



Inclusive Dance For All Ages | Community Impact | Mission Driven

Join the Movement. Support the Mission.

Community Class Schedule Starts September 8th 2025- June 30, 2026

Class	Ages	Frequency	Days	Time	Location
Moves Made 4 Me™ (0-5) A parent participation sensory-friendly, milestone-focused movement program that meets each child right where they are. Through music, props, and playful dance activities, little ones explore coordination, rhythm, and body awareness in a safe and inclusive environment.	0-5	2x week	Tues	9:00-10:00 AM	Veterans Hall
Juan's Mindset Method™ (0-5) Toddlers A parent-participation dance program that blends movement with early social and emotional learning. Through simple routines, rhythm play, and guided group activities, children practice taking turns, listening, and expressing themselves while building confidence.	0-5	2x week	Thurs	9:00-10:00 AM	Hollister TBD
Moves Made 4 Me™ (6-10) Kids An adaptive dance program focused on bridging movement milestone gaps while fostering confidence and collaboration. Students engage in choreographed routines and motor planning—all in an inclusive, supportive environment where every ability is celebrated.	6-10	1x week	Mon	5:00-6:00 PM	Hollister TBD
Moves Made 4 Me™ (11-18) Teens A teen-focused program designed to bridge movement milestone gaps through strength-building, adaptive choreography, and creative except pression.	11-18	1x week	Mon	6:00-7:00 PM	Hollister TBD
Juan's Mindset Method™ (6-10) Kids A movement and mindset program rooted in resilience, empathy, and emotional awareness. Students combine guided dance activities with practical SEL strategies—breathing exercises, reflection prompts, and teamwork challenges—that strengthen their ability to manage emotions and connect with others in healthy ways.	6-10	1x week	Wed	5:00-6:00 PM	Hollister TBD
Juan's Mindset Method™ (11-18) Teens A transformative program for teens combining expressive dance, mindfulness, and leadership training. Participants explore personal growth through movement, journaling, goal setting, and group discussions, equipping them with tools for emotional regulation, self-confidence, and purposeful decision-making.	11-18	1x week	Wed	6:00-7:00 PM	Hollister TBD
Homeschool Neurodiverse Somatic Play Group A midday social and movement space for homeschoolers, designed especially for neurodiverse learners. Classes weave somatic play, adaptive dance activities, and collaborative games with opportunities to practice communication, teamwork, and self-expression in a low-pressure, supportive environment. Oceangrove funds can be used.	4-14	1x week	Wed	11am-12:30pm	Santana Ranch Park
Pilates Barre A full-body conditioning class blending Pilates principles with ballet barre techniques to improve core strength, balance, posture, and flexibility. Adaptive modifications make it accessible to a wide range of abilities.	18+	2x week	Tues/ Thurs	7:00-8:00 AM	Veterans Hall
Stretch and Mindset Mornings A 30-minute morning reset combining gentle stretching, breathing exercises, and positive mindset practices. Perfect for all fitness levels, this class helps reduce stress, improve mobility, and set an intentional tone for the day ahead.	18+	2x week	Tue/ Thurs	8:00-8:30A M	Veterans Hall



Our Supporter Memberships give you access to sensory-friendly, inclusive dance programs—and help fund free community events, programs, and community outreach of somatic mental health awareness.

Supporter Memberships		
Membership Type	Monthly Price	Frequency
Child Membership – One Class 1 weekly class in Moves Made 4 Me™ or Juan's Mindset Method™	\$60	1x week
Child Membership – Two Classes 2 weekly classes (any combination of <i>Moves Made 4 Me™</i> and/or <i>Juan's Mindset Method™</i>)	\$110	2x week
Homeschool Membership 1 weekly <i>Homeschool Neurodiverse Somatic Play Group</i> session (weekday daytime)	\$45	1x week
Family Membership – Up to 3 People Unlimited <i>Moves Made 4 Me™</i> , <i>Juan's Mindset Method™</i> , <i>Homeschool group</i> , and <i>Adult Fitness classes</i> , and <i>ONLINE SEL Dance and Fitness Library</i> ,... for one family of up to 3 family members .	\$250	Unlimited
Adult Fitness Membership Unlimited <i>Pilates Barre</i> and <i>Stretch & Mindset Mornings</i> classes	\$95	2 class options 2 x per week
Online SEL Dance And Fitness Membership Unlimited access to our video library of inclusive dance, adaptive fitness, and <i>Juan's Mindset Method™</i> classes—available anytime, anywhere. Perfect for all ages and abilities, with new videos added monthly. <u>No in person classes available with this membership</u>	\$35	Library of videos unlimited

All memberships include members only monthly themed based events, the last Saturday of each month from 12-2pm.