



Christine  
**Belpedio's**  
School of Dance



Registration Dates

Wednesday, September 14th  
Thursday, September 15th  
3:30pm to 8:30pm

Fall Classes Start

Monday, September 19th, 2022



5945 W. Belmont Ave

Chicago, IL 60634

Phone: 773-745-1383

Email: [dance@christinebelpedioballet.com](mailto:dance@christinebelpedioballet.com)

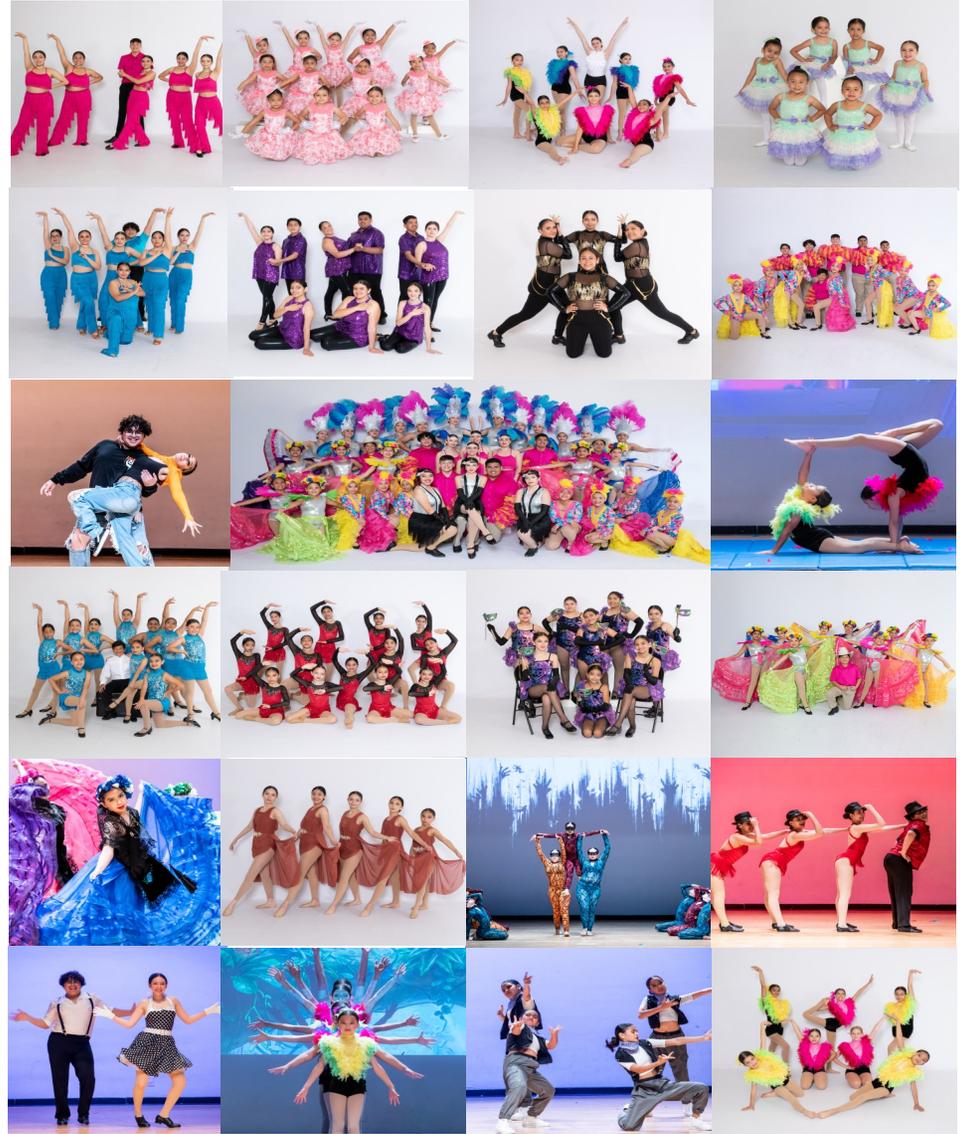
*Se Habla Español*

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**Fall Brochure 2022-2023**



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773-745-1383

[www.christinebelpedioballet.com](http://www.christinebelpedioballet.com)

# STUDIO 1: SCHEDULE 2022-2023

## MONDAY

4:00-5:00 pm Jazz I (6-8)  
 5:00-6:00 pm Mexican Folkloric II (9-12)  
 6:00-7:00 pm Mexican Folkloric I-II (7+)  
 7:00-8:00pm Mexican Folkloric III (12+)

## TUESDAY

5:00-6:00 pm Latin Dance I-II (9-12)  
 6:00-7:00 pm Latin Dance III (13+)  
 7:00-8:00 pm Latin Dance IV (14+)  
 8:00-9:00pm Latin Dance I-II (13+)

## WEDNESDAY

4:30-5:30pm Tap II (10+)  
 5:30-6:30pm Tap/Ballet I-II (5-8)  
 6:30-7:30pm Acrobatics I (9+)  
 7:30-8:30pm Breakdance I-II (Open)

## THURSDAY

4:30-5:30pm Jazz I-II (9-12)  
 5:30-6:30pm Jazz II (13+)  
 6:30-7:30pm Latin I Adults or Tap I (9+)

## SATURDAY

9:00-10:00am Ballet I-II (9-12)  
 10:00-11:00am Tap II (9-12)  
 11:00:12:00pm Latin I (6-8)  
 12:00-1:00pm Latin II Team JR. (9-12)  
 1:00-2:00pm Latin Team III SR. (13+)  
 2:00-3:00pm Tap III (Open)

## REQUIREMENTS:

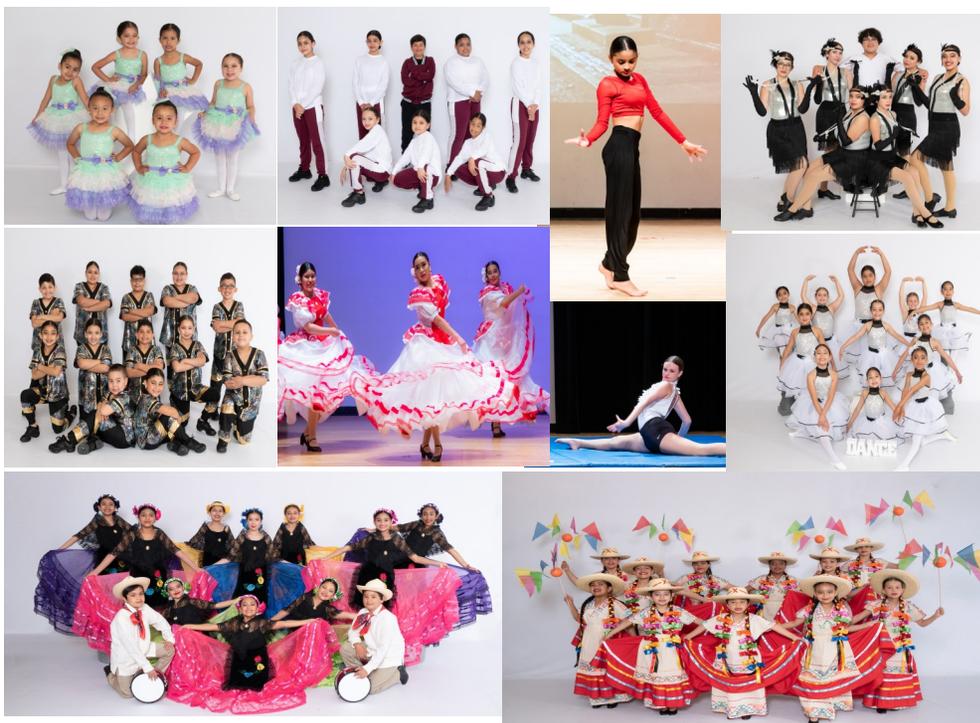
**Demi-Pointe/Pointe: Must be enrolled in a Ballet Class**

**Contemporary/Contemporary Teams: Must be enrolled in a Ballet class**

**Latin Performance Teams: Must enroll in a technique Ballet or Jazz class**

# CALENDAR OF EVENTS

Dance Semester Starts	Monday, September 19th, 2022
Wear your Halloween Costume	Tues, October 25th to Halloween Day
Costume Deposit Due	Saturday, November 12th, 2022
Thanksgiving Break - Closed	Mon, Nov. 21st to Sun, Nov. 27th, 2022
Classes Resume	Monday, November 28th 2022
Winter Break - Closed	Friday, Dec 23rd to Sunday, Jan 8th 2023
Classes Resume	Monday, January 9th, 2023
Costume Balance Due	Saturday, January 28th, 2023
Spring Break-Closed	Mon, April 3rd to Sun, April 9th, 2023
Classes Resume	Monday, April 10th, 2023
Closed on Labor Day	Monday, May 29th 2023
Dance Semester Ends	Saturday, June 10th, 2023
Picture Day at Dance Studio	Sunday, June 11th 2023
Tech Days @ Trinity H.S.	Mon, June 19th to Thurs, June 22nd, 2023
44th Dance Recital @ Trinity HS	Sat, June 24th & Sun, June 25th 2023



# MONTHLY TUITION DANCE RATES

1 Dance Class per Month (4 Classes)	\$56.00
2 Dance Classes per Month (8 Classes)	\$112.00
3 Dance Classes per Month (12 Classes)	\$162.00
4 Dance Classes per Month (16 Classes)	\$208.00
5 Dance Classes per Month (20 Classes)	\$250.00

Add \$48.00 for each additional class after the 5th class.

Ballet 1.5 class is \$84.00 Drop-in rate is \$16.00.

September and June tuition will be combined to complete a full month tuition. Monthly tuition is based on 9 monthly payments (September – June). Monthly tuition remains the same every month regardless of holidays and scheduled breaks. If a class is cancelled by CBSD, a make-up class will be scheduled. Missed classes must be made up within 30 days.

*Tuition will not be prorated, refunded, or adjusted for missed classes*

## TERMS OF REGISTRATION

There is a yearly \$25.00 registration fee per family. Tuition is due at the time of registration. Tuition payments are due by the 1st to the 5th of each month. Payments not received by the 6th of each month you will be charged a \$10.00 late fee. There is a \$30.00 fee for any returned checks. **If paying by credit card there is a \$2.00 service fee added per transaction.** Tuition and all fees are non-refundable and non-transferrable. Refunds will only be given if a class is cancelled due to insufficient enrollment. For your convenience we now offer Monthly Auto Pay. Please come to the office to fill out a Credit Card authorization form.



Christine Belpedio's  
*Quinceañera*



We can choreograph a variety of dances for your special event. This includes popular Surprise Dance styles such as Latin Dance, Hip-Hop, Mexican Folkloric and much more! Our instructors will help you have an amazing and memorable experience. We offer custom packages to meet all your needs. You can also hire one of our Dance Teams (Latin Dance, Mexican Folkloric, and Hip Hop) to perform at your party or event.

**BOOK YOUR SPECIAL EVENT NOW!!!**

# STUDIO 2: SCHEDULE 2022-2023

## MONDAY

4:00-5:00pm Acrobatics II (9-12)  
5:00-6:00pm Acrobatics I-II (6-8)  
6:00-7:00pm Acrobatics III (Open)  
7:00-8:00pm Acrobatics IV (Open)

## TUESDAY

5:00-6:00pm Hip Hop II-III (9-12)  
6:00-7:00pm Hip Hop I (9-12)  
7:00-8:00pm Hip Hop I-II (13+)  
8:00-9:00pm Hip Hop III (14+)

## WEDNESDAY

4:45-5:45pm Ballet I-II (9-12) or Ballet I (13+)  
5:45-6:45pm Contemporary Team (Open)  
6:45-8:15pm Ballet II-III (13+)  
8:30-9:15pm Pointe (Open)

## THURSDAY

4:45-5:45pm Pre-Ballet/ Creative Movement (3-5)  
5:45-6:45pm Contemporary I-II (10+)  
6:45-7:45pm Contemporary II-III (13+)  
7:45-8:45pm Jazz III (14+) or Ballet I (13+)

## SATURDAY

9:00-10:00am Ballet/Tumbling (4-7)  
10:00-11:00am Hip Hop I (6-8)  
11:00-12:00pm Hip Hop I-II (9-12)  
12:00-1:00pm Hip Hop Sr. Team (14+)  
1:00-2:00pm Hip Hop Jr. Team (9-12)

Life is  
**BETTER**  
WHEN YOU  
dance

## CLASS DESCRIPTIONS

**ACROBATICS:** Acrobatics encompasses tumbling that builds on coordination, flexibility, balance and strength. Learn rolls, cartwheels, flip-flops, double/partner stunt work and much more. This class is for Gymnastics lovers.

**BALLET:** A must for any dancer, Ballet is the foundation for all forms of dance. Class consists of a classical ballet barre for warm up, center work, and traveling exercises. Terminology is taught along with proper placement, balance, and the development of classical poise and grace. Studying ballet improves balance, posture, coordination, flexibility, musicality and helps in sports for both boys and girls.

**TAP/BALLET COMBO:** Is an introduction to dance for the young dancer between the ages of 5-8. You will learn the basics of Tap for 30 minutes and Ballet for 30 minutes.

**TUMBLING/BALLET COMBO:** This class is designed to help your child develop coordination, gain strength, and become more disciplined. Learn the basis of Ballet that will improve your technique as you continue with Dance throughout the years! This class is 30 minutes of Tumbling, 30 Minutes of Ballet. Ages 5-8.

**BREAKDANCE (BBOYING):** Crazy spins and outrageous tricks will be your new trademark! B-boying or breaking, commonly referred to as breakdancing, is a style of dance that was created, and evolved as part of the Hip-Hop culture in New York City. The class consists of the fundamentals: top rock, footwork, freezes and power moves. It is a creative mix influenced by dance, martial arts, and gymnastics. Moves will be taught safely and slowly.

**CONTEMPORARY:** Is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dance strives to connect the mind and the body through fluid dance movements. It stresses versatility and improvisation; focuses on floor work using gravity to pull down to the floor.

**HIP HOP:** Hip Hop dancing covers a large range of styles and specific moves and techniques. This is an intense, high energy dance class. Get a full body workout and improve your ability to execute body isolations, and learn the latest hottest moves. This class is our most popular for children and adults.

**JAZZ:** Jazz dance technique develops a dancer's coordination, flexibility, and rhythm with stylistic diversity. With the use of isolations, jumps, turns, and stretching, Jazz dance refines how a dancer's body moves as well as teaches versatility. Classes consist of center floor warm up, stretching, across the floor technique, and center dance combinations. Learn a dance routine to your favorite pop song.



## STUDIO RULES & POLICY

**DRESS CODE:** Students must follow CBSD's dress code for all dance classes. If a student fails to wear the appropriate attire and hairstyle before entering the studio, it is at the teacher's discretion to dismiss the student from class. Do not wear dance shoes outside, especially TAP shoes—the concrete damages the metal plates and will scratch the dance floors! *Street shoes are NOT permitted on the dance floor.*

**ABSENCES:** If a student must miss class, a parent must notify CBSD at least 24 hours in advance. If a student misses 3 consecutive classes without properly notifying the studio, students will not be allowed to attend class without the instructor's permission. Excessive absences may result in dismissal from the annual dance recital. There are no refunds on costume or tuition if you are dropped from a class during the dance season.

**TARDINESS:** CBSD students are expected to arrive at the studio with enough time to prepare for class. If a student is running late, a parent must notify CBSD. If a student is 15 minutes late or more, it is at the instructor's discretion to allow class participation.

**MAKE-UP CLASSES:** If students miss class, they must take a make-up class in the same style of dance within 30 days. Students will be not allowed more than 5 make-up classes per year; please note that no make-up classes will be granted after March 1st, 2023. There are no refunds or deductions from tuition for missed classes. To make up a class, students must go to the front office to receive a make-up slip to give to the instructor at the beginning of class.

**ATTENDANCE:** It is essential for dancers to attend all classes in a punctual manner! Please strive for perfect attendance. Students with perfect attendance from October 1st to June 7th will receive a trophy at CBSD's 2023 Dance Recital! Arriving 15 minutes late or leaving 15 minutes early will be considered an absence. In order to receive the perfect attendance award, students must attend your enrolled dance classes (make-up classes do not count).

*Remember: Excessive absences may result in dismissal from the annual dance recital.*

*Snow days: CBSD will be closed if CPS schools are closed due to weather.*

**STUDIO RULES:** Only registered students are allowed in the dressing room/dance floors. Parents, please do not interact with/distract students during class time. No gum is allowed in the studio. No food or drinks are allowed on the dance floors, water only! No eating is permitted in the dressing room. No profanity is tolerated in or around CBSD. No cell phones are permitted in the classroom. All personal belongings must be locked in lockers. CBSD is not responsible for any lost or stolen items.

**STUDIO ETIQUETTE:** CBSD students are expected to behave properly while in class. Students must always be respectful to all peers and instructors. Disruptive students may be removed from the class. Students may wait and warm up quietly in the hallway until their class starts. For their own safety, children must always be supervised in the lobby. The lobby can get crowded, so please be patient and respectful of other people. Please know that only registered students are allowed inside the dance studio and dressing rooms.

**REFUNDS:** Should any student fail to comply with all CBSD's studio rules and code of conduct, there will be no refund for tuition.

## DRESS CODE

**ACROBATICS** - Any color leotard or biketard. Fitted dance shorts are optional; must wear footless tights. Must be barefoot.

**BALLET/TUMBLING COMBO** - Any color leotard or biketard. Must wear convertible, light toast or white footless tights. White Ballet shoes.

**BALLET/POINTE** - Black leotard only. Ballet skirts are preferred, fitted dance shorts are allowed. Dance knitwear is optional. Pink tights and Pink Ballet shoes. Hair must be in a Bun.

**BREAKDANCE** - Must wear solid black t-shirt or breakdance t-shirt from CBSD. Black sweat-pants, or shorts (moveable clothing). No jeans or street shoes allowed. Knee pads and knit hat are required. All Black Converse shoes or hip hop shoes.

**CONTEMPORARY** - Black leotard, fitted camisole, or solid crop top. Must wear fitted shorts and footless tights or leggings. Footwear : Barefoot, foot undeez, capezio turners or black dance socks. Hair must be out of the face secured back in a bun, ponytail, braids etc.

**HIP HOP** - Must wear solid black t-shirt or hip hop t-shirt from CBSD. Black sweatpants or shorts (moveable clothing). No jeans or street shoes allowed. Black Hip Hop shoes.

**JAZZ** - Black leotard or sports bra. Jazz fitted pants, capris, leggings, shorts or fitted dance shorts. Light toast tights. Tan Jazz shoes (6-12) and Black Jazz shoes (13+).

**LATIN DANCE** - Black leotard, fitted camisole, or solid crop top. Can be paired with black leggings, dance fitted shorts, or skirt is optional. Must wear tights if wearing shorts or skirt. Black Character shoes. Performance Teams must wear Nude performance heels.  
*Male*- Black solid t-shirt or tank with black moveable pants. Black Cuban shoes.

**MEXICAN FOLKLORIC** - Black leotard or fitted camisole with black leggings. (until you get a skirt) A practice skirt is mandatory to have for this class, you will have to purchase the skirt through CBSD to match the other girls. Black character shoes. Males - Black solid t-shirt and folkloric ankle boots.

**PRE-BALLET/CREATIVE MOVEMENT** - Any color leotard or biketard, white tights, and white ballet shoes. *Boys*- fitted tee, lightweight pants and black Ballet shoes (movable clothing).

**TAP/BALLET COMBO** - Black or Pink leotard with skirt is optional. No T-shirts or pants are allowed. White or light toast tights, white ballet shoes and white tap shoes.

**TAP** - Black or pink leotard only. Dance fitted pants, capris, leggings, or fitted dance shorts. *Boys*-black solid t-shirt and black pants. Must see ankles. Black Tap shoes.

- ◆ When students follow the proper dress code, it ensures the instructor's ability to see a dancer's alignment and positioning. A dress code will also teach students discipline and help them with overall focus and energy.
- ◆ For all classes, hair must be pulled back neatly in a bun or a ponytail. For Ballet class, hair must be in a bun. No jewelry allowed in any class.

## CLASS DESCRIPTIONS

**LATIN DANCE:** Learn hot Latin dance moves and routines. Learn footwork, partner work and fierce styling to enhance your dance moves. Learn how to Salsa, Merengue, Bachata, Cha-Cha, Mambo and much more.

**MEXICAN FOLKLORIC:** Learn the traditional Mexican dances and the culture of Mexico through footwork, skirt movement and performances. Learn traditional choreography along with the history of various dances from different states and regions of Mexico.

**POINTE:** Must have at least 3 years of classical Ballet training to be evaluated to go on Pointe or approved by the Instructor. Training in Pointe begins only after the dancer is able to demonstrate ankle and arch strength, balance, clean and steady execution of exercises. Students will improve strength and learn more difficult movements, while improving step transitions, fluidity of movement, and presentation. Selected students will be able to take the class on flat shoe and work their way to Pointe.

**PRE-BALLET/CREATIVE MOVEMENT:** This class is designed to teach students how to use movement as means of expressions and communication. Students will learn songs, Pre-Ballet steps, work with props and develop coordination. They will learn discipline and social skills.

**TAP:** Tap dance is the most rhythmic form of dance. Dancers will learn to create music with the use of their feet. Studying tap dance is an excellent way for a dancer to increase coordination, precision and develop a sense of rhythm, timing, and expression.

## DANCE LEVELS

**Level I-I+:** Beginner to one year of training

**Level I-II:** One or two years of training

**Level II:** Two years or more of training

**Level II+:** Two to Three years of training

**Level III:** Three or more years of training

*Class placement is at the discretion of the teacher or director, and it is not solely based on age or number of years of study. All dance classes are subject to change depending on enrollment, must have 6 or more students enrolled to open a class. During the month of September and October, teachers will be evaluating the students to be sure they are placed in the correct class. If your child needs to be moved to a different class level, we will inform the parent.*



## INSTRUCTORS



### Ms. Christine Belpedio-Fosco

- ◆ Owner, Artistic Director, Teacher and Choreographer for 43 years at Christine Belpedio's School of Dance.
- ◆ Studied Ballet, Tap, Jazz, and Tumbling in New York, Chicago, and California. Started dancing at the age of 6.
- ◆ Certified Member of Dance Education of America.
- ◆ Performed professionally throughout the Chicagoland area with the troupe "Entertainer's".
- ◆ Former Honey Bear Dancer for the Chicago Bears.



### Ms. Alicia

- ◆ Currently enrolled in North Eastern University with a minor in Dance.
- ◆ Trained in Ballet, Latin, Hip Hop, Contemporary, Tap and Jazz.
- ◆ Has performed at various well known events including Chicago International Salsa Congress and the Chicago Bachata Salsa Fest.
- ◆ Started Dancing at Christine Belpedio's School of Dance at the age of 4.
- ◆ Recently danced in the opening for French Montana and Jerry Rivera.



### Ms. Ana Paula

- ◆ Graduate of Saint Mary's University of MN with a B.A. in theatre and a dance minor. Also studied dance in Mexico for over 10 years.
- ◆ Bi-Lingual in English and Spanish.
- ◆ Trained in Ballet, Contemporary, Pointe, Jazz, and Partnering.
- ◆ Professional actress, dancer, and choreographer.
- ◆ Has performed in Paquita, The Nutcracker, Unto These Hills, and various other plays and performances.
- ◆ Has received awards as a competition dancer soloist in Mexico.



### Coach Mark

- ◆ 10 years of teaching Acrobatics, Break Dance and Hip Hop.
- ◆ Taught 7 years of Cheerleading for various Gymnastic Centers and High Schools.
- ◆ Competed at World's All-Star Cheer, coached students and took them to many Competitions.
- ◆ Coach and Elite gymnast that teaches acrobatics, stunts, floor routines from Beginners to Advanced level.
- ◆ Breaker and Instructor for all levels.



## INSTRUCTORS



### Ms. Francesca

- ◆ Graduate of University of Illinois.
- ◆ Professional Hip Hop Dancer and Instructor for more than 8 years.
- ◆ Performed with Hip Hop Companies: Deeply Rooted Dance, Coda, Urban Dance, Boom Crack, and Puzzle League.
- ◆ Started dancing at Christine Belpedio's School of Dance at the age of 3.
- ◆ Trained in Tap, Acrobatics, Ballet, Jazz and Hip Hop.



### Mr. Jose

- ◆ Latin dance performer and instructor for over 6 years.
- ◆ Has performed at various well known events including Chicago International Salsa Congress and the Chicago Bachata Salsa Fest.
- ◆ Performed internationally and locally throughout the Chicagoland.
- ◆ Company member in several Latin dance companies for several years.
- ◆ Has taught for CBSD Latin Performance Teams for over 2 years.



### Ms. Miriam

- ◆ Mexican Folkloric Instructor and Performer from Guadalajara in Mexico for over 25 years.
- ◆ Choreographed large group performances from various regions.
- ◆ Studied at the University of Guadalajara.
- ◆ Dance instructor for SEP and DIF in Mexico.
- ◆ Professionally performed for "La Casa de la Cultura" in Mexico.



### Ms. Sabrina

- ◆ Graduate of DePaul University.
- ◆ Teaches all levels of Ballet, Pointe, Jazz, Contemporary and Poms.
- ◆ Has several years of teaching experience with Recitals, Dance -Competitions and Choreography.
- ◆ She is a professional Dance Instructor and Poms Coach.
- ◆ Has taught in the Chicagoland areas and surrounding suburbs.

