Kids Intro to Dance

A great way for kids to learn the foundations of dance while having fun!

Parents can watch class on a monitor in the waiting area

In this class your child will:

- Learn foundational dance moves
- Learn basic dance vocabulary
- Strengthen feet and leg muscles
- Improve balance and flexibility
- Develop body awareness & good posture
- Develop timing skills
- Become more confident in their abilities
- Have fun!

Ages 4 – 10
Boys and Girls
No dance experience needed

Kaleidoscope Kids

Taught by Trudy Sherman, Ph D

Trudy has been dancing since she was 6. Growing up she took many years of lessons in ballet, jazz, acrobatics, and tap. During college she enjoyed square dancing and folk dancing. Trudy and her husband own Kaleidoscope Dance Space. They teach ballroom classes for beginners and social dancers. Trudy also teaches Line Dance and Gentle Tai Chi.

www.kaleidoscope-dance.com
info@kaleidoscope-dance.com 602-345-0496
2848 S. Carriage Lane, Mesa, AZ 85202 (Guadalupe and the 101)

Kaleidoscope Kids

Kids Intro to Dance

$17 per class
4 class punch card $60
5% discount for siblings

- No contracts required
  - Pay by class or buy a punch card (good for 60 days)
- Small class size (<10)
- Multi-age and multi-ability classes
  - Instruction tailored to match each child's level and ability
  - Older/more experienced dancers are role models and mentors for the younger/less experienced dancers
- In-studio recitals for family and friends twice a year
  - No charge - Donations accepted
  - Costume cost is $30 - $50

Kaleidoscope Kids

This class provides a good foundation for all dance styles

Multiple Dance Elements

Across the Floor
Walks & points, turns, leaps

Ballet Barre Work
Arm and foot positions, body control

Choreographed Sequences
Common dance steps, memorization

Beginning Hip Hop/Jazz
Flexibility & expression

Lyrical Dance
Dancing to words, expression

Pom Dance
Timing & balance

Warm-Up Stretches

and more . . .