

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

**WINTER 2015**  
January 26<sup>th</sup> - April 12<sup>th</sup>

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|---|--|---|--|---|--|---|
| <p>3:30 – 4:30<br/>Gym Stars 1<br/>(Teacher rec only)<br/>Ages 7 - 9</p> <p>3:30 – 5:30<br/>TOPS<br/>(Director rec only)</p> <p>3:45 - 4:45<br/>Strength and<br/>Conditioning<br/>Ages 10+<br/>***NEW!!!**</p> <p>3:45 - 4:45<br/>Ballet/Tap/Jazz<br/>Ages 5-6</p> <p>3:45 - 4:45<br/>Hip Hop<br/>Ages 7-8</p>  | <p>3:30 – 4:30<br/>Gym Stars 2<br/>(Teacher rec only)<br/>Ages 10 - 12</p> <p>3:30 – 5:30<br/>Elite Gymnastics<br/>(Teacher rec only)</p> <p>3:45 - 4:30<br/>Fitness Challenge<br/>Ages 9 - 12<br/>***NEW!!!**</p> <p>3:45-4:30<br/>Hip Hop Flip Flop<br/>Ages 4-6</p> | <p>3:30 – 4:30<br/>Girls Gymnastics<br/>Ages 7 - 10</p> <p>3:30 – 5:30<br/>TOPS<br/>(Director rec only)</p> <p>3:45-4:45<br/>Lights Camera<br/>Action!<br/>Ages 7-10</p> <p>3:45-4:45<br/>Ballet/Tap/Jazz<br/>Ages 5-6</p> <p>4:30 – 5:30<br/>Girls Gymnastics<br/>Ages 5 - 7</p> <p>4:45-5:45<br/>Lights Camera<br/>Action!<br/>Ages 5-7</p> <p>4:45-5:45<br/>Ballet/Tap/Jazz<br/>Ages 7-9</p> | <p>3:30 – 4:00<br/>Kicks for Kids<br/>Ages 4 – 6</p> <p>3:30 – 4:30<br/>Gym Stars 2<br/>Ages 10 - 12</p> <p>*Karate<br/>White Belt<br/>Ages 7 - 15</p> <p>3:30 – 5:30<br/>Elite Gymnastics<br/>(Teacher rec only)</p>  | <p>3:30 – 4:30<br/>Girls Gymnastics<br/>Ages 6 - 10</p> <p>3:45 - 4:15<br/>Kids Yoga<br/>Grades K – 1</p> <p>4:00 – 4:45<br/>Lego Master<br/>Ages 6 - 11<br/>***NEW!!!**</p> <p>4:15 – 5:00<br/>Kids Yoga<br/>Grades 2 – 5</p> <p>4:45 - 5:45<br/>Hip Hop<br/>Ages 8 - 10<br/>****NEW!!!!**</p> | <p>9:45 - 10:45<br/>Ballet/Tap/Jazz<br/>Ages 5 - 7</p> <p>10:00 – 11:00<br/>Girls Gymnastics<br/>Ages 5 - 7</p> <p>10:15 – 11:00<br/>Yoga for Special<br/>Needs<br/>Ages 5 - 11</p> <p>11:00 - 11:45<br/>Hip Hop Flip Flop<br/>for Special Needs<br/>Ages 5 - 11</p> <p>11:00 – 12:00<br/>Girls Gymnastics<br/>Ages 6 - 10</p> | <p>11:00-12:00<br/>Irish Step Dance<br/>Ages 5-10<br/>****NEW!!!!**</p>                                   |
| <p>4:30 – 5:30<br/>Girls Gymnastics<br/>Ages 5 - 7</p> <p>4:45 - 5:45<br/>Jazz<br/>Ages 8-10</p> <p>4:45 - 5:45<br/>Ballet/Tap/Jazz<br/>Ages 7 - 9<br/>***NEW!!!!**</p> <p>5:00 – 6:00<br/>Cooking<br/>Ages 6 - 11</p> <p>5:30 – 6:30<br/>Girls Gymnastics<br/>Ages 7 - 9</p> <p>5:30 – 6:30<br/>Tween Tumblers<br/>Ages 11 and up</p> <p>5:45 - 6:45<br/>Hip Hop<br/>Tween / Teen<br/>Ages 11 &amp; Up</p> | <p>4:30 – 5:30<br/>Girls Gymnastics<br/>Ages 5 - 7</p> <p>4:45 - 5:30<br/>Sports &amp; Games<br/>Ages 5 - 9</p>  | <p>4:45 - 5:45<br/>Chess Club<br/>Ages 7 - 11<br/>***NEW!!!!**</p> <p>5:30 – 6:30<br/>Gym Stars 1<br/>(Teacher rec only)<br/>Ages 7 - 9</p> <p>Girls Gymnastics<br/>Ages 7 - 10</p> <p>5:45 - 6:45<br/>Ballet/Tap/ Jazz<br/>Ages 10 &amp; Up<br/>****NEW!!!!**</p>  | <p>4:00 - 4:30<br/>Kicks for Kids<br/>Ages 4 – 6</p> <p>4:00-5:00<br/>Lyrical/<br/>Contemporary<br/>Tween/Teen<br/>Ages 11 &amp; Up<br/>****NEW!!!!**</p> <p>4:30 - 5:30<br/>*Karate<br/>Yellow/Orange Belt<br/>Ages 7 – 15</p> <p>Tween Tumblers<br/>Ages 11 and up</p> <p>Girls Gymnastics<br/>Ages 7 - 10</p> <p>5:30 - 6:30<br/>*Karate<br/>Blue Belt &amp; Up<br/>Ages 7 - 15</p> | <p>7:00 - 9:30<br/>Teen Scene for<br/>Teens with<br/>Special Needs<br/>Ages 13 - 19</p>   | <p>12:00 – 12:45<br/>Young Athletes<br/>Special Olympics<br/>Ages 2 ½ - 7</p> <p>1:00 – 1:45<br/>Open Gym for<br/>Special Needs<br/>Ages 8 - 12</p> <p>2:00 - 3:00<br/>Jazz<br/>Tween/Teen<br/>Ages 11 &amp; Up<br/>****NEW!!!!**</p>  | <p>12:00 - 1:00<br/>Ballet/Tap/Jazz<br/>Ages 5-7</p> <p>1:00 - 2:00<br/>Ballet/Tap/Jazz<br/>Ages 7-10</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 - \$141 per eleven week term  
60 minute classes - \$176 per eleven 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**

**\*\*NEW\*\* Ages 7-9 M 4:45, W 4:45**

**Ages 7-10 Su 1:00**

**\*\*NEW\*\* 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**

**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**

**\*\*NEW\*\* 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.

**\*\*NEW\*\* 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**

**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 3:30, 4**

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

**Kids Yoga Age 5-12 F 3:45; 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.

**Sports & Games Ages 5 - 9 Tu 4:30**

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

**\*\*NEW!\*\* Strength & Conditioning Ages 10+**

A great way for dancers and all athletes to train and stay in shape year round. This class will help with strength, flexibility and much more!

**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 M 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.

**Gym Stars 2 Tu 3:30, Th 3:30**

**Ages 10 - 12 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.

**FITNESS, SPORTS & SPECIALTY CLASSES**

**\*\*NEW!\*\* 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.

**\*\*NEW!\*\* 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.

**\*\*NEW!\*\* Fitness Challenge Ages 9 - 12 Tu 3:45**

Are you up for the challenge? This class will push you to a new level of fitness and fun! It will also teach you how to use the equipment in the Fitness Center.