



made possible by  Health Forward  
FOUNDATION

# SPRING 2023 DANCE SATELLITE SCHEDULE

MARCH 27 - MAY 21, 2023

UPDATED 3/13

REGISTER ONLINE AT [CITYINMOTION.org](http://CITYINMOTION.org)

## LOCATED IN

Linwood YMCA  
3800 Linwood Blvd,  
Kansas City, MO 64128  
(816) 200-0301  
[school@cityinmotion.org](mailto:school@cityinmotion.org)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
9:00					
9:30					
10:00					
10:30					
11:30					
4:30					
5:00		<b>Youth Praise Dance</b> (ages 5 & up) 5-6 pm Taryn		<b>Dances of the Diaspora</b> (ages 10 & up) 5-6 pm Danny	
5:30					
6:00		<b>Ballet</b> (ages 10 & up) 6-7 pm Frances		<b>Youth Hip Hop</b> (beginner ages 10+) 6-7 pm Tonille	
6:30					
7:00		<b>Latin Essentials</b> (teen/adult) 7-8 pm Jessica		<b>Beginner Heels</b> (adult 18+) 7-8 pm Tonille	
7:30					
8:00					
8:30					

SATURDAY
<b>Chair Yoga</b> (Teen/Adult) 10:30 - 11:30 am Linda
<b>Creative Movement</b> (ages 3-5) 11:30 am - 12:30 pm Jordan
<b>Youth Dance Theater*</b> (ages 5-18) 12:30 pm - 3:00 pm Ann  <i>*Must apply first. Contact <a href="mailto:company@cityinmotion.org">company@cityinmotion.org</a>.</i>

