



2022-2023 Handbook

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

Last Updated: September 6, 2022

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 May. 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 – May) 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).

All refund requests must be submitted to the Recreation Supervisor using the Refund Request Form by October 31, 2022. There will be no refunds granted after October 31, as recital routines will have been choreographed and costumes ordered.

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.

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:

Dress Rehearsal	May 5, 2023	Location: Sullivan Community Center
Dance Recital	May 6, 2023	Location: Sullivan Community Center

Dancers will be measured for recital costumes in October. An additional, non-refundable, recital costume fee will be due by October 31. 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 late March/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.

Creative Movement

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 (Levels 1 & 2)

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

Ballet/Tap Combination (1 & 2)

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.

Ballet (Levels 1 & 2)

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

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

Tap (Levels 1 & 2)

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.

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, and black tap shoes.

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.

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

- Activities will be designed for social distancing as needed/when possible.
- Increased handwashing and hand sanitizing will be encouraged for all staff and dancers.
- Cleaning and disinfection of premises, equipment, and materials will be conducted in compliance with CDC protocols.
- Dancers are welcome to wear a clean face covering to class. Parents/guardians should communicate expectations directly to their dancer.

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.

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

