



331 Washington Ave
Cedarhurst, NY 11516
Tel: 516-609-5232 Fax: 516-569-6429
Email: Mercazdance@gmail.com
Website: www.mercazdanceandfitness.com

4 Year Nursery through Kindergarten Girls

In the beginning of February, when winter vacation ends, HALB's women's league will be offering extracurricular activities for our preschool. We have arranged with Mercaz Dance located at 331 Washington Ave. in Cedarhurst, NY a beginners Ballet class. The session will run ten weeks. We will begin the session starting Friday February 5 at 1:45-2:45pm. All of Mercaz Dance's teachers are certified professional instructors with many years of teaching experience. We feel this is a great opportunity for our children to learn creative movement and the basic foundation of dance. Please send back your registration form with a check totaling \$265.00.

Checks made out to HALB Women's League.

Mail form and payment to: **Deena Fuchs 131 Park Street Woodmere, NY 11598**

Class Description – Ballet technique is the basic foundation for all dances. Ballet is the classical dance form that can be mastered by itself or used as a technical base or supplement to other dance forms. Ballet provides students with a basic understanding of the fundamental principles of classical ballet technique, encourages students to achieve a significant level of self-discipline and physical control, and emphasizes the application of proper alignment and technique.