



# FALL 2023 SCHOOL OF DANCE SCHEDULE

AUGUST 28 - OCTOBER 22, 2023 + STUDENT SHOWCASE TBD!

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

UPDATED 9/14

## LOCATED IN

Lorna's Dance School  
 8253 Wornall Rd  
 Kansas City, MO 64114  
 (Back parking lot)  
 (816) 200-0301  
[school@cityinmotion.org](mailto:school@cityinmotion.org)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00	<b>Advanced Professional Ballet</b> (ages 18+) 9-10:30 am Staff		<b>Advanced Professional Modern</b> (ages 18+) 9-10:30 am Staff	
9:30				
10:00				
10:30				
11:30				
4:30				
5:00				
5:30				<b>Teen/Adult Beginning Ballet</b> (ages 16+) 6-7 pm Lillian
6:00				
6:30				
7:00				
7:30			<b>Beginning Modern</b> (Teen/Adult) 7:15-8:30 pm AJ	<b>Beginning/Intermediate Jazz</b> (ages 16+) 7:05-8:05 pm Lillian
8:00				
8:30				

SATURDAY	
<b>VIRTUAL Stretch &amp; Strength (Online)</b> 9-10 am Lillian	
	<b>Adult Ballet</b> (ages 16+) 11-12:25 am Lillian





made possible by  Health Forward  
FOUNDATION

# FALL 2023 DANCE SATELLITE SCHEDULE

AUGUST 28 - OCTOBER 22, 2023

UPDATED 8/10

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>Afro-Caribbean</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>Beginner Bachata</b> (teen/adult) 7-8 pm Nakysa	<b>Zumba</b> (teen/adult) 7-8 pm Jessica	<b>Adult Beginner Hip Hop</b> (ages 16 & up) 7-8 pm Morgan	<b>Beginner Heels</b> (adult 18+) 7-8 pm Tonille
7:30				
8:00				
8:30				

**SATURDAY**

**Itty Bitty Dance**  
(ages 3-5)  
10:30 am - 11:30 pm  
Jordan

**Youth Modern**  
11:30 am - 12:30 pm  
Jordan

**Youth Dance Theater\***  
(ages 5-18)  
12:30 pm - 2:30 pm  
Ann

\*Scholarships available. Contact [company@cityinmotion.org](mailto:company@cityinmotion.org).

