



# LFD A

LAKE FOREST DANCE ACADEMY

## Winter & Spring 2025



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 (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

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Acro Dance 1   | 20530301-01 | W           | Jan 08 - May 07 | 4-4:30pm    | \$216/\$244            |

## Acro Dance 2 (5-6Y)

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 4

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Acro Dance 2   | 20530302-01 | Tu          | Jan 07 - May 06 | 6-6:45pm    | \$286/\$328            |

## 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

| <b>SESSION</b>  | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|-----------------|-------------|-------------|-----------------|-------------|------------------------|
| Tiny Tots Dance | 20530601-01 | Sa          | Feb 01 - Mar 08 | 9:30-10am   | \$53/\$64              |

## 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 4

| <b>SESSION</b>   | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b>      | <b>INSTRUCTORR/NR</b> |
|------------------|-------------|-------------|-----------------|------------------|-----------------------|
| Tippy Toes Dance | 20530501-01 | M           | Jan 06 - May 05 | 4:15-4:45pm      | \$216/\$244           |
| Tippy Toes Dance | 20530501-02 | Tu          | Jan 07 - May 06 | 11:30am-<br>12pm | \$216/\$244           |
| Tippy Toes Dance | 20530501-03 | Th          | Jan 09 - May 08 | 4:45-5:15pm      | \$216/\$244           |
| Tippy Toes Dance | 20530501-04 | Sa          | Jan 11 - May 03 | 10-10:30am       | \$216/\$244           |

## Dance Lunch Connection – Red Class

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>TIME</b>         | <b>INSTRUCTOR R/NR</b> |
|---------------------------------|-------------|-------------|-----------------|---------------------|------------------------|
| Dance Lunch<br>Connection - Red | 20530802-01 | W           | Jan 08 - May 07 | 11:45am-<br>12:30pm | \$211/\$253            |

## 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 4

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Ballet 1       | 20540101-01 | Th          | Jan 09 - May 08 | 4:30-5:30pm | \$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 recital costume fee.

Location: Studio 4

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Ballet 1C      | 20540111-01 | Th          | Jan 09 - May 08 | 7:15-8:15pm | \$357/\$413            |

## Ballet Tap Combo 4-5 years

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. Tuition includes recital costume fee.

Location: Studio 1

| <b>SESSION</b>             | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b>   | <b>INSTRUCTOR R/NR</b> |
|----------------------------|-------------|-------------|-----------------|---------------|------------------------|
| Ballet Tap Combo 4-5 years | 20540142-01 | Tu          | Jan 07 - May 06 | 4-4:45pm      | \$286/\$328            |
| Ballet Tap Combo 4-5 years | 20540142-02 | W           | Jan 08 - May 07 | 11-11:45am    | \$286/\$328            |
| Ballet Tap Combo 4-5 years | 20540142-03 | Th          | Jan 09 - May 08 | 4-4:45pm      | \$286/\$328            |
| Ballet Tap Combo 4-5 years | 20540142-04 | Sa          | Jan 11 - May 03 | 10:30-11:15am | \$286/\$328            |

## Ballet Tap Combo 6-7yrs

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

Location: Studio 4

| <b>SESSION</b>          | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|-------------------------|-------------|-------------|-----------------|-------------|------------------------|
| Ballet Tap Combo 6-7yrs | 20540144-01 | Tu          | Jan 07 - May 06 | 5-6pm       | \$357/\$413            |
| Ballet Tap Combo 6-7yrs | 20540144-02 | Th          | Jan 09 - May 08 | 5:15-6:15pm | \$357/\$413            |

# 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? 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 recital costume fee.

Location: Studio 1

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Jazz 1         | 20540201-01 | M           | Jan 06 - May 05 | 5:45-6:45pm | \$357/\$413            |

# Tap

## Tap 1

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

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b>      | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|------------------|------------------------|
| Tap 1          | 20540351-01 | Tu          | Jan 07 - May 06 | 4:45- 5:30<br>pm | \$286/\$328            |

# Hip Hop

## Pre Hip Hop (4-6 Y)

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

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Pre Hip Hop    | 20530401-01 | M           | Jan 06 - May 05 | 4:45-5:15pm | \$216/\$244            |

## 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 2

| <b>SESSION</b>   | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|------------------|-------------|-------------|-----------------|-------------|------------------------|
| Intro to Hip Hop | 20540440-01 | M           | Jan 06 - May 05 | 4-4:45pm    | \$286/\$328            |

## 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 4

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Hip Hop 1      | 20540401-01 | M           | Jan 06 - May 05 | 4:45-5:30pm | \$286/\$328            |

## 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 4

| <b>SESSION</b>    | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|-------------------|-------------|-------------|-----------------|-------------|------------------------|
| Down with Hip Hop | 20540407-01 | M           | Jan 06 - May 05 | 7:45-8:30pm | \$286/\$328            |

## Modern

### Modern 1 (8-10Y)

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

Location: Studio 3

| <b>SESSION</b> | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR R/NR</b> |
|----------------|-------------|-------------|-----------------|-------------|------------------------|
| Modern 1       | 20540501-01 | W           | Jan 08 - May 07 | 4:30-5:15pm | \$286/\$328            |

# Adult

## Adult Beginning 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

| <b>SESSION</b>      | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR</b> | <b>R/NR</b> |
|---------------------|-------------|-------------|-----------------|-------------|-------------------|-------------|
| Adult Beginning Tap | 20560301-01 | Tu          | Jan 07 - May 06 | 5:30-6:30pm |                   | \$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

| <b>SESSION</b>         | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR</b> | <b>R/NR</b> |
|------------------------|-------------|-------------|-----------------|-------------|-------------------|-------------|
| Adult Intermediate Tap | 20560302-01 | Th          | Jan 09 - May 08 | 6:30-7:30pm |                   | \$282/\$338 |

## 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

| <b>SESSION</b>    | <b>CODE</b> | <b>DAYS</b> | <b>DATES</b>    | <b>TIME</b> | <b>INSTRUCTOR</b> | <b>R/NR</b> |
|-------------------|-------------|-------------|-----------------|-------------|-------------------|-------------|
| Adult Irish Dance | 20560804-01 | W           | Jan 08 - Feb 26 | 7:30-8:30pm | Veronica Lilja    | \$141/\$169 |
| Adult Irish Dance | 20560804-02 | W           | Apr 02 - May 21 | 7:30-8:30pm | Veronica Lilja    | \$141/\$169 |