

# 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, 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 or Saturdays from 10:00-10:45AM**

**JUNIOR DANCERS (6-10 YEARS)**  
This is an introductory class to the foundation and discipline of dance. Students will be guided through the basic arm and feet positions, alignment, and body placement of different dance styles to gain strength, coordination, technique, musicality, and rhythm. Students will again self-confidence in a positive and supportive classroom environment. No previous experience needed. Ballet slippers, tights & leotard are strongly encouraged.  
**Wednesdays from 5:00-5:45pm or Saturdays from 11:00-11:45AM**

#### Session Dates:

**FALL** Sept 21 - Nov 14

**WINTER I** Nov 15 - Feb 6  
*Winter break Dec 18 - Jan 2*

#### Pricing:

**FALL** \$216 for members

**WINTER** \$270 for members  
*Services paid for with credit or debit card  
will incur a 4% convenience fee.*

#### Registration:

Please enroll at [MyLSF.net](http://MyLSF.net)

*Private group lessons are  
available upon request.*

For additional  
information contact:

**773.770.2425**

[KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)