

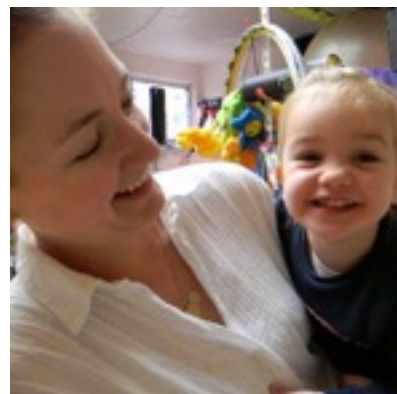
Infant/Toddler Program

at the Dance Garden

Research has proven the benefits of structured activities for healthy infant brain development.

CA's First Five highlights language: read, sing, talk to your infant!

The **National Association for Sport & Physical Education*** suggest more! "Structured movement and exercises should be performed daily starting at 6 weeks old!"



Ms Marian designed a movement program for these early learners over 25 years ago! Hundreds of children have passed through her program! To the satisfaction of their parents, these babies developed a trust and confidence in their body's performance, agility and strength earlier than their peers. She discovered that typical obstacles in a child's physical development can be addressed and resolved via movement options. Some students continued on with a successful dance career, mastered complex musical instruments or excelled in sports.

We all strive to have our children live happy lives with the ability to communicate without frustration. Movement is the first form of expression!

Why not learn some tools to communicate and develop a bond with baby through the use of movement and exercise!

The Dance Garden's I/T Classes.....

- > introduce to caregiver + baby, new and fun movement exercises + activities that can be repeated at home;
- > stimulate baby's brain to learn, memorize & repeat movement and exercises;
- > focus on fine and gross motor, space relationships, timing & effort, through dance, tumbling, exercise, music, song, work with props, partnering and other fun experientials!
- > create opportunities for social interaction;
- > allow for bonding with caregiver;
- > introduce caregiver to ideas and concepts that will help enhance baby's

MAGICAL TIME FOR LEARNING – age 0–5 years

What to wear to the I/T Class

Caregivers: Please wear comfy clothes

Babies: (onesies are best!)

Pre-walkers: comfy clothes; no zippers, no tops and bottoms that separate, sox with treads

Walkers: comfy clothes no clothes that separate, no zippers or tight pants; sox with treads

NOTE!

The DG is on a HIGH 2nd floor...use light weight stroller or snuggly; you may "park" your stroller on the landing. Heavy buggies may be safety hazard. Ask for assistance, please!

During COVID/FALL/2020 Semester runs 9/12 – 12/17

3 class options:

- 1) I/T on ZOOM – WED/10AM – no class size limit
- 2) I/T LIVE – TU/11AM – 3 pairs
- 3) High2s – WED/4PM – 4 dancers

FEES

13 weeks

All ZOOM classes are \$15/hour; 4 punch card = \$60

All LIVE classes are \$25/hour; 4 punch card = \$100

ANNUAL INSURANCE FEE REQUIRED

Each child/caregiver pair: \$40 annual payment at time of Registration

FORMS REQUIRED

Registration Form

Photo Release Form

PLEASE READ

Health & Safety precautions during COVID 19