



LSF ACADEMY - DANCE

Dance is the foundation of an active lifestyle! Give your child an opportunity to build social strength, improve posture and range of motion and stimulate creativity. Dance is a great alternative to team sports and most importantly, dance is FUN!

TINY DANCERS (3-5 YEARS)

This is a creative movement class that promotes self-esteem and self-discipline in an environment where children learn through games, storytelling and imagination. Through exploration children experience concepts of rhythm, shapes, levels and different qualities of movement. Children are highly encouraged to wear leotards, tights, and ballet slippers. **Wednesdays from 4:00-4:45PM**

JUNIOR BALLET & TAP (6-10 YEARS)

This is an introductory class to the foundation and discipline of ballet and tap. Students will be guided through the basic arm and feet positions, alignment, and body placement of these two dance styles to gain strength, coordination, technique, musicality, and rhythm. Students will gain self-confidence in a positive and supportive classroom environment. No previous experience needed. Ballet slippers, tights, leotard, & tap shoes are strongly encouraged. **Wednesdays from 4:45-5:30pm**

Session Dates:

SUMMER: Jun 24 - Aug 31
FALL: Sep 3 - Nov 10
WINTER I: Nov 11-Feb 2
(No classes Nov 28, Dec 21-Jan 3)
WINTER II: Feb 3- Apr 12

Pricing:

\$200 member
\$270 non-members

Registration: Please enroll online at www.MyLSF.net

Please note: Guests may only participate for **10 weeks or 1 session term**

For additional
information contact:

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