

Support Site Fitness Center

Dance Classes Summer Sessions

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

2-3 p.m. 2-4 years old

3-4 p.m. 5-6 years old

4-5 p.m. 7-9 years old

5-6 p.m. 10-17 years old



Modern Dance/Hip-hop

Modern Dance/Hip-hop 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.

Thursday

2-3 p.m. 2-4 years old

3-4 p.m. 5-6 years old

4-5 p.m. 7-9 years old

5-6 p.m. 10-17 years old



Registration begins May 15 • Classes June 1 - Aug. 31

\$60 per month, one class per week.

The two classes per-week schedule will return in September.

Register and pay at <https://myffr.navyaims.com/europerec.html>.

Click on NSA Naples fitness classes.

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

