

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

Spring 2015
April 13th – June 21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30 – 4:30 Gym Stars 1 & 2 (Teacher rec only)	3:30 – 4:30 Gym Stars 1 & 2 (Teacher rec only)	3:30 – 4:30 Girls Gymnastics Ages 7 - 10	3:30 – 4:30 *Karate White Belt Ages 7 - 15	3:30 – 4:30 Girls Gymnastics Ages 6 - 10	9:45 - 10:45 Ballet/Tap/Jazz Ages 5 - 7	11:00-12:00 Irish Step Dance Ages 5-10 ****NEW!!!!****
3:30 – 5:30 TOPS (Director rec only)	3:30 – 5:30 Elite Gymnastics (Teacher rec only)	3:30 – 5:30 TOPS (Director rec only)	3:30 – 5:30 Elite Gymnastics (Teacher rec only)	3:45-4:30 Hip Hop Flip Flop Ages 4-6 ****NEW!!!!****	10:00 – 11:00 Girls Gymnastics Ages 5 - 7	
3:45 - 4:45 Ballet/Tap/Jazz Ages 5-6	3:45 – 4:30 Run Club Ages 7 – 11 ****NEW!!!!****	3:45-4:45 Lights Camera Action! Ages 7-10		4:00 – 4:45 Lego Master Ages 6 - 11 ***NEW!!!!***	10:15 – 11:00 Yoga for Special Needs Ages 5 - 11	
3:45 - 4:45 Hip Hop Ages 7-8	3:45-4:30 Hip Hop Flip Flop Ages 4-6	3:45-4:45 Ballet/Tap/Jazz Ages 5-6		4:15 – 5:00 Kids Yoga Grades 2 – 5	11:00 - 11:45 Hip Hop Flip Flop for Special Needs Ages 5 - 11	
		4:30 – 5:30 Girls Gymnastics Ages 5 - 7		4:45 - 5:45 Hip Hop Ages 8 - 10	11:00 – 12:00 Girls Gymnastics Ages 6 - 10	
		4:45-5:45 Lights Camera Action! Ages 5-7				
		4:45-5:45 Ballet/Tap/Jazz Ages 7-9				
4:30 – 5:30 Girls Gymnastics Ages 5 - 7	4:30 – 5:30 Girls Gymnastics Ages 5 - 7	4:45 - 5:45 Chess Club Ages 7 - 11	4:00 - 4:30 Kicks for Kids Ages 4 – 6	7:00 - 9:30 Teen Scene for Teens with Special Needs Ages 13 - 19	12:00 – 12:45 Young Athletes Special Olympics Ages 2 ½ - 7	12:00 - 1:00 Ballet/Tap/Jazz Ages 5-7
4:45 - 5:45 Jazz Ages 8-10	4:45 - 5:30 Sports & Games Ages 5 - 9	5:30 – 6:30 Gym Stars 1 & 2 (Teacher rec only)	4:00-5:00 Lyrical/ Contemporary Tween/Teen Ages 11 & Up		1:00 – 1:45 Open Gym for Special Needs Ages 8 - 12	1:00 - 2:00 Ballet/Tap/Jazz Ages 7-10
4:45 - 5:45 Ballet/Tap/Jazz Ages 7 - 9		Girls Gymnastics Ages 7 - 10	4:30 - 5:30 *Karate Yellow/Orange Belt Ages 7 – 15		2:00 - 3:00 Jazz Tween/Teen Ages 11 & Up	
5:00 – 6:00 Cooking Ages 6 - 11		5:45 - 6:45 Ballet/Tap/ Jazz Ages 10 & Up	Tween Tumblers Ages 11 and up			
5:30 – 6:30 Girls Gymnastics Ages 7 - 9			Girls Gymnastics Ages 7 - 10			
5:30 – 6:30 Tween Tumblers Ages 11 and up			5:30 - 6:30 *Karate Blue Belt & Up Ages 7 - 15			
5:45 - 6:45 Hip Hop Tween / Teen Ages 11 & Up						

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

Ages 5-6 M 3:45; W 3:45

Ages 5-7 Sa 9:45, Su 12:00

Ages 7-9 M 4:45, W 4:45

Ages 7-10 Su 1:00

Ages 10 & Up W 5:45

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

Hip Hop Shoes required: BLACK HIP HOP SNEAKERS

Ages 7-8 M 3:45

Ages 8-10 F 4:45

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 Tu 3:45; F 3:45 (NEW**)**

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.

****NEW** Irish Step Dance Ages 5-10 Su 11 Shoes required: Ballet**

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.

Jazz Shoes required: JAZZ

Ages 8-10 M 4:45

Ages 11 & 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.

Lyrical/Contemporary Ages 11 & Up Th 4:00

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

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.

FITNESS, SPORTS & SPECIALTY CLASSES

Chess Club Ages 7 - 11 W 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 \$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.

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 4

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

Kids Yoga Age 5-12 F 4:15

Develop flexibility, coordination, strength, and balance.

****NEW!** Lego Masters Ages 6 - 11 F 4**

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

****NEW!** Run Club Ages 7 - 11 T 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.

Open Gym for Special Needs Ages 8 - 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 10:15

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 4:30, W 3:30, 4:30, 5:30;

Th 4:30; F 3:30; Sa 10:00, 11:00

Ages 5 and 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

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.

Gym Stars 1 & 2 M 3:30, Tu 3:30, W 5:30

Ages 7 - 9 . 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

Ages 12 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.