



# MAGICAL

## music & movement

with miss sarah

**Thursdays ● September 13 – November 15**  
**3:15 – 4:00pm ● Ages 2½ to 5 years**

Children naturally love song, music and dance, but do not always have the opportunity to fully explore how these three elements work together. Studies show that children who experience music and dance at an early age not only increase their appreciation for the arts later in life, but also begin to learn to "think with their bodies" and express themselves through movement. Magical Music and Movement will feature age appropriate music and movement activities to help students with their musicality, coordination, balance, strength and control, postural alignment & spatial awareness.

### Cost

**\$135 Member**

**\$190 Non-Member**

**Register in**

**Member Services**

**or online by 9/11/18**

### Contact:

**Debbie Quinones at**  
**[debbieq@jccabq.org](mailto:debbieq@jccabq.org) or**  
**505-348-4501**

