

# St. Brendan's Dance Team



Dance is an expression of the mind, body, and soul. It allows children an outlet for exploration and a way to enhance gross motor functions. Your children will be taught the J.O.D (joy of dance) through choreography as well as time set aside for them to explore movements that feel natural to them. Dance is about creativity, feeling, and movement.

No prior experience is necessary, however it is welcomed. Each meeting will consist of a stretching, a warm up, and choreography. We will also have time for free movement and exploration. Your child will be taught and taken to the next level under a trained professional dancer. There will be a performance at the end of the first cycle in December at the Christmas concert.

**Grades 1st-4th; Tuesdays 2:50pm-3:50pm (first 12 to sign up)**

**Grades 5th-8th; Thursdays 2:50pm-3:50pm (first 15 to sign up)**

**October 9th-December 20th      No class; Nov. 13th, Nov. 22nd**

**\*Must bring comfortable clothes and shoes to EVERY class**

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Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Yes, I give permission for my child to attend dance team on the designated day. I understand that he/she will go directly to dance team in the gym at dismissal and remain there until 3:50pm.

Please initial 1 of the following:

I will be picking my child up at 3:50PM\_\_\_\_\_. My child attends the After School Program \_\_\_\_\_.

I give my child permission to walk home on his/her own at 3:50PM \_\_\_\_\_.

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

Emergency contact phone number\_\_\_\_\_

Name and phone number of second adult that is permitted to pick up my child:

Name \_\_\_\_\_

Phone number \_\_\_\_\_