

Limited Spaces available for some classes.

Frankfort "On Pointe" Dance Program

Founders Community Center
Dance Studio
140 Oak Street
(815) 469-9400
www.frankfortparks.org



Summer 2023

Summer is a wonderful time to work on your dance moves or try a new class to get ready for the fall session. This is a progressive program open to boys and girls ages 3 years and older. Students will be divided according to experience level in the following classes.

Little Stars: This is a gentle introductory class that includes learning to move to music and developing motor and listening skills in a fun, creative environment.

Pre-Ballet: This beginner class introduces basic ballet technique through fun movement while focusing on coordination skills and self-expression.

Ballet/Lyrical: This class combines ballet barre work, ballet technique and stretching, while also focusing on moving to music with lyrics that inspires expression of the emotions, we feel from the words used in songs.

Jazz/Hip Hop: Emphasis is on the importance of energy, rhythm, creativity and style in this class. We will focus on both classic jazz, hip hop movements, as well as some dance history for both styles.

Leaps & Turns: This class is designed to give more time and concentration on turning and leaping. In this class, the basic beginning turns will be worked on and then will move to the harder turns. Leaps and Turns classes focus on the most basic of turns (chaîne, pique, pirouette) and variations of all of the above. Ballet – Leaps and Turns also progresses from basic leaps and jumps. The student's goal is to execute a series of complicated turn and leap patterns technically correct and safely.

Please request an information sheet regarding dance attire and shoe purchase at time of registration.

Instructors: "Ms. Kristen" Bruns & "Ms. Bella" Roesing

Location: Founders Community Center Dance Studio

Fee: 30-minute class - \$40/NR \$45
45-minute class - \$49/NR \$54

Day/Dates: Wednesday / July 12 - August 2
Thursday / July 13 - August 3

Fall Dance Program

The Frankfort Park District's Dance program is a progressive program open to participants ages 3 years and older.

The Fall session is a 10-week program that will include some of the regular classes including Little Stars, Pre-Ballet, Ballet, Tap, Jazz, Ballet/Tap Fusion and Pointe along with some new and exciting options.

Classes will begin in September of 2023. Look for more information on our program in the Fall brochure and social media.

Days	Class	Age	Time	Cost	Min/Max
Wednesday	Leaps & Turns 2/3	10 - 18 years	4:30 - 5:00 pm	\$40/\$45	5/12
Wednesday	Ballet/Lyrical 2/3	10 - 18 years	5:00 - 5:45 pm	\$49/\$54	5/12
Wednesday	Jazz/Hip Hop 2/3	10 - 18 years	5:45 - 6:30 pm	\$49/\$54	5/12
Thursday	Little Stars AM	3 - 4 years	9:30 - 10:00 pm	\$40/\$45	5/12
Thursday	Little Stars PM	3 - 4 years	3:30 - 4:00 pm	\$40/\$45	5/12
Thursday	Pre-Ballet	5 - 6 years	4:15 - 4:45 pm	\$40/\$45	5/12
Thursday	Ballet/Lyrical 1	7 - 9 years	5:00 - 5:45 pm	\$49/\$54	5/12
Thursday	Jazz/Hip Hop 1	7 - 9 years	5:45 - 6:30 pm	\$49/\$54	5/12