



Parent & Dancer Handbook
Spring 2024

GET IN TOUCH WITH US

At Inspiration Dance Studio, we feel it is important to receive both positive and constructive feedback to ensure we are always growing and getting better.

If you have any questions, comments or concerns, we highly encourage you to contact the Program Manager or Company Director. Both individuals have an open door policy and would be happy to have a conversation.

- Program Manager
 - Eric Barge
 - 847-639-6100 x 105
 - ebarge@carypark.com
- Company Director
 - Chrissy Rossi
 - Dancepiration17@gmail.com

CLASS LOCATIONS

Classes will be held in one of our two facilities

- Community Center (CC)
 - 255 Briargate Road
 - Cary IL, 60013
- Sunburst Bay Aquatic Center (SBAC)
 - 1201 First Street
 - Cary IL, 60013

WELCOME TO INSPIRATION DANCE STUDIO (IDS) at the Cary Park District

We are so excited you are joining us for the upcoming dance season. This season is sure to be an exciting time for everyone involved. Over the next few months, these dancers will not only gain amazing instruction in their class, but will be given the opportunity to learn life lessons that will set them up for success for years to come. Please take a minute to read through the information in this manual so our dance family at IDS can have an amazing season together!

Why Us?

- Highly trained dance staff
- Not a full year commitment
- Two separate recital seasons (Fall & Spring)
- Ability to try classes at no cost
- Multi-Class discounts
- Payment plan available
- No membership fee
- Opportunities for Company & competition
- Summer classes and camps



OUR PHILOSOPHY

At IDS, our goal is to provide every child and young adult an opportunity to grow both personally and in the world of dance through life lessons, skill and technical training, in a family atmosphere. **We Aspire to Inspire** our dancers to know and understand that IDS is a place to make memories for a lifetime, build confidence, experience new challenges, and overcome them together.



We dance to inspire.

We train to strengthen our technique.

We perform to tell a story.

We work together to achieve our goals and dreams.

WHAT WE OFFER

IDS offers a wide variety of opportunities for dancers of all ages and skill levels each season. Offered styles include Ballet, Broadway, Lyrical, Hip-Hop, Jazz, Tap and Pointe, and Music & Movement. Each style has different levels allowing the dancers to grow, learn, and continue to be challenged throughout the years. Classes are offered for children 18 months of age and up!

IDS also offers opportunities for youth with special needs to participate in both dance and workout classes. Classes designed for youth with special needs will be incorporated into the recitals.

Opportunities for future growth and experiences is very important to us at IDS. Other options for dance include our Company Troup and Competition Team.



PROGRAM REGISTRATION INFORMATION

Registration dates for spring programs are as follows

- Cary Park District Resident – **December 4, 2023**
- Non – Resident - **December 11, 2023**

The spring dance season will begin the week of **January 8, 2024**

MULTI-CLASS DISCOUNT

The first class registered for will be charged at full price. Any additional class will receive a 15% discount.

COSTUME FEE

Recital costume fees will be built into the registration fee and able to be added to the payment plan option. Jazz/Hip Hop classes will have two performances during the spring recital and be charged for two costumes. Costume fee added to each class is listed below:

5 & Under Classes (\$50) **6-10 year olds** (\$60) **11+ year olds** (\$70)



PAYMENT PLAN OPTIONS

We understand that dance can be an expensive activity. We strive to provide the most affordable program possible and allow families to break up the registration costs throughout the season. Your total 2024 spring season program cost can be broken up into 5 monthly payments. Payment dates are as follows:

Payment #1 – January 7
Payment #2 – February 1
Payment #3 – March 1
Payment #4 – April 1
Payment #5 – May 1

REFUND POLICY

We understand that things change and a withdrawal or refund may be needed. Refunds are given in conjunction with the payment plan previously outlined. Cary Park District needs to be notified before the 1st of each month in order to receive a refund for the upcoming classes. **Example:** If you realize after February 1st that you would like to withdraw from the program, only the classes taking place after March 1st will be refunded. If a refund is requested after the costume order has been placed, you will be responsible for that fee.



SKILL PLACEMENT

In order for all dancers to gain the most out of each class, instructors may recommend a higher or lower level class. Pointe classes will be placement by instructor only. Please contact the Park District for more information.

CHILD ILLNESS

If your child is sick, has a fever, or is contagious, we ask that you refrain from bringing them to class to avoid exposing other participants. In the case of severe illnesses, please notify the Program Manager immediately.



CLASS MINIMUMS

All classes have a minimum number of participants that are needed in order for them to run. If classes do not meet that minimum after the 2nd full week of the session, that class may be cancelled. Instructors will work with dancers and parents to find a different class that meets the skill and desire of those individuals.

PROGRAM ADD-ONS

Throughout the program, additional purchase opportunities such as photographs, videos, flowers, and studio apparel may become available. It is NOT required to participate but intended to enhance the program for those that choose to participate.

BRING A FRIEND WEEKS

During the first two weeks of the spring season, a registered participant may bring a friend(s) to any class they are registered for to see if it would be something of interest for them. Please notify the teacher or the Program Manager before so they can plan accordingly. A liability waiver will need to be signed by the parent of the attending friend.

CANCELED CLASSES

There will be times where classes need to be canceled for a variety of reasons (illness, weather, facility changes, etc.). We will do our very best to schedule a make-up class before the conclusion of the program. If a make-up class cannot be scheduled, a credit will be added to your account. Notification of canceled classes will be emailed and the Cary Park District Rainout Line will be updated.

RAINOUT LINE NOTIFICATION SYSTEM

The Cary Park District utilizes the Rainout Line to notify patrons of cancellations and building closures. Please visit carypark.com to sign up. You have the option to select certain facilities and receive notifications in a variety of ways.





PARENT ETIQUETTE

IDS understands this is an exciting time for parents and family members to see their dancer learn and grow each and every week. We encourage all parents to refrain from staying inside the dance room during class as much as possible. We do however realize this is the first time for some of our participants in this type of setting. Our instructors will work individually with the parents of each dancer to ensure the best for everyone involved. Our goal is to build the child's confidence enough to where they feel comfortable participating in class on their own.

CLASS COMMUNICATION

IDS will communicate with parents and families via email, handouts, and direct communication from the teacher. Please verify the email associated with your child in our ActiveNet registration system is updated and accurate. If you would like an additional email addresses added please email the Program Manager.



CLASS ATTIRE

We encourage all of our dancers to have the appropriate attire on during all classes and shows but understand that dance clothing is an added expense for families. Even though we do not have strict requirements we do have expectations for each class. If dancers cannot meet the preferred attire, please ensure they are dressed in tight fitting clothing to ensure they receive the most out of class. Appropriate shoes should be worn as well. Bare feet is the only other acceptable option unless enrolled in a hip hop class. If you need suggestions or recommendations on what type of attire to purchase, please ask your instructor.

Please avoid the following: Jeans, hoodies, baggy clothes, sweats, large necklaces, earrings, bracelets, etc.

Recommended attire below based on class

Ballet & Pointe - Leotards, pink tights, pink ballet shoes or pointe shoes. Wrap skirts or shorts may be worn as well as warm-ups for upper level classes. Younger dancers can wear leotards that have attached skirts, fun patterns, etc. For boys in the class, please wear athletic pants and a t-shirt with black ballet shoes.

Jazz, Hip Hop and Broadway - Leotards, tanks, tight fitting t-shirts/sweatshirts, leggings, yoga pants, shorts, and black jazz shoes (tan tights if want to wear tights). Level III and up will wear turners. Boys should wear athletic pants/shorts, t-shirt and jazz shoes. Bring clean sole sneakers for hip-hop as well.

Tap - Leotards, tanks, tight fitting t-shirts/sweatshirts, leggings, yoga pants, shorts, and black tap shoes. Boys should wear athletic pants and t-shirt with tap shoes.

Lyrical - Same as jazz & ballet attire with turners as shoes.

Music & Movement - Leotards with attached skirts, leggings and tighter tops, just nothing loose fitting, pink ballet shoes (pink tights if you want tights). Boys should wear athletic pants and black ballet shoes.



IDS COMPANY

All dancers age 6 and above are welcome to join and dance in Inspiration's Company. Company is a great way for dancers of all ages and ability levels to dance together! Dancers must be able to attend their scheduled rehearsals (missing only 2 rehearsals per session unless discussed beforehand) in order to participate. Each level will not have a rehearsal every week. A Company rehearsal schedule will be handed out at the beginning of the program. Company is a wonderful way for dancers to gain more performance experience and most importantly have fun!

Rehearsals will be held from 4:30-6:00pm on Wednesdays at the Community Center. Members will not be required to attend every Wednesday. A schedule will be put in place at the beginning of the season.

Company will have additional dances in both the winter and spring show and have the opportunity to perform at sporting events, community events, parades, and more!

COMPANY FEES

Company classes and rehearsal are free to all dancers. There are some additional costs associated with the program throughout the year. These costs include:

- Company Jacket (Required) (\$70-\$80)
- Tickets for events (\$10-\$20 per person)
- Parking/travel to events



23/24 SCHEDULED PERFORMANCES

Below is a list of scheduled shows already booked for the season.

- Merry Cary Parade – 12/2/23
- DePaul Men's Basketball – 12/6/23
- Rockford Ice Hogs Hockey – 2/17/24
- Windy City Bulls – 3/1/24

We will be adding more shows throughout the year.

If you are interested in joining IDS Company please contact the Program Manager or speak to one of the class teachers.

DANCEPIRATION COMPETITION TEAM

IDS is excited to offer the opportunity to those dancers who wish to expand their dancer profile. Dancepiration Competition Team will be kicking off this season for those who want to take their talents and compete at a higher level. Dancers aged 5 and up can compete at their skill level in all different styles; as a soloist, duo/trio or group.

The competitive dance season begins in February and runs until May with optional nationals over the summer. Competing provides dancers amazing opportunities to earn scholarships to conventions, specialty awards on top of their adjudicated and overalls and so much more.

There are additional costs associated with this program to include choreography fees, competition entry fees, team attire, and more. We will be organizing fundraising opportunities to assist in covering the extra expenses that take place.

If you are interested in joining the Dancepiration Competition Team contact the Program Manager or speak to one of the class teachers.



SPRING RECITAL

The 2024 Spring Recital will be held at Cary Grove High School on June 8, at 3:00pm. More detailed information will be sent home once the spring season begins.

RECITAL COSTUMES

All classes with the exception of VIP & Me will take part in the recital. Teachers will begin measuring the students for their costumes during the first couple weeks of class. Once recital costumes have been ordered, no refunds will be given for costumes.

If you do not intend to participate in the recital, please notify the Program Manager or your teacher by March 1st or you will be charged full price for the costume.

DRESS REHEARSAL INFORMATION

June 7, 2023 – Time TBD

- Attendance at dress rehearsal is mandatory for all students participating in the recital. Any conflicts need to be addressed with your teacher prior to the rehearsal day.
- Dancers only need to attend their dances during rehearsal. We do, however, encourage all young dancers to stick around and watch some of the others perform as they won't be able to see it during the show.
- Dancers need to be in full costume during dress rehearsal (hair, makeup, shoes, tights, etc.)
- One parent for children 8 years of age or younger will be allowed to accompany their dancer during the dress rehearsal. No siblings or other family members will be allowed.



RECITAL INFORMATION

June 8, 2023 at 3:00PM

- Dancers will need to arrive ready for their first dance (includes hair, makeup, costume, shoes, tights, etc.)
- Parents will check in their dancer in the designated area with the backstage staff before entering the auditorium.
- Cary Park District will provide staff to supervise dancers while they are waiting to perform.
- Snacks and activities will be provided to the dancers while they are waiting to go on stage. Please send a snack if your child has a specific want or dietary restriction. Ensure these are healthy and will not stain their costume.
- Please ensure your child has the following:
 - Full water bottle (No juice or soda please)
 - Additional costume accessories
 - Costumes for additional dances
 - Dance shoes for different types of dances.
- Parents will be able to pick up their child after the recital has concluded at the same location as you dropped them off. Please only send one parent for pick up. All other family and friends should wait in the lobby area.

RECITAL TICKETS

Recital tickets will be available for purchase online a few weeks before the show. A link to the IDS ticket page will be sent out prior to opening up ticket sales. Tickets will be \$10.00.

BACKSTAGE PARENTS

If you are interested in helping backstage for the duration of the show, please contact Eric Barge or speak to one of your teachers. Backstage parents will supervise the dancers while they are waiting to perform and assist with dance preparations.



CLASS DESCRIPTIONS

Ballet

An academic dance form and technique which is taught according to specific methods. It is best known for its unique features such as turnout of the legs, and it's graceful, flowing and precise movements. Ballet is the basis of almost every dance style and its techniques are very important for classes such as lyrical, contemporary and jazz.

Jazz

A style of dance incorporating grand body movements (kicks, jumps, leaps, turns, tricks, etc) to enhance its choreography. Ballet technique is used to execute movements with proper technique and body placement. Our jazz classes include several different subcategories including but not limited to Jazz/Funk, Contemporary Jazz, Commercial Jazz and more.

Hip-Hop

A style of dance continuously evolving with the culture of hip-hop music. Classes learn many different styles of hip-hop by doing different combinations each week from different genres. Dancers use some breaking moves and tricks to enhance the dances.

Tap

A style of dance characterized by its unique percussion movements of the feet. The higher the level of tap the more intricate the movements become.

Broadway

A musical theatre style dance class using techniques found in Broadway musical productions. Dancers will learn prop work, character building, acting for dancers, along with dance techniques to execute these performances.

Lyrical

An expressive and powerful form of dance that heavily relies on the technique and skills learned in both ballet and jazz to execute its techniques. Students in these classes will form bonds with their classmates through the storytelling of each song and the emotions they are asked to convey. Classes include improvisation, floor work, combinations, center, across the floor, partnering lifts, and more.

Pointe

Characterized by its light and graceful movements and appearance of weightless movements while dancing on the toes of pointe shoes. Dancers will execute ballet techniques "en pointe".

~Must take pre-pointe and be moved to pointe by instructors

~Also be enrolled in a ballet class

Adaptive Workout

A fun way to work on strength and conditioning in a group setting. Participants will work on strength, conditioning, agility, flexibility, and much more in this upbeat workout class.

Adaptive Dance Class

Dancers will learn techniques in ballet, jazz, hip hop, Broadway, lyrical, strength, and flexibility, as well as play fun dance games.

Music & Movement

An introduction to ballet and jazz to set the foundation of upper level dance classes to come. Dancers will learn basic techniques while having fun, listening to music, and experiencing the joys of dance.

VIP & Me Dance

A parent and child dance class that introduces youth to different types of dance. Parents will be required to participate with their child as they walk through ballet, jazz, and other dance techniques. This class will not participate in the recital.

MEET OUR TEACHERS



Miss Chrissy has been a staple in the dance community of the NW Suburbs for the last 16 years. She has been teaching, choreographing, and coaching dancers from 2 years old to adult in a variety of aspects within this community. Miss Chrissy most recently was the owner of Dancepiration Dance Studio from 2010-2022. She teaches all levels of jazz, hip-hop, tap, lyrical/contemporary, Broadway, ballet, music & movement, conditioning, adaptive dance, and has run dance companies and competitive teams. Miss Chrissy has been a part of major performances all over the Chicagoland area and has won top overall and specialty awards numerous times for choreography of competitive pieces. Her experience as a dance instructor, studio owner, and dancer is unmatched. Miss Chrissy believes that dance is more than just the technique taught during class. She focuses on providing a fun, and safe environment for a healthy release of emotion and a way to connect to others through the journey in the story of your piece of music. She believes dance teaches discipline, respect, self-expression and

awareness. Miss Chrissy's main goal in everything she does is to inspire others and lead with love and kindness while building each other up. Miss Chrissy's passion is teaching dance and she is excited to continue offering high level dance options to the Cary community.

Miss Sam graduated from the University of Illinois at Urbana-Champaign in 2010 with her bachelor's degree in Recreation, Sport and Tourism Management. Miss Sam trained in classical ballet from the age of 3 through college and was a ballet and pointe instructor at Dancepiration Dance Studio from 2012-2017. Miss Sam is very excited to be part of the Inspiration Dance Studio family and bring her knowledge and skill to those involved.



Miss Kiley started dancing at Dancepiration Dance Studio 12 years ago before joining the Inspiration Dance Studio family in 2022. Miss Kiley takes tap, ballet, pointe, Broadway, jazz, hip-hop, and is part of the company and competition team. She has learned how to persevere through the challenges and work hard to achieve her goals. Miss Kiley is excited to continue teaching and developing her skills in a different way. She believes not every style works for every student which is why she ensures all participants get the support and instruction needed each session to grow. Miss Kiley says "The lessons I have learned through dancing and teaching will come with me through life. I am so excited to continue to shape this new generation of dancers."



Miss Brooke danced at Dancepiration Dance Studio for 5 years before joining the Inspiration Dance Studio team. She has been dancing since she could walk and it's been her passion ever since. Miss Brooke is an upper level dancer whose favorite styles of dance include lyrical and jazz. Miss Brooke has learned that helping others learn their passion is one of the best experiences she could ask for. Miss Brooke loves the ability to express herself in a creative way through dance and loves helping her students unlock their creative potential. Her classes provide a comfortable environment for dancers to be themselves and have fun while also challenging them to achieve their highest potential. Dancing has always been a huge part of Brooke's life and she hopes everyone can find the home in dance that she has.

Miss Rhi danced at Dancepiration Dance Studio for 7 years before joining Inspiration Dance Studio in 2022. She has learned many valuable life lessons during her time in the studio but none more valuable than the bond and support one may find in that setting. Miss Rhi sees her peers and the studio as her second home. Miss Rhi currently takes a variety of dance classes to include, ballet, hip-hop, jazz, Broadway, pointe, lyrical and company. She feels extremely lucky to be at a studio that cares so much about the students and their growth and well-being. Miss Rhi is excited to teach and help little dancers learn and grow just the way she used to. She believes it is important for her students to be in a fun, safe, and comfortable environment for learning new and exciting moves that they can show to their family and friends.



Miss Avery is currently a senior at Huntley High School and part of the state qualifying dance team for the past 3 seasons. She has been dancing for 15 years at many different studios in the area and has had the opportunity to work with many professionals from around the world. Miss Avery has traveled throughout the country to assist choreographers in developing routines for a variety of programs. Miss Avery is excited to join the Inspiration Dance Studio team and share her knowledge, experience, and skill with everyone enrolled!

