

Summer Recital

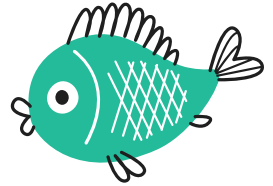
August 10, 2019



**CHANNAHON
PARK DISTRICT**



I AM a Dancer
I twirl, leap, and spin
I jump, pirouette, and tap
I am a dancer
I feel pain and fear
I feel defeat and failure
Yet, I keep going
I smile, I practice, and I perform
I feel happiness and joy
I have grace and beauty
I hear applause
I perform and do my best
Sometimes I fail
I don't give up
For I am a dancer
I am brave and strong
I dance not for fame and glory
But for how I feel inside
I am happiness, joy, love,
excitement, Strife, talent,
Determination and beauty
I am a dancer!



Summer Recital

Saturday, August 10, 2019



9:30am Program

Entrance (All Dancers)

Lovely Leos	Wednesday	6:30pm
PreBallet & Tumbling and Fairytale Ballet.....	Tuesday	5:30pm
	Wednesday	4:15pm
Ballet & Tumbling	Wednesday	5:00pm
Ballet & Tumbling.....	Saturday	10:00am
Beginner Tap & Ballet	Tuesday	4:30pm
Hip Hop & More Advanced	Thursday	7:15pm
Cinderella Dance (All Dancers)	With Dads/Parent	



11:30am Program

Entrance (All Dancers)

Lovely Leos	Thursday	6:30pm
	Saturday	11:00am
PreBallet & Tumbling	Thursday	4:30pm
	Saturday	11:45am
Ballet & Tumbling	Thursday	5:30pm
Beginner Tap & Ballet.....	Monday	6:30pm
Ballet & Tumbling (Step 2)	Thursday	5:30pm
Hip Hop & More	Monday	7:15pm
	Thursday	7:15pm
Cinderella Dance (All Dancers)	With Dads/Parent	

2019 Summer Showcase

Dancers

Adams, Rebecca	Hackney, Mira	Parker, Kennedy
Atwood, Everleigh	Harring, Jane	Payne, Addison
Banks, Riley	Highbaugh, Falon Rae	Perez, Dailynn
Bautista, Katie	Holley, Abigail	Peterson, Alyna
Bennigan, Rory	Holley, Megan	Rakoski, Melanie
Bersano, Danielle	Holley, Quinn	Ramadani, Taylor
Bersano, Heather	Hubbard, Emma	Ranstead, Nia
Best, Charly	Jankowski, Angelika	Reardanz, Arisa
Bivens, Nadia	Jimenez, Emily	Reveis, David
Borges, Leah	Jones, Jmya	Rodriguez, Hadley
Carrera, Danella	Kramer, Nora	Saad, Aalia
Cartro, Leila	Lawson, Nadia	Sanchez, Isabella
Clark, Ivy	Lehnert, Autumn	Santiago, Rylee
Conrad, Ava	Lemay, Arya	Sargent, Myles
Crum, Mia	Lemay, Tiernan	Sargent, Theodore
Dvorak, Khloe	McCaffrey, Sophia	Schook, Jania
Ehlers, Olivia	McGehee, Caroline	Shields, Harper
Englehart, Talia	Melton, Leah	Smith, Mabel
Espino, Liliana	Mikos, Clark	Stec, Stella
Ezqueda, Scarlett	Misener, Selah	Stovall, Mikayla
Faber, Ada	Montgomery, Stella	Stukel, Brooklyn
Frana, Gianna	Morris, Holly	Swearengen, Cassidy
Freeman, Sylvia	Mudron, Aly	Tafoya, Olivia
Gleixner, Ashlynn	Mudron, Madeline	Thomas, Mariah
Gomez, Mia	Muniz, Kamila	Tigert, Jenny
Gonzales, Alyna	Muniz, Kamila	Tigert, Lacey
Gonzales, Alyna	Murray, Kamryn	Vergara, Anyein
Goolsby, Annie	Murray, Quinn	Vlasaty, Lola
Gudino, Melanie	Novak, Emily	Williams, Da'riyah
Haas, Braylee	O'Donnell, Keira	Williams, Zoey
Haas, Brenna	Paprock, Penny	Woodruff, Anita
Hackney, Felicity	Parker, Brooklyn	Yanchick, Nadia

Thank you for a wonderful Summer Session!



Please remember to enroll for Fall Session Classes
to get your choice time & class.



Interested in a Team Experience?

Synergy Competitive Team for Cheer, Dance, and Pom try-out times are listed below. Pre-registration is necessary online, by phone or in person at Channahon or Joliet Park District.

Day	Date	Time	Division	Age	Location
Thursday	September 26, 2019	5:00- 5:45pm	Dance	4-14	Kathy Green Multi-Purpose Center
Thursday	September 26, 2019	6:00- 6:45pm	Pom	4-14	Kathy Green Multi-Purpose Center
Thursday	September 26, 2019	7:00- 7:45pm	Cheer	4-14	Kathy Green Multi-Purpose Center



**Behind every dancer who
believes in themselves is a parent
who believed in them first!
Thank you for all your support,
love, and praise for these
amazing children.**



Clinic Descriptions

held at the Kathy Green Multi-Purpose Center Gym

Must Preregister. No Drop-Ins Accepted

Rolls & Handstands

Are you new to tumbling? This is a great clinic to help introduce you to the basics of rolls and handstands. We will provide stations and instructions on the variations of rolls including forward rolls, backward rolls, and straddle rolls. Handstands are the foundation of a majority of tumbling skills. This is a necessary skill to learn and we will provide a variety of opportunities to practice handstands.

Age: 4-8 year olds

Saturday 9/7/19 9:15am-10:45am East Gym \$10 19-3-3559B

Cartwheels & Kickovers

Do you want to add a little more difficulty to your tumbling and showcase your ability to perform skills with straight legs? Cartwheels and kickovers are a great way to do that. Both of these skills require you to have straight arms and legs. We will provide a variety of stations that will help hone your form to perform these skills.

Age: 4-9 year olds

Saturday 8/24/19 9:15am-10:45am East Gym \$10 19-3-3561B

Saturday 9/14/19 9:15am-10:45am East Gym \$10 19-3-3561C

Walkovers & Limbers

Are you looking to learn tumbling skills that will show off your flexibility and strength? This clinic will help you work on front and back walkovers as well as front and back limbers. These skills are great to learn and will help you in getting ready to progress into front and back handsprings. These skills are also a great addition to choreograph into dance and cheer routines!

Age: 9-16 year olds

Saturday 8/24/19 11:00am-12:30pm East Gym \$10 19-3-3560B

Saturday 9/7/19 11:00am-12:30pm East Gym \$10 19-3-3560C



Handsprings

Are you looking to achieve some advanced tumbling skills? This clinic is for you! It is necessary to be able to hold yourself up in a bridge and a handstand to have success in learning how to do front and back handsprings. If you have the ability to perform walkovers and limbers, that will help you to achieve handsprings with better success. Drills and stations will be provided to work on strength, shape, and execution of front and back handsprings. Variations such as step-outs and flysprings may be introduced based on the skill level of those signed up.

Age: 9-16 year olds

Thursday	8/29/19	7:00pm-8:30pm	East Gym	\$10	19-3-3562B
Saturday	9/14/19	11:00am-12:30pm	East Gym	\$10	19-3-3562C

Intro to Stunting

This clinic is designed for cheerleaders who have never stunted or are just learning how to stunt. We will focus on understanding the terms, body positions, and team work. The stunts that will be introduced and worked on in this clinic will not extend above shoulder height for the bases of any lifts.

Age: 7-10 year olds

Thursday	8/29/19	5:15pm-6:45pm	East Gym	\$10	19-3-3563B
Thursday	9/19/19	5:15pm-6:45pm	East Gym	\$10	19-3-3563C

Next Level Stunting

This clinic is designed for cheerleaders who have experience in stunting. Harder stunts will be introduced and worked on including full arm extensions for the bases as well as more advanced lifts and dismounts. We will continue to focus on the terms, body positioning and team work that is involved in successful stunt groups.

Age: 11-16 year olds

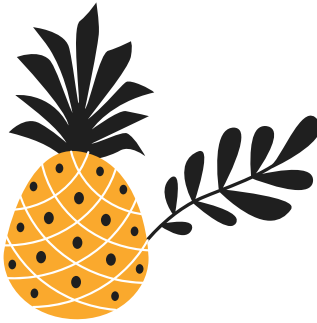
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"Synergy"

PARK DISTRICT DANCE CREW



Don't worry about the rest, be a part of the best!



**CHANNAHON
PARK DISTRICT**