

# Dancing Bees

**Dance Classes for ages 2 ½ through Kindergarten**

*Dance is a great way to build healthy patterns for both the brain and body.* Starting dance at a young age can develop positive habits and keep unhealthy habits at bay. Through a combination of play and structured routine, our DancingBees program benefits young children physically, mentally, socially and emotionally.

- *Build strong movement patterns.*
- *Learn about musicality.*
- *Explore their individual movement qualities.*
- *Build self-expression.*
- *Discover a love of dance.*

## **Schedule for the 2018-2019 School Year**

### **DancingBees Ages 2½-4**

Wednesdays 4:00-4:55 (+Tap)

Saturdays 9:00-9:45

### **DancingBees Ages 4½-6**

Thursdays 4:00-4:55 (+Tap)

### **DanceNastics** (dance and gymnastics combination class)

Saturdays 10:50-12:05, ages 4-6

### **Mini-Hop Ages 4-6** (Introduction to Hip-Hop)

Tuesdays 4:00-4:55

### **Dress Codes:**

DancingBees: Ballet shoes (plus tap shoes if needed,) leotard, and tights. Skirt optional.

Mini-Hop: snug fitting clothing, jazz shoes