

# Summer Dance Classes & Camps 2022



The Lake Forest Dance Academy is proud to celebrate 46 years of providing quality dance programs for all ages! We offer a variety of classes including Ballet, Jazz, Tap, Modern, and Hip Hop. 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.

## ACADEMY DATES TO REMEMBER:

- **COMPANY CONCERT "PASSION TO DANCE":**  
Sat, March 12, 2022
- **MANDATORY RECITAL REHEARSALS (DURING CLASS TIMES):**  
Mon, May 9 - Sat, May 14, 2022
- **SPRING BREAK (NO CLASSES):**  
Wed, March 16 - Sat, March 26, 2022
- **SPRING RECITAL:**  
Sun, May 15, 2022
- **RECITAL PHOTO DAY:**  
Sun, May 1, 2022

## Tap

**TAP (6Y+):** dance involves manipulation of the feet to create sounds and spell out rhythms. Our classes progress from basic technique and traditional forms to more complex polyrhythmic movement and choreography. Emphasis is placed on musicality and precision of sound. Improvisational skills and Tap history are incorporated into our syllabus as well. Skills and combinations will be taught to the appropriate levels.

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Tap 1/2	30540301-01	Tu	Jun 14 - Jun 28	5:30 pm - 6:30 pm	2	Jenna Jozefowski	\$57/\$68
Tap 1/2	30540301-02	Tu	Jul 12 - Jul 26	5:30 pm - 6:30 pm	2	Jenna Jozefowski	\$57/\$68
Tap 3/4/5	30540303-01	Tu	Jun 14 - Jun 28	7:15 pm - 8:15 pm	2	Jenna Jozefowski	\$57/\$68
Tap 3/4/5	30540303-02	Tu	Jul 12 - Jul 26	7:15 pm - 8:15 pm	2	Jenna Jozefowski	\$57/\$68
Adult Tap	30560301-01	Tu	Jun 14 - Jun 28	8:15 pm - 9:15 pm	2	Jenna Jozefowski	\$57/\$68
Adult Tap	30560301-01	Tu	Jul 12 - Jul 26	8:15 pm - 9:15 pm	2	Jenna Jozefowski	\$57/\$68

# Dance

## Ballet

**BALLET TAP COMBO (5-6Y):** provides a technical foundation for the beginning ballet and tap dancer.

**BEGINNING BALLET (6Y+):** covers the basic fundamentals of classical ballet and is a good beginning level for the 6 year old and up. Balanced exercises at the barre and center are introduced to gain strength, good posture, placement and discipline. Introduction to French terminology (ballet steps and their meanings), correct body alignment and proper technique are emphasized as well as introduction to turns (spotting exercises) and free movements (leaps, skips and jumps across the floor).

**BALLET 2/3:** will include work suitable for all intermediate ballet students. Recommended for LFDA students previously enrolled in Ballet 2-3.

**BALLET 3/3C:** will include work suitable for all intermediate ballet students. Recommended for LFDA students previously enrolled in Ballet 3-3C.

**BALLET 4/5:** will include Variations and work appropriate for the advanced ballet dancer. Pointe work will be included. Recommended for LFDA students previously enrolled in Ballet 4-5.

**POINTE CONDITIONING/PRE POINTE:** this is a pre-pointe, beginning pointe class.

**POINTE 1/2:** class designed for the serious student who has been approved for pointe work by LFDA.

**CECCHETTI! FROM STUDIO TO STAGE:** our Cecchetti Ballet classes give dancers a firm foundation in the classical ballet technique founded by Enrico Cecchetti including essential ballet terminology and theory. Enrollment for this workshop is open to all dancers. No previous Cecchetti training required.

**PROGRESSING BALLET TECHNIQUE:** Progressing Ballet Technique classes are designed for students to understand the depth of training muscle memory in achieving their personal best in dance. Through different exercises, students will be able to obtain a better understanding of stability, weight placement, and alignment of the body. This technique explores safe dance training to prevent injury and correcting faults. Students will be able to take what they have learned from each exercise and implement them in the dance studio with their turns, jumps and extensions.

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Ballet Tap Combo	30540142-02	Th	Jun 16 - Jun 30	4:30 pm - 5:15 pm	2	Aimee Russon	\$43/\$52
Ballet Tap Combo	30540142-03	Th	Jul 14 - Jul 28	4:30 pm - 5:15 pm	2	Aimee Russon	\$43/\$52
Beginning Ballet	30540101-01	W	Jun 15 - Jun 29	5:30 pm - 6:30 pm	4	Lizzy Rausch	\$57/\$68
Beginning Ballet	30540101-02	W	Jul 13 - Jul 27	5:30 pm - 6:30 pm	4	Lizzy Rausch	\$57/\$68
Ballet 2/3	30540104-01	W	Jun 15 - Jun 29	7:00 pm - 8:15 pm	4	Lizzy Rausch	\$72/\$86
Ballet 2/3	30540104-02	W	Jul 13 - Jul 27	7:00 pm - 8:15 pm	4	Lizzy Rausch	\$72/\$86
Ballet 3/3C	30540102-01	M	Jun 13 - Jun 27	5:30 pm - 6:45 pm	4	Laura Biernacki	\$72/\$86
Ballet 3/3C	30540102-02	M	Jul 11 - Jul 25	5:30 pm - 6:45 pm	4	Laura Biernacki	\$72/\$86
Ballet 4/5	30550104-01	Th	Jun 16 - Jun 30	6:30 pm - 8:00 pm	3	Hilliary Vaccarello	\$86/\$103
Ballet 4/5	30550104-02	Th	Jul 14 - Jul 28	6:30 pm - 8:00 pm	3	Hilliary Vaccarello	\$86/\$103
Pointe Cond/Pre Pointe	30540121-01	M	Jun 13 - Jun 27	6:45 pm - 7:15 pm	4	Laura Biernacki	\$43/\$52
Pointe Cond/Pre Pointe	30540121-02	M	Jul 11 - Jul 25	6:45 pm - 7:15 pm	4	Laura Biernacki	\$43/\$52
Pointe 1/2	30550105-01	Th	Jun 16 - Jun 30	8:00 pm - 8:45 pm	3	Hilliary Vaccarello	\$43/\$52
Pointe 1/2	30550105-02	Th	Jul 14 - Jul 28	8:00 pm - 8:45 pm	3	Hilliary Vaccarello	\$43/\$52
Cecchetti	30540199-01	W	Jun 15 - Jun 29	4:00 pm - 5:30 pm	4	Lizzy Rausch	\$86/\$103
Cecchetti	30540199-02	W	Jul 13 - Jul 27	4:00 pm - 5:30 pm	4	Lizzy Rausch	\$86/\$103
Prog. Ballet Technique	30540808-01	Th	Jun 16 - Jun 30	4:30 pm - 5:30 pm	3	Hilliary Vaccarello	\$57/\$68
Prog. Ballet Technique	30540808-02	Th	Jul 14 - Jul 28	4:30 pm - 5:30 pm	3	Hilliary Vaccarello	\$57/\$68

## Modern

**MODERN (10Y+):** Modern Dance is the exploration of the basic elements of dance: time, space, energy, relationships and the coordination of our bodies. Curriculum will be taught at the appropriate levels.

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Modern 2/3	30540503-01	W	Jun 15 - Jun 29	5:30 pm - 7:00 pm	3	Ashley Deran	\$86/\$103
Modern 4/5	30540504-01	W	Jun 15 - Jun 29	7:00 pm - 8:30 pm	3	Ashley Deran	\$86/\$103

# Summer Dance Classes & Camps 2022



## Jazz

**JAZZ CLASSES (6Y+):** Class will include a warm-up, stretching, technique exercises and center work using combinations of a rhythmic and percussive nature. Skills and combinations will be taught to the appropriate levels.

**JAZZ JUMPS & TURNS (12Y+):** will focus on the conditioning and technical elements needed to improve these key aspects of dance. This class is perfect for dancers who participate in their school dance team. Recommended for dancers ages 12 and up with previous dance experience.

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Jazz 2/3	30540202-01	Tu	Jun 14 - Jun 28	7:00 pm - 8:30 pm	3	Julianna Hom	\$86/\$103
Jazz 2/3	30540202-02	Tu	Jul 12 - Jul 26	7:00 pm - 8:30 pm	3	Julianna Hom	\$86/\$103
Jazz 4/5	30540203-01	Tu	Jun 14 - Jun 28	5:30 pm - 7:00 pm	3	Julianna Hom	\$86/\$103
Jazz 4/5	30540203-02	Tu	Jul 12 - Jul 26	5:30 pm - 7:00 pm	3	Julianna Hom	\$86/\$103
Open Level Jazz	30550201-01	Th	Jun 16 - Jun 30	5:30 pm - 6:30 pm	2	Aimee Russon	\$57/\$68
Open Level Jazz	30550201-02	Th	Jul 14 - Jul 28	5:30 pm - 6:30 pm	2	Aimee Russon	\$57/\$68
Jazz Jumps & Turns 2/3	30540222-01	Th	Jun 16 - Jun 30	5:30 pm - 6:30 pm	3	Hilliary Vaccarello	\$57/\$68
Jazz Jumps & Turns 2/3	30540222-02	Th	Jul 14 - Jul 28	5:30 pm - 6:30 pm	3	Hilliary Vaccarello	\$57/\$68

## Irish Step Dance

**BEGINNER IRISH DANCE (4-8Y):** Beginner Irish dance is offered to students who are taking Irish dance for the first time! Dancers will learn basic skills and beginner dances such as the traditional Irish Jig. (Dancers are not required to purchase shoes or socks yet).

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Irish Step Dance (4-5Y)	30540702-01	Tu	Jun 14 - Jun 28	4:00 pm - 4:30 pm	3	Veronica Lilja	\$29/\$35
Irish Step Dance (4-5Y)	30540702-02	Tu	Jul 12 - Jul 26	4:00 pm - 4:30 pm	3	Veronica Lilja	\$29/\$35
Irish Step Dance (6-8Y)	30540703-01	Tu	Jun 14 - Jun 28	4:30 pm - 5:15 pm	3	Veronica Lilja	\$43/\$52
Irish Step Dance (6-8Y)	30540703-02	Tu	Jul 12 - Jul 26	4:30 pm - 5:15 pm	3	Veronica Lilja	\$43/\$52

## Lyrical

**LYRICAL (10Y+):** Lyrical dance is a style that combines ballet, jazz, and modern dancing techniques. Student must be dancing at a ballet, jazz or modern level 2 or 3.

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Lyrical 2/3	30540810-01	Th	Jun 16 - Jun 30	6:30 pm - 8:00 pm	2	Aimee Russon	\$86/\$103
Lyrical 2/3	30540810-02	Th	Jul 14 - Jul 28	6:30 pm - 8:00 pm	2	Aimee Russon	\$86/\$103

## Performance Companies

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.

**Summer session is open to 2022-2023 members only! \*No rehearsal held July 4-8.**

CLASS	CODE	DAY	DATES	TIME	STUDIO	INSTRUCTOR	R/NR
Euphony Tap Ensemble	30540802-01	Tu	Jun 14 - Jul 26	4:15 pm - 5:30 pm	2	Jenna Jozefowski	\$243
Prelude Dance Theatre Sr.	30540801-01	M	Jun 13 - Jul 25	5:30 pm - 7:00 pm	3	Valerie Gonzalez	\$271
Prelude Dance Theatre Int.	30540801-02	M	Jun 13 - Jul 25	7:15 pm - 8:45 pm	3	Valerie Gonzalez	\$271
Prelude Dance Theatre Jr.	30540801-03	M	Jun 13 - Jul 25	4:00 pm - 5:30 pm	3	Valerie Gonzalez	\$271
Prelude Dance Theatre Trainee	30540801-04	M	Jun 13 - Jul 25	4:15 pm - 5:30 pm	4	Laura Biernacki	\$243





# Dance & Creative Camps

## DANCE ACADEMY CAMPS (3-8Y)

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. A nut free snack will be provided.

**Location:** Studio 2, Lake Forest Recreation Center  
**Instructor:** LFDA Staff  
**Contact:** Valerie Gonzalez, Program Supervisor, GonzaleV@cityoflakeforest.com or 847.810.3948

**PUPPY PAWTY! (3-4Y):** Who's ready to PAWty? Is your little one in love with Paw Patrol or Secret Life of Pets? Then join us for this week long dance camp PAWty for dancing, games, crafts and camp fun!

**MAGICAL MERMAIDS (3-4Y):** An exciting dance camp adventure under the sea! Dancers will dance and leap across the sea as mermaids in this sparkling summer camp.

**PRINCESS PALOOZA (4-6Y):** An enchanting dance camp themed around your favorite princesses! There will be games, dancing, and stories about a different princess each day!

**ROCK 'N TROLL (4-7Y):** Throw your hair in the air at this high energy camp! A variety of dance styles will be introduced so you can boogie like Branch or prance like Poppy. It will be the best week ever packed with friends, dance, games, and crafts! Informal performance on the last day of camp.

**MOVIE MASHUP (6-8Y):** Campers will explore some favorite movie musicals like The Greatest Showman, Newsies, Grease and Mary Poppins while learning different dance styles such as musical theater, ballet, jazz, and hip hop!

SESSION	AGE	CODE	DAYS	DATES	TIME	R/NR
Puppy Pawty!	3-4Y	30539901-01	M-Th	Jun 13 - Jun 16	9:30 am - 12:30 pm	\$229/\$275
Magical Mermaids	3-4Y	30539901-02	M-Th	Jun 27 - Jun 30	9:30 am - 12:30 pm	\$229/\$275
Princess Palooza	4-6Y	30539902-01	M-Th	Jun 20 - Jun 23	9:30 am - 12:30 pm	\$229/\$275
Rock 'N Troll	4-7Y	30549963-02	M-Th	Jul 25 - Jul 28	9:30 am - 12:30 pm	\$229/\$275
Movie Mashup	6-8Y	30549963-01	M-Th	Jun 13 - Jun 16	1:00 pm - 3:30 pm	\$191/\$229

## YOUTH WHEEL CAMP (10-13Y)

This week long wheel camp is for children who are interested in learning about the potter's wheel and developing the skills required in wheel throwing. Wheel Campers will learn to spin the wheel, making bowls, mugs and plates. No experience is necessary to take part in this one of a kind camp opportunity. Children will need to return for their projects.

**Location:** Studio 3, Stirling Art Center  
**Instructor:** Karen Avery  
**Contact:** John Eldridge, Program Manager, EldridgJ@cityoflakeforest.com or 847.810.3940  
**Notes:** Please bring a peanut-free lunch each day of camp.

CODE	DAYS	DATES	TIME	R/NR
30440106-01	M-F	Aug 8 - Aug 12	9:00 am - 1:00 pm	\$440/\$529

