



Winter/Spring
2019

**ALL
NEW!**

City of Mentor Mondays

at the Eleanor B. Garfield Park/Garfield Lounge
Phone: 440-974-5720

30 min classes = \$49 Resident / \$62 Non Resident
45 min classes = \$59 Resident / \$74 Non Resident

Winter 1: January 7 - January 28
Winter 2: February 11 - March 4

Spring 1: March 18 - April 8
Spring 2: April 22 - May 13

LITTLE HIP HOP & TUMBLE: (3-5 years)..... 4:30pm - 5:15pm

PRESCHOOL BALLET: (3-5 years) 5:15pm - 5:45pm

LTTY BITTY BALLET: (2-3 years, +Caregiver) ... 5:45pm - 6:15pm

MOVE & GROOVE: (1-3 years, +Caregiver) 6:15pm - 6:45pm

CHEER/HIP HOP/TUMBLE: (6-9 years)..... 6:45pm - 7:30pm

SEE SIDE 2 FOR CLASS DESCRIPTIONS!

For more info, please contact us at:
1-800-734-1545 or online at:
www.communitiesinmotioncleveland.com

 /CommunitiesInMotion1

CLICK HERE TO REGISTER

Fostering a love of dance via accessible, affordable community-based programming.

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Mentor Class
Descriptions

LITTLE HIP HOP & TUMBLE: (3-5 years), 4:30pm - 5:15pm

Children will perform hip hop moves to upbeat “kid-friendly” music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.

PRESCHOOL BALLET: (3-5 YEARS), 5:15pm - 5:45pm

Children will have fun with ballet moves and their favorite Princess songs. Here you will learn basic ballet terminology, positions, stretching, balance and coordination exercises. Ballet or princess attire, if desired.

LTTY BITTY BALLET: (2-3 years, +Caregiver), 5:45pm - 6:15pm

This class is designed for the tiny dancer and parent/caregiver. The class is full of fun songs and will give your little dancer exposure to ballet without the structure of Preschool (Princess) Ballet. Come enjoy the class in your favorite ballet outfit.

MOVE & GROOVE: (1-3 years, +Caregiver), 6:15pm - 6:45pm

Our soundtrack of fun songs will delight your preschoolers. This pre-dance and tumble program promotes coordination, strength, flexibility and spatial awareness. Instructor will work individually with students at each class.

CHEER/HIP HOP/TUMBLE: (6-9 years) 6:45pm - 7:30pm

Would you like to learn some cool cheers and moves? Come join in the fun of this cheerleading class as we do cheers, arm motions, dance, jumps, conditioning moves and tumbling skills - beginner thru intermediate. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.



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