



## at MATES

Dance teaches children to:

- Improve strength and flexibility
- Recognize movement progressions
- Learn stage direction
- Improve memorization skills
- Develop choreography patterns
- Enhance confidence and self-image



Please visit [www.growingoutdoors.com/mates](http://www.growingoutdoors.com/mates) for dates, pricing, and information on how to register.

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### SIGN UP TODAY!

- Dance movement & Hip Hop
- A dynamic certified dance instructor
- 7 weeks of dance classes
- Showcase on the last date
- Prizes awarded to all students
- Exclusive Sky High Dance Shirt

*Day: Friday*

*Time: 1:40 pm - 2:35 pm (Kinder)  
2:55 pm - 3:55 pm (1st-5th Grade)*

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### Sky High Dance is Open to ALL Students!

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