








2022 Dance and Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30–11AM Soul Shine Booty Shake w/ Carmen	12–1PM Pre-Ballet w/ Paige Ages 2-4 Preschool	11:45–12:45PM Creative Movement w/ Crystal Ages 0-4	12–1PM Room 8 Pre-Tap w/ Paige Ages 2-4 Preschool	1–2:30PM Soul Shine Booty Shake w/ Carmen
<p>Welcome!</p> <p>PLEASE WEAR A M A S K ON YOUR FACE + RESPECT EACH OTHER'S SPACE</p>  <p>THANK YOU FOR HELPING OUR DANCE STUDIO STAY SAFE</p>	1:45–2:45PM Beginning Ballet w/ Paige Ages 5-6 Kindergarten		1:45–2:45PM Room 8 Beginning Tap w/ Paige Ages 5-6 Kindergarten	
	3:15-4:15PM Ballet w/ Paige Ages 7 and up		3:15-4:15PM Room 8 Tap w/ Paige Ages 7 and up	
	Want to rent a studio? Contact us for details.	2:45–3:45PM Creative Tumbling w/ Crystal Ages 5-7	3-4PM Hip Hop w/ Dreama Ages 7-10	Updated 1/3/2022
		4–5PM Kids Yoga w/ Crystal Ages 8-13	4:15-5:15PM Hip Hop w/ Dreama Ages 11-13	
	6-7:15PM Evening Yoga w/ Crystal Adults and High School	6-7PM Hip Hop w/ Dreama Adults and High School		

Long Valley Dance is Laytonville's community dance and fitness center where all are welcome.

Our mission is to create a fun and safe environment that encourages the whole family to participate in the arts and fitness.

Long Valley Dance is a non-profit organization under Harwood Memorial Park, Inc. supported by the Community Foundation of Mendocino County.

We gratefully accept tax-deductible contributions to help support our programs that are committed to the health and well-being of our local community.