

DANCE DIMENSIONS SCHEDULE -Sept '19

Children's dance classes run September 2019- May 2020 (unless noted)

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

Monday

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

3:30-4:30 TBA

These Mon classes are 6 weeks Oct 21-Dec 2

NO CLASS 11/11- sign up NOW!

4:30-5:15 KIDS Jazz Dance Jam (Mixed age group)

5:30-6:15 Tap

**6:30-7:30 Jazz Dance Jam (Jazz-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

NEW!

3:00-3:45 Creative Movement (3-5yrs) 10 WEEKS

3:45-4:30 BOYS Jump & Move! (Grades 1-6)

4:30-5:15 Creative Ballet & Modern (Grades 1-4)

5:15-6:00 Creative Ballet & Modern(Grades 5-8)

6:00-6:15 Pre-Pointe/Pointe (invitation only)

7:00-8:00 **NEW! Ballroom Couples**

(6 weeks-Starts October sign up NOW!)

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

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

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Training and Wedding Dance always
available.**

NOTE: Schedule subject to change without notice.

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 (just ask)

- ◇ 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
www.dancedimensions.org

**NAHANT STUDIO-Serenity Room, 41 Valley Rd. Nahant
Community Center**