



Jump, Dance, and be a Wiggle Pants



in KINDERDANCE®!!

America's premiere developmental movement program for children ages 2- 8 years, **Kinderdance®** has brought movement, fun, and light to children around the East Bay for nearly 20 years through *Kinderdance East Bay*. We have made it our mission to stimulate cognitive and physical development through our **Kinderdance®(3 Levels)**, **Kindergym®**, **Kindertots®**, and **Kindermotion®** programs, so that our students' confidence, self-esteem and dreams can SOAR. Our planned, early childhood developmental curriculum, along with original, catchy music, colorful props, and committed teachers allow us to achieve this mission and reach our goal to have FUN and laugh A LOT!! We call what we do: *Educational Candy* 😊

We know that every child is different. Our caring staff and patented curriculum meet each student where they are and help them to grow and develop at their own pace. Every *Kinderdance East Bay* teacher is trained, fingerprinted, and many have studied or received degrees in Early Childhood Development. We are passionate, compassionate, positive role models for our students, and we love what we do!

Call or email 'Miss Kira' today to find a virtual or distant/outdoor class near you:
(415) 385-6501 or KinderdanceEastBay@yahoo.com
<https://kinderdanceeastbay.com/>





A Typical Class Includes: Laughter, Learning, Self-Expression & More...

“Circle Time”

Check-in, Discuss Monthly Theme & Share. We also set personal goals, depending on age group.

Warm Up

Stretch, Body Isolations, & Cardio

Gross Motor Development

Transformations, Skill Drills, & Imagination Games

Dance Basics

Ballet, Choreographed Dances, and/or Tap (depending on the class)

Floor Acrobatics

Mat Skills, Obstacle Course, & Balance Exercises

Fitness Games & Exercises

Increase endurance, hand/eye coordination, brain development, & team-building skills

Fitness Stations (Kindermotion®)

Sports- Introduction to multiple sports & Fitness Games

Closing “Circle”

Appreciations & Shout-Outs: we recognize a job well done and/or the kindness we displayed.

Cool-down & Self-Esteem Building

Time for self, to breathe and be proud...