



IMPORTANT DATES & INFORMATION

Spring Recital May 3, 10am-12pm

\$5.00 Adults, \$2.00 children

Dance & Choir

Center closed: Christmas break Dec 20-Jan 3 Re-open Jan 6
Feb 15& 17, March Break 10-15, April 18-21, May 16 & May 19.

Winter Snow Cancellation Policy:

If school is cancelled the centre will be closed and all programs are cancelled. We will try to make up snow days if we can. In the event that a snow day occurs on a Saturday, staff will make a decision by 8am and it will be posted on our Facebook page.



2024-2025 Registration

Registration Open NOW!!!

**You can register for any of
the sessions listed in the
brochure.**

**Register by Phone:
(902) 827-2700**

or In-Person at the front desk.

**Please note: no registration
Dec 20-Jan 3 centre is closed.**

MONDAY

Tumble Tots

Ages 1.5-3 | 10:15-10:45am
 Session #2 Jan 6-Feb 10 | \$43.50
 Session #3 March 17-April 28 | \$43.50
 Introduction to Tumbling
 Parents attend with children.

Home School Tumbling & Parkour

Ages 6+ | 11am-12pm
 Session #2 Jan 6-Feb 10 | \$78
 Session #3 March 17 -April 28 | \$78
 Learn basics of tumbling and parkour with fun obstacles. This class is designed for homeschooled children.

Art Club

Ages 7+ | 5:30-6:30pm
 Session #2 Jan 6-Feb 10 | \$60
 Session #3 March 17-April 28 | \$60
 Learn visual art basics, drawing, painting & mixed media

Hip Hop Junior

Ages 7-10 | 6-6:45pm
 Session #2 Jan 6-April 28 | \$130
 Please wear comfortable clothing & Sneakers.

Choir Club

Ages 7+ | 6:30-7:30pm
 Led by Emily Bolhuis
 Session #2 Jan 6-April 28 | \$140
 (No classes, Feb 17, March 10, April 21)
 Learn the how's of singing and the joys of music making with feel-good favourites and music from today. Kids will perform Spring recital May 3

"NEW" Parent & Tot Rhythmic Gymnastics

Ages 1.5-3 | 5:45-6:15pm
 Jan 6-April 28 | \$91
 Parent or guardian must attend with child.

"NEW"

Parent Tip! We have added Monday night kid Friendly workout. 7-8pm Total Body Shaping with Anne. Cardio & Weights for adults. Play area set up for kids while parent's exercise. Kids are responsibility of parents.

Drop in \$8.50 starts Jan 6-June 9

TUESDAY

Intro to Hip Hop

Ages 4-6 | 5:30-6pm

Session #2 Jan 7-Apr 29 | \$140

Please wear comfortable clothing and sneakers.

Intro Dance Workshop

Ages 7+ | 6-7pm

May 6-27 | \$50

Participants will learn the basics of a different dance style each week including Hip Hop, Tap, Jazz, and Contemporary.

Please wear comfortable clothing and sneakers.

WEDNESDAY

Obstacle Classes

Obstacle Jr Ages 5-7 | 6-6:30pm | \$30

Obstacle Sr. Ages 8+ | 6:40-7:30pm | \$60

Fun workout each week different obstacle courses set up for kids to go through.

Great for endurance, balance and agility.

Sessions:

#2 Jan 15-Feb 19

#3 Mar 19-april 23

Eastern Shore

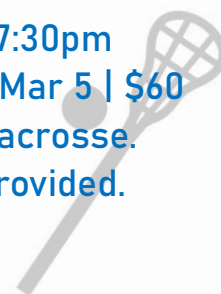
Breakers Lacrosse

Ages 6+ | 6:30-7:30pm

Session #2 Jan 15- Mar 5 | \$60

Introduction to Lacrosse.

All equipment provided.



THURSDAY

Rhythmic Gymnastics

Class #1 | Ages 4-6 | 5:30-6:10pm

Class #2 | Ages 7+ | 6:15-7:15pm

Sessions:

Session #2 Jan 9-Feb 27 | \$104

Session #3 Mar 20-May 8 | 104

Session #4 May 15-June 5 | \$52



Due to high demand, there are no refunds/credits for this program unless a doctor's note is provided.



FUN FRIDAYS

JAN

10: Nerf & Ninja
 17: Paint Night & Games
 24: Laser Tag ages 8+
 31: Games Galore

6-8:30pm

FEB

7: Nerf & Ninja
 21: Paint Night & Games
 28: Laser Tag ages 8+

AGES
 5-12

MAR

7: Nerf & Ninja
 21: Paint Night & Games
 28: Games Galore

\$15

APR

4: Nerf & Ninja
 11: Games Galore

Parent Tip
 Our Friday Dance
 workshops 6:30-7:30pm
 overlap with our Fun
 Fridays!
 See Adult Programs for
 more Information.

Please bring indoor shoes, water bottle, and money for canteen

SATURDAY

Tiny Dancers

Ages 2-3 | 9-9:30am

Session #2 Jan 11-April 26 | \$65

Parents attend & participate with child.
Comfortable and moveable clothing,
barefoot or ballet slippers.

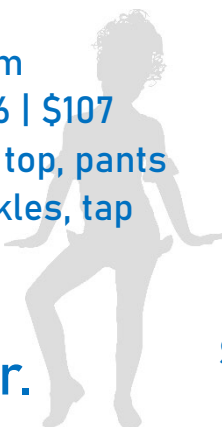


Pre-Tap

Ages 4-5 | 10:20-11am

Session #2 Jan 11-April 26 | \$107

Tight pants and short sleeve top, pants
need to be tight around ankles, tap
shoes.



Modern/Acro Sr.

Ages 10+ | 1:30-2:30pm

Jan 11-April 26 | \$140

Girls: Black body suit, black leggings or
tights with skirt, barefoot.

Boys: Pants that are fitted, black
comfortable shirt, barefoot.

Students will learn acro, floor work,
spins and jumps that will develop their
expressivity. Students will tell stories
through their movements. Movements
will be a mix of acro, and modern.



Pre Ballet

Ages 4-5 | 9:35-10:15am

Session #2 Jan 11-April 26 | \$107

Girls Attire: Leotard, pink tights, ballet
slippers. Optional tutu.

Boys attire: Black pants, white
t-shirt, ballet shoes.



Modern/Contemporary Jr.

Ages 6-9 | 11am-12pm

Jan 11-April 26 | \$140

Girls: Black body suit, black leggings or
tights with skirt, barefoot.

Boys: Pants that are fitted, black
comfortable shirt, barefoot.

Students will learn floor work, spins and
jumps that will develop their
expressivity. Students will learn how to
tell stories through their movements.

Movements will be a mix of lyrical,
modern and classical ballet.

Dance attire is a suggestion, children can wear what they feel comfortable in.

Children must be able to attend class without parents unless it's a parent & child class.

SATURDAY

Tumbling Classes

Session #2 Jan 11-Apr 26

(No classes Feb 15, Mar 15, April 19)

Parent & Tot Ages 2-3 | 9:40-10:10am | \$85

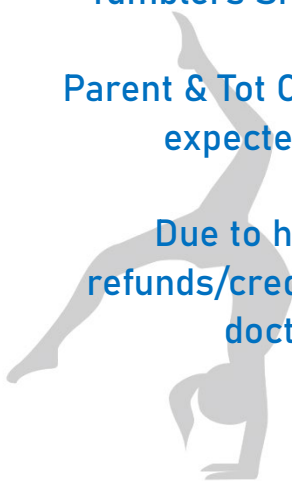
Tumblers jr. Ages 6-8 | 10:15-11:15am | \$169

Tiny Tumblers Ages 4-5 | 11:15am-12pm | \$129

Tumblers Sr ages 9+ | 12:05-1:05pm | \$169

Parent & Tot Classes: Parents/guardians are expected to stay and participate.

Due to high demand, there are no refunds/credits for this program unless a doctor's note is provided.



Special Olympics

Starting Jan 11

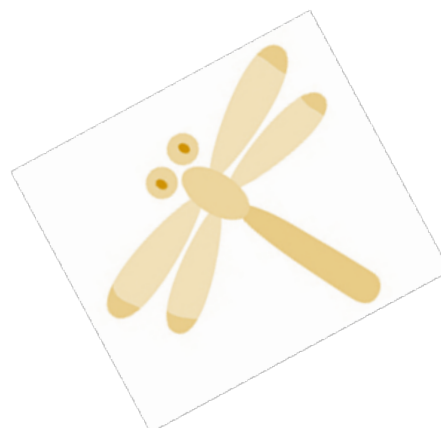
Active Start | ages 2-6 | 9am-10am
Development of physical literacy for children with intellectual disabilities.

For more information or how to register
registrar@specialolympicsdartmouth.ca



*Special
Olympics*

Children must be able to attend the tumbling classes without parents unless it's a parent & child class.



MARCH BREAK CAMP

March 10th-14th

9am-4pm **\$160** Ages 4-12

Registration Opens January 7th

Canteen available for snacks

Additional charge for

Before & After care - \$20

7:30am drop off & 4-5:30pm pick up

MARCH BREAK CAMP THEMES & WHAT TO BRING

Daily Themes:

Monday: Nerf & Ninja

Tuesday: Sports Day

Wednesday: Art & Science

Thursday: Obstacle Course

Friday: Dance Party!

What to Bring:

Outdoor clothes, change of clothes, indoor shoes, water bottle, lunch, snacks, money for our canteen

In the event of a snow storm decision will be made by 6am and we will credit the day to account. Parents should have a snow plan
