

DANCE DIMENSIONS SCHEDULE -Sept '17

Children's dance classes run September 2017- June 2018

Private lessons, Personal Fitness Training and Wedding Dance always available.

Monday

8:30-9:30am Yoga-inspired Morning Fitness

9:30-10:30 Private Sessions

4:15-7:00 TBA

7:00-8:00 TBA(Teen/Adult)

Tuesday

3:30-4:30 TBA

4:30-5:15 Kids Fit (yoga-dance inspired Grades 1-5)

5:15-6:45 TBA

7:00-8:00 Stretch & Tone

Wednesday

8:30-9:30am Yoga-inspired Morning Fitness

4:15-5:00 Creative Ballet & Modern (Grades 1-3)

5:00-5:45 Creative Ballet & Modern (Grades 4-6)

6:00-6:45 Ballet-inspired Fitness(Teen/Adult)

6:45-7:30 80's/90's Dance Jam (Jazz-inspired fitness)(Teen/Adult)

7:30 -8:15 Tap! (Teen/Adult)

Thursday

9:30-10:15 Toddlers Too! Ages (1-3yrs)

3:30-4:15 Creative Dance (ages 3-5yrs)

4:15-5:00 Tumbling Toddlers! (Ages 2-4yrs)

5:00-6:00 Jazz/Hip Hop (determined by registration)

7:00-8:00 Stretch & Tone

Friday

8:30-10:30 Private Sessions

Saturday

8:30-9:30am Stretch & Tone

10:00-11:30 Modern Dance (Teen/Adult)

11:30-3:30 Forty Steps Dance Rehearsal

Sunday

5:00-6:00pm ZUMBA

(12 week session)

IF you don't see the class you are interested in, PLEASE call. New classes are being added regularly.

DANCE! MOVE! EXERCISE!

The benefits are great!

- ◇ helps children and adults focus
- ◇ relieves back pain
- ◇ reduces stress
- ◇ helps weight loss or maintenance
- ◇ increases flexibility
- ◇ greater range of motion
- ◇ better balance
- ◇ improves self confidence
- ◇ corrects posture

Bold = Adult Classes(16+Welcome)

** =begins when 6 students register

NOTE: Schedule subject to change without notice.

Any class with less than six students, is subject to either a special rate or cancellation.

Ages and grades are given as guidelines. Exceptions are the teacher's discretion only.

CALL

781-599-1476

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NAHANT STUDIO-Serenity Room, 41 Valley Rd. Nahant
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