

# Christine Belpedio's School of Dance

## Fall Brochure 2025-2026



5945 W. Belmont Ave Chicago, IL 60634

773-745-1383

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

# **STUDIO 1: SCHEDULE 2025-2026**

**(ALL CLASSES ARE CO-ED)**

## **MONDAY**

|              |                              |
|--------------|------------------------------|
| 4:45-5:45 pm | Mexican Folkloric I+ (7-11 ) |
| 6:00-7:00 pm | Mexican Folkloric III (13+)  |
| 7:00-8:00 pm | Mexican Folkloric II (12+)   |

## **TUESDAY**

|              |                         |
|--------------|-------------------------|
| 4:45-5:45 pm | Jazz II (11+)           |
| 6:00-7:00 pm | Ballet/Tumbling (5 - 7) |
| 7:00-8:00 pm | Contemporary I (8+)     |
| 8:00-9:00 pm | Hip Hop I (13+)         |

## **WEDNESDAY**

|             |                                                 |
|-------------|-------------------------------------------------|
| 5:00-6:00pm | Tap I-II (8-12)                                 |
| 6:00-7:00pm | Latin Teen Training                             |
| 7:00-8:00pm | Latin Senior Training                           |
| 8:00-9:00pm | Latin Dance Partnering or Conditioning Strength |

## **THURSDAY**

|             |                       |
|-------------|-----------------------|
| 4:30-5:30pm | Ballet/Tap I-I+ (5-7) |
| 5:30-6:30pm | Latin I-II (12+)      |
| 6:30-7:30pm | Latin II-III (12+)    |
| 7:30-8:30pm | Latin Adults          |

## **SATURDAY**

|               |                       |
|---------------|-----------------------|
| 9:00-10:00am  | Ballet Bloomers (5-7) |
| 10:00-11:00am | Latin I-I+ (6-8)      |
| 11:00-12:00pm | Tap III (11+)         |
| 12:00-1:00pm  | Jazz III              |
| 1:00-2:00pm   | Latin Team Sr. III-IV |
| 2:00-3:00pm   | Latin Team Jr. II+    |

## **REQUIREMENTS**

**Pointe:** Must be enrolled in 2 Ballet Classes

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

**Latin Performance Teams:** Must be enrolled in the Latin training class



## **DANCE LEVELS**



**Level I-I+:** Beginner to 1 year of training

**Level I-II:** 1 or 2 years of training

**Level II:** 2 years or more of training

**Level II+:** 2 to 3 years of training

**Level III:** 3 or more years of training

**Level IV-V:** 4 or more years of training

# **STUDIO 2: SCHEDULE 2025-2026**

**(ALL CLASSES ARE CO-ED)**

## **MONDAY**

**4:00-5:00pm**

**5:00-6:00pm**

**6:00-7:00pm**

**7:00-8:00pm**

**8:00-9:00pm**

**Ballet Primary I (8-10)**

**Ballet Grade IV/V**

**Pointe II/III**

## **TUESDAY**

**4:45-5:45pm**

**6:00-7:00pm**

**7:00-8:00pm**

**8:00-9:00pm**

**Jazz I-II (8-12)**

**Ballet Grade I**

**Ballet Grade III**

**Pointe I**

## **WEDNESDAY**

**5:00-6:00pm**

**6:00-7:00pm**

**7:00-8:00pm**

**8:00-9:00pm**

**Hip Hop Inter. Training (must be approved)**

**Hip Hop Pro Team**

**Hip Hop II (12+)**

**Contemporary Team**

## **THURSDAY**

**4:30-5:30pm**

**5:30 -6:30pm**

**6:30-7:30pm**

**7:30-8:30pm**

**Latin I-II (9-11)**

**Acrobatics I (6-8)**

**Acrobatics II (8-12)**

**Acrobatics III (open)**

## **SATURDAY**

**9:00-10:00am**

**10:00-11:00am**

**11:00-12:00pm**

**12:00-1:00pm**

**1:00-2:00pm**

**2:00-3:00pm**

**3:00-4:00pm**

**Creative Movement (3-5)**

**Ballet Grade III**

**Hip Hop I (6-8)**

**Ballet Grade II**

**Ballet Grade IV**

**Contemporary II**

**Hip Hop I+ (9-12)**

Class placement is at the discretion of the teacher or director and is not determined by the student or parents. Placement is based on ability, not age or number of years of study. All dance classes are subject to change based on enrollment, must have a minimum of 6 students enrolled for a class.

# 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.

**BALLET BLOOMERS:** This is a class that builds on skills for dancers to learn through choreographed combinations where they can really start to understand musicality and move together through dance activities and storylines. Dancers will also learn basic steps and terminology in Ballet.

**BALLET/TUMBLING:** This fun combo class will consists of ballet basics with beginner tumbling. Kids will build strength, flexibility, balance, and coordination while learning proper dance technique and safe tumbling skills. Perfect for young dancers looking to grow confidence and body awareness!

**CREATIVE MOVEMENT:** This is a fun class 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. This will be a great opportunity for your child to develop independence away from parental guidance, as well as learning social skills.

**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.

**CONDITIONING & STRENGTHING:** Enhance your dance technique or advance your fitness journey in this body conditioning and strengthening class, open to all ages from teens through adults. Improve flexibility, posture, alignment, balance, muscle coordination, and overall body tone. Dancers will see a direct benefit to their technique. The class utilizes mats, balance balls, and TheraBands to maximize results

**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.





# **CLASS DESCRIPTIONS**

**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

**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. 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.

**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.

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



## **Artistic Director/Owner: Ms. Christine Belpedio-Fosco**

Please contact Ms. Christine should you have any questions or concerns.

## **Office Manager: Rosa Moy**

If you have any questions regarding your account/billing, make-up classes or any other questions or concerns, please see Ms. Rosa. Se Habla Español.

## **Instructors:**

Dance Teachers on staff are performers and professional instructors with many years of teaching experience. We want to assure you that your child will have a great dance education here at CBSD. Our goal is to teach your child in a fun and safe atmosphere.

# INSTRUCTORS



## **Ms. Christine Belpedio-Fosco**

- ◆ Owner, Artistic Director, Teacher and Choreographer for 45 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 Studio at the age of 4.
- ◆ Recently opened for French Montana and Jerry Rivera.
- ◆ She is a professional Latin instructor as well as a performer.



## **Coach Matt**

- ◆ Trained and competed in Chicago Park Districts for over 10+ years.
- ◆ Competed in 6 NAIGC Nationals Districts Gymnastics.
- ◆ Men's gymnastics club coach at Xaviers University.
- ◆ Trained at Jr. Olympics camp in Pittsburgh with Blaine Wilson.
- ◆ Tumbling coach for 10+ years.
- ◆ Teaches all ages, beginner through advanced levels of gymnastics.



## **Ms. Francesca**

- ◆ Graduate from 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 Acrobatics, Ballet, Contemporary, Hip Hop and Jazz.
- ◆ Teaches Contemporary, Hip Hop and Jazz.

**\*\*Privates lessons are subject to studio and instructor availability.**

**This is a great opportunity for a dancer that wants to improve certain dance skills in a more private setting. Studio rentals is also available. \*\***

**"ALWAYS MAKE TIME TO DANCE"**

# INSTRUCTORS



**Mr. Jose**

- ◆ *Latin dance performer and instructor for over 8 years.*
- ◆ *Has performed at various well known events including Chicago International Salsa Congress and the Chicago Bachata Salsa Fest.*
- ◆ *Performed internationally and locally throughout Chicago.*
- ◆ *Company member in several Latin dance companies for several years.*
- ◆ *Has taught for CBSD Latin Performance Teams for over 5 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 Culture" in Mexico.*



**Ms. Rachel**

- ◆ *Freelance dancer that has performed for many music artist and performed in various music videos.*
- ◆ *Has performed in World of Dance, Lollapalooza, Carnival and more.*
- ◆ *Has traveled to choreograph for teams throughout Illinois.*
- ◆ *Graduated from Collage of DuPage with a degree in Fine Arts.*
- ◆ *Teaches Acrobatics, Contemporary, Hip Hop and Jazz.*



**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.*

**"ALWAYS MAKE TIME  
TO DANCE"**

# **DRESS CODE**

**ACROBATICS** - The dress code requires any color leotard or biketard. Fitted dance shorts are optional, but footless tights are required. Class is performed barefoot. Hair must be secured in a high ponytail or low bun.

**BALLET/POINTE** - The dress code requires a black camisole leotard with pink tights and pink ballet shoes and pink pointe shoes. Hair must be secured in a low bun.

**BALLET (PRIMARY)** - The dress code requires a pink camisole or capped sleeve leotard with pink tights and pink ballet shoes. Hair must be secured in a low bun.

**CONDITIONING & STRENGTHENING**—Enhance your dance technique or advance your fitness journey in this body conditioning and strengthening class, open to all ages from teens through adults. Improve flexibility, posture, alignment, balance, muscle coordination, and overall body tone. Dancers will see a direct benefit to their technique. The class utilizes mats, balance balls, and TheraBands to maximize results

**CONTEMPORARY** - The dress code requires a black leotard, fitted camisole, or solid crop top, worn with fitted shorts and either footless tights or leggings. Dancers may be barefoot or wear foot undeez / Capezio turners. Hair must be secured in a high ponytail or low bun.

**CREATIVE MOVEMENT** - The dress code requires CBSD black leotard. White tights and white ballet shoes are mandatory. Hair must be secured in a low bun.

Boys are required to wear a fitted T-shirt, black pants, and black ballet shoes.

**HIP HOP** - The dress code requires a solid black t-shirt or CBSD hip hop t-shirt with black sweatpants or shorts. Loose-fitting clothing is permitted, but jeans and street shoes are not allowed.

Black hip hop shoes are required. Hair must be secured in a high ponytail or low bun.

**JAZZ** - The dress code requires a black leotard or sports bra with capris, leggings, or fitted dance shorts. Light Toast tights must be worn. Students ages 7–10 must wear tan jazz shoes, students ages 11 and older must wear black jazz shoes. Hair must be secured in a low bun.

**LATIN DANCE** - The dress code requires a black leotard, fitted camisole, or CBSD Latin t-shirt with black leggings, fitted dance shorts, or a skirt. Light Toast Tights are essential if leggings are not worn. Black character shoes. Hair must be secured in a high ponytail or low bun.

Male students must wear a solid black t-shirt with black pants and black Cuban heel shoes.

**LATIN PERFORMANCE TEAMS**— The dress code requires a black leotard, fitted camisole, or CBSD Latin t-shirt with black leggings, fitted dance shorts, or a skirt. Tights are required if leggings are not worn. Performance Team members must have rhinestone nude heels.

**MEXICAN FOLKLORIC** – The dress code requires a black leotard or camisole with black leggings. A practice skirt is mandatory and must be purchased through CBSD. Black character shoes are required; hair must be secured in a bun.

Boys must wear a black solid t-shirt and botines without nails.

**TAP/BALLET COMBO** - The dress code requires a black or pink leotard; a skirt is optional. White or light toast tights are required, along with white ballet shoes and white tap shoes. Hair must be secured in a high ponytail or low bun.

Male students are required to wear a solid black t-shirt with black pants and black tap shoes.

Ankles must remain visible at all times.

**TAP** - The dress code requires a black, tight-fitted shirt, crop top, or black leotard paired with capris, leggings, or fitted dance shorts. Hair must be secured in a bun or high ponytail.

Male students are required to wear a solid black t-shirt with black pants and black tap shoes.

Ankles must remain visible at all times.



# **STUDIO RULES & POLICY**

**DRESS CODE:** Students must follow CBSD's dress code for all dance classes. All students must have their hair in a bun or ponytail for all classes, please follow the class dress code. If a student fails to have the appropriate attire and hairstyle, it will be at the teachers discretion to dismiss the student from class and parents will be notified.

***ALL DANCE ATTIRE AND ACCESSORIES MUST BE PURCHASED AT THE STUDIO***

**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 1<sup>st</sup>, 2026. 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:** If a student misses class, a parent MUST notify the office of their absence. 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 an award at CBSD's 2026 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.***

**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. Tuition and costume fees are non-refundable and non-transferrable.

**LIABILITY :** Christine Belpedio's School of Dance studio does not assume responsibility or fault for any injuries sustained while participating in any classes or events.



# MONTHLY TUITION DANCE RATES

|                                        |          |
|----------------------------------------|----------|
| 1 Dance Class per Month (4 Classes)    | \$62.00  |
| 2 Dance Classes per Month (8 Classes)  | \$124.00 |
| 3 Dance Classes per Month (12 Classes) | \$180.00 |
| 4 Dance Classes per Month (16 Classes) | \$232.00 |
| 5 Dance Classes per Month (20 Classes) | \$280.00 |

Add \$50.00 for each additional class after the 5th class.

Drop-in rate is \$18.00.

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 \$25.00 registration fee per family. Tuition payments are due between the 1st and 5th of each month, and any payments received after the 10th will be charged a \$10.00 late fee. Returned checks are subject to a \$30.00 fee, a service fee will apply to credit card payments. Please note that all tuition and fees are non-refundable and non-transferable.

Refunds will only be issued if a class is cancelled due to insufficient enrollment. For your convenience, we also offer monthly AutoPay.



# CALENDAR OF EVENTS

|                                        |                                                                      |
|----------------------------------------|----------------------------------------------------------------------|
| <b>Dance Semester Starts</b>           | <b>Monday, September 8<sup>th</sup>, 2025</b>                        |
| <b>Wear your Halloween Costume</b>     | <b>Monday, October 27th until Halloween</b>                          |
| <b>Costume Deposit Due</b>             | <b>Saturday, November 8<sup>th</sup>, 2025</b>                       |
| <b>Thanksgiving Break – Closed</b>     | <b>Mon. Nov. 24<sup>th</sup>, to Sat. Nov. 29<sup>th</sup>, 2025</b> |
| <b>Classes Resume</b>                  | <b>Monday, December 1<sup>st</sup>, 2025</b>                         |
| <b>Winter Break – Closed</b>           | <b>Mon, Dec. 22<sup>nd</sup>, to Sat, Jan. 3<sup>rd</sup>, 2026</b>  |
| <b>Classes Resume</b>                  | <b>Monday, January 5<sup>th</sup>, 2026</b>                          |
| <b>Costume Balance Due by</b>          | <b>Saturday, January 23<sup>rd</sup>, 2026</b>                       |
| <b>Spring Break-Closed</b>             | <b>Mon, Mar. 23<sup>rd</sup> to Sun, Mar 28<sup>th</sup>, 2026</b>   |
| <b>Classes Resume</b>                  | <b>Monday, March 30<sup>th</sup>, 2026</b>                           |
| <b>Closed for Easter</b>               | <b>Saturday, April 4th, 2026</b>                                     |
| <b>Closed on Memorial Day</b>          | <b>Monday, May 25<sup>th</sup>, 2026</b>                             |
| <b>Dance Semester Ends</b>             | <b>Saturday, June 13<sup>th</sup>, 2026</b>                          |
| <b>Picture Day at Dance Studio</b>     | <b>TBD</b>                                                           |
| <b>Tech Days @ Trinity H.S.</b>        | <b>TBD</b>                                                           |
| <b>47th Dance Recital @ Trinity HS</b> | <b>TBD (please keep the last 2 weekends of June opened)</b>          |





We choreograph dances to showcase the personality of the birthday girl,  
while keeping in mind all participants' dance abilities.

We offer a large variety of dances. Our skillful instructors will ensure that  
your daughter has an amazing, fun and memorable experience.

We offer different custom packages that will meet your needs!

**HIRE OUR EXPERIENCED CHAMBELANES AND DAMAS!**

**Book a Consultation**

**773-745-1383**

## **REGISTRATION DATES**

**Wednesday, September 3<sup>rd</sup> & Thursday, September 4<sup>th</sup>  
2:00pm to 8:30pm**

## **CLASSES START:**

**Monday, September 8<sup>th</sup>**

