

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.

Support Site Fitness Forum

Tuesday

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

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

5-6 p.m., 10 years and older

Friday

4-5 p.m., 3-7 years old

5-6 p.m., 8 years and older

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.

Support Site Fitness Forum

Monday and Thursday

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

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

5-6 p.m., 10 years and older



Monthly sessions

\$60, one class per week

\$75, two classes per week

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.

