

Dance

BENEFICIAL TO THE MIND & BODY

Are you considering enrolling your child in dance class?

It may surprise you what a great move this could be. Whether you are interested in ballet, tap, hip hop, creative movement or any other style of dance, this art/sport packs a lot of benefits!

Not only does dance help build strong muscles and promote greater flexibility, but it also helps keep the body conditioned and the mind focused which heightens ones ability to perform other physical activities.

Studies have also shown that kids who are involved with dance often excel in their academics as well as they tend to be more creative. The art of dance helps teach a child focus, creativity and discipline, all of which are highly mandatory in any area of education.

Not to mention the socialization benefits of the activity, dance can broaden a child's horizons by introducing them to people of all cultures and lifestyles.

So whether you are looking for a great way to get fit, improve flexibility and well being, or simply develop poise and body awareness, dance is definitely the way to a better spirit, mind and body connection.

Assistance with Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

YMCA OF GLENDALE

Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

YMCA of Glendale
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For Additional Information Contact:

Shannon Hunt
shananigns@hotmail.com or call
(310) 968-8205

YARTS™

We build strong kids, strong families, strong communities

Dance CLASSES

YOUTH & ADULT



**Ballet, Tap, Creative
Movement & Dance**

We Build Strong Kids,
Strong Families, Strong Communities.

YMCA Glendale

Your Family Place



CLASS INFORMATION

Creative Movement & Dance

Ages: Three through Five Year Old Boys & Girls

Saturdays: 9:00 am to 9:40 am

Designed especially for three through five year old boys and girls! Using a variety of dance styles, dramatic play, props and music, this class focuses on physical expression, rhythm and self-awareness while helping to foster a life-long love of dance.



Pre-Ballet & Tap

Ages: Four and up

Saturdays: 9:45 am to 10:30 am

Introduction to basic ballet and tap movement and terminology. This is a fun class for young dancers exploring beginning technique, performance styles and dance imagery. Builds strength and flexibility, musicality and self-confidence through positive reinforcement and gentle coaching.



Beginning Ballet & Tap

Ages: Six year olds and up

Saturdays: 10:30 am to 11:30 am

Basic level ballet and tap for dancers six years old and up. Traditional ballet barre and center work combined with beginning tap/jazz in a non-threatening, fun environment. This class has a greater emphasis on proper technique and terminology, poise and expression.



Not Your Daughter's Dance Class

Coming Soon ! A class designed for “grown-ups” who want to dance but might not feel comfortable in a typical dance studio. In dance class, just like in blue jeans, one size does NOT fit all. This is a class tailored to the needs of each dancer - using ballet, modern and jazz techniques - with an emphasis on proper alignment and prevention of injuries. Have fun while gaining strength, flexibility and a greater mind-body connection.

ABOUT THE INSTRUCTOR

Shannon Hunt

Over 25 years of experience performing and teaching around the world in a variety of dance styles. Shannon holds a BA in Theater Dance and has toured throughout the US in multiple stage productions as well as appearing in film and television. She's now a proud mother of two little dancers and teaches dance and theatre arts at several locations in the LA area.

For More Information Please Contact:

Shannon Hunt at
shananigns@hotmail.com
Or Call (310) 968-8205

Fees

\$40.00 per month for a 4 week session
First class is free, open enrollment.
Assistance with fees is available.