

# Frankfort "On Pointe" Dance Program

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



## Fall 2023

The On-Pointe Dance program 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/Tap/Jazz Combo:** A combination of ballet, tap and jazz. This combination class will build on foundational skills of ballet, the styles of tap and upbeat fast paced movement of jazz to help with coordination, flexibility, and musicality. Fun dance routines and up to date music makes kids excited to come back week to week.

**Ballet I:** More advanced stretching and strengthening exercises are given, barre work is introduced with a greater emphasis on vocabulary and French terminology.

**Ballet II and III:** This is more advanced stretching and strengthening exercises, barre work is continued with a greater emphasis on vocabulary, musicality, balance and coordination, as well as French terminology.

**Tap:** This dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

**Jazz:** Emphasis is on the importance of energy, rhythmical accuracy, and style. Each level of jazz is a continuation of the previous level and increases in difficulty.

**Lyrical III:** In this class we will combine techniques learned in ballet and jazz to create movements performed to music with lyrics. This is a great way to inspire movement & expression of emotions based on the dancer's interpretation of the music.

**Jazz/Hip Hop III:** Emphasis on popping, locking, and other hip-hop movements that are utilized in only Hip-Hop dance. Must be 13 and older for this class.

**Dance Troupe:** In order to enroll in this class, you must also be in Jazz 1, 2, or 3 and Ballet 1, 2, or 3 for the Dance Troupe program. We have three different age levels for competition. Petite, Junior, and Senior groups. Age decides what group you are in. Troupe does local dance competitions during the year (a final number has not been decided on). This class also has a strict attendance policy, and you must attend all classes. If you miss 2 or more classes, you will be dropped from the Dance Troupe.

**Attendance is a MUST.**

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

**Instructor:** Ms. Kristen Bruns & Ms. Jill Rector  
**Location:** Founders Community Center Dance Studio  
**Fee:** 30-minute class - \$89/NR \$94  
45-minute class - \$114/NR \$119  
60-minute class - \$129/NR \$134  
**Session I:** Monday / September 18 - November 27  
(No Class November 20)  
Wednesday / September 20 - November 29  
(No Class November 22)  
Thursday / September 21 - November 30  
(No Class November 23)

**PLEASE NOTE: SESSION II - DATES TBA**  
**Registration for Session II will begin December 4 (Residents) & December 11 (Non-Residents)\***  
**\*Students enrolled in Session I will have priority registration for Session II.**

Days	Class	Age	Time	Cost	Min/Max
Monday	Little Stars	3-4 years	4:00-4:30 pm	\$89/\$94	5/12
Monday	Pre-Ballet	4-5 years	4:40-5:10 pm	\$89/\$94	5/12
Monday	Ballet I	7-9 years	5:15-6:00 pm	\$114/\$119	5/12
Monday	Jazz I	7-9 years	6:00-6:45 pm	\$114/\$119	5/12
Monday	Tap III	13-18 years	6:30-7:15 pm	\$114/\$119	5/12
Monday	Tap I	7-9 years old	6:45-7:15 pm	\$114/\$119	5/12
Monday	Dance Troupe	Invite Only	7:15-8:45 pm	\$129/\$134	5/12
Wednesday	Little Stars	3-4 years	9:30-10:00 am	\$89/\$94	5/12
Wednesday	Ballet/Tap/Jazz Combo	5-6 years	4:00-5:00 pm	\$129/\$134	5/12
Wednesday	Ballet II	10-12 years	5:00-6:00 pm	\$129/\$134	5/12
Wednesday	Jazz II	10-12 years	6:00-6:45 pm	\$114/\$119	5/12
Wednesday	Tap II	10-12 years	6:45-7:30 pm	\$114/\$119	5/12
Thursday	Pre-Ballet	4-5 years	9:30-10:00 am	\$89/\$94	5/12
Thursday	Ballet III	13-18 years	4:30-5:30 pm	\$129/\$134	5/12
Thursday	Lyrical III	13-18 years	5:30-6:30 pm	\$129/\$134	5/12
Thursday	Jazz/Hip Hop III	13-18 years	6:30-7:30 pm	\$129/\$134	5/12

**\*\*To be part of the Dance Troupe you must be registered for both Ballet 1 and Jazz 1, Ballet 2 and Jazz 2, or Ballet 3 and Jazz 3 classes.**

