

# SPRING 2023

## SESSIONS in DC/MD



### Monday mornings at LINCOLN PARK – OUTDOOR SESSION

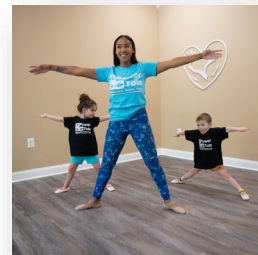
Lincoln Park is located in Washington, DC 20003

Session I: March 13 – April 17- 6 weeks (*make-up if needed on Apr 24*)

- 9:30 AM: ages 16m-2.5y – Adult & Me Gymnastics
- 10:00 AM: ages 16m-2.5y – Adult & Me Gymnastics
- 10:30 AM: ages 2.5-3.5y – Gymnastics\*
- 11:00 AM: ages 3-4y – Gymnastics\*

*all classes are 30 minutes*

\*Denotes drop-off class/adult participation optional



**REGISTRATION FOR LINCOLN PARK IS OPEN NOW!**

### Sunday mornings at DANCE EXCHANGE (Takoma Park) – INDOOR SESSION

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

Session I: May 14 – June 25- 6 weeks (*no make-up class offered, no class on May 28*)

- 9:00 AM: ages 18m-3y – Adult & Me Gymnastics- **FULL**
- 9:30 AM: ages 18m-3y – Adult & Me Gymnastics- **FULL**
- 10:00 AM: ages 3-5y – Gymnastics\*- **FULL**
- 10:30 AM: ages 2-3y – Intro to Ballet\*
- 11:00 AM: ages 3-4y – Ballet/Tap Combo\*
- 11:45 AM: ages 4-5.5y – Ballet/Tap Combo\*- **FULL**

*all classes are 30 minutes except for the 11:00 and 11:45 am classes*

\*Denotes drop-off classes

*Please note that masks for over age 2 are required in all common areas per the Dance Exchange's policies. If these policies change, we will update as needed.*

**REGISTRATION FOR DANCE EXCHANGE IS OPEN NOW!**

### Saturday mornings at YARDS PARK – OUTDOOR SESSION

Yards Park is located at 355 Water Street SE, Washington, DC 20003

Session I: March 18 – April 22- 5 weeks (*make-up if needed on Apr 29, no class on Apr 8*)

Session II: May 6 – June 10- 5 weeks (*make-up if needed on Jun 17, no class on May 27*)

- 9:00 AM: ages 5-8y – Gymnastics\*
- 9:30 AM: ages 3-5y – Gymnastics\*
- 10:00 AM: ages 3-5y – Gymnastics\*- **FULL FOR BOTH SESSIONS**
- 10:30 AM: ages 18m-3y – Adult & Me Gymnastics
- 11:00 AM: ages 18m-3y – Adult & Me Gymnastics
- 11:30 AM: ages 4-8y – Gymnastics\*

*all classes are 30 minutes*

\*Denotes drop-off classes



**REGISTRATION FOR YARDS PARK IS OPEN NOW!**

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**Create or log into your account at  
[powertotsinc.com](http://powertotsinc.com)  
to register today!**

*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!*

\*Sunday morning and Wednesday afternoon Power Tots classes are offered at the Edlavitch JCC in Washington, DC for the spring.

The JCC handles all registration and planning, so please visit their website to get more info if you are interested in these offerings.\*

