

RELEVÉ DANCE
THEATER
MUSIC
FITNESS
AND MORE!



WE ARE EXPANDING!
ROOTZ
VERNON HILLS
OPENING
FALL 2025



SPEND YOUR SUMMER AT **Rootz**

JUNE 2-AUGUST 15, 2025
CAMPS & CLASSES FOR AGES 0-18



FAMILY OWNED & OPERATED
SINCE 2017

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. This class requires either cheer shoes or a clean pair of gym shoes (not every day shoes).

AGES/GRADES	DATES	DAY(S)	TIME
4-6 years	June 9-August 1	Tuesdays Only	4:10-5:00pm
4-6 years	June 9-August 1	Saturdays Only	10:00-10:50am
Grades 1-4	June 9-August 1	Wednesdays Only	4:15-5:15pm
Grades 1-4	June 9-August 1	Thursdays Only	5:15-6:15pm

FOUNDATIONS OF TUMBLING CAMP

Focus on basic tumbling fundamentals and body awareness. This class does not require any prior tumbling experience.



AGES/GRADES	DATES	DAY(S)	TIME
Grades K-4	SESSION 1: August 4-8 SESSION 2: August 11-15	M-F	9:30am-11:30am

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
6-12 months	June 9-August 1	Mondays Only	11:15-11:45am

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
12-18 months	June 9-August 1	Mondays Only	10:30-11:00am

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 9-August 1	Mondays Only	9:30-10:15am
1.5-2.5 years	June 9-August 1	Tuesdays Only	10:30-11:15am
1.5-2.5 years	June 9-August 1	Fridays Only	9:30-10:15am

SAVE THE DATE!

RELEVÉ
CHEER

Cheer Performance
TEAM TRYOUTS
(Entering Grade 1+)

May 27



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.

AGES/GRADES	DATES	DAY(S)	TIME
3.5-6 years	June 9-August 1	Sundays Only	9:00-10:00am
Grade K-3	June 9-August 1	Sundays Only	10:00-11:00am

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 9-August 1	Tuesdays Only	9:30-10:15am

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
2.5-3.5 years	June 9-August 1	Wednesdays Only	10:30-11:15am
3-4.5 years	June 9-August 1	Wednesdays Only	9:30-10:20am
3.5-5.5 years	June 9-August 1	Mondays Only	4:10-5:00pm
3.5-5.5 years	June 9-August 1	Wednesdays Only	2:00-2:50pm
3.5-5.5 years	June 9-August 1	Fridays Only	1:00-1:50pm
3.5-5.5 years	June 9-August 1	Fridays Only	2:00-2:50pm
3.5-5.5 years	June 9-August 1	Saturdays Only	2:20-3:10pm

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.

AGES/GRADES	DATES	DAY(S)	TIME
Grade K-2	June 9-August 1	Thursdays Only	4:15-5:15pm
Grade K-2	June 9-August 1	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. In this class, participants will be introduced to more advanced skills such as front/back walkovers and front/back handsprings.

AGES/GRADES	DATES	DAY(S)	TIME
Grade 1+	June 9-August 1	Mondays Only	5:00-6:00pm
Grade 1+	June 9-August 1	Wednesdays Only	5:15-6:15pm
Grade 1+	June 9-August 1	Saturdays Only	12:15-1:15pm

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.

AGES/GRADES	DATES	DAY(S)	TIME
Grade 2+	June 9-August 1	Tuesdays Only	5:00-6:00pm
Grade 2+	June 9-August 1	Saturdays Only	1:15-2:15pm

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.

AGES/GRADES	DATES	DAY(S)	TIME
Grade 3+	June 9-August 1	Tuesdays Only	6:00-7:00pm

PRIVATE TUMBLING LESSONS

CONTACT US TO SCHEDULE PRIVATE OR SEMI-PRIVATE TUMBLING LESSONS THIS SUMMER WITH COACH BAILEY!



IMPORTANT SUMMER 2025 SESSION DATES AT ROOTZ

Monday, June 2 - Friday, June 6	Pre-Camp Week
June 7-8	Rootz Closed
Monday, June 9	Summer Session BEGINS
Friday, July 4	Rootz Closed
Friday, August 1	Summer Session ENDS
August 2-3	Rootz Closed
Monday, August 4 - Friday, August 8	Post-Camp Week
August 9-10	Rootz Closed
Monday, August 11-Friday, August 15	Post-Camp Week
August 16-17	Rootz Closed
Monday, August 18	Fall Session Begins: Rootz, Deerfield
Tuesday, September 2	Fall Session Begins: Rootz, Vernon Hills

JUNE

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					

JULY

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		

AUGUST

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						

SEPTEMBER

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			



SUMMER FUN SEWING CAMP WITH CIAO BELLA SEWING

Kick off summer with one of Ciao Bella Sewing's most popular sewing camps! Sewers will make a variety of projects that they can use ALL SUMMER LONG, including a Beach Bag, cute & trendy shorts, a matching tank top, and a beach skirt! 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 9-13	M-F	9:30am-12:00pm



SEWING & SPA-INSPIRED CAMP WITH CIAO BELLA SEWING

Creative fashionistas will make a variety of Barbie Students will learn how to sew using the sewing machine. Creative fashionistas will make a variety of items perfect for an afternoon of self care: projects will include a cute robe, a quilted makeup case, and hair scrunchies. 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	August 4-8	M-F	9:30am-12:00pm



BACK TO SCHOOL THEMED SEWING CAMP WITH CIAO BELLA SEWING

This is the perfect camp to gear up for the school year! We will make all projects that your creative camper can actually use for the upcoming school year. We are going to make a pair of cozy PJ Pants, a cozy & cute long-sleeve top, a tote bag and a pencil case. All supplies, including fabric, sewing machines, and sewing notions are provided.

AGES/GRADES	DATES	DAY(S)	TIME
Grades K-6	August 11-15	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 while offering individualized attention and encouragement!

AGES/GRADES	DATES	DAY(S)	TIME
0-3 years	June 9- August 1	Mondays Only	9:30-10:15am
0-3 years	June 9- August 1	Mondays Only	10:30-11:15am

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.

AGES/GRADES	DATES	DAY(S)	TIME
6 months to 5 years	June 9- August 1	Wednesdays Only	9:30-10:15am

CENTER STAGE SUMMER CAMP

This summer, we dive into the wonderful world of musical theatre with adaptations of some of our all-time favorite shows, stories or themes! Each week will feature different musical revues 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. Parents are welcome to attend our performance. We look forward to seeing all of our performers light up the stage this summer!

Choose any of the 1 week sessions. Each week will feature different musical revues to allow for participation in multiple weeks for anyone interested.

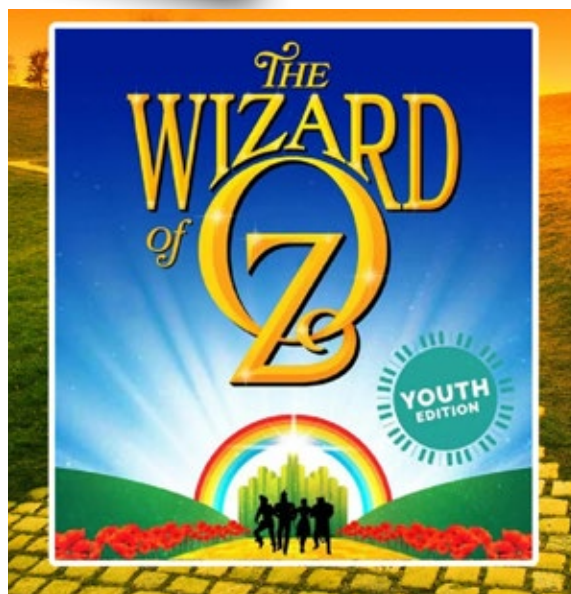
AGES/GRADES	DATES	DAY(S)	TIME
Grades 1-8	Session 1: June 9-13 Session 2: June 16-20 Session 3: June 23-27 Session 4: July 14-18 Session 5: July 21-25 Session 6: July 28 - Aug 1 Session 7: Aug 4 - 8	M-F	9:30am-12:30pm



Join us
On Stage
This Fall!

Broadway Stars
(Grades 1-3)

Registration opens
May 29



Rootz

THEATER COMPANY

(Grades 4-8)

Audition Required.

Save the Date for
Auditions:
May 19, 20 or 21

RELEVÉ DANCE

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

This program 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	June 9-August 1	Wednesdays Only	4:30-5:30pm
Grade 3-5	June 9-August 1	Saturdays Only	1:00-2:00pm

BALLET & TAP

The tap portion 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
4-6 years	June 9-August 1	Tuesdays Only	4:15-5:15pm

BOYS HIP HOP

Boys Hip Hop is designed specifically for boys who love music, love to move, and want to develop their own sense of style. In Boys Hip Hop, students will learn movements that have elements of poppin', locking, and breaking, as well as freestyle movement.

AGES/GRADES	DATES	DAY(S)	TIME
4-6 years	June 9-August 1	Saturdays Only	10:15-11:15am

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 2-6 SESSION 2: August 4-8	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
3-4.5 years	June 9-August 1	Wednesdays Only	10:30-11:20am
3-4.5 years	June 9-August 1	Fridays Only	10:30-11:20am
3-4.5 years	June 9-August 1	Saturdays Only	9:20-10:10am
3-4.5 years	June 9-August 1	Sundays Only	10:10-11:00am



DISNEY DANCE CAMP

This summer we are offering an exciting class/camp for our young dancers. Once a week we will meet for two hours where we will get to explore different activities. 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. This is a drop off class/camp! Please pack a snack and a water bottle for your child.

AGES/GRADES	DATES	DAY(S)	TIME
Ages 3.5-5.5	June 9-August 1	Mondays Only	1-3pm
Ages 3.5-5.5	June 9-August 1	Wednesdays Only	1-3pm

HIP HOP

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 hip hop technique and movement.

AGES/GRADES	DATES	DAY(S)	TIME
Grade 5+	June 9-August 1	Thursdays Only	5:15-6:15pm

SAVE THE DATE!

RELEVÉ
DANCE

COMPANY AUDITIONS

Performance Teams: Grade 1 and Up
Competition Teams: Grade 2 and Up

May 19-22



PRIVATE DANCE LESSONS
CONTACT US TO SCHEDULE PRIVATE OR SEMI-PRIVATE DANCE LESSONS THIS SUMMER



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 1-4	June 9-August 1	Saturdays Only	2:00-3:00pm

HIP HOP & POMS

In Hip Hop/Poms, students will learn movements that have elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

AGES/GRADES	DATES	DAY(S)	TIME
Grade K-2	June 9-August 1	Thursdays Only	4:15-5:15pm
Grade K-2	June 9-August 1	Saturdays Only	11:15am-12:15pm

HIP HOP/POMS DANCE CAMP

Students will learn movements that have elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style. 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. **NO CAMP JULY 4TH**

AGES/GRADES	DATES	DAY(S)	TIME
Ages 3.5-5.5	June 9-August 1	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 9-August 1	Tuesdays Only	1-3pm

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
1.5-2.5 years	June 9-August 1	Tuesdays Only	9:30-10:00am
1.5-2.5 years	June 9-August 1	Wednesdays Only	10:15-10:45am
1.5-2.5 years	June 9-August 1	Thursdays Only	9:30-10:00am
1.5-2.5 years	June 9-August 1	Saturdays Only	9:15-9:45am
1.5-2.5 years	June 9-August 1	Sundays Only	9:35-10:05am

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.

AGES/GRADES	DATES	DAY(S)	TIME
1.5-2.5 years	June 9-August 1	Wednesdays Only	9:30-10:00am
1.5-2.5 years	June 9-August 1	Thursdays Only	10:15-10:45am
1.5-2.5 years	June 9-August 1	Saturdays Only	10:00-10:30am
1.5-2.5 years	June 9-August 1	Sundays Only	9:00-9:30am

PRE-TEEN TECHNIQUE

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

AGES/GRADES	DATES	DAY(S)	TIME
Grades 4-8	June 9-August 1	Mondays Only	5:00-6:00pm



RELEVÉ DANCE

PRINCESS BALLET

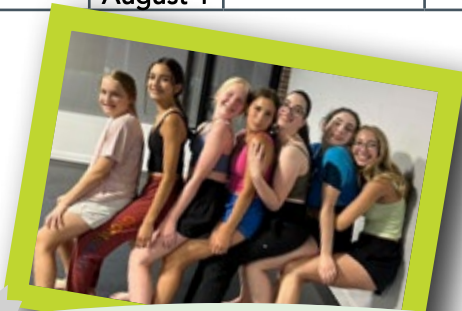
Dreams really do come true in Princess Ballet! The class will explore movement through music, stimulate students' imagination, and promote creativity through stretching and entertaining exercises. In this unique class, students will enhance their balance & poise as well as hand/feet coordination through basic ballet skills. At the end of class, we will dance at the Magic Ball!

AGES/GRADES	DATES	DAY(S)	TIME
2.5-3.5 years	June 9-August 1	Thursdays Only	9:30-10:15am
2.5-3.5 years	June 9-August 1	Saturdays Only	10:45-11:30am

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 9-August 1	Mondays Only	9:30-11:30am
Ages 2.5-3.5	June 9-August 1	Tuesdays Only	9:30-11:30am
Ages 2.5-3.5	June 9-August 1	Fridays Only	9:30-11:30am



POINTE I

Students will begin to work on pointe in Pointe I and strengthen their technical abilities and ballet terminology. Focusing on proper spine alignment, turn out from the hips, strong ankle strength, proper foot-pointing technique, and balance. Students will have a ballet class structure, including combinations at the barre and in the center to increase strength and practice balance.

All students must have teacher approval if they wish to go en pointe. Approval is on an individual basis when the teacher feels the student is strong enough and ready.

We require dancers to have a solid foundation in intermediate level ballet technique, and currently participating in at least one additional ballet or technique class before starting pointe level one.

AGES/GRADES	DATES	DAY(S)	TIME
Grades 8+	June 9-August 1	Mondays Only	6:00-7:00pm

TOT HOP

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

AGES/GRADES	DATES	DAY(S)	TIME
2.5-3.5 years	June 9-August 1	Wednesdays Only	9:30-10:15am

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 9-August 1	Thursdays Only	1-3pm



SAVE THE DATE!
Fall Registration

ROOTZ DEERFIELD
May 29

12PM: Dance
2PM: All Other Programs

ROOTZ VERNON HILLS
June 9
10am: All Programs