

# EMPOWER ACADEMY

## Christmas Recital Survival Guide 2025

Included are many details about the Christmas Recital. PLEASE READ THE ENTIRE THING! ☺ ALL REHEARSALS ARE MANDATORY!

Song	Classes	Costume	Accessories	Tights	Shoes
<b>Acro</b>					
When I Am Older	Preschool Acro & Beg Acro (Thurs)	Penguin Girl; Boys-Olaf Shirt & Black Pants	Hat in front of bun	Skintone footless	None
All Is Found	Acro 1 & 2/3	Winter Wonderland	None	Skintone footless	None
Into the Unknown	Elementary Acro & Beg Acro (Tues)	Elsa Biketard	None	Skintone footless	None
When We're Together	Pre-teen & Teen Acro	Rockette	None	Skintone footless	None
Some Things Never Change	Itty Bitty Acro and Itty Bitty Combo	Snowman	None	Skintone footless	None
<b>Ballet</b>					
Do You Want To Build A Snowman	Itty Bitty Ballet & Itty Bitty Combo	Anna Biketard & Anna Skirt	Yellow bow centered in front of bun	Ballet-Skintone footed Combo-Skintone footless	Pink ballet
Let It Go	Combo 1, Combo 2/3	Combo 1-Elsa Dresses, Combo 2/3-Sweetheart Dress	None	Skintone footed	Pink ballet
Monster	Pre-teen Ballet, Ballet 4/5, Pointe	Periwinkle Dress, Pointe-White Swan	Periwinkle-barrette right side of head; Swans-feather hair clip on right side of head	Skintone footed	Pink ballet; Pointe
Lost In The Woods	Elem Ballet/Jazz Combo & Elem Ballet/Tap Combo	Vintage Dress	None	Skintone footed	Pink ballet
Dangerous To Dream	Preschool Combo & Beginning Combo Ballet	Velvet Green Dress	None	Skintone footed	Pink ballet
<b>Pom</b>					
First Time in Forever	Elementary, Pre-teen, and Teen Pom	Gold Dress & Silver Dress	Bun wrap clipped around front of bun	Skintone footed	White cheer
<b>Hip Hop</b>					
Frozen Heart	Pre-teen and Teen Hip Hop	Black Jeggings & Puffer Vest	Must provide own black shirt or leotard	None	Black high tops
Get This Right	Preschool, Beginning, and Elementary Hip Hop	Hot Chocolate; Boys- Varsity Jacket & Joggers	Hairbow centered in front of bun; Boys- must provide own white short sleeve t-shirt	Skintone footed	Black high tops
<b>Jazz &amp; Musical Theatre</b>					
Fixer Upper	Elem Ballet/Jazz Combo, Elem Jazz, & Elem MT	Elf; Boys-Kristoff	Girls- Hat Headband; Boys-Hat and belt	Skintone footed	Black jazz
Love Is An Open Door	Combo 1, Combo 2/3	Reindeer or Gingerbread Girl	Reindeer-Antler Headband	Skintone footed	Black jazz
What Do You Know About Love	Pre-teen Jazz & Pre-teen MT	Christmas Town	None	Skintone footed	Black jazz
Hygge	Jazz 4/5 & Teen MT	Sequin Dress - Green	None	Skintone footed	Caramel character
<b>Lyrical</b>					
Show Yourself	Lyrical 2/3 and Pre-teen Lyrical	Navy Velvet	Two rhinestone hair pins on right side of head	None	1/2 soles or freeforms
The Next Right Thing	Lyrical 4/5, Busy Bee, Contemporary 4/5	2 Piece Set Green	Green hair applique on right side of head	Skintone footed	1/2 soles or freeforms
<b>Tap</b>					
In Summer	Pre-teen, Teen, and Tap 4/5	Navy Plaid Dress; Boys-Olaf Head, White Shirt, Black Pants	None	Skintone footed	Black tap
That Time Of Year	Elementary Ballet/Tap, Combo 1, and Tap 2/3	Candy Cane Biketard	Sequin bow barrette centered in front of bun	Skintone footed	Black tap
When Everything Falls Apart	Preschool Combo and Beginning Combo	Frosty	Scarf & top hat(on right side of bun)	Skintone footed	Black tap
<b>Competition</b>					
Ring In The Season	Competition Team	Christmas Tree, Fringe Unitard, Fringe Dress	None	Skintone footed	Black tap

## **Week of December 8<sup>th</sup> – 12<sup>th</sup> Regularly scheduled class times @ Empower Academy & COSTUME PICK UP**

Grown ups should pick up their dancers' garment bag(s) during these practices. Their garment bags are labeled with dancers' names and any accessories/hairpieces as well. Grown ups will need to sign these out at the front desk. Dancers should wear their normal class apparel to these rehearsals. Please try on the costumes at your own convenience at home to make sure they fit.

**Office Manager Melissa will be available at the front desk if you need to purchase any tights or shoes.**

**Monday, December 15<sup>th</sup> & Wednesday, December 17<sup>th</sup> & Thursday, December 18<sup>th</sup> Dress Rehearsals & Pictures @ EMPOWER ACADEMY - OUR CURRENT LOCATION ON THE SQUARE**

**DANCERS DO NOT HAVE CLASS TIME DURING THEIR USUAL WEEKLY SCHEDULED TIME. ONLY THE REHEARSALS ON THE NEXT PAGE.**

The most important thing for parents is to make sure your children are ON time and ready to go. We will not wait for anyone. Dancers should be dressed and have hair and make-up exactly as they will for the recital.

Pictures will take place UPSTAIRS in the purple dance room by J-Wag. Order forms attached on the last page of this packet. **PARENTS WILL NOT BE ALLOWED IN THE PURPLE DANCE ROOM DURING PICTURES.** If you have a pose preference you can communicate that to an instructor or Empower leader assisting with your child's group.

Dress rehearsals will take place downstairs in the blue dance room. Parents may watch from the viewing TV's.

The pink dance room will be set up as a dressing room for GIRLS only. Some dancers have very quick changes into their next rehearsal. This is necessary to get the younger dancers home at a decent hour. Group pictures will be taken last, and your dancer can hop in for their individual pictures at any time.

CLASS	ARRIVE	PICTURES	DRESS REHEARSAL
<b>Monday, December 15<sup>th</sup></b>			
First Time In Forever	4:45	4:45	5:00-5:15
When I Am Older	4:50	5:00	5:15-5:30
When We're Together	5:05	5:15	5:30-5:45
What Do You Know About Love?	5:20	5:30	5:45-6:00
Fixer Upper	5:35	5:45	6:00-6:15
In Summer	5:50	6:00	6:15-6:30
Show Yourself	6:05	6:15	6:30-6:45
Monster	6:20	6:30	6:45-7:00
<b>NOTHING on Tuesday, December 16<sup>th</sup></b>			
<b>Wednesday, December 17<sup>th</sup></b>			
Ring In The Season	4:45	4:45	5:00-5:15
Dangerous To Dream	4:50	5:00	5:15-5:30
Into The Unknown	5:05	5:15	5:30-5:45
Frozen Heart	5:20	5:30	5:45-6:00
When Everything Falls Apart	5:35	5:45	6:00-6:15
Hygge	5:50	6:00	6:15-6:30
All Is Found	6:05	6:15	6:30-6:45
The Next Right Thing	6:20	6:30	6:45-7:00
<b>Thursday, December 18<sup>th</sup></b>			
Do You Want To Build A Snowman	4:45	4:45	5:00-5:15
That Time of Year	4:50	5:00	5:15-5:30
Some Things Never Change	5:05	5:15	5:30-5:45
Lost In The Woods	5:20	5:30	5:45-6:00
Let It Go	5:35	5:45	6:00-6:15
Get This Right	5:50	6:00	6:15-6:30
Love Is An Open Door	6:05	6:15	6:30-6:45
<b>NOTHING on Friday, December 19<sup>th</sup></b>			

## Helpful information for how to get ready for dress rehearsal

- **FAQ #1: What tights/shoes should my dancer wear?**
  - See the chart on the first page for the specific answer for your dancer's class(es).
  - You may purchase child tights for \$8.00 and adult tights for \$10.00 in the lobby.
- **FAQ #2: How should my dancer wear their hair?**
  - All female dancers should wear their hair in a high sock bun
    - EXCEPT Itty Bitty dancers - they may wear in any style pulled away from their face
    - If your dancer's hair is too short, please try putting half up into a bun.
    - We sell 2 different sizes of bun makers in the lobby for \$10.00 or they may be purchased elsewhere.
  - All male dancers should use gel and/or bobby pins to secure their hair out of their face.
- **FAQ #3: How should my dancer wear their make-up?**
  - All girls should AT LEAST wear blush and red lipstick.
  - Older girls, or brave moms, may add mascara, eyeliner, foundation, eyeshadow, and fake eyelashes.
  - PLEASE DO NOT USE CRAZY BRIGHT COLORED EYE SHADOW! Use browns, creams, tans, white to create a stage smoky eye as pictured here.
  - Boys - no make-up required, you can wear foundation and/or light blush if you wish
- **FAQ #4: Can my dancer wear jewelry?**
  - Only dance earrings are allowed!
    - These are rhinestone diamond earrings with a secured back pictured here.
    - These are available for purchase as clip-ons or pierced in the lobby for \$15.00.
  - No bracelets, rings, or necklaces please!

### High Sock Bun & Stage Make-up



Curly textures with braids into bun



## **Saturday December 20<sup>th</sup> @ Mt. Zion Auditorium, 305 S. Henderson St., Mt. Zion**

- **FAQ #1: When should my dancer arrive to check in?**
  - 30 minutes before the show (9:30 a.m.)
    - Itty Bitty dancers may arrive 15 minutes before (9:45 a.m.)
  - **Dancers should be dressed & ready to go in their first costume**
    - **Their empty garment bag should be with them & garment bags of other costumes if in multiple routines**
    - **They should have a change of clothes for after the show in a bag with them as well (PLEASE have their name on bag)**
- **FAQ #2: How early will the building open?**
  - The building will open at 9:00 a.m.
- **FAQ #3: When will the doors to seating open?**
  - The house will open 30 minutes prior to the show (9:30 a.m.)
- **FAQ #4: What time does the show begin?**
  - 10:00 a.m.
- **FAQ #5: Where/when do I pick up my dancer?**
  - All dancers may be picked up AFTER the show & final bows.
    - Exceptions made for Itty Bitty dancers ONLY—you may pick them up after their dance in the lobby.
  - Dancers age 9+ will meet their families in the lobby when they are done changing and have turned in their costume garment bags.
  - Dancers age 8 & under may have **ONE same sex as dancer** parent use their backstage pass to assist their dancer.
- **FAQ #6: What do we do with costumes after the show?**
  - **ALL COSTUMES MUST BE RETURNED IN THEIR GARMENT BAG & CHECKED BY STAFF BEFORE LEAVING!**
  - **Remember to pack a change of clothes for your dancer! They may NOT leave in costume!**
- **FAQ #7: Where will my child be during the show?**
  - Dancers will be backstage with staff.
  - They are fine and do NOT need parent help with costume changes.
- **FAQ #8: How long will the show last?**
  - Approximately 2 hours
- **FAQ #9: Can I leave after my dancer's number?**
  - Please refrain from leaving in the middle of the show. It is polite to stay the entire performance to watch the dancers' hard work!  
They don't want to see empty seats ☺
- **FAQ #10: Is the show being videotaped?**
  - YES! You will be receiving a video download of the show as part of your registration fee.
- **FAQ #11: Can I take pictures during the show?**
  - There is NO flash photography! It is dangerous for the dancers.

## **Helpful information about tickets**

- **FAQ #1: How do I present my tickets I purchased online?**
  - You can print them at home
  - You can pull them up on your phone in your email by searching etix
- **FAQ #2: What if I didn't buy tickets yet?**
  - You can purchase them at the door before the show for \$20
    - Cash is preferred and will make the line go faster

## **I'm a new dance mom & overwhelmed. Who do I ask for help/tips?**

- Office Manager Melissa Lynch at the front desk successfully got all 5 of her dancers ready for show time. She is a seasoned veteran and can help with any of your questions!
- Call us at 217-728-9111
- Text us at 217-909-9111
- Email us at [admin@myempoweracademy.com](mailto:admin@myempoweracademy.com)
- Facebook message our page – Empower Academy
- Ask other moms in our Facebook group – Empower Community

J-Wag Photo

jwagphoto.com

217-259-6133



Empower Academy  
Christmas Recital Photos  
December 15, 17, 18, 19

Venmo

### A La Carte

#### TOTAL

4x6 - \$8 each

Individual Team

5x7 - \$10 each

Individual Team

8x10 - \$16 each

Individual Team

Wallets (set of 4) - \$8 each

Individual Team

Magnets (3.5 x 5 inch) - \$8 each

Individual Team

Buttons (3 inch) - \$8 each

Individual Team

Metal Photo Keychain - \$12 each

Individual Team

8x10 Composite - \$17 each

Individual Team

1-4 Digital Files - \$20 each

5 Digital Files - \$85

10 Digital Files - \$100

### Package Total

      

### A La Carte Total

      

### Total Order Amount

      

      

\*\* PLEASE BRING THIS FORM AND  
PAYMENT ON YOUR PHOTO DAY

Child's Name \_\_\_\_\_

Act Name(s): \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

8x10 Composite



Keychain



Make payment with Venmo, credit card,  
exact cash or check to: J-Wag Photo