

CD/DVD Resources

All equipment is reserved on a first-come, first-served basis. See resources below.

African Caribbean Dance and Drum Rhythms (VHS and CD)
Alligator Purse (CD)
Complete Guide to Line Dancing – Christy Lane (VHS and DVD)
Complete Guide to Party Dances Set – Christy Lane (VHS and CD)
Complete Party Dance Music – Christy Lane (VHS)
Cool Aerobics for Kids (CD)
Everyone’s Square Dancing, Volume 1 (CD)
Fittersitters Seated Exercise and Fitness Fun (DVD)
Freddie Heath – Bringing Dancing in the Streets to the Gym (DVD)
Freddie Heath – Dance Boot Camp (DVD)

Great Activities for Physical Education (DVD Grades K-2 and Grades 3-5)
Hip-Hop Kidz (Learn to Hip-Hop) (DVD)
Juggling for Success – Juggling Step by Step (DVD)
Kiddercise with the Crew (Aerobic Exercise Ages 6+) (VHS)
Kidoesyncrasy Vol 1 (Learn to Dance from Old Time Hits) (DVD)
Learn Dances of the 80’s – Christy Lane (VHS)
Learn the Dances of the 50’s & 60’s – Christy Lane (VHS)
Learn the Dances of the 50’s, 60’s, 70’s & 80’s – Christy Lane (DVD)
Learn the Dances of the 70’s – Christy Lane (VHS)
Melanie Champion – 15 Games & Activities for Cooperation and Trust (DVD)

Melanie Champion – Integrating Fun, Fitness and Fundamentals (DVD)
Melanie Champion – Keep ‘Em Moving Fun Games for Tag and Fitness! (DVD)
Melanie Champion – Movin & Groovin – C’mon & Dance (DVD)

More Funky Freestyle Dances – Christy Lane (VHS)
Old School Slide and Extreme Slide – Christy Lane (VHS)
Rhythm Kidz (Tap for Tennis Shoes) (DVD)
SPARK Ages 3-6 Music (CD for SPARK Curriculum Binder)
SPARK Grades 3-6 Music (CD for SPARK Curriculum Binder)
SPARK Grades K-2 Music (CD for SPARK Curriculum Binder)
Square Dancing Today – Christy Lane (VHS)
Streamer Ribbon Activities (CD)

Swing Dancing Today Made Easy – Christy Lane (VHS)
Teaching Folk Dance Successfully Set (Instruction Book and Rhythmically Moving CD set 1-9)
The Multicultural Treasure Chest Set (Guide & CD set 1-4)
Tony Chestnut and Fun Time Action Songs (CD)
Toys from Trash – Inexpensive Equipment Options for Physical Education (DVD)
World of Fun Folk Dance Set (Instruction Book and CD set 1-3)
Young People Folk Dance Set (Steps & CD’s #1-7)