances and games will be centered on our themes.	
MONDAY AND WEDNESDAY	8:45-11:00 AM
AND/OR	
TUESDAY AND THURSDAY	8:45-11:00 AM
TUITION FOR 2 DAYS: \$440	TUITION FOR 4 DAYS: \$700

Our theme for summer in Downstairs A.R.T.S. will be Animal Adventures. We will explore and learn all about our animal friends *Under the Sea, At the Zoo* and at *Life at the Pond*.

Upstairs ARTS Summer Camp	ages 4 by (June 1 st) to 7 years old
Creative movement, art, creative arts & crafts, music, physical fitness, literature and culture are all part of our program. Courses are united around common themes, concepts (shape, color, time), seasons, and cultures from around the world.	
MONDAY AND WEDNESDAY	8:45-11:00 AM
AND/OR	
TUESDAY AND THURSDAY	8:45-11:00 AM
TUITION FOR 2 DAYS: \$440	TUITION FOR 4 DAYS: \$700

Ahoy, Matey! Welcome aboard! This summer in Upstairs A.R.T.S. our projects and activities will be based on traveling around the world on a pirate ship sailing the Seven Seas, exploring the rainforest, and visiting the Caribbean.

Children's Single Classes			See the class descriptions on the last page.		
DANCE ME A STORY*	Ages 3-5	FRIDAYS	9:00 am - 10:30 am	Gina & Talia	\$185
BALLET/TAP for INTRO 2/3**	Ages 4-5	TUESDAYS	5:45 pm – 6:45 pm	Gina	\$125
INTRO 2/3 BALLET	Ages 4-5	SATURDAYS	9:30 am – 10:30 am	Sofie	\$125
DANCE LIKE CRAZY**	Ages 6-8	THURSDAYS	5:45 pm - 6:45 pm	Gina	\$125
BALLET/JAZZ for BALLET 1/2	Ages 6-8	SATURDAYS	9:15 am - 10:30 am	Tati	\$125

See Class Descriptions on the last page.

Adult & Special Classes			See the class descriptions on the last page.		
BELLY DANCING	ADULT/TEEN	MONDAYS	6:30-7:30 pm	Carsi	\$125
DANCER WELLNESS	ANY AGE	TUESDAYS	4:45-5:45 pm	Sally	\$125
ADULT BALLET	ADULTS	WEDNESDAYS	7:00-8:00 pm	Sofie	\$125
SWING/LATIN 5 weeks	ADULTS	THURSDAYS	7:00-8:00 pm	Rebecca	\$110 or \$200
DANCE FITNESS	ADULT/TEEN	SATURDAYS	9:30-10:30 am	Rachel	\$125
Fee schedule			applies if you are taking multiple classes.		

Dance Lecture Series	Randall Newsom	See descriptions last page
June 22nd	Late 16 th Century	THURSDAY 2:30–3:30 PM
June 29th	1900's	THURSDAY 2:30–3:30 PM
June 6th	Modern Dance	THURSDAY 2:30–3:30 PM
		\$25 per or \$65 for all 3
Dance Mime	Randall Newsome	
July 6th	THURSDAY 2:30–3:30 PM	\$25

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FOR BALLET 3 & BALLET 4 ~ 2 Ballet classes/wk required			
DAY	CLASS		TIME
TUESDAY	Ballet 3/4	Tati	3:30 pm - 4:45 pm
	Jazz	Tati	4:45 pm - 5:45 pm
THURSDAY	Ballet 3/4	Tati	3:30 pm - 4:45 pm
	Humphrey Modern	Gina	4:45 pm - 5:45 pm

FOR BALLET 5 ~ 2 Ballet classes/wk required			
DAY	CLASS		TIME
TUESDAY	Ballet 5	Gina	3:30 pm - 4:45 pm
	Humphrey Modern	Gina	4:45 pm - 5:45 pm
THURSDAY	Ballet 5	Gina	3:30 pm - 4:45 pm
	Jazz	Tati	4:45 pm - 5:45 pm

FOR BALLET 6	course descriptions	next page
DAY	CLASS	TIME
MONDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 6	JP 1:45 pm - 3:00 pm
	Choreo-Comp	Mei 3:00 pm - 4:15 pm
	Pre-Pointe	Mei 4:15 pm - 5:00 pm
	* Hip Hop	Tanji 7:45 pm - 9:00 pm
TUESDAY	*Limon Modern	Jessica 7:00 pm - 8:15 pm
WEDNESDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 6	Laura 1:45 pm - 3:00 pm
	Lyrical	Mei 3:00 pm - 4:15 pm
	Pre-Pointe	Mei 4:15 pm - 5:00 pm
FRIDAY	Jazz	Gina 12:00 pm - 1:00 pm
	Pilates	Sally 1:00 pm - 1:45 pm
	Ballet 6	Sally 1:45 pm - 3:00 pm

FOR BALLET 8	& FOR BALLET 9	course descriptions→
DAY	CLASS	TIME
MONDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 8-11	Julia 5:00 pm - 6:30 pm
	Pointe 2-5	Julia 6:30 pm - 7:30 pm
	* Hip Hop	Tanji 7:45 pm - 9:00 pm
TUESDAY	Ballet 8-11	JP 5:45 pm - 7:15 pm
	Pointe & Partnering	JP 7:15 pm - 8:15 pm
	*Adv Modern	Jessica 8:15 pm - 9:30 pm
WEDNESDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 8/9	Laura 5:00 pm - 6:30 pm
	Pointe 2/3	Laura 6:30 pm - 7:30 pm
	Advance Jazz	Tati 7:45 pm - 9:00 pm
FRIDAY	Pilates	Sally 1:00 pm - 1:45 pm
	Ballet 8 (not with 9's)	1:45 pm - 3:00 pm
	Pointe 2	JP 3:00 pm - 3:45 pm
	Ballet 9-11 (combined with Ballet 10-11)	JP 3:45 pm - 5:15 pm
	Pointe & Partnering	JP 5:15 pm - 6:15 pm

*Makeup will be offered - TBA.

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FEE SCALE per 6 weeks	PRICE
1 class/week	\$125
2 classes/week	\$240
3 classes/week	\$325
4 classes/week	\$410
5 classes/week	\$465
6 classes/week	\$495
7 classes/week	\$525
8 classes/week	\$550
9 classes/week	\$570
10 classes/week	\$590
+\$10 each class over 10	
\$25 summer registration for new students	

FOR BALLET 7	course descriptions	next page
DAY	CLASS	TIME
MONDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Choreo-Comp	Mei 1:45 pm - 3:00 pm
	Ballet 7	JP 3:00 pm - 4:15 pm
	Pointe 1	JP 4:15 pm - 5:00 pm
	* Hip Hop	Tanji 7:45 pm - 9:00 pm
TUESDAY	*Limon Modern	Jessica 7:00 pm - 8:15 pm
WEDNESDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Lyrical	Mei 1:45 pm - 3:00 pm
	Ballet 7	Laura 3:00 pm - 4:15 pm
	Pointe 1	Laura 4:15 pm - 5:00 pm
FRIDAY	Jazz	Gina 12:00 pm - 1:00 pm
	Pilates	Sally 1:00 pm - 1:45 pm
	Ballet 7	Sally 1:45 pm - 3:00 pm
	Pointe 1	Sally 3:00 pm - 3:30 pm

FOR BALLET 10 & FOR	BALLET 11	course descriptions
DAY	CLASS	TIME
MONDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 8-11	Julia 5:00 pm - 6:30 pm
	Pointe 2-5	Julia 6:30 pm - 7:30 pm
	* Hip Hop	Tanji 7:45 pm - 9:00 pm
TUESDAY	Ballet 8-11	JP 5:45 pm - 7:15 pm
	Pointe & Partnering	JP 7:15 pm - 8:15 pm
	*Adv Modern	Jessica 8:15 pm - 9:30 pm
WEDNESDAY	Stretch & Tone	Mei 1:00 pm - 1:45 pm
	Ballet 10/11	Julia 5:00 pm - 6:30 pm
	Pointe 4/5	Julia 6:30 pm - 7:30 pm
	Advanced Jazz	Tati 7:45 pm - 9:00 pm
THURSDAY	Ballet 10/11	JP 5:45 pm - 7:15 pm
	Pointe 4/5	JP 7:15 pm - 8:15 pm
FRIDAY	Pilates	Sally 1:00 pm - 1:45pm
	Ballet 9-11	JP 3:45 pm - 5:15 pm
	Pointe & Partnering	JP 5:15 pm - 6:15 pm

Course Descriptions

Children's Single Classes

***DANCE ME A STORY** is a class designed for 3 - 5 year olds. Each week we will read a different ballet story and bring it to life with music, costumes, props, and dance. The class includes 45 minutes of ballet instruction. This summer will cover ballet classics and more modern stories such as Coppelio, Wizard of Oz, and The Nutcracker.

**** The BALLET/TAP** for Intro 2/3's class will combine classical ballet, creative movement and tap fundamentals for dancers eligible for the Intro 2/3 level (4-5 years old). Each class will begin with ballet and transition to tap. We will focus on fun and creativity while learning about coordination, balance, tempo and rhythm.

*****DANCE LIKE CRAZY!** For ages 6 – 8. A fun class with a different theme each week, including “Beach Party” and “Disney Day.” Dancers will get to try dancing classical ballet, basic jazz, and Humphrey Modern Dance for a fun Movement exploration.

Intermediate & Advanced Classes

Choreo-Comp: Choreography class

In this class, students will be introduced to methods that generate movement phrases and creative thinking. Dancers can utilize modern, jazz and ballet technique, while encouraged in experimentation. Class often uses improvisation, altered use of traditional technique and takes inspiration from a variety of different sources. It combines the freedom of expression associated with modern dance, the athleticism of jazz and the discipline of classical ballet. The results of this class are uniquely one's own creation.

Lyrical Dance is a dance class where the students learn a routine, or a specifically choreographed sequence of movements. This type of class focuses on technique, musicality, and performance. The class typically starts with a warm up, followed by progressions, practicing combinations focusing on transitions, and putting it all together accompanying by expressive lyrics. Attendees may also learn principles of body isolations, facial expressions, and stage presence.

Release Technique Modern Class

Limón Based Release Technique & Advanced Modern Release Technique

This class is grounded in release based modern and contemporary Ballet, with an emphasis in Limón, Varone, and Forsythe techniques. Combining elements from modern dance with that of Ballet, this class will have you dancing with fluid, circular and grounded movement culminating in vigorous phrase work. Particularly geared towards pushing the boundaries of your kinesphere, while focused on the use of dynamic range through the body and musicality in movement, you will find yourself traveling through space freely and energetically at a complex level.

See more info ~ <https://dancespirit.com/understanding-release-technique/>

Adult & Special Classes

Belly Dancing

Taught by Carsi Hughes, 20 years experience in classical oriental style, proficient in veil, zils, saidi stick, and sword.

Dancer Wellness

Taught by Sally Donabauer, DPT, OCS, is a physical therapist who specializes in orthopedics and dance medicine, a Pilates instructor, ballet teacher, and former professional modern/contemporary dancer.

The goal of this Dancer Wellness class is to help dancers better understand their bodies and how to take care of them, in order to help reduce injury risk and keep them dancing for as long as they choose to! It will be an intro to some dance anatomy, exercise science and movement principles, and will be a combination of lecture and movement.

Dance Fitness

Taught by Rachel Hughes

An upbeat, follow-along dance workout inspired by a variety of dance styles, from Latin and Swing to Urban and Contemporary.

Swing/Latin Dance

Taught by Rebecca Ludwick, on faculty at Ballet Legere in River Forest. She also travels the country teaching and competing in West Coast Swing with her dance partner. She has worked with the Chicago Lyric Opera and the Washington National Opera in DC.

5 weeks: 6/15, 6/22, 6/29, 7/13, 7/20

This 5 week class will teach you the basics of Swing and Latin dancing. You will learn the basic steps, turns, and patterns of each dance. You will also learn how to dance with a partner.

The class will begin with a warm-up. We will then learn the basic steps of West Coast Swing and Salsa dancing. We will also practice some basic turns and patterns. We will also learn how to dance with a partner and how to follow the music. We will end the class with a cool-down. Dance partner is not necessary as we will be rotating in class.

Dance History Lecture Series

Taught by Randall Newsom, on faculty at Ruth Page Dance Center and formerly Head of the Dance Program at Northern Illinois University for 30 years and he is frequently in demand as a guest teacher.

June 22nd: Late 16th Century thru Petipa

June 29th: 1900's, Ballet Russe, Ashton, Balanchine, etc.

July 6th: The Birth of Modern Dance, Graham, Humphrey to present day

Dance Mime

Taught by Randall Newsom

Learn the gestures and facial expressions commonly used in classical ballet to illustrate elements of the story and express emotions.