

# Dancercise

**WHEN:** Mondays from 3:25 – 4:20 PM

**DATES:** January 9 – May 21, 2012

**GRADES:** 3<sup>rd</sup> – 5<sup>th</sup> Boys and Girls

**COST:** \$170



**WHAT TO BRING:** Casual exercise clothes, tennis shoes, snack, and a water bottle

**INSTRUCTOR:** Michelle Lucas

This class will include stretching, core conditioning, and various dance routines. The class will contain sequential patterns and memorizing routines in a fun and exciting format. We will perform at flag ceremony and at the spring fine arts program. I am looking forward to having the opportunity to teach this class.

Please make checks payable to **Michelle Lucas**. Children not picked up by 4:20 PM will be taken to Daycare. Fill out and return the registration form below to the office.

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## Dance & Movement Mondays

My child, \_\_\_\_\_ can participate in Dance & Movement with Michelle Lucas at Sunset Mesa Schools on Monday afternoons.

Child's grade level \_\_\_\_\_

Parent Signature \_\_\_\_\_

Phone numbers: Home \_\_\_\_\_ Work \_\_\_\_\_

Cell \_\_\_\_\_