

Winter Fun Awaits at

Rootz



Programs & Classes
for Ages 0-18

Relevé Dance • Theater • Fitness • And More!

WINTER SESSION: JANUARY 6 - MARCH 21, 2025

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

RELEVÉ DANCE

DANCE CLASS DESCRIPTIONS AVAILABLE AT GETROOTZ.COM



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 2025						2:10-3:00pm	
Disney Dance	3-4.5 years	Winter 2025	2:00-2:50pm	1:00-1:50pm		10:30-11:20am	2:00-2:50pm	10:30-11:20am	10:10-11:00am
Hip Hop & Poms	3-4.5 years	Winter 2025					1:00-1:50pm		
Kidz Bop	3-4.5 years	Winter 2025		2:00-2:50pm		2:00-2:50pm			9:10-10:00am
Parent & Child Ballet	1.5-2.5 years	Winter 2025		9:30-10:00am		10:30-11:00am	9:20-9:50am	9:00-9:30am	9:35-10:05am
Parent & Child Dance	1.5-2.5 years	Winter 2025	10:30-11:00am				9:55-10:25am	9:35-10:05am	9:00-9:30am
Princess Ballet	2.5-3.5 years	Winter 2025	10:30-11:15am	9:30-10:15am	9:30-10:15am		9:30-10:15am	9:15-10:00am	10:10-10:55am
				10:30-11:15am					11:00-11:45am
So You Think You Can Dance	3.5-5 years	Winter 2025						11:00-11:50am	10:00-10:50am
Tot Hop	2.5-3.5 years	Winter 2025	9:30-10:15am			9:30-10:15am		9:10-9:55am	9:15-10:00am
Tutus & Tennis Shoes	3-4.5 years	Winter 2025				1:00-1:50pm			9:00-9:50am
								11:10am-12:00pm	



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

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
All Around Dance Technique (Hip Hop, Jazz, Lyrical)	Grade 3-5	Winter 2025						1:15-2:15pm	
Ballet & Hip Hop	Grade K-2	Winter 2025						10:00-11:00am	
Ballet & Tap	Grade K-2	Winter 2025				4:00-5:00pm			
Ballet/Acro I (Beginners)	Grade 1+	Winter/Spring 2025						11:15am-12:45pm	
Ballet/Acro II (Intermediate)	Grade 1+	Winter/Spring 2025	5:00-6:30pm					11:15am-12:45pm	
Ballet/Acro III (Advanced)	Grade 4+	Winter/Spring 2025	5:00-6:30pm						
Hip Hop & Poms	Grade K-2	Winter 2025							11:15am-12:15pm
Hip Hop & Poms	Grade 1-3	Winter 2025	3:55-4:55pm						
Pre-Teen Technique	Grade 4-8	Winter 2025	6:00-7:00pm						
Hip Hop Tricks	Grade 1-3	Winter 2025				5:30-6:30pm			



DANCE RECITAL PROGRAM (YEAR-LONG CLASSES)

Each recital class works on a dance routine which will be presented in costume at our end of year recital on **Sunday, May 18, 2025**. The following classes are accepting enrollment for the Winter/Spring Session:

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Hip Hop	3.5-5.5 years	Winter/Spring 2025			10:30-11:15am				
Ballet & Jazz	4-6 years	Winter/Spring 2025						12:45-1:35pm	
	Grade K-2	Winter/Spring 2025						9:00-10:00am	
Ballet & Tap	Grade 1-3	Winter/Spring 2025						10:15-11:15am	
Hip Hop & Jazz	3.5-5.5 years	Winter/Spring 2025	1:00-1:50pm						
Hip Hop: Boys	Grade K-2	Winter/Spring 2025				3:55-4:55pm		12:45-1:45pm	

MUSIC & THEATER

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!

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 with a Lion King theme!

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 with a Lion King theme.



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 Disney's The Lion King Kids. **Each cast will have 1 final performance for friends and family at Christian Heritage in Northfield the weekend of 5/9-5/11. Specific performance dates and times available at getrootz.com.**



MUSIC

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway & Me (Stages)	0-3 years	Winter 2025	9:30-10:15am 10:30-11:15am						
Jamberry Music	6 months - 5 years	Winter 2025			9:30-10:15am				
Show Choir: Rootz Rockapella	Grade K-3	Winter/Spring 2025	3:50-4:50pm						

NEW! JAMBERRY MUSIC

In this class, you and your little one will bond with each other and make new friends while we sing, dance, play, pretend and experiment with instruments.

JUNIOR PLAYERS: MUSICAL REVUE SHOW

Our Winter/Spring show theme is Lion King. Junior Players will work on technique, stage presence, and selling a song as they sing and dance their way through some of Broadway's best! The session will conclude with a musical revue showcase on the Rootz stage featuring different musical numbers. Junior Players is a wonderful way to build ensemble, and also gives each student a chance to shine onstage with plenty of solo and small group opportunities.

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 Beetlejuice Jr. **Each cast will have 1 final performance for friends and family at Christian Heritage in Northfield on Sunday, May 11. Specific performance times available at getrootz.com.**

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 CREW CLUB

Students interested in the behind the scenes aspects of theater will have a stage crew experience. Throughout the session, our crew club will brainstorm, design and create props, help to determine costumes, build set pieces, and learn what it takes to put on a show. Once it is time to bring our shows to the stage, Crew Club members become actively involved in both tech rehearsals and performances acting as prop masters, stagehands behind the scenes, costume assistants for quick changes, microphone assistants, house crew and more. While it is not mandatory, we ask that our Crew Club members attend as many tech rehearsals and performances their schedules allow May 5-11, 2025. Specific days and times TBA.

SHOW CHOIR: ROOTZ ROCKAPELLA

Students will have the chance to be part of a singing and dancing performance group. Working with a music director and choreographer, students will learn showtunes, jazz standards and even pop songs for an end of session performance.

THEATER									
CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway Tots	3-4 years	Winter/ Spring 2025		1:05- 1:50pm			2:00- 2:45pm	9:00- 9:45am	
Broadway Bound	Pre K-K	Winter/ Spring 2025		2:00- 2:50pm 3:50- 4:40pm	3:00- 3:50pm		1:00- 1:50pm	10:00- 10:50am	9:00- 9:50am 10:00- 10:50am
Broadway Stars	Grade 1-3	Winter/ Spring 2025	5:00- 6:30pm	5:00- 6:30pm	4:00- 5:30pm	5:00- 6:30pm	4:00- 5:30pm	11am- 12:30pm	
Junior Players: Musical Revue Show	Grade 1-3	Winter/ Spring 2025				3:50- 4:50pm			
Theater Company	Grade 4-8	Winter/ Spring 2025			5:45- 7:30pm	6:45- 8:30pm			
Improv	Grade 2+	Winter/ Spring 2025	6:45- 7:45pm						
Theater Crew Club	Grade 3+	Winter/ Spring 2025		6:45- 7:45pm					



CHEERLEADING

This recreational class is designed for participants who want to learn about the sport and how to execute all elements of cheer. Cheer will focus on the basics including team building, motions, jumps, stunting and executing technique.

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)

Come burn off some of that toddler energy! 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. Adults will be participating in the activities with their child so dress for action!



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 of floor, such as bridges, back bends, head/handstands, cartwheels/roundoffs, front/back rolls and more.

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. In this class, participants will be introduced to more advanced skills such as front/back walkovers and front/back handsprings.

ADVANCED INTERMEDIATE:

To qualify for this class, your child must be able to execute both a front/back walkover on floor unassisted (no spot) and front/back handspring with minimal assistance. In this class, participants will be introduced to more advanced skills such as mastering front/back handsprings and running tumbling.

ADVANCED: To qualify for this class, your child must be able to execute a standing back handspring unassisted, front handspring unassisted and a roundoff back handspring unassisted. In this class, participants will learn more advanced skills such as front/back tucks and cross floor sequence tumbling.

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.



FITNESS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Cheerleading	4-6 years	Winter 2025		4:00-4:50pm					
	Grade K-2	Winter 2025			3:00-3:55pm	4:00-4:55pm			
	Grade 1-4	Winter 2025	4:00-4:55pm			6:00-6:55pm			
Gym Jam: Crawlers	6-12 months	Winter 2025			11:30am-12:00pm				
Gym Jam: Walkers	12-18 months	Winter 2025		11:30am-12:00pm					
Gym Jam: Runners	1.5-2.5 years	Winter 2025	9:30-10:15am		10:30-11:15am	9:30-10:15am			
Pulse: Mini Ninja Warriors	3.5-6 years	Winter 2025						9:00-10:00am	9:00-10:00am
	Grade K-3	Winter 2025						10:00-11:00am	
Stretch-N-Grow FUNtastic Fitness (Parent & Child)	1.5-3 years	Winter 2025		9:30-10:15am					
Tumbling Tots	2.5-3.5 years	Winter 2025		10:30-11:15am					
Tumbling	3-4.5 years	Winter 2025	1:00-1:50pm	2:00-2:50pm			1:00-1:50pm		
	3.5-5.5 years	Winter 2025	2:00-2:50pm		9:30-10:20am	2:00-2:50pm	2:00-2:50pm	3:40-4:30pm	
Tumbling I (Beginner)	Grade K-2	Winter 2025			4:00-4:55pm	5:00-5:55pm		1:00-2:00pm	11:15am-12:15pm
Tumbling II (Intermediate)	Grade 1+	Winter 2025	6:35-7:30pm	5:00-5:55pm					1:20-2:15pm
Tumbling III (Advanced Intermediate)	Grade 2+	Winter 2025	7:35-8:30pm		7:00-8:00pm				
Tumbling IV (Advanced)	Grade 3+	Winter 2025				7:00-8:00pm			
Yoga	Grade Pre K-3	Winter 2025	4:15-5:15pm		4:00-5:00pm				

WINTER BREAK CAMPS

CAMP DESCRIPTIONS AVAILABLE AT GETROOTZ.COM

BREAK CAMP	AGES/GRADES	MON 12/23	TUE 12/24	THUR 12/26	FRI 12/27	MON 12/30	TUE 12/31	THUR 1/2	FRI 1/3
Dance Party Camp	Ages 3.5-6	9:30-11:30am		9:30-11:30am	9:30-11:30am	9:30-11:30am	9:30-11:30am	9:30-11:30am	9:30-11:30am
Theater/Dance Combo Camp	Grade K-5	9:30am-12:00pm		9:30am-12:00pm	9:30am-12:00pm				
Broadway Bootcamp	Grade 1-8		9:30am-12:00pm			9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm
Winter Break Daily Workshop with Ciao Bella Sewing	Grade K-6	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm
Winter Break Tumbling Workshop	Grade 1-4					12:30-2:00pm	12:30-2:00pm	12:30-2:00pm	12:30-2:00pm

IMPORTANT 2025 DATES AT

Winter Session: January 6 – March 21, 2025

Monday, January 6	Winter Session Begins
Friday, March 21	Winter Session Ends
Spring Break: March 22 – March 30, 2025 (No Regular Classes)	

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

Spring Session: March 31 – May 30, 2025

Monday, March 31	Spring Session Begins
Friday, April 18	Rootz Closed
Sunday, April 20	Rootz Closed
Sunday, May 18	Rootz Closed- Recital Day
Monday, May 26	Rootz Closed
Friday, May 30	Rootz Spring Session Ends

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



Follow us!  @GetRootz  @Get_Rootz