

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

Spring 2014
April 7th - June 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:45 – 4:45 Hot Shots Gymnastics Grades K – 1 st (teacher recommendation only) Hip Hop Grades 2 nd – 5 th Ballet/Tap/Jazz Grade K - 1 st Cooking Grade K – 1 st 3:45 - 5:45 TOPS Gymnastics (by try out only)	3:45 – 4:45 Girls Gymnastics Grades K – 1 st Gym Stars Gymnastics (teacher recommendation only) 3:45 – 4:30 Sports & Games Grades K – 1 st Hip Hop/Flip Flop Age 4-6	3:45 – 4:45 Ballet/Tap/Jazz Grades 2 nd – 5 th Girls Gymnastics Grade K – 1 st Lights, Camera, Action Grades K – 1 st 3:45 - 5:45 TOPS Gymnastics (by tryout only) 4:45 – 5:45 Lights, Camera, Action Grades 2 nd – 5 th Ballet/Tap/Jazz Grades K- 1 st Girls Gymnastics Grades 2 nd – 4 th	3:30 – 4:00 Kicks for Kids Age 4-6 3:30 – 4:30 *Karate White Belt Ages 7 - 15 3:45 – 4:45 Girls Gymnastics Grades 2 nd – 4 th Gym Stars Gymnastics (teacher recommendation only) 4:00 – 4:30 *Kicks for Kids Ages 4 – 6 4:00 - 5:00 Ballet/Lyrical Teens	3:45 – 4:15 Kids Yoga Grades K – 1 st 3:45 – 4:45 Tween Tumblers Grades 5 th and Up Art Grades K – 5 th Ballet/Tap/Jazz Grades K – 1 st 3:45 – 5:45 Elite gymnastics (teacher recommendation only) 4:15 – 5:00 Kids Yoga Grades 2 nd – 4 th	9:00 - 10:00 Artists Meet Artists Grades 2 nd - 4 th ** NEW! ** 9:45-10:45 Ballet/Tap/Jazz Grades K- 1 st 10:00 – 11:00 Girls Gymnastics Grades K – 2 nd 10:00 - 10:45 Hip Hop/Flip Flop for Special Needs Age 4 - 9 10:15 - 11:00 Adventures in Art Ages 3 - 6 ** NEW! ** 10:45 -11:15 **Kicks for Kids Age 4-6 11:00 – 12:00 Girls Gymnastics Grades 3 rd – 4 th	10:00 - 11:30 Birthday Party 10:45 – 11:45 Irish Step Dancing Grades K- 4 th 12:00 – 1:00 Ballet/Tap/Jazz Grades K - 1 st
4:45 – 5:45 Girls gymnastics Grades K – 1 st Hip Hop Grades K – 1 st Jazz Grades 2 nd – 5 th Cooking Grades 2 nd – 5 th	4:30 – 5:30 Fitness Challenge Grades 2 nd – 5 th	4:45 - 6:45 Elite gymnastics (teacher recommendation only) 5:45 – 6:45 Teen Music Theater Grades 6 th & Up Ballet/Tap/Jazz Grades 6 th & up	4:30 – 5:30 *Karate Yellow/Orange Belt Age 7 – 15	4:45 - 5:45 Hip Hop Grades K – 1 st Girls Gymnastics Grades K – 1 st	11:00 - 11:45 Yoga for Special Needs Grades 2 - 4 11:15 – 12:15 *Karate White Belt Ages 7 - 15 Little Chefs Grades K - 1 st ** NEW! ** 12:00 - 12:45 Young Athletes Special Olympics Age 2 ½ - 7 12:15 - 1:15 Young Chefs Academy Grades 2 nd - 5 th ** NEW! ** 1:00 - 2:00 Open Gym for Special Needs Grades 9 - 12	12:00 – 1:30 Birthday Party 1:00 – 2:00 Ballet/Tap/Jazz Grades 2 nd – 5 th
5:45 – 6:45 Tween/Teen Hip Hop Grades 6 th & Up	5:30 - 6:30 Chess Club Grades 2 nd - 5 th ** NEW **		5:30 – 6:30 *Karate Blue Belt & Up Age 7 – 15	7- 9:30 Teen Club For teens with special needs Ages 13 - 21	2:00 – 3:30 Birthday Party 3:00 – 4:30 Birthday Party	1:15 – 2:45 Birthday Party 3:00 – 4:30 Birthday Party

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

**30 & 45 minute classes - \$125 per ten week term
60 minute classes - \$155 per ten week term
UNLESS OTHERWISE NOTED**

DANCE/PERFORMING ARTS

Ballet/Lyrical Teens Th 4

A free moving dance class with movements interpretive of lyrics while still requiring a strong foundation in proper ballet technique.

Ballet/Tap/Jazz Shoes required: TAP & BALLE

**Grade K & up M 3:45; W 3:45, 4:45, 5:45; F 3:45; Sa 9:45;
Su 12, 1**

Ballet, tap, and jazz techniques taught with choreography.

Hip Hop Grade K – 5th M 3:45, 4:45; F 4:45

Your child will have a blast in this fun filled dance class. They will learn contemporary choreography, improve balance and coordination, and gain strength and muscular control and have a great time dancing!

Hip Hop & Flip Flop Age 4 – 1st Grade Tu 3:45

Dancers are introduced to hip hop and its popping and locking movements. They also Flip Flop through some basic cartwheels, rolls, and stretches to prepare for the more rigorous break dance oriented floor moves that are a central part of hip hop dance.

Hip Hop/Flip Flop for Special Needs Sa 10

Ages 4 - 9. Dancers are introduced to Hip Hop and its popping and locking movements. They also Flip Flop through some basic cartwheels, rolls, and stretches to prepare for the more rigorous break dance oriented floor moves that are a central part of Hip Hop dance. Individualized modifications to activities will be made as needed.

Irish Step Dance Grades K – 4th Su 10:45

Irish Dance offers many benefits including: increased poise and self-confidence, physical fitness, increased memory and concentration, enjoyment of Irish culture, and having a great time. Ballet shoes required.

Jazz Grades 2nd - 5th M 4:45

Jazz class will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. As students progress through each level curriculum will become increasingly more complex and intricate.

Lights, Camera, Action Grade K - 5th W 3:45, 4:45 \$195

This performing arts class offers a wide range of non-competitive fine and performing arts activities. Includes singing, dancing, theater, make-up, and set-design.

Teen Music Theater Grades 6th & up W 5:45 \$195

If you like to perform, then this class is for you! Teen Musical Theatre combines singing, acting, improv and stage movement to create a unique show that allows everyone the chance to shine. Each student focuses on the song and character while working with classmates to create ensemble.

Tween/Teen Hip Hop Grade 6th & up M 5:45

A class that incorporates jazz technique along with the excitement of street or club moves often seen in music videos.

GYMNASTICS (cont.)

TOPS Gymnastics (by tryout only) M 3:45; W 3:45 \$280

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

Tween Tumblers Grades 5th & up F 3:45

Beginner to intermediate gymnastics class for girls ages 11 and up that incorporates all gymnastics events including vault, bars, beam, floor and Tumble Trak. The focus will be on skill development on each apparatus. Flexibility work and strength training will also be incorporated.

FITNESS, SPORTS & SPECIALTY CLASSES

Art Grades K – 5th F 3:45 \$195

Work on fun art and crafts projects. A different theme each session. Please come with a smock t-shirt to wear for each class.

****NEW!** Adventures in Art Ages 3 - 6 Sa 10:15 \$153**

Hands-on activities, stories, and fun artistic explorations in a wide variety of media. Children will work on colors, shapes and patterns developing their fine motor skills.

****NEW!** Artists Meet Artists Grades 2nd - 4th Sa 9 \$180**

Create your own masterpiece inspired by the famous artists of all times, learning their styles, such as Expressionism, Impressionism, Cubism just to name a few...Bring your imagination, creativity and a smock.

****NEW!** Chess Club Grades 2nd - 5th Tu 5:30**

Playing chess helps children to learn responsibility, improves concentration, discipline and sharpen thinking skills. Join our chess club to have fun with your friends playing this ancient game.

Cooking Grade K - 5th M 3:45, 4:45 \$195

Enjoy making delicious meals, snacks and other treats.

Fitness Challenge Grades 2nd - 5th Tu 4:30

Are you up for the challenge? This class will push you to a new level of fitness and fun!

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, Sa 11:15 Yellow/Orange Belt Th 4:30

Blue Belt & up Th 5:30

Kicks for Kids Age 4 - 6 Th 3:30, 4: Sa 10:45

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

Kids Yoga Grades K – 4th F 3:45; 4:15

Develop flexibility, coordination, strength, and balance.

****NEW!** Little Chefs Grades K - 1st Sa 11:15 \$180**

It is never too early to start developing culinary skills. We are willing to bet that a few breakfasts-in-bed may be in your future. Kids will also learn healthy food choices.

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.

Sports & Games Grades K - 1st Tu 3:45

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

Teen Club for teens with special needs Ages 13 - 21 F 7- 9:30

age 13 - 17 meets first Friday of the month: age 18 - 21 third Friday

Learning disabled teens meet monthly for social and recreational programs that help develop self-esteem and a better sense of belonging.

Yoga for Special Needs Grades 2 - 4 Sa 11

Fun stretches and poses designed to engage the body, mind and spirit.

Modifications provided as needed. **Begins 9/16.**

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.

****NEW!** Young Chefs Grades 2nd - 5th Sa 12:15 \$180**

It is never too early to start developing culinary skills. We are willing to bet that a few breakfasts-in-bed may be in your future. Kids will also learn healthy food choices.

**Birthday Parties at The Connection!
To book a party, please inquire at the Front Desk.**

GYMNASTICS

Elite Gymnastics Grade 5th and up W 4:45; F 3:45

By teacher recommendation only.

Advanced gymnastics class for girls ages 11 and up. Class will focus on skill development, strength, and flexibility. **Requirements:** back handspring, cartwheel on beam, pullover and back hip circle on bars.

Gym Stars Gymnastics Tu 3:45; Th 3:45

By teacher recommendation only. A one hour advanced gymnastics class that is offered twice a week

Girls' Gymnastics M 4:45, Tu 3:45; W 3:45, 4:45; Th 3:45; F 4:45; Sa 10; 11

Kindergarten & up. Focuses on new skills on all apparatus using progressions, strength and flexibility training.

Hot Shots Girls, grade K-1st M 3:45

By teacher recommendation only. Fundamental skills, strength conditioning and flexibility are focused on.