

# SPRING 2026

## SESSIONS in DC/MD



### SATURDAY mornings at DANCE EXCHANGE (Takoma Park)

The Dance Exchange is located at 7117 Maple Ave, Takoma Park, MD 20912

March 21<sup>st</sup> – May 9th, 2026 - 7 weeks (no class April 4th)

**9:00 AM: ages 18m-3y** - Adult & Me Gymnastics

**9:30 AM: ages 18m-3y** - Adult & Me Gymnastics

**10:00 AM: ages 3-5y** - Gymnastics\*

**10:30 AM: ages 3-5y** - Gymnastics\*

**11:00 AM: ages 5-8y** - Gymnastics\*

*all classes are 30 minutes*

*\*Denotes drop-off classes*

*Makeup class if needed May 16th*

**REGISTRATION  
OPENS  
MONDAY, MARCH 9th  
AT 10:00 AM**

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***Session already started? No problem!  
In most cases, pending space in the class, we  
can prorate for joining after the start date.  
Email us at [info@powertotsinc.com](mailto:info@powertotsinc.com) to find out  
our registration policy and more details!***