

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

Fall 2015
Sept. 8th - Nov. 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00-11:45 Preschool Gym Ages 4 - 5	11:00 – 11:45 Gym Antics Ages 3 – 4 11:15-12:00 Movers & Shakers Ages 2-4	11:00 – 11:45 Preschool Gymnastics Ages 4 - 5 11:15-12:00 Boys Gymnastics Ages 3-5	9:15-10:00 Tutu Tumblers Beginner 1 Ages 2 ½ - 3 10:30-11:15 Princess Ballet Beginner 1 Ages 3-5 11:15 – 12:00 Preschool Gymnastics Ages 4-5	9:15 – 11:15 Cartwheels & Crafts Ages 3 – 5 11:30 – 12:15 Preschool Gymnastics Ages 4 - 5	9:00-9:45 Ballet/Tap/Jazz Beginner 1 Ages 3 – 4 9:30 – 10:00 Young Athletes Special Olympics Ages 2 ½ - 7 11:00-11:45 Ballet/Tap/Jazz Beginner 2 Ages 4 – 5 11:00 – 11:45 Preschool Gymnastics Ages 4 – 5 12:00 -12:45 Gym Antics Ages 3-4	9:00 – 9:45 Gym Antics Ages 3 - 4 11:00-11:45 Ballet/Tap/Jazz Beginner 1/2 Ages 3 - 5 11:00 – 12:00 Drop In & Play Infant – 5 yrs
12:00 – 1:00 Drop In and Play Infant – 5 years	12:15 – 1:00 Gym Antics Ages 3 - 4 12:30-1:30 Little Stars On Stage Ages 4-5 **NEW** 1:15 -2:00 Preschool Gymnastics Ages 4 - 5	12:00 – 1:00 Drop In & Play Infant – 5 yrs 1:15-2:00 Gym Antics Ages 3-4 1:15- 2:00 Preschool Gymnastics Ages 4-5 1:15-2:00 Ballet/Tap Beginner 2 Ages 4-5 2:00-2:45 Princess Ballet Beginner 1 Ages 3-5	12:15 – 1:30 Flipping Flounder Ages 3 – 5 2:00-2:45 Ballet/Tap Beginner 1 Ages 3-5 3:30 - 4:00 Kicks for Kids Ages 4 - 6	12:15 – 1:00 Drop In and Play Infant – 5 years	1:00 – 2:00 Drop In & Play Infant – 5 yrs	12:00 – 1:00 Drop In & Play Infant – 5 yrs
4:45-5:30 Ballet/Jazz Beginner 1/2 Ages 3-5 ****NEW**** 5:30-6:30 Hot Shots Ages 4-6 (Teacher rec only)	3:45-4:30 Hip Hop Flip Flop Beg./Int. 1 Ages 4 - 6 4:45-5:30 Ballet/Tap Beginner 1/2 Ages 3 – 5		4:00 - 4:30 Kicks for Kids Ages 4 - 6 5:30-6:30 Hot Shots Ages 4-6 (Teacher rec only)	3:45 - 4:15 Kids Yoga Ages 4 - 6 3:45-4:30 Hip Hop Flip Flop Beg./Int. 1 Ages 4 – 6		

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 - \$130 per ten week term

60 minute classes - \$165 per ten week term

UNLESS OTHERWISE NOTED

THE CONNECTION PRESCHOOL M-F 8:45-11:30, M-F 8:45-1:00, or M - F 8:45-2:30

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

Wednesday 12 - 1

Friday 12:15 - 1

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.

DANCE/PERFORMING ARTS CLASSES:

It is recommended that all students take level Beginner 1 for a full school year before moving to Beginner 2 for all classes unless a level is not listed. Contact Director for placement.

Ballet/Jazz Beg. 1/2 (Ages 3-5) M 4:45:

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 Beg. 1 (Ages 3-5) Th. 2:00:

Beg. 1/2 (Ages 3-5) Tu 4:45; Beg. 2 (Ages 4-5) W 1:15

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/Tap/Jazz Beg. 1 (Ages 3-4) Sa 9:

Beg. 2 (Ages 4-5) Sa 11; Beg. (Ages 3-5) 1/2 Su 11

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**

Boys Gymnastics W 11:15

Ages 3-5 Boys only. Flexibility, strength, balance and gross motor skills developed through activities on all apparatus.

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.

Flipping Flounders Th 12:15

Ages 3-5 45 minutes of gym time including obstacle course, movement and coordination skill activities, and instruction on all apparatus. Plus 30 minutes of a fun, safe, and instructive pool time practicing skills including floating, arm/leg action on fronts/back, jumping, and more!

Gym Antics M 11; Tu 12:15; W 1:15; Sa 12; Su 9

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 Beg./Int. 1 Tu 3:45, F 3:45

Ages 4-6 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.

Hot Shots M 5:30-6:30; Th 5:30-6:30

Ages 4-6 (by teacher recommendation only) Advanced preschool/ kindergarten gymnastics class. Focus on strength and flexibility, as well as skill development on all apparatus.

Kicks for Kids Th3:30, 4

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

Kids Yoga F 3:45

Age 4 - 6 Develop flexibility, coordination, strength, and balance.

Little Stars On Stage Tu 12:30

Ages 4-5 This class is perfect for boys & girls who love to role play and dress up at home. Each class will consist of fun theatre games, acting out stories, and dressing up in fun costumes, all while expanding their creativity and imagination. Children will learn to work as a group while they explore and create together.

Movers & Shakers Tu 11:15

Ages 2-4 Boys & girls love to dance! Let them get their groove on in this fun filled, action packed class full of music, dance, games, and imagination. This class will encourage independence from their caregiver while working on gross motor skills, musicality, and following directions.

Preschool Gymnastics M 11; Tu 1:15; W 11:00, 1:15

Th 11:15; F 11:30, Sa 11:00

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

Princess Ballet Beg. 1 (Ages 3-5) W 2:00; Th 10:30

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

Tutu Tumblers Beg. 1 (Ages 2.5-3) Th 9:15

Boys and girls will be introduced to dance and gymnastics in this fun and interactive class. Children will stretch and practice motor skills, all while learning basic ballet and gymnastics. Tumble and move your body!

Shoes required: BALLET

Young Athlete Program Age 2 ½ - 7 \$1 Sa 9:30

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

9/18/15