

Arlington Dance Academy

Summer 2025 Schedule

Session 1: June 9 - June 28

Session 2: July 7 - July 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY																																																					
	BeMoved® * 9:00-10:00am Mari Jo			Dance with Me. 18mo-3 yrs 9:00-9:30 Katie Summer Dance. 3&4 yr olds 9:30-10:15 Katie Summer Dance. 4&5 yr olds 10:15- 11:00 Katie Adult Modern 11:00-12:00 Session 1 Only Katie																																																					
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4/7/2025

* BeMoved® is a dance fitness experience for adults of all ages and skill levels, including those who have never danced before. Do you love to dance, or have you always wanted to learn? Whether you are a beginner or a pro, BeMoved Dance is the perfect place for you to express yourself, have fun, and improve your wellbeing. BeMoved Dance is a dance fitness program that offers over 20 unique dance genres, from Bollywood to Broadway, to suit your mood and style. You will be guided through a warm-up, a genre, and a cool-down. You will feel the joy of movement, the rhythm of music, and the power of dance. BeMoved Dance is more than just a workout, it is a celebration of life. Join today and discover how BeMoved Dance can transform your body, mind, and soul.

* Jumps and Turns 12+: Looking to improve your jumps and turns? This class will help students improve technique for stronger jumps and turns for class, dance team, poms and orchesis. This class is for ages 12+ and dancers must be in level 3 or higher.