

The Chrysalis: Monarch Center for the Arts is a 6,000 square foot arts space in Barrio Logan with a dedicated 100-seat theatre, dance studio, visual art classroom, and storefront gallery. The Chrysalis provides theatre, music, dance and visual arts programs for all ages in the community, including programs for 0-5 and their families. Learn more at [monarchschoools.org/the-chrysalis](https://monarchschoools.org/the-chrysalis).

**TUESDAY**

**4:30-5:30pm**

**Adult Cardio Hip Hop with Sam & Kaylin**

**THURSDAY**

**3:00-4:00pm**

**Youth Hip Hop (all ages) with Sam & Kaylin**

**FRIDAY**

**9:00-10:00am**

**Mindfulness & Yoga for Adults (no childcare provided)**

**Special Note**

*Our 0-5 Expressive Arts program for Babies and Toddlers will resume in the fall session.*

### Special Events

**Saturday, August 10 @ 4PM-6PM**  
**Move American Film Screening**

### Fall Session Dates

**September 3 - December 20, 2024**



**Sign up for a class**

Scan the QR Code or go to:

[monarchschoools.org/chrysalis-register](https://monarchschoools.org/chrysalis-register)

For more information, contact Erika Malone: [emalone@monarchschoools.org](mailto:emalone@monarchschoools.org)