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",

Copyright 2002, ISBN 0-88314-741-6

FALL/2026 I/T Dance Class Schedule

14 weeks

TU/SEPT 8th - MON/DEC 21st

Holiday: SUN/Nov 22nd - SUN/ Nov 29th

I/T Class Meets: Tuesdays 11AM- NOON

FEES
$25 drop in
FIT card: 10 classes $180 (good for 12 months)

ANNUAL INSURANCE FEE REQUIRED
Each child/caregiver pair: $50

REFUND POLICY - Unused Tuition could be applied to another class, camp or activity before DEC/2027 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 snuggly; you may "park" your stroller on our stairway landing. Heavy buggies may be safety hazard.
Ask for assistance, please!