

# 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 (PRE-K - KINDERGARTEN)**

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.

**Tuesdays from 4:00-4:45PM**

## **JUNIOR DANCERS (1ST - 4TH GRADE)**

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.

**Tuesdays from 5:00-5:45PM**

### **Session Dates:**

**FALL: Aug 25 - Nov 2**

*(No class Sept 1)*

**WINTER I: Nov 3 - Jan 11**

*(No class Nov 27, Dec 24-31 - Jan 1&25)*

**WINTER II: Jan 12 - March 22**

**SPRING: March 23 - May 31**

*(No class May 26)*

### **Pricing:**

\$350 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)  
or register in the MyLSF app

*Private group lessons are  
available upon request.*

For additional  
information contact:

**773.770.2425**

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