

Dance Programs

MONDAY'S

Body Language Exercises, Training Techniques For Dancers, Basic Dance Steps, Projection Of Dancer On Stage, Choreographic Games, Costume Design, Dance Performance

**Each Program Is 4 Weeks
At The Community Center
(Nike Base Park) 3278 Whitehaven Rd.
Gr. Is. NY.**

REGISTER ONLINE

Registration and Payment Go To:

<https://grandislandny.myrec.com>

Click On "Programs"

Check The Website For Program Schedule



Dance Programs for: Toddlers & Youth

Tiny Tot Dancer: Ages 3-6: (1/2 hr. class) Monday Evenings

This *thirty-minute class* will introduce boys and girls to music and dance while exploring movement and basic steps in a fun creative way. We use imagination games, up-beat age-appropriate music and props, like colorful scarves, hoola hoops, and maracas to inspire and excite students about dance. Your toddler will also improve their listening skills, along with their gross motor skills, coordination, muscle development and body awareness. Please prepare your child with comfortable clothes for movement.



Young Dancer: Ages 7-17 (1 hr. class) Monday Evenings

What a wonderful way to build character, confidence and strength while experiencing a dance journey through memorable cultures of the world! Participants will be introduced to beginner dance techniques of Hip Hop, Salsa, Merengue, and Samba. Your child will truly enjoy this program.



About the Independent Instructor:

SHIRLEY BITTLINGMAIER, BA Dance and Theatre degree.

A native of Sincelejo, Colombia, Shirley studied dance and theatre at the University of Antonio Nariño of Bogota Colombia and went to serve as the director for the Municipal Dance School of Sincelejo, she was artistic director for Grupo Cultural Latinos in Rochester, dance instructor of Borinquen Dance and theater and dance teacher at James Monroe High School in Rochester, in the same way she served the community in multiple Recreation Centers of the same city.

Online Registration is required.

Appropriate footwear, or barefoot, and a water bottle is optional.

**Each program is 4 Weeks at the Community Center (Nike Base Park)
3278 Whitehaven Rd. Gr. Is. NY.**

Grand Island Recreation Department 716-773-9680

