

Abby PolICASTRO

Director/Owner



- ◆ 18 Years Dance Experience
- ◆ Bachelor of Science Degree in Exercise Science
- ◆ Towson University Dance team 2000-2003
- ◆ Won 3 National Championships
- ◆ Won 2 Grand National Championships
- ◆ 15 Years Teaching Experience

CERTIFICATIONS

American College of Sports Medicine (ACSM)
Les Mills: BodyAttack, BodyStep, BodyJam
PILOXING Trainer, TRX Trainer
Zumba Instructor

"Elementary dance movements, positions, and terminology will be taught along with flexibility and musicality to expose the students to the world of dance"

Athelite Dance

- where athletes take the beat and soar -



instruction Provided by:
Anna Myers

-College: Penn State University
-Major: Health Policy and Administration, Master of Health Administration
-Dance Experience: Began dancing at three years old and danced through high school. Trained in ballet, jazz, tap, modern, hip hop, and lyrical.
-Dance Instruction Experience: 5 years teaching experience with a pre-school and middle school focus

LOCATION:

Momentum Fitness Center
5103 Carlisle Pike
Mechanicsburg, PA 17050

AGES:

3 - 6 year olds
(must be potty trained)

COST:

\$150.00 per person

DATES:

Six Weeks: June 20th - August 1st
(There will be no classes the week of July 4th)

No make-up days for missed classes

****EARLY BIRD SPECIAL****

REGISTER & PAY BY MAY 1 = \$120

Cancellations prior to 6/1 will receive a 50% refund; otherwise there are no refunds

See reverse side for registration waiver



WHAT

In six weeks, the preschool program will educate students on basic athletic movement, simple tumbling, ballet technique, and center floor work. Basic dance movements, positions, and terminology will be taught along with flexibility and musicality to expose students to the world of dance.

WHEN

Wednesdays June 20th-August 1st
(no class the week of July 4th)

3-4 year olds - 5:00-6:00pm

5-6 year olds - 6:00-7:00pm