

# Synergy Dance, Pom & Cheer Competition Team

## What is Synergy?

Synergy Competitive Dance, Pom and Cheer competes in the Illinois Park District Drill Conference Team Division. This is a great opportunity for your child to become a part of a team that will build his/her self-esteem and encourage him/her to be confident and outgoing. This is an 8-month commitment.

The Competitive Team provides members with a unique opportunity to study, explore, and perform dance, pom, and cheer at a higher level of expectation. This gives the more disciplined performer a way to study at studio-quality level of instruction.

Synergy Team 2019-20 season runs from October 2019 through May 2020. Members are required to be enrolled for the entire season. Payments are made in 2 installments September & December. Synergy Park District Team competes from January to April in the Illinois Park District Drill Conference.

## Synergy Competitive Dance, Pom and Cheer Team Information

Dance Team classes will be at Channahon Park District Arrowhead Community Recreation Center (ACC) on Tuesday or Wednesday nights depending on which Age Division. Pom and Cheer will practice at the Joliet Park District Kathy Green Multi-Purpose Center (JPDMPC) on Thursday nights. All competitions are on Saturdays or Sundays. A schedule for all classes will be handed out at the first class. Competition schedules will be handed out as soon as dates and times are confirmed.

### Costs includes...

- 28 weeks of classes: October 2019-April 2020
- Costume
- Competition entry fees

Purchase of a team warm-up, leotard, and shoes are required by participant. Returning team members: if you qualify for the team, you may use your warm up jacket from previous year. Keep in mind, no one is guaranteed a spot on the Synergy Dance, Pom, & Cheer team even if the individual competed the previous year.

## Synergy Competitive Scheduled Practice Times 2019-2020

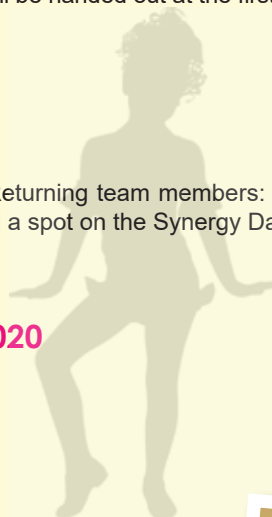
Division	Day	Date	Time	Age	Location
Dance	W	October-May	6:30-7:15 PM	4-8	ACC
Dance	TU	October-May	6:30-7:30 PM	8-14	ACC
Pom	TH	October-May	6:15-7 PM	4-14	JPDMPC
Cheer	TH	October-May	7:15-8 PM	4-14	JPDMPC

## Private & Team Lessons Dance, Cheer, Pom, Tumbling & Technical Focus

Are you looking for a class to help you reach the next level? Want to improve on your flexibility and learn new tricks? This program will help you focus on your technique on all the skills you perform, as well as increasing your body flexibility. You will also have the opportunity to learn new skills that can be unique and creative. Practice and improve skills needed to make a school cheer or pom team. Call 1-815-741-7275 ext. 173 email [sunshineandrainbows.lc@gmail.com](mailto:sunshineandrainbows.lc@gmail.com) to schedule a private or group lesson. Please be sure to include child's name, age, skills needing work along with any other members if doing a group lesson. Sign up for three one-hour sessions at one time for a discounted rate! All fees are listed per child.

Individual and group lessons are limited based on experienced staff availability and facility space, and are scheduled on a first come, first served basis. Lessons will take place at the Joliet Park District.

Individual/Group	Fee/ResDisc	#of Lessons	Location
Individual	\$30/\$25	1	Joliet Park District
Individual	\$80/\$65	3	Joliet Park District
Group (per person)	\$23/\$18	1	Joliet Park District
Group (per person)	\$60/\$48	3	Joliet Park District



# Recreation Dance Classes

Spring Dance Showcase is Saturday, May 23. Dancer must purchase \$30 costume; fee is included in price. Costume is dancers to keep after recital.

**Class Attire:** Students are encouraged to wear traditional dance or yoga attire-leotards, tights, leggings, stretch pants, and tops. Boys should wear comfortable clothing. Proper footwear is required and can be purchased at local retail stores. Ballet technique shoes are worn in all ballet classes. Tap shoes are needed for tap classes. Please no jeans in classes. *Children must be prepared to attend class without the aid of a parent except for Lovely Leos, which is a parent/child participation class.*

## Lovely Leos

**Ages 2-3 years with adult**

This is an introductory class for your child and you to learn basic ballet using creative music and movement with the help of different props. Balance, coordination and flexibility will be developed in this first ballet class. Music changed every session. Parent actively participates with child. Nonregistered siblings/children are not able to attend. Instructed by Karen Cooper.

**Fee/ResDisc:** \$130/\$100 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 18-May 19	TU	6:30-7 PM	Arrowhead CC
Feb 22-May 16	SA	11-11:30 AM	Joliet Multi-Purpose Cntr

## Fairytale Ballet

**Ages 3-4 years**

Music and dance props will encourage a "Prince or Princess" to use their imagination as they learn basic ballet steps with the magic of fairytales. Girls should wear a leotard, tights and pink ballet shoes. Skirts or tutus also may be worn. Boys should wear a tee-shirt, shorts and black ballet shoes. Child must be prepared to participate without an adult. The session focuses on learning dance techniques, routines and group work to develop a teamwork atmosphere. Instructed by Karen Cooper.

**Fee/ResDisc:** \$130/\$100 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 19-May 20	W	4:45-5:15 PM	Arrowhead CC
Feb 22-May 16	SA	12:45-1:15 PM	Joliet Multi-Purpose Cntr

## Pre Ballet & Tumbling

**Ages 3-5 years**

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 and tumbling class. Leotard, tights, and leather or canvas ballet shoes are required. Instructed by Karen Cooper.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 18-May 19	TU	5:30-6:15 PM	Arrowhead CC
Feb 20-May 21	TH	4:30-5:15 PM	Joliet Multi-Purpose Cntr
Feb 22-May 16	SA	11:45-12:30 PM	Joliet Multi-Purpose Cntr

## Ballet & Tumbling

**Ages 4-8 years**

Beauty, grace, poise, flexibility, balance, and coordination are characteristics of ballet and tumbling. We will put it all together in this well rounded and developmentally appropriate class for the beginner ballerina. Appropriate attire required. The session focuses on learning dance techniques, routines and group work to develop a teamwork atmosphere. Instructed by Karen Cooper.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 19-May 20	W	5:30-6:15 PM	Arrowhead CC
Feb 20-May 21	TH	5:30-6:15 PM	Joliet Multi-Purpose Cntr
Feb 22-May 16	SA	10-10:45 AM	Joliet Multi-Purpose Cntr

## Ballet & Tumbling Step 2

**Ages 6-12 years**

This session focuses on continuation of learning dance techniques, routines and group work to develop during Ballet & Tumbling again in a teamwork atmosphere.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 18-May 19	TU	7:35-8:20 PM	Arrowhead CC
Feb 20-May 21	TH	5:30-6:15 PM	Joliet Multi-Purpose Cntr
Feb 22-May 16	SA	10-10:45 AM	Joliet Multi-Purpose Cntr

## Beginner Tap & Ballet

**Ages 4-8 years**

Students will be taught the basic elements of tap & ballet. Flaps, shuffles and basic ballet techniques are set to creative fun combinations. This session focuses on learning dance techniques, routines and group work to develop a teamwork atmosphere. Must wear ballet and tap shoes to participate in this class. Instructed by Karen Cooper.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 17-May 18	M	6:30-7:15 PM	Joliet Multi-Purpose Cntr
Feb 18-May 19	TU	4:30-5:15 PM	Arrowhead CC

## Junior Tap & Ballet

**Ages 4-8 years**

Students will enhance the basic elements of tap and ballet learned in Beginner Tap & 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. Instructed by Karen Cooper.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)

**Min:** 8

Date	Day	Time	Location
Feb 17-May 18	M	6:30-7:15 PM	Joliet Multi-Purpose Cntr

## Pee Wee Pom & Cheer

**Ages 4-8 years**

Your child's not sure whether pom or cheer is the choice. This is a great beginner class that we will start with the basics. Your child will learn motions, technique, jumps, beginning tumbling, dance routines and sidelines. This class is great for enhancing memorization skills, coordination and team interaction. Instructed by Karen Cooper

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)  
**Min:** 8

Date	Day	Time	Location
Feb 19-May 20	W	7:20-8:05 PM	Arrowhead CC
Feb 22-May 16	SA	9-9:45 AM	Joliet Multi-Purpose Cntr

## Hip Hop & More

**Ages 6-10 years**

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. Instructed by Karen Cooper.

**Fee/ResDisc:** \$144/\$111 (includes \$30 costume fee)  
**Min:** 8

Date	Day	Time	Location
Feb 17-May 18	M	7:15-8 PM	Joliet Multi-Purpose Cntr
Feb 20-May 21	TH	7:15-8 PM	Joliet Multi-Purpose Cntr

## Adult Beginner Ballet

**Ages 18 years & up**

Learn the basic positions and steps of classical ballet. Complete a barre warm up before moving to center to try out petite allegro, adagio, and maybe even a turn combination! Strengthen and stretch your body through this gorgeous form of exercise. Feel graceful and beautiful as you learn from an experienced professional! All work and no plie is dull. Luckily, beginning ballet will turn out to be pretty fun, and will keep you on your toes, tutu! This class is perfect if you are a newcomer to ballet or trying to reconnect with the dance world. You will be taught basic movements by an experienced instructor, who will lead you step-by-step through the positions, movements, and combinations. You will learn the 5 basic positions of ballet and use them in both barre and floor work, learning short routines. You'll be a master at tendus, pas de chats, passes, and jetes in no time! It is required that women wear leotard, tights, and ballet slippers. It is required that men wear dance belts, tights, and t-shirt or men's unitard and ballet slippers.

**Location:** Arrowhead Community Center  
**Fee:** \$40 per session or \$12 drop in

Date	Day	Time
Jan 13-Feb 3	M	7:30-8:30 PM
Feb 10-Mar 2	M	7:30-8:30 PM
Mar 9-Apr 6	M	7:30-8:30 PM
Apr 13-May 4	M	7:30-8:30 PM

No class March 23



## Dance Camps!



### JoJo Dance Party Dance Camp

**Ages 5-10 years**

Children are invited to our JoJo Dance Party Camp. Grab your bows and get ready to party! If you're a #nofilter and a #BestiesNotBullies kind of kid, this is the camp for you. Learn new and fun choreography to your favorite JoJo songs each day along with a craft. This camp is sure to fill up quick, so register early!

Fee:	Date	Day	Time	Location
\$60	Jan 11-25	SA	9:30-11:30 AM	Joliet Multi-Purpose Cntr

### #InstaFamous Hip Hop Dance Camp

**Ages 6-12 years**

Children get their groove on and work on moves to make them #instafamous. Dancing to the likes of Ariana Grande, Shawn Mendes, and other popular artists. Dancers will have a fun time learning new choreography each day! At the end of camp, parents are invited for a brief showcase so dancers can show all they have learned. Camp includes a craft for each dancer.

Fee:	Date	Day	Time	Location
\$60	Feb 1-15	SA	9:30-11:30 AM	Joliet Multi-Purpose Cntr

### Synergy Spring Dance/Pom/Cheer Camp

**Ages 4-10 years**

This camp is designed for your child to be introduced to the different styles of dance, poms, cheer, movement, and tumbling. Children will be placed in age groups. All skill levels are welcome. Students will swim daily at Inwood Recreation indoor pool. Lunch & Snack is needed daily.

Fee:	Date	Day	Time	Location
\$150	Mar 23-27	M-F	9 AM-4 PM	Joliet Multi-Purpose Cntr

# 1 Day Dance Clinics!

## Rolls & Handstands

### Ages 4-8 years

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.

Fee:	\$10		
Date	Day	Time	Location
Jan 9	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym
Mar 12	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym

## Cartwheels & Kickovers

### Ages 4-12 years

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.

Fee:	\$10		
Date	Day	Time	Location
Jan 16	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym
Mar 19	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym

## Walkovers & Limbers

### Ages 8-16 years

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!

Fee:	\$10		
Date	Day	Time	Location
Jan 9	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym
Mar 12	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym

## Handsprings

### Ages 9-16 years

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.

Fee:	\$10		
Date	Day	Time	Location
Jan 16	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym
Mar 19	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym

## Intro to Stunting

### Ages 5-10 years

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.

Fee:	\$10		
Date	Day	Time	Location
Jan 23	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym
Mar 5	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym

## Next Level Stunting

### Ages 11-16 years

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.

Fee:	\$10		
Date	Day	Time	Location
Jan 23	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym
Mar 5	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym

## Leaps & Turns

### Ages 6-10 years

This clinic is for the dancer wanting to focus on proper technique of his/her leaps and turns! We will practice using visual focal points. A variety of jumps will be introduced. There will be drills to help focus on the details of form of each skill. Strength and flexibility will be introduced. You will be leaping to success.

Fee:	\$10		
Date	Day	Time	Location
Jan 30	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym
Apr 2	TH	5:15-6:45 PM	Joliet Multi-Purpose Cntr E Gym

## Advanced Leaps & Turns

### Ages 10-16 years

Are you looking to improve your dance skills to help take your dancing to the next level? This clinic is for you! This clinic is designed for those who can already execute a full turn, pirouette, and leap. We will focus on proper technique and using your eyes to spot. A variety of jumps will be introduced. There will be drills to help focus on the details and form of each skill. Strength and flexibility will be included. You will be taking your dancing to new heights with this clinic.

Fee:	\$10		
Date	Day	Time	Location
Jan 30	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym
Apr 2	TH	7-8:30 PM	Joliet Multi-Purpose Cntr E Gym