

# Leigh's School of Dance

13490 S. Arapaho Drive  
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Leighs.Dance

## 8 - Week Session: Jan 14<sup>th</sup> – March 7<sup>th</sup>

No Registration Fee \$95 for Session \$75 for Tiny 2's

### Tiny 2's

Children in this class are introduced to song and dance in a relaxed and fun environment. In this class creative movement and imagination are encouraged for the dancers to explore the world of movement. Ballet shoes or tennis shoes required.

Ages: 2-3 years old

Class Time: Mon 6:00pm, Tue 10:00am, Thur 4:30pm

### Hip Hop/ Jazz/ Tumble

This class is a combination of our dancers favorites. This class focuses on learning jazz technique and fun funky combination in jazz and hip hop. Tumbling will help build upper body and core strength; Providing dancers with more flexibility. See supply list for required supplies.

Ages: 5-7

Class Time: Mon 5:00pm

### Gentle Yoga – Adult

Enjoy the many benefits of yoga including greater strength, vitality, flexibility, reduced tension, and inner calmness. Using a gentle approach, yoga postures, breathing techniques, and meditation will be practiced. The class is lead by registered yoga instructor Becky Holsen. Becky enjoys helping her students discover their own healing potential. A yoga mat and beach towel are required.

Ages: 18+

Class Time: Tue 11:45 am

### Pre- School Combo

Dancers will be exposed to basic movement in tap, ballet, tumbling, and creative movement. This upbeat structured class introduces correct technique and terminology. Dancers are taught self-confidence, balance, strength, and body awareness. See supply list for required supplies.

Ages: 3-5 years old

Class Time: Mon 6:30 pm, Tue 10:30am, Wed 4:15 pm

### Hip Hop/ Pom/ Jazz

This class is a combination of our dance class favorites. The class focuses on learning leaps, turns, and kicks, while learning combinations in jazz, funk, and free style. See supply list for required supplies.

Ages: 8-12

Class Time: Mon 7:30pm

