Children’s
DANCE AND
GYMNASTICS
Classes

REGISTRATION: Located at Dance and Gym Expressions, 263 Garrisonville, Road, Stafford VA. Classes are held August-May. There is a separate six week summer session held in June/July.
OPEN HOUSE: July 22, 10 AM - 3 PM, Registration Fee (Non-refundable) All students. $25 Single Student | $40 Family.

2020/2021

DANCE
Tuesdays, Starting August 18
Youth Center, Bldg. 3312 Purvis Rd.

MOMMY AND ME
9:30-10:15 AM
This class is for child and parent. The instructor encourages the development of motor and movement skills through dance participation (Instructional).
$35 per month | Ages: 18 mo. - 2.5 years

PRE-SCHOOL DANCE
10:30-11:15 AM
This class emphasis is on interactions with other children and growing motor skills.
$35 per month | Ages: 2.5 - 3 years

PRE-BALLET AND TAP
4:30-5:20 PM
Basic dance techniques.
$45 per month | Ages: 3.5 - 5 years

BALLET AND TAP I AND II
5:30-6:20 PM
Beginner dance movement in Tap/Ballet.
$45 per month | Ages: 5-7 years

JAZZ-ACRO DANCE
6:30-7:20 PM
Intermediate level
*Dress attire: plain leotards, footless or convertible tights, black jazz shoes.
$45 per month | Ages: 7 and up with 2 years experience

BALLROOM DANCING
7:30-8:20 PM, October 6-27
You will learn the basic fundamentals of the most popular international style of dancing – Salsa, Waltz, Cha-Cha, Swing.
$65 Couple per month / $32.50 Single

DANCE PERFORMANCES
December 5, 2 PM: Little Hall Theater
May 15, 2 PM: Mountain View High School

GYMNASTICS
Thursdays, Starting August 20
Youth Center, Bldg. 3312 Purvis Rd.

PARENT AND TOT GYMNASICS
9:30-10:15 AM
Controlled play with guardian participation. Early gross motor skills development and socialization (Non-institutional).
$20 per month | Ages: 1-2 years

PRE-SCHOOL GYM/CREATIVE DANCE
10:30-11:20 AM
Emphasis on interaction with other children and gross motor skills. Introduction to balance beam, vault, bars, tumbling, and creative movements.
$45 per month | Ages: 3-4 years

KINDER GYM
4:30-5:20 PM
Emphasis on balance, coordination, flexibility, strength, and FUN! Introduction to balance beam, vault, bars, and tumbling.
$45 per month | Ages: 4-5 years

BEGINNER GYM
5:30-6:20 PM
Students learn basic gymnastic skills and techniques on the balance beam, bars, vault, and tumbling.
$45 per month | Ages: 6-9 years

INTERMEDIATE GYM
6:30-7:20 PM
Next Level in balance beam, bars, vault, and tumbling.
$45 per month | Ages: 8-12 years

GYMNASTICS OBSERVATION:
December 10 & May 20

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.

Many safety precautions are being implemented due to COVID-19. A detailed list of the precautions will be sent to all who register.

540.720.5406