



Dancin' Forever - Fall 2021

WIGGLE WORMS

This program is designed to encourage coordination and flexibility in our littlest dancers. Freedom of expression and creativity is encouraged through interactive & upbeat songs. Basic dance and tumbling skills will be introduced. Parents must actively participate with their child.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3600A	1-2	\$95R/\$100N	Mon	Sep 13-Dec 6	9:45a-10:15a
21-3-3600B	1-2	\$95R/\$100N	Sat	Sep 18-Dec 4	9a-9:30a

LOVELY LEOS

This is an introductory class for you and your child to learn basic ballet using creative music and movement with the help of different props. Balance, coordination, and flexibility will be developed. Music changes every session. Parent actively participates with child. Costume included in fee for Dance Showcase. Child will keep costume after recital.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3407A	2-3	\$110R/\$120N	Mon	Sep 13-Dec 6	10:30a-11a
21-3-3407B	2-3	\$110R/\$120N	Sat	Sep 18-Dec 4	9:45a-10:15a

PRE BALLET & TUMBLING

Basic skills will be taught in this class designed for the beginner. Correct terminology and positions will be used. Flexibility and coordination are only two of the benefits from participating in this ballet & tumbling class. Leotard, tights, and leather or canvas ballet shoes are required. All students receive a costume for the Showcase. Child will keep costume after recital.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3411A	3-5	\$110R/\$120N	Mon	Sep 13-Dec 6	11:30a-12:15p
21-3-3411B	3-5	\$110R/\$120N	Thurs	Sep 16-Dec 9	4:30p-5:15p
21-3-3411C	3-5	\$110R/\$120N	Sat	Sep 18-Dec 4	10:30a-11:15a

PRE BALLET & TAP

Children will learn to express themselves through routines that combine traditional ballet and tap moves. Simple ballet movements and center work are included. Tap instruction focuses on basic steps and combinations. Tap shoes are needed for class and available for purchase at our Registration Desk. Costume is included in fee for Dance Showcase. Dancer will keep costume after Showcase.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3601	3-5	\$110R/\$120N	Mon	Sep 13-Dec 6	5:30p-6:15p

LITTLE POPPERS

An exciting and high-movement class for your little hip hopper. Dancers will enjoy a high-energy environment while learning and exploring new

movements. Class fee includes costume that will be used during our Dance Showcase. Child will keep costume after Dance Showcase.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3602A	3-5	\$110R/\$120N	Mon	Sep 13-Dec 6	4:30p-5:15p
21-3-3602B	3-5	\$110R/\$120N	Sat	Sep 18-Dec 4	12:30p-1:15p

BALLET & TUMBLING

Beauty, grace, poise, flexibility, balance, and coordination are characteristics of ballet & tumbling. We will put it all together in this well-rounded and developmentally appropriate class for the beginner ballerina. Girls wear a leotard and ballet shoes. Boys wear a tee shirt, shorts, and black ballet shoes. The session focuses on learning dance techniques, routines, and group work to develop a teamwork atmosphere. All students receive a recital costume for Dance Showcase. Child will keep costume after recital. Leotards and ballet shoes available to purchase at our Multi-Purpose registration desk.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3408A	4-8	\$110R/\$120N	Thurs	Sep 16-Dec 9	4:30p-5:15p
21-3-3408B	4-8	\$110R/\$120N	Sat	Sep 18-Dec 4	11:30a-12:15p

BEGINNER TAP & BALLET

Students will be taught the basic elements of tap and ballet. Flaps, shuffles, and basic ballet techniques are set to creative and fun combinations. The session focuses on learning dance techniques, routines, and group work to develop a teamwork atmosphere. Tap shoes are needed for this class and may be purchased at our Multi-Purpose Registration desk. All students receive a costume to wear at the Dance Showcase. Child will keep costume after recital.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3410A	5-8	\$110R/\$120N	Mon	Sep 13-Dec 6	5:30p-6:15p

JUNIOR BALLET & TUMBLING

This class focuses on a continuation of learning dance techniques, routines, and group work that was developed during Ballet & Tumbling again in a teamwork atmosphere. All students will receive a costume for Dance Showcase included in class fee. Child will keep costume after recital. All students must wear ballet or jazz shoes which may be purchased at the Multi-Purpose Registration Desk.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3444A	6-12	\$110R/\$120N	Thurs	Sep 16-Dec 9	4:30p-5:15p
21-3-3444B	6-12	\$110R/\$120N	Sat	Sep 18-Dec 4	11:30a-12:15p



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JUNIOR TAP

Love Tap. This is the class just for you. Enhance your skill and technique in a tap only class. Tap shoes are needed and may be purchased at the Multi-Purpose Registration desk. All students receive a costume to perform in Dance Showcase. Child will keep costume after recital.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3445	6-12	\$110R/\$120N	Mon	Sep 13-Dec 6	5:30p-6:15p

HIP HOP & MORE

Beginner and advanced students will have fun learning and creating new dances in this innovative class, which emphasizes flexibility and balance using current music. Basic dance techniques of ballet, jazz, tap, and hip hop will be taught. The session focuses on learning dance techniques, routines and group work to develop a teamwork atmosphere. All students receive a recital costume for Dance Showcase. Child will keep costume after recital.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3412	6-12	\$110R/\$120N	Mon	Sep 13-Dec 6	4:30p-5:15p

BOYS HIP HOP

This class is just for boys! High energy and full of movement that will help improve concentration and strength from learning hip hop moves. Learn basic floorwork, footwork, and develop rhythm and confidence. Students receive a costume paid for in class fee for Dance Showcase. Child will keep costume after Dance Showcase.

Facility Kathy Green Multi-Purpose Center (East Gym)

Program	Age	Fee	Day	Date	Time
21-3-3604A	6-10	\$110R/\$120N	Mon	Sep 13-Dec 6	4:30p-5:15p
21-3-3604B	6-10	\$110R/\$120N	Sat	Sep 18-Dec 4	1:30p-2:15p

SYNERGY COMPETITIVE DANCE TEAM

Synergy Park District Dance Crew competes from January to April in the Illinois Park District Drill Conference Team Division. September - December's focus is on learning dance techniques, routines and group work to develop a teamwork atmosphere. All types of genre will be taught during this session including Hip Hop, Jazz, Lyrical, and Tap. New members are welcome. Fee includes all costume fees and entries into competitions. Monthly payment plan is available.

Facility Kathy Green Multi-Purpose Center (West Gym)

Program	Age	Monthly Fee	Day	Date	Time
21-3-3583B	4-14	\$87.50R/\$100N	M/Th	Sep 13-May 12	6:30p-8:15p

SYNERGY COMPETITIVE CHEER

You will learn motions and how to turn those motions into sidelines. You will be jumping and tumbling with some basic stunts. Technique is the name of the game and we will zone in on that as well. No previous experience needed but participants will be split into teams by age and

skill level. Participants will learn cheer basics, such as chants, cheers, jumps, stunting, and basic tumbling skills. Participants will perform at Competitions and Showcases. Cheerleaders will compete in the IPDDC Competitive Division January 2022- April 2022. Payments are split into 8 monthly payments. Uniform and all entry fees into competitions are covered in registration fee.

Facility Kathy Green Multi-Purpose Center (West Gym)

Program	Age	Monthly Fee	Day	Date	Time
21-3-3414	4-14	\$87.50R/\$100N	Thurs	Sep 16-May 7	6:30p-8:15p
			Sat		8:30a-10:15a

SYNERGY COMPETITIVE POMS

Students will be taught the basic elements of poms and dance, as well as team spirit, through the use of fun and invigorating combinations. Participants will be split into teams by age and skill. Please wear yoga pants and gym shoes to class. No jeans allowed. Students will perform in Showcase. Competition season will run from January 2022 through April 2022. Monthly payment plan is available. Registration fee includes uniform and all competition fees.

Facility Kathy Green Multi-Purpose Center (West Gym)

Program	Age	Monthly Fee	Day	Date	Time
21-3-3413A	4-14	\$87.50R/\$100N	Mon	Sep 13-May 7	5:30p-7:15p
			Sat		10:30a-12:15p

CHEER & DANCE POMS

This is a combo class for both Cheer and Dance Poms. You will learn motions and how to turn those motions into sidelines. You will be jumping and tumbling with some basic stunts. Technique is the name of the game and we will zone in on that as well. No previous experience needed. Participants will begin to learn cheer & pom basics, such as motions, chants, cheers, jumps, and basic tumbling skills. Program may be used as stepping stone for preparing the participant to move up to Synergy Competitive Cheer & Dance Pom Team. Each participant will receive a costume to wear for Dance Showcase paid for in class fee. Child will keep costume after Dance Showcase. Student must wear white gym shoes to class and for Dance Showcase.

Facility Kathy Green Multi-Purpose Center (West Gym)

Program	Age	Fee	Day	Date	Time
21-3-3417	4-10	\$110R/\$120N	Thurs	Sep 16-Dec 9	5:30p-6:15p

One-stop Shopping!

Did you know tights, shoes, and leotards can be purchased at the front desk?