

Day-to-Day Dance

*Enroll your child in
dance class today!*

- ☞ Dance instruction in a nurturing and supportive environment, where development is encouraged
- ☞ An experience allowing children to gain confidence while improving coordination and strength
- ☞ A fun social environment
- ☞ Encouragement of imaginative play through the use of props, stories and musical styles
- ☞ Dance instruction for children & teens
- ☞ Space is limited and early registration is recommended

Day-to-Day Dance



Whatcom Fitness

250 G Street
Blaine, WA 98230
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Brochure Created By
Angela Gomez

Class Descriptions

Creative Movement

Ages 2 – 5

This class uses concepts of time, space, shapes and directions to explore dance. Using stories, props, imagery, games and types of music to encourage the development of strong bodies, self-confidence and self-awareness.

Dance Movement

Ages 5 – 8

This class focuses on creative self-expression. Students will learn common dance steps allowing them to improve strength and coordination. Each class is tailored to meet the physical and developmental abilities of each age group.

Contemporary Dance Conditioning I

Ages 8 - 12

Contemporary Dance Conditioning II

Ages 12 & Up

These classes focus on providing young dancers with a strong foundation of dance technique, etiquette and understanding.

Use of imagination and creativity is encouraged. Students will develop a higher level of focus, coordination and skill.

**PLEASE SEE SESSION FLYER FOR
SCHEDULE & FEES**

Class Policies

Facility Rules

- ☞ No gum or food in class
- ☞ No jewelry or watches may be worn

Dance Attire

Our dance attire policy ensures freedom of movement and enables the teacher to clearly see the body, promoting technique and encouraging safety. Students should wear leotard or tight fitting shirt & pants that do not restrict movement or flexibility

Enrollment & Tuition

Space in classes is limited; therefore enrollment is on a first-come, first-served basis. You are encouraged to register early.

Tuition is due on the first of the month. Payment can be made monthly or by the session. Session fees will be split into 5 equal payments for the sessions. If you choose to pay for the entire session you will receive a 5% discount.

A full refund will be granted if the program is cancelled. There will be no reduction in monthly fees for late arrival.

Performance Fees

Dance productions and performances provide students with an opportunity to exhibit the talents they have developed. To participate in the production there is a performance fee of \$50. This fee is used for costume design/creation and event productions.

Day-to-Day Dance Program

The Day-to-Day Dance program was created by Sabrina Gomez in 2005 in coordination with Whatcom Fitness.

Day-to-Day Dance and Whatcom Fitness present regular story dance productions starring the students and WWU students with proceeds benefiting local Fine Arts Scholarships.

Ms. Gomez has a passion for dance, music and the Arts. Her goal is to offer dance lessons with an emphasis on Jazz, Contemporary and Children's Dance. Her mission is to inspire audiences, cultivate artists, engage community, and foster diversity and inclusion through dance and music.

At a young age, Ms. Gomez began studying music and various forms of dance including modern, jazz, ballet, Latin, creative movement and improvisational movement. Her love of music and dance encouraged her to further explore this artistic expression by studying and immersing herself in dance production, music, choreography and the Arts.

Ms. Gomez has over 16 years of teaching experience with the Walla Walla Dance Company, Cheney Parks and Recreation and now Whatcom Fitness. She has performed in, directed and produced a number of small community productions, as well as assisted in choreography in large community productions. She holds a Master's Degree in Social Work from Walla Walla University and works as a Social Worker.
