



North Suburban
School of Dance
North Suburban YMCA

Welcome to the 2022-2023 North Suburban School of Dance season! We are so excited to have you as a part of our NSSOD family!

This packet is intended to help you prepare for your first week of classes here at NSSOD so that you can have the best experience possible.

Included in this packet are the following:

- Studio Policies and Procedures
- Dress Code
- Dance Company Information
- Studio Calendar

At the Y, we believe in dance's ability to teach young people lifelong skills that will help guide them throughout their life. It is our mission at the North Suburban School of Dance to provide a quality dance education in an inclusive and welcoming environment for all, to inspire and nurture the next generation of dancers, performers and enthusiasts, and to help all youth develop their full potential. Through our mission, we can realize our vision of seeing each student develop their talents in and out of the studio to grow as leaders in their communities and appreciators of the arts.

Regardless of your child's dance dreams, we understand the importance of fostering each and every one of these young people to be their greatest self – and we are excited that you have chosen NSSOD to be your studio home.

If you have any questions, please feel free to reach out via phone, email or social media at any time!

Sincerely,

Shannon Mundorf

Senior Director of Arts and Risk Management

Val Lober

Performing Arts Coordinator

Dress Code

To best achieve student learning objectives, NSSOD has established a dress code for all of its classes to ensure that safety, technique and placement are at the highest priority.

General Dress Code Reminders:

- Hair **MUST** be secured away from the face;
- Jewelry should be limited to avoid distractions or safety hazard.

Purchasing Options for Dress Code Items

Online

- We have an online store that can ship recommended products straight to your house (or the studio if that's easier!)
Visit <https://www.shopnimbly.com/NSSOD>
- Retailers such as Amazon do carry some dance clothing and shoe options. We recommend sticking to Bloch and Capezio brands

In Person Options

- Tights and leotards are available in the Performing Arts Office. Shoes may be ordered through NSSOD as well.
- Dance Stores such as Allegro Dance Boutique, Toe the Line, and Body and Sole Dancewear carry all of our required dress code items.

Female Identifying Students

Male Identifying Students

Mini Movers: Creative Movement Division (Move with Me, Discovery)	
<ul style="list-style-type: none"> - Comfortable activewear - Bare feet or socks 	
Mini Movers: Pre-Dance (Rhythms, Beats, Designs)	
<ul style="list-style-type: none"> - Dance Leotard (any color or style) - Pink or skin colored full-length footed tights - Leather ballet shoes - Black Tap Shoes for any tap/combo classes 	<ul style="list-style-type: none"> - Fitted white or black shirt - Black active pants - Black leather ballet shoes - Black Tap Shoes for any tap/combo classes
Student Division: Ballet	
<ul style="list-style-type: none"> - Black leotard - Pink or skin colored full-length tights - Leather or canvas ballet shoe - Shoulder length hair or longer in a bun 	<ul style="list-style-type: none"> - Fitted white shirt - Black fitted legging or ballet tight - Black leather or canvas ballet shoe - Long hair pulled away from face

<i>Female Identifying Students</i>	<i>Male Identifying Students</i>
Student Division: Jazz/Pom/Musical Theatre	
<ul style="list-style-type: none"> - Leotard or fitted shirt (fitted like a leotard) - Legging or Shorts - Skin colored tights optional - Black leather jazz shoe (upper levels may require black and tan) - Musical Theatre 3: Character shoes (max 1/2" heel) 	<ul style="list-style-type: none"> - Fitted shirt - Legging or shorts - Black leather jazz shoe (upper levels may require black and tan)
Student Division: Modern/Contemporary/Acro	
<ul style="list-style-type: none"> - Leotard or fitted shirt (fitted like a leotard) - Legging or short - Skin colored tights optional - Bare feet 	<ul style="list-style-type: none"> - Fitted shirt - Leggings or shorts - Bare feet
Student Division: Hip Hop	
<ul style="list-style-type: none"> - Comfortable dance clothing - Any clean sneaker/converse style of shoe 	
Student Division: Tap	
<ul style="list-style-type: none"> - Any comfortable dance clothing - Shoes <ul style="list-style-type: none"> - Level 1: Dancers may wear "Mary Jane" style shoes, similar to girls' dress shoes. Please do not "size up" more than 1/2 size as this increases the likelihood of injury. - Level 2: Dancers should transition to a "big-kid" tap shoe. Recommended Style – SoDanca-TA05 - Tap 3-4: Dancers are required to have a hard shank shoe. Recommended Style – Bloch JazzTaps – S0301G & S0301L or Bloch Respect (S0361L) - Tap 5-6: Dancers should have a hard shank and sturdy shoe – please check with instructor on style recommendations 	

If your dancer needs any accommodation for dress code, please email sparry@nsymca.org

NSSOD Studio Policies and Procedures

Attendance and Make Up Classes

- Dance is an activity that relies on consistent attendance to achieve the best results when moving through different syllabi and levels. As such, dancers should be in class at every opportunity to best succeed.
- If your dancer will miss class, please email vlober@nsymca.org or call the Performing Arts Office at 847-272-7250.
- Dancers who are experiencing any signs or symptoms of illness must stay home.
- Dancers who are injured are invited to attend class to observe and participate as able.
- Students may make up a missed class in a level the same or lower than their current class within the same session.

Tardiness

In order to prevent injuries, all classes begin with a warm up. Students who are 10 or more minutes tardy for class will be asked to sit and observe for the day.

Class Placements

- Mini-Mover Division classes are based on age as of September 1st. Dancers should be placed in the correct age class in order to experience the best learning opportunities.
- Mini-Mover Creative Movement Classes (Move with Me and Discovery) do not need to be potty trained. Dancers in the Mini Movers Pre-Dance Classes should be potty trained.
- Student Division Classes (Levels 1-6) are recommended based on each student ability and is determined by NSSOD Teachers only.
- Dancers new to NSSOD may schedule a placement evaluation with NSSOD Teachers by emailing sparry@nsymca.org
- Class placements are for the entirety of the 2022-2023 dance season. Students will stay in their recommended class level August-June.
- NSSOD Teachers reserve the right to move a student to a level better suited to their abilities.
- Students wishing to pursue dancing en pointe **MUST** be enrolled in 2 ballet classes per week in addition to their pointe class.

General NSSOD Policies

- Parents are not allowed in the studio during class in order to promote independence and creative freedom. If you have questions or concerns

about your child's progress or would like to view a portion of your child's class, please contact the Performing Arts Office.

- In order to promote safety and proper technique, students who are not properly dressed for class will be asked to sit and observe for the day. Please see DRESS CODE for more information.
- Per NSYMCA Building Policy, prorated refunds will only be available with medical note after the start of the dance session.
- NSSOD has the following session registration periods for classes:
 - o Mini Mover Creative Movement Classes (Move with Me, Discovery)
 - Fall 1 (August-October)
 - Fall 2 (October-December)
 - Winter (January-March)
 - Spring (March-June)
 - o Mini Mover Pre-Dance Classes and Student Division Classes
 - Fall (August-December)
 - Winter/Spring (January-June)
- Students should refrain from using their technological devices in class.

NSSOD Student Dance Companies

The North Suburban School of Dance is home to two youth dance companies that aim to provide additional performance opportunities to students enrolled in our program.

The INSPIRED Dance Company

The INSPIRED Company has both a training company and a student company. This company performs at local shows, parades and 3 Chicagoland area dance competitions throughout their competitive season.

Requirements:

Training Company – students must be enrolled in one class and able to attend rehearsals on Saturdays and Sundays beginning in October and running throughout the spring session.

Student company – students must be enrolled in 2 classes, one of which must be ballet and able to attend rehearsals on Saturdays and Sundays beginning in October and running throughout the spring session.

The NSSOD Competitive Dance Team

The NSSOD Competitive Dance Team is geared towards students in 6th-12th grade who desire a more rigorous competitive schedule and expectation. The Competitive team performs at local shows and parades as well as 4 Chicagoland area dance competitions throughout their competitive season.

Requirements:

Competitive Team – students must be enrolled in Ballet, Jazz, and at least one other class of their choosing. Rehearsals are held from early October through June based on student availability, primarily Saturdays and Sundays.

Auditions will be held September 10th, 2022

INSPIRED Training Company – 1st/2nd Grade – 12:00-1:30 pm

INSPIRED Dance Company – 3rd-12th Grade – 1:30-3:00 pm

NSSOD Competitive Team – 6th-12th Grade – 3:00-4:30 pm

Studio Calendar

August 29 – Classes Begin

September 2-5 – Labor Day Weekend, NO CLASSES

September 10 – Dance Company Auditions

September 26 – Rosh Hashanah, NO CLASSES

October 1 – Fall Fest

October 5 – Yom Kippur, NO CLASSES

October 24 – Fall 2 Begins (Creative Movement/Adult Classes Only)

October 31 – Halloween, NO CLASSES AFTER 3 PM

November 14-19 – Parent Observation Week, Recital Registration Begins

November 23 – Thanksgiving Break begins, NO CLASSES AFTER 3 PM

November 24-27 – Thanksgiving Break, NO CLASSES

December 17 – Dance Recital Registration forms due

December 17-January 2 – Winter Break, NO CLASSES

January 3 – Classes Resume

March 27-April 2 – Spring Break, NO CLASSES

April 3 – Classes Resume

April 7-9 – Easter Break, NO CLASSES

April 10 – Classes Resume

Recital 2023 – Date TBD