



DANCE CLASSES

Teen Dance Club - Sunday at 4:00 PM

Session 1: Sept 8 - Oct 27 | Session 2: Nov 3 - Dec 15

Get active, dance to a variety of music genres, build self-esteem and community in a club dedicated to empowering creative teens! In a non-competitive dance environment, participants will learn how to warm up properly, technique for confident dancing, and learn group choreography in a positive environment.

Adult Choreography Level 1 - Sunday at 5:00 PM

Session 1: Sept 8 - Oct 27 | Session 2: Nov 3 - Dec 15

Come move and groove with us! Each week we will warm up, learn techniques for sequencing dance moves together, and learn a 1-2 minute choreography.

Adult Choreography Level 2 - Tuesday at 7:30 PM

Session 1: Sept 10 - Oct 29 | Session 2: Nov 5 - Dec 17

Challenge yourself in this routine choreography class! Each week we will warm up, strengthen technique, breakdown dance moves with detail, and learn a 1-2 minute choreography.

Light Dance Moves (55+) - Monday at 9:30 AM

Session 1: Sept 9 - Oct 28 | Session 2: Nov 4 - Dec 16

Elevate your mornings with gentle and enjoyable dance sequences tailored for seniors. Each class we will warm up, explore a new dance genre, and have a fun! Keep moving, have fun, and meet like-minded individuals in a welcoming environment.

Mommy & Me Moves - Monday at 10:30 AM

Session 1: Sept 9 - Oct 28 | Session 2: Nov 4 - Dec 16

Do you and your little one like to move and groove? Come out and join us for an hour each week where we share the joy of rhythm, flow, and expression! Introduce you and your kiddo to dance with a positive and uplifting attitude, while you learn a choreography routine with other parents and caregivers! Bring your own mat, blanket, and toys for your little one. Recommended for little ones newborn-toddlers!

PRICING

6 Classes per session
Adult: \$54.60
Senior/Youth: \$49.20

INSTRUCTED BY:

Norah
Elora Dance and Heart
Classes held in the Sportsplex Aerobics Room
Registration Opens August 20, 2024

Township of Centre Wellington

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