

From the Director....

Greetings ~

Summer is a wonderful time to dance! Warmer weather (but we do have air-conditioning) allows muscles to stretch and it is lovely to dance in the long summer evenings. Without the heavy loads of homework in the academic year, dancers can use their energy to make terrific progress. We are all looking forward to having you come dance!

The **Young Dancers' Intensive** is for Ballet Levels 6 and 7 for dancers who wish to continue to build their technical skills in ballet, pointe/prepointe, **contemporary improv**, character dance and musical theater dance.

Ballet levels 3, 4 and 5 have their own **Young Dancers' Intensive** that is placed later in the day making it possible for dancers to explore ballet, modern dance and **contemporary styles** after they have had time to participate in community camps and swimming.

Dance-Me-A-Story is back!! A ballet class with some favorite classical ballets and some new popular stories told in dance – **with videos and costumes!!!**

Older dancers can learn new skills in three different **Mini Intensives** – 1) **Self-Care, June 3 - 5** for students entering high school and up – and teachers and parents; 2) **Ayodele – African Drum and Dance June 22 - 25** – for advanced high school and adult dancers, and 3) **Wash/Build – a Contemporary Workshop June 29 & 30, July 1 & 2** – for advanced high school and adult dancers interested in improvisation and creating choreography.

Adult Dancers – this summer we have 4 different options for you to try: **Adult Beginning Ballet** for those of you who have always wanted to do this – or who want to revisit an earlier time when you danced; **Zumba (TM)** for those who want an intense and active workout; **Adult Humphrey** – a form of modern dance based on Doris Humphrey's movement principles; and **Ballroom** – come alone or with a friend!

The Academy is always welcoming to those who want to dance – from the smallest preschooler, to a senior citizen – we are accessible and inclusive of all abilities, all ethnicities and all genders. If you love to dance, come join us this summer!

Welcome!

Stephanie Clemens

Stephanie Clemens, Director



Academy of
Movement
and **Music**

SUMMER 2020



CLASSES BEGIN JUNE 8

SEVEN WEEKS

JUNE 8th – JULY 24th

REGISTRATION BEGINS MARCH 2nd

708 • 848 • 2329 • 605 LAKE ST. OAK PARK IL.
WWW.ACADEMYOFMOVEMENTANDMUSIC.COM
ACADEMYOFMOVEMENTANDMUSIC@GMAIL.COM

Downstairs A.R.T.S.

Ages 22 months (by June 1) - 4 years

Sunny Hot Spots

MONDAY AND WEDNESDAY AND/OR	8:45 - 11:00 AM
TUESDAY AND THURSDAY	8:45 - 11:00 AM
TUITION FOR 2 DAYS: \$420.00	TUITION FOR 4 DAYS: \$670.00

A two or four day program that includes thirty (30) minutes each of physical fitness and creative movement and sixty (60) minutes of art, music, and Montessori combined. Each day provides a balance between teacher directed movement classes and the child directed art and Montessori environment. We will be spending our summer days "At the Seashore" and exploring "The Great Outdoors." Our songs, artwork, dances and games will be centered on our themes and you can be sure we will be learning all about the many animals, plants, and treasures that we may find at the beach and in our own backyard! *A mid-morning snack is served. If your child has a food allergy that prevents them from having pretzels or graham crackers, please let the office know.* Children need play clothes, ballet shoes, and a backpack.



Upstairs A.R.T.S.

Ages 4 (by June 1 or by Teacher recommendation) - 7 years

All Fun and Games

MONDAY AND WEDNESDAY ART, RHYTHM & MOTION, SUMMER SCIENCE AND PHYSICAL FITNESS AND/OR	8:45 - 11:00 AM
TUESDAY AND THURSDAY CREATIVE ART, STORY DANCE, LITERATURE, AND WORLD DANCE	8:45 - 11:00 AM
TUITION FOR 2 DAYS: \$420.00	TUITION FOR 4 DAYS: \$670.00

Each week covers a different topic from Cats & Dogs to Food, Crazy Nature and just about everything in-between. In the spirit of summer, our classes will focus on the lighter side of things, and of course we will see the return of summer science on Wednesdays - a practical class in which the children will try their hands at science experiments while learning to make observations and predictions. *Our last two classes, Block Party (Mon./Weds.) and Dance Party (Tues./Thurs.) will be open to family members/caretakers.* Hope to see you for summer fun! *A mid-morning snack is served. If your child has a food allergy that prevents them from having pretzels or graham crackers, please let the office know.* Children need play clothes and ballet shoes. If wearing a skirt or dress, please wear shorts or leggings underneath. All children should bring a water bottle, backpacks are optional.

Children's Single Classes

All levels other than the Introduction levels, Ballet 1, and those stating "no previous training" require the recommendation of the Academy teacher in the highest level completed, or the consent of the instructor based on a placement class.

Although we don't require uniforms for our summer classes, it is advisable to purchase pink or flesh-toned (girls) or black (boys) ballet shoes, black jazz shoes and black jazz pants.

DANCE-ME-A-STORY ~ BACK AGAIN!!

FRIDAY 9:15-11:00 AM \$250.00
AGES 3-6

This class, offered, only in summer, is a fun opportunity for your dancer to discover the magic of ballet. The morning includes a full ballet class, snack, story/video, dress up and act out the story, and finishes with an activity packet at the end. We'll explore some favorite classical ballets including *Sleeping Beauty* and *Firebird*, as well as *The Wizard of Oz* and *Alice in Wonderland*; and some new popular stories, including *Frozen*, told in dance. *A snack of graham crackers or pretzels is served during class. Please inform the office if your child can not have this snack.* Children need ballet slippers.



BALLET 1/2 · AGES 6 – 10

TUESDAY 6:00 - 7:15 PM

JAZZ 1/2 · AGES 6 - 10, NO EXPERIENCE

WEDNESDAY 6:30 - 7:30 PM

HUMPHREY 2/3 · Ballet Levels 3 thru 7

THURSDAY 6:45 - 8:00 PM

Adult Classes

	MONDAY	TUESDAY	WEDS.	THURS.
ADULT BEGIN BALLET	7:00 – 8:15 PM			
ZUMBA (TM)/ ZUMBA TONING (TM)		6:45 - 8:00 PM		
ADULT/TEEN BEGIN HUMPHREY			6:45 - 8:00 PM	
ADULT BALLROOM				8:00 - 9:15 PM

See Stretch & Tone Class Options on Page 6
Fee Schedule: See Page 6

Summer Intensives at the Academy

Enrollment is limited.

June 3, 4, 5 Self Care for Young Dancers

Taught by Julia Cox & Sally Donaubauer
Wednesday/Thursday/Friday
10:30 AM – 12:30 PM

Including Pilates; safe stretching; injury prevention; dance conditioning exercises; dance anatomy and kinesiology to improve technique; safe warmups and stretching; nutrition and foot care

\$175.00

Minimum: 10

June 22-25 African Dance

Taught by Ayodele Drum & Dance
Monday/Tuesday/Wednesday/Thursday
2:30 – 4:30 PM

Students will explore the movement of traditional West African dance accompanied by live drumming.

\$160.00

Minimum: 6

June 29, 30 Wash/Build

July 1, 2 Taught by alumns Maddy Joss, Xenia Mansour, Samantha Weeks

Monday/Tuesday/Wednesday/Thursday
1:00 – 4:00 PM

A **contemporary workshop** creating new dance vocabulary through improvisation.

\$120.00

Must be available to attend all four days.

BALLET LEVEL ELIGIBILITY FOR INTENSIVES:

Academy students are expected to take their regular classes at the appropriate level.

BALLET LEVEL	8	9	10	11
JUNE 3, 4, 5 SELF CARE FOR YOUNG DANCERS	X	X	X	X
JUNE 22, 23, 24, 25 AFRICAN DANCE	X	X	X	X
JUNE 29, 30 JULY 1, 2 WASH/BUILD		X	X	X

**No discounts or credits will be applied towards any of the special intensives.*

Young Dancers Intensives

For Ballet 3, 4 & 5

A two-days per week summer intensive for young dancers that includes classical ballet, modern dance, and **contemporary styles**.

BALLET 3, 4 & 5	
MONDAY	4:00 - 6:30 PM
WEDNESDAY	4:00 - 6:30 PM
TUITION	\$420.00

See uniform requirements below

For Ballet 6 and Ballet 7 Levels

Our program includes classical ballet and pre-pointe (Ballet 6), pointe (Ballet 7), **contemporary improv**, character dance, musical theater and an available stretch option on Mondays, Wednesdays and Fridays at noon before classes begin.

BALLET 6	
MONDAY	12:45 - 4:00 PM
WEDNESDAY	12:45 - 4:00 PM
FRIDAY	1:00 - 3:30 PM
TUITION	\$585.00
	OPTIONAL STRETCH CLASS ~ \$50.00 SEE BELOW

BALLET 7	
MONDAY	12:45 - 4:00 PM
WEDNESDAY	12:45 - 4:00 PM
FRIDAY	1:00 - 4:15 PM
TUITION	\$605.00
	OPTIONAL STRETCH CLASS ~ \$50.00 SEE BELOW

Recommended for

Ballet 3, 4, 5, 6 & 7:

Stretch & Tone Package - pay **\$50.00** for the Summer Session, come as often as you like.

Schedule follows:

STRETCH & TONE	
MONDAY	12:00 - 12:45 PM
WEDNESDAY	12:00 - 12:45 PM
FRIDAY	12:00 - 1:00 PM

HUMPHREY 2/3 MODERN

THURSDAY 6:45-8:00 PM

\$125.00 for Summer Session

UNIFORM REQUIREMENTS FOR YOUNG DANCERS INTENSIVE ~

BALLET 3, 4, 5, 6,

BALLET: pink or flesh-toned tights, black tank leotard, black bike shorts, pink or flesh-toned ballet shoes

CONTEMPORARY STYLES: black tank leotard, black leggings or convertible tights

MUSICAL THEATER: black tank leotard, black jazz pants, black jazz shoes

MODERN & CONTEMPORARY IMPROV: black tank leotard, convertible tights

Ballet 8 Classes

Ballet 8: Three Technique Classes; Three Pointe Classes
 Any exceptions to these requirements must be cleared through Stephanie Clemens before registration. Students may choose not to do pointe, but are encouraged to do modern and jazz.

BALLET 8	BALLET 8	POINTE 2
MONDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
WEDNESDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
FRIDAY	1:00 - 2:30 PM	2:30 - 3:30 PM

JAZZ	ADVANCED JAZZ consent of instructor required
MONDAY	8:15 - 9:30 PM

MODERN	GRAHAM 4/5	ADVANCED HUMPHREY
TUESDAY	8:15 - 9:30 PM	
WEDNESDAY		8:15 - 9:30 PM
THURSDAY	8:15 - 9:30 PM	

Stretch & Tone Package - pay \$50.00 for the Summer Session, come as often as you like.
 Schedule follows:

STRETCH & TONE	
MONDAY	12:00 - 12:45 PM
WEDNESDAY	12:00 - 12:45 PM
FRIDAY	12:00 - 1:00 PM

FEE SCHEDULE

*New Student Summer
 Registration Fee \$25.00*

CLASSES PER WEEK	COST PER SESSION
1	\$125
2	\$235
3	\$330
4	\$420
5	\$485
6	\$515
7	\$555
8	\$585
9	\$605
10 & UP	\$620

UNIFORM REQUIREMENTS FOR BALLET 8, 9, 10, 11

BALLET: pink or flesh-toned tights, black tank leotard, black bike shorts, pink or flesh-toned ballet shoes

JAZZ: black tank leotard, black jazz pants, black jazz shoes

MODERN: black tank leotard, convertible tights

Ballet 9, 10, and 11 Classes

Ballet 9: Three Technique Classes; Three Pointe Classes
 Ballet 10: Four Technique Classes; Four Pointe Classes
 Ballet 11: Five Technique Classes; Five Pointe Classes
 Requirements for any Ballet 9, 10, 11 Level Classes: Consent of Instructor. Dancers who do not take pointe and who wish a modern or jazz emphasis must have their schedules approved by Stephanie Clemens prior to completing registration.

BALLET 9	BALLET 9	POINTE 3
MONDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
TUESDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
WEDNESDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
FRIDAY	1:00 - 2:30 PM	2:30 - 3:30 PM

BALLET 10	BALLET 10	POINTE 4
MONDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
TUESDAY	CONTEMPORARY 5:30 - 7:00 PM	REP 7:00 - 8:00 PM
WEDNESDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
THURSDAY	5:30 - 7:00 PM	PAS DE DEUX 7:00 - 8:00 PM
FRIDAY	3:30 - 5:00 PM	5:00 - 6:00 PM

BALLET 11	BALLET 11	POINTE 5
MONDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
TUESDAY	CONTEMPORARY 5:30 - 7:00 PM	REP 7:00 - 8:00 PM
WEDNESDAY	5:30 - 7:00 PM	7:00 - 8:00 PM
THURSDAY	5:30 - 7:00 PM	PAS DE DEUX 7:00 - 8:00 PM
FRIDAY	3:30 - 5:00 PM	5:00 - 6:00 PM

JAZZ	ADVANCED JAZZ consent of instructor required
MONDAY	8:15 - 9:30 PM

MODERN	GRAHAM 4/5	ADVANCED HUMPHREY
TUESDAY	8:15 - 9:30 PM	
WEDNESDAY		8:15 - 9:30 PM
THURSDAY	8:15 - 9:30 PM	

Stretch & Tone Package - pay \$50.00 for the Summer Session, come as often as you like. Schedule follows:

STRETCH & TONE	
MONDAY	12:00 - 12:45 PM
WEDNESDAY	12:00 - 12:45 PM
FRIDAY	12:00 - 1:00 PM

Uniform Requirements: See Page 6 ←
Fee Schedule: See Page 6 ←

Ballet Levels at the Academy

All levels of dance, other than those stating “no previous training,” require the recommendation of the Academy teacher in the highest level completed, or the consent of the instructor based on a placement class.

Ballet Levels: We offer three Introduction to Ballet levels and eleven progressive levels of Ballet following the Introduction level. During the summer, Intro levels students will take Dance-Me-A-Story.

Jazz Levels: We offer progressive levels of Jazz. In summer we combine some levels, in the fall there are seven levels.

Pointe Levels: There are five levels of Pointe, plus one prepointe level. Admission to these classes is only by recommendation or consent of the instructors.

Modern Levels: During the summer for younger dancers modern and **contemporary improv** is part of the Young Dancers Intensives; for older dancers there is an Advanced Humphrey class and Advanced Graham.

BALLET LEVEL	AGE	REQUIRED PREVIOUS TRAINING	BALLET CLASSES PER WEEK	POINTE CLASSES PER WEEK	MODERN CLASSES PER WEEK
INTRO 1	3-4	NONE	1		
INTRO 2	4-5	NONE	1		
INTRO 3	5-6	NONE	1		
1	6-8	NONE	1		
2	7-9	1 YEAR	1		
1/2A	9-12	NONE	1		
3	8-10	2 YEARS	2		
4	9-11	3 YEARS	2		
3/4A	10-13	4 YEARS	2		
5	10-13	4 YEARS	2		1
6	11-14	5 YEARS	3	2	1
7	11-15	6 YEARS	3	2	1
8	12-15	7 YEARS	3	3	Highly Recommended
9	13-16	8 YEARS	3	3	Highly Recommended
10	15-18	9 YEARS	4	4	Highly Recommended
11*	15-18	9+ YEARS	5	5	Highly Recommended

* Ballet 11 participation requires nine or more years of experience, including one or more year at level 9, or consent of the instructor.

Summer Faculty and Staff

A.R.T.S.

MAUREEN FAHEY
ANJA RIIS WACHTER

DOWNSTAIRS DIRECTOR, MUSIC
UPSTAIRS DIRECTOR, ART, SUMMER SCIENCE,
CULTURAL AWARENESS, LITERATURE

MARK ANDERSON

CREATIVE MOVEMENT, MUSIC

AUDREY DEZIEL

PHYSICAL FITNESS

MELISSA TAUB

CREATIVE MOVEMENT, PHYSICAL FITNESS

RUTH TAZELAAR

ART

CAROLINE TEDESCO

DANCE, PHYSICAL FITNESS, LITERATURE

AIDES: JESSICA BREKHER, JULIA ENGEL, ISABELLA GINTER,
HELÉNA GORGOL, STEPHANIE WOLFF

DANCE

STEPHANIE CLEMENS

DIRECTOR, BALLET

MEI KUANG CHEN

BALLET, MODERN, STRETCH

SARITA SMITH CONNELLY

GRAHAM, JAZZ, ZUMBA

TERESA DEZIEL

BALLET

MERRIL DOTY

MODERN: GRAHAM & HUMPIREY TECHNIQUE

LAURA GALLARDO BRAND

BALLET, CHARACTER

ANNE MARIE LOESCH

HUMPHREY

RAMON GAITAN

BALLROOM, PAS DE DEUX

GINA SIGISMONDI

BALLET, JAZZ, DANCE ME A STORY

CAROLINE TEDESCO

BALLET, CONTEMPORARY STYLES,

DANCE ME A STORY

JP TENUTA

BALLET, PAS DE DEUX, STRETCH

JULIA WOLLRAB

BALLET

MUSIC

PATRICIA WILKEN

DIRECTOR, PIANO, VOICE

MARK ANDERSON

GUITAR

AMY DE JONG

VOICE

MARA LEONARD

PIANO

JENNIFER WILHELMS

FLUTE

JONATHAN SCHANG

ACCOMPANIST

GREGORY SMITH

ACCOMPANIST

ELENA TUMANOVA

ACCOMPANIST

ADMINISTRATION

STEPHANIE CLEMENS

EXECUTIVE DIRECTOR

KARI FARKVAM

ADMINISTRATOR

RACHEL GORGOL

BUSINESS DIRECTOR

SARAH NAJERA

EXECUTIVE & ARTISTIC DIRECTOR, **MOMENTA**

BRIGID ANDERSON

OFFICE SUPPORT

TERESA DEZIEL

OFFICE SUPPORT, ASSISTANT DIRECTOR,

MOMENTA

PATRICIA ROTHENGASS

OFFICE SUPPORT

Academy Policies

IF UNDER 18, PARENT MUST COME INTO THE BUILDING TO REGISTER STUDENT

1. Registration and Tuition Policies

- A. Dance Summer Session – Seven weeks. Tuition is payable in full at the time of registration. No refunds will be issued.
- B. Music Summer Session (May 18 - July 24). Tuition is due the first week of the session.

2. Missed Classes - NO CREDIT OR REFUND WILL BE GIVEN FOR MISSED CLASSES IN DANCE OR PRESCHOOL.

Dance classes **must** be made up within the session. Finding an appropriate make-up class is the responsibility of the student, not the Academy. It is possible to “make-up” a class in advance or to take jazz to make up a ballet class, or vice versa. There are not make-ups for Pre-School A.R.T.S. classes.

Music Department Credits – To assure a credit, a 24 hour notice is required to cancel a lesson. Other credits are issued at the teacher’s discretion.

3. Canceled Classes

The Academy reserves the right to cancel classes.

4. NO OTHER REFUNDS WILL BE GIVEN.

Once you have registered for a class/program, no refunds will be issued for any reason.

5. Class Observation

Observation of any Academy class is by appointment only and must be arranged in advance through the office. Children under 18 years of age must be accompanied by a parent or their guardian while observing classes, or must have the parent or guardian make an appointment through the office. Consent of the teacher is necessary for all observations.

6. Registration Fee

There is a \$25.00 new student summer registration fee.

7. Charges

There is a 5% service charge on unpaid balances carried after the fifth of each month or the first class of each session, and \$10.00 service charge for returned checks.

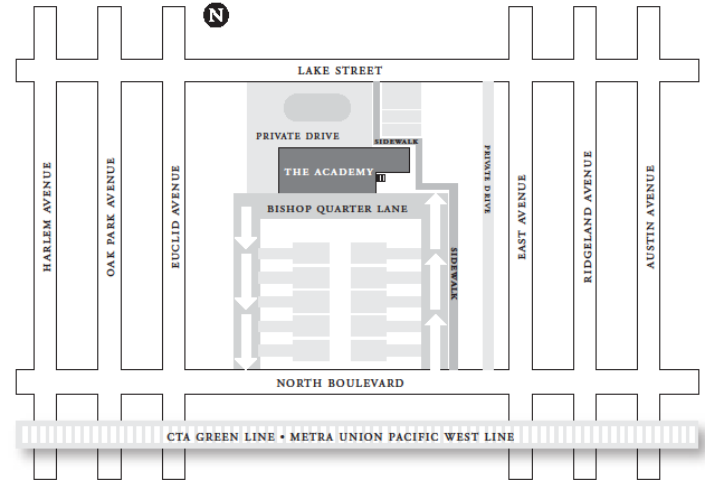
8. The Academy admits all applicants without regard to race, gender identity, color, sexual orientation, religion, national origin, marital status, or disability.

9. No gum or nuts are ever allowed in the building.

The Academy is a **NUT FREE, GUM FREE ZONE**. **NO NUTS** or anything made with nut products are allowed in the building.

Policies are subject to change.

Traffic Regulations



The Academy is located in a densely packed residential neighborhood. The high school playing fields are nearby and they, along with the Academy, generate a great deal of traffic. Please follow these rules to help the Academy stay on good terms with our neighbors AND FOR THE SAFETY OF ALL THE CHILDREN!

Please comply with these traffic Regulations!

1. Academy traffic **must travel ONE WAY** on Bishop Quarter Lane – entering on the east side of the U shaped drive by turning **RIGHT** as you drive west. Please **do not turn left from North Blvd** as you travel east. **For the safety of all, traffic should never move on the drive at more than 5 miles per hour.**

2. If you are **picking up** your student, you may join the carpool lane on the east side of our drive - this lane is intended to be slow moving at all times. Please **DO NOT COME EARLY** and just sit in the driveway and **NEVER** leave your car unattended in that lane. Most students need a few minutes to get their belongings or change clothes after class; if you come early, you will not get your student earlier. You must stay in the east lane of the Bishop Quarter Lane until you see your student on the Academy steps. Please be aware that if a group of students exits the building at the same time, chances are the student of the person in front of you in line is also out and they will be moving forward to collect their student, so there will be no need for you to pull out of the east lane. If, however, the car in front of you does not move with the other cars, **when there is room to go around the curve and pull up to the pole**, you may move out of the east lane and go forward to get your student. **You must not stop in front of the neighbors’ drives while in the west lane.** Please yield right of way to any neighbor attempting to pull in or out of his/her drive.

3. If you are **dropping off** your student, coming 10 – 15 minutes before class starts to allow time for the student to change clothes is a good plan. You may travel in the west lane of the drive, but you must be very careful to pull up all the way to the pole and your student should be quickly ready to exit the car. This is not a good time for discussions. When our traffic piles up, blocking the whole driveway, our neighbors become very upset with the congested drive, especially if they need access to their driveways.

4. When walking your child to and from the Academy, **please use the sidewalk!** Do not walk in the middle of the driveway and **never walk across the neighbors' driveways or through their private courtyard.**

5. PLEASE DROP OFF OLDER DANCERS OUT ON LAKE STREET TO WALK INTO THE ACADEMY.

6. **Never enter into or park in the U-shaped drive to the north of our building off of Lake Street. This is private property, and although the neighbors are gracious about having our students walk from Lake Street, they have a very active towing service for non-resident cars. You will be towed!**

7. **PARKING** next to the Academy building or in front of the Academy garages is reserved for STAFF ONLY. Please do not park even for “just a minute” – **park only on Lake Street, East Avenue or in the METERED slots on North Blvd. Please do not pull into the townhome driveways at any time.**

8. **To accommodate our Preschool A.R.T.S. parents,** we have Academy staff available to greet and dismiss children whose parents choose to use our carpool system during preschool hours.

9. **Failure to comply with these regulations may result in your student's dismissal from the Academy. The rules apply to everyone, and keeping a good relationship with our neighbors is important to the Academy!**

THANK YOU FOR YOUR COOPERATION.