



Parent & Dancer Handbook

GET IN TOUCH WITH US

At Inspiration Dance Studio, we feel it is important to welcome 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 Dance Director. Both individuals have an open-door policy and would be happy to have a conversation.

- Program Manger
 - Eric Barge
 - 847-639-6100 x 105
 - ebarge@carypark.com
- Dance Director
 - Chrissy Rossi
 - Crossi@carypark.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 while in a family type 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 2.5 years 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.



PROGRAM REGISTRATION INFORMATION

Registration dates coincide with the Cary Park District brochure dates.

Priority registration is given to those who were part of the previous season to ensure they are able to take part in the appropriate classes.

MULTI-CLASS DISCOUNT

The first class registered for will be charged at full price. Any additional classes will be discounted at time of registration.

COSTUME FEE

Recital costume fees will be built into the registration fee and added to the payment plan option for the fall season.

6 & Under Classes (\$60) 7 - 18 year olds (\$75)

RECITALS

Both the winter and the spring season have a recital that takes place. Typically recitals take place at one of the local high schools in early December and early June.

Recital dates for each season will be finalized and sent out when the program begins.



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 program cost can be broken up into monthly payments. Payment dates will vary depending on the season.

Generally payments take place the first week of class and then the first of each month the program runs.

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. The Cary Park District needs to be notified before the next payment date in order to stop future payments. If payment was made in full, a refund will be pro-rated based on the payment plan dates. Once costumes are ordered, no refunds will be given for those and only the cost of the class will be refunded. **No refunds will be given after November 1st or May 1st.**

Example: If you decide that you would like to withdraw your child on October 10th. You will still be charged for the full month of October. Payments will stop at the November payment date. We will not pro-rate each individual class.





BRING A FRIEND WEEKS

During the first two weeks of the session, a registered participant may bring a friend(s) to any class they are registered for to see if it would be something of interest to them. Please notify the teacher, Program Manager or Dance Director before coming 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 may be added to your account. Notification of canceled classes will be sent out via email as soon as possible.

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.

PARENT ETIQUETTE

IDS understands this is an exciting time for parents and family members to see their dancer learn and grow each 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.



CLASS ATTIRE

We require 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 or tap 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, long hair not put up, 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

The IDS Company is a group of dancers aged 6 (before September 9th) and up who represent the studio outside of our building in a variety of ways through performances, community service, and more.

Company is a great way for dancers to come together and have the opportunity to dance with peers of different abilities and age throughout the year and to build relationships within the studio. Company rehearsals are scheduled to take place on Wednesdays, from 4:30-6:00pm unless otherwise noted. Not every age group will be required to attend rehearsal each week. A schedule will be released at the start of the fall season outlining who needs to attend each week. This schedule is subject to change depending on the performance schedule.

IDS COMPANY REQUIREMENTS

- Must be 6 years old by the first week of class.
 - If your child turns 6 after this date, instructor approval is required to join.
- Enrolled in a ballet class during the season they are participating.
- Able to attend scheduled rehearsals on Wednesday evening.



COMPANY FEES

The following fees will be required as part of the 2024/2025 Company.

- **Fall Company Fee – (\$100)**
 - Covers cost of supplies, instructor fees, etc.
 - Fee can be included in the payment plan
 - Additional Fee for Spring Company
- **Recital Costume – (TBD)**
 - If a costume for recital is required, additional fees may be applied
- **Company Jacket - (\$70-\$85)**
 - New company members or old members needing a new size
- **Company Tank Top – (\$15)**
- **Event tickets, travel, parking – Paid on own**



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 its 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.

~Must 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.

MEET OUR TEACHERS



Miss Chrissy has been a staple in the dance community of the NW Suburbs for the last 18 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.