

## CLASS DESCRIPTIONS

Art & Crafts – Children learn the fun of being creative while working on a variety of activities involving making things with their own hands. Projects usually run about 30 minutes then children are moved on to another activity. Supplies will be sanitized between use. Intro to Art will cover basic Art concepts and mediums with children 3-5 years.

Acro Dance – This class combines classical dance technique with acrobatic elements. Children will learn to incorporate acrobatics into unique dance choreography. (Classes perform in our annual recital.)

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

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.

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. Sneakers please!

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 (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 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-1:30pm and include sports, games, art and other distanced activities in small groups. Held seasonally September-June each year. Bring a lunch or \$3 for pizza, water, & snack. Participants will have the option to swim and/or attend Saturday dance classes so pack accordingly. **MAX 60 CHILDREN – RESGISTER IN ADVANCE.**

Kids Fun Swim - Kids Club members ages 5 and older can swim under the supervision of pool staff Thursdays 7:00-7:45pm and Fridays 6:00-7:00pm. Participants must be dropped off to Staff at pool doors in a bathing suit & mask with their towel. Children must be picked up promptly by an adult 18+ at the pool doors at the conclusion of the class. **Staff is not responsible for changing children in or out of swim attire. MAX 15 CHILDREN – RESGISTER IN ADVANCE.**

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

Vocal Arts – 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.

Kids Club Care – An area of supervision for children on a Kids Club or Family membership only. This is for children who are in between Kids Club classes or whose parents are in the facility exercising, etc.