

**GYMNASTICS, DANCE &  
SPECIALTY CLASSES FOR  
SCHOOL AGE**

**FALL 2014**  
Sept. 2<sup>nd</sup> - Nov. 9<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3:30 – 4:30 Gym Stars 1 (Teacher rec only) Grades 2<sup>nd</sup> – 3<sup>rd</sup></p> <p>3:30 – 5:30 TOPS (Director rec only)</p> <p>3:45 - 4:45 Strength and Conditioning Ages 10+ ***NEW!!!***</p> <p>Ballet/Tap/Jazz Grades K - 1<sup>st</sup></p> <p>Hip Hop Grades 2<sup>nd</sup>-5<sup>th</sup></p>	<p>3:30 – 4:30 Gym Stars 2 (Teacher rec only) Grades 4<sup>th</sup> – 6<sup>th</sup></p> <p>Girls Gymnastics Grades 2<sup>nd</sup> – 4<sup>th</sup></p> <p>3:30 – 5:30 Elite Gymnastics (Teacher rec only)</p> <p>3:45 - 4:30 Fitness Challenge Ages 9 - 12 ***NEW!!!***</p> <p>Hip Hop Flip Flop Ages 4-6</p>	<p>3:30 – 4:30 Girls Gymnastics Grades 2<sup>nd</sup> – 4<sup>th</sup></p> <p>3:30 – 5:30 TOPS (Director rec only)</p> <p>3:45-4:45 Lights Camera Action! Grades 2<sup>nd</sup>-5<sup>th</sup></p> <p>Ballet/Tap/Jazz Grades k-1<sup>st</sup></p> <p>4:30 – 5:30 Girls Gymnastics Grades k – 1<sup>st</sup></p> <p>4:45-5:45 Lights Camera Action! Grades k-1<sup>st</sup></p> <p>Ballet/Tap/Jazz 2<sup>nd</sup>-5<sup>th</sup></p>	<p>3:30 – 4:00 Kicks for Kids Ages 4 – 6</p> <p>3:30 – 4:30 Gym Stars 2 Grades 4<sup>th</sup> – 6<sup>th</sup></p> <p>*Karate White Belt Ages 7 - 15</p> <p>3:30 – 5:30 Elite Gymnastics (Teacher rec only)</p>	<p>3:45 - 4:15 Running Club Ages 7 - 11 ***NEW!!!***</p> <p>Kids Yoga Grades K – 1</p> <p>3:45-4:45 Ballet/Tap/Jazz Grades K-1<sup>st</sup></p> <p>4:15 – 5:00 Kids Yoga Grades 2 – 5</p> <p>4:45-5:45 Hip Hop Grades 2<sup>nd</sup>-5<sup>th</sup> ****NEW!!!!</p> <p>Tap Tween/Teen (6<sup>th</sup> Grade &amp; Up) ****NEW!!!!</p>	<p>9:45-10:45 Ballet/Tap/Jazz Grades K-1<sup>st</sup></p> <p>10:00 – 10:45 Yoga for Special Needs Ages 5 - 11</p> <p>10:00 – 11:00 Girls Gymnastics Grades K – 1<sup>st</sup></p> <p>11:00 - 11:45 Hip Hop Flip Flop for Special Needs Ages 5 - 11</p>	
<p>4:30 – 5:30 Girls Gymnastics Grades K – 1<sup>st</sup></p> <p>4:45-5:45 Jazz Grades 2<sup>nd</sup>-5<sup>th</sup></p> <p>4:45-5:45 Hip Hop Grades K-1<sup>st</sup></p> <p>5:00 – 6:00 Cooking Around the World Ages 6 - 11 ***NEW!!!***</p> <p>5:30 – 6:30 Girls Gymnastics Grades 2<sup>nd</sup> – 4<sup>th</sup></p> <p>5:45-6:45 Hip Hop Tween / Teen (6<sup>th</sup> Grade &amp; Up)</p>	<p>4:30 - 5:30 Sports &amp; Games Ages 5 - 9</p> <p>Girls Gymnastics Grades K – 1<sup>st</sup></p>	<p>4:45 - 5:45 Chess Club Ages 7 - 11 ***NEW!!!***</p> <p>5:30 – 6:30 Gym Stars 1 (Teacher rec only) Grades 2<sup>nd</sup> – 3<sup>rd</sup></p> <p>Girls Gymnastics Grades 2<sup>nd</sup> - 4<sup>th</sup></p> <p>Ballet/Tap/ Jazz Intermediate (Director rec only) ****NEW!!!!</p>	<p>4:00 - 4:30 Kicks for Kids Ages 4 – 6</p> <p>4:00-5:00 Lyrical/ Contemporary Tween/Teen ****NEW!!!!</p> <p>4:30 - 5:30 *Karate Yellow/Orange Belt Ages 7 – 15</p> <p>Tween Tumblers Grades 5<sup>th</sup> and up</p> <p>Girls Gymnastics Grades 2<sup>nd</sup> – 4<sup>th</sup></p> <p>5:30 - 6:30 *Karate Blue Belt &amp; Up Ages 7 - 15</p>	<p>7:00 - 9:30 Teen Scene for Teens with Special Needs Ages 13 - 19</p>	<p>11:00 – 12:00 Gym Stars 1 (Teacher rec only) Grades 2<sup>nd</sup> – 3<sup>rd</sup></p> <p>Lego Master Ages 6 - 11 ***NEW!!!***</p> <p>12:00 – 12:45 Young Athletes Special Olympics Ages 2 ½ - 7</p> <p>1:00 – 2:00 Open Gym for Special Needs Grades 9 - 12</p> <p>2:00-3:00 Jazz Tween/Teen (6<sup>th</sup> Grade &amp; Up) ****NEW!!!!</p>	<p>12:00-1:00 Ballet/Tap/Jazz Grades K-1<sup>st</sup></p> <p>1:00-2:00 Ballet/Tap/Jazz Grades 2<sup>nd</sup>-5<sup>th</sup></p>

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

**DANCE/PERFORMING ARTS, GYMNASTICS, FITNESS, SPORTS & SPECIALTY CLASSES  
FOR KINDERGARTEN THROUGH HIGH SCHOOL GIRLS & BOYS**

**30 & 45 minute classes - \$128 per ten week term  
60 minute classes - \$160 per ten week term  
\*\*\*UNLESS OTHERWISE NOTED\*\*\***

**DANCE/PERFORMING ARTS**

**Ballet/Tap/Jazz Shoes required: TAP & BALLET**  
**Grades K-1<sup>st</sup> M 3:45, W 3:45, F 3:45; Sa 9:45, Su 12:00**  
**Grades 2<sup>nd</sup>-5<sup>th</sup> W 4:45, Su 1:00**

This combo class gives children the opportunity to practice ballet, tap, and jazz techniques. Includes full warm up, center work, and choreography.

**\*\*NEW\*\* Ballet/Tap/Jazz - Intermediate W 5:45**

**Shoes required: TAP & BALLET**

**Director recommendation only.** This combo class gives children the opportunity to practice ballet, tap, and jazz techniques at the intermediate level. Includes full warm up, center work, and choreography.

**Hip Hop Shoes required: BLACK HIP HOP SNEAKERS**  
**Grades K-1<sup>st</sup> M 4:45**

**Grades 2<sup>nd</sup>-5<sup>th</sup> M 3:45, \*\*NEW\*\* F 4:45**

**Tween/Teen (6<sup>th</sup> Grade & Up) M 5:45**

Your child will have a blast in this class. Through the use of innovative movement they will improve their balance, coordination, and gain strength. Children will also learn creative choreography.

**Hip Hop Flip Flop Tu 3:45**

**Ages 4 - 6.** Children are introduced to basic Hip Hop through innovative and creative body movement. They also Flip Flop through some basic cartwheels, rolls, and stretches.

**Hip Hop/Flip Flop for Special Needs Sa 11**

**Ages 5 - 11.** Children are introduced to basic Hip Hop through innovative and creative body movement. They also Flip Flop through some basic cartwheels, rolls, and stretches.

Individualized modifications to activities will be made as needed.

**Jazz Grades 2<sup>nd</sup> - 5<sup>th</sup> M 4:45 Shoes required: JAZZ**

**\*\*NEW\*\* Tween/Teen (6<sup>th</sup> Grade & Up) Sa 2:00**

This class will focus on dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students are exposed to various styles of jazz such as Broadway, Street and Contemporary. Jazz class includes a proper warm-up, stretches, isolations, across the floor, and choreography.

**\*\*NEW\*\* Lyrical/Contemporary Th 4**

**Tween/Teen (6<sup>th</sup> Grade & Up)**

This class will focus on both technical elements and expressive movements. Dancers are introduced to the lyrical and contemporary styles while going through a full warm up, across the floor, and learning choreography.

**Lights, Camera, Action**

**Grades K-1<sup>st</sup> W 4:45 Grades 2<sup>nd</sup>-5<sup>th</sup> W 3:45**

This class will offer your child hands on experience creating a performance. They will learn a song, a dance, make a prop, a costume and perform it at the end of the session working towards our final performance in the spring.

**\*\*NEW\*\* Tap F 4:45**

**Tween/Teen (6<sup>th</sup> Grade & Up)**

This tap class will focus on basic tap techniques through the use of specific rhythms and movements. Traditional steps will be coupled with innovative choreography during this fun class.

**FITNESS, SPORTS & SPECIALTY CLASSES**

**\*\*NEW!\*\* Chess Club Ages 7 - 11 Tu 4:45**

Playing chess helps children to learn responsibility, improve concentration, discipline and sharpens thinking skills. Have fun learning and playing this ancient game.

**\*\*NEW!\*\* Cooking Around the World Ages 6 - 11 M 5 \$200**

Learn to make delicious foods from all over the world, while learning kitchen safety and cooking basics too. You will impress your family and friends with your new skills in making meals and desserts.

**\*\*NEW!\*\* Fitness Challenge Ages 9 - 12 Tu 3:45**

Are you up for the challenge? This class will push you to a new level of fitness and fun! It will also teach you how to use the equipment in the Fitness Center.

**FITNESS, SPORTS & SPECIALTY CLASSES**

**Karate/Self-Defense Age 7-15**

Health, movement and self-defense. Time and skill requirements are outlined for each belt advancement.

**White Belt Th 3:30 Yellow/Orange Belt Th 4:30**

**Blue Belt & up Th 5:30**

**Kicks for Kids Age 4 - 6 Th 3:30, 4**

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

**Kids Yoga Grades K - 5<sup>th</sup> F 3:45; 4:15**

Develop flexibility, coordination, strength, and balance.

**\*\*NEW!\*\* Lego Master Ages 6 - 11 Sa 11**

Come build and create with everyone's favorite blocks, Lego. Each week will feature new challenges and techniques in creation.

**\*\*NEW!\*\* Running Club Ages 7 - 11 F 3:45**

A club to help you become a better runner, train to race and learn about staying fit.

**Sports & Games Ages 5 - 9 Tu 4:30**

Increase skill development and enhance sports knowledge in this fun high energy class.

**\*\*NEW!\*\* Strength & Conditioning Ages 10+**

A great way for dancers and all athletes to train and stay in shape year round. This class will help with strength, flexibility and much more!

**Open Gym for Special Needs Grades 9 - 12 Sa 1**

From shooting hoops to hula hooping, teens engage in a variety of physical activities with an emphasis on fun and socialization.

**Teen Scene for teens with special needs Ages 13 - 19 F 7-9:30**

**Meets third Friday of the month.**

Teens meet once a month for a social and recreational program that helps develop self-esteem, social skills, and a better sense of belonging.

**Yoga for Special Needs Ages 5 - 11 Sa 10**

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

**Young Athlete Program Age 2 ½ - 7 \$1 Sa 12**

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.

**GYMNASTICS**

**Girls Gymnastics M 4:30, 5:30; Tu 3:30; 4:30, W 3:30, 4:30, 5:30;  
Th 4:30; Sa 10:00**

**Grades Kindergarten & up.** Basic gymnastics class that focus on skill development on all apparatus using progressions. Strength and flexibility training will also be incorporated.

**Tween Tumblers Th 4:30**

**Grades 5<sup>th</sup> and up.** Beginner to intermediate gymnastics class for girls 11 and up that incorporates all gymnastics events including vault, bars, beam, floor and tumble track. Focus on skill development on each apparatus.

Flexibility work and strength will also be incorporated.

**Gym Stars 1 M 3:30, W 5:30, Sa 11:00**

**Grades 2<sup>nd</sup> - 3<sup>rd</sup>.** Teacher recommendation only. Intermediate gymnastics class offered twice a week. **Requirements:** back walk over, handstand on beam, Pullover on bars.

**Gym Stars 2 Tu 3:30, Th 3:30**

**Grades 4<sup>th</sup> - 6<sup>th</sup>.** Teacher recommendation only. Intermediate gymnastics class offered twice a week. **Requirements:** back walk over, handstand on beam, Pullover on bars.

**Elite Gymnastics Tu 3:30 - 5:30, Th 3:30 - 5:30**

**Grades 7<sup>th</sup> and Up.** By teacher recommendation only. Advanced gymnastics class that will focus on skill development, strength and flexibility.

**Requirements:** back hand spring, cartwheel on beam, pull over, back hip circle, sole circle on bars.

**TOPS Gymnastics M 3:30 - 5:30, W 3:30 - 5:30**

**(by director recommendation only)**

Our talent opportunity program is for gymnasts that we feel have the potential to be on our team eventually but still have improvements to make in the areas of strength, flexibility and skill development.