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New 'Mommy and Me: Music and Movement' Class at Darien Arts Center Starts Oct 16

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Danette Meigel is teaching the new "Mommy and Me: Music and Movement" class at the Darien Arts Center.

Music and Movement is geared toward children ages 18-months to 3 years and their parents and caregivers.

— *an announcement from* [Darien Arts Center](#)

Classes will be held from 9 to 9:45 a.m. on Wednesdays from Oct. 16 through Nov. 20.

The 45-minute, fun-filled class will meet the needs of each child and will include a variety of dancing, instrument exploration, story time, singing and more. Activities are designed specifically to support and

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enhance social-emotional, physical and cognitive development.

Meigel received her Dance Certificate with majors in modern and ballet from the Cultural Arts High School on Long Island and continued her dance education at Nassau College. She also danced with Club MTV for many years.

The fee for the Mommy and Me; Music and Movement class is \$180. Register [at the DAC website](#) or call the DAC office at (203) 655-8683.

The Darien Arts Center is located at 2 Renshaw Road, behind the Darien Town Hall.