

# DANCE DIMENSIONS SCHEDULE -Sept '18

*Children's dance classes run September 2018- May 2019*

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

## Monday

**All Mon classes Start Sept 17<sup>th</sup> :**

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

4:15-5:00 Kids Fitness (Grades 1-6)

5:00-5:45 Lyrical Dance w/Jazz (Grades 3-5)

**5:45-6:45 Ballet (Teen/Adult)**

**7:00-7:45 Jazz Dance Jam (Jazz-inspired fitness)**

**7:45 -8:30 Tap! (Teen/Adult) Starts Sep 17<sup>th</sup>**

## Tuesday

Toddlers Start Oct 2 (5 week sessions)

9:30-10:00 Toddlers Too (0-3yr)

10:00-10:30 Tumbling Toddlers (2-4)

10:30-11:30 Open Dance & Play (begins Oct 30)

3:30-5:30 TBA

**7:00-8:00 Stretch & Tone -Starts Sept 4**

## Wednesday

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

3:15-3:45 Creative Dance (ages 3-5yrs)

3:45-4:15 Jazz/Tap (Open ages, Grades K-5)

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

5:00-5:45 Creative Ballet & Modern (Grades 5-8)

**5:45-6:45 Creative Modern (Teen/Adult)**

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

**7:45-8:45 Ballroom Couples (start tbd)**

## Thursday

**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

Begin Sept 30 (5 week sessions)

9:30-10:00 Toddlers Too (0-3yr)

10:00-10:30 Tumbling Toddlers (2-4)

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

**Starts Oct 14 (10 week sessions)**

**Open Dance & Play returns  
October 30th!**

## **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

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

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**

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