

# Dance Center of LaGrange

## Parents & Dancers Frequently Asked Questions

### WHAT DO WE NEED FOR DANCE CLASS?

#### **Students in all Pre-Ballet and Ballet classes need to have:**

Girls: Leotard, Tights and Ballet Shoes    Boys: Shorts or Sweats, T-shirt, Ballet Shoes

**\*All dancers need the support of a real ballet shoe. NOT SLIPPERS**

#### **Students in Jazz/Tap classes need to have:**

Girls: Leotard, Tights, bike shorts or Jazz pants, Jazz or Ballet shoes & Tap Shoes

Boys: Shorts or Sweats, T-shirt, Jazz & Tap Shoes

\*\*\*\*\*A dance bag can help keep all the dance gear together and ready to go.

Please label dance bags and dance articles with your child's name. We do have Dance Center of LaGrange dance bags-\$10.00.

### ***DANCE SUPPLIES CAN BE FOUND AT THE FOLLOWING LOCATIONS***

*Payless Shoes*-Hodgkins, *Kay Clays*- Westmont, *Leos Dancewear*- Chicago, *Russian Pointe*-Chicago, [www.discountdance.com](http://www.discountdance.com), *Target & WalMart* (leotards & tights) *and Dance Center of LaGrange*-we have white, pink & black leotards, skirts, black jazz pants and tap shoe buckles available for sale. We also have some slightly used ballet, tap and jazz shoes available for exchange of your used ones!

### WHAT CLASS RULES SHOULD MY CHILD KNOW ABOUT?

1. Long hair needs to be tied back, neatly and securely, from their face.
2. NO GUM is allowed in class.
3. NO loose, distracting jewelry is to be worn.
4. Use the washroom BEFORE class, so valuable time is not wasted.
5. Children coming more than 15 minutes late may be asked to sit and observe, if the teacher feels the child is not properly warmed up for the activity.
6. Teachers will not allow excessively baggy clothing or any type of **street clothes** in class.

### WHEN CAN I OBSERVE MY CHILD?

Parents, grandparents, and caregivers may observe their dancer during regularly scheduled observation times in December and April. You may always observe through the window to the classroom. However, please stay quiet and refrain from waving and blowing kisses.

## WHAT DOES MY CHILD DO IN DANCE CLASS?

### **Ballet:**

Children in all Ballet classes begin with floor exercises. These are designed to develop two major components of good posture and dance success... flexibility and abdominal strength. Next, children do traditional ballet exercises by working at the barre. This work is designed to emphasize good spinal alignment, modified turn-out and the careful use of foot and leg muscles. Then we move to the center of the dance floor where the emphasis is on arm and head positions and controlled weight transfer. Finally, we begin moving across the floor individually and in small groups. We concentrate on basic dance movements such as skipping, leaping, galloping, waltz and polka patterns.

### **Jazz/Hip-Hop:**

Children in Jazz class begin with stretching and dance isolations to music. We then focus on movements across the floor with turns, kicks and leaps. The end of the class concentrates on learning and practicing various dance combinations.

### **Tap:**

Children in Tap begin with center footwork and barrework exercises that develop the precision necessary for tapping. We then move into locomoter movements across the floor, including flaps, flap ball changes, etc. We work on specific Tap exercises that teach all the tap steps necessary for tap dancing as well as working on fun dance combinations.

## WHAT IS DCL'S DANCE PHILOSOPHY?

In addition to the obvious purpose of teaching your child steps and movements, other goals we emphasize include: concentration, listening, watching and following directions, self-discipline, posture, musicality and having FUN!!!

The Dance Center of LaGrange believes Ballet is the best foundation for Jazz, Modern, and Tap dance. If your child is considering a future in dance, Ballet is an absolute MUST. It is a prerequisite to being prepared for today's professional dance world, which requires familiarity with several dance disciplines.

## WILL THERE BE A RECITAL?

There will be a recital for all dance classes. The recitals will take place on a Saturday with Dress Rehearsal the preceding Friday. There will also be rehearsals the week before at our dance studio. As soon as we have an official OK from the theater, we will let you know the exact date! We hope you will all be there.:)