

Ballet: Ages 5-7 years old. Students will learn follow the specific rules regarding the positions of the arms, feet, and body. They will learn a theatrical entertainment in which dancers, usually accompanied by music, tell a story or express a mood through their movements.

Jazz: Ages 5-7 years old. Student will be dancing is a form of dance that showcases the dancer's individual style and originality. Every jazz dancer interprets and executes moves and steps in their own way.

Dance Games: Ages 3-4 years old. Children will learn a variety of dance styles through games! (Playing freeze dance, make-a-move, as well as playing with ribbons and hula hoops).

Group Games: Ages 3-4 & 5-7 years old. Games to develop listening skills, teamwork, problem solving and sportsmanship.

Hip Hop: Ages 5 & up. Bringing street style to the studio. Come and spend the week learning a funky and fun dance with moves you can bust out anytime and anywhere!

Hoop it Up: Ages 5-7 years old. Practice fundamental basketball skills and teamwork..

Level 1 & 2 Gymnastics: Ages 5 & up. Learn how to do a forward roll to straddle stand, round-off, backwards roll to pike/backwards roll push up, 10 second chin up, straight legs to bar kickover, bridge kickover, split jump, stretch jump, leaps on the beam, forward roll on beam, and backbend.

Level 3 & 4 Gymnastics: Ages 5 & up. Learn a straight leg handstand, handstand forward roll, handstand-bridge-kickover, pull over, forward roll hip circle, glide, cartwheels on beam, and (spotted) English handstand on beam. Level 4 is the last level where you will get to practice harder fun skills such as a forward flip!

Pee Wee Soccer: Ages 3-6 years old. Continue learning the fundamentals of soccer through fun drills & games.

Racquetball: Ages 6-12 years old. Learn the strokes and strategies of this fun game where locomotor skill drills are used to enhance and improve movement and hand to eye coordination. Equipment is provided.

Martial Arts: Boys and Girls ages 4 & up. Students learn self defense, challenging motor skills, and respect. Martial Arts introduces the mental disciplines of focus and positive thinking.

Kid Gym: Ages 3-5 years old. Children use locomotor skills, tumble, play group games, sing songs, climb on an obstacle course and play with manipulatives (balls, hoops, bean bags, etc.) Kid Gym is ongoing and complimentary to members with active family memberships. We appreciate your help in keeping this a fun and safe class by following the age guidelines.

Play with Me: Children walking to under 3 years old. Classes are structured so that children may enjoy time playing and learning with their participating parent. Play with Me is ongoing and complimentary to members with active family memberships. We appreciate your help in keeping this a fun and safe class following the age guidelines.

Summer 2018 Kids Exercise Classes



June 11th - July 12th

Lottery pick for Summer Classes	Monday, May 21th - Sunday May 27th
REGISTRATION FORMS DUE	Sunday, May 27th
Class enrollment available	Tuesday, May 29th
Missed the lottery? Signs ups begin	Wednesday, May 30th
Register for multiple classes	Monday, June 4th
Week 1 starts	Monday, June 11th
No classes	Week of July 2nd- July 5th
Lottery pick for Fall Classes	Monday, Sept. 10th - Sunday, Sept. 16th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
21 MAY Lottery Pick	22	23	24	25	26	27 Lottery forms due!
28	29 Class Enrollment Available	30	31	1 JUNE	2	3
Members that did not participate in the lottery may register for their child's first week of class at Activities beginning May 30th. Children may be registered for an additional week of class beginning June 4th						
11 JUNE Week 1 Starts!	125	13	14	15	16	17

Summer 2018

Kid Exercise Classes

**4 one week sessions of different classes to choose from.
Each class will run Monday through Thursday.**

Week 1 Monday, June 11th- Thursday, June 14th			
2:00pm - 2:45pm	Racquetball	6–12 years old	Del Gymnasium
2:45pm - 3:30pm	Racquetball	6-12 years old	Del Gymnasium
3:00pm - 3:30pm	Pee Wee Soccer	4-6 years old	Ezra Gymnasium
3:30pm - 4:00pm	Pee Wee Soccer	3 years old	Ezra Gymnasium
Week 2 Monday, June 18th - Thursday, June 21st			
2:30pm - 3:00pm	Martial Arts	5-6 years old	Sensei Mehran Carpet studio
3:00pm-3:30pm	Hoop It Up	5-7 years old	Ezra Gymnasium
	Martial Arts	4-5 years old	Sensei Mehran Carpet Studio
3:30pm - 4:00pm	Martial Arts	7 & up	Sensei Mehran Carpet Studio
	Group Games	5-7 years old	Ezra Gymnasium

Perfect attendance for Spring applies to Fall
Please see Activities or Childcare
for camp info and dates.

No classes the week of July 2nd.



Week 3 Monday, June 25th - Thursday, June 28th			
2:30pm - 3:00pm	Dance Games	3 - 4 years old	Racheal Wood studio
3:00pm - 3:30pm	Pee Wee Soccer	4-6 years old	Ezra Gymnasium
	Dance Games	5-7 years old	Racheal Wood Studio
3:30pm - 4:00pm	Hip Hop	5 & Up	Racheal Wood studio
	Hoop It Up	5-7 years old	Ezra Gymnasium
4:00pm - 4:30pm	Ballet	5 - 7 years old	Racheal Wood studio
	Group Games	4-5 years old	Ezra Gymnasium
4:30pm - 5:00pm	Jazz	5 - 7 years old	Racheal Wood Studio
Week 4 Monday, July 9th - Thursday, July 12th			
2:30pm - 3:15pm	Level 1 & 2 Gymnastics	5 & up	Lindsey Carpet studio
3:00pm - 3:30pm	Pee Wee Soccer	3 years old	Ezra Gymnasium
3:15pm - 4:00pm	Level 3/4 Gymnastics	5 & up	Lindsey Carpet studio
3:30pm - 4:00pm	Group Games	4-5 years old	Ezra Gymnasium
4:00pm - 4:30pm	Hoop It Up	5-7 years old	Ezra Gymnasium