



Me & My Shadow

Creative Movement, Music, Dance, & Tumbling

Join us for our 'Me & My Shadow' class open to 2-3 year olds and their 'shadow' adult. This creative movement class will help develop your child's gross motor skills, eye-hand coordination, & social skills. 'Shadows' are given the opportunity to participate in our activities, to have fun, and to interact with their children in a family friendly, learning environment. Come explore and introduce your child to movement, ballet, rhythm, tumbling and stimulate their imagination.

Fall 2023. Wednesdays 4:00-4:45 PM.

Don't Hesitate to Register; space is limited. \$12 registration fee. \$30.00 per month

DANCE WORKS

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**Register
Now**

Fall Classes Begin August 28, 2023

Me & My Shadow

Class Registration Form:

Child's Name: _____

Child's Birthdate: _____

Parents' Name: _____ **Email Address:** _____

'Shadow's' Name: _____

Parent's Phone Number 1: _____

Parent's Phone Number 2: _____

Emergency Contact: _____

Child's Age on September 1st, 2023: _____

Additional Information you would like for us to know about your child:

Me & My Shadow

Additional Class Information for Families to Know:

*We ask that 'Shadows' participate fully in class and to help guide their child to follow along as well. We also ask for the safety of your dancer and others, that everyone refrain from running in the classroom.

*It is preferred that 'Shadows' are 18 years and older. Parents, grandparents, babysitters/caregivers, are all acceptable 'Shadows'.

*We also ask that there is only 1 shadow per dancer in the room. Our lobby is open for other family members to wait.

-If there are two shadows that want to participate, you may switch spots (classroom vs lobby) part way through class.

*Students should wear comfortable clothing:

-Ballet leotards & tights are preferred for girls but the following are also welcome: leggings, sweatpants, athletic pants or shorts, tank tops or t-shirts

*Shoes:

-Leather ballet shoes: peach/pink for girls & black for boys

-Adults- non-slip socks

*We will follow a similar order/schedule of events each week (consistency is key for young children to learn) but there will be a different theme each week.

Class time will include most of the following each week: Story, theme matching, warm-up, stretching, pre-ballet basics, music/rhythm, hand held manipulatives, activity song & dance, across the floor movement with seek & find, parachute, tumbling, & preschool academic table time.

*Students will have the opportunity to learn body awareness, social skills, large motor and small motor skills, taking turns, following directions, ballet, tumbling, rhythm, colors, shapes, directions, opposites, and the list goes on.

*If your dancer becomes fully potty trained and you think they are ready to take class without a parent; we suggest they switch to our preschool dance combo class for 3 year olds (tap, ballet & tumbling: 2 performances during the season). While we do prefer they are 3 years old before starting this class; those that are 2 ½-3 can also try the class.