

Art & Crafts – Children learn the fun of being creative while working on a variety of activities involving making things with their own hands. Children under age 5 must have a parent attend to assist.

Cheerleading – Cheer your heart out with us! Children will learn basic dance moves, tumbling, and cheer stands.

Dance – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Hip Hop, and Contemporary. Classes perform in our annual recital in May.

Fitness Training – An exercise-inspired class to help introduce adolescents into a healthy, active lifestyle.

Fun Swim – Lifeguard supervised pool time for children ages 5 and older.

Game Room – Children ages 8 and older can enjoy playing games under Staff supervision. With Foosball, Xbox, Wii, Pool, Air Hockey, and board games...no child will be left out of the fun! Wi-Fi available.

Glee Club – If your child loves to sing, then Glee Club is the place to be! This class provides children with the proper breathing and vocal techniques they need to improve their singing voices. They will learn to sing different styles of songs including Disney, show tunes, pop, ballads and more.

Gymnastics/Tumbling – Instructional classes where children learn proper skills and coordination to help them advance to higher levels. These are fun and safe classes introducing our young ones to tumbling through exploration in balance, flexibility and coordination.

Jr. Athletics/Playground Fun – Our young members will play and learn a variety of sports and playground activities. Outdoor playground is only used when weather is 65 degrees or higher and during daylight hours.

Karate – Children learn the art of Japanese Shotokan. Instructor will determine the skill level of each student. Proper attire is required for belt progression. See Instructor for details.

Kids' Athletics – Fun with sports, games and exercise on the Arena (Tuesdays and Thursdays) or Basketball Court (Wednesdays.) Kids Open Gym is a time for children 6 and older to practice skills and warm up under the supervision of our Staff. BASE (ages 9 & up)/Jr. BASE (ages 6-8) = Basic Athletic Skills Education. These are classes where children engage in organized sports activities lead by our Staff.

Slamming Saturday – A fun weekly event that includes art, swim, gymnastics, sports, and more! Children bring lunch or \$3 for pizza, drink and snack for this Camp-like day of activities. Please be sure to sign your child up each week by Friday and bring them in sneakers. Participants must arrive between 9:45 and 10:30am and must be picked up at 1:30pm. (Runs September until June each year.)

Zumba – Come try this exciting class which combines dance and fitness!