

■ **BALLET**

**Ballet, Beginning Ages 4-6**  
**CHLZ 1000**

**\$60**  
**9 HRS**

Ballet can improve children’s coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited to the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

61201 9:30 AM - 10:20 AM S 9/9 - 11/11 MVC E121 Kinney

**Ballet, Beginning Ages 7-11**  
**CHLZ 1000**

**\$60**  
**9 HRS**

Ballet can improve your child’s coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

61301 10:30 AM - 11:20 AM S 9/9 - 11/11 MVC E121 Kinney



For the most up-to-date schedule listing, go to:  
**www.econnect.dccd.edu**  
and select CONTINUING EDUCATION STUDENT MENU

■ **GYMNASTICS**

**Gymnastics/Tumbling Ages 4-6**  
**CHPZ 1000**

**\$60**  
**9 HRS**

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, and movements. Children must wear their hair back and comfortable clothes.

61301 12:00 PM - 12:50 PM S 9/9 - 11/4 MVC E121 Kinney

**Gymnastics/Tumbling Ages 7-11**  
**CHPZ 1000**

**\$60**  
**9 HRS**

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, and movements. Children must wear their hair back and comfortable clothes.

61401 1:00 PM - 1:50 PM S 9/9 - 11/4 MVC E121 Kinney

