



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DANCE & MOVEMENT

APRIL 2012

**Dance & Movement** - Dance and movement is freeing and fun and offers a lot of health benefits as well. Whether you're twirling across the floor in ballet, getting funky in Hip Hop or stretching your body through yoga you're increasing your flexibility, developing muscle strength, building endurance, and having a great time with friends!

**Yoga Discovery** - Learn yoga techniques early in life! This interactive class teaches yoga techniques through stories, games, and fun!

Class	Age	Day	Time	Instructor	Online Search Code	Room
Yoga Discovery	5-14 yrs.	Wednesday	4:00 – 4:30p	Rebecca	YOGADISC	GC

Monthly Program Fees	Family Members	Student Members	Program Only Fee
Once a Week/ 30 Min.	\$12.00	\$24.00	\$48.00

**Hip Hop** – Hip Hop is a fun, fast paced dance class set to high energy music. No previous dance experience necessary.

Class	Age	Day	Time	Instructor	Online Search Code	Room
Hip Hop	5-14 yrs.	Monday	4:30 – 5:30p	TBD	HIPHOP	CR

Monthly Program Fees	Family Members	Student Members	Program Only Fee
Once a Week/ 1 hour	\$12.00	\$24.00	\$48.00

**Instructors subject to change without notice.**  
**Monthly Registration required.**

**ROOM KEY**

**GC** = Gymnastics Center – 3<sup>rd</sup> Floor  
**RS** = Ray Sence Room – 1<sup>st</sup> Floor