

DANCE DIMENSIONS SCHEDULE -Jan '17

Children's dance classes run September 2016- June 2017

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

Monday

3:30-4:15 TBA

**4:15-4:45 Kids Fitness (yoga-inspired) (Grades 1-5)

**4:45-5:30 Modern Dance w/Jazz (Grades 3-5)

5:30-6:45 Ballet Teens (**Adults welcome**)

6:45-7:00 Prepointe/Pointe

****7:00-7:45 Ballet-inspired Fitness(Teen/Adult)**

Tuesday

3:30-5:30 TBA

7:00-8:00 Stretch & Tone

Wednesday

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

10:00-11:00 **NEW!** Toddlers Too! Ages (1-3yrs)

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

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

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

5:45-6:30 Ballet-inspired Fitness(Teen/Adult)

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

****7:30 -8:30 Tap! (Teen/Adult) Starts Sep 28th**
(10 week s)

Thursday

4:00-4:45 **NEW!** Tumbling Toddlers! (Ages 2-4yrs)

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

7:00-8:00 Stretch & Tone

Friday

TBA

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

(10 week sessions)

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
Community Center