

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

**Late Fall 2015**  
**November 16 – January 31**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3:30 – 5:30 <b>TOPS</b> (Director rec only)</p> <p>3:30 -4:30 Girls Gym Ages 6-10</p> <p>3:45 - 4:45 Hip Hop Beginner 2 Ages 7-8</p> <p>3:45-4:45 Ballet/Tap/Jazz Beginner II Ages 7-9</p> <p>4:30 – 6:30 Elite I (Teacher rec only) Ages 8-11</p>	<p>3:30 – 4:30 Girls Gymnastics Ages 5 – 7</p> <p>3:30 – 4:30 ***NEW*** Jr. Warrior Gym Challenge Ages 5-6</p> <p>3:30 – 5:30 Elite II Gymnastics (Teacher rec only) Ages 12 and up</p> <p>***NEW!!!*** 3:45-4:30 Play Ball! Ages 5-11</p> <p>3:45-4:45 Ballet Beginner II Ages 7-8</p> <p>3:45-4:30 Hip Hop/ Flip Flop Beginner Ages 4-6</p> <p>4:30 – 5:30 Girls Gymnastics Ages 5-7</p> <p>4:30 – 5:30 Girls Gymnastics Ages 7-10</p> <p>4:30-5:30 Ballet Beginner I Ages 5-6</p>	<p>3:30 – 4:30 Girls Gymnastics Ages 7-10</p> <p>3:30 – 5:30 TOPS (Director rec only)</p> <p>3:45-4:45 Lights Camera Action! Ages 7-10</p> <p>3:45-4:45 Ballet/Tap/Jazz Beginner I Ages 5-6</p> <p>4:30 – 5:30 Girls Gymnastics Ages 5 – 7</p> <p>4:30 – 6:30 Elite I (Teacher rec only) Ages 8-11</p>	<p>3:30 - 4:00 Kicks for Kids Ages 4 – 6</p> <p>3:30 – 4:30 *Karate White Belt Ages 7 - 15</p> <p>3:30 – 5:30 Elite II Gymnastics (Teacher rec only) Ages 12 and up</p> <p>3:30-4:30 Girls Gymnastics Ages 5-7</p> <p>***NEW*** 3:45 – 4:30 Art &amp; Nature Ages 5-7</p> <p>4:00 - 4:30 Kicks for Kids Ages 4 – 6</p> <p>4:00-5:00 Lyrical/ Contemporary Intermediate II Ages 11 &amp; Up</p> <p>4:30-5:30 Girls Gymnastics Ages 7-10</p> <p>4:30 - 5:30 *Karate Yellow/Orange Belt Ages 7 – 15</p> <p>***NEW*** 4:45-5:30 Art &amp; Nature Ages 8-11</p>	<p>3:30 – 4:30 Girls Gymnastics Ages 6 - 10</p> <p>4:00 - 4:45 Kids Yoga Ages 4 - 12</p> <p>4:45 - 5:45 Hip Hop Intermediate I Ages 8 - 10</p>	<p>9:30 – 10:00 Young Athletes Special Olympics Ages 2 ½ - 7</p> <p>9:45 - 10:45 Ballet/Tap/Jazz Beginner I Ages 5 - 7</p> <p>10:15 – 11:00 Yoga for Special Needs Ages 5 - 11</p> <p>11:00-12:00 Acro-Tumbling Ages 8 and up</p> <p>11:00-12:00 Girls Gymnastics Ages 6 -10</p> <p>12:00-1:00 Girls Gymnastics Ages 6 -10</p> <p>11:00-12:00 Ballet Intermediate I Ages 9-11</p> <p>11:00 - 11:30 Dance Foundations for Special Needs Ages 5-8</p> <p>11:30 – 12:00 Dance Foundations for Special Needs Ages 9-12</p>	
<p>4:45 - 5:45 Jazz Intermediate I Ages 8-10</p> <p>4:45 - 5:45 Ballet/Tap/Jazz Beginner I Ages 5-6</p> <p>5:00 – 6:00 Cooking Ages 6 - 11</p> <p>5:30 – 6:30 Hot Shots (Teacher rec only) Ages 4-6</p> <p>5:45 - 6:45 Hip Hop Intermediate II Ages 11 &amp; Up</p>	<p>4:45 - 5:45 Chess Club Ages 7 - 11</p> <p>5:30 - 6:30 Acro-Tumbling Ages 8 and up</p> <p>7:30-8:30 Tap Intermediate II Ages 11 &amp; Up</p>	<p>4:45-5:45 Lights Camera Action! Ages 5-7</p> <p>4:45-5:45 Ballet/Tap/Jazz Beginner II Ages 7-9</p> <p>5:00 – 6:00 Cooking Ages 6 - 11</p> <p>5:30 – 6:30 Tween Tumblers Ages 9 – 12</p> <p>5:45 - 6:45 Tap/Jazz Intermediate I Ages 8-10</p>	<p>5:30-6:30 Hot Shots (Teacher rec only) Ages 4-6</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>12:00-1:00 Ballet Intermediate II Ages 11 &amp; Up</p> <p>1:00 - 2:00 Jazz Intermediate II Ages 11 &amp; Up</p>	<p>12:00-1:00 Ballet/Tap/Jazz Beginner II Ages 7-10</p>

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

**30 & 45 minute classes - \$130 per ten week term  
60 minute classes - \$165 per ten week term  
\*\*\*UNLESS OTHERWISE NOTED\*\*\***

**DANCE/PERFORMING ARTS**

It is recommended that all students follow listed levels prior to considering listed ages. Contact Director for placement inquiries.

**Ballet Shoes required: PINK BALLET**  
**Beq. I (Ages 5-6) Tu 4:30 Int. I (Ages 9-11) Sa 11:00**  
**Beq. II (Ages 7-8) Tu 3:45 Int. II (Ages 11 & Up) Sa 12:00**

This traditional ballet class will focus on the fundamentals of ballet through use of barre work, center, across the floor, and choreography.

**Ballet/Tap/Jazz Shoes required: TAP & BALLET**  
**Beq. I (Ages 5-6) M 4:45, W 3:45, (Ages 5-7) Sa 9:45**  
**Beq. II (Ages 7-9) M 3:45, W 4:45, (Ages 7-10) Su 12:00**

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

**Dance Foundations for Special Needs**  
**Ages 5-8 Sa 11:00**  
**Ages 9-12 Sa 11:30**

Children are introduced to basic dance techniques through innovative and creative body movement. Individualized modifications to activities will be made as needed.

**Hip Hop Shoes required: BLACK HIP HOP SNEAKERS**  
**Beq. II (Ages 7-8) M 3:45**  
**Int. I (Ages 8-10) F 4:45**  
**Int. II (Ages 11&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 Beq. (ages 4-6) Tu 3:45**

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

**Jazz Shoes required: JAZZ**  
**Int. I (Ages 8-10) M 4:45 Int. II (Ages 11 & Up) Sa 1:00**

This class will focus on jazz techniques such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students are exposed to various styles of jazz during the warm-up, stretches, across the floor, and choreography.

**Lyrical/Contemporary Shoes required: LYRICAL OR JAZZ**  
**Int. II (Ages 11 & Up) Th 4:00**

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

**Lights, Camera, Action Ages 5-7 W 4:45, Ages 7-10 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.

**Tap/Jazz Int. I (Ages 8-10) W 5:45 Shoes required: TAP & JAZZ**

This tap class will focus on the fundamentals of tap and jazz. Beginning with a warm up, students will learn progressions and technical aspects of both styles of dance, in addition to choreography.

**Tap Int. II (Ages 11 & Up) Tu 7:30 Shoes required: TAP**

This class is for tappers with experience and knowledge of tap steps and rhythms. Students will warm up, practice progressions, and learn traditional steps coupled with innovative choreography.

**FITNESS, SPORTS & SPECIALTY CLASSES**

**\*\*\*NEW!!! Art & Nature (Ages 5-7) Th 3:45 (Ages 8-11) Th 4:45**

Create works of art inspired by nature, expanded by STEM (Science, Technology, Engineering & Mathematics). Must dress appropriately- we will go outside for a portion of EVERY class!

**Chess Club Ages 7 - 11 T 4:45**

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

**Cooking Around the World Ages 6 - 11 M 5:00 W 5:00**

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! Please note: The Connection's kitchen is not nut-free.

**Karate/Self-Defense Ages 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 Ages 4 - 6 Th 3:30, 4:00**

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

**Kids Yoga Ages 4-12 F 4:00**

Develop flexibility, coordination, strength, and balance.

**\*\*\*NEW!!! Play Ball! Ages 5-11 Tu 3:45**

Enjoy in-door sports fun, beyond the traditional court boundaries and rules!

**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 10:15**

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

**Young Athlete Program Age 2 ½ - 7 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

**GYMNASTICS**

**Girls Gymnastics**

**Ages 5-7 T 3:30, 4:30 W 4:30; Th 3:30**

**Ages 6-10 M 3:30; F 3:30; Sa 11, 12**

**Ages 7-10 T 4:30; W 3:30; Th 4:30**

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

**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.

**Jr. Warrior Gym Challenge Ages 5-6 Tues 3:30**

Class in the big gym utilizing gymnastics equipment and specially designed ninja challenge course equipment. This coed class focuses on strength, agility, speed and most of all, FUN!

**Acro-Tumbling Tu 5:30; Sa 11**

**Ages 8+** Focuses on developing tumbling skills and flexibility. Use of floor exercise mat and tumble track. Great for dancers and cheerleaders.

**Tween Tumblers Tu 3:30; W 5:30**

**Ages 11 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.

**Elite Gymnastics I (ages 8-11) M 4:30-6:30; W 4:30-6:30**

**Elite Gymnastics II (ages 12+) Tu 3:30 - 5:30, Th 3:30 - 5:30**

**By teacher recommendation only.** Advanced gymnastics class that will focus on skill development, strength & flexibility. **Requirements:** back hand spring, cartwheel on beam, pull over, back hip circle, sole circle on bars.

**Hip Hop Flip Flop Beq. (ages 4-6) Tu 3:45**

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

**TOPS Gymnastics M 3:30 - 5:30, W 3:30 - 5:30 (teacher rec. 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.