

## Dance Classes

### Creative Movement

This class is a specially designed program to encourage your child is dance, mime, creative movement, music education, ballet, jazz, tap, gymnastics, and performance. This class includes: warm-ups, stretches, mime, technique, dances, loco motor, and tumbling. Your child will gain confidence, rhythm, better coordination, and balance; all while exercising his or her memory and having FUN!

Code	Day	Time	Dates
113106-A	TH	1:15-2:00pm	6/11-8/6

**Ages:** 3-6 years  
**Fee:** \$68R/\$82NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 6/12 {Co-Op}



### Pre-Ballet and Tap

Join this introductory class on ballet and tap. In tap, you will acquire rhythm, coordination, and self-esteem. In ballet, you will develop poise, grace, and self-confidence. In these classes, you will move through basic technique taught at the barre or

in the center, basic steps, and traveling combinations. Learn combinations and improve your memory. Ballet and tap shoes are required.

Code	Day	Time	Dates
113107-A	TH	2:00-2:45pm	6/11-8/6

**Ages:** 4-6 years  
**Fee:** \$68R/\$82NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 6/12 {Co-Op}

### Pre-Jazz and Hip Hop

This combination class will bridge the gap between classical jazz and hip hop. Students will work on strength, balance, isolations, groove, and technique while dancing to today's popular music.

Code	Day	Time	Dates
113108-A	TH	12:45-1:15pm	6/11-8/6

**Ages:** 4-6 years  
**Fee:** \$45R/\$56NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 6/12 {Co-Op}



## Chicago Loves Dance

Chicago Loves Dance was founded to provide a fun dance experience to children throughout Chicago and its surrounding suburbs! The company's philosophy is that dance should open your child's creative abilities and be FUN! Staff encourage self-esteem and socialization needed in everyday life through the activity of dance and performance.

### Yoga for Kids

Come ready for some yoga and stretching! Participants will learn beginning yoga movements, terms, and yoga-based games to make learning fun. Please bring your own yoga mat and a water bottle to class.

Code	Day	Time	Dates
113167-A	W	3:00-3:55pm	7/1-7/29

**Ages:** 1<sup>st</sup>-5<sup>th</sup> grade  
**Fee:** \$65R/\$78NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 3/6 {Co-Op}

### Hip Hop

Show off your creativity with free-style choreography to the newest pop/dance songs. The last day of class will be a parent watch day where they will do a short performance to show off their new talents.

Code	Day	Time	Dates
113149-A	W	4:00-4:55pm	7/1-7/29

**Ages:** K-6<sup>th</sup> grade  
**Fee:** \$65R/\$78NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 5/10 {Co-Op}

### Cheerleading

Go! Fight! Win! Learn cheers as well as poms choreography in this upbeat class run by skilled Chicago Loves Dance cheer coaches. Three to four new cheers will be taught weekly, while working on form, and adding to their poms routine. The last day of class parents are welcome to join for a performance for the last 15 minutes of class.

Code	Day	Time	Dates
113177-A	W	5:00-5:55pm	7/1-7/29

**Ages:** 1<sup>st</sup>-5<sup>th</sup> grade  
**Fee:** \$65R/\$78NR  
**Location:** Clarendon Hills Park District Community Center  
**Min/Max:** 3/6 {Co-Op}