



# **2024-2025 Handbook**

Updates will be made to our Dance Handbook as necessary.

**Last Updated: July 1, 2024**

## **Welcome to Aspen Dance at Vernon Hills Park District**

Music and freedom of expression through dance can create a solid foundation in many other facets of life. Dance helps build stamina, flexibility, strength, balance, and coordination. Dance improves cognitive skills, while building confidence and self-esteem, as students express themselves through creative movement.

Aspen Dance offers a variety of dance classes for various age levels. Through an exceptional and progressive dance curriculum, dancers explore various forms of dance while gaining proper technique and skills.

Our recital dance program begins in early September and culminates with the annual dance recital in early June. Non-recital dance classes allow dancers to dabble in a variety of dance mediums without the long-term commitment. Non-recital dance classes culminate with parent observation during the final class.

### **Aspen Dance Staff**

Our team of professional dance instructors maintain a supportive, nurturing environment and look forward to providing a positive and rewarding dance experience. We hope to establish mutual relationships with each dancer and family.

#### ***Alana Halsne-Baarda, Dance Instructor***

Alana grew up in a dance studio because her mother was a professional dancer. She continued dancing and performing during college as part of the Arizona State University Dance and Auxiliary Line. Alana was a high school dance teacher and has taught dance at dance studios and park districts for over 20 years. In addition, Alana is the transition specialist for Warren Township High School, District 121.

#### ***Carly Pini, Dance Instructor***

Carly attended the University of Wisconsin where she was an active member of the dance team as well as captain. Carly enjoyed choreographing unique dance routines and performing before large crowds. She brings a plethora of dance experience to the Vernon Hills Park District. Though Carly enjoys all dance disciplines, she especially enjoys teaching hip hop and lyrical dance.

#### ***Hope Rosiak, Dance Coordinator/Instructor (hoper@vhparkdistrict.org)***

Hope started as a competitive gymnast. She then began dancing with the Pennsylvania Academy of Ballet and continued studying dance and performing through high school. At Indiana University, she joined the Department of Ballet under the direction of Jean-Pierre Bonnefoux and Patricia McBride. There, she studied ballet and jazz dance while performing with IU Contemporary Dance Theater. After graduation, Hope continued to study dance with teachers such as Joel Hall, Melissa Thodos, and Lary Long. She has also continued to perform, whenever possible. However, Hope's real passion lies in all forms of teaching. She teaches at the Lake Bluff School of Dance; has a MS in Curriculum and Instruction; taught high school English and journalism for 11 years; tutors students in reading, writing, ELL, and study skills; and has actively worked as a private college consultant for the past six years.

## Special Recital Dance Payment Policy

Participants enrolling in the full-year dance program (September – June) have the following payment options

1. Pay in full.
2. Payment plan: 1/4 at registration, 1/4 on October 15, 1/4 on November 15, and 1/4 on December 15.  
(Auto-debit from a credit/debit card is required for this option).

All refund requests must be submitted to the Recreation Supervisor using the Refund Request Form by October 31, 2024. There will be no refunds granted after October 31, as recital routines will have been choreographed.

## Class Location & Arrival/Dismissal Procedures

Dance classes are held at the Sullivan Community Center (635 N. Aspen Drive) in the Dance Studio.

Arrival activities are an important component of our dance classes. Arriving promptly to class ensures dancers can fully participate in the arrival sequence, properly warm up for class, and also reduces disruptions. Upon arrival, dancers should use the restroom facilities.

Dancers must be picked up promptly at the end of class.

## BAND App

Aspen Dance uses the BAND app to communicate with dance families. An invitation to BAND will be sent to the primary email account listed in the registration database. Check BAND regularly to remain informed of dance class happenings.



The BAND App can be downloaded to your mobile phone here,



or you may access BAND online at <https://band.us>. If you need to reach dance staff or ask a question, please email the dance coordinator directly at [hoper@vhparkdistrict.org](mailto:hoper@vhparkdistrict.org).

Families may not use this app for marketing or advertisement purposes.

## **Dance Recital Participation**

Each recital dance class will participate in our annual dance recital. Dancers may participate in a recital class and opt out of the recital. Dress rehearsal and recital costume purchase are mandatory in order to participate in the dance recital.

Please save the following dates:

<b>Dress Rehearsal</b>	May 31, 2025	Location: Sullivan Community Center
<b>Dance Recital</b>	June 1, 2025	Location: Sullivan Community Center

Dancers will be measured for recital costumes in October/November. An additional, non-refundable, recital costume fee will be due by November 15. Costume orders will be placed in early November to ensure costumes arrive in time for the recital.

Dancers will receive a Dance Recital Packet containing their rehearsal schedule, recital ticket order form, flower order form, and additional recital details in early April.

For recital classes with apparel options, dancers will be given the opportunity to select their recital costume style. Option 1 recital costumes typically include a leotard, tutu, or dress. Option 2 recital costumes typically include pants, shirt, and vest. Dance shoes should be selected according to the recital costume preference.

## **Recommended Dance Apparel**

*All hair must be pulled back and secured. No jeans. No jewelry.*

If you have questions regarding dance attire, please email the dance coordinator at [hoper@vhparkdistrict.org](mailto:hoper@vhparkdistrict.org).

### ***Beginning Ballet and Ballet***

Option 1: Black leotard, pink tights, and pink ballet shoes.

Option 2: Fitted white t-shirt, black stretch pants, and black ballet shoes.

Parent/Caregiver: Comfortable clothing and clean-soled dance shoes or gym shoes.

### ***Pre-Hip Hop & Hip Hop***

Comfortable clothing (leggings or athletic pants) and hip hop sneakers.

### ***Ballet/Tap Combination & Bitty Ballet/Tap***

Option 1: Black leotard, pink tights, pink ballet shoes, and black tap shoes.

Option 2: Fitted white t-shirt, black stretch pants, black ballet shoes, and black tap shoes.

### ***Poms***

Comfortable clothing (leggings or athletic pants) and hip hop sneakers.

## ***Tap***

Option 1: Black leotard, black tap shorts or capris, and black tap shoes.

Option 2: Fitted white t-shirt, black stretch pants, and black tap shoes.

## ***Lyrical***

Option 1: Black leotard, black tights or jazz pants, and nude lyrical shoes.

Option 2: Fitted white t-shirt, black stretch pants, and black lyrical shoes.

## ***Jazz***

Option 1: Black leotard, black tights or jazz pants, and black jazz shoes.

Option 2: Fitted white t-shirt, black stretch pants, and black jazz shoes.

## ***Acrobatic***

Leotard or fitted shirt, leggings or shorts, and bare feet.

## ***Dance Medley (Youth & Adult)***

Option 1: Black leotard, pink tights, pink ballet shoes, and black tap shoes.

Option 2: Fitted white t-shirt, black stretch pants, black ballet shoes, and black tap shoes.

Adults: Athletic/dance wear, ballet shoes, jazz shoes, and black tap shoes.

## **Dance Etiquette**

Dance etiquette is part of the learning process and is necessary to create the best environment for all students to succeed.

- ◆ Dress the Part - wear proper dance attire and shoes (see class specific recommendations); no jewelry.
- ◆ Secure Hair - all hair must be pulled back and secured; ballet bun is best.
- ◆ Be Prompt - arrive to class on time, wait to be admitted to the dance studio by your instructor.
- ◆ Be Prepared - use the restroom before class, silence cell phones, and properly store belongings.
- ◆ Focus - pay attention, be ready to learn, know when it's your turn.
- ◆ Listen - listen to the instructor/classmates and music; know when it's time to be quiet; raise your hand if you have a question or concern.
- ◆ Keep Your Body To Yourself - unless the dance move requires touch.
- ◆ Avoid Disruptions - remain in the studio during class (do your best to use the restroom before class). If you must arrive late/leave early, do your best to communicate with your instructor prior to class. Enter the studio quietly and wait to be invited to the dance floor. Depart quietly if need be.
- ◆ Chewing gum, food and candy are not permitted in the dance studio.
- ◆ Actively Participate - stay positive and keep dancing, ask for help when needed, remain standing unless instructed to take a seat or break.
- ◆ Do Your Best - dance requires effort and practice; stay positive and ask for help if needed.
- ◆ Be Kind, Courteous & Respectful - to yourself, to your classmates, to your instructor.

## Health Policy & Safety Precautions

In order to maintain a healthy class environment, keep your dancer home if they have experienced any of these symptoms within the past 72 hours: fever of 100.4 or higher, shortness of breath, muscle aches, loss of taste, headache, chills, sore throat, cough, runny nose, rash, diarrhea, nausea, vomiting, earache, or any communicable disease. Keep your dancer home if they have been diagnosed with, or tested positive for, any communicable disease. All dancers must be symptom-free for at least 72 hours before attending class.

Parents/guardians whose dancer develops a communicable disease (e.g., chicken pox, head lice, pertussis, COVID, etc.) must notify the Recreation Supervisor as soon as the dancer is diagnosed. The name of the affected dancer is not released. A doctor's note may be required before the dancer may return to class.

Should a dancer become ill during class, a parent/guardian will be notified. A parent/guardian must pick up the dancer immediately after being notified of a health condition or make arrangements for an approved caregiver to do so. If a parent/guardian cannot be reached, the emergency contact will be called. The dancer will be quarantined until picked up.

## Medication

We make reasonable accommodations during all programs and camps for individuals with disabilities, including staff dispensing or administering medication in appropriate instances. All requests for medication dispensing or administration will be evaluated on a case-by-case basis.

Whenever possible, medications should be dispensed or administered by parents or guardians before or after programs and camps. Please note that the Park District does not have medical providers (e.g., licensed medical professionals such as doctors, nurses, etc.) on staff. In some circumstances, the administration of medication cannot be performed by Park District staff because of specific and/or complex physician or manufacturer instructions, because a request requires medical diagnosis or judgment from our lay staff, and/or because the medication requires invasive procedures.

Your request for medication dispensing/administration will be reviewed on a case-by-case basis and assigned staff will follow-up with you regarding any questions or regarding any request that cannot be accommodated, including providing you with the reasons the request(s) cannot be accommodated.

If there is a need for the dispensing/administration of medication during a minor's participation in a District program, the parent/guardian should follow the steps outlined in the Medication Dispensing/Administration Information and Process for Parents and Legal Guardians Form available online at [vhparkdistrict.org](http://vhparkdistrict.org).

If you have questions or need further assistance, please contact the District's ADA Compliance Officer at (847) 996-6802.

