

Classes and Programs.

Deepen your Love of Dance!



Foundations: Ballet, Tap, & Jazz

The core dance disciplines of Ballet, Tap, and Jazz! Your Dancer will study and learn concepts and skills from classical Syllabi, giving them a strong technical dance foundation. Dancers will LOVE learning dance fundamentals - all while basking in oodles of glitter and glitz!

High School Level Classes

Build a Strong Technical Foundation!

Ballet™

Following a classical syllabus, our Ballet classes promote technique, poise, and agility, and introduce age-appropriate movements at each level. Taught with classical music and French terminology, Ballet is known as the building block for all styles of dance!

TAP™

Rhythm and timing are the focus in this lively class. Dancers learn classic steps and phrases, building their skill in musicality, clarity, and speed throughout each year of study.

JAZZ™

With an influence of both tradition and trends, our Jazz classes incorporate the latest styles, offering our Dancers a well-rounded experience. Technique and self expression grow step by step as the Dancers groove through each class to upbeat music.



ALL INCLUSIVE XPERIENCE

Compliment the Foundation with...

360Dancer

With the guidance of Acrobatic Arts syllabus, Acro classes offer Dancers the chance to hone their strength and flexibility. Beginning with Acro fundamentals such as somersaults and cartwheels, Dancers safely build the skills they need to achieve more complex movements, such as elbow stands, walkovers, and side aeris.

Contemporary

Study classical techniques from Limón, Horton, and Graham and develop a strong grounded sense of movement. This class is all about body awareness, and making pictures with the shapes and lines of the body that are created from the inside out.

Musical Theatre™

Singing, dancing, and acting all take centre stage in our Musical Theatre classes, which are designed to build off of Jazz technique and grow each Dancer's artistry. With several mini-musical opportunities throughout the year, Dancers build their confidence as a "triple threat" performer!

Hip Hop

This high-energy class offers Dancers a way to explore age-appropriate street movements set to popular music. Body isolations, quick footwork, and syncopated rhythms are emphasized, along with learning how to freestyle.

Quick Reference Dance Genres

Take JAZZ if you like to move and groove

Jazz is stylized dancing that is energetic and fun. It focuses on developing proper technique, flexibility, leaps and turns.

Take Hip Hop if you like trendy music and dances

Hip Hop is a freestyle form of dance that stems from the roots of jazz, but incorporates modern urban movements and is performed to modern music.

Take TAP if you like rhythms and sounds

Tap develops a strong sense of rhythm, coordination and agility by creating sounds with the feet.

Take Contemporary if you like to dance from your soul

Contemporary combines the technical elements of dance with feelings and emotions. It tells a story through fluid and smooth movement.

Take Musical Theatre if you like Broadway

Musical Theatre mimics Broadway performances and is fun, energetic, showy and stylized. Focus is placed on building a triple threat performer who can sing, dance, and act!

Take Ballet if you like feeling royal and poised

Ballet develops discipline and technique that is essential to all forms of dance, as well as proper posture, placement, alignment.

Take 360Dancer if you like to tumble and stretch

Acro focuses on tumbling, cartwheels, bridges, and walkovers. It focuses on flexibility, strength, balance, and agility.

Join Foremore dance ensemble if you love to perform

The Foremore Dance Ensemble is designed for students ages 6 - 18 who want to make dancing and performing a priority. It is a great opportunity to improve their dance technique and enhance their training, in addition to learning about teamwork and forming a community with peers.



The STAR leadership program is a youth leadership training course. The STAR leadership course focuses on monthly themes of gratitude, giving, public speaking, positive self-image, respect, time management, budgeting money and many other topics that are valuable in leadership development.

***These classes meet once every other month. Star Leadership is \$20 a class.

STEP 1: Choose your Experience



\$492 / 7 Monthly Installments

- ✓ 5 Classes
- ✓ Performance Package



\$394 / 7 Monthly Installments

- ✓ 4 Classes
- ✓ Performance Package



\$295 / 7 Monthly Installments

- ✓ 3 Classes
- ✓ Performance Package



\$197 / 7 Monthly Installments

- ✓ 2 Classes
- ✓ Performance Package

Single Class All Inclusive: 1 Class \$121/7 Monthly Installments

STEP 2: Choose your Classes

Monday:

- ☐ 5:15-7:15pm Theatre Bugs Rehearsal*
- ☐ 7:00-8:00pm Advanced Jazz
- ☒ 7:45-8:30pm Int/Adv Hip Hop
- ☐ 8:00-9:15pm Advanced Ballet

Tuesday:

- ☐ 5:00-6:00pm 360 Dancer*
- ☒ 6:00-6:45pm Adv Hip Hop*
- ☒ 7:30-8:30pm Ensemble Hip Hop*
- ☐ 7:45-8:30pm Int/Adv Tap

Wednesday:

- ☐ 7:00-8:15pm Advanced Ballet
- ☐ 8:15-9:00pm Advanced Pointe


Thursday:

- ☐ 5:45-7:00pm Int/Adv Ballet
- ☐ 7:00-7:45pm Pointe
- ☐ 6:45-7:45pm Musical Theatre 2*

Saturday:


- ☐ 10:30-11:45am Advanced Ballet
- ☐ 11:45-12:30pm Advanced Pointe
- ☒ 12:30-1:45pm SDE Contemporary
- ☒ 2:15-3:00pm SDE Jazz
- ☐ 2:30-4:30pm Theatre Bugs Rehearsal*

STEP 3: Choose your Add Ons




2 Pairs of tights delivered to your dancer in September, November, January, & March! No more going in the dance drawer to pull out old, ratty, and teared up tights!

\$20 run 11/1, 1/1 & 3/1



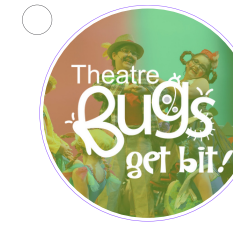
A class experience given to our students by teaching artists & experts around the Chicagoland area. Classes may include, Jazz, Hip Hop, Contemporary, and more!

\$25 run on 11/1, 1/1, & 3/1



Enjoy 6 Weeks of dance private lessons scheduled at your convenience. While Peak Performance Privates run in 6 Week Sessions, multiple sessions may be booked at once.

\$198



Join us Mondays & Saturdays, Jan- March for a fully staged production. This nurtures the growth of confidence in their own ideas and self-expression through collaborating with peers.

\$100 Deposit Due at Registration