

**GYMNASTICS, DANCE &
SPECIALTY CLASSES FOR
PARENT/CHILD**

Winter 2015
January 26th – April 12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:15 – 10:00 Tumbling Tots Ages 1 ½ – 2 ***NEW***		9:00 – 9:45 Messy Play Ages 1 – 3	9:00 - 9:45 Pee Wee Picassos Ages 1 ½ - 4	10:00-10:45 On My Own Dance Ages 2 ½ - 3
10:45 - 11:30 All About Animals Ages 2 - 3	10:30-11:15 You & Me Dance Ages 1 ½ - 3 11:15-12:00 Movers & Shakers Ages 2-4 ****NEW****	10:00 – 10:45 You & Me Yoga 1 ½ – 3 yrs ***NEW*** 10:00-10:45 You & Me Dance Ages 1 ½ - 3 11:00 – 12:00 Drop In & Play Infant – 5 yrs.	10:00 – 10:45 Tumbling Tots Ages 1 ½ – 2 ***NEW*** 10:15 – 11:00 Planes, Trains and Automobiles Ages 1 - 2 11:00 – 12:00 Drop In & Play Infant – 5 yrs.	10:15 - 11:00 Making Music Ages 1 ½ - 4	10:15 – 11:00 World Explorers 1 ½ - 3 yrs ***NEW*** 11:15-12:00 Movers & Shakers Ages 2-4 ****NEW****	11:00 – 12:00 Drop In & Play Infant – 5 yrs.
12:00 – 1:00 Drop In & Play Infant – 5 yrs.	12:00 – 1:00 Drop In & Play Infant – 5 yrs.			12:15 - 1 Drop In & Play Infant – 5 yrs.	1:00 – 2:00 Drop In & Play Infant – 5 yrs.	12:00 – 1:00 Drop In & Play Infant – 5 yrs.

DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

GYMNASTICS, DANCE & SPECIALTY CLASSES FOR PARENT-CHILD

30 & 45 minute classes - \$141 per eleven week term

60 minute classes - \$176 per eleven week term

UNLESS OTHERWISE NOTED

DROP IN AND PLAY

Infants-5 years

\$5 per child

DROP IN AND PLAY:

Monday 12 - 1

Tuesday 12 - 1

Wednesday & Thursday 11 - 12

Friday 12:15 - 1

Saturday 1 - 2

Sunday 11 - 12 & 12-1

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.

All About Animals M 10:45

Age 2 - 3 Active play and listening skills are encouraged through animal themes including farm animals, wild life, ocean creatures, even birds and insects. There will be something new to explore every week.

NEW Movers & Shakers Tu 11:15, Sat 11:15

Age 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.

Making Music Fri 10:15

Age 1 ½ - 4 Children will have the opportunity to explore and experience music to develop their ability to sing and expand their sense of rhythm. Children will listen to songs, sing, keep a beat, play an instrument and dance to the music.

Messy Play Fri 9

Age 1 - 3 Come and let your child explore the wonderful world of mess making. Water play, finger painting, sand, rice and much more.

On My Own Dance Sun 10

Age 2 ½ - 3 A structured dance class designed to prepare children to easily transition into being on their own. Parents will begin the session participating with the child and slowly (by week 5) they will transition out so that each child is taking the class on their own. Dance technique and terminology will be taught, as well as motor skills and choreography.

Shoes required: **BALLET**

Pee Wee Picasso Sat 9

Age 1 ½ - 4 Promotes creativity, self esteem and celebrates individuality while learning the fundamentals of art.

Planes, Trains & Automobiles Th 10:15

Age 1 - 2 An exciting parent/child class revolving around all of your child's favorite types of transportation. Songs, games, circle time and stories will guide you through as your child develops skills: jumping, climbing, throwing and social skills.

Tumbling Tots W 9:15, Th 10:00

Age 1 ½ - 2 Teacher led, parent assisted structured class that will develop gross motor skills and offer an introduction to gymnastics utilizing all of the apparatus.

World Explorers Sat 10:15

Age 1 ½ - 3 Each week you and your child will explore a different region of the world through movement, play and art. Your child will learn about the world around us while having a blast.

You & Me Dance Tu 10:30, W 10

Age 1 ½ - 3 With the care giver close by, students will learn the basics of dance, while engaging in hands-on movement activities essential to proper development in coordination, counting and timing, and self-confidence. Students learn to stretch and dance through the use of exciting props such as dance scarves, rhythm sticks, and ribbon sticks.

Shoes required: **BALLET**

You & Me Yoga W10

Age 1 ½ - 3 Practicing yoga with your little one has many benefits for both parent and child: more energy, less stress, better focus, stronger muscles and better sleep. Namaste