



LFDA
LAKE FOREST DANCE ACADEMY

**Winter & Spring
2024**



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

Early Years

Acro Dance 1 (4-4Y)

Acro Dance is different from gymnastics! Acro Dance is learned in a dance studio with mats, covering a dance floor, and doesn't use beams, bars, or vaults as part of the training. Acro Dance goals include many of the same skills as gymnastics, but skills are interwoven throughout the routine with fluidity, musicality and rhythm, and syncopation. Expression of the music, movement, character, and emotions plays a significant role, as it does with any other style of dance. Tuition includes a recital costume fee.

Location: Studio 3

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Acro Dance 1	20530301-01	Sa	Jan 13 - May 18	11:15-11:45am		\$225/\$255

Acro Dance 2 (5-6.9Y)

Acro Dance is different from gymnastics! Acro Dance is learned in a dance studio with mats, covering a dance floor, and doesn't use beams, bars, or vaults as part of the training. Acro Dance goals include many of the same skills as gymnastics, but skills are interwoven throughout the routine with fluidity, musicality and rhythm, and syncopation. Expression of the music, movement, character, and emotions plays a significant role, as it does with any other style of dance. Tuition includes a recital costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Acro Dance 2	20530302-01	Tu	Jan 16 - May 14	4:30-5:15pm		\$299/\$343

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. includes recital costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Pre-Hip Hop	20530401-01	M	Jan 15 - May 13	4:45-5:15pm		\$225/\$255

Dance Academy Pop Up Camp

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. Parents provide a nut free lunch.

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Dance Pop Up Camp	2054993-01	M	Jan 8	9:30 am – 1:30 pm		\$60/\$72
Dance Pop Up Camp	2054993-02	T	Jan 9	9:30 am – 1:30 pm		\$60/\$72

Tippy Toes Dance (3-4Y)

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. Includes a recital costume fee.

Location: Studio 1

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Tippy Toes Dance	20530501-01	M	Jan 15 - May 13	4:45-5:15pm		\$225/\$255
Tippy Toes Dance	20530501-02	Th	Jan 11 - May 16	4-4:30pm		\$225/\$255
Tippy Toes Dance	20530501-03	W	Jan 10 - May 15	10:15-10:45am		\$225/\$255
Tippy Toes Dance	20530501-04	Sa	Jan 13 - May 18	10-10:30am		\$225/\$255

Tiny Tots Dance (2-3Y)

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 3

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Tiny Tots Dance	20530601-01	Sa	Feb 03 - Mar 09	9:30-10am		\$52/\$62

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

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Dance Lunch Connection - Red	20530802-01	W	Jan 10 - May 15	11:45am-12:30pm		\$224/\$268

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. Tuition includes recital costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Ballet 1	20540101-01	W	Jan 10 - May 15	5:30-6:30pm		\$357/\$413

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 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Ballet 1C	20540111-01	Tu	Jan 16 - May 14	6:15-7:15pm		\$357/\$413

Ballet Tap Combo 4-5 years (4-6.4Y)

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 1

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Ballet Tap Combo 4-5 years	20540142-01	M	Jan 15 - May 13	4-4:45pm		\$299/\$343
Ballet Tap Combo 4-5 years	20540142-02	Tu	Jan 16 - May 14	4-4:45pm		\$299/\$343
Ballet Tap Combo 4-5 years	20540142-03	W	Jan 10 - May 15	11-11:45am		\$299/\$343
Ballet Tap Combo 4-5 years	20540142-04	W	Jan 10 - May 15	3:45-4:30pm		\$299/\$343
Ballet Tap Combo 4-5 years	20540142-05	Sa	Jan 13 - May 18	10:30-11:15am		\$299/\$343

Ballet Tap Combo 6-7yrs (6-8.3Y)

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

Location: Studio 4

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Ballet Tap Combo 6-7yrs	20540144-01	M	Jan 15 - May 13	5:30-6:30pm		\$357/\$413
Ballet Tap Combo 6-7yrs	20540144-02	W	Jan 10 - May 15	4:30-5:30pm		\$357/\$413
Ballet Tap Combo 6-7yrs	20540144-03	Th	Jan 11 - May 16	4:30-5:30pm		\$357/\$413

JAZZ

Jazz 1 (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? 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 to prepare the dancers for advancement. Most students will spend at least two to three years in any given level. This class includes a costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Jazz 1	20540201-01	Th	Jan 11 - May 16	5:30-6:30pm		\$357/\$413

Jazz 1C (9-12Y)

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. Placement is by instructor recommendation only. This class includes a \$45.00 costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Jazz 1C	20540211-01	Th	Jan 11 - May 16	6:30-7:30pm		\$357/\$413

TAP

Tap 1 (Y)

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. Includes recital costume fee.

Location: Studio 1

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Tap 1	20540351-01	Th	Jan 11 - May 16	4-5pm		\$357/\$413

IRISH

Irish Step Dance Ages 3- 6 (4-6Y)

Learn to Irish dance in time for St. Patrick's Day! This fun beginner Irish dance class is offered to new students ages 3-6! Students will learn basic technique and traditional dances such as the Irish Jig and Reel. Perform in a special performance for St. Patrick's Day. *Activewear and socks or ballet slippers are to be worn for class.

Location: Studio 4

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Irish Step Dance Ages 3-6	20540705-01	Tu	Jan 16 - Mar 05	4-4:45pm		\$105/\$125

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. Tuition includes recital costume fee.

Location: Studio 1

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Hip Hop 1	20540401-01	M	Jan 15 - May 13	5:15-6pm		\$299/\$343
Hip Hop 1	20540401-02	M	Jan 15 - May 13	6:45-7:30pm		\$299/\$343

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. End of year recital performance optional.

Location: Studio 1

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Down with Hip Hop	20540407-01	M	Jan 15 - May 13	6-6:45pm		\$299/\$343

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. Tuition includes recital costume fee.

Location: Studio 3

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Intro to Hip Hop	20540440-01	M	Jan 15 - May 13	4-4:45pm		\$299/\$343

MODERN

Modern 1 (8-12Y)

Modern 1 introduces the basics of modern dance and encourages creative study through improvisation techniques. Tuition includes recital costume fee.

Location: Studio 2

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Modern 1	20540501-01	Tu	Jan 16 - May 14	5:30-6:15pm		\$299/\$343

ADULT CLASSES

Adult Intermediate Ballet (Y)

For Adults ages 18 - 60 years old with previous ballet experience.

Location: Studio 3

SESSION	CODE	DAYS	DATES	TIME	INSTRUCTOR	R/NR
Adult Intermediate Ballet	20560102-01	M	Jan 08 - Mar 11	10-11:15am		\$200/\$240
Adult Intermediate Ballet	20560102-02	Th	Jan 11 - Mar 14	10-11:15am		\$200/\$240

Adult Beginning Tap (Y)

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	TIME	INSTRUCTOR	R/NR
Adult Beginning Tap	20560301-01	Th	Jan 11 - May 16	6:45-7:30pm		\$282/\$338

Adult Intermediate Tap (18-70Y)

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	TIME	INSTRUCTOR	R/NR
Adult Intermediate Tap	20560302-01	Tu	Jan 16 - May 14	7-8pm		\$282/\$338

Adult Irish Dance (Y)

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	TIME	INSTRUCTOR	R/NR
Adult Irish Dance	20560804-01	W	Apr 3 - May 22	7:30-8:30pm	Veronica Lilja	\$173/\$207