Welcome to the Park District of Oak Park Dance Program!

Our programming provides high-quality, affordable dance education in a fun and interactive format that builds community, positive self-awareness, rhythmic interpretation of music, as well as physical, social, emotional and cognitive development for adults and children of all ages. The Park District of Oak Park is a place where everyone can dance!

The teaching team is excited to share our love of dance and dance education with the Oak Park/River Forest/Forest Park/Austin/Berwyn communities. We strive to make performing arts opportunities accessible to the public and encourage whole families to participate and develop their movement potential.

The Park District of Oak Park provides dance classes for infants to adults, such as Ballet, Tap, Hip Hop, Jazz, Dance & Tumbling, Cheerleading, Musical Theatre, Swing, Salsa, Cha Cha, Tango and more.

Classes are held at:

- **Gymnastics Recreation Center**, 21 Lake St, Studio 1, 2nd floor
- **Stevenson Center**, 49 Lake St, Second Floor
- **Ridgeland Common**, 415 Lake St, Large Studio
- Cheney Mansion, 220 N Euclid, Ballroom and Parlor
Early Childhood Dance Programs
Ages infants to 5 years, these programs are taught by experienced teaching artists who are patient, kind, educated, and provide easy-to-follow instruction. Our Early Childhood Dance classes culminate in the Annual Spring Dance Performance.

The atmosphere in our studios is comfortable, warm and friendly. The benefits of the curriculum are physical, social/emotional and cognitive as dancers learn to understand ownership of their bodies and create movement goals. Lessons encourage explorative natural dance movement, imaginative play, musicality, independence, sensory and fine motor development, strength, balance, flexibility, coordination, and spatial awareness. Dancers roll, stretch, jump, dart, and swing while learning about body, effort, shape, space, time, and direction.

These programs teach children to play with purpose, enjoy dancing, and to begin listening to directions from a teacher.

Youth Dance Programs
Our Youth Performance Dance classes are energizing and engaging. Our professional teaching team trains dancers in proper technique and encourages creative expression. Dancers will develop turnout, coordination, beginning skills, spatial awareness, and discipline, while developing both friendships and their love of dance. Each year our dance programs culminate in the Annual Spring Dance Performance.

Adult Dance Programs
Adult classes are inclusive, easy-to-follow, and led by friendly and experienced instructors. Dance keeps you actively exercising, learning basic skills or refining, and having fun while meeting new people. Adult programming in Swing & Ballroom, Latin, Ballet, Contemporary Dance, Adult Line Dancing, Club Sweat and Hip Hop are offered seasonally throughout the year.

For additional information, please contact Genevieve Garcia at Genevieve.Garcia@pdop.org.

DANCE PROGRAM POLICIES

Dance Class Attire
Please dress in the proper dance attire. This helps create a sense of community and imparts that attending dance class is special and important.
Proper attire is required for all Dance classes:

- Hair must be secured away from the face, preferably a bun if possible.
- Please no stiff fabric or jeans for normally scheduled classes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Attire Requirements</th>
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<tbody>
<tr>
<td>Pirouettes with my Partner</td>
<td>Leotard or skirted leotard and pink/skin toned tights, or solid-colored T-shirt and athletic-type shorts or leggings. Pink/skin toned leather or canvas ballet shoes, or bare feet.</td>
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<tr>
<td>Creative Movement</td>
<td></td>
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<tr>
<td>Dance &amp; Tumbling</td>
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<tr>
<td>Ballet</td>
<td>Leotard or skirted leotard and pink/skin toned tights, or solid-colored T-shirt and athletic-type shorts or leggings. Pink/ skin toned leather or canvas ballet shoes, tan tap shoes.</td>
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<tr>
<td>Ballet &amp; Tap</td>
<td></td>
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<tr>
<td>Tap</td>
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<tr>
<td>Jazz</td>
<td>Leotard or skirted leotard and pink/skin toned tights, or fitted jazz pants, capris or leggings. Bare feet are preferred, ballet shoes or tan jazz shoes are allowed.</td>
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<tr>
<td>Broadway Studio</td>
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<tr>
<td>Hip Hop &amp; Tumbling</td>
<td>T-shirt and athletic-type pants or shorts, fitted jazz pants, capris or leggings, clean sneakers, bare feet may be recommended for tumbling sections of class.</td>
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<tr>
<td>Hip Hop</td>
<td></td>
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<tr>
<td>Adult Dance</td>
<td>Clothes you can move or stretch in. Ballet shoes for Ballet, clean sneakers for Hip Hop, non-rubber soled shoes for Swing, Ballroom, Latin, and Tango.</td>
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</tbody>
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Order your dance gear at: [pdop.org/shopnimby](http://pdop.org/shopnimby)
Registration and Payment Information
Registration for programs is seasonal; details can be found in our brochure or online at www.pdop.org. Online registration is the quickest, easiest option. We actively manage the waitlist and aim to secure a class option for your family.

Attendance
Consistent attendance is essential to dancer’s progress in class. We recommend that dancers attend each week if possible. However, if your child is ill, we discourage them from coming to class. If you anticipate an absence from your child’s class, please inform your teacher in advance or email Genevieve Garcia at Genevieve.Garcia@pdop.org.

Bathroom Breaks
Please visit the restroom before class begins. Requests for breaks may cause distractions or interrupt instruction for students.

Classroom Etiquette
Please make sure that your child has had water, a snack, washed hands, and visited the restroom prior to class as to not disturb the rhythm of the class and focus.

To enter:
GRC Studio: Line up at the far door. To exit, we will use the doors closest to the restrooms.
RCRC Studio: Line up outside the classroom door in the hallway and enter together as a group.
Stevenson Center Studio: Line up outside the classroom and enter as a group.

Parents/guardians may only enter the room when there is an observation day. If you feel that your dancer may need transitional help into the dance space, please email Genevieve Garcia at Genevieve.Garcia@pdop.org and the team will do our best to accommodate.

Communication
We aim to provide excellent customer service with proactive communication from your teacher and teaching assistant, Dance Coordinator and Customer Service Staff through newsletters and emails. If you have any questions or concerns, please feel free to discuss them with your instructor or contact Genevieve Garcia, Fitness, Dance and Circus Program Supervisor, at Genevieve.Garcia@pdop.org.
Just Dance Birthday Parties

Just Dance with our dance teachers at your Dance Birthday Party at the Stevenson Center or Ridgeland Commons Recreation Center on Saturdays from 1-3pm or 3-5pm. We can host a party for all ages. Themes can be tailored to interests such as: Ballet Fairies, Hip Hop Animators or Broadway Studio.

• Party Packages are $250 for residents and $275 for non-residents. This price includes party leader/dance instructor, choreography for the group with music, dance games, and pizza from Salerno’s for 15 participants. Additional participants are $10/person.

• You are welcome to bring drinks, cake and ice cream, or any other food or snacks you may like. We will provide plates, napkins, utensils, tablecloths and juice boxes. You are welcome to show up 15 minutes early to decorate the space if you would like to do so.

• The party will consist of approximately 50 minutes to arrive and learn choreography
• 40 minutes for food and presents
• 30 minutes for dance games and a review of the dance
• A performance for parents and guests when they arrive for pick up.
Meet the Dance Staff

Catherine L. Tully
Catherine L. Tully has 45 years of experience in the dance field, and for 30 of those years she has also been a teacher. Catherine has served as the Outside Europe Representative for the National Dance Teachers Association in the UK, and her dance writing has appeared in publications such as Dance Teacher, Dance Spirit, youngARTS and Highland Dancer. She is also the owner and editor at 4dancers.org, an online publication that has been serving the dance community since 2009. Holding a BA in Exercise Science and Fitness Management, Catherine studied dance at Chicago City Ballet under teachers such as Maria and Marjorie Tallchief, Inessa Alexandrovich (Bolshoi trained), and Paul Mejia. She has also taken classes with Claire Bataille and Rick Hilsabeck, as well as other faculty at Hubbard Street Dance Company’s Lou Conte Dance Studio. Her background is most extensive in Ballet, but she has also studied jazz dance and Russian character dance.

In addition to teaching in studios, Catherine has years of experience as a dance instructor in the Fine Arts Department of an all-girls college preparatory school, and as an adjunct professor in the Human Performance Department at a private university in Illinois. She has also taught, choreographed and performed in many places in northern Japan, where she lived for three years in the 1990s.

Terry Zeeman and Sharon Parker
Terry has been dancing for 35 years and interned with Ray Molina of Fred Astaire Studios. He is well known throughout the Chicagoland Latin Dance clubs, Ballroom and Swing communities. He has been inspiring the Oak Park community of children and adults to dance for 15 years. Terry is passionate about changing people’s lives by opening their eyes to something new, helping people find confidence, and providing “fun nights” to spend with other people. His classes are one of Oak Park’s popular Monday social events. Terry is a music aficionado whose love of music was sparked by his travels to Rio. He enjoys discovering new music and dance venues throughout the country.

Sharon has been a teaching assistant for 15 years at the PDOP. She began dancing in 2000 as a way to meet new people and discover new cultures. She enjoys the fun and excitement of dancing throughout the Chicagoland Latin, Ballroom and Swing dance communities. She participates in regional dance events around the country from Hawaii to South Carolina. A dance highlight for Sharon was being an audience member on Dancing with the Stars as a personal invite from Evan Lysacek. She is a former flight attendant and was a
managing partner with The John Casablancas Modeling Agency in Chicago. Sharon believes dance is great exercise without feeling like you are exercising!

**Deanna Paloian**

Coach D, Deanna Paloian, has eaten, slept and breathed cheerleading and dance her entire life. Starting as a cheerleader and dancer at a young age, she developed a passion for the sport and loves to share this passion with her students. With years of experience coaching Recreational, High School ICCA, All-Star and all things cheer, there isn’t a Cheer situation she isn’t prepared for. Her love of the sport inspires her to continue coaching, but what really makes Cheer her life is working with the athletes themselves. Seeing children grow through sport, make friends, overcome hurdles and gain self-worth and confidence through cheerleading is the real goal of any class she is teaching. She’s got spirit, yes she does, and if you take her class, you will too!

**Ingrid Ferdinand**

Ingrid Ferdinand began dance at The Academy of Movement & Music in Oak Park, Illinois. Here, under the tutelage of Stephanie Clemens, she trained in Vaganova, Graham, Humphrey, and Bournonville techniques. She attended SFCD and ABT intensives and traveled to Guatemala with JUNTOS. She went to The Chicago Academy for the Arts and Marymount Manhattan College before happily landing at Hubbard Street’s Professional Program.

**Kayla King**

Kayla is a ballet, tap and creative movement instructor. For 5 years, she has trained dancers of all levels at the Park District of Oak Park. Kayla received a BS from Concordia University Chicago in elementary education and has been an elementary teacher for 2 years. Kayla’s dance training began at a young age and has continued into adulthood. She mentored under notable dancer Valerie Moore at the start of her dance career with the PDOP. Kayla believes that dance should be fun and accessible to all.
Meet the Dance Staff (continued)

Shalane Walker

Shalane Walker hails from Houston, TX, but has made Chicago her home these past 11 years. She began cheering at the age of 13 and kept going through high school, college and then adult. Her accolades include being one of the first members of Michigan State University's All girl team (now called STUNT) as well as co-founding and leading the first Adult 18+ Cheer Team in Dubai (aptly named Cheer Dubai). When she’s not practicing back handsprings at the GRC, Shalane is spending time with her 10 year old daughter Leila, and teaching Sunday school to her favorite group of 4 year olds at Park Community Church. Her life motto is "Bloom where you planted". She recently relocated from South Loop to Oak Park last October and is enjoying this "city suburb" to the fullest.