



Chicago Multicultural Dance Center Orientation 2023 - 2024

CMDC Fall/Winter 2023 - Spring 2024 Saturday Schedule:				
Time	Class	Division	Studio	Teacher
9:00-10:00	Adult Stretch & Tone	Adult	D	
9:00-10:00	Tots Combo (3-4 year olds)	Children	B	
9:00-10:00	Tots Combo (5 year olds)	Children	C	
9:00-10:00	Acro/Tumbling	Children	A	
10:00-11:00	Ballet I (6-8 years)	Open	D	
10:00-11:00	Ballet I (9+)	Open	B	
10:00-11:00	Tap II	Open	A	
11:00-12:00	Division I/II Tap	BYPP	A	
11:00-12:00	Tap I	Open	B	
11:00-12:00	Ballet II	Open	D	
12:00-1:00	Division II African	BYPP	B	
12:00-1:00	Hip Hop	Open	D	
12:00-1:00	Division III/IV Ballet	BYPP	A	
12:30 - 1:30	Division I Hip Hop	BYPP	D	
1:00-2:00	Division II Jazz	BYPP	A	
1:00-2:00	African	Open	C	
1:00-2:00	Division III/IV Hip Hop	BYPP	D	
1:30-2:30	Division I African	BYPP	B	
2:00-3:00	Division III/IV Modern	BYPP	D	
2:00-3:00	Division II Hip Hop	BYPP	A	
2:30-3:30	Division I Latin	BYPP	B	
3:30-5:00	Division II Rep	BYPP	A	
3:30-5:00	Division III/IV Rep	BYPP	D	
5:00-6:30	Division II Rep	BYPP	A	
5:00-6:30	Division III/IV Rep	BYPP	D	



CMDC Fall/Winter 2023 - Spring 2024 Adult Program:				
Time	Class	Division	Studio	Teacher
Saturday 9:00 - 10:00	Stretch, Tone, and Trampoline	Adult	D	
Sunday 12:00-1:00	Floor Barre	Adult	A	
Tues/Thurs 6:30-7:30	Ballet	Adult	B	
Friday 5:00 - 6:00	Cross Training	Adult/BYPP	D	

CMDC Fall/Winter 2023 - Spring 2024 Weekday Schedule:				
Time	Class	Division	Studio	Teacher
Division I BYPP - Tuesday				
5:00-5:30	Floor Barre	BYPP	A	
5:30-6:30	Ballet	BYPP	A	
6:30-7:30	Jazz	BYPP	A	
Division I BYPP - Thursday				
5:00-5:30	Floor Barre	BYPP	A	
5:30-6:30	Ballet	BYPP	A	
6:30-7:30	Modern	BYPP	A	
Division II BYPP - Tuesday				
5:00-5:30	Floor Barre	BYPP	D	
5:30-6:30	Ballet	BYPP	D	
6:30-7:30	Strengthening For Pointe	BYPP	D	
Division II - Thursday				
5:00-5:30	Floor Barre	BYPP	D	
5:30-6:30	Ballet	BYPP	D	
6:30-7:30	Modern	BYPP	D	



CMDC Fall/Winter 2023 - Spring 2024 Weekday Schedule:				
Time	Class	Division	Studio	Teacher
Division III BYPP - Monday				
5:00-6:00	Floor Barre	BYPP	A	
6:00-7:30	Ballet	BYPP	A	
7:30-8:30	Pointe	BYPP	A	
Division III BYPP - Wednesday				
5:00-6:00	Floor Barre	BYPP	A	
6:00-7:30	Ballet	BYPP	A	
7:30-8:30	Pointe	BYPP	A	
Division III BYPP - Friday				
5:00-6:00	Cross Training	BYPP/Adult	D	
6:00-7:30	Ballet	BYPP	A	
7:30-8:30	Hiplet	BYPP	D	
Division IV BYPP - Monday				
5:00-6:00	Floor Barre	BYPP	D	
6:00-7:30	Ballet	BYPP	D	
7:30-8:30	Pointe	BYPP	D	
Division IV BYPP - Wednesday				
5:00-6:00	Floor Barre	BYPP	D	
6:00-7:30	Ballet	BYPP	D	
7:30-8:30	Variations	BYPP	D	
Division IV BYPP - Friday				
5:00-6:00	Cross Training	BYPP/Adult	D	
6:00-7:30	Ballet	BYPP	D	
7:30-8:30	Hiplet	BYPP	D	



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Chicago Multicultural Dance Center 2023 -2024 PRICING INFO

Tuition

- **\$500 per class * Full year tuition.** (Fall/Winter \$250 per class + Spring \$250 per class)
- Students will register for the full 2023 - 2024 dance year during registration.
- **Refunds will only be given for payments received for future months.** For example, if you pay in full, and you withdraw in October, we will refund the amounts for classes held November – May. If you are paying in installments, we will calculate the amount owed through October, and refund any leftover balance.
- **Refunds will not be given for no-shows.** Please call us. If we don't hear from you we are assuming your child will be there.
- **ALL TUITION ACCOUNTS MUST BE PAID IN FULL IN ORDER FOR DANCERS TO PERFORM IN CMDC PERFORMANCES. THERE ARE NO EXCEPTIONS**



CMDC DRESS CODE

Female Dancers

Leotards – CMDC allows students to wear any style of solid color leotard according to group/division. Please make sure that leotards fit your body type.

- Division IV - Black
- Division III - Burgundy
- Division II - Royal Blue
- Division I - Royal Blue
- Ballet I, Ballet II, Tap I, Tap II - Sky Blue
- TOTS (All levels) - Pink

Tights – CMDC students wear flesh-tone, convertible tights, as close to your own skin tone as possible. Students are expected to wear tights without runs or holes.

Shoes – For ballet, female students are to arrive at class with their technique and pointe shoes dyed to match their tights. Ribbons and elastics must be sewn, **not pinned or tied** and also dyed.

Hair – Female students must wear their hair swept back away from their face, secured in a ballet bun. Braids are OK, however, they should be tied back, and if there are beads they should be secure. No head coverings are allowed.

Accessories – Jewelry is not allowed in class; students are encouraged to leave it at home. Only stud earrings are allowed in class.



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Male Dancers

T-Shirt – A fitted white or black short sleeved or tank top is appropriate.

Tights/Leggings or Fitted shorts – Must be black (no runs or holes); coupled with a dance belt. If desired socks can be worn, however, no sweats.

Shoes – Flesh tone or black ballet technique shoes are required.

Hair – Must be neat, no head coverings. If long, hair must be secured and pulled away from the face.



CLASS DESCRIPTIONS

TOTS COMBO

60 minutes of sheer fun and movement for our 3-5 year olds. Class consists of 17 min - Tap, 17 min - Ballet/Creative Movement, 17 min - Acro/Tumbling with a few minutes in between to switch shoes. This class is designed to introduce body movement, stimulating the “brain/body” communication, while introducing fundamental movements of each discipline.

BALLET

The ballet program teaches dancers strong technique through traditional, classical ballet. Students learn proper placement, turnout, technique, and vocabulary in a disciplined environment while developing strong work ethics and discipline in a positive atmosphere. We recommend Ballet for every dancer.

POINTE

Part of the classical ballet technique that concerns pointe work, in which a ballet dancer supports all body weight on the tips of fully extended feet. This class is intended for those dancers who have shown adequate physical strength, accurate technique and necessary mental awareness.

Pointe classes are based on student readiness and approval of the Artistic Director. Students who take pointe must also be registered in at least one other ballet class.

JAZZ

Jazz focuses on building strong technique, strength and flexibility. Classes incorporate stretching, across the floor combinations, and choreography. Students learn different turns, jumps, leaps, and extensions while incorporating them into many different styles of jazz.



TAP

The Tap program concentrates on both rhythmic and classical tap methods. Students learn vocabulary, rhythmic timing and improvisation and choreography.

CONTEMPORARY

Contemporary classes fuse ballet, jazz, lyrical, and modern dance styles. This style of dance is very interpretive to the music and challenges dancers to grow as artists through movement.

Contemporary classes are designed for intermediate and advanced level dancers.

HIP HOP

This is a fun and up-beat class that integrates many different styles. Students learn isolation of movement, choreography, and body control technique, as well as trending dance moves.

ACRO/TUMBLING

Tumbling classes incorporate gymnastic basic training that can be utilized in dance routines. This class builds strength and body awareness.

AFRICAN

An introduction to African dance technique rooted in both traditional and contemporary styles. Students will learn steps from numerous African styles that reflect cultural lifestyles of the people of Africa and the African diaspora. Emphasis will be placed on style and increased sensitivity to music.

LATIN

This class gives a foundation of movement for students while teaching the basics in “Salsa, Merengue y Bachata, etc”. Emphasis will be on the development of partnering skills, lead and follow, dance floor etiquette, a good understanding of timing, and the ability to execute simple sequences. New steps and turn patterns will be introduced and linked together to develop new combinations. Basic footwork and timing of Cha Cha will be introduced.



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MODERN

Modern class will incorporate many of the foundations of modern dance technique, including suspension and release, fall and recovery, the use of momentum and connecting breath with movement. Dancers will explore new ways of moving in combinations, floor work and partnering, and also in various methods of improvisation.

STRETCH AND TONE (ADULT)

Stretch and Tone is a low impact, low intensity class that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Through a series of stretching and toning exercises, participants will develop breathing techniques to compliment this resistance class.

CROSS TRAINING

A full body class that mixes cardio and muscular endurance.



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CMDC 2023-2024 Calendar - ****TENTATIVE****

JULY

24 Registration for OPEN Classes Begins

AUGUST

2 BYPP Placement Classes

4 BYPP Placement Letters Emailed

7 Registration for BYPP (Divisions I-IV) Begins

SEPTEMBER

8 Parent Orientation & Ice Cream Social

9 **FALL/WINTER CLASSES BEGIN**

OCTOBER

9 **Holiday - NO CLASSES**

28 Halloween Spooktakular

NOVEMBER

10 **Holiday - NO CLASSES**

22-26 Thanksgiving Break



DECEMBER

2	HOLIDAY SHOW REHEARSAL
3	Parent Meeting (Virtual)
9	HOLIDAY SHOW REHEARSAL
16	CMDC HOLIDAY SHOW
18-22	Holiday Break and Winter Intensive
27-29	Holiday Break and Winter Intensive (3 Day Week)

JANUARY

3	WINTER CLASSES BEGIN
15	Holiday - NO CLASSES
	Summer Intensive Information Emailed

FEBRUARY

3	Summer Intensive Auditions Begin
19	Holiday - NO CLASSES

MARCH

3	Parent Meeting (Virtual)
25-29	CMDC Spring Break

MAY

4	SHOW RUN (1ST HALF)
11	SHOW RUN (1ST HALF)



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18	SHOW RUN (2ND HALF)
25	SHOW RUN (2ND HALF)
27	Holiday - NO CLASSES
JUNE	
1	SHOW RUN (FULL SHOW)
2	Parent Meeting (Virtual)
8	SHOW RUN FULL SHOW
15	SHOW RUN (FULL SHOW DRESS REHEARSAL)
16	CMDC JUNE SHOWCASE
17-21	CULTURAL EXCHANGE - NASSAU, BAHAMAS
24	SUMMER INTENSIVE BEGINS
JULY	
4	Holiday - NO CLASSES
AUGUST	
2	SUMMER INTENSIVE SHOWCASE