



North Suburban
School of Dance
North Suburban YMCA

Welcome to the North Suburban School of Dance 2025–2026 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 performingarts@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 performingarts@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 17-22. 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-Movers, Level 1, and Musical Theatre 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.
- Class Levels 2–6 are recommended based on each student's ability and determined by NSSOD instructors only. Placements are emailed out annually following Recital.
- Dancers new to or trying out a new style or returning after time away, may schedule a placement evaluation with NSSOD instructors by emailing vlober@nsymca.org
- Class placements are for the complete 2025–2026 dance season August – June. Students should enroll in the same class for Winter/Spring they were in for Fall.
- NSSOD instructors reserve the right to move a student to a level better suited to their abilities at any time throughout the season.
- **Pointe and Pre-Pointe students are required to be enrolled in 2 ballet classes per week August – June. (Example: Ballet 4/5/6 AND Ballet 5/6 + Pointe) Students without consistent attendance to both classes may be removed from Pointe for safety.**
- **Contemporary/Modern students are required to be enrolled in an additional technique class– either Ballet or Jazz.**
- **Acro & Tricks students must also be enrolled in Ballet or Jazz level 3 or higher.**

Enrollment

- General class registration can be completed online or in person with the front desk.
- **Carte Blanche:** Register for the Carte Blanche class option desired (4&5 classes or 6&7 classes). Do not register for classes separately. Once you have registered for Carte Blanche, send an email with the classes your dancer will be taking to performingarts@nsymca.org so we can make sure to add your dancer to the rosters.
- 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:
 - Fall (August–December)
 - Winter/Spring (January–June)

Class Cancellations

- In the event a class is cancelled by NSSOD, participants will be notified via email address on file. Please make sure your email is up to date for notifications.
- A system credit will be placed on your account for classes canceled by NSSOD.
*Please note: Credits can only be applied at the end of each session. For Dance, this means all credits for Fall will be applied late December, and all credits for Winter/Spring will be applied early June.

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 for classes from the attire list. Attire should be form-fitting for instructors to see alignment and allow movement without restriction. The dress code does not apply to our adult students. Comfortable athletic or dance wear is recommended.

Purchasing Options for Dress Code Items

In Person Options

- Dance Stores such as Allegro Dance Boutique, Toe the Line, Dance N' Tees, or Plie Dancewear carry all of our required dress code items. We recommend trying on dance shoes in person for best results.

Online

- Retailers such as Amazon, Dancewear Solutions, and Discount Dance Supply do carry many dance clothing and shoe options. We recommend sticking to Bloch, Capezio, SoDanca, Balera, Theatricals, or Wear Moi brands for best results.
- Many brands now carry more shades for tights and shoes to help dancers of all skin tones achieve accentuated and continuous lines!

Class Dress Code – ALL classes

- **Hair** – ALL classes require dancers to secure their hair firmly away from their face and off of their neck (including bangs). Acceptable hair styles include:
 - Bun (required for Ballet levels 1–6)
 - Ponytail
 - Pigtails
 - Braids
 - If hair is too short, secure back with bobby pins or snug headband
- **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.
- Dancers are encouraged to bring a dance bag to class with:
 - Additional hair ties, bobby pins/clips
 - Proper attire and footwear for each class they attend
 - Full water bottle

Class	Attire	Footwear
Mini Movers -Rhythms -Beats -Designs	<p>Leotard (any color or style) with footed pink or skin-tone dance tights. Simple ballet skirts are permitted, but please no costumes or potentially distracting tutus.</p> <p>Male or Gender Neutral Option: Solid colored tank or t-shirt fitted like a leotard shirt with black opaque tights or leggings</p>	<p>Footwear: Pink or skin-tone leather ballet slippers.</p> <p>Footwear for Male or Gender Neutral Option: Black leather ballet slippers.</p> <p>For Ballet/Tap classes include: Black mary jane style tap shoes (velcro preferred) Please do not "size up" more than a 1/2 size as this increases the likelihood of injury.</p>
Ballet Levels 1-6	<p>Leotard and footed or convertible pink or skin-tone dance tights</p> <p>Male or Gender Neutral Option: Solid colored tank or t-shirt fitted like a leotard shirt with black opaque tights or leggings</p>	<p>Footwear: Pink or skin-tone canvas ballet slippers (levels 1 and 2 may wear leather) Shoes should match tights.</p> <p>Footwear for Male or Gender Neutral Option: Black canvas ballet slippers (levels 1 and 2 may wear leather)</p>
Jazz Poms Musical Theatre	<p>Leotard or tank top/t-shirt/crop fitted like a leotard with black or skin-tone tights/leggings/fully fitted shorts</p>	<p>Split soled slip on jazz shoes Levels 1-2 Black Levels 3-6 Skin tone</p>
Hip Hop	<p>Comfortable dance/athletic clothing that is flexible and does not need to be adjusted while dancing</p>	<p>Clean indoor sneakers. These shoes should be brought to class and changed into in order to keep our floors clean and dance friendly.</p>
Tap	<p>Comfortable dance/athletic clothing that is flexible and does not need to be adjusted while dancing</p>	<p>Level 1: "Mary Jane" style shoes. Please do not "size up" more than 1/2 size as this increases the likelihood of injury.</p> <p>Level 2: Recommended Style – SoDanca-TA04, TA05, Capezio- Tic Tao Toe, Fluid, or Cadence.</p> <p>Levels 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).</p> <p>Levels 5-6: Dancers should have a hard shank and sturdy shoe – Bloch Respect (S0361L), Bloch Jason Samuels Smith, or another instructor recommended.</p>

Performance Opportunities

Mini Movers Mini Showcase

- All dancers registered for Fall Mini Movers classes (Rhythms, Beats, & Designs) are invited to perform in a small informal showcase on Sunday, December 7th at 10am here at the NSYMCA Gym. T-shirt and open general admission for friends and family have been included in Fall registration fees!

Spring Dance Recital

- All dancers registered for our Winter/Spring Session will perform in our annual Dance Recital, Saturday June 6th. Mandatory Dress Rehearsals will be held Thursday 6/4 and Friday 6/5. Costumes and open general admission for friends and family have been included in Winter/Spring registration fees! Please see additional information on our calendar page.

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. 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

8/25- Fall Session Begins

8/29-9/1- Labor Day Break NO CLASS

9/2- Classes resume

9/6- Dance Company Auditions

9/23- Rosh Hashanah- NO CLASS

10/2- Yom Kippur NO CLASS

10/31- Halloween NO CLASS

11/17-11/22- Observation Week

11/26-11/29- Thanksgiving Break NO CLASS OR REHEARSAL

12/1- Classes resume

12/7- Mini Movers Mini Showcase! 10am NSYMCA Gym

12/21-1/4- Winter Break NO CLASS OR REHEARSAL

1/5- Winter Session Begins

1/31- Dance registration closes for Recital Season (January-June)

3/23-3/29- Spring Break NO CLASS OR REHEARSAL

***End of March/Beginning of April- Recital Handbooks Available**

3/30- Classes resume

4/3-4/5- Easter Break

4/6- Classes resume

5/22-5/25- Memorial Day Weekend NO CLASS OR REHEARSAL

5/26- Classes resume

IMPORTANT Below are the dates for our Mandatory Dress Rehearsal and Recital. Dancers participating in our Winter/Spring program will be working on technique and combinations leading up to a recital dance with their class all session long. Dancers will have multiple formations, partners, groups, etc. and spend a lot of time and hard work preparing for Recital. Excessive class absences, missed rehearsals, or skipping the show all together affects not only the dancer, but the entire class and our instructors/staff. **Dancers who do not plan to block off Recital weekend should let their instructor know at the beginning of the session so that accommodations can be made that will not disrupt the class or choreographer.**

**6/4-6/5 - Dress Rehearsals (Thursday and Friday, schedule TBA with Recital Handbook
@ McGrath Family Performing Arts Center Loyola Academy - 1100 Laramie Ave, Wilmette, IL 60091**

6/6 - Recital (Saturday, 3 shows listed in the Winter Guide)

@ 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 2025-26 Season are held September 6th.

Inspired: 1:30-2:45pm

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

Momentum: 2:45-4pm

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

Competitive: 4-5:30pm

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