

Ages 6-24 Months (Adult Participation)

Listen & Wiggle (6-18 months): Introduce your baby to the fundamentals of music & movement. This class utilizes songs and guided movements to get babies bouncing and grooving. Caregivers participate in guided play using musical instruments, mazes, and parachutes to encourage cognitive learning and physical development.

Baby Movers (18-24 months): Your baby is on the move and we are too! This class builds upon the fundamentals of music and movement, and gets your tiny dancer out on the floor. The development of basic motor skills is encouraged by incorporating creative movement, rhythm & musicality, and introduction to basic dance terminology.

Ages 2-7 Years (Adult Participation Optional)

Creative Movement (Ages 2-4): Introduces rhythm and musicality, elementary ballet skills, weight shifting, and imaginative movements referencing animals and nature.

Tiny Yoga (Ages 4-5): Combines yoga poses and play in this unique class for young movers. Participants build strength, focus, and flexibility through this energizing class.

Ballet/Tap Combo (Ages 4-5): This one-hour class introduces rhythm and musicality, elementary ballet and tap skills, weight shifting, and imaginative movements.

Tumbling (Ages 2-7): Intro to gymnastics fundamentals in a fun, playful environment. Class builds body awareness and motor skills through games and exercises utilizing mats, blocks, balance beam, and more!

Hip-Hop (Ages 2-7): Focuses on the popular urban style of dance. Class work consists of a cardio and strength building warm-up, stretching, and developing a vocabulary of steps and combinations.

Broadway Ballet (Ages 2-7): Introduces elementary ballet skills, weight shifting, and imaginative movements to the sounds of your favorite Broadway tunes!

Class Prices

\$34	Single Class
\$160	5-class/ 2 month package
\$300	10-class/ 3 month package

Fall 2018 Class Schedule

September 10th, 2018– December 21st, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6-18 months (Adult Participation)						
9:15-10:00 am		Listen & Wiggle		Listen & Wiggle		
11:15 am-12 noon	Listen & Wiggle		Listen & Wiggle			
2:00-2:45 pm					Listen & Wiggle	
18-24 months (Adult Participation)						
10:15-11:00 am	Baby Movers		Baby Movers			
11:15 am-12 noon		Baby Movers		Baby Movers		
2-4 years old (Adult Participation Optional)						
9:15-10:00 am	Tumbling	Hip-Hop	Creative Movement	Hip-Hop		
10:15-11:00 am	Hip-Hop	Tumbling	Hip-Hop	Creative Movement	Tumbling	
11:15 am-12 noon					Creative Movement	
2:00-2:45 pm			Tumbling	Broadway Ballet		Tumbling
3:00-3:45 pm	Creative Movement				Hip-Hop	
4-5 years old						
10:15-11:15 am				Tumbling		
11:15 am-12:15 pm	Ballet/Tap Combo	Ballet/Tap Combo	Ballet/Tap Combo	Ballet/Tap Combo		
2:00-2:45 pm	Tiny Yoga					
3:00-3:45 pm	Hip-Hop	Hip-Hop	Broadway Ballet	Hip-Hop	Broadway Ballet	
5-7 years old						
10:15-11:00 am						Broadway Ballet
2:00-2:45 pm						Hip-Hop

