



**KATE MOONEY SCHOOL OF DANCE**

# Baby Ballet Classes

## Ballet Bumps and sling ballet

A drop in class for pregnant mums and mums with newborns.

**9:15am - 10:00am**

## Ballet Babes

A class for children from 6-18 months

**10:00am - 10:30am**

## Ballet Boppers

A class for children from 18 months to 3 years

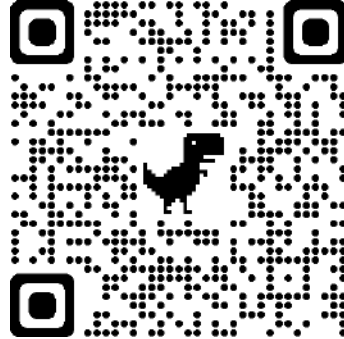
**10:35am - 11:05am**

## Toddler Ballet

A ballet class for children aged between 3 - 4 years following the BBO Introduction to Ballet syllabus

**11:10am - 11:40am**

Classes start on Monday September 13th at Lostwithiel Community Centre. To book your child's place please click on this link or scan the QR code. <https://bit.ly/3eh8eRs>



For more information on children's classes visit [www.facebook.com/KateMooneyschoolofdance](http://www.facebook.com/KateMooneyschoolofdance)  
[sites.google.com/view/katemooneyschoolofdance](https://sites.google.com/view/katemooneyschoolofdance)

## Ballet Bumps and Sling Ballet

This relaxed class will give you an opportunity to spend time moving with your baby, whether your baby is in a sling, or still inside your tummy! The class will also give you the opportunity to regain some muscular strength after giving birth.

## Ballet Babes

This fun class uses music, movement and classical ballet to develop children's co-ordination and expression. Children must be accompanied by an adult in this class.

## Ballet Boppers

This fun class develops the knowledge learnt in Ballet Babes, and develops independence and coordination through the use of movement, classical ballet and expression. Children must be accompanied by an adult in this class.

## Toddler Ballet

This class develops children's independence through learning classical ballet exercises from the BBO Introduction to Ballet syllabus. Parents don't join in with this class, but can sit and watch, or relax in the cafe.

For more info please email - [dancekatemooney@gmail.com](mailto:dancekatemooney@gmail.com) tel - 07813 296925