

**Programs & Classes for Ages 0-18**

**WINTER SESSION: JANUARY 8 - MARCH 22, 2024**

**Winter Fun Awaits at**

**Rootz**

The logo for Rootz features the word "Rootz" in a bold, sans-serif font. The letters "Root" are green and the letters "z" is dark grey. Below the letters, there is a stylized illustration of a root system with several roots extending downwards.

**RELEVÉ DANCE • THEATER • ENRICHMENT  
FITNESS • AND MORE!**

7 Waukegan Road, Deerfield • (224) 269-0004 • [GETROOTZ.COM](http://GETROOTZ.COM)

# MUSIC & ENRICHMENT

## PRIVATE VOICE LESSONS AVAILABLE!

(AGES 7+)

CONTACT US TO REGISTER

224-269-0004

INFO@GETROOTZ.COM

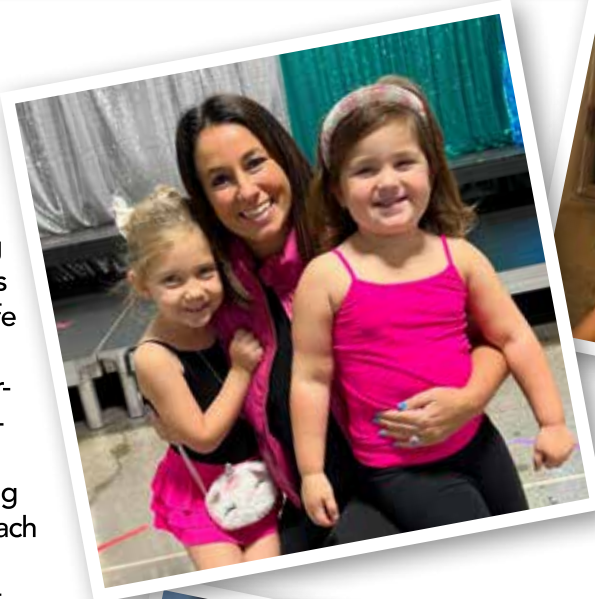


### BROADWAY & ME (STAGES)

Each week, little Broadway fans and caregivers are introduced to exciting new songs, characters, and stories as Broadway Musicals are brought to life by a team of professional teaching artists. Created by a professional performer turned early childhood development specialist, Broadway & Me's unique curriculum is both entertaining and developmentally appropriate. Each class features a different Broadway show and incorporates activities that are designed to support your little one's physical, cognitive, social-emotional, and language development while offering individualized attention and encouragement!

### PLANES, TRAINS, & AUTOMOBILES

Start your engines! Come take a ride with us as we build train tracks, make dump trucks, and build flying machines. We combine art and dramatic play with this course designed to be your child's first "away from a caregiver" class. Our adventures will sharpen their imagination, kick start their motor skills, and ignite their passion for flying.



## MUSIC

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway & Me (Stages)	0-3 years	Winter 2024	9:30-10:15am			10:15-11:00am			
			10:30-11:15am			11:15am-12:00pm			

## ENRICHMENT

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Planes, Trains, and Automobiles	2.5-3.5 years	Winter 2024		9:30-10:15am					



## BROADWAY TOTS

This introduction to theater is great for our littlest actors, as we sing, dance, act and most importantly, have fun learning new skills about ourselves and our "cast" of friends in class! Through improv games and imaginative play, we pretend to be different characters, and we will even perform a short medley of songs at the end of the session!

## BROADWAY BOUND

Using teamwork, theater games, technique exercises and imaginative play, we will work together to create a mini-musical for our families at the end of the session. This class is meant for students in Pre K-Kindergarten.

## BROADWAY STARS

In this introduction to musical theater, students will learn the basic principles of theater to develop confidence both onstage and off. Through instruction and collaboration, Broadway Stars teaches children about the process of theater as well as creating a final production. The final product is a 30-40 minute Broadway Junior musical. Join us this Winter/Spring for Annie Kids.



## THEATER COMPANY

Theater Company is an advanced audition-only musical theater program for actors ready for a more robust production. This progression from Broadway Stars provides an in-depth experience with acting, voice and movement, characterization and general performance skills. Join us this Winter/Spring for Mean Girls Jr.



Each cast of Broadway Stars and Theater Company will have 1 final performance for friends and family at the Gorton Center Theater in Lake Forest the weekend of 5/11-5/12. Specific date and time TBA.

## IMPROV

Improvisation is the art of acting without a script. This class will introduce kids to the basics of performing and help develop self-confidence on and off stage. We offer a supportive, fun environment so children can learn to express themselves through verbal communication and physical expression.

THEATER									
CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway Tots	3-4 years	Winter/ Spring 2024				2:00- 2:45pm	2:00- 2:45pm		
Broadway Bound	4.5-6 years	Winter/ Spring 2024	2:00- 2:50pm	2:00- 2:50pm	3:00- 3:50pm	3:50- 4:40pm		9:00- 9:50am	9:00- 9:50am
			3:50- 4:40pm	3:50- 4:40pm					10:00- 10:50am
Broadway Stars	Grade 1-3	Winter/ Spring 2024	5:00- 6:30pm	5:00- 6:30pm	4:00- 5:30pm	5:00- 6:30pm	4:00- 5:30pm	11:00am- 12:30pm	
Theater Company	Grade 4-8	Winter/ Spring 2024			5:45- 7:30pm	6:45- 8:30pm		1:00- 2:45pm	
Improv	Grade 2+	Winter 2024	6:45- 7:45pm						

# FITNESS

## CHEER/TUMBLE:

This class is designed for students that really want to learn about the sport and execute their skills. Cheer/Tumble will focus on the "basics" of cheerleading including motions, jumps and executing technique. The tumbling portion of class will be a wonderful place to build strength and flexibility while having fun. We will pull out the mats and learn cool skills while developing motor coordination.

## GYM JAM

This parent and child class has options for every stage of your child's development.

**CRAWLERS:** This class is aimed towards our crawlers, ages 6-12 months. Join us for a 30 minute class, incorporating familiar songs and music, play, and exploration in our gymnasium!

**WALKERS:** Geared to our little ones, this class is aimed for our "early walkers", ages 12-18 months. Join us for a 30 minute jam-packed class where the child and loved one together will explore play structures, while enjoying music, tumbling, and more!

**RUNNERS:** Join us for a 45 minute class full of fun while simultaneously exploring basic tumbling skills, and building strength and flexibility. The suggested age for this class is 1.5-2.5, or when they are fully on the move!



## PULSE:

### MINI NINJA WARRIORS

A high energy fitness based class designed to challenge and empower our youngest warriors, our mini ninja warriors enjoy obstacle courses, relay races, noodle wars, fitness challenges and more. We teach kids foundational movement patterns including squats, planks and push ups while also challenging our warriors with fitness abilities such as speed, power and balance.

## STRETCH-N-GROW FUNTASTIC FITNESS (PARENT & CHILD)

Stretch-n-Grow will get your toddler moving in this theme based movement class. Each week your child will be working on their gross motor skills using colorful age-appropriate equipment and up-beat music. Running, jumping, balancing, galloping and throwing are just some of the skills we focus on.



## TUMBLING

No matter your skill level, we have a class for you!

### TUMBLING TOTS & TUMBLING:

Students will work on emerging gymnastics skills in an energetic and creative environment. This class is a wonderful place to build strength and flexibility while having fun and learning cool new acrobatic skills.

**BEGINNER:** In this class participants will become familiar with the basic skills such as bridges, back bends, handstands to cartwheels, front/back rolls, and more. This is where your children become familiar with the basics of floor.

**INTERMEDIATE:** To qualify for this level, your child must be able to execute a clean cartwheel, roundoff, handstand and back-bend (going down to bridge from standing position) unassisted.

**ADVANCED:** To qualify for this level, your child must have a back walkover and back handspring. This class will cover all prior skills learned as well as introduce cross floor sequences, front/back tucks and more

## YOGA

Join us on a yoga journey that your child will never forget! We will use breathing techniques, learn yoga poses, increase flexibility and strength, develop coordination, and explore relaxation tools.



## Self-Defense / Martial Arts Classes Midwest Academy of TaeKwon-Do

Classes on Tuesday Evenings:  
Children 7 to 12 - 6:45 to 7:45pm  
Teens & Adults - 7:45 to 8:45pm

Become part of our martial arts family! Registrations are taken directly by Midwest Academy of TaeKwon-Do. Ask us about free trial classes!

Contact Dan Valin at 847-815-0898 or Email: [matkd@prodigy.net](mailto:matkd@prodigy.net)



## FITNESS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Cheer/Tumble	4-6 years	Winter 2024		4:00-4:50pm					
	Grade K-2	Winter 2024			3:00-3:55pm	4:00-5:00pm		12:30-1:30pm	12:15-1:15pm
	Grade 1-4	Winter 2024	4:00-5:00pm			5:00-6:00pm			
Gym Jam: Crawlers	6-12 months	Winter 2024			11:30am-12:00pm		11:30am-12:00pm		
Gym Jam: Walkers	12-18 months	Winter 2024		11:30am-12:00pm					
Gym Jam: Runners	1.5-2.5 years	Winter 2024	9:30-10:15am		10:30-11:15am	9:30-10:15am	10:00-10:45am		
Pulse: Mini Ninja Warriors	4-6 years	Winter 2024						9:00-10:00am	9:00-10:00am
	Grade 1-4	Winter 2024						10:00-11:00am	10:00-11:00am
Stretch-N-Grow FUNtastic Fitness (Parent & Child)	1.5-3 years	Winter 2024		9:30-10:15am					
Tumbling Tots	2.5-3.5 years	Winter 2024	10:30-11:15am						
Tumbling	3-4.5 years	Winter 2024					1:00-1:50pm		
Tumbling	3.5-5.5 years	Winter 2024	2:00-2:50pm	2:00-2:50pm	9:30-10:20am	2:00-2:50pm			
Tumbling I (Beginner)	Grade K-2	Winter 2024						1:30-2:30pm	
	Grade 1+	Winter 2024			4:00-5:00pm				11:15am-12:15pm
Tumbling II (Intermediate)	Grade 1+	Winter 2024		5:00-6:00pm	5:00-6:00pm				1:15-2:15pm
Tumbling III (Advanced)	Grade 3+	Winter 2024	6:30-7:30pm	7:30-8:30pm	6:00-7:00pm				
Yoga	Grade Pre K-3	Winter 2024	4:15-5:15pm						
	Grade K-3	Winter 2024			4:00-5:00pm				

# RELEVÉ DANCE

## BALLET/ACRO

This combination class will include 45 minutes of ballet technique and 45 minutes of acrobatics each week.

**INTERMEDIATE:** This class is for students that can execute a clean cartwheel, handstand and bridge.

**ADVANCED:** This class is for students that can execute a clean walkover, aerial and feel comfortable working on a handspring.

## DISNEY DANCE

Each week, Disney fans will learn new moves to their favorite Disney songs. Come sing along with us as we dance to our favorite tunes!

## MUSICAL THEATER DANCE

Perfect for students who love to perform, we emphasize telling a story through dance using music from shows.

## PARENT & CHILD BALLET

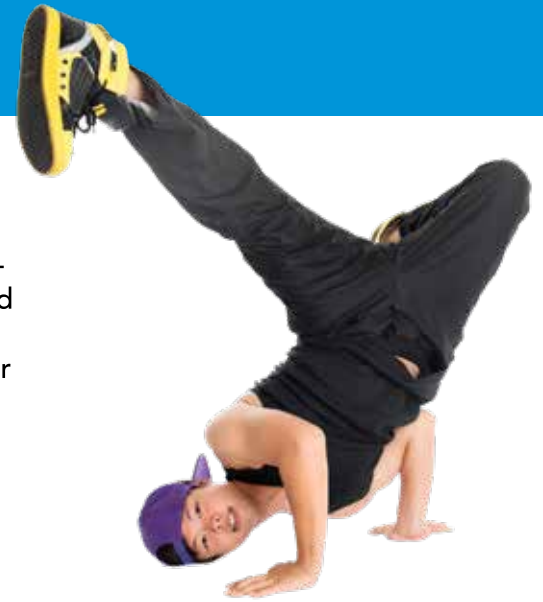
Parents and toddlers come ready to dance as we warm up together, pretend to be princes and princesses, build strength and flexibility, and learn very basic dance vocabulary. This class is a great precursor to our Princess Ballet classes.

## PARENT & CHILD DANCE

Join us for a 30 minute class full of creative movement and music. This high energy class uses elements of dance to stimulate coordination, balance, music interpretation, motor development, and creative movement.

## PRINCESS BALLET

In this unique class, students will enhance their balance & poise as well as hand/feet coordination through basic ballet skills. At the end of class, we will dress up and dance at the Magic Ball.



*Combination classes split instruction between each genre to give dancers a terrific base and fantastic exposure to various types of dance and movement.*

## EARLY CHILDHOOD DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Tap	3.5-5.5 years	Winter 2024						2:10-3:00pm	
Disney Dance	3-4 years	Winter 2024				10:30-11:15am			
	3.5-5 years	Winter 2024				2:00-2:50pm		10:15-11:05am	10:00-10:50am 11:15am-12:05pm
Hip Hop & Poms	3-4.5 years	Winter 2024				1:00-1:50pm	1:00-1:50pm		
Hip Hop: Boys	3.5-5.5 years	Winter 2024					4:10-5:00pm		
Parent & Child Ballet	1.5-2.5 years	Winter 2024		9:30-10:00am		10:30-11:00am	9:20-9:50am	9:00-9:30am	9:35-10:05am
				10:30-11:00am					
Parent & Child Dance	1.5-2.5 years	Winter 2024	10:30-11:00am		9:30-10:00am		9:55-10:25am	9:35-10:05am	9:00-9:30am 10:15-10:45am
Princess Ballet	2.5-3.5 years	Winter 2024		9:30-10:15am	9:30-10:15am	9:30-10:15am	9:30-10:15am	9:15-10:00am	10:15-11:00am 10:30-11:15am
Tot Hop	2.5-3.5 years	Winter 2024	9:30-10:15am	10:30-11:15am			10:30-11:15am	9:10-9:55am	9:15-10:00am
Tutus & Tennis Shoes	3-4.5 years	Winter 2024	1:00-1:50pm						9:00-9:50am 12:15-1:05pm

## TEEN TECHNIQUE

For the serious student who wants to increase their dance training, this class will boost their contemporary and jazz technique.

## TOT HOP

Dancers will learn fun pre-hip hop moves and combinations, performed to their favorite music.

## TUTUS & TENNIS SHOES

Young dancers learn a basic introduction to ballet technique as well as freestyle hip hop.



## YOUTH AND TEEN DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet/Acro I/II (Beginner/Intermediate)	Grade 1+	Winter/Spring 2024						11:00am-12:30pm	
Ballet/Acro II (Intermediate)	Grade 1+	Winter/Spring 2024	5:00-6:30pm						
Ballet/Acro III (Advanced)	Grade 4+	Winter/Spring 2024	5:00-6:30pm						
Hip Hop & Poms	Grade 1-3	Winter 2024				3:55-4:55pm			
Musical Theater Dance	Grade 1-3	Winter 2024							9:00-10:00am
Teen Technique	Grade 7-12	Winter/Spring 2024			6:00-7:00pm				



# RECITAL DANCE (YEAR-LONG CLASSES FOR THE 2023-2024 SCHOOL YEAR)

Each recital class works on a dance routine which will be presented in costume at our end of year recital on **Sunday, May 19, 2024**. The following classes are accepting enrollment for Winter/Spring Session:

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Hip Hop	4-6 years	Winter/Spring 2024						12:45-1:35pm	
	Grade K-2	Winter/Spring 2024						10:00-11:00am	
Ballet & Jazz	Grade K-2	Winter/Spring 2024						9:00-10:00am	
Ballet & Tap	3.5-5.5 years	Winter/Spring 2024						9:25-10:15am	
Hip Hop	4-6 years	Winter/Spring 2024						10:00-10:50am	
Hip Hop & Jazz	Grade K-2	Winter/Spring 2024	3:55-4:55pm						9:30-10:30am
	Grade K-3	Winter/Spring 2024			3:00-3:55pm				
Hip Hop & Poms	Grade 3-5	Winter/Spring 2024						10:15-11:15am	
	3.5-5.5 years	Winter/Spring 2024					2:00-2:50pm		
Jazz & Tap	Grade 1-3	Winter/Spring 2024			5:00-6:00pm				



## IMPORTANT 2024 DATES AT Rootz

### Winter Session: January 8 – March 22, 2024

Tuesday, January 2 - Friday, January 5	Winter Break Camps
Saturday, January 6 Sunday, January 7	Rootz Closed
Monday, January 8	Winter Session Begins
Friday, March 22	Winter Session Ends (No classes Saturday or Sunday this week)
Spring Break: March 23 – March 31, 2024 (No Regular Classes)	
Saturday, March 23 - Sunday, March 24	Rootz Closed
Monday, March 25 - Thursday, March 28	Spring Break Camps
Friday, March 29 - Sunday, March 31	Rootz Closed

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### Spring Session: April 1 – May 31, 2024

Monday, April 1	Spring Session Begins
Sunday, May 19	Rootz Closed - Relevé Dance Recital
Monday, May 27	Rootz Closed
Friday, May 31	Rootz Spring Session Ends

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



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