

# Frankfort "On Pointe" Dance Program

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



## Winter/Spring 2024

The On-Pointe Dance program is a progressive program open to children 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 techniques 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 the 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, and barre work is introduced with a greater emphasis on vocabulary and French terminology.

**Ballet II/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 II/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 II/III:** Emphasis on popping, locking, and other hip-hop movements that are utilized in only Hip-Hop dance. Must be 10 and older for this class.

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

**Instructors:** Ms. Kristen Bruns & Ms. Jill Rector

**Location:** Founders Community Center Dance Studio

**Session I:** Monday / January 22 - May 6

(No Class March 25)

Wednesday / January 24 - May 8

(No Class March 27)

\*Wednesday / January 17 - May 8

(No Class March 20, 27 & April 17)

Thursday / January 25 - May 9

(No Class March 28)

## Dance Recital

This recital presentation will be held on May 19 at Lincoln-Way East High School. Family and friends are invited to view this Recital performance by our talented On Pointe dance students.

\*\*\*An additional costume fee & recital fee will be incurred for the recital.



Day	Class	Age	Time	Cost	Min/Max
Monday	Little Stars	3-4 years	4:00-4:30 pm	\$125/\$130	5/12
Monday	Pre-Ballet - FULL	4-5 years	4:40-5:10 pm	\$125/\$130	5/12
Monday	Ballet I	7-9 years	5:15-6:00 pm	\$155/\$160	5/12
Monday	Jazz I - FULL	7-9 years	6:00-6:45 pm	\$155/\$160	5/12
Monday	Tap I - FULL	7-9 years	6:45-7:15 pm	\$125/\$130	5/12
Wednesday	Little Stars	3-4 years	9:30-10:00 am	\$125/\$130	5/12
*Wednesday	Ballet/Tap/Jazz Combo	5-6 years	4:00-5:00 pm	\$156/\$161	5/12
*Wednesday	Pre-Ballet	4-5 years	5:10-5:40 pm	\$116/\$121	5/12
Thursday	Ballet II/III	10-18 years	4:30-5:30 pm	\$167/\$172	5/12
Thursday	Lyrical II/III	10-18 years	5:30-6:30 pm	\$167/\$172	5/12
Thursday	Jazz/Hip Hop II/III	10-18 years	6:30-7:30 pm	\$167/\$172	5/12
<b>PLEASE NOTE:</b>					
Priority registration was given to students enrolled in Session I (Fall). Registration was then open to the public on December 4 for Residents and December 11 for Non-Residents. Some classes may be FULL.					