

## **DANCE WITH ME**

The “Dance with Me” program is designed with the specific needs of a 2 year old in mind. This 45 minute class uses a parent to help orient his/her child to the working of a classroom while at the same time encouraging the child’s natural movement. Fine and gross motor skills are developed in the “Dance with Me” class through the use of music and dance.

Cost: \$60 per 6-week session.  
(One in the fall and one in the spring)

## **WHY DANCE?**

Children who dance gain basic motor skills, coordination and balance, musicality, grace, strength and flexibility, listening skills and an appreciation of the arts.

## **WHAT DO I NEED?**

Girls wear leotards and tights for class with white ballet shoes. Boys wear sweat pants or shorts and t-shirts with black ballet shoes.

Parents should wear comfortable clothing and gym shoes or socks.

## **The Diana Lynn School of Dance**

strives to instill a love of dance in each student regardless of ability level by providing positive reinforcement in a nurturing atmosphere and treating each student as an individual.

We provide training in all levels of performance and stress proper technique in all classes.

Our classes improve body awareness, flexibility and coordination as well as building muscle tone, strength and increasing poise and self confidence.

## **GUIDELINES FOR PARENTS**

Only parents and dancers may be present in the dance room. This alleviates commotion and allows the dancers to focus.

Please do not bring snacks into the classroom – a water bottle is fine.

Please, no pacifiers or security blankets/toys – they are better left in the car or at home.

Although dancers may not be on task at all times (they are 2), we do ask that they not be allowed to run around the room.

The presence of a parent in the class increases the child’s comfort in a new situation. Your dancer may sit on your lap and you should assist them in any manner possible. We do ask that if your child is disruptive you take a break for a few minutes in the waiting room to help them relax.

Dancers do not need to be potty trained since a parent will be on hand if a change is needed.

Most importantly – have fun with your child! Always remember they are 2!