



The Lake Forest Dance Academy is proud to celebrate our 36th year of providing quality dance programs for all ages!

We offer a variety of classes including Dance Play, Creative Dance, Ballet, Modern, Jazz, Hip-Hop, Tap, Poms, and Musical Theater. We offer challenging programs designed for the serious dance student. We also provide classes for children, teens and adults who simply love to dance or just want to experience the rewards of this artistic discipline.

Everyone and anyone can and should dance!

PreSchool Academy Classes

Most PreSchool Academy classes culminate in a spring recital on stage and in beautiful costumes!

The Recital will take place at CROYA on April 29, 2012.

Everyone is welcome!

**These classes do not participate in the recital.*



No classes March 24-April 8, 2012.

PARENT & TOT January 04 - April 28, 2012									
Class	Code	Day	Time	Age	Instructor	Studio	Fee		
Dance Play	29006*	Wed	10:15-10:45	2Y - 3Y	H. Curtis	B	R: \$114	NR: \$137	
Dance Play	29004*	Sat	9:30-10:00	2Y - 3Y	D. Schager	E	R: \$106	NR: \$122	

Dance Play: Interactive movement, dance games and wonderful music make this a perfect introduction to dance class. Favorite songs, colorful scarves, huggable teddy bears...join us and experience the pure joy of movement! Nannies and daycare givers as well as moms and dads are always welcome; adult companions are required.

Note: Non-recital Class

Class Attire: Comfortable clothes, Bare feet, Hair is to be worn in bun or ponytail.

No classes March 24-April 8, 2012.



PRESCHOOL January 02 - April 28, 2012									
Class	Code	Day	Time	Age	Instructor	Studio	Fee		
Creative Dance I	29033*	Tue	12:00-12:30	30M - 3Y	B. Good Hellwig	B	R: \$114	NR: \$137	
Creative Dance I	29034*	Tue	12:45- 1:15	30M - 3Y	D. Schager	A	R: \$114	NR: \$137	

Creative Dance: Captivate your child and his/her love of movement in this wonderful exploratory dance course. **Creative Dance I** (no adult companion) is the perfect transition class from Dance Play to the 45 minute **Creative Dance II** which introduces the basic elements of movement: time, space, energy, relationships and the coordination of our bodies. Locomotor and rhythmic skills are taught with an approach that emphasizes the child's natural creativity. Creative Dance is a great foundation for further movement training whether it is dance or sports.

Note: Creative Dance 1 is a Non-recital Class

Class Attire: Comfortable clothes, Bare feet, Hair is to be worn in bun or ponytail.



Book Your Dance Birthday Party!

Let your birthday child and friends experience the magic of dance! The party will be filled with music, theater, dance, movement games and stories all pertaining to the theme of your choice. Themes include but are not limited to ballets such as; The Nutcracker (a favorite in December!), Sleeping Beauty, Swan Lake, Coppelia, or The Magic Toy Shop; Disney themes such as Little Mermaid, Broadway shows like High School Musical, Hanna Montana, Indiana Jones! The simple favorite Dancing Fun and Games is always a hit. For children 8 years and up, we also have a Hip Hop Happening party! We are always open to your ideas as well. You invite the guests and we will provide the fun! Contact Sandy Ragsdale at 847-810-3948 for more information, availability and fees.

PreSchool Academy Classes

Pre-Ballet I introduces beginning Ballet steps and positions. Rhythmic skills, creative concepts and short dance sequences combined with lots of hopping, skipping and galloping make this class the perfect fit for your active child and his/her love of music and movement.

Pre-Ballet II builds upon the basic Ballet steps and positions introduced in Pre-Ballet I (Pre-Ballet I is not a pre-requisite). French terminology is also introduced. This class is the one for active kindergarteners who love music and movement.

Pre-Ballet Modern builds upon the Pre-Ballet curriculum with added focus on creative concepts and an introduction to basic modern dance skills.

Pre-Tap classes are just the venue to introduce your child to understanding timing and rhythm. Coordination of mind and body is developed through familiar nursery rhymes and fun sound games. Every child loves to tap their toes and make music come alive!

Combine a Pre-Ballet and a Pre-Tap class for the total dance experience!

Pre-Hip Hop/Jazz Does your child love music videos and can't stop moving to the beat? This is the class for them. A high energy and fun introduction to our hip/hop and jazz genres. They will learn the most basic elements such as posture, rhythm and isolation in an educationally exciting atmosphere.

- Class Attire:** Hair is to be worn in bun or ponytail.
- Pre-Ballet I and II** Solid pink leotard, Pink tights, Pink ballet slippers
- Pre-Ballet I / II Modern** Same as above with convertible tights
- Pre-Tap I and II** Same as above with Black tap shoes (Please no laces: replace with elastic tap ties or velcro.)
- Boys** - Solid white shirt/ black sweatpants, Black ballet and/or tap shoes
- Pre-Hip Hop/Jazz** Comfortable clothes (athletic wear) black shoes, no Jeans.

PROGRAM FEES are paid PER STUDENT for each session



PRESCHOOL
RECITAL
April 29, 2012
at CROYA

PRESCHOOL January 02 - April 28, 2012								
Class	Code	Day	Time	Age	Instructor	Studio	Fee	
Creative Dance II	29009	Tue	11:15-12:00	3Y - 4Y	B. Good Hellwig	B	R: \$127	NR: \$152
Creative Dance II	29008	Wed	9:30-10:15	3Y - 4Y	H. Curtis	B	R: \$127	NR: \$152
Creative Dance II	29010	Wed	12:30- 1:15	3Y - 4Y	H. Curtis	B	R: \$127	NR: \$152
Creative Dance II	29011	Sat	9:15-10:00	3Y - 4Y	M. Miller	B	R: \$119	NR: \$135
Pre-Ballet I	29078	Mon	10:00-10:45	4Y - 5Y	L. Treece	B	R: \$127	NR: \$152
Pre-Tap I	29091	Mon	10:45-11:15	4Y - 5Y	L. Treece	B	R: \$114	NR: \$137
Pre-Ballet I	29073	Tue	12:30- 1:15	4Y - 5Y	B. Good Hellwig	B	R: \$127	NR: \$152
Pre-Tap I	29092	Tue	1:15- 1:45	4Y - 5Y	B. Good Hellwig	B	R: \$114	NR: \$137
Pre-Ballet I	29074	Wed	10:45-11:30	4Y - 5Y	H. Curtis	B	R: \$127	NR: \$152
Pre-Tap I	29093	Wed	11:30-12:00	4Y - 5Y	H. Curtis	B	R: \$114	NR: \$137
Pre-Ballet I	29075	Fri	12:30- 1:15	4Y - 5Y	K. White	B	R: \$127	NR: \$152
Pre-Ballet I/II	29080	Wed	4:00- 4:45	4Y - 6Y	C. Davis Lawrence	D	R: \$127	NR: \$152
Pre-Tap I/II	29130	Wed	4:30- 5:00	4Y - 6Y	H. Curtis	B	R: \$114	NR: \$137
Pre-Ballet I/II	29081	Sat	10:00-10:45	4Y - 6Y	M. Miller	B	R: \$119	NR: \$135
Pre-Tap I/II	29125	Sat	10:45-11:15	4Y - 6Y	M. Miller	B	R: \$106	NR: \$127
Pre-Ballet I/II with Modern	29336	Mon	3:00- 3:45	4Y - 6Y	S. Ragsdale	B	R: \$127	NR: \$152
Pre-Ballet I/II with Modern	29088	Tue	4:00- 4:45	4Y - 6Y	S. Ragsdale	C	R: \$127	NR: \$152
Pre-Ballet II	29086	Mon	3:45- 4:30	5Y - 6Y	S. Ragsdale	B	R: \$127	NR: \$152
Pre-Ballet II with Tap	29369	Fri	1:30- 2:30	5Y - 6Y	K. White	B	R: \$152	NR: \$182
Pre-Hip Hop/Jazz	29248	Wed	3:45- 4:30	4Y - 6Y	H. Curtis	B	R: \$127	NR: \$152
Pre-Hip Hop/Jazz	29249	Thu	3:45- 4:30	4Y - 6Y	L. Jacobs	B	R: \$127	NR: \$152
Pre-Hip Hop/Jazz	29250	Fri	11:45-12:30	4Y - 6Y	K. White	B	R: \$127	NR: \$152
Pre-Tap I/II	29111	Thu	4:30- 5:00	4Y - 6Y	L. Jacobs	B	R: \$114	NR: \$137

PROGRAM FEES are paid PER STUDENT for each session.
In addition a recital fee of \$35 applies to above classes.

No classes March 24-April 8, 2012.

Academy Classes



See our [Dance Brochure](#) for a complete list of all recital level classes!

The following classes are open for registration and are eligible for the May recital.

No classes March 24-April 8, 2012.

JAZZ January 02 - May 05, 2012									
Class	Code	Day	Time	Age	Instructor	Studio	R:	NR:	
Intro to Jazz	28153	Mon	3:45- 4:30	7Y - 8Y	V. Gonzalez	C	\$360	\$432	

Jazz dance is an American dance style blending the techniques of ballet and modern, teaching principles of correct placement, line and movement quality in an upbeat, ever moving environment.

Intro to Jazz is designed to transition the child from PreSchool Dance to the Graded Levels. This class will challenge the child who has studied on a pre-school level while also serving to introduce beginning students to the jazz dance form.

Class Attire: Solid color leotard, Tan tights (no shimmer), Tan jazz shoes
Black jazz pants may be worn at the discretion of the teacher.
Hair is to be worn in bun or ponytail.

Boys - Solid white shirt/ black sweatpants, Tan jazz shoes.

MUSICAL THEATRE December 19 - May 05, 2012									
Class	Code	Day	Time	Age	Instructor	Studio	R:	NR:	
Musical Theater I	29368	Sat	11:30-12:30	7Y - 10Y	M. Miller	D	\$152	\$182	

Lake Forest Dance Academy is excited to offer classes in dance styles for Musical Theater. Students will gain performance skills, build a vocabulary of traditional musical theater dance movements, learn improvisational techniques and have tons of fun! Signature choreographic styles such as Bob Fosse, Jerome Robbins, Agnes DeMille and others will be studied and taught as the student's progress. Visiting guest artists will highlight the year.

Class Attire: Solid color leotard, Tan tights (no shimmer), Tan jazz shoes. Black jazz pants may be worn at the discretion of the teacher.

Boys - Solid white shirt/ black sweatpants, Tan jazz shoes.



MODERN January 02 - May 05, 2012									
Class	Code	Day	Time	Age	Instructor	Studio	R:	NR:	
Intro to Modern	27948	Tue	4:45- 5:30	6Y - 8Y	S. Ragsdale	C	\$360	\$432	

Modern dance is the exploration of the basic elements of dance: time, space, energy, relationships and the coordination of our bodies. It builds on the student's natural creativity to develop an understanding of the essence of all dance forms. Strong technique, strength, flexibility, and nurturing the love of dance is the goal of our modern dance program.

Intro to Modern is designed to transition the child from PreSchool Dance to the Graded Levels. This class will challenge the child who has studied on a pre-school level while also serving to introduce beginning students to the modern dance form.

Class Attire: Solid black leotard, Black convertible, footless or stirrup tights (no shimmer), Bare feet. Black leggings or capris may be worn for class. Hair is to be worn in bun or ponytail.

Boys - Solid white shirt/ black sweatpants, Bare feet.

Annual Spring Recital - May 11-13, 2012

Dancers who have regularly attended classes and who wish to perform are eligible for the recital and will be given the opportunity to dance on stage for family and friends! We will be at Lake Forest High School's Raymond Moore Auditorium the weekend of May 11-13, 2012. Mark your 2012 calendars now for this exciting culmination to our dance season! **During the week prior to the recital, all students will be required to attend extra rehearsals.** Participation in the recital is assumed and recital fees to offset the cost of costumes, theater rental, technical crew and additional staffing will be assessed at the time of registration. A full refund of these fees will be given only if the Dance Academy is notified in writing of the non-participation of a student prior to November 1, 2011.

Tickets for the recital are available by lottery in late March 2012.



Adult Academy Classes

Our Adult program offers classes suited to the beginner wanting to explore the world of movement as well as the experienced dancer wanting to get back into class. Our instructors teach flexible material suited to the needs and abilities of the participants. Everyone can and should dance!

Adult Ballet: Stretch, condition and tone with ballet. Coordinating body, mind, and spirit, ballet engages the core and helps you expand your own physical horizons. Try something new or brush up on your skills. Learn basic body positions and terminology to classical music, as well as contemporary. Come stretch yourself today in Ballet! Ballet shoes required.

Adult Modern & Jazz: These courses will introduce adults with no previous experience to Modern and Jazz dance while also serving to refresh those who have studied earlier in life. The first portion of class will be dedicated to stretching and conditioning while the second half will focus on getting the blood pumping with combinations and routines. Expect great music and movement as you increase your flexibility and strength! Bare feet or Jazz shoes required.

Adult Tap: Get your feet tappin' to the beat. We'll learn basic steps and as advanced beginners we'll double it up. 'Shuffle off to Buffalo', Irish step, and Broadway Babies all come together with the music of favorite musicals, and music genres. Come get your feet a tappin' and have fun dancing! Emphasis is placed on musicality and sound quality as well as developing proper technique, style and FUN! Tap shoes required.

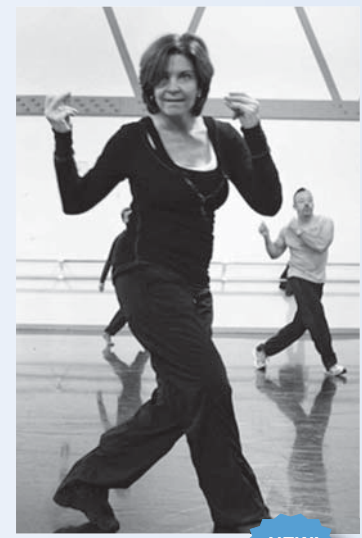
BeMoved®: Enjoy the new dance fitness experience for adults of all ages and skill levels. Each week focuses on a different musical genre such as Bollywood, Gospel Pop, Swing, Latin and Disco. The easy to follow warm up flows into fun and engaging dance combinations sure to inspire anyone from first time dancers to professionals. BeMoved® inspires participants to embrace dance as a lifelong path to health, joy and fulfillment.

Belly Dance: What better way to get your core strong and have fun doing it? In this class students will learn the ancient art of Raks Sharki (dance of the east). Beginning steps and combinations as well as common musical rhythms will be taught. There will also be instruction on finger cymbals and scarf movement.

Stretch and Toning: Stretching is vital to muscular wellness. It increases circulation, eliminates toxins and enhances flexibility, strength and balance. Use of breath and isolated stretching exercises allows the body to restore overall wellness. Incorporating combinations of pilates, yoga, and strengthening. GET BACK TO THE BASICS AND SIMPLY STRETCH!

T'ai Chi Chih: This simple, relaxing discipline consists of 19 movements and one pose. Justine Stone, the originator of T'ai Chi Chih has described the balancing of Chi as one of the great secrets of life. Some of the many health benefits may include increased energy, heightened awareness, stress reduction, lower blood pressure, centering, grounding, and increased creativity.

Our instructors also offer classes for Senior citizens at Dickinson Hall. Please inquire for more information.



NEW!

CHILD CARE

Child care for children 4 months through 7 years is available on a limited basis to those who are participating in Adult Dance Classes. Reservations are required and can be made one day in advance or the same day until 8:30am. To make a reservation call 847-615-3187.

Child Care Hours

Monday-Friday 8:00am -12:30 pm

Note: Parents are asked not to bring children when sick.

Prices:

\$5 /hr. per child

• Please call regarding rates for multiple children. A cancellation fee of \$10 may be applied for no shows or cancellations less than 2 hours before your reservation time.

ADULT January 02 - April 27, 2012								
Class	Code	Day	Time	Age	Instructor	Studio	Fee	
Adult Ballet	28940	Mon	12:15- 1:15	13Y and up	L. Jacobs	A	R: \$152	NR: \$182
Adult Ballet	28960	Wed	7:30- 8:30pm	13Y and up	C. Davis Lawrence	D	R: \$152	NR: \$182
Adult Ballet	28961	Thu	1:00- 2:00	13Y and up	L. Jacobs	B	R: \$152	NR: \$182
Adult Hip Hop/ Jazz	28968	Thu	8:30- 9:30pm	13Y and up	K. White	C	R: \$152	NR: \$182
Adult Modern	28974	Thu	8:30- 9:30pm	13Y and up	R. Cassidy-DuMong	B	R: \$152	NR: \$182
Adult Tap	28964	Mon	10:15-11:00	14Y and up	L. Jacobs	E	R: \$152	NR: \$182
Adult Tap	28965	Thu	12:00-12:45	14Y and up	L. Jacobs	B	R: \$152	NR: \$182
Adult Tap	29365	Thu	7:45- 8:30pm	14Y and up	L. Jacobs	D	R: \$152	NR: \$182
Belly Dance	28975	Fri	12:45- 1:45	13Y and up	B. Good Hellwig	C	R: \$152	NR: \$182
BeMoved®	28982	Mon	11:15-12:15	13Y and up	L. Treece	A	R: \$152	NR: \$182
BeMoved®	28978	Wed	10:30-11:30	13Y and up	L. Treece	A	R: \$152	NR: \$182
BeMoved®	28979	Fri	10:15-11:15	13Y and up	L. Treece	A	R: \$152	NR: \$182
Stretch & Toning	28962	Thu	8:15- 9:00am	13Y and up	H. Curtis	D	R: \$152	NR: \$182
T'ai Chi Chih	29364	Mon	1:15- 2:15	13Y and up	L. Jacobs	B	R: \$152	NR: \$182
T'ai Chi Chih	28967	Thu	11:00-12:00	13Y and up	L. Jacobs	B	R: \$152	NR: \$182

PROGRAM FEES are paid PER STUDENT for each session.

See our Fitness section on pages 11-13 for more Adult Movement Activities!

Holiday off of school? Check out our Workshops!

WINTER
BREAK!

THE LION KING - MUSICAL THEATRE MINI CAMP

Participants in LFDA's Musical Theater Holiday Mini Camp will create a production of the Lion King, all in one fun filled week! All students enrolled will sing, dance and act in the show. They will also construct, paint and hang backdrops, design the program book, and much more. The first day of camp students will be asked to do a simple dance audition, read from the script and sing a short solo. Wear clothing that you can move in! Remember, EVERYONE will perform; auditions are just to cast specific roles.

Loc: Lake Forest Recreation Center, Studio - B

Age: 6Y-14Y

Fee: R: \$156 NR: \$187

Instr: H. Goodrich Kiely

Code	Day	Time	Date	Performance
29267	M, T, W, TH	12:00pm- 3:00pm	Dec. 19-22	3:30 Thursday, December 22



DANCE ME A STORY WORKSHOPS

Explore the enchanting world of dance! These delightful workshops will bring to life the story and characters of favorite dance stories including the Disney Princesses, Magic Toyshop and the Pixie Hollow Fairies. Learning dance skills and technique, developing creative and imaginative expression and working on associated arts and crafts projects will be part of each workshop. Choreography, music, books and video will be used to enhance the experience. An informal performance will be given at the end of the workshop!

Loc: Lake Forest Recreation Center, Studio - B

Age: 4Y - 7Y

Fee: R: \$30 NR: \$36

Instr: L. Treece

Code	Day	Time	Date	Holiday	Workshop
29269	Mon	11:15am- 1:30 pm	Jan 16	Martin Luther King Day	Dancing Princesses
29270	Mon	11:15am- 1:30 pm	Feb 20	President's Day	Magic Toy Shop
29283	Mon	11:15am- 1:30 pm	Mar 26	Spring Break	Pixie Hollow Fairies



HIP HOP WORKSHOPS - DANCE LIKE A POP STAR!

Boys and girls, if you love watching the Disney Channel® and Nickelodeon® OR are interested in learning the newest dance moves - this is the place for you!! Here you will dance to the hottest pop starts like Justin Bieber, Selena Gomez, Amanda Cosgrove and Victoria Jusitce AND learn to move like them!

Loc: Lake Forest Recreation Center, Studio - A

Age: 6Y - 11Y

Fee: R: \$20 NR: \$24

Instr: K. White

Code	Day	Time	Date	Holiday	Age
29308	Mon	10:15am-11:45 am	Jan 16	Martin Luther King Day	6Y-8Y
29309	Mon	12:00pm- 2:30 pm	Jan 16	Martin Luther King Day	8Y-11Y
29310	Mon	10:15am-11:45 am	Feb 20	President's Day	6Y-8Y
29311	Mon	12:00pm- 2:30 pm	Feb 20	President's Day	8Y-11Y
29312	Mon	10:15am-11:45 am	Mar 26	Spring Break	6Y-8Y
29313	Mon	12:00pm- 2:30 pm	Mar 26	Spring Break	8Y-11Y

NEW!

DANCE INFORMATION

PRIVATE DANCE INSTRUCTION:
Please call the Dance office (847-810-3948)

DRESS CODE:

Information on the dress code for our classes is available at our website at www.LFRec.com or in our Dance Brochure.

HOW DOES THE REFUND POLICY WORK?

Visit our website at www.LFRec.com or our Dance Brochure to view all the details on the refund policy for dance classes.

Performance Groups

The award winning dancers of LFDA's Performance Companies have been locally and nationally recognized for their dedication and passion to the art of dance. The companies are designed to give dancers an opportunity to take their training to the next level, gain performance experience, and share their talent with their community. Members perform choreography from highly accredited directors and guest artists while gaining invaluable friendships and self-esteem. Auditions for these groups are held annually in May and are open to all students wanting to share their love of dance.



SPOTLIGHT MUSICAL THEATER

Dancing, Singing and Acting...these are the three skills of the musical theater performer. Spotlight Musical Theatre Program provides students an opportunity to develop solo or small group performance projects. The productions focus on the individual needs of each student involved, providing a personal and comprehensive approach to the three disciplines involved in musical theatre and enhancing the performance levels of everyone. We offer 2-4 distinctly different productions a year; all directed by different guest artists as well as well known and loved teachers. This allows flexibility in scheduling and gives students a competitive edge as they are exposed to a wide variety of materials, directors, audition techniques and classmates. Students are required to re-audition on a show to show basis. Opportunities exist for students 2nd grade through high school. All students are required to take private voice lessons and attend a weekly Dance Styles for Musical Theater class in addition to attending all production rehearsals.

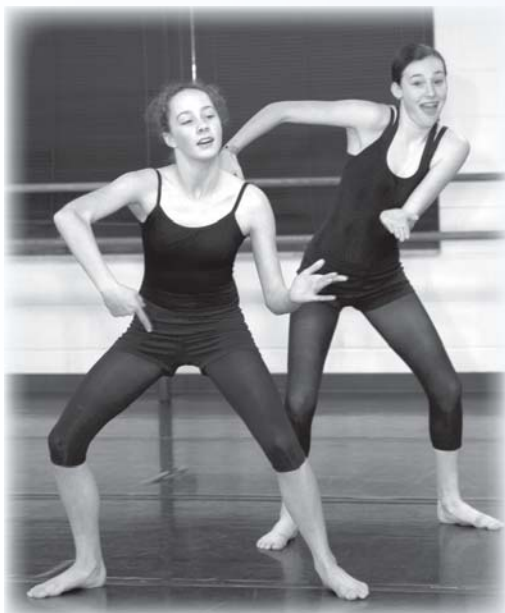
Spring Spotlight Show "Selections from THE WIZ"
Boys and Girls 1st-8th grade
Director: Margaret Miller

Auditions: Saturday January 14, 2012, 1:30 pm
\$5.00 audition fee

Rehearsals: Saturdays January 21- March 10, 2012,
1:30-3:00pm

Performance: Friday March 16, 2012, 6:00 pm, CROYA

Code: # 29372 by audition only Fee: \$190



See LFDA website for
2011-2012 Company Rosters!



COMPANY PERFORMANCE DATES:

NAVY PIER PERFORMANCE:
December 4, 11:00 AM, Chicago

HOLIDAY EXTRA-VA-DANCE-A:
December 10, 4:00 PM, LF REC Gym

SPOTLIGHT MUSICAL THEATRE PERFORMANCE:
"There's No Business Like Snow Business"
December 16, 6:00 PM, CROYA



BENEFIT PERFORMANCE:
March 18, 4:00 PM, LF High School

2011-2012 AUDITIONS:
May 18-20, LF REC Dance Studios

THE COMPANY EXPERIENCE

This workshop will give you an inside look at what it takes to be a LFDA Company member. Join the directors and current company members in learning technique, choreography and performance skills! Bring a lunch - we will also relax, refresh, share and bond!

Loc: Lake Forest Recreation Center

Age: 8Y and up

Fee: R: \$50 NR: \$60

Instr: V. Gonzalez



Code	Day	Time	Date	Age	Studio
29286	Sun	12:00pm- 5:00pm	Feb 12	8Y-11Y	A
29301	Sun	12:00pm- 5:00pm	Feb 12	12Y & up	B