

# Support Site Fitness Center Dance Classes

## *Ballet*

Ballet allows your child to build motor skills, grace and confidence. Children learn basic ballet movements and terminology through ever-changing and interactive class sessions

### **Tuesday**

3-3:40 p.m. • 3-6 years old  
3:45-4:45 p.m. • 7-9 years old  
4:50-5:50 p.m. • 10-17 years old

### **Friday**

3-4 p.m. • 7-9 years old  
4-5 p.m. • 10-17 years old



## *Fall Sessions*



## **Modern Dance**

Modern Dance is a fun and energetic way to improve physical fitness, posture, balance and coordination. Classes encourage kids to learn proper dance technique and develop rhythm and movement.

### **Monday**

3-4 p.m. • 7-9 years old  
4-5 p.m. • 10-17 years old

### **Thursday**

3-3:40 p.m. • 3-6 years old  
3:45-4:45 p.m. • 7-9 years old  
4:50-5:50 p.m. • 10-17 years old

**Classes are Aug. 1-Dec. 31 for one-month sessions.** (No class on U.S. holidays.)

\$50 per month, 3-6 age group for one class per week.

\$75 per month, 7-9 and 10-17 age groups for two classes per week.

Registration opens the 15<sup>th</sup> of each month for the next session.

**Register at <https://myffr.navyaims.com> >>**



Maximum 20 dancers per class.  
For more information, call 081-811-6721 / DSN 629-6721.

