

# Dance Classes

## Spring 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**

3:20-4 p.m. • 3-6 years old

4-5 p.m. • 7-9 years old

5-6 p.m. • 10-17 years old



### **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.

#### **Thursday**

3:20-4 p.m. • 3-6 years old

4-5 p.m. • 7-9 years old

5-6 p.m. • 10-17 years old



**Classes are one-month sessions.** (No class on U.S. holidays.)

**Classes held at Support Site Fitness Center.**

Ages 3-6: \$50 for one class per week. \$85 for two classes per week.

Ages 7-9 and 10-17: \$60 for one class per week, \$100 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> >>**

