

RELEVÉ DANCE
THEATER
ENRICHMENT
FITNESS
AND MORE!



SPEND YOUR SUMMER AT Rootz

JUNE 3 - AUGUST 16, 2024
CAMPS & CLASSES FOR AGES 0-18



7 Waukegan Road, Deerfield • (224) 269-0004 • GETROOTZ.COM

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!

| AGES/GRADES | DATES | DAY(S) | TIME |
|------------------|-------------------|---------------|-----------------|
| Ages 6-12 months | June 10 - July 29 | Mondays Only | 10:00-10:30am |
| Ages 6-12 months | June 11 - July 30 | Tuesdays Only | 11:30am-12:00pm |

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!

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------------|--------------------|----------------------------------|---------------|
| Ages 12-18 months | June 10 - July 29 | Mondays Only | 9:30-10:00am |
| Ages 12-18 months | June 13 - August 1 | Thursdays Only (no class July 4) | 11:15-11:45am |


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!

| AGES/GRADES | DATES | DAY(S) | TIME |
|---------------|--------------------|----------------------------------|---------------|
| 1.5-2.5 years | June 12 - July 31 | Wednesdays Only | 10:30-11:15am |
| 1.5-2.5 years | June 13 - August 1 | Thursdays Only (no class July 4) | 9:30-10:15am |
| 1.5-2.5 years | June 14 - August 2 | Fridays Only | 10:45-11:30am |

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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|---------------|--------------|
| 1.5-3 years | June 11 - July 30 | Tuesdays Only | 9:30-10:15am |



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



CHEER/TUMBLE
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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|-----------------|---------------|
| Grade K-2 | June 12 - July 31 | Wednesdays Only | 4:15-5:15pm |
| 4-6 years | June 15 - July 27 | Saturdays Only | 10:00-10:50am |
| Grade K-2 | June 15 - July 27 | Saturdays Only | 12:15-1:15pm |

SAVE THE DATE!

RELEVÉ CHEER

Cheer Performance TEAM TRYOUTS
(Entering Grade 1+)

May 28



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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|-------------------|---------------|----------------------------------|
| Ages 2.5-3.5 | June 10 - July 29 | Mondays Only | 10:45-11:30am |
| Ages 3-5 | June 10 - July 29 | Mondays Only | 1:00-1:50pm OR 2:00-2:50pm |
| Ages 3-5 | June 11 - July 30 | Tuesdays Only | 10:30-11:20am |

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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|-----------------|-----------------|
| Grade 1+ | June 12 - July 31 | Wednesdays Only | 5:15-6:15pm |
| Grade 1+ | June 15 - July 27 | Saturdays Only | 11:00am-12:00pm |

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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|-------------------------------|-------------|
| Grade 1+ | June 10 - July 1 | Mondays Only SESSION 1 | 4:15-5:15pm |
| Grade 1+ | July 15 - July 29 | Mondays Only SESSION 2 | 4:15-5:15pm |
| Grade 1+ | June 15 - July 27 | Saturdays Only | 1:15-2:15pm |

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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|-------------------------------|-------------|
| Grade 3+ | June 10 - July 1 | Mondays Only SESSION 1 | 5:15-6:15pm |
| Grade 3+ | July 15 - July 29 | Mondays Only SESSION 2 | 5:15-6:15pm |



| | |
|-------------------------------------|-----------------------|
| Monday, June 3 - Friday, June 7 | Pre-Camp Week |
| June 8 - 9 | Rootz Closed |
| Monday, June 10 | Summer Session BEGINS |
| Thursday, July 4th | Rootz Closed |
| Friday, August 2nd | Summer Session ENDS |
| August 3 - 4 | Rootz Closed |
| Monday August 5 - Friday, August 9 | Post-Camp Week |
| August 10 - 11 | Rootz Closed |
| Monday, August 12-Friday, August 16 | Post Camp Week |
| August 17-18 | Rootz Closed |
| Monday, August 19 | Fall Session BEGINS |

IMPORTANT SUMMER 2024 SESSION DATES AT ROOTZ

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





Monday
Friday

CIAO BELLA SEWING CAMP:
BEACH COLLECTION

Sewers will make a variety of projects that they can use ALL SUMMER LONG! Sewers will make a Beach Bag, Cute & Cozy Fleece Shorts, a Trendy Beach Cover Up, make a Fun Scrunchie and decorate a beach hat. This is truly the perfect camp to kick off summer! All supplies, including fabric, sewing machines, and sewing notions are provided.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|------------|--------|----------------|
| Grades K-6 | June 10-14 | M-F | 9:30am-12:00pm |

Monday
Friday

CIAO BELLA SEWING CAMP:
BARBIE INSPIRED

Creative fashionistas will make a variety of Barbie Inspired Sewing Projects using the sewing machine. This includes a pair of cozy & cute hot pink pj pants, a trendy reversible tote bag, a ruffled skirt and a cute pink blanket. This camp is perfect for anyone who wants to learn how to sew or already knows how to sew. All supplies, including fabric, sewing machines, and sewing notions are provided.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|------------|--------|----------------|
| Grades K-6 | July 22-26 | M-F | 9:30am-12:00pm |

Monday
Friday

CIAO BELLA SEWING CAMP:
BACK TO SCHOOL SUMMER SEWING

We are going to make a pair of cozy PJ Pants, a pencil case with velcro, a cute and trendy reversible bag that is perfect for after school activities, and a fleece sweater that your sewer will love wearing during the colder months.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|--------------|--------|----------------|
| Grades K-6 | August 12-16 | M-F | 9:30am-12:00pm |

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. 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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|--------------|---------------|
| 0-3 years | June 10 - July 29 | Mondays only | 9:30-10:15am |
| 0-3 years | June 10 - July 29 | Mondays only | 10:30-11:15am |



MINI MUSICALS CAMP

This summer, we dive into the wonderful world of musical theatre with adaptations of some of our all-time favorite shows or stories! Each week will feature different musical reviews to allow for participation in multiple weeks for anyone interested. Every participant will perform in group numbers and have a choice of a solo of their own or a duet with a friend. The kids will also engage in beginner's scene study and acting lessons, musical theatre dancing and singing. When not rehearsing, campers will enjoy arts and crafts, games, and building friendships with fellow cast-members. **All campers must be present for the final performance at the end of the week on Fridays at 12:10pm.**

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|---|--------|----------------|
| Grades K-2 | Session 1: June 10-14 Session 2: June 17-21 Session 3: July 8-12 Session 4: August 5-9 | M-F | 9:30am-12:30pm |

Monday
Friday

MUSICAL THEATER CAMP - BROADWAY
JUNIOR REVUE: RAISE YOUR VOICE



Our Rootz theatre and dance programs combine this summer to give you: Musical Theatre Camp! We will focus on putting on a show and building musical theatre skills with rehearsals, technique instruction, and games. Join us this summer for a Broadway Junior Revue: Raise Your Voice.

Raise Your Voice is a brand-new revue featuring songs from across MTI's Broadway Junior® collection. From Broadway Junior musicals based on classic titles like Guys and Dolls and Oliver! to beloved Disney shows like The Little Mermaid and Mary Poppins, Raise Your Voice offers a fun introduction to musical revues for young performers.

Please save the date for our final performance on Friday, August 2nd located at Gorton Center in Lake Forest. Tech Rehearsal 4-6pm in costume. Performance 6pm

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|--------------------|--------|----------------|
| Grades 1-8 | July 15 - August 2 | M-F | 9:30am-12:30pm |

Join Us On Stage This Fall!



Broadway Stars
(Grades 1-3)

Registration opens
May 21



Rootz
THEATER
COMPANY
(Grades 4-8)

Audition Required.

Save the Date for
Auditions:
May 28, 29 or 30

RELEVÉ DANCE

ALL AROUND DANCE TECHNIQUE (HIP HOP, JAZZ, LYRICAL)

This is designed for dancers who want to take their dance training to the next level in the styles of hip hop, jazz and lyrical. Whether you are looking to prepare for a future dance company team or enhance your current endurance, style, form and technique, this class is for you. Each week, the class will concentrate on different aspects of dance, striving to improve dancer's overall technical ability.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|------------------------------|-------------|
| Grade 3-5 | July 17 - July 31 | Wednesdays Only SESSION 2 | 4:30-5:30pm |

BALLET & HIP HOP

This combination class introduces students to ballet techniques for young minds and Hip Hop concepts with a focus on musicality, flexibility, and coordination skills.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|----------------|---------------|
| Ages 4-6 | June 15 - July 27 | Saturdays Only | 10:45-11:35am |

BALLET & TAP

The tap portion of this combination class provides fast footwork and rhythm through sound. Class includes a combination of ballet study and beginning tap sounds and movements, devoting half the time to each.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|-------------------|----------------|-------------|
| Ages 3.5-5.5 | June 15 - July 27 | Saturdays Only | 1:00-1:50pm |

SAVE THE DATE!

RELEVÉ DANCE

COMPANY AUDITIONS

Performance Teams: Grade 1 and Up

Competition Teams: Grade 2 and Up

May 20-23





DANCE PARTY CAMP

Come party with us! Dancers will learn hip hop routines, play dance games and work on a craft during this fun movement camp. No dance experience necessary as all styles are taught at a student's level.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--|--------|--------------|
| Ages 3.5-5.5 | SESSION 1: June 3-7 SESSION 2: August 5-9 | M-F | 9:30-11:30am |

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!

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|----------------|--|
| Ages 3-5 | June 11 - July 30 | Tuesdays Only | 9:30-10:20am |
| Ages 3.5-5 | June 15 - July 27 | Saturdays Only | 11:15am-12:05pm OR 12:00-12:50pm |

DISNEY DANCE CAMP

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! In addition to the traditional dance portion of class, students will do a craft and play games. We will have a 10 minute snack / water break to be certain that everyone has plenty of energy for all of the fun.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|-------------------|-----------------|-------|
| Ages 3.5-5.5 | June 10 - July 29 | Mondays Only | 1-3pm |
| Ages 3.5-5.5 | June 12 - July 31 | Wednesdays Only | 1-3pm |



HIP HOP & JAZZ

Students will learn movements that have elements of poppin', locking and breaking, as well as free-style movement to give students the opportunity to develop their own sense of style. Dancers will learn proper classical jazz and hip hop technique and movement during this exciting combination class with an emphasis on FUN!

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|----------------|--------------|
| Grade K-2 | June 10 - July 29 | Mondays Only | 4:30-5:30pm |
| Grade K-2 | June 15 - July 27 | Saturdays Only | 9:15-10:15am |

HIP HOP/POMS DANCE CAMP

Students will learn movements that have elements of poppin', locking, and breaking, as well as free-style movement to give students the opportunity to develop their own sense of style. This combination class will include one Hip Hop dance and one Poms dance each session. In addition to the traditional Hip Hop/Poms portion of class, students will do a craft and play games. We will have a 10 minute snack / water break to be certain that everyone has plenty of energy for all of the fun.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|--------------|-------|
| Ages 3.5-5.5 | June 14 - August 2 | Fridays Only | 1-3pm |

KIDZ BOP CAMP

Learn today's hottest dance moves from your favorite videos! This dance class incorporates Jazz and Hip Hop together into one fun party. Set to the tune of the popular Kidz Bop series of music, students will learn beginning jazz and hip hop techniques and routines. All music and dance steps are child appropriate and great fun. In addition to the traditional dance portion of class, students will do a craft and play games. We will have a 10 minute snack / water break to be certain that everyone has plenty of energy for all of the fun.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|-------------------|---------------|-------|
| Ages 3.5-5.5 | June 11 - July 30 | Tuesdays Only | 1-3pm |



RELEVÉ DANCE

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.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|----------------------------------|---------------|
| Ages 1.5-2.5 | June 10 - July 29 | Mondays Only | 10:15-10:45am |
| Ages 1.5-2.5 | June 12 - July 31 | Wednesdays Only | 9:30-10:00am |
| Ages 1.5-2.5 | June 13 - August 1 | Thursdays Only (no class July 4) | 10:30-11:00am |
| Ages 1.5-2.5 | June 14 - August 2 | Fridays Only | 10:05-10:35am |
| Ages 1.5-2.5 | June 15 - July 27 | Saturdays Only | 9:30-10:00am |
| Ages 1.5-2.5 | June 16 - July 28 | Sundays Only | 9:35-10:05am |

PARENT & CHILD DANCE

This high energy class uses elements of dance to stimulate coordination, balance, music interpretation, motor development, and creative movement.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|----------------|------------------------------------|
| Ages 1.5-2.5 | June 10 - July 29 | Mondays Only | 9:30-10:00am |
| Ages 1.5-2.5 | June 12 - July 31 | Wednesday | 10:15-10:45am |
| Ages 1.5-2.5 | June 14 - August 2 | Fridays Only | 9:30-10:00am |
| Ages 1.5-2.5 | June 15 - July 27 | Saturdays Only | 10:05-10:35am |
| Ages 1.5-2.5 | June 16 - July 28 | Sundays Only | 9:00-9:30am OR 10:15-10:45am |



RELEVÉ DANCE

PRINCESS BALLET

Dreams really do come true in Princess Ballet! The class will explore movement through music, stimulate students' imagination, and promote creativity through stretching and entertaining exercises. 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 dance at the Magic Ball!

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|-------------------|----------------|---------------|
| Ages 2.5-3.5 | June 15 - July 27 | Saturdays Only | 10:30-11:15am |

PRINCESS BALLET/TOT HOP CAMP

Students will still get the traditional Princess Ballet class, but they will also get to do a craft. We will have a 10 minute snack / water break to be certain that everyone has plenty of energy for all of the fun. We will then switch into our gym shoes and shake it in TOT HOP! This is a drop off class/camp! Dancers do not need to be potty trained. We just ask that you come back if there is a need for a diaper change.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|---------------------------------|--------------|
| Ages 2.5-3.5 | June 11 - July 30 | Tuesdays Only | 9:30-11:30am |
| Ages 2.5-3.5 | June 13 - August 1 | Thursdays Only (no camp July 4) | 9:30-11:30am |
| Ages 2.5-3.5 | June 14 - August 2 | Fridays Only | 9:30-11:30am |



SAVE THE DATE!
Fall Registration
 9:30am: Dance
 11:00am: All Other Programs
May 21

TOT HOP

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

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|----------------------------------|---------------|
| Ages 2.5-3.5 | June 10 - July 29 | Mondays Only | 9:45-10:30am |
| Ages 2.5-3.5 | June 12 - July 31 | Wednesdays | 9:30-10:15am |
| Ages 2.5-3.5 | June 13 - August 1 | Thursdays Only (no class July 4) | 10:00-10:45am |
| Ages 2.5-3.5 | June 15 - July 27 | Saturdays Only | 12:15-1:00pm |

TUTUS & TENNIS SHOES

Young dancers learn a basic introduction to ballet technique as well as freestyle hip hop to give students the opportunity to develop their own sense of style. Class time is divided between ballet and hip hop to give the dancers a terrific base and fantastic exposure to various types of dance.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|-------------------|----------------|-------------|
| Ages 3-4.5 | June 15 - July 27 | Saturdays Only | 1:30-2:15pm |

TUTUS & TENNIS SHOES CAMP

Young dancers learn a basic introduction to ballet technique as well as freestyle hip hop to give students the opportunity to develop their own sense of style. Class time is divided between ballet and hip hop to give the dancers a terrific base and fantastic exposure to various types of dance. In addition to the traditional Ballet/Hip Hop portion of class, students will do a craft and play games. We will have a 10 minute snack / water break to be certain that everyone has plenty of energy for all of the fun.

| AGES/GRADES | DATES | DAY(S) | TIME |
|--------------|--------------------|---------------------------------|-------|
| Ages 3.5-5.5 | June 13 - August 1 | Thursdays Only (no camp July 4) | 1-3pm |

ULTIMATE DANCE CAMP

Get ready to grow and train with this ultimate dance boot camp! Spend the week dancing, strengthening technique, and learning choreography with Miss Lauren. No experience necessary as all styles are taught at a student's level. Camp will also include other fun activities including dance history, vocabulary, and improv.

| AGES/GRADES | DATES | DAY(S) | TIME |
|-------------|----------------------|--------|-----------------|
| Ages 7-12 | August 12- August 16 | M-F | 10:00am-12:00pm |

