

Infant/Toddler Program

at the Dance Garden

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

CA's First Five program 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 age 6–36 months over thirty years ago on her own son! Since then, hundreds of children have passed through her program! To the satisfaction of parents, these babies develop a trust and confidence in their body's performance, agility and strength earlier than their peers. Ms Marian discovered that typical obstacles in a child's physical development can be addressed and resolved via movement options. Many students continue on with a successful dance career, master complex musical instruments, excel in sports!

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

Why not learn some unique tools to communicate with baby to develop a bond through the use of movement exploration and basic 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 movement activities!
- > create opportunities for social interaction with other baby/caregiver units;
- > teach skills for stronger bonding between infant and caregiver;
- > introduce caregiver to ideas and concepts that will help enhance baby's

MAGICAL TIME FOR LEARNING – age 0–5 years

*Active Start, A Statement of Physical Activity Guidelines for Children Birth to Five Years",

SPRING/2026 I/T Dance Class Schedule

Saturday/JAN 3rd -- Saturday/MAY 23rd

19 weeks

Holiday: FR/March 27th – SUN/April 5

I/T Class Meets: Tuesdays 11AM– NOON

FEES

\$20 drop in

FIT card: 10 classes \$150 (good for 12 months)

ANNUAL INSURANCE FEE REQUIRED

Each child/caregiver pair: \$45

REFUND POLICY – Unused Tuition could be applied to another class, camp or activity before DEC/2026 or donated to the Student-In-Need Program

FORMS REQUIRED

Registration Form

Media Release Form

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 – PLEASE READ!

The DG is on a HIGH 2nd floor...use light weight stroller or snugly; you may "park" your stroller on our stairway landing. Heavy buggies may be safety hazard.

Ask for assistance, please!