



DANCE Family Handbook 2020-2021



Updates will be made to our Dance Family Handbook as necessary as guidelines/recommendations change.

Last Updated: January 19, 2021

2020/21 Dance Season

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. Dancers develop good posture, build confidence and self-esteem as they express themselves through creative movement.

The Vernon Hills Park District offers a variety of dance classes for students ages two through eighteen. Through an exceptional and progressive dance curriculum, dancers explore various forms of dance while fostering proper technique and skills. Once a student has mastered a beginning course, he or she can move up to intermediate or advanced classes.

Our school year dance program begins in late August/early September and culminates with our annual spring dance recital in May/June. Our non-recital dance classes allow children to dabble in a variety of dance classes without the long-term commitment. Non-recital dance classes culminate with a parent observation day at the final class.

Our team of professional dance instructors maintain a supportive, nurturing environment for our dancers. Classes are held at the Sullivan Community Center – 635 N. Aspen Drive. For more information regarding dance, please contact Julie Freels, Recreation Supervisor.

Contact Information

Our dance staff is looking forward to providing your child with a positive and rewarding dance experience. We hope to establish mutual relationships with each child and family.

Julie Freels, CPRP

Recreation Supervisor

julief@vhparkdistrict.org

(847) 996-6808

2020/21 Dance Instructors: Melissa Schrader & Holly Weber

Dance Class Location & Arrival/Dismissal Procedures

Our 2020/21 dance classes are held at the Sullivan Community Center (635 N. Aspen Drive) in the Dance Room.

Arrival activities are an important component of our dance classes. Arriving promptly to class ensures that your child can fully participate in the arrival sequence, properly warm up for class, and also reduces disruptions.

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



Health Policy

To maintain a healthy class environment, keep your child 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, ear-ache, or any communicable disease. All children must be symptom-free within 72 hours of attending class.

Parents/guardians whose children develop communicable diseases; i.e. chicken pox, head lice, pertussis, COVID, etc. must notify the Recreation Supervisor as soon as the child is diagnosed. The name of the affected child is not released; however, parents are notified of the occurrence of a contagious illness. A doctor's note may be required for your child to return to class.

Should a child become ill at class, parents/guardians will be notified immediately so that the child can be picked up. Parent/guardian must pick up child immediately after being notified of their health condition, or make arrangements for an approved caregiver to do so. If we cannot reach a parent/guardian, the emergency contact will be called. The child will be quarantined until picked up.

Safety Precautions

To maintain a healthy dance class environment, the following safety precautions will be implemented:

- Employees must wear face coverings over their nose and mouth when within 6-ft. of others. Exceptions may be made where accommodations are appropriate in accordance with guidelines.
- Dancers (and adults in adult/child classes) are required to wear a clean, cloth face covering to dance class to be worn during class. This requirement applies to children over the age of 2. People with medical conditions or disabilities that prevent them from safely wearing a face cloth must communicate the concerns with the Recreation Supervisor for accommodations to be considered.
- Social distancing of at least 6-ft. shall be maintained between non-household individuals unless participating in activities permitted under guidelines. Dance floor will be marked to identify personal dance space. Dance activities will be designed for social distancing and staff will remind dancers to remain socially distanced as needed.
- Increased handwashing and hand sanitizing (staff and children).
- Dance class sizes have been reduced.
- Cleaning and disinfection of premises, equipment, and materials will be conducted in compliance with CDC protocols.
- The Sullivan Community Center has a designated area (separate from others) for anyone who exhibits COVID-like symptoms during hours of operation to isolate from others before being picked up to leave. Should a child become ill at class, parents/guardians will be notified immediately so that the child can be picked up as soon as possible. If we cannot reach a parent/guardian, the emergency contact will be called.
- Dancers are to bring a reusable water bottle (16-ounce minimum) labeled with their name to help ensure that they stay hydrated during class. Water fountains, except for touchless water bottle refill stations, will be made unavailable for use.

2020/21 Class Offerings

Early Childhood Dance (Non-Recital Classes)

Designed specifically for children 2-4 years old, these non-recital programs are the perfect way to introduce your little one to dance. Children learn dance fundamentals while working on rhythm, coordination, balance, and self-confidence. Basic dance terminology is incorporated into class instruction. The session concludes with a special parent observation class.

Creative Movement

Ages: 2 years with parent/caregiver

Children are introduced to basic dance and creative movement through imaginative games, songs, music, and rhythmical patterns. Coordination, motor skills, flexibility and confidence are developed at this stage of dancing. A parent or caregiver actively participates alongside the child.

Female Attire: Black leotard, pink tights, pink ballet shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants and black ballet shoes.

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

Pre-Ballet (Winter Session)

Ages: 3-6 years

Children are introduced to basic ballet movements while giving them a passion for dancing. Coordination, rhythm, and flexibility are developed at this stage of dancing.

Female Attire: Black leotard, pink tights, pink ballet shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants and black ballet shoes.

Early Childhood Dance (Recital Classes)

Running from late August/early September through May, children learn dance fundamentals while working on rhythm, coordination, balance, and self-confidence. Basic dance terminology is incorporated into class instruction. The session concludes with our annual dance recital in early May. Note: The cost of recital costumes and tickets are non-refundable and are not included in the class fee. These items will need to be purchased for the recital. Dress rehearsal is mandatory in order to participate in the dance recital. The recital is optional. Your child can register for the class even if he or she decides not to participate in the recital.

Ballet/Tap 1 Combination

Ages: 3-4 years

Children are introduced to basic ballet and tap movements while giving them a passion for dancing. Coordination, rhythm, and flexibility are developed at this stage of dancing.

Female Attire: Black leotard, pink tights, pink ballet shoes, black tap shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants, black ballet shoes and black tap shoes.

Youth Dance (Non-Recital Classes)

Designed specifically for youth 5-18 years old, these non-recital programs are perfect for developing dance technique and skills without a long-term commitment. Children learn dance fundamentals while working on rhythm, coordination, balance, and self-confidence. Basic dance terminology is incorporated into class instruction. The session concludes with a special parent observation class.

Poms (Winter Session)

Ages: 7-12 years

Precision and strength are emphasized in this spirited, high energy class. Students learn the fundamentals and intermediate skills of Poms, including kick sequences, while working on arm strength and group coordination.

Female/Male Attire: Black jazz pants, form fitting shirt, and black jazz shoes.

Jazz (Winter Session)

Ages: 7-12 years

Learn the basics of the fast-paced style of jazz in this class, including fancy footwork, big jumps and turns. Students will learn to express their own unique style through this versatile style of dance.

Female/Male Attire: Jazz pants, form fitting shirt, black jazz shoes.

Youth Dance (Recital Classes)

Designed specifically for youth 5-18 years old, these recital programs are perfect for developing dance technique and skills. Running from late August/early September through May, children learn dance fundamentals while working on rhythm, coordination, balance, and self-confidence. Basic dance terminology is incorporated into class instruction. The session concludes with our annual dance recital in early May. Note: The cost of recital costumes and tickets are non-refundable and are not included in the class fee. These items will need to be purchased for the recital. Dress rehearsal is mandatory in order to participate in the dance recital. The recital is optional. Your child can register for the class even if he or she decides not to participate in the recital.

Ballet/Tap 2 Combination

Ages: 5-6 years

Children are introduced to basic ballet and tap movements while giving them a passion for dancing. Dancers learn ballet positions, combinations, and progressions. Tapping becomes more precise as dancers explore quicker combinations.

Female Attire: Black leotard, pink tights, pink ballet shoes, black tap shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants, black ballet shoes and black tap shoes.

Ballet

Ages: 7-12 years

Ballet technique is emphasized with repetition of exercises at the ballet barre, center work, and across the floor progressions. Correct posture, strength, flexibility, grace and rhythm are emphasized. The technique and level of difficulty will increase with each level of ballet.

Level 1: Introductory class-no experience necessary.

Level 2: For dancers who have completed one to two sessions of Ballet Level 1.

Female Attire: Black leotard, pink tights, pink split sole ballet shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants and black split sole ballet shoes.

Tap

Ages: 7-15 years

Tap dance involves manipulating your feet to create sounds and rhythms. Tap technique is emphasized. As the level of the dancer advances, combinations and speed of movement increase.

Level 1: Introductory class-no experience necessary.

Level 2: For dancers who have completed one or two sessions of Tap Level 1.

Female Attire: Black leotard, black tap shorts or capris, black tap shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants and black tap shoes.

Hip Hop

Ages: 7-12 years

Coordination, quick thinking, and rhythm are developed during this high energy class. Students learn the fundamentals and intermediate skills of Hip Hop including basic choreography and break dance movements. Dancers also have the freedom to develop their own styles through freestyle movement.

Level 1: Introductory class-no experience necessary.

Level 2: For dancers who have completed one or two sessions of Hip Hop Level 1.

Female/Male Attire: Comfortable clothes and hip hop sneakers.

Lyrical

Ages: 10-18 years

Lyrical dancing tells a story through movement, feelings and emotions. Combining modern, jazz, and ballet dance, lyrical is characterized by fluidity and grace. Dancers develop stage presence and expression.

Level 1: For dancers who have completed one or two sessions of a recital dance class.

Level 2: For dancers who have completed one or two sessions of Lyrical Level 1 and have been invited by instructor to advance to Lyrical Level 2.

Female Attire: Black leotard, black tights or jazz pants, nude lyrical shoes and hair tightly secured.

Male Attire: Fitted white t-shirt, black stretch pants and black lyrical shoes.

Special Recital Dance Payment Policy

Participants enrolling for the full year of dance (August/September – May/June) have the following payment options

1. Pay in full.
2. Pay in thirds: 1/3 at registration, 1/3 on October 15, 1/3 on December 15.
Auto-debit from a credit/debit card is required for this option.

2020/21 Dance Recital Participation

Each recital dance class will participate in one or two dance recitals. The number of recitals will be determined by the final number of performances *and* audience size limits in the spring. Your dance class recital time(s) will be announced closer to the recital date.

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:

Dress Rehearsal	June 18, 2021	Location: Sullivan Community Center
Dance Recital	June 19, 2021	Location: Sullivan Community Center

Children will be measured for recital costumes in January/February. An additional non-refundable recital costume fee will be due by February 13, 2021. Costume orders will be placed in mid-February to ensure costumes arrive in time for the spring recital. Late orders are subject to availability and will include additional fees (e.g., rush order, small quantity shipping, etc.)

Dance Recital ticket order forms, flower order forms, and picture day information will be distributed in class in March.



Medication

We make reasonable accommodations in our 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 by the Park District.

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.

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

Behavior Management Techniques

Dance staff implement a variety of positive guidance strategies including modeling skills, offering choices, employing redirection, altering the environment, and reflection. All behavior management strategies are suggested to the children in a gentle, positive, and discreet manner.

Children must adhere to social distancing guidelines and wear a clean, cloth face covering when social distancing is not practical. This requirement applies to children over the age of 2. People with medical conditions or disabilities that prevent them from safely wearing a face cloth must communicate the concerns with the Recreation Supervisor for accommodations to be considered.

If inappropriate or unacceptable behavior occurs, prompt resolution will be sought and the Behavior Code of Conduct will be used as a guideline. The Park District reserves the right to remove a participant whose actions endanger the safety of himself or others.

Inclusion Services

The Vernon Hills Park District is committed to promoting and encouraging positive interactions among participants with and without disabilities. Staff members are available to assist participants with reasonable accommodations needed for success in and enjoyment of our programs in accordance with the Americans with Disabilities Act. Once registered, contact the Recreation Supervisor at least five days prior to the start of class to discuss your child's special needs. Should a request for inclusion services arise throughout the year, please contact the Recreation Supervisor as soon as possible. The Vernon Hills Park District works together with SRALC (Special Recreation Association of Central Lake County) to provide additional services for children identified with special needs.

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

ATTENTION:
VERNON HILLS PARK DISTRICT:
PATRONS, PARTICIPANTS, AND THIRD PARTY VENDOR
WELLNESS SCREENING

All Vernon Hills Park District (VHPD) Patrons, Participants and Third Party Vendors are required to take time prior to entering any VHPD program or facility to read the Wellness Screening Questions and answer accordingly. By arriving, to a VHPD program or facility, and participating with a Park District program or visiting a facility, the individual (or participant's parent or guardian) is acknowledging that they have completed a personal wellness screening. Answering "No" to all VHPD Wellness Screening questions verifies that the individual does not have any known COVID-19 symptoms. By remaining on location and/or continuing to part take the individual (or parent/guardian of a minor) is also acknowledging that they can continue to answer "No" to all wellness screening questions throughout the course of time on location.

If an individual answers "Yes" to any of the VHPD Wellness Screening questions, that individual (or their parent/guardian) must follow the post-screening practices.

Wellness Screening Questions for Prior to arriving to Park District programs & facilities:

Y or N: Do you have a fever of 100.4 degrees Fahrenheit or higher?

Y or N: Do you have a cough?

Y or N: Do you have a sore throat?

Y or N: Have you been experiencing difficulty breathing or a shortness of breath?

Y or N: Do you have muscle aches?

Y or N: Have you had a new or unusual headache (e.g. not typical to the individual)?

Y or N: Have you noticed a new loss of taste or loss of smell?

Y or N: Have you been experiencing chills or rigors (rigors: a sudden feeling of cold with shivering accompanied by a rise in temperature)?

Y or N: Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, and diarrhea)?

Y or N: Have you tested positive for COVID-19 in the last 14 days?

Y or N: Is anyone in your household displaying any symptoms of COVID-19?

Y or N: To the best of your knowledge, in the last 14 days, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19 (close contacts include household contacts, intimate contacts, or contacts within 6-ft for 15 minutes or longer (10 minutes or longer for ambulatory care services) unless wearing N95 mask during period of contact)?

Post-Screening Practices

- A patron, participant or third party vendor who is experiencing any of the symptoms prior to arriving to a facility or program should immediately refrain from coming on Park District property and potentially spreading the virus. Staying home, seeking medical attention, and notifying the program supervisor is advised. A phone call or email communication is preferred to notify the program supervisor for a participant scheduled to attend a VHPD program. A business that has a scheduled third party vendor to arrive at a VHPD facility can communicate the change of plans via phone or email to the appropriate employee the plans were originally scheduled with.
- An individual who is experiencing any of the symptoms while on location should immediately separate themselves from others by reporting to their vehicle if safe to do so. If the individual is too ill to safely leave the premises, a Park District employee will assist the individual to the designated quarantine location and call 911 for medical assistance. If the individual is a minor, a VHPD employee will assist to a designated quarantine/isolation location and notify their emergency contact. Emergency contact should immediately report to pick up the individual. If it is an emergency situation 911 will be called for medical assistance in every instance.
- All individuals showing symptoms are encouraged to contact their doctor, seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations and follow guidelines recommended by the Health Department.
To assist with decisions to deep clean and disinfect, contact trace, notify local public health agencies, and other safety steps, anyone who has recently been on location at a Park District facility or in a program (e.g., the last 14 days or while symptomatic), is asked to notify the VHPD of their subsequent positive COVID-19 test result or diagnosis.
- Individuals who are known to have been in close contact or potentially had exposure will be notified by a letter from VHPD, with the name of the individual kept confidential.
- Please understand that this requirement is in accordance with other safety precautions and procedures expected by our participants and patrons relative to social distancing and hygiene practices.