

Let's Dance!

All Dance classed here at the Shasta Family YMCA are approximately 30 minutes and length, and have the common goals of fitness and fun. While learning a variety of moves and routines, we aim to cultivate not only a love for dance movement, but a love for exercise as a whole.



Cost: **Members** \$ **5.00** (per 1 month session)
 Non-Members \$**25.00** (per 1 month session)

Session I: June 9 – July 2, 2009

Tuesday **2:00-2:45pm**
Thursday **3:10-3:55pm**

Swans (girls, ages 4 – 9, includes Small Swans)
Zumba Kids (co-ed, ages 5 - 12)

Session II: July 7 – July 30, 2009

Tuesday **2:00-2:45pm**
Thursday **1:10-2:10pm**
 3:15-3:45pm

Swans (girls, ages 4 – 9, includes small swans)
Ballet/Jazz (co-ed, ages 8 - 14)
Bears (co-ed, ages 1½ - 1½ , includes Lions)

Class Descriptions:

Lion and Tigers and Bears, Oh My!

Gymnastics, song and dance, play, and cleaning up come together in the Lions, Tigers, and Bears classes. Parent and instructor work together to promote motor, mental, and social development.

Co-ed, Ages 1½ – 3½

Rhythm & Moves

This fun and diverse class teaches routines that include moves from ballet, jazz, hip hop, Zumba, and more! We will also discuss some basic music and rhythm concepts.

Co-ed, Ages 4 – 8

Small Swans

Dance meets gymnastics. Class is generally set up in a circuit, incorporating gymnastics, ballet and other genres of dance. Emphasis is placed on the focus, grace, and balance needed for both activities, while keeping an upbeat pace.

Small Swans: Girls, Ages 4 – 8

Swans: Girls, Ages 5 - 9

ZumbaKids

Kid friendly Zumba routines will be taught in the same party atmosphere that has made adult Zumba so popular. Class is targeted at the 6 – 12 age group, but the whole family is invited to participate.

Co-ed, Ages 6 – 12 and up

Recommended Attire:

For **Lions, Bears, and Small Swans**: Comfortable clothing that student can go upside-down in, while maintaining modesty. Clothes without snaps, zippers, and/or buttons are preferable. Bare feet.

For **Rhythm & Moves** and **ZumbaKids**: Comfortable clothes that maintain modesty. Socks and Tennis Shoes.

Additionally, if student has long hair, it is best to have all of it pulled back. Braids are generally the most comfortable while executing gymnastic floor skills.

A Note on Ages: Older children are generally welcome (e.g. teens are welcome to attend older classes).

However, we ask that your child meet the minimum age requirement. Please feel welcome to speak to the instructor about this or any other questions or concerns you may have.