



Scan for Parent Portal and Registration

QUANTICO LOCATION REGISTRATION & FEES

Monthly Tuition

Tumble with Me - \$28.00

45 Min Class - \$45

50 Min Class - \$55.00

Registration Fees

\$10.00 - Tumble With Me (Only)

\$25.00 - 1 child

\$40.00 - Family

All Dance classes - \$90.00 non refundable
costume fee for spring recital

Quantico location is opened to all DoD ID Card
holders and their family members.

**To reduce distractions, caregivers/observers are
not allowed in classrooms during class unless
otherwise specified.**

*****SAVE THE DATES*****

(subject to change)

Winter Dance & Gym

In Class Observation

December 7-13

During regular class

Spring Dance Production

Saturday, May 24

2:00 PM

Mountain View HS

Dress Rehearsal Friday May 23

5:30 - 8:30 PM

Spring Gym Shows

May 16-22

During regular class

DANCE & GYMNASTICS CAMPS

October 14th

November 11th

January 20th

February 17th

March 26th

Cost: \$40 per child

Ages - 3 & up - 9:30 am - 3:00 pm

D&G Expressions

Fall

2024-25

August 10-May 22



263 Garrisonville Rd, Ste 109

Stafford, VA 22554

540-720-5406

dandgexpressions.com

dgexpressions.info@gmail.com

Dance

Quantico Location

Gymnastics

TUESDAY

9:30 - 10:15 am Dance With Me (1-3 yrs)

This class is for child and caregiver and requires adult participation. The instructor guides caregivers and students through Creative Movement and Acro skills. Encourages development of motor, social, and overall developmental skills. (Proper attire required - snug fitting clothing that allows free movement).
\$45|PER MONTH - Adult participation req. Limit 8

10:30 - 11:15 am Tots Ballet (2.5-3 yrs)

Class emphasis is on interactions with other children & developing social, motor, and overall developmental skills through Creative Movement and basic Ballet techniques. (Proper attire required - Any color leotard, tights, pink ballet shoes. NO SKIRTS ALLOWED)
\$45|PERMONTH- Limit 10

4:30 - 5:20 pm Mini Ballet & Tap (3-4 yrs)

This class introduces basic ballet and tap techniques (Proper attire required. Any leotard, tights, pink ballet shoes, black tap shoes NO SKIRTS ALLOWED)
\$55|PER MONTH- Limit 12

5:30 - 6:20 pm Beginner Ballet & Tap (5-6 yrs)

Beginner dance movement in Tap and Ballet. (Proper attire required - Any color leotard, tights, pink ballet shoes. NO SKIRTS ALLOWED)
\$55|PER MONTH- Limit 12

6:30 - 7:20 pm Dance Adventure (Ballet/Jazz) (7+ yrs)

Basic and intermediate ballet and jazz skills are taught using fun and interactive music and activities. (Proper attire required. Any colored leotard, tights, either pink ballet shoes or black jazz shoes. NO SKIRTS ALLOWED)
\$55|PER MONTH-Limit 12

THURSDAY

9:30 - 10:15 am Tumble With Me (1-3 yrs)

Non-Instructional, Adult participation required. 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).
\$28|PER MONTH -Limit 15

10:30 - 11:20 am Tots Gym & Dance (3-4 yrs)

Emphasis on interaction with other children and gross motor skills. Introduction to balance beam, vault, bars, tumbling and creative movement.
\$55|PER MONTH-Limit 8

4:30 - 5:20 pm Mini Gymnastics (4-5 yrs)

Emphasis on balance, coordination, flexibility, strength, and FUN! (Proper attire required - Girls: gymnastics leotard, bare feet, hair pulled back. Boys: shorts and fitted t-shirt. NO BAGGY CLOTHING.)
\$55|PER MONTH- Limit 12

5:30 - 6:20 pm Beginner Gymnastics (6-7 yrs)

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: shorts and fitted t-shirt. NO BAGGY CLOTHING).
\$55|PER MONTH- Limit 12

6:30 - 7:20 pm Beg/Int Gymnastics (8+ yrs)

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: shorts and fitted t-shirt. NO BAGGY CLOTHING).
\$55|PER MONTH- Limit 12

*****SCHEDULE CHANGES MAY BE NECESSARY*****

CLASSES MAY BE CANCELED, CHANGED (AGE/LEVEL/STYLE), ADDED, OR LEVELS COMBINED BASED ON ENROLLMENT.

TO REDUCE DISTRACTIONS, CAREGIVERS/OBSERVERS ARE NOT ALLOWED IN CLASSROOMS DURING CLASS UNLESS OTHERWISE SPECIFIED