

# Dance Programs

## Irish Dance

We are very excited to be able to offer Irish Dance taught by certified Irish Dance Instructor Dearbhia Fay. A champion dancer with Thirteen World Champion Titles, she performed with Riverdance for Seven Years. Girls and boys, learn the stretches and techniques of traditional Irish Dance. Beginners start with the first jig (TRADITIONAL Irish Jig) and progress to dances with more intricate steps. Students with some Irish Dance experience are welcome.

Activity: 238225  
 Instructor: Dearbhia Fay  
 Location: ARC/Dance Room  
 Day/Dates: Thursday, January 7-March 11  
 Min/Max: 7/15  
 Registration Deadline: One week before start of session

Session	Age	Time	Fee
A	3-4	2:00-2:30 pm	R\$106/NR\$126
B	5-7	2:45-3:45 pm	R\$132/NR\$152
C	8-11	4:00-5:00 pm	R\$132/NR\$152
D	12 & up	5:15-6:15 pm	R\$132/NR\$152

## Hip-Hop

Learn the hottest moves and traditional dance steps from our new, experienced hip-hop dance instructor. This fresh and exciting program promotes high self-esteem, artistic expression, coordination, poise, confidence, self-discipline and physical fitness. Parents will be treated to a performance at the last class. **Note:** Times coordinate with our brand new Cheerleading program for those wishing to experience and participate in both. **BONUS: SIGN UP FOR HIP-HOP & CHEERLEADING AND RECEIVE \$10 OFF EACH CLASS!**

Activity: 238240  
 Instructor: Kelly Mase  
 Location: TBD  
 Day/Dates: Tuesday, January 12-March 2  
 Fee: R\$80/NR\$120  
 Min/Max: 12/50  
 Registration Deadline: One week before start of session

Session	Age	Time
A	4-8	4:45-5:30 pm
B	9 & up	7:45-8:30 pm

# Gymnastic Programs

## Gymnastics

Welcome to the Alsip Park District Gymnastics program. Our Recreational Program is designed to provide children with proper and safe gymnastics skill training according to the USA Gymnastics guidelines for Developmental Levels 1 through 3.

Gymnasts who show continued progress and interest may be eligible to join our Alsip Stars Tumbling Team. Tumbling Team members must be boys or girls at least 6 years of age, currently enrolled in our program and able to perform the skills in the Gymnastics Level 1 Class.

While a member of the Tumbling Team, gymnasts will practice 2 hours weekly, year round and will continue to learn and develop skill capabilities. Competition runs from October through February. Once a member (girls only) performs all the skills in the Gymnastics Level 2 and 3 class, a coach will discuss the opportunity of advancing to the Alsip Stars Level 2 Compulsory Team. Members of this team train 2 hours weekly, year round, and will again continue to grow and develop as an all around Gymnast. After successfully competing as a Compulsory Gymnast, there is an opportunity to move up to the Alsip Stars Optional Gymnastics Team. This advanced team trains 6 hours weekly, year round and competes January through May.

We hope to see your child in the Alsip Park District Stars Gymnastics Program grow and advance through our many developmental and competitive levels. Please refer to the age and skill requirements when registering your child for a gymnastics class. If you are unsure about which class to register your child for, please leave a message for Michelle Rudman at 708-389-1003. Michelle will return your call and discuss the appropriate class for your child.

## Alsip Stars Gymnastic Teams

The Alsip Stars Gymnastic teams are head coached by Michelle Rudman. All three teams compete in the Illinois Park District Gymnastic Conference. Any fees related to competition are in addition to the Alsip Park District registration fees. For additional information, please contact Michelle Rudman or leave a message for her at 708-389-1003.

## Parent-Tot Playnastics

Our newly redesigned class is for tots crawling to 18 months of age and their parent(s). For 45 minutes, you and your little one will enjoy playtime in our gymnastics room. This class is designed to build social, fine and gross motor, sensory and intellectual skills in a semi-structured environment. Each class will incorporate baby signs, fun music, gross or fine motor activities, social activities, as well as free time by using our many tunnels, cubes, balls, parachute and more. Gymnastics equipment will also be used throughout the session. **Note:** Each child enrolled must have at least one parent present for every class. Please make arrangements for children not enrolled in the class, as only those registered will be allowed to participate. Participants should wear comfortable clothing and socks. **Note:** There will be no class on Wednesday, December 24 or 31.

Activity: 274167  
 Instructor: Gymnastics Staff  
 Location: ARC/Gymnastics Room  
 Day: Thursday  
 Time: 6:05-6:50 pm  
 Age: Crawling to 18 months  
 Fee: R\$25/NR\$37  
 Min/Max: 6 couples/12 couples  
 Registration Deadline: One week before start of session

Session	Dates
A	December 10-January 28
B	February 4-March 11

## Registration Dates

Resident: begins November 16, 2009  
 Non-Resident: begins November 23, 2009  
 Winter Programs: begin December 7, 2009

