



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

## **NSYMCA's Mini-Movers Program Helps Develop Early Childhood Imagination and Skills**

*New dance program encourages healthy development in babies and toddlers.*

**Northbrook, IL** – The North Suburban YMCA's North Suburban School of Dance recently launched Mini-Movers, an early childhood dance program. Classes, available for children from walking age – 5 years old, focus on creating an enriching, educational environment, and introduce spatial, musical, and body awareness concepts through creative movement.

With the goal of building self-confidence, children are taught basic dance steps and terminology through songs, stories, and games. The classes are divided into two sections: creative movement classes with a caregiver, and semi-independent toddler classes with a caregiver in the building. Mini-Movers classes will also feature a "Mini-Showcase" on Sunday, December 12 for all participants to show off their dance moves.

"The Mini-Mover classes not only get the energy out of these young movers, but they also develop important skills for preschoolers and kindergartners, like taking turns, listening, and following directions. Once children reach preschool age, they are ready to progress into the pre-dance classes that continue the work of the Mini-Movers program," said Shannon Mundorf, the Senior Director of Arts at the Y's North Suburban School of Dance.

All Mini-Movers classes feature cross-lateral and midline crossing activities, identification of spatial and body concepts such as big and little, pathways of curvy, straight and zigzag patterns, and imaginative play. The available classes include "Move with Me" for the children 12 – 24 months with a caregiver; "Discovery" for children 2 – 3 years of age; and "Ballet Beats," for children ages 4 -5 years old.

For more information about the North Suburban School of Dance program and other classes at the North Suburban YMCA, visit [www.nsymca.org](http://www.nsymca.org), or contact the Y at 847-272-7250.

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [www.nsymca.org](http://www.nsymca.org)



**Caption:** *The NSYMCA's North Suburban School of Dance now offers a Mini-Movers program for children up to 5 years old.*