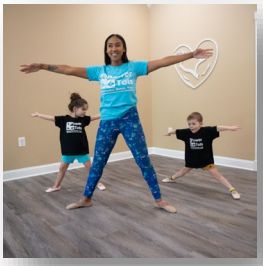
SPRING 2023
SESSIONS in DC/MD

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 CURRENTLY OPEN!

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
9:30 AM: ages 18m-3y - Adult & Me Gymnastics
10:00 AM: ages 3-5y - Gymnastics*
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*
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 OPENS ON FEBRUARY 14th AT 10 AM!

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*
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**

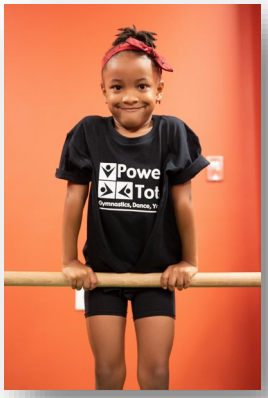
REGISTRATION FOR YARDS PARK OPENS ON JANUARY 31ST AT 10 AM FOR BOTH SESSIONS!

SPRING 2023

SESSIONS in DC/MD

Power Tots
Gymnastics, Dance, Yoga

Create or log into your account at 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 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.*