

Fall 2020 **ZOOM** Dance Courses at Candlewood
with
Tommie Shaw & Company

To register, click the links below,
or visit www.tommieshaw.com, and click "registration".



Hip Hop (K-3rd)

Tuesdays {5:15-6:15pm}

Tuition: \$189.00

10/20-12/15; no class on 11/3

[Click here to register](#) Or visit www.tommieshaw.com, click "Registration", then "Candlewood Hip Hop"

Hip Hop is a high-energy dance form that uses the latest sounds in rap, R&B, and pop music, and is perfect for boys and girls who love to move! This fun-filled class immerses students in all aspects of motion, developing their balance, coordination and strength, as well as promoting creativity, teamwork, and self-esteem. We use child-friendly music in all of our Hip Hop classes (often Kids Bop), and all movement is age-appropriate. Parents are invited to join us on the last day of class for a Parent's Day performance.

Beginner Ballet (K-3rd)

Mondays {5:15-6:15pm}

Tuition: \$189.00

10/19-12/14; no class on 11/9

[Click here to register](#) Or visit www.tommieshaw.com, click "Registration", then "Candlewood Beginner Ballet"

Beginner Ballet class is designed for younger ballet students of both genders. The class starts with a basic ballet center barre, followed by basic center floor ballet steps and simple ballet combinations moving across the floor. Beginner adagio, petit allegro and very simple grand allegro steps are introduced. French ballet terms are spoken and taught in the class and primarily classical music is used for accompaniment in this class. Students will also learn a ballet piece to be performed on the last day of class each session. Parents are invited to join us on this day for a Parent's Day Performance.

Listed tuition price includes a Tommie Shaw & Co. Online Registration Processing Fee.

email: tommie@tommieshaw.com/ 1530 Key Blvd., Suite 1029, Arlington, Va. 22209/office (703) 528-6454

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Yoga (K-3rd)

Thursdays {5:15-6:15pm}

Tuition: \$189.00

10/22-12/17; no class on 11/26

[Click here to register](#) Or visit www.tommieshaw.com, click "Registration", then "Candlewood Yoga"

In Yoga class, students will learn the basics of yoga in a fun, relaxing environment. Students will learn a variety of techniques to build strength and stamina, as well as increase flexibility, balance, and coordination. Additionally, yoga builds students' self-confidence, and aids in concentration and relaxation. The course will focus on basic yoga poses which strengthen the body, release tension and calm the mind. Yoga class is a great way for students to relax after a long school day, in a non-competitive and positive environment. Parents are invited to join us on the last day of class for Parent's Day.

American Sign Language (1st-4th)

Wednesdays {4:50-5:50pm}

Tuition: \$189.00

10/21-12/16; no class on 11/25

[Click here to register](#) Or visit www.tommieshaw.com, click "Registration", then "Candlewood ASL"

Our Beginner ASL Course will accommodate both new and previous beginner level students by including new beginner level material! Explore a new world of communication by learning American Sign Language (ASL)! ASL is the fourth most commonly used language in the U.S., and learning ASL can open new lines of communication between hearing and hearing impaired individuals. Additionally, studies have shown that learning the ASL signs for letters and words can help children with spelling and vocabulary skills. The students will learn the signs for basic vocabulary terms and sentences in a fun, child-friendly environment. Parents are invited to join us on the last day of class for a Parent's Day demonstration.

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