

Ballet Classes

With Miss Matrisha

Pre-Ballet: Mommy and Me for 2- 3 Year Olds

Moms and nannies are encouraged to participate in this introduction to creative movement. This playful class improves motor skills as children perform finger plays, dance to nursery rhymes, and move with balls or scarves to music. Wear comfortable clothing, such as leggings and a stretch top or leotards and tights. Come barefoot or wear ballet shoes.



Exercise Room, 420 Litho Street, Sausalito

#13391.2121	WED FEB. 29-	APR. 4	(6wks) 9:45am-	10:30am	\$72 Residents	\$82 Non- Residents
#13391.2122	WED APR. 18-	MAY 30	(7wks) 9:45am-	10:30am	\$84 Residents	\$94 Non- Residents

Miss Matrisha teaches children's dance classes throughout the Bay Area. She's trained in ballet, modern dance and theater.

Ballet and Tap for 3- 4 Year-Olds

This is a fun introduction to ballet and tap dancing. Children enjoy the rhythm and sounds while learning basic tap steps. During the ballet portion of the class they use their imagination as they plie like fairies, tendue like frogs and jete like deer. Activities include stretching exercises, learning simple dances, free dancing with scarves and playing games that teach social skills. Both tap shoes and ballet shoes are required for this class. Shoes are available at D'Lynnes Dancewear, 1850 4th Street in San Rafael.



Exercise Room, 420 Litho Street, Sausalito

#13392.2121	WED FEB, 29-	MAY 30*	(13wks) 10:45am-	11:30am	\$156 Residents	\$160 Non- Residents
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*NO CLASS ON 4/11

Ballet and Tap for 4- 5 Year-Olds

Children have fun as they tap, stretch, leap and dance to a variety of music. This class introduces young dancers to the ballet barre. They learn basic ballet foot and arm positions and simple choreography. In the tap portion of the class dancers follow the beat of the music as they practice their shuffles or pretend to be animals. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. Dancers should wear simple leotards with tights and will need both tap and ballet shoes. Shoes are available at: Payless Shoes, D'Lynnes Dancewear in downtown San Rafael or online at www.discountdance.com. *Children must be the minimum age by the first day of class!*

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#13393.2121	FRI MAR. 2-	JUN. 1*	(12wks) 3:30PM-	4:15PM	\$144 Residents	\$154 Non- Residents
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* NO CLASS ON 4/13 AND 5/25



For more information or to register please contact Sausalito Parks & Recreation
By phone 289.4152, Online www.sausalitoparksandrecreation.com

