



**LFD A**  
LAKE FOREST DANCE ACADEMY

**Winter & Spring  
2023**



Member of the Cecchetti Council of America  
Member of the National Dance Education Organization  
Chapter of National Honor Society for Dance Arts

[www.LakeForestDance.com](http://www.LakeForestDance.com)

# EARLY YEARS

## Acro Dance 1 (4-4Y)

This curriculum focuses on physical literacy. The focus of this program includes learning the acro positions, locomotive skills (jumping, hopping, etc.), balance skills, classroom behavior skills, movement concepts, cooperation, and social skills. Tuition includes a \$70 recital costume fee

Location: Studio 3

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Acro Dance 1	20530301-01	Sa	Jan 07 - May 13	Studio 3	11:15-11:45am		\$215/\$244

## Acro Dance 2 (5-6.5Y)

This curriculum focuses on physical literacy. The focus of this program includes learning the acro positions, locomotive skills (jumping, hopping, etc.), balance skills, classroom behavior skills, movement concepts, cooperation, and social skills. Tuition includes a \$70 recital costume fee

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Acro Dance 2	20530302-01	Th	Jan 05 - May 11	Studio 4	5:15-6pm		\$286/\$329
Acro Dance 2	20530302-02	Sa	Jan 07 - May 13	Studio 3	11:45am-12:30pm		\$286/\$329

## Acro Dance 3 (6-7Y)

This curriculum focuses on physical literacy. The focus of this program includes learning the acro positions, locomotive skills (jumping, hopping, etc.), balance skills, classroom behavior skills, movement concepts, cooperation, and social skills.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Acro Dance 3	20530303-01	Th	Jan 05 - May 11	Studio 4	6-6:45pm		\$286/\$329

## Pre Hip Hop (4-6Y)

Pre Hip Hop is the class for your child who loves music videos and can't stop moving to the beat! They will learn the most basic elements such as posture, rhythm and isolation in this high energy and fun introduction to the hip hop genre. Children must be four years old by 9/1.

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Pre Hip Hop	20530401-01	M	Jan 09 - May 08	Studio 1	4:45-5:15pm		\$215/\$244
Pre Hip Hop	20530401-02	W	Jan 04 - May 10	Studio 2	4-4:30pm		\$215/\$244

### **Tippy Toes Dance (3-4.5Y)**

Tippy Toes Dance captivates your child and his/her love of movement in a wonderful exploratory dance course. This class 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. Fun props and stories are used! Children must be three years old by 9/1.

Location: Studio 2

<b>SESSION</b>	<b>CODE</b>	<b>DAYS</b>	<b>DATES</b>	<b>STUDIO</b>	<b>TIME</b>	<b>INSTRUCTOR</b>	<b>R/NR</b>
Tippy Toes	20530501-01	M	Jan 09 - May 08	Studio 2	4:15-4:45pm	Hannah Liddicoat	\$215/\$244
Tippy Toes	20530501-02	Sa	Jan 07 - May 13	Studio 2	10-10:30am	Hannah Liddicoat	\$215/\$244
Tippy Toes	20530501-04	Tu	Jan 10 - May 09	Studio 3	11-11:30am	Hannah Liddicoat	\$215/\$244

### **Tiny Tots Dance (2-3.5Y)**

Tiny Tots Dance is interactive movement, dance games and wonderful music making this a perfect introduction to dance class. Favorite songs, colorful scarves, huggable teddy bears...join us and experience the pure joy of movement! Nannies, daycare givers, moms and dads participate with their child in this fun class.

Location: Studio 2

<b>SESSION</b>	<b>CODE</b>	<b>DAYS</b>	<b>DATES</b>	<b>STUDIO</b>	<b>TIME</b>	<b>INSTRUCTOR</b>	<b>R/NR</b>
Tiny Tots Dance	20530601-01	Sa	Feb 11 - Mar 18	Studio 2	9:30-10am		\$51/\$61

### **Dance Lunch Connection - Red (Y)**

Have lunch with your dance buddies with our Dance Lunch Connection! LFDA staff will supervise lunch, pick up or drop off at Kinderhaven, and changes of dance attire! Students must be register for Kinderhaven and a Dance class.

Location: Diner

<b>SESSION</b>	<b>CODE</b>	<b>DAYS</b>	<b>DATES</b>	<b>STUDIO</b>	<b>TIME</b>	<b>INSTRUCTOR</b>	<b>R/NR</b>
Dance Lunch Connection - Red	20530802-01	W	Jan 04 - May 10	Diner	11:45am-12:30pm		\$216/\$259

# BALLET

## Ballet 1 (8-10Y)

Ballet 1 covers the basic fundamentals of classical ballet and is a good beginning level for the 8 year old and up. Balanced exercises at the barre and center are introduced to gain strength, good posture, placement and discipline. French terminology, correct body alignment and proper technique are emphasized as well as introduction to turns leaps, skips and jumps across the floor. This class includes a \$45.00 costume fee.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Ballet 1	20540101-01	W	Jan 04 - May 10	Studio 4	4:30-5:30pm		\$359/\$416

## Ballet 1C (8-12Y)

Ballet 1C is a continuation of Ballet 1 with greater emphasis on the student's development and coordination and execution of steps and combinations of steps. Good posture and alignment become more established, barre and center work continue to develop the student's technique, strength and flexibility. Basic body positions, turns and free movements crossing the floor continue to challenge the beginning ballet student. Class placement by instructor approval. This class includes a \$45.00 costume fee.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Ballet 1C	20540111-01	W	Jan 04 - May 10	Studio 4	5:30-6:30pm		\$359/\$416

## Ballet Tap Combo 4-5 years (4-5Y)

This class provides a technical foundation for the beginning tap dancer with a focus on the sounds that make up various tap steps. Students will develop an understanding of rhythm and musical skills. Ballet Tap Combo is a class which introduces students to ballet terminology, placement, tap dancing and musicality in a fun and creative environment.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Ballet Tap Combo 4-5 years	20540142-01	M	Jan 09 - May 08	Studio 4	4:15-5pm		\$286/\$329
Ballet Tap Combo 4-5 years	20540142-02	Tu	Jan 10 - May 09	Studio 1	4-4:45pm		\$286/\$329
Ballet Tap Combo 4-5 years	20540142-03	W	Jan 04 - May 10	Studio 2	11-11:45am		\$286/\$329
Ballet Tap Combo 4-5 years	20540142-04	Th	Jan 05 - May 11	Studio 2	4-4:45pm		\$286/\$329
Ballet Tap Combo 4-5 years	20540142-05	Sa	Jan 07 - May 13	Studio 2	10:30-11:15am		\$286/\$329
Ballet Tap Combo 4-5 years	20540142-06	M	Jan 09 - May 08	Studio 2	3:30-4:15pm		\$286/\$329

## Ballet Tap Combo 6-7yrs (6-7Y)

Ballet Tap Combo is a class which introduces students to ballet terminology, placement, tap dancing and musicality in a fun and creative environment. Includes \$70 costume fee

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Ballet Tap Combo 6-7yrs	20540144-01	M	Jan 09 - May 08	Studio 2	4:45-5:45pm		\$359/\$416
Ballet Tap Combo 6-7yrs	20540144-02	Th	Jan 05 - May 11	Studio 2	4:45-5:45pm		\$359/\$416

## JAZZ

### Jazz 1/1C (8-10Y)

Jazz 1 provides a strong technical foundation while exploring rhythm and movement dynamics through energetic exercises and choreography. Jazz 1 provides a strong technical foundation while exploring rhythm and movement dynamics through energetic exercises and choreography. What are C level classes? In order to keep the integrity of our leveled curriculum we offer Continuing classes (1C, 2C etc.). These classes are for students who have completed at least one year of a level but have not yet mastered the skills required to progress to the next level. The C level curriculum covers the designated level but moves faster and works on specific areas of development in an effort to prepare the dancers for advancement. Most students will spend at least two to three years in any given level. This class includes a \$70 costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Jazz 1/1C	20540201-01	Th	Jan 05 - May 11	Studio 2	6-7pm		\$359/\$416

## TAP

### Tap 1/2 (Y)

Tap 2 will continue to explore intermediate variations of previously learned material, and begin to work on a variety of turning steps and time steps. Students will learn to count tap steps and continue to work concepts of musicality. Tap 1 will give students a basic vocabulary of tap steps and terminology. They will begin to explore music theory and the history behind steps and dances they learn in class. Through a variety of combinations they will work on principles of timing and technique.

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Tap 1/2	20540351-01	Th	Jan 05 - May 11	Studio 1	4-5pm		\$286/\$329

### Open Level Tap (12-18Y)

Open Level Tap is a class for the students ages 13-18 with little to no dance experience who is looking to begin studying tap in a more relaxed environment. Classes offered by the semester.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Open Level Tap	20550302-01	Th	Jan 05 - May 11	Studio 2	7-8pm		\$289/\$346

## HIP HOP

### Hip Hop 1 (8-10Y)

Hip Hop 1 provides boys and girls with a basic understanding of the foundational movements and concepts associated with hip hop dance. Students will learn appropriate posturing, movement, and style through center exercises and choreography.

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Hip Hop 1	20540401-01	M	Jan 09 - May 08	Studio 1	5:15-6pm		\$286/\$329

### Down with Hip Hop (10-18Y)

Class is designed to help students with Down Syndrome explore an interest in dance, music, and self-expression. The class goals include teaching rhythm, safe stretching, body awareness, building self-confidence, enhancing social skills, and having fun! Miss Denita has years of experience teaching people with different learning styles. She looks forward to bringing energy and musicality to this fun class. End of year recital performance optional.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Down with Hip Hop	20540407-01	W	Jan 04 - May 10	Studio 2	6:30-7:15pm		\$359/\$416

### Intro to Hip Hop (5-8Y)

Intro to Hip Hop is designed for young boys and girls, age 6-8, to begin the discovery of the most basic elements of hip hop such as posture and isolation in an educationally fun atmosphere.

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Intro to Hip Hop	20540440-01	M	Jan 09 - May 08	Studio 1	4-4:45pm		\$286/\$329
Intro to Hip Hop	20540440-02	W	Jan 04 - May 10	Studio 2	4:30-5:15pm		\$286/\$329

# MODERN

## Modern 1 (8-12Y)

Modern 1 introduces the basics of modern dance and encourages creative study through improvisation techniques. This class includes a \$45.00 costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Modern 1	20540501-01	M	Jan 09 - May 08	Studio 2	5:45-6:30pm		\$286/\$329

# IRISH

## Irish Step Dance Ages 4- 5 (4-6Y)

This fun beginner Irish dance class is offered to new students ages 4-5! Students will learn basic technique and traditional dances such as the Irish Jig and Reel. \*Activewear and socks or ballet slippers are to be worn for class.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Irish Step Dance Ages 4- 5	20540705-01	Th	Jan 05 - May 11	Studio 4	4-4:45pm		\$216/\$259

# CAMPS

## Mini Dance Camp (4-6.5Y)

Usher in the season with our winter themed 2 day dance camp. Participants will learn upbeat choreography to a winter themed music, play winter themed movement games and complete themed crafts! Leotard and leggings or comfortable athletic clothing and any style dance shoe or bare feet acceptable. A nut free snack will be provided. Ages 4 - 6.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Winter Wonderland Extrava-Dance-A	40539901-02	M & Tu	Dec 19 - Dec 20	Studio 2	9:30am-12:30pm		\$116/\$139

## Dance Academy Camp (5-7.4Y)

Explore the exciting world of dance! Learning dance skills and technique, developing creative and imaginative expression and working on associated arts and crafts projects will be part of each day. The camp curriculum also promotes reading and literacy by incorporating the books, drawings and imagination into daily activities.

Location: Studio 2

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Ballet and Broadway	20549902-01	M	Jan 16	Studio 2	9:30am-12:30pm		\$58/\$69
Twist and Tumble	20549902-02	M	Feb 20	Studio 2	9:30am-12:30pm		\$58/\$69

# ADULT

## Adult Tap

Adult Tap will provide a foundation in basic vocabulary of tap steps and terminology. Through a variety of combinations dancers will work on principles of timing, rhythm and technique.

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Adult Tap	20560301-01	Tu	Jan 10 - May 09	Studio 1	7-8pm		\$289/\$346

## Adult Irish Dance

Get active, make new friends, and learn how to Irish dance from the best! Students will learn a "Céilí", which is the traditional group dancing native to Ireland. This upbeat, social form of Irish dance is one of the best workouts you'll find. The class will have the option to occasionally meet at the North Shore Distillery outside of class time to show off their skills and have a fun night out! Grab a friend and sign up today!

Location: Studio 1

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Adult Irish Dance	20560804-01	W	Jan 11 - Mar 15	Studio 1	7:30-8:30pm	Veronica Lilja	\$173/\$207
Adult Irish Dance	20560804-02	W	Apr 05 - May 24	Studio 1	7:30-8:30pm	Veronica Lilja	\$139/\$166

## Adult Beginning Belly Dance

Adult Beginning Belly Dance 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 in dancing with veils.

Location: Studio 4

SESSION	CODE	DAYS	DATES	STUDIO	TIME	INSTRUCTOR	R/NR
Adult Beginning Belly Dance	20560805-01	Tu	Feb 07 - Mar 14	Studio 4	10:15-11:15am	Brenda Good-Hellwig	\$102/\$122