



616 N. Bridgeport Terrace
Lindenhurst, IL 60046 ~ 847-265-2654

2010-2011 Class Schedule

Preschool/Kindergarten Kids

The following classes will participate in an in-studio performance called the

Spring Grande Finale, dates TBA.

Creative Dance (ages 3-4) introduces children to the basic elements of dance and movement through a series of dance related activities. These activities develop gross motor skills, body awareness, confidence and respect for others. Children will also learn short song and dance routines while focusing on their natural creative ability. Props such as hula hoops, scarves and streamers are used to make learning more fun.

PreBallet /PreTap (ages 4-5) is an introduction to ballet. Basic positions and movements are taught with a concentration on proper posture and greater reliance on memory. PreTap focuses on very basic movement in tap. Children will learn to create sounds and spell out rhythms using their tap shoes. Short dance sequences and fun routines will be taught to increase the dancer's self-confidence in moving. Props such as hula hoops, scarves and streamers are used to make learning more fun.

Tumbling

See Tumbling Schedule for tumbling-only class options.

These class introduce age appropriate stretching exercises and tumbling, taught in a safe, fun & positive environment. Other areas that will be worked on include spatial awareness, coordination, balance skills and group participation. Somersaults, backbends, and cartwheels will be performed. Tumbling classes can be taken separately or in combination with dance.

Attire for Dance Classes:

Hair: pulled away from face and off the back of the neck in a ponytail, braid or bun

Solid color leotard, pink or white tights, pink leather ballet shoes (no satin), and black tap shoes for PreBallet w/Tap (please replace ribbons on tap shoes with Tap Ties, available for purchase in the dance office or from your child's instructor for \$2/pair). Skirts are permitted provided they do not fall below mid-thigh.

Attire for Combined Dance and Tumbling Classes:

Girls: leotard, footless tights, pink ballet shoes / Boys: comfortable clothing, socks

Class Name	Day	Time	Instructor	Studio
Dance 'N Tumble w/Mom or Dad (Ages 2-3)	Wednesday	9:15-10:00 am	Diane	A
Creative Dance (Age 3-4) Beginner Movement	Wednesday	3:15-4:00pm	Diane	A
	Thursday	11:15am-12:00pm	Cindee	A
	Friday	5:45-6:30pm	Nicole	A
	Saturday	11:15am-12:00pm	Cindee	B
Tumble/ Creative Dance (Ages 3-4)	Wednesday	10:45-11:30 am	Diane	A
	Saturday	9:30-10:15 am	Diane	A
PreBallet with Tap 1 (Age 4-5) Beginner Ballet & Tap	Monday	6:00-6:45 pm	Nicole	C
	Wednesday	1:15-2:00pm	Cindee	A
	Thursday	10:30-11:15 am	Cindee	A
	Friday	5:00-5:45 pm	Cindee	C
	Saturday	12:00-12:45 pm	Cindee	B
Tumble/PreBallet (Ages 4-5)	Wednesday	10:00am-10:45am	Diane	A
	Saturday	11:45am-12:30pm	Diane	A
PreBallet with Tap 2 (Age 5) For students with 1 yr. previous Ballet & Tap	Thursday	9:30-10:30 am	Cindee	A
	Friday	6:30-7:30 pm	Nicole	C
	Saturday	9:00-10:00 am	Cindee	C

Tumbling

All tumbling classes are taught by qualified tumbling instructors

Tiny Tumblers

Tumble Tots

Mighty Tumblers – BOYS

Kinder-Tumble

These classes introduce age appropriate stretching exercises and tumbling, taught in a safe, fun & positive environment. Other areas that will be worked on include spatial awareness, coordination, balance skills and group participation. Somersaults, backbends, and cartwheels will be performed. Tumbling classes can be taken separately or in combination with dance.

Kids Tumbling (ages 6-8)

Tween Tumbling (ages 9-11)

Teen Tumbling (ages 12 & up)

Divided into 3 different age groups, students will learn to execute tumbling moves appropriate for each age range, beginning with the basics like cartwheels, round-offs, backbends, walk-overs and more advanced skills as the class progresses. This is open to any level from beginners to those with previous experience. This class is especially beneficial to those who are involved in cheerleading to improve tumbling skills.

Recommended Attire:

Girls: leotard, footless tights or no tights, bare feet / Boys: comfortable clothing, bare feet

Class Name	Day	Time	Instructor	Studio
Tiny Tumblers & Mom or Dad (Ages 2-3)	Tuesday	11:15am -12:00 pm	Phil	A
Tumble Tots (Ages 3-early 4)	Tuesday	9:00 am–9:45 pm	Phil	A
Mighty Tumblers – BOYS (Ages 4-5)	Tuesday	9:45-10:30 am	Phil	A
Kinder-Tumble (Ages 4-5)	Tuesday	10:30-11:15 am	Phil	A
Kids Tumbling (Ages 6-8)	Wednesday	6:00-6:45 pm	Phil	A
Tween Tumbling (Ages 9-11)	Wednesday	6:45-7:30 pm	Phil	A
Teen Tumbling (Ages 12 & up)	Wednesday	8:30-9:30 pm	Phil	A

Adult Fitness

Class Name	Day	Time	Instructor	Studio
Pilates for Adults	Thursday	10:15am -11:00 am	Megan	B
Power Yoga for Adults Yoga positions are held longer and poses are connected and repeated for a more intense yoga workout.	Thursday	11:00 am–11:45 am	Megan	B
Hatha Yoga for Teens (age 13 +)	Friday	5:00-5:45 pm	Torie	Warm-up Room
Hatha Yoga for Adults	Friday Saturday	5:45-6:30 pm 9:00-9:45 am	Torie Torie	Warm-up Room Warm-up Room
PiYo for Adults – The best of Pilates & Yoga combined	Tuesday Saturday	9:00-9:45 am 11:45am -12:30pm	Megan Megan	B Warm-up Room

Dance Concert Level Classes – ages 6 & up
ALL classes listed on the remaining pages are eligible to perform in the Spring Dance Concert on Sunday June 12, 2011.

Jazz Funk & Hip Hop Classes

Open to kids and adults, Jazz Funk classes incorporate the technique of traditional jazz class with the current funky hip hop moves you may see on music videos. Hip Hop is also known as street dance. It started out as Break Dancing in the 1980's and has evolved from there to a more versatile form. If you want to learn the latest moves, or just "boogie down" then you will have a great time in these classes!

Recommended Attire:

Hair - pulled back

Comfortable loose-fitting clothes such as sweatpants and t-shirt, black jazz shoes.

Class Name	Day	Time	Instructor	Studio
Boogie Kids Hip Hop 1 (Age 6-8) Beginners	Monday	4:15-5:00 pm	Nicole	C
Boogie Kids Hip Hop 2 (Age 7-9) Instructor approval	Monday	5:00–5:45 pm	Nicole	C
Tween Jazz Funk/Hip Hop 1 (Age 9-11) Beginners	Friday	6:15-7:00 pm	Dina	B
Tween Jazz Funk/Hip Hop 2 (Age 10-12) Instructor approval	Tuesday	6:30-7:30pm	Dina	C
Teen Jazz Funk/Hip Hop 1 (Age 12 & up) Beginners	Monday	8:00-9:00pm	Dina	B
Teen Jazz Funk/Hip Hop 2 (Age 13 & up) Instructor approval	Tuesday	8:30-9:30 pm	Dina	B
Teen Jazz Funk/Hip Hop 3 (Age 13 & up) Instructor approval	Tuesday	7:30-8:30 pm	Dina	B
Teen Street Hip Hop (Age 13 & up) Beginners	Thursday	5:45-6:30 pm	Andy	C
This is old school style hip hop, pop & lock plus floor work for girls and guys. KNEE PADS ARE RECOMMENDED.				
Adult Hip Hop (Age 18 & up) Beginners	Thursday	6:30-7:15 pm	Andy	C
This is old school style hip hop, pop & lock plus floor work for girls and guys. KNEE PADS ARE RECOMMENDED.				

Tap & Irish Clogging

Tap involves creating sounds and spelling out rhythms by manipulating the feet. All classes concentrate on proper technique and precision. Each class level repeats and introduces new material with more challenging routines and intricate steps as the students progress.

Rhythm Tap: Learn some new ways to approach the art of tap dance. For dancers with previous tap training. These Rhythm Tap classes can be taken along with the student's regular tap classes to enhance their tap technique.

Irish Clogging: Do you enjoy Riverdance? Have you ever been captivated by the precision tapping executed by the dancers? This class will introduce tap dancers to another dimension in Tap dancing, Irish Clogging. Whether your heritage is Irish or not, if you tap, you will LOVE this class! Previous tap experience required - See schedule for specifics.

Recommended Attire:

Hair: pulled back away from face and off the back of the neck in a ponytail, braid or bun

Solid color leotard, suntan footed tights. Black tap shoes. Black tap OXFORD (lace up shoe) for Intermediate, Advanced and Tween/Teen classes.

Clogging Attire: leotard, tan tights, black tap shoes.

Note: If taking tap back to back with ballet, you will only need PINK tights as you are not expected to change tights between classes.

Class Name	Day	Time	Instructor	Studio
Tap Basic 1 (Age 6-8) Beginners	Wednesday Saturday	5:00-5:45 pm 11:00-11:45 am	Julie Diane	C C
Tap Basic 2 (Age 7-9)	Wednesday	5:00-5:45 pm	Diane	B
Instructor approval required or placement audition required for new students.				
Tap Basic 3 (Age 8-10)	Tuesday	5:15-6:00 pm	Alyson	C
Instructor approval required or placement audition required for new students.				
Tween/Teen Tap Basics (Age 9 & up)	Saturday	11:00-11:45 am	Alyson	C
Tap Intermediate 1 (Age 9 & up)	Tuesday	4:30-5:15 pm	Alyson	C
Instructor approval required or placement audition required for new students.				
Tap Intermediate 2 & 3 (Age 10 & up)	Wednesday	6:45-7:45 pm	Cindee	C
Instructor approval required or placement audition required for new students.				
Rhythm Tap Intermediate (Age 10 & up)	Thursday	4:15-5:00 pm	Andy	C
Instructor approval required or placement audition required for new students.				
Tap Advanced 1 (Age 12 & up)	Wednesday	8:30-9:30 pm	Cindee	C
Instructor approval required or placement audition required for new students.				
Tap Advanced 2 (Age 13 & up)	Tuesday	8:30-9:30 pm	Phil	C
Instructor approval required or placement audition required for new students.				
Rhythm Tap Advanced (Age 12 & up)	Thursday	5:00-5:45 pm	Andy	C
Instructor approval required or placement audition required for new students.				
Adult Tap Basics (Age 18 & up)	Friday	5:45-6:30 pm	Cindee	C

Irish Clogging (Age 7-9)	Friday	4:15-5:00 pm	Cindee	C
Minimum 1 year tap training required.				
Irish Clogging (Age 9-11)	Thursday	4:30-5:15 pm	Cindee	A
Minimum 3 years of tap training required.				
Irish Clogging (Age 12 & up)	Wednesday	7:45-8:30 pm	Cindee	C
Minimum 5 years of tap training required.				

WD Showstoppers! & Musical Theater Dance

WD Showstoppers! Open to ALL levels of experience, from beginners on up! Classes offered in 3 age groups - see schedule for specifics.

A class which integrates both singing and dancing, performed in a Glee Club/Show Choir style. This class will allow the students to explore both dancing and singing to music from Broadway, pop, rock and more. The class will teach students the art of singing and dancing simultaneously, as well as exploring different styles of music, and the choreography that comes with those styles. Costumes, props, and fun staging, come let out your inner "Glee" and rock the stage.

Musical Theater Dance: Open to ALL levels of experience, from beginners on up! Classes offered in 3 age groups - see schedule for specifics.

A class which focuses on the various styles of Broadway dance. Students will learn dance routines from famous Broadway musicals. If you love musical theater, this class is for you! No previous dance training is necessary! There will be occasional singing involved, but the class mainly focuses on dance.

Recommended Attire:

Comfortable clothing and black jazz shoes.

Class Name	Day	Time	Instructor	Studio
WD Showstoppers! (Age 9-11)	Tuesday	5:15-6:15 pm	Phil	A
WD Showstoppers! (Age 12-14)	Tuesday	4:15-5:15 pm	Phil	A
WD Showstoppers! (Age 15 & up)	Tuesday	6:15-7:15 pm	Phil	A
Musical Theater Dance (Age 6-8)	Thursday	6:15-7:00 pm	Phil	A
Musical Theater Dance (Age 9-11)	Tuesday	7:30-8:30 pm	Phil	A
Musical Theater Dance (Age 12 & up)	Wednesday	7:30-8:30 pm	Phil	A

Ballet

Ballet is the foundation for all other dance forms. The classes focus on French terminology, musical awareness, proper posture and body alignment. Balance, control and coordination are stressed throughout. Please realize that ballet requires repetition to increase strength and development. Each class repeats and introduces new material to continually improve technique. Pointe classes are offered to highly experienced dancers and all dancers must have instructor approval to enroll.

Recommended Attire:

Hair: All Ballet students must have their hair worn in a bun, no ponytails

Solid color leotard, pink tights. Pink leather or canvas ballet shoes. Short ballet skirts are permitted, provided they do not fall below mid-thigh.

Class Name	Day	Time	Instructor	Studio
Ballet Basic 1 (Age 6-8) Beginners	Wednesday	4:15-5:00 pm	Julie	C
	Saturday	10:15-11:00 am	Diane	A
Ballet Basic 2 (Age 7-9)	Wednesday	4:00-5:00 pm	Diane	B
	Saturday	10:00-11:00 am	Cindee	C
Instructor approval required or placement audition required for new students.				
Ballet Basic 3 (Age 8-10)	Monday	4:30-5:30 pm	Laurie	A
	Saturday	10:00-11:00 am	Alyson	B
Instructor approval required or placement audition required for new students.				
Tween/Teen Ballet (Age 9 & up) Beginners	Tuesday	7:30-8:15 pm	Alyson	A
Ballet Intermediate 1 (Age 9 & up)	Monday	5:30-6:30 pm	Laurie	A
	Thursday	5:15-6:15 pm	Cindee	A
This class is to be taken for 2 years in a row. Instructor approval required or placement audition required for new students.				
Ballet Intermediate 2 with Pre-Pointe (Age 11 & up)	Monday	5:30-6:45 pm	Alyson	B
	Tuesday	6:15-7:30 pm	Alyson	B
	Thursday	6:15-7:30pm	Alyson	B
This class is to be taken for 2 years in a row. Instructor approval required or placement audition required for new students.				
Ballet Intermediate 3 with Pointe (Age 12 & up)	Monday	6:45-8:15 pm	Alyson	C
	Wednesday	4:15-5:45 pm	Alyson	A
Instructor approval required or placement audition required for new students.				
Ballet Advanced 1 with Pointe (Age 13 & up)	Monday	6:45-8:15 pm	Laurie	A
	Wednesday	5:45-7:15 pm	Alyson	B
Instructor approval required or placement audition required for new students.				
Ballet Partnering	Monday	8:15-9:00 pm	Laurie	A
Must be enrolled in Ballet Intermediate 3 or higher. All girls must provide their own male partner. Male partner attends class free of charge. Male attire: comfortable clothing such as shorts/sweat pants/t-shirt and comfortable shoes.				

Jazz & Lyrical Jazz

Jazz & Lyrical Jazz dance consists of varied techniques from all over the world. It is commonly taught with the current popular music styles. Jazz is a much more free form of dance, but still stresses correct posture, placement, and body alignment. Students will learn proper technique, combinations and progressions. To get the most out of a jazz class, it is highly recommended that a ballet class be taken concurrently, and is required once a student enrolls in any Intermediate or Advanced level.

Recommended Attire:

Hair: pulled back away from face and off the back of the neck in a ponytail, braid or bun.

Solid color leotard or unitard, suntan footed tights. Lyrical Jazz: suntan footless tights. Black jazz oxford (lace up) for jazz, dance paws or bare feet for Lyrical Jazz.

Note: If taking jazz back to back with ballet, you will only need PINK tights.

Class Name	Day	Time	Instructor	Studio
Intro to Jazz (Age 6-8) Beginners	Tuesday	4:30-5:15 pm	Nicole	B
Jazz Basic 1 (Age 7-9)	Thursday Saturday	4:30-5:15 pm 9:15-10:00 am	Alyson Alyson	B B
For students with a minimum of 1 season of Intro to Jazz or 2 years of ballet.				
Jazz Basic 2 (Age 8-10)	Thursday	5:15-6:15 pm	Alyson	B
Instructor approval required or placement audition required for new students.				
Jazz Basic 3 (Age 9 & up)	Monday	4:30-5:30 pm	Alyson	B
Instructor approval required or placement audition required for new students.				
Jazz Intermediate 1 (Age 10 & up)	Wednesday	5:45-6:45 pm	Julie	C
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				
Jazz Intermediate 2 & 3 (Age 11 & up)	Monday	8:15-9:15 pm	Julie	C
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				
Jazz Advanced 1 (Age 12 & up)	Wednesday	7:15-8:15 pm	Julie	B
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				
Jazz Advanced 2 (Age 13 & up)	Wednesday	8:15-9:30 pm	Julie	B
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				
Intro to Lyrical Jazz (Age 9-11)	Friday	4:15-5:15 pm	Dina	B
Dancers must have a minimum 1 year recent Jazz & Ballet training to enroll.				
Lyrical Jazz 1 (Age 11 & up)	Monday Thursday	6:45-7:45 pm 7:30-8:30pm	Nicole TBA	B A
Dancers must have a minimum 1 year recent Jazz & Ballet training to enroll.				
Lyrical Jazz 2 (Age 12 & up)	Friday	5:15-6:15 pm	Dina	B
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				
Lyrical Jazz 3 (Age 13 & up)	Tuesday	5:15-6:15 pm	Nicole	B
NOTE: To enroll in this class, students must also be concurrently enrolled in a ballet class at Waterford. Instructor approval required or placement audition required for new students.				

Tuition for Fall 2010/Spring 2011 Season

Tuition is based on a 34-week progressive program, though students are not obligated to commit to the full 34 weeks.

Tuition payments can be arranged in two ways:

Option 1: Monthly payments

Option 2: Two payments (1 per 17-week Semester)

Other payment options are available on a case-by-case basis

Tuition for Preschoolers & Kindergartener Classes, ages 2 - 5

Monthly payment = \$45.00 per person, for 1 class per week*

OR

1 Semester payment = \$195.50 per person (\$11.50/week) for 1 class per week*

Tuition for other classes for ages 6 thru adult, up to 1 hour in length (Excluding Adult Fitness)

Monthly payment = \$52.00 per person, for 1 class per week*

OR

1 Semester payment = \$229.50 per person (\$13.50/week) for 1 class per week*

Each class that is over 1 hour: In 15-minute increments
add \$10.00/month or \$45.00 per Semester

“Carte Blanche” UNLIMITED classes, minimum of 6, any length = \$215.00/month

Costume Fees for classes ages 6 & up: \$75 per costume, due by November 1, 2010

**Fees for Adult Fitness:
\$40/month for the 1st class*
Drop-in rate is \$12.00/class**

***Discounts:**

- Take 10% off for 2 classes per person
- Take 20% off for 3 classes per person
- Take 30% off for 4 classes per person
- Take 40% off for 5 classes per person
- Family Discount = 10% off total tuition for immediate family members (excludes Carte Blanche)
- Take 10% off for paying the full 34 weeks upfront

Semester Dates	Semester Tuition Due Dates
Fall/Winter Semester (17 weeks of class) September 13, 2010 thru January 29, 2011	September 1, 2010
Winter/Spring Semester (17 weeks of class) January 31, 2011 thru June 6, 2011	January 22, 2011

Waterford Dance Ensemble Fees: Please see website for details.