

CLASS DESCRIPTIONS – age groups are strictly enforced

Dance – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Lyrical, Hip Hop, Contemporary, and Rhythmic Ballet. **Full Dance program with recital** is included September-May each season and most classes perform in our annual recital (optional.) For Advanced Ballet/Pointe, dancers must be experienced and will progress to pointe shoes at the teacher's discretion. Please see instructors or handbook for more information.

Tumble Tots/Tumbling – An active class where children will explore movement through stretching, basic tumbling, and other activities. Tumble Tots is for our youngest participants ages 3-5 and incorporates music and games into the class. Tumbling for those 6-8 and 9 & up is a fun class designed to improve your child's flexibility and balance as well as to teach them the foundations of tumbling.

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. Intro to Art will cover basic Art concepts and mediums with children 3-5 years. **(It is not advised to send any child to Art for longer than 45 minutes.)**

Acro Dance – This class combines classical dance technique with acrobatic elements. Children will learn to incorporate acrobatics into unique dance choreography.

BASE/Jr. BASE/Basketball – Fun with sports, games, and exercise. 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. **Wear sneakers and bring water please!**

Sports Fun – An athletic class to get our older Kids Club members moving! Activities include stretches/exercises, running/relays, and non-competitive sports. **Wear sneakers and bring water please!**

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. **Wear sneakers and bring water 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.

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

Bingo/Games – Participants will enjoy fun games led by instructors as well as board and card games in small groups.

Slamming Saturday – A drop-off mini-camp for children 5-12 years old. Slamming Saturdays are held 10am-1:30pm and include sports, games, art and other activities in small groups. Bring a lunch or \$4 for pizza, water & snack. Participants will have the option to swim so pack accordingly. **Wear sneakers and bring water please!** (Held seasonally September-June each year; canceled the day after Kids Night Out - 4 per season.)

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. **THIS IS NOT INSTRUCTIONAL SWIMMING.** Participants must be dropped off to Staff at pool doors in a bathing suit 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; we cannot allow children to go to the locker room unattended. (These fill up quickly – advanced weekly registration is required.)**

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

Build with me...Legos & more! – A creative class for those who love to build! Children will be supervised as they experiment with Legos and other building toys.

Kids Club Care – An area of supervision for children **on a Kids Club or Family membership only.** Ages 2-12 years; 2 hour time limit. Please see separate sheet or signs for full list of rules.