

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

Spring 2016
April 4 – June 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3:30 – 5:30 TOPS (Director rec only)</p> <p>3:30 -4:30 Girls Gym Ages 6-10</p> <p>3:45-4:45 Glitter Dance Team Auditions in June</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+</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 Run Club Ages 7-11</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 6-10</p> <p>4:30-5:30 Ballet Beginner I Ages 5-6</p> <p>4:30-5:30 TOPS Dance Director rec only</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 Sparkle Dance Team Auditions in June</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>4:15-5:15 Art & Nature Ages 6-11</p> <p>4:30 – 5:30 Girls Gymnastics Ages 5 – 7</p> <p>4:30 – 6:30 Elite I (Teacher rec only) Ages 8+</p> <p>4:45-5:45 Gold Dance Team Auditions in June</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 Tinker with STEAM 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 & 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>3:30 – 4:30 Girls Gymnastics Ages 6 - 10</p> <p>3:45-4:45 Silver Dance Team Auditions in June</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>7:00 - 9:30 Teen Scene for Teens with Special Needs Ages 13 - 19</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 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>12:00-1:00 Girls Gymnastics Ages 6 -10</p>	<p>12:00-1:00 Ballet/Tap/Jazz Beginner II Ages 7-10</p> <p>1:00 - 2:00 Jazz Intermediate II Ages 11 & Up</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 TOPS Dance Director rec only</p>	<p>4:45 - 5:30 Chess Club Ages 7 - 11</p> <p>6:30-7:30 Platinum Dance Team Auditions in June</p> <p>5:30 - 6:30 Acro-Tumbling Ages 8 and up</p> <p>7:30-8:30 Tap Intermediate II Ages 11 & 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>5:30 – 6:30 Tween Tumblers Ages 9 – 12</p> <p>5:45 - 6:45 Tap/Jazz Intermediate I Ages 8-10</p>	<p>***NEW*** 4:45-5:45 Invent with STEAM 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 & Up Ages 7 - 15</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 - \$143 per eleven week term
60 minute classes - \$182 per eleven 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

Req. I (Ages 5-6) Tu 4:30 Int. I (Ages 9-11) Sa 11:00

Req. 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

Req. I (Ages 5-6) M 4:45, W 3:45, (Ages 5-7) Sa 9:45

Req. 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

Req. II (Ages 7-8) M 3:45

Int. I (Ages 8-10) F 4:45

BOYS HIP HOP – COMING IN FALL 2016

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 Req. (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.

TOPS *NEW* M 5:45, Tu 4:30

Our Talent Opportunity Program is for gifted dancers who wish to advance their technique, flexibility, and skills. TOPS is also a great class for dancers interested in the Connection Crew Dance Team. This class is by invitation only.

Dance Team Ages 5 & up

The Connection Crew is a competitive dance team whose mission is to build well-rounded dancers and encourage team building in a safe, fun and competitive environment. The Crew is made up of five levels of dancers who take 3 or more classes per week, and perform and compete during the late winter and spring months. Members also have the opportunity to compete in Solos, Duets, and Trios.

FITNESS, SPORTS & SPECIALTY CLASSES

Art & Nature Ages 6-11 W 4:15

Create works of art inspired by nature, expanded by STEAM (Science, Technology, Engineering, Art & Mathematics).

Chess Club Ages 7 - 11 Tu 4:45

Playing chess helps children learn responsibility, improve concentration and discipline, and sharpen thinking skills while having fun!

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

Learn to make delicious foods from all over the world, while practicing kitchen safety and basic cooking skills. (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***Run Club Ages 7-12 Tu 3:45**

Walk over to the Summit Green with your class where you will RUN, while also talking about goal setting, being optimistic & making healthy choices.

*****NEW*** Tinker with STEAM Ages 5-7 Th 3:45**

The fundamentals of STEAM (Science, Technology, Engineering, Art & Math) will be tested through fun experiments and projects.

*****NEW*** Invent with STEAM Ages 8-10 Th 4:45**

STEAM (Science, Technology, Engineering, Art & Math) ideals will be applied to real world challenges.

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 W 4:30; Th 3:30

Ages 6-10 M 3:30; T 4:30; F 3:30; Sa 12

Ages 7-10 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 W 5:30

Ages 9 and up. Beginner to intermediate gymnastics class for girls 9 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+) 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 Req. (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.