



Dance!



Fridays: 2:45-4pm
Open to students in Grades K-3

Come join Ms. Lindsey on Friday afternoons for a combination ballet/jazz class. Ms. Lindsey has danced for 15 years on nationally ranked competition teams and for the LIU Post Dance Team. She has been trained in ballet, tap, jazz, musical theater, and lyrical.

Student will:

- * Learn basic stretching techniques.
- * Build their dance vocabulary in ballet and jazz.
- * Improve in flexibility, coordination and strength.
- * Learn essential dance skills including across the floor combinations, jumps, and turns.

Students may wear their gym uniform on Fridays. Students are encouraged to wear jazz or ballet shoes, or sneakers. Please don't forget a water bottle.

**Class will meet: 10/12, 10/19, 10/26, 11/16, 11/30, 12/14,
01/11, 01/25, 02/08, 02/15**

Please register no later than Monday, September 29

To register, please fill out below and return in an envelope labeled "FRIDAY DANCE with Ms. Lindsey" along with \$200 payment. Make checks payable to DWCA.

Child's Name: _____ Class: _____

At 4PM my child should be (please check one):

Bought to Afterschool

Dismissed at Afterschool door (corner of 245th St & Alameda Ave)

Emergency Contacts:

Name: _____ Cell: _____

Name: _____ Cell: _____

*If your child has any allergies that Ms. Lindsey should be aware of please describe on back of slip! Thank you!