

## CLASS DESCRIPTIONS

**\*In adherence with local guidelines, class sizes are limited, participants will be distanced, and masks must be worn at all times.\***

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 cannot attend under current conditions. Projects usually run about 30 minutes then children are moved on to another activity. Supplies will be sanitized between use.

Acro Dance – This class combines classical dance technique with acrobatic elements. Children will learn to incorporate acrobatics into unique dance choreography. Mats will be sanitized between use. (Please sign up for only ONE of the 7 & up classes – 5:45pm OR 6:30PM.) Classes perform in our annual recital.

Dance – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Hip Hop, and Contemporary. For Advanced Ballet/Pointe, dancers must be experienced and will progress to Pointe shoes at the teacher's discretion. Classes perform in our annual recital.

Fitness Training – An exercise-inspired class to help introduce adolescents into a healthy, active lifestyle. Activities include stretches/exercises, running/relays, and sports. Sneakers please! Activities will be executed in a safe manner.

Vocal Arts (Formerly Glee Club) – If your child loves to sing, then Vocal Arts 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.

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 clear and 65-84 degrees, during daylight hours, and when equipment is dry. Equipment will be sanitized. Sneakers please!

Karate – Children learn the art of Japanese Shotokan. Instructor will determine the skill level of each student. Limit of two classes per week per Kids Club member. Proper attire is required for belt progression. See Instructor for details. **See separate sheet for additional guidelines.**

Kids' Athletics (BASE; Jr. BASE) – Fun with sports, games, and exercise on the Arena. BASE (ages 9 & up)/Jr. BASE (ages 6-8) = Basic Athletic Skills Education are classes where children engage in organized, safe sports activities led by our Staff. Sneakers please!

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

Bingo/Games – Participants will enjoy fun, distanced games led by instructors. Any equipment will be sanitized. Activity will change every 15-30 minutes.

Slamming Saturday – A drop-off mini-camp for children 5-12 years old. Currently, Saturdays are held 10am-12pm and include sports, games, art and other distanced activities in small groups.