

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

**Winter 2016**  
**February 1 – April 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30 – 5:30 <b>TOPS</b> (Director rec only)	3:30 – 4:30 Girls Gymnastics Ages 5 – 7	3:30 – 4:30 Girls Gymnastics Ages 7-10	3:30 - 4:00 Kicks for Kids Ages 4 – 6	3:30 – 4:30 Girls Gymnastics Ages 6 - 10	9:30 – 10:00 Young Athletes Special Olympics Ages 2 ½ - 7	
3:30 -4:30 Girls Gym Ages 6-10	3:30 – 4:30 ***NEW*** Jr. Warrior Gym Challenge Ages 5-6	3:30 – 5:30 <b>TOPS</b> (Director rec only)	3:30 – 4:30 *Karate White Belt Ages 7 - 15	3:45-4:45 ***NEW*** <b>BOYS HIP HOP</b> Ages 6-9	9:45 - 10:45 Ballet/Tap/Jazz Beginner I Ages 5 - 7	
3:45-4:45 Glitter Dance Team Auditions in June	3:30 – 5:30 Elite II Gymnastics (Teacher rec only) Ages 12 and up	3:45-4:45 Sparkle Dance Team Auditions in June	3:30 – 5:30 Elite II Gymnastics (Teacher rec only) Ages 12 and up	3:45-4:45 Silver Dance Team Auditions in June	10:15 – 11:00 Yoga for Special Needs Ages 5 - 11	
3:45 - 4:45 Hip Hop Beginner 2 Ages 7-8	3:45-4:30 Play Ball! Ages 5-11	3:45-4:45 Lights Camera Action! Ages 7-10	3:30-4:30 Girls Gymnastics Ages 5-7	4:00 - 4:45 Kids Yoga Ages 4 - 12	11:00-12:00 Acro-Tumbling Ages 8 and up	
3:45-4:45 Ballet/Tap/Jazz Beginner II Ages 7-9	3:45-4:45 Ballet Beginner II Ages 7-8	3:45-4:45 Ballet/Tap/Jazz Beginner I Ages 5-6	***NEW*** 3:45 – 4:45 Art & Nature Ages 6-11	4:45 - 5:45 Hip Hop Intermediate I Ages 8 - 10	11:00-12:00 Girls Gymnastics Ages 6 - 10	
4:30 – 6:30 Elite I (Teacher rec only) Ages 8+	3:45-4:30 Hip Hop/ Flip Flop Beginner Ages 4-6	4:30 – 5:30 Girls Gymnastics Ages 5 – 7	4:00 - 4:30 Kicks for Kids Ages 4 – 6		12:00-1:00 Girls Gymnastics Ages 6 - 10	
	4:30 – 5:30 Girls Gymnastics Ages 5-7	4:30 – 6:30 Elite I (Teacher rec only) Ages 8+	4:00-5:00 Lyrical/ Contemporary Intermediate II Ages 11 & Up		11:00-12:00 Ballet Intermediate I Ages 9-11	
	4:30 – 5:30 Girls Gymnastics Ages 7-10	4:45-5:45 Gold Dance Team Auditions in June	4:30-5:30 Girls Gymnastics Ages 7-10		11:00 - 11:30 Dance Foundations for Special Needs Ages 5-8	
	4:30-5:30 Ballet Beginner I Ages 5-6		4:30 - 5:30 *Karate Yellow/Orange Belt Ages 7 – 15		11:30 – 12:00 Dance Foundations for Special Needs Ages 9-12	
	4:30-5:30 TOPS Dance Director rec only					
4:45 - 5:45 Jazz Intermediate I Ages 8-10	4:45 - 5:30 Chess Club Ages 7 - 11	4:45-5:45 Lights Camera Action! Ages 5-7	***NEW*** 5:00-6:00 Tinker with STEM Ages 5-7	7:00 - 9:30 Teen Scene for Teens with Special Needs Ages 13 - 19	12:00-1:00 Ballet Intermediate II Ages 11 & Up	12:00-1:00 Ballet/Tap/Jazz Beginner II Ages 7-10
4:45 - 5:45 Ballet/Tap/Jazz Beginner I Ages 5-6	6:30-7:30 Platinum Dance Team Auditions in June	4:45-5:45 Ballet/Tap/Jazz Beginner II Ages 7-9	5:30-6:30 Hot Shots (Teacher rec only) Ages 4-6		1:00 - 2:00 Jazz Intermediate II Ages 11 & Up	
5:00 – 6:00 Cooking Ages 6 - 11	5:30 - 6:30 Acro-Tumbling Ages 8 and up	5:00 – 6:00 Cooking Ages 6 - 11	5:30 - 6:30 *Karate Blue Belt & Up Ages 7 - 15			
5:30 – 6:30 Hot Shots (Teacher rec only) Ages 4-6	7:30-8:30 Tap Intermediate II Ages 11 & Up	5:30 – 6:30 Tween Tumblers Ages 9 – 12				
5:45-6:45 TOPS Dance Director rec only		5:45 - 6:45 Tap/Jazz Intermediate I Ages 8-10				

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

30 & 45 minute classes - \$130 per ten week term  
60 minute classes - \$165 per ten 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 (Ages 6-9) F 3:45

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** 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**

\*\*\*NEW\*\*\* **Art & Nature** Ages 6-11 Th 3:45

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

**Chess Club** Ages 7 - 11 T 4:45

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

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

Learn to make delicious foods from all over the world, while practicing kitchen safety and basic cooking skills. Please note: The Connection's 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.

**Play Ball!** Ages 5-11 Tu 3:45

Enjoy in-door sports fun, beyond the traditional court boundaries and rules!

\*\*\*NEW\*\*\* **Tinker with STEM** Ages 5-7 Th 5:00

The fundamentals of STEM (Science, Technology, Engineering & Math) will be tested through fun experiments and projects. We'll engage your child in scientific experiments that are so much fun they'll forget they are learning!

**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 T 3:30, 4:30 W 4:30; Th 3:30

Ages 6-10 M 3:30; F 3:30; Sa 11, 12

Ages 7-10 T 4:30; 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 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.

**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.