



Spring Offerings at The Dance Sanctuary May and June 2022

Email thedancesanctuary@gmail.com

"Dance With Me"

(Ages 0-4 with caregiver)
Fridays (April 29, May 6, 13, 20, 27)
9:30-10:15am
\$10 for one child
\$15 for more than one child
*NO registration needed
Location: Main Street Studio,
68 Main Street Saranac Lake

"Elementary School Hip Hop"

(Kinder—3rd Grade)
Thursdays (May 5, 12, 19 & 26)
Time: 4:00-4:45pm
Cost: \$50 for session or \$15 drop-in rate
Location: Main Street Studio,
68 Main Street Saranac Lake

"Middle School Hip Hop"

(4th—8th Grade)
Thursdays (May 5, 12, 19 & 26)
Time: 4:45-5:30pm
Cost: \$50 for session or \$15 drop-in rate
Location: Main Street Studio,
68 Main Street Saranac Lake

"CARDIO Dance"

Adult/Teen
Thursdays (May 5, 12, 19 & 26)
Time: 5:30pm-6:30pm
Cost: \$50 for session or \$15 drop-in rate
Location: Main Street Studio, Saranac Lake

COMPANY AUDITIONS

Age: entering 5th grade and up
May 18th ONE DAY WORKSHOP
Time: 4:30pm-7:15pm
Cost: \$50
Location: Main Street Studio
68 Main Street, Saranac Lake
*Must Register by May 10th

"Adult Hip Hop"

Adults and HS
Mondays (May 9, 16, 23, June 6, 13, 20, 27,
July 11, 18, 25)
Time: 6:00-7:00pm
Cost: \$125 for session or \$15 drop-in rate
Location: Main Street Studio,
68 Main Street Saranac Lake

"Adult Modern"

Adults & HS
Mondays (May 9, 16, 23, June 6, 13, 20, 27,
July 11, 18, 25)
Time: 7:00-8:30pm
Cost: \$150 for session or \$20 drop-in rate
Location: Main Street Studio,
68 Main Street Saranac Lake

"Hatha YOGA" with Jill Henck

Thursdays (May 5th-June 30th)
Time: 7:00pm-8:15pm
Cost: \$20 drop-in rate
Location: Main Street Studio,
68 Main Street, Saranac Lake
Contact: JillHenck@gmail.com

"Latin Partnering"

Tuesdays (May 10, 17, 24, 31, June 7, 14, 21, 28)
Time: 6:00-7:00pm
Cost: \$125 per person
Location: Main Street Studio,
68 Main Street Saranac Lake
*Merengue, Bachata, Salsa & Cha-Cha

Yoga with Beth McNally

M&W 9:00-10:00am
May 2nd-June 22nd
Cost: \$20 drop-in rate
Location: Main Street Studio,
68 Main Street Saranac Lake

Lake Placid Morning Yoga With Beth McNally & Sue Murnane

Saturday 9:00-10:00am
May 7th-June 25th
Cost: \$20 drop-in rate
Location: Lake Placid Studio

Yoga with Sarah Reynolds

Tuesdays (May 3rd-June 28th)
5:30-6:45pm
Cost: \$15 drop-in rate
Location: River Studio, Saranac Lake

Yoga with Sue Murnane

Power Flow Tuesday AM Yoga: 9am
Yoga Sculpt Thursday AM Yoga: 9am
May 17th-June 23rd
Location: Lake Placid Studio
yogawsue.com