

**GYMNASTICS, DANCE &
SPECIALTY CLASSES FOR
PRESCHOOL**

FALL 2014
Sept. 2nd - Nov. 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10:00 – 10:45 Gym Antics Ages 3 – 4</p>	<p>9:15-10:00 Hip Hop Flip Flop Ages 3-5</p> <p>10:00 – 10:45 Gym Antics Ages 3 – 4</p> <p>11:00 – 11:45 Preschool Gymnastics Ages 4 - 5</p> <p>11:30-12:15 Hip Hop Flip Flop *Boys* Ages 3-5</p>	<p>9:15-10:00 Ballet/Jazz Ages 3-5</p> <p>11:00 – 12:00 Drop In & Play Infant – 5 yrs</p>	<p>9:15-10:00 Tutu Tumblers Ages 3-4</p> <p>10:30-11:15 Princess Ballet Ages 3-5 ***NEW!!!!**</p> <p>11:00 – 12:00 Drop In & Play Infant – 5 yrs</p>	<p>9:15 – 11:15 Cartwheels & Crafts Ages 3 - 5</p> <p>11:30 – 12:15 Preschool Gymnastics Ages 4 - 5</p>	<p>9:00-9:45 Ballet/Tap/Jazz Ages 3-5</p> <p>9:15 – 10:00 Preschool Gymnastics Ages 4 – 5</p> <p>10:00-10:45 Hip Hop Flip Flop for Special Needs Ages 4-10</p> <p>10:00 - 10:30 Music Makers Ages 3 - 6 ***NEW!!!!**</p> <p>11:00 – 11:45 Yoga for Special Needs Ages 4 - 9</p> <p>11:00 – 11:45 Preschool Gymnastics Ages 4 - 5</p>	<p>9:00 – 9:45 Gym Antics Ages 3 - 4</p> <p>11:00-11:45 Ballet/Tap/Jazz Ages 3-5</p> <p>11:00 – 12:00 Drop In & Play Infant – 5 yrs</p> <p>12:00 – 1:00 Drop In & Play Infant – 5 yrs</p>
<p>12:00 – 1:00 Drop In & Play Infant – 5 yrs</p> <p>12:15-1:00 Princess Ballet Ages 3-5 ***NEW!!!!**</p> <p>1:15-2:00 Ballet/Jazz Ages 3-5</p> <p>2:00-2:45 Ballet/Tap Ages 3-5</p>	<p>12:15 – 1:15 Drop In & Play Infant – 5 yrs</p> <p>1:15 – 2:00 Sports Leagues</p>	<p>12:15 – 1:00 Gym & Swim Ages 4 - 5</p> <p>1:15-2:00 Ballet/Tap Ages 3-5</p> <p>2:00-2:45 Princess Ballet Ages 3-5 ***NEW!!!!**</p>	<p>12:15 – 1:00 Preschool Gymnastics Ages 4 – 5</p> <p>1:15-2:00 Tutu Tumblers Ages 4-5</p> <p>2:00-2:45 Ballet/Tap Ages 3-5</p>	<p>12:15 – 1:00 Drop In & Play Infant – 5 yrs</p>	<p>12:00 – 12:45 Young Athletes Special Olympics Ages 2 ½ - 7</p> <p>1:00 – 2:00 Drop In & Play Infant – 5 yrs</p>	
	<p>3:45-4:30 Hip Hop Flip Flop Ages 4-6</p> <p>4:30-5:15 Ballet/Tap Ages 3-5</p>		<p>3:30 - 4:00 Kicks for Kids Ages 4-6</p> <p>4:00 - 4:30 Kicks for Kids Ages 4-6</p>			

DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

GYMNASTIC, DANCE & SPECIALTY CLASSES FOR PRESCHOOL

30 & 45 minute classes - \$128 per ten week term

60 minute classes - \$160 per ten week term

UNLESS OTHERWISE NOTED

THE CONNECTION PRESCHOOL M-F 9-1:00 or M - F 9-2:30

This unique program, taught by certified teachers, features 2 hours of preschool readiness curriculum.

Includes stories, music, arts and crafts, and games with an emphasis on socialization skills.

In addition, a half hour of each session is reserved for an enrichment class such as dance, swimming, fitness, theater, and gym.

DROP IN AND PLAY:

Monday 12 - 1

Tuesday 12:15 - 1:15

Wednesday & Thursday 11 - 12

Friday 12:15 - 1:00

Saturday 1 - 2

Sunday 11 - 12 & 12-1

\$5 PER CHILD

Infants-5 yrs. Play time in our big gym. Must be accompanied by an adult. Space is limited.

Passes available at the Front Desk. You do not need to be a Connection member.

Ballet/Jazz M 1:15; W 9:15

Ages 3-5. This class is a fun introduction to ballet and jazz techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET**

Ballet/Tap M 2; Tu 4:30; W 1:15; Th 2:00

Ages 3-5. This class is a fun introduction to ballet and tap techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET AND TAP**

Ballet/Jazz Sa 9; Su 11

Ages 3-5. This class is a fun introduction to ballet, tap and jazz techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET AND TAP**

Cartwheels & Crafts F 9:15

Ages 3 - 5. With this 2 hour program parents will enjoy a morning of freedom and children will enjoy a morning of gymnastics, games, and arts and crafts. Please pack a nut free snack.

Gym & Swim W 12:15

Ages 4 - 5. Games and tumbling in the big gym first, followed by a 30 minutes swim lesson in the pool. Please have your child wear his/her swim suit to the class.

Gym Antics M 10:00, Tu 10:00, Su 9:00

Ages 3 - 4. Motor skills are developed through activities on all gymnastics apparatus. Great for children who have not taken gymnastics class on their own previously. All children must be potty trained.

Hip Hop Flip Flop Tu 9:15, Tu 3:45, BOYS Tu 11:30

Ages 3 - 6. Children will be introduced to basic Hip Hop through innovative and creative body movement from head to toe. They also Flip Flop through some basic cartwheels, rolls, and stretches.

Hip Hop/Flip Flop for Special Needs Sa 10

Ages 4 - 10. Children will be introduced to basic Hip Hop through innovative and creative body movement from head to toe. They also Flip Flop through some basic cartwheels, rolls, and stretches. Individualized modifications to activities will be made as needed.

Kicks for Kids Th 3:30, 4

Ages 4-6. Pre-Karate class focusing on flexibility, agility, balance and fun.

NEW Music Makers Sa 10

Ages 3-6. Children will have the opportunity to explore and experience music to develop their ability to sing and expand their sense of rhythm. Children will listen to songs, sing, keep a beat, play an instrument and dance to the music.

Preschool Gymnastics Tu 11:00, W 11:00, Th 11:30, 12:15, F 11:30, Sa 9:15, 11:00

Ages 4 - 5. Introduction to gymnastics. Flexibility, strength, balance and gross motor skills are developed through activities and skills on all apparatus.

Yoga for Special Needs Ages 4-9 Sa 11

Fun stretches and poses designed to engage the body, mind and spirit. Modifications provided as needed.

Young Athletes Special Olympics \$1 Sa 12

Age 2 ½ - 7. Co - Sponsored with NJ Special Olympics, this program emphasizes sports skill development in physical activity and play. Programs develop the fundamental prerequisite skills to prepare students to be future athletes.

NEW Princess Ballet M 12:15; W 2; Th 10:30

Ages 3-5. Your little princess will explore basic ballet and movement in this fun class. Children will dance with the use of props such as scarves, crowns, and ribbons, and also color a picture that goes along with the step they have learned.

Shoes required: BALLET

Sports Leagues Tu 1:15

Ages 3 - 5. Introduction to a variety of sports for boys and girls: tee-ball, soccer, basketball and more. Games and active play help develop group skills. Emphasis on teamwork and sportsmanship.

Tutu Tumblers Th 9:15, Th 1:15

Ages 3-5. A combination class that involves gymnastics and dance. Tumble and move your body!