

# Kids Club



**Arts n Crafts:** Introduce and explore a fun and informal aspect of Art. Fun for the whole family!  
Children under 5 may attend but parents must assist.

**B.A.S.E./ Jr.B.A.S.E.:** A program that teaches Basic Athletic Skills Education. Learn how to play a wide variety of games while practicing and mastering specific skills.

**'DANCE' - Ballet - Tap --Point -Jazz - Hiphop - Lyrical - Cheerdance - Ballroom - Zumba - Contemporary:** Learn basic dance steps and moves, and progress through easy to complex combinations Dance Workshop is open for the serious experienced dancer who just can't get enough DANCE. Recital in May.

**Fitness Training:** A structured exercise program of strength, flexibility, and cardiovascular conditioning, designed for adolescents.

**Fun Swim:** Supervised pool time, kids must not be afraid of the water. Children 5 and older may attend.

**Game Room:** For kids 8 yrs. and up. Mini Pool table, Air Hockey, WII system, X-box, Foosball table, WIFI, and board games.

**Glee Club:** Have fun and learn HOW TO sing.....just like on T.V.  
For all children ...no judges, no critics, no kidding!

**Gymnastics Skills:** Discover the sport of gymnastics while improving agility, balance, stamina, strength and coordination – without the competition!

**Karate:** Japanese Shotokan: The instructor will determine the skill level of each participant.

**Slamming Saturday:** Includes all of our Kids Club activities rolled into one! Activities include arts & crafts, swimming, fitness activities, games, lunch & more.

**Tumble Tots:** A fun and safe introduction to tumbling skills with music and play while exploring balance and coordination.

**Jr. Athletics – Playground Fun:** Play and learn a wide variety of Sports and Fun Games without the competition. Soccer, T-Ball, Basketball, Racquet Sports, Relays & Playground activities (weather permitting ) are an example of some of the activities offered here.