



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BALLET & DANCE

Group Exercise
PRESIDIO COMMUNITY YMCA

Creative Dance & Beginning Ballet

Age Groups: 3-5 & 6-9 year olds

Wednesdays & Sundays
3:00-3:45 PM, Studio 1

Introduce girls and boys to the joy of ballet and movement through improvisation and play. Classes build confidence and prepare your child for future dance formats.

Establish basic principles of ballet including musicality, alignment, flexibility and conditioning. Classes introduce fundamental steps and simple choreography.

Instructor: Lisa Stevens
November & December: Free

for additional information contact:
Scott Anderson, Group Exercise Director
(415) 447-9608

