

DANCE DIMENSIONS SCHEDULE -Jan '19

Children's dance classes run September 2018- May 23 2019

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

NOTE: Schedule subject to change without notice.

Monday

All Mon classes Start Jan 7^h :

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

3:30-5:30 TBA

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

****7:45 -8:30 Tap! (Teen/Adult)**

Tuesday

3:30-5:30 TBA

7:00-8:00 Stretch & Tone

Wednesday

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

2:45-3:30 Creative Ballet & Modern (Grades 5-8)

NEW! 3:30-4:00 Creative Dance (3-5yrs) 10 WEEKS

4:00-4:15 Jazz/Tap Add-on (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)

7:00-8:00 NEW! Ballroom Couples

(6 weeks-Jan 23-Feb 26)

Thursday

3:30-5:30 TBA

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 Jan 20- Feb 17 (5 week sessions)

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

10:30-10:45 Tumbling Toddlers (2-4)

11:00-12:00 Open Dance & Play

6:00-7:00pm ZUMBA Starts Jan 6 (10 week sessions)

Open Dance & Play returns

Private lessons, Personal Fitness

Training and Wedding Dance always

available.

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

We can offer

- ◇ Kids Fitness, Yoga, ZUMBA
- ◇ Lyrical Dance w/Jazz
- ◇ Creative Movement & Dance

IF you don't see the class you are interested in, PLEASE call. We can begin any class you request with 5 students. New classes are being added regularly.

Bold = Adult Classes(16+Welcome)

****** =begins when 6 students register

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

Email: sallee@dancedimensions.org
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NAHANT STUDIO-Serenity Room, 41 Valley Rd. Nahant
Community Center