

# Dance

Connecting communities through the creative arts is what Innovation Arts Connection is all about! Our progressive curriculum teaches dance concepts, core techniques, respect, positive attitudes, and hard work while helping students build grace, rhythm, coordination, creativity, and confidence in a fun, safe, and structured environment. Our classes provide stability, community, socialization, and structure—we look forward to seeing you in class!

**Who to Contact**

Kim McCarthy, kmccarthy@wdparks.org

Innovation Arts Connection, LLC collaborates with local Chicagoland park districts. For more information about the IAC program including class expectations, dress code and more, please visit www.innovationartsconnection.com or find us on Instagram or Facebook @innovationartsconnection.

### Park Studio Classes

The Park Studio program track is a studio program designed around the Park District community culture. This track is for dancers of all ages and experience levels who are looking for a progressive session and higher commitment level. Class will include 1 family observation and 1 in-class holiday performance. Within this program, participants can engage in core studio-level dance classes.

All classes are held at Medinah Park District's Connolly Recreation Center. In the event of inclement weather, classes will be held virtual on Zoom. Recital will be held mid-June.

**Payment plans are available for all dance sessions.**

## Dance I

Ages 3-5 (Preschool-Kindergarten)

Dance I is a 45 minute weekly class designed for preschool and kindergarten aged dancers. In this class we will focus on ballet technique. Classes include stretches, class etiquette, basic technique, dance concept exploration, movement games and learning choreography. Please wear leotard, tights, or comfortable form fitted clothing, ballet shoes. 9-month option available. **No class on November 9, December 21 & 28, January 4, March 22 & 29, and May 31.**

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4440DFH | 9/14-12/14 | M/4:30-5:15pm | MPD | $152/162 |
| 4440DFF | 9/14-6/7 | M/4:30-5:15pm | MPD | $579/589 |

## NEW Connections Dance Company

Ages 7+

The Connection Dance Company unites dancers from our participating communities to learn, grow, and perform together while exploring a variety of dance styles. This year-round program (Sept. 2026–June 2027) is open to all experience levels and focuses on building strong dance technique, discipline, and performance skills. Dancers are required to attend one foundational technique class throughout the season in addition to monthly Friday rehearsals, which rotate between West Chicago, Winfield, Medinah, and Wood Dale. Members will participate in 3–5 competitions and community events, with rehearsal and performance schedules provided at the first class. Additional rehearsals and performances may be scheduled outside regular rehearsal times. Please wear a leotard, tights, or comfortable form-fitting clothing with skin-toned jazz shoes. The registration fee includes 40 hours of rehearsal for two group routines but does not include company costume, competition, and event fees ($200–$300, due in October). For more information, contact lora@innovationartsconnection.

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4441DFC | 8/14, 9/11, 10/2, 11/6, 12/4, 1/8, 2/5, 3/5 , 4/9, 5/7, 6/4 | Th/5:00-8:00pm | Varies | $600/610 |

## Dance II

### Ages 5-7 (Kindergarten-2nd Grades)

Dance II is a 60 minute weekly class designed for early elementary aged dancers. In this class we will continue to learn ballet technique and introduce tap technique as well. Classes include stretches, class etiquette, basic-intermediate technique in ballet & tap, dance concept exploration, movement games, and learning choreography. Please wear leotard, tights, or comfortable form fitted clothing, ballet & tap shoes. 9-month option available. **No class on November 26, December 17, 24, & 31, January 7, March 25, and April 1.**

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4441DFH | 9/10-12/10 | Th/4:45-5:45pm | MPD | $191/201 |
| 4441DFF | 9/10-6/3 | Th/4:45-5:45pm | MPD | $672/682 |

## Dance III

### Ages 7-9 (2nd-4th Grades): 4442DFH & 4442DFF
### Ages 8-10 (3rd-5th Grades): 4443DFH & 4443DFF

Dance III is a 90 minute weekly class designed for upper elementary aged dancers 2nd-5th grade. In this class we will continue to learn ballet & tap technique and we will introduce jazz technique as well. Classes include stretches, barre work, class etiquette, basic-intermediate technique of each style, movement games and learning choreography. Please wear leotard, tights, or comfortable form fitted clothing, ballet, tap & jazz shoes. 9-month option available. **No class on November 9 & 26, December 17, 21, 24, 28, & 31, January 4 & 7, March 22, 25, & 29, April 1, and May 31.**

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4442DFH | 9/14-12/14 | M/5:25-6:55pm | MPD | $285/295 |
| 4442DFF | 9/14-6/7 | M/5:25-6:55pm | MPD | $894/904 |
| 4443DFH | 9/10-12/10 | Th/5:55-7:25pm | MPD | $285/295 |
| 4443DFF | 9/10-6/3 | Th/5:55-7:25pm | MPD | $894/904 |

## Dance IV

### Ages 10+ (5th-12th Grades)

Dance IV is a two day per week class that meets on Mondays and Thursdays and is designed for middle-high school dancers. On Mondays, dancers will do a full ballet barre, learn intermediate-advanced ballet technique and work on choreography. On Thursdays, dancers will do a full strength & conditioning session, and learn beginning-advanced Jazz & Tap technique. We will also introduce some lyrical, contemporary and hip hop skills as well. This is the perfect class for older dancers looking to excel in dance in a well-rounded way. Please wear leotard, tights, or comfortable form fitted clothing, ballet, tap & jazz shoes. 9-month option available. **No class on November 9 & 26, December 17, 21, 24, 28, & 31, January 4 & 7, March 22, 25, & 29, April 1, and May 31.**

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4444DFH | 9/10-12/14 | M/7:00-8:30pm | MPD | $516/526 |
| | | Th/7:30-9:00pm | | |
| 4444DFF | 9/10-6/7 | M/7:00-8:30pm | MPD | $1,439/1,449 |
| | | Th/7:30-9:00pm | | |

## Pre-Pointe

### Ages 10+ (5th-12th Grades)

This class is an additional class dancers in Dance IV can take. In this class dancers will learn exercises to build strength, flexibility and coordination in their ankles and feet with the goal of getting pointe shoes. As dancers progress in class they will level up to wearing pointe shoes with the recommendation of their teacher and approval from their doctor. Dancers must have at least 2 years of ballet training and must be currently enrolled in Dance IV to participate. Please wear leotard, tights, or comfortable form fitted clothing and ballet shoes. **No class on November 9, December 21 & 28, January 4, March 22 & 29, and May 31.**

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 4445DFH | 9/14-12/14 | M/8:30-9:00pm | MPD | $118/128 |
| 4445DFF | 9/14-6/7 | M/8:30-9:00pm | MPD | $500/510 |

## Dance Party Pop-ups!

Dance Parties are a condensed 1 day session of dance technique, movement games, crafts, a mini-performance and much more! Participants of all levels are encouraged to get involved through these camp-style classes that are designed to help participants fill their evening with fun, educational, and movement-oriented programming. Wear comfortable form-fitted clothing, dance shoes or bare feet. Feel free to dress to match the theme too! Please bring a water bottle. **All Dance Parties are held at the Wood Dale Park District.**

### Monster Mash

Ages 3-8

Hip Hop dance technique, craft, story time, movement games, and choreography to your favorite Halloween music.

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 44031DF | 10/23 | F/4:45-6:15pm | RC | $33/43 |

### Dr. Suess Dance Party

Ages 3-8

"It's fun to have fun but you have to know how..." We will have so much fun during this dance party celebrating the Cat in the Hat! Jazz technique, craft, storytime, movement games and choreography to the music from the new Cat in the Hat movie.

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 44032DF | 11/13 | F/4:45-6:15pm | RC | $33/43 |

### Nutcracker Ballet Dance Party

Ages 3-8

Ballet dance technique, craft, storytime, movement games, and choreography to the music of the Nutcracker.

| Code | Dates | Day/Time | Location | R/NR |
|---|---|---|---|---|
| 44033DF | 12/4 | F/4:45-6:15pm | RC | $33/43 |