

# **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 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 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 experientials!
- > 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,

# **FALL/2023 I/T Dance Class Schedule**

**Tuesday/SEP 5th --Monday/DEC 18th**

**14 weeks**

**Holiday: SUN/NOV 19th - SUN/NOV 26th**

**I/T Class Meets: Tuesdays 11AM- NOON and Wednesdays 10AM - 11AM**

## **FEES**

\$20 drop in

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

## **ANNUAL INSURANCE FEE REQUIRED**

Each child/caregiver pair: \$40

**REFUND POLICY** - Unused Tuition should be applied to another class, camp or activity before SEP/2024 or donated to the Student-In-Need Program

## **FORMS REQUIRED**

Registration Form

Photo 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**

**snuggly; you may "park" your stroller on our stairway landing.**

**Heavy buggies may be safety hazard. Ask for assistance, please!**