This program is open to all DoD ID card holders and their family members.

CLASS LOCATION:
Classes held in the Youth Center’s Recreation Classroom.

OPEN HOUSE:
July 22, 10 AM - 3 PM
Registration Fee (Non-refundable)
All students
$25 Single Student | $40 Family

To reduce distractions, parents are not allowed to observe gymnastics or dance classes.

Classes are held August-May. There is a separate six week summer session held in June/July that requires separate registration.

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2020/2021
540.720.5406
### DANCE

**MOMMY & ME**  
**9:30-10:15 AM**  
This class is for child and parent. The instructor encourages the development of motor and movement skills through dance participation (Instructional).  
$35 per month | Ages: 18 mo. - 2.5 years

**PRE-SCHOOL DANCE**  
10:30-11:15 AM  
The class emphasis is on interactions with other children and growing motor skills.  
$35 per month | Ages: 2.5 - 3 years

**PRE-BALLET & TAP**  
4:30-5:20 PM  
Basic dance techniques.  
$45 per month | Ages: 3.5 - 5 years

**BALLET & TAP I & II**  
5:30-6:20 PM  
Beginner dance movement in tap/ballet.  
$45 per month | Ages: 5-7 years

**JAZZ-ACRO DANCE**  
6:30-7:20 PM  
Intermediate level  
*Dress attire: plain leotards, footless or convertible tights, black jazz shoes.*  
$45 per month | Ages: 7 and up with 2 years experience

**BALLROOM DANCING**  
7:30-8:20 PM | October 6-27  
You will learn the basic fundamentals of the most popular international style of dancing – Salsa, Waltz, Cha-Cha, Swing.  
$65 Couple per month / $32.50 Single

**DANCE PERFORMANCES**  
December 5, 2 PM, Little Hall Theater  
May 15, 2 PM, Mountain View High School

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.

### GYMNASTICS

**PARENT & TOT GYMNASTICS**  
9:30-10:15 AM  
Controlled play with guardian participation. Early gross motor skills development and socialization (Non-instructional).  
$20 per month | Ages: 1-2 years

**PRE-SCHOOL GYM/CREATIVE 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 movements.  
$45 per month | Ages: 3-4 years

**KINDER GYM**  
4:30-5:20 PM  
Emphasis on balance, coordination, flexibility, strength, and FUN! Introduction to balance beam, vault, bars, and tumbling.  
$45 per month | Ages: 4-5 years

**BEGINNER GYM**  
5:30-6:20 PM  
Students learn basic gymnastic skills and techniques on the balance beam, bars, vault, and tumbling.  
$45 per month | Ages: 6-9 years

**INTERMEDIATE GYM**  
6:30-7:20 PM  
Next level in balance beam, bars, vault, and tumbling.  
$45 per month | Ages: 8-12 years

**BALLROOM DANCING**  
7:30-8:20 PM | October 6-27  
You will learn the basic fundamentals of the most popular international style of dancing – Salsa, Waltz, Cha-Cha, Swing.  
$65 Couple per month / $32.50 Single

**DANCE PERFORMANCES**  
December 5, 2 PM, Little Hall Theater  
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Many safety precautions are being implemented due to COVID-19. A detailed list of the precautions will be sent to all who register.