



Dance elite

STUDIO FOR THE ARTS

TEAM

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Teen Enrichment And Mentorship | Membership Elite

Eight-week workshop series for male and female students ages 12 and up.
The third Saturday of each month, September to April. \$120 plus HST.

Each workshop will include both a movement/exercise and life-skill component.

MOVEMENT/EXERCISE

Yoga
Pilates
Zumba
Conditioning
Improve

LIFESKILLS

Managing Friendships
Coping with Frustrations
Speak Up: Find Your Voice
Positive Body Image
Courage to Try

Register at the studio or on-line at www.danceelite.ca