



North Suburban
School of Dance
North Suburban YMCA

Welcome to the North Suburban School of Dance 2023–2024 season, we are so excited to have you as a part of our dance family! This packet is intended to help you prepare for your classes here at NSSOD for the best experience possible. We hope you will dedicate some time to review this important information.

Included in this packet are the following:

- Studio Policies and Procedures
- Dress Code
- Where to find up to date information
- Studio Calendar
- Dance Company Information

At the Y, we believe in the ability of dance to teach young people lifelong skills that will help guide them throughout their journey. 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,

Val Lober

Director of Performing Arts

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
- Dancers who are experiencing any signs or symptoms of illness must stay home.
- Dancers who are injured are strongly encouraged to attend class to observe and participate as able. Observing class can still be very beneficial to dancers of all levels to retain knowledge of combinations/choreography and learn from corrections (opportunities for improvement) given to the class that day.
- Students may make-up a missed class in a level the same or lower than their current class within the same session. Please email vlober@nsymca.org so that we may let the instructor know to expect your dancer for a make-up class.

Tardiness

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

Studios

- Parents are not permitted in the studio during class in order to promote independence and creative freedom. Our youngest dancers are most likely to succeed if they are able to enter the studio and participate without their parent/guardian present. If your dancer is having a difficult time, the best approach is kiss and go! Just like with school, there may be some tears and we understand it may be difficult to leave, but we promise our trained staff can best get your little one moving and grooving if you are out of view. If you have questions or concerns about your child's progress, please contact the Performing Arts Office. There will be an Observation Week Nov 13-18. Parents/Guardians will be welcomed into the studio to watch classes during this week!
- Students should refrain from using their technological devices including cell phones and smart watches in class.
- Students should practice excellent classroom etiquette while in studio or representing themselves as dancers of NSSOD. Respect for teachers, other dancers, parents/guardians, oneself, and the space is essential.
- No food or beverages other than water will be allowed in the dance studios.

Class Placements

- **Mini-Mover Division, Student Division Level 1, and Hip Hop 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.**
- **Student Division Classes (Levels 2-6) are recommended based on each student ability and determined by NSSOD instructors only.**
- **Dancers new to or trying/returning to a new style may schedule a placement evaluation with NSSOD instructors by emailing vlober@nsymca.org**
- **Class placements are for the 2023-2024 dance season. Students will stay in their recommended class level August-June.**
- **NSSOD instructors reserve the right to move a student to a level better suited to their abilities at any time throughout the season.**
- **Students wishing to pursue dancing en pointe MUST be enrolled in 2 ballet classes per week in addition to their pointe class.**

Enrollment

- **General class registration can be completed online or in person with the front desk. Carte Blanche registration must be completed in person with the front desk.**
- **Per NSYMCA Building Policy, prorated refunds will only be available with a medical note after the start of the dance session.**
- **NSSOD has the following session registration periods for classes:**

Mini Mover Creative Movement (Discovery) and Adult Classes

- **Fall 1 (August-October)**
- **Fall 2 (October-December)**
- **Winter (January-March)**
- **Spring (March-June)**

Mini Mover Pre-Dance Classes and Student Division Classes

- **Fall (August-December)**
- **Winter/Spring (January-June)**

Mini Movers Mini Showcase

- **All dancers registered for Fall Mini Movers classes (Discovery, Rhythms, Beats, & Designs) are invited to perform in a small informal showcase on Sunday, December 10th at 10am. T-shirt and open general admission for friends and family included!**

Spring Dance Recital

- **All dancers (with the exception of Discovery and Adult Classes) registered for our Winter/Spring Session will perform in our annual Dance Recital. Date/time/location are TBD. Recital is held end of May/early June with Dress Rehearsals in the days preceding. Dancers should plan to block off Recital weekend.**

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. NSSOD accepts gender-neutral dance attire in our classes. Dancers may select which is most comfortable for them from the Class Dress Code. Attire should be form-fitting for instructors to see alignment and allow movement without restriction.

Purchasing Options for Dress Code Items

In Person Options

- Dance Stores such as Allegro Dance Boutique, Toe the Line, and Body and Sole Dancewear carry all of our required dress code items. We recommend trying on dance shoes in person for best results. A limited supply of tights and leotards are available in the Performing Arts Office.

Online

- Retailers such as Discount Dance Supply and Amazon do carry some dance clothing and shoe options. We recommend sticking to Bloch or Capezio brands.

Class Dress Code – All classes

- ALL classes require dancers to secure their hair away from their face and off of their neck in a ponytail/pigtails/braids/bun. Student Level Ballet dancers are required to wear their hair in a bun, or equally secured method if too short for a ballet bun.
- Jewelry should be limited to small earrings to avoid distractions and safety hazards.
- In order to promote safety and proper technique, students who are not properly dressed for class may be asked to sit and observe for the day.

Mini Movers: Creative Movement Division: Discovery

- Comfortable activewear.
- Bare feet or socks.

Mini Movers: Pre-Dance: Rhythms – Beats – Designs

- Dance Leotard (any color or style) with pink or skin-tone full-length footed tights and pink or skin-tone Leather ballet shoes. Simple Ballet skirts are permitted, but please no costumes or potentially distracting tutus. Black tap shoes for Ballet/Tap classes.

Or

- Fitted athletic or dance shirt/tank, black fitted pants/leggings/tights/shorts, with black leather ballet shoes. Black tap shoes for Ballet/Tap classes.

Class Dress Code

Student Division: Ballet

- Leotard (any color or style), pink or skin-tone full-length tights, canvas ballet shoe.

Ballet skirts or fully fitted dance shorts may be worn in addition to tights.

Or

-Fitted (like a leotard) athletic or dance shirt/tank, black leggings/tights/shorts, with black canvas ballet shoes.

Student Division: Jazz – Poms – Contemporary Modern – Musical Theatre

-Leotard or fitted (like a leotard) shirt, leggings or shorts (tights optional), black leather Jazz shoes. (Upper levels may require tan Jazz shoes for Recital). Bare Feet for Contemporary Modern. Dancers may occasionally be directed to wear socks for certain choreography.

Or

-Fitted (like a leotard) athletic or dance shirt/tank, black leggings/tights/shorts, with black Jazz shoes. Bare feet for Contemporary Modern. Dancers may occasionally be directed to wear socks for certain choreography.

Student Division: Hip Hop – Adaptive Dance – Tap

-Comfortable dance/athletic clothing.

-Clean indoor sneakers for Hip Hop and Adaptive Dance. These shoes should be brought to class and changed into upon entering the studio to help keep our floors clean and dance friendly.

-Tap Shoes

- 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-TA04, TA05, Capezio- Tic Tao Toe, Fluid, or Cadence.
- Tap 3-4: Dancers are required to have a hard shank shoe. Recommended Style – Bloch Jazz Tap Leather Tap Shoes – S0301G & S0301L or Bloch Respect (S0361L).
- Tap 5-6: Dancers should have a hard shank and sturdy shoe – Bloch Respect (S0361L), Bloch Jason Samuels Smith, or another instructor recommended.

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

Adult Division:

- Comfortable dance or athletic clothing
- Shoes/barre socks depending on style of class and individual comfort level.

Where to find up to date information:

Our Community Engagement Boards outside Studio ABC

- Located straight past the front desk down the long hallway on the right side
- Our large display case features class offerings and information, as well as costume selections and Dance Company Competition Awards in the Spring.
- Our medium display board changes monthly from seasonal themes, engaging dance family activities, and important recital information!
- Our smaller board is for our NSSOD Student Dance Companies: Inspired, Momentum, and Competitive. Information regarding casting, rehearsal schedules, and other important information can be found here!

Our Website

- <https://www.nsymca.org/programs-classes/nssod>

Our Newsletters

- Our newsletters are emailed to those on our NSYMCA's Constant Contact List. Please note, you will receive NSYMCA Newsletters in addition to NSSOD Newsletters and information. If you would like to subscribe, or have unsubscribed and wish to re-subscribe, follow this link: <https://www.nsymca.org/sign-newsletter>

Social Media

- Facebook: North Suburban School of Dance
- Instagram: nssodatthensymca

Email

- vlober@nsymca.org



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NSSOD Calendar

8/28- Fall 1 Session Begins

9/1-9/4- Labor Day Break NO CLASS

9/5- Classes resume

9/9- Dance Company Auditions

9/16- Rosh Hashanah- NO CLASS

9/25- Yom Kippur NO CLASS

10/23- Fall 2 Session Begins

10/31- Halloween NO CLASS

11/13-11/18- Observation Week

11/22-11/26- Thanksgiving Break NO CLASS OR REHEARSAL

11/27- Classes resume

12/10- Mini Movers Mini Showcase! 10am NSYMCA Gym

12/24-1/7- Winter Break NO CLASS OR REHEARSAL

1/8- Winter Session Begins

3/24-3/31- Spring Break NO CLASS OR REHEARSAL

End of March/Beginning of April- Recital Handbooks Available

4/1- Spring Session Begins

5/25-5/27- Memorial Day Weekend NO CLASS OR REHEARSAL

5/28- Classes resume

6/6-6/7- Dress Rehearsals (schedule released before Spring Break)

6/8- Recital @ McGrath Family Performing Arts Center

Loyola Academy - 1100 Laramie Ave, Wilmette, IL 60091

NSSOD Student Dance Companies



INSPIRED ● MOMENTUM ● COMPETITIVE

NSSOD Inspired, Momentum, and Competitive are student dance companies here at the North Suburban School of Dance designed to provide additional performance opportunities to students enrolled in our programs. Dancers will perform in their own Company Home Show, Regional Dance Competitions around the Chicagoland area, and at events such as parades and Six Flags Dance Fest. Dancers learn and grow as individuals as well as artists in a welcoming team/family environment designed for building technique as well as making memories. For more information see our Dance Company Board outside studio ABC.



Auditions for the 2023–24 Season are held September 9th.

Inspired: 12:30–2pm

- Grades 2–12
- Required enrollment: 1 Ballet class, 1 additional class.

Momentum: 2–3:30pm

- Grades 7–12
- Required enrollment: 1 Ballet Class, 1 Jazz Class, 1 additional class.

Competitive: 3:30–5pm

- Grades 8–12
- Required enrollment: 1 Ballet class, 1 Jazz Class, 1 Contemporary Modern Class.