

CLASS REGISTRATION FEE INFORMATION &

Classes are held August 2022 - May 2023.
This program is open to all DoD ID card
holders and their family members.

\$25 | Single Student
\$40 | Family

CLASS LOCATION:

Quantico Youth Rec Center
3312 Purvis Rd, Quantico VA 22134

REGISTRATION:

Visit: www.dandgexpressions.com

Click the "Parent Portal" and
begin registration or email

dgexpressions.info@gmail.com

For more information call
540.720.5406.

SCHEDULE CHANGES:

Classes may be canceled, changed
(age/level/style), added, or levels
combined based on enrollment.

**TO REDUCE DISTRACTIONS,
PARENTS ARE NOT ALLOWED
TO OBSERVE GYMNASTICS OR
DANCE CLASSES.**

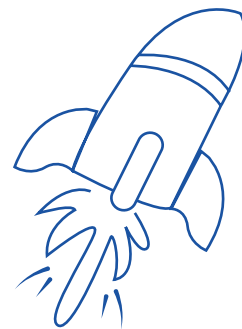


quantico.usmc-mccs.org
quanticomccs @mccsquantico
mccsquantico mcsquantico

8/2022

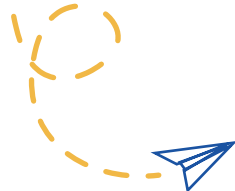
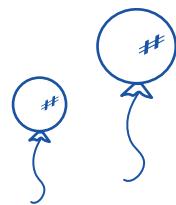


children's dance & gymnastics classes



2022/2023
703.784.9756

dance



Tuesdays starting August 16
Youth Center, Bldg. 3312 Purvis Rd.

Dance With Me

9:30 - 10:15 AM - Non-Instructional

This class is for child and caregiver. The instructor guides caregivers and students through Creative Movement and Acro skills. Encourages development of motor, social, and overall development skills. Proper attire required: snug fitting clothing that allows free movement).

\$40 PER MONTH | Ages: 18 mos - 2.5 YRS | Limit 8

Tots Ballet

10:30 - 11:15 AM

This class emphasis is on interactions with other children & growing motor-skills. Proper attire required: any color leotard, tights, pink ballet shoes. (NO SKIRTS)

\$40 PER MONTH | Ages: 2.5 - 3.5 YRS | Limit 10

Mini Ballet & Tap

4:30 - 5:20 PM

This class introduces the basic ballet and tap techniques. Proper attire required: any color leotard, tights, pink ballet shoes and black tap shoes. (NO SKIRTS)

\$50 PER MONTH | Ages: 4 - 5 YRS | Limit 12

Beginner Ballet & Tap

5:30 - 6:20 PM

Beginner dance movement in Tap and Ballet. Proper attire required: any color leotard, tights, pink ballet shoes. (NO SKIRTS)

\$50 PER MONTH | Ages: 6 - 7 YRS | Limit 12

Adventure Dance

6:30 - 7:20 PM

Basic and intermediate ballet and jazz skills are taught using fun and interactive music and activities Proper attire required: any color leotards and footless or convertible tights. Either pink ballet shoes or black jazz shoes. (NO SKIRTS)

\$50|PER MONTH- Ages: 7 -9 - Limit 12

Tumble With Me

9:30 - 10:15 AM - Non-Instructional

Climb, jump, tumble, and play with your toddler in an open play gymnastics class. This class encourages development of motor, social, and overall developmental Skills.(Non-instructional).

\$25 PER MONTH | Ages: 1 - 3 years | Limit 15

Tots Gym & Dance

10:30 - 11:20 AM

Emphasis on interaction with other children and gross motor skills. Introduction to balance beam, vault, bars, tumbling, and creative movement.

\$50 PER MONTH | Ages: 3 - 4 YRS | Limit 8

Mini Gym

4:30 - 5:20 PM

Emphasis on balance, coordination, flexibility, strength, and FUN!. Proper attire required: Girls: gymnastics leotard, bare feet, hair pulled back. Boys: bike shorts and fitted t-shirt.

\$50 PER MONTH | Ages: 4 - 5 YRS | Limit 12

Beginner Gymnastics

5:30 - 6:20 PM

Students learn basic gymnastics skills & techniques on the balance beam, bars, vault and tumbling. Proper attire required: Girls: gymnastics leotard, bare feet, hair pulled back. Boys: bike shorts and fitted t-shirt.

\$50 PER MONTH | Ages: 6 - 7 YRS | Limit 12

gymnastics

Thursdays starting August 18
Youth Center, Bldg. 3312 Purvis Rd.

Beginner/Intermediate Gymnastics

6:30 - 7:20 PM

Emphasis on interaction with other children and gross motor skills. Introduction to balance beam, vault, bars, tumbling, and creative movement.

\$50 PER MONTH | Ages: 8 & UP | Limit 12



*MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.