



# Youth Development

## YMCA Youth Dance *Fundamentals of Dance*

The YMCA's dance class will cover the Fundamentals of Dance. Each class will teach proper stretching to enhance strength and flexibility. Participants will learn Jazz Dance based on loco-motor progressions including turns and leaps. Other styles of dance will also be highlighted to give the participant exposure to a wide variety of dances. Opportunities for choreography and performance are available to those interested.

### Class Information

Instructor: Blair Cronin

Class Dates: September 7th - October 28th

*There will be 14 Classes.*

*No classes the week of October 11th*

Class Times: 3:45pm to 4:45pm

Class Days: Tuesday and Thursday

Ages: 9 to 14

Registration begins: August 16, 2010

Cost: \$140 (*Payment plan and financial assistance is available*)  
*YMCA Membership required*

*Location:* YMCA of the Monterey Peninsula  
600 Camino El Estero  
Monterey, CA 93940

For more information contact Chris Harris at 831-373-4167 or at [charris@ymcacentralcoast.org](mailto:charris@ymcacentralcoast.org)



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### Instructor Bio:

Blair Cronin is passionate about the healing power of movement. She has an M.A. in dance-based, expressive arts therapy and has worked locally and in San Francisco in hospitals, schools, and assisted living facilities using dance as therapy. Blair grew up on the Monterey Peninsula and has studied dance extensively, from modern to ethnic genres. Her teaching experience includes jazz, contemporary, creative movement, and Pilates for children and adolescents, providing an encouraging and fun dance class experience.