

CLASS DESCRIPTIONS – age groups are strictly enforced

Dance – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Modern, Lyrical, Hip Hop, Contemporary, Rhythmic Dance and Broadway Dance. **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.

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

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 6-9 and 10 & 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 for about 45 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.)**

All Star Sports & Play – (ages 6-8 & 9-12) Fun with sports, games, and much more! Our **Playmakers (ages 6-8), also known as Jr. BASE, and MVPs (ages 9-12), also known as BASE**, will participate in organized, safe sports activities led by our staff, as well as free play. Wear sneakers and bring water, please!

Sports Fun/Sports & Games/ Volleyball & more – An athletic class to get our older Kids Club members moving! Activities include variety of off the wall games, running/relays, and non-competitive sports like Volleyball and Basketball. **Wear sneakers and bring water please!**

Jr. Sports Zone – (ages 6-8 & 3-5) Our young members will play and learn a variety of sports, playground games, and much more. Children will also have the chance for free play. Our **Jr. Champs (Jr. Base) – ages 6-8** and **Jr. Athletics – ages 3-5** will have never-ending fun! The outdoor playground is for Jr. Athletics only and is used when the weather is clear, temperatures are between 65-84 degrees, it is during daylight hours, and the equipment is dry. **Wear sneakers and bring water, please!**

Kids Gym Games – Participants will enjoy fun games led by instructors such as obstacle courses, 4 corners, Floor is Lava, and much more for children 3-5 years old.

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

Zumba/Zumba Jr. – 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.

Lego Time/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.

Game Room – Children ages 8-12 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.

Slamming Saturday – A drop-off mini-camp for children **5-12 years old**. Slamming Saturdays are held 10:00am-1:30pm and include sports, games, art and other activities in small groups. Bring a lunch or \$5 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 – 4-5 per season.)

Kids Fun Swim - Kids Club members ages **5-12** can swim under the supervision of pool staff Thursdays 7:45-8:30pm 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.)**