

EMBODY DANCE CENTRE DAYTIME

Preschool Schedule: September 2022-June 2023

Wednesday		Thursday	
Time	Studio A	Time	Studio A
9:30-10:15	Embody Movement	10:00-10:45	Embody the Basics & Rhythm
10:15-11:00	Embody the Basics	10:45-11:30	Embody Style and Shapes
11:00-11:45	Embody Style and Shapes	12:00-2:00	Creative Kids Club
Saturday		Register today at embodydc@gmail.com	
Time	Studio A		
10:00-10:45	Embody Movement		
10:45-11:30	Embody the Basics & Rhythm		
11:30-12:15	Embody Style and Shapes		
Embody Movement (Age 1-3)	Our youngest movers will use games, actions, and props to develop their motor skills and understandings of the basics of dance including transfer of weight, movement and stillness, levels, and more! Parents or caregivers will join their child for this class.		
Embody the Basics (Ages 3-5)	A non-parented combination class where dancers will learn the foundations of ballet and jazz techniques in a fun, imaginative environment. Dancers will learn basic dance positions, balance, coordination, and travelling steps. This class also emphasizes listening skills, use of space, levels, musicality, and following routines.		
Embody the Basics & Rhythm (Ages 3-5)	This non-parented combination class is a wonderfully fun introduction to the foundations of dance through the basics of ballet, jazz, AND tap! Dancers will learn technique, musicality, coordination, and creativity, plus counting and making rhythms with their feet!		
Embody Style and Shapes (Ages 3-5)	Do you have a funky mini mover? This class teaches fun, age appropriate, stylized movement to upbeat music. Lessons include travelling steps, isolations, and combinations that will have your little one moving and grooving! This class also includes basic beginner acro preparations for cartwheels, forward rolls, balancing and more!		
CREATIVE KIDS CLUB (Ages 3-5)	This 2-hour kids club will include dance, crafts, snack, games and activities! Give yourself 2- hours to run errands while we enjoy music, movement and creativity with your child.		
Session 1	Sept 18 - Dec 10	\$165	12 Week Session
Session 2	Jan 9 - Mar 25	\$165	12 Week Session
Session 3	Apr 3 - June 17	\$150	11 Week Session
CREATIVE KIDS CLUB	Session 1 & 2	\$240	12 Week Session
CREATIVE KIDS CLUB	Session 3	\$220	11 Week Session

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