

Duggan Dance

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Mommy & Me

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Class Mission Statement

Duggan Dance is here to teach a love and passion for dance to its students. Classes are family friendly and based on a Christian belief foundation. "The most Valuable thing the Psalms do for me is to express the same **delight in God which made David dance.**" ~ C.S. Lewis



Mommy & Me

The Mommy & Me class provides healthy, interactive time for a mother to bond with her child in a safe and enjoyable atmosphere. This time spent together presents an opportunity for open communication and bonding through the art of dance.

Class Overview

Each class will be 30 minutes long and costs \$7.00 per person. During this time, we will learn a short warm up, basic technique and participate in extra activities that will teach us about ourselves and each other.

Class Supplies

- Activewear such as leggings, sweatpants or shorts with a tank or t-shirt and tennis shoes. (If preferred, students and parents may wear professional dance apparel.)
- Filled water bottle (needs to seal well to prevent spills)