

## Extracurricular & After School Care all in one

Take dance and/or jump rope classes with us while being supervised in our awesome after school program Mon-Fri 4-6pm

### Dance Classes

Jazz, ballet, hip hop and acro classes will fill your week with fun and music. Each day you get a 45 minute class included in your after school care fees.

### Jump Rope

We have Nationally ranked jump rope athletes who will teach your little one the ropes. Jump rope skills support all athletic sports by encouraging eye hand coordination, developing cardiovascular skills and fast twitch muscle for fast reflexes

### Relax Time

We believe kids deserve a break and after school there is time to relax before class and also lots of time to play games and colour, read or play after class. Do as much or as little as you feel like on any given day during “Relax time”.

## Homework Club

Would you like your child's homework to be done by the time they get home? We will make sure they show us what they are supposed to work on and help as much as we can so you can have the night off!

School is important and kids and parents are tired after a long day. We will help to get homework out of the way for you....but no guarantees because sometimes kids need to stay in “Relax time” a bit longer and that's okay.



jump dance fit  
**ACADEMY** JD  
JUMPDANCEFIT.CA FA



## Monday

If you're 7+ you get to learn jump rope after school today. If you're younger it's a play day for you with our wonderful staff.

Each day brings different fun to our after school program – different crafts, different games, different music....

If your camper is hungry we have a snack bar complete with healthy before dinner snacks all the way up to hot meals if you're running late and don't have time to make dinner. We're here to help. Food service is extra \$\$ and we teach your child how to make change after shopping in our grocery store.

LOCATION: 7051 Guelph Line, Milton  
(we are on the Kilbride PS bus route)

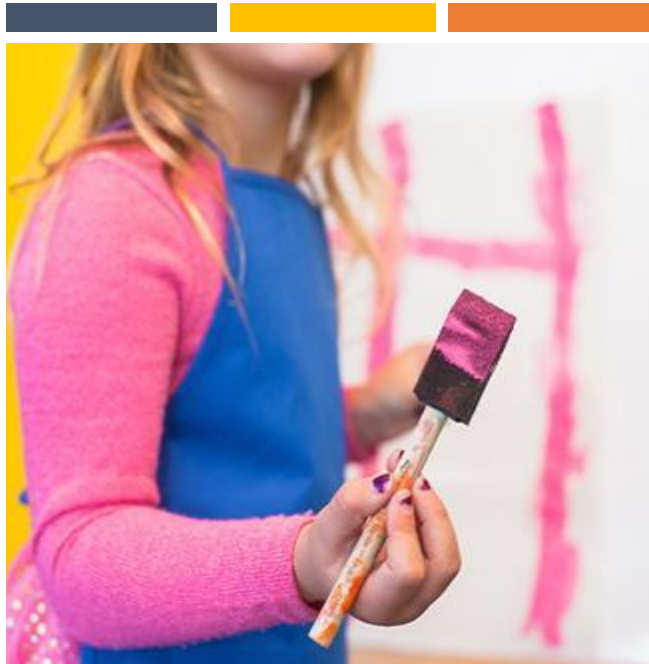
## Tuesday

Today we move to music in our jazz/ballet combo class. Our teacher uses imagery to teach versus technical terms so everyone focuses on the love of dance versus ballet buns.

## Wednesday

Who doesn't love getting their groove on to hip hop? Listen to fun music and learn all of the trends out there in dance while being in a family friendly environment.

You never know when your dancer will be showcased in the next music video!



# Believe in yourself and you will achieve your dreams

## Thursday

This class is dedicated to the future dancers, gymnasts, cheerleaders and jumpers of the world – ACRO skills! We teach the very basics to get our kids strong and flexible while being safe and age appropriate. Did you know 4-7 year olds shouldn't be doing head stands? We keep your kids safe during acro class!

## Friday

Bring on the basics of two foot jumping, manual dexterity skills, eye hand coordination fun all in a beginner jump rope class for kids ages 4-6...and did we mention we play really cool games too!

Fees: \$100 per week plus tax

Small Print: 5 day commitment

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905.299.9294 for more info

