

new!

# a chance to Dance

for ages 3-12

A PARTNERSHIP PROGRAM OF THE ROCKFORD DANCE COMPANY & ROCKFORD PARK DISTRICT

 new! a chance to Dance  
Saturdays, February 6–March 27

A Chance to Dance offers dance classes for students with disabilities. These classes are a technique-based dance program that lets participants explore creative expression in a non-judgmental setting, and provides an enjoyable opportunity for expressive movements.

*Classes are held at the Rockford Dance Company Studio. All participants should wear clothing they can easily move in, such as sweat pants, t-shirts, and soft dance shoes (or go barefoot! No socks please.).*

**FOR AGES 3-5** Emphasis on gross motor skills as well as exploration of space, time, energy and the body, creative responses to rhythms, stories and music, and developing an awareness of the body and how it moves through space.

**FOR AGES 6-12** Simple rhythms, basic positions and terminology are taught. Students will also explore spatial awareness, expressive qualities of movement, as well as increase of strength, stability and flexibility.

**Rockford Dance Company Studios – 2nd floor, Riverfront Museum**  
711 N Main St • 815-963-3341 • [www.rockforddancecompany.com](http://www.rockforddancecompany.com)

**Rockford Park District Main Office (Webbs Norman Center)**  
401 S Main St • 815-987-8800 (TTY, 888-871-6171) • [www.rockfordparkdistrict.com](http://www.rockfordparkdistrict.com)

 We welcome the opportunity to assist guests with disabilities. Call for more information.

**RPD BOARD OF COMMISSIONERS** Jack L. Armstrong • Douglas J. Brooks • Chuck Brown, Ph.D.  
Nate Martin • Tyler Smith **EXECUTIVE DIRECTOR** Tim Dimke

## Register now!

**ONLINE**

[www.rockfordparkdistrict.org](http://www.rockfordparkdistrict.org)

**IN PERSON**

Webbs Norman Center • 401 S Main St, Rockford  
Mon–Fri, 8:30 am–5:00 pm

Carlson Ice Arena

Perryville and Riverside, in Loves Park

Mon–Fri, 8:00 am–8:00 pm • Sat, 8:00 am–12:00 pm

**AGES 3–5 (ID# 206150-CD)**

**SATURDAYS** Feb 6–Mar 27  
11:00–11:45 am

**AGES 6–12 (ID# 206104-CD)**

**SATURDAYS** Feb 6–Mar 27  
11:00 am–12:00 pm

Resident . . . . . \$65.00

Non-resident . . . . . \$70.00

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Rockford  Dance Company

