



The Connection
for Women and Families

79 Maple Street
Summit, NJ 908-273-4242

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

Fall 2010
September 7 – November 14

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|---|
| 9 – 9:45 Mom's Club 6-12 mos. | 9 – 9:45 Mini Gym 1-1 ½ yrs. Tiny Tumblers 2-3 yrs. | 9 – 9:45 Tumble Jump 1-2 yrs. | 9:15 – 10 Tumble Jump 1-2 yrs. | 9 – 9:45 Tiny Tumblers 2-3 yrs. | | |
| 10 – 10:45 Tumbling Tales 2-3 yrs. MVP 1-2 yrs. | 10 – 10:45 Tiny Tumblers 2-3 yrs. Kids in Action 1 ½ -3 yrs. | 10 – 10:45 Pip Squeaks 1-2 yrs. Kids In Action 1 ½-3 yrs. You & Me Dance 1 ½-3 yrs. | 10:15-11:30 Flip 'n Dip 1 ½-3 yrs. | 10 – 10:45 Tumbling Tales 2-3 yrs. Monet & Me 1 ½-3 yrs. | | 10-11:30 Birthday Party |
| 11:15 – 12:00 You & Me Dance 1 ½-3 yrs. | | 11 – 11:45 Rockin' Rhythms 2-3 yrs. | | | 11-12:30 Birthday Party 11:30-1 Birthday Party | 11-11:45 Zoom Room 2-3 yrs. |
| 12-1 Drop In & Play | 12-1 Drop In & Play | 12-1 Drop In & Play | 12-1 Drop In & Play | 12-1 Drop In & Play | 1-1:45 Young Athlete Special Olympics 2 ½-7 yrs. | 12-1 Drop In & Play 12-1:30 Birthday Party |
| 2-2:45 Shake, Rattle & Roll 2-3 yrs | | | 1 – 1:45 Sugar 'n Spice 2-4 yrs. | | | 1:15-2:45 Birthday Party |
| | | | | | 2-3:30 Birthday Party 3-4:30 Birthday Party | |

GYMNASTICS, DANCE & SPECIALTY CLASS DESCRIPTIONS FOR PARENT-CHILD

All Parent-Child classes are Kids' Club A, \$48 per month for Kids' Club members or \$108 per 10 week term for non-Kids' Club members except for Drop in & Play

Drop In and Play M-F & Sun 12-1 \$5;

Infants-5yrs. 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.

Flip 'n Dip Non-Kids' Club \$175 Th 10:15

Age 1 ½ -3 yrs. Games and tumbling first, followed by 30 minutes of swim lessons. Parent and child will sing, play with toys and learn basic swimming skills- bobbing, floating, gliding, and combined arm and leg movements.

Kids in Action (A) Tu 10

Age 1 ½ -3. Children learn and refine climbing, jumping, throwing and social skills. Music, mats, and tumbling in our gym.

Mini Gym (A) Tu 9

Age 1-1 ½ yrs. Actively participate with your toddler and learn fun ways to strengthen large muscles using balls, hoops, and other manipulatives. Features a special obstacle course designed for climbing, tumbling, and jumping.

Monet & Me (A) F 10

Age 1 ½ -3 yrs. Art exploration for toddlers inspired by famous artists. Enjoy quality time while creating your own masterpieces!

M.V.P. (A) M 10

Age 1-2 yrs. A new and fun sports class with your own Most Valuable Player. Satisfy the kid in you with an introduction to a variety of sports: tee-ball, soccer, basketball and more.

Pip Squeaks (A) W 10

Age 1-2 yrs. Come sing and play with age-appropriate music and movement activities, designed especially for little ones.

Rockin' Rhythms (A) W 11

Age 2-3 yrs. Enjoy even more fun with music and instrumental activities that encourage creativity and social learning for older toddlers.

Shake, Rattle & Roll (A) M 2

Age 2-3 yrs. Through movement games, stories and songs, parents (or caregivers) and your little ones will have a chance to learn more about their bodies and explore their relationship from the fun perspective of dance.

Sugar & Spice (A) Th 1

Ages 2-4. Enjoy a memorable afternoon of fun and simple cooking with your child! Work together to create old favorites with a new twist.

Tiny Tumblers (A) Tu 9, 10; F 9

Ages 2-3. Teacher led, parent assisted class offering an introduction to gymnastics utilizing all apparatus. Something new to explore each week.

Tumble Jump! (A) W 9; Th 9:15

Ages 1-2. Get your legs and body moving to a high energy class. Help your child develop motor skills and coordination. Special themes inspire games and songs. Class ends with a creative, simple craft.

Tumbling Tales (A) M 10; F 10

Ages 2-3. Have fun tumbling and singing along to a special story tale. Remember...class includes a magical craft each week before you leave happily ever after!

You & Me Dance (A) M 11:15; W 10

Age 1 ½ -3 yrs. 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.

Young Athlete Program \$1 Sa1

Age 2 ½ - 7. 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.

Zoom Room Sun 11

Age 2-3. Playtime through games, songs, and a simple craft. Transportation themes encourage parent and child to "get up and go!"

Birthday Parties at The Connection!
To book a party, please inquire
at the Front Desk.



**Gymnastics, Dance &
Specialty Classes
for Preschool**

**Fall 2010
September 7 – November 14**

79 Maple Street, Summit, NJ 908-273-4242

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|-----------------------------|
| 9 – 9:45 TuTu Tumblers Age 2 ½-3 yrs. | 11:00 – 11:45 Gymnastics Age 3-4 yrs. | 11:00 – 11:45 Gymnastics Age 3-4 yrs. | 11:00 – 11:45 Jump, Bounce & Boogie Age 3-5 yrs. | 11:15 – 12:00 Tutu Tumblers Age 4-5 yrs. | 9:00 – 9:45 Pre-school Gym Age 4-5yrs. Tutu Tumblers Age 4-5 yrs. | 10-11:30 Birthday Party |
| 11:00 – 11:45 Pre-School Gym Age 4-5 yrs. Artful Acrobats Age 4-5 yrs. | Pre-School Gym Age 4-5 yrs. | Pre-School Gym Age 4-5 yrs. | 11:30 – 12:15 Kids On Stage Age 2 ½-3 yrs. Hip Hop/Flip Flop Age 4-5 yrs. | | 9:45 – 10:30 Ballet/Jazz Age 3-5 yrs. Tutu Tumblers Age 2 ½-3 yrs. | |
| 12 – 1 Drop In and Play | 12 – 1 Drop In and Play | 12 – 1 Drop In and Play | 12 – 1 Drop In and Play | 12 – 1 Drop In and Play | 11-11:30 Kicks for Kids Age 4-6 | 12 – 1 Drop In and Play |
| | | | 12:15 – 1 Kids On Stage Age 4-5 yrs. Ballet/Tap Age 3-5 yrs. | 12:00 – 12:45 Ballet/Tap Age 3-5 yrs. | 11-12:30 Birthday Party 11:30-1 Birthday Party | 12-1:30 Birthday Party |
| | 1:00 – 1:45 Minor Leagues Age 3-4 yrs. | 1:15 – 2:00 Gymnastics Age 3-4 yrs. | 1:15-2:00 Artful Acrobats Age 4-5 yrs. | 12:45 – 1:30 Ballet/Jazz Age 3-5 yrs. | 12 – 12:45 Hip Hop/Flip Flop Age 4-5 yrs. | 1:15-2:45 Birthday Party |
| | 1:15-2:00 Artful Acrobats Age 3-4 yrs. | Ballet/Tap Age 3-5 yrs. | Ballet/Jazz Age 3-5 yrs. | | | |
| | 1:15 – 2:30 Gym & Swim Age 3-4 yrs. | Tutu Tumblers Age 2 ½-3 yrs. | 1:15 – 2:30 Gym & Swim Age 4-5 yrs. | 1:15 – 2:00 Pre-School Gym Age 4-5 yrs. | | |
| | 2:00 – 2:45 Tutu Tumblers Age 2 ½ -3 Jump, Bounce & Boogie Age 3-5 yrs. Major Leagues Age 4-5 yrs. Hip Hop Flip Flop Age 3-5 yrs. | 2:00 – 2:45 Boys Pre-school Gym Age 4-6 yrs. Tutu Tumblers Age 4-5 yrs. Ballet/Jazz Age 3-5 yrs. | 2:00 – 2:45 Pre-School Gym Age 4-5 yrs. Puppet Theater Age 4-5 yrs. Tutu Tumblers Age 2 ½-3 yrs. | 2:00 – 2:45 Jump, Bounce & Boogie Age 3-5 yrs. | 1-1:45 Young Athlete Special Olympics Age 2 ½ - 7 | |
| 1:00 – 1:45 Minor Leagues Age 3-4 yrs. Ballet/Jazz Age 3-5 yrs. | | | 2:45 – 3:30 Tutu Tumblers Age 4-5 yrs. | 3:00 – 4:15 Boys Gym & Swim Age 4-5 yrs. | 2-3:30 Birthday Party | |
| 1:15 – 2 Tutu Tumblers Age 2 ½-3 yrs. | | | | | | |
| 2 – 2:45 Tutu Tumblers Age 4-5 yrs. Ballet/Tap Age 3-5 yrs Major Leagues Age 4-5 yrs. | | | 3:30-4 Kicks for Kids Age 4-6 yrs. | | 3-4:30 Birthday Party | |
| 2:45 – 3:30 Little Stars on Stage Age 4-5 yrs. Hip Hop/Flip Flop Age 3-5 yrs. | | | | | | |
| 3:30-4:15 Shake Rattle & Roll Age 4-5 yrs. | | | | | | |
| 4:45-5:30 Ballet/Tap Age 3-5 yrs. | | | | | | |

GYMNASTIC, DANCE & SPECIALTY CLASS DESCRIPTIONS FOR PRE-SCHOOL

THE CONNECTION PRESCHOOL M-F 9-11:30 & 12-2:30

This unique program, taught by certified teachers, features 2 hours of preschool readiness curriculum.

Includes stories, music, arts and crafts, and games with an emphasis on socialization skills.

In addition, a ½ hour of each session is reserved for an enrichment class such as dance, swimming, fitness, theater, and gym.

DROP IN AND PLAY M-F 12-1 \$5; Su 12-1 \$5

Infants-5 yrs. 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 Pre-school classes are Kids' Club A, \$48 per Month for Kid's Club members or \$108 per 10 week term for non-Kids' Club members unless otherwise noted.

Artful Acrobats (A) M 11; Tu 1:15; Th 1:15

Ages 3-5. Obstacle course and coordination challenges along with an introduction into basic gymnastics. Each class will also include a craft based on weekly themes.

Ballet/Jazz (A)

M 1; W 2; Th 1:15; F 12:45; Sa 9:45

Ages 3-5. Age-appropriate and fun introduction to ballet and jazz techniques.

Ballet/Tap (A) M 2, 4:45; W 1:15; Th 12:15; F 12

Ages 3-5. Age-appropriate and fun introduction to ballet and tap techniques.

Boys Gym & Swim \$175 Non-Kids' Club F 3

Ages 4-5. (must be toilet trained - no pull-ups, please!). Games and tumbling first, followed by 25 minutes of swim lessons.

Boys Preschool Gymnastics (A) W 2

Ages 4-5. Basic skills, coordination and tumbling. Provides strong basis for other sports.

Gym & Swim \$175 Non-Kids' Club Tu 1:15; Th 1:15

Ages 3-5. (must be toilet trained - no pull-ups, please!). Games and tumbling first, followed by 25 minutes of swim lessons.

Gym Antics (A) Tu 11; W 11, 1:15

Ages 3-4. Motor skills are developed through activities on all gymnastics apparatus. Great for children who have not taken a gym class on their own previously.

Hip Hop & Flip Flop (A) M 2:45; Tu 2; Th 11:30; Sa 12

Age 3-5. This high energy class incorporates hip hop dance moves along with a more traditional tumbling class. Kids have a ball learning fun dance skills set to music, and have the second half of the class to work on their gymnastic skills in the Big Gym.

Jump, Bounce & Boogie (A) Tu 2; Th 11; F 2

Age 3-5. Preschool gymnastics class that will focus on gross motor skills and beginner gymnastics skills using our tumble track and mini trampoline. Music will also be incorporated each week.

Kicks for Kids (A) Th 3:30; Sa 11

Age 4-6. Pre-Karate class focusing on flexibility, agility, balance and fun.

Kids on Stage (A) Age 2 ½-3 Th 11:30; Age 4-5 Th 12:15

Creative drama activities that will help develop speaking skills, builds confidence, and enhances early social skills and learning through games and theater activities.

Little Stars On Stage (A) M 2:45

Ages 4-5. Introduction to dramatic play through storytelling & costumes, with theatre games designed to promote verbal skills, imagination & confidence.

Major Leagues (A) M 2; Tu 2

Ages 4-5. Advanced introduction to sports for boys and girls. Soccer, basketball, floor hockey, and more. Emphasis on teamwork and sportsmanship.

Minor Leagues (A) M 1; Tu 1

Ages 3-4. Girls' and boys' introduction to a variety of sports: tee-ball, soccer, basketball and more.

Preschool Gymnastics (A)

M 11; Tu 11; W 11; Th 2; F 1:15; Sa 9

Ages 4-5. Introduction to gymnastics. Flexibility, strength, basic motor skills are taught on all apparatus.

Puppet Theater (A) Th 2

Age 4-5. Through the use of puppets and your child's imagination a wonderful world will come to life while developing their social, learning and speaking skills.

Shake, Rattle & Roll (A) M 2, 3:30

Age 4-5. Through movement, games and songs, your pre-school child will have the opportunity to explore their bodies, movement and dance.

Tutu Tumblers (A) M 9, 1:15, 2; Tu 2; W 1:15, 2; Th 2, 2:45; F 11:15; Sa 9, 9:45

Ages 2 ½-5. A combination class that involves gymnastics and dance. Tumble and move your body!

Young Athlete Program \$1 Sa 1

Age 2 ½-7. 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.

Birthday Parties at The Connection!
To book a party, please inquire
at the Front Desk.



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

Fall 2010
September 7 – November 14

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|---|
| 3:30–4:30 Hot Shots K-1 st grade Boys Gymnastics K-1 st grade Sports Spectacular age 7-10 | 3:30–4:30 Girls Gymnastics 2 nd -4 th grade Boys Gymnastics 2 nd -4 th grade Music Theater 5 th grade & up Hip Hop/Flip Flop 2 nd -5 th grade | 3:30–4:30 Girls Gymnastics K-1 st grade Just Tumbling 1 st -4 th grade Ballet/Tap 2 nd -5 th grade TEEN Broadway/ Jazz 6 th grade & up | 3:30–4:30 Girls Gymnastics K-1 st grade Ballet/Tap K – 1 st grade Beg. Karate | 3:30–4:30 Girls Gymnastics 2 nd -4 th grade Hip Hop/Flip Flop K-1 st grade | 8:45–9:45 Ballet/Jazz K–1 st grade 9:45–10:45 Girls Gymnastics K-2 nd grade 10-11 Beg. Karate | |
| 3:45–4:45 Ballet/Tap 5 th grade & up Kitchen Kapers age 6-9 | | 3:30-4:15 Ballet/Jazz K – 1 st grade 3:30–4:30 Master Mix age 5-7 | | | | |
| 4:30–5:30 Gym Stars 2 nd grade & up teacher recommendation only Hip Hop/Flip Flop K–1 st grade | 4:30–5:30 Girls Gym Club 2 nd -4 th grade 4:30-5:15 Zumba-Kids K-5 th grade 4:45-5:30 Hip Hop/Flip Flop K–1 st grade | 4:30–5:30 Gym Stars 2 nd grade & up teacher recommendation only TEEN Hip Hop 6 th grade & up Music Theater 2 nd -5 th grade Master Mix age 8-12 | 4–5 Drawing and Cartooning age 7-12 4:30–5:30 Tween Tumblers 5 th grade & up Inter. Karate | 4:00 – 5:00 Junior Yoga age 6 & up Hooked on Books age 8–10 | 10:30 – 11:30 Ballet/Jazz 2 nd -5 th grade 11-12:30 Birthday Party 11:30-1 Birthday Party 12–12:45 Hip Hop/Flip Flop K-1 st grade | 10-11:30 Birthday Party |
| | 4:30–6:00 Elite Gymnastics teacher recommendation only Ballet/Jazz/Acro 5 th grade & up | 4:45 – 5:30 Music Theater K-1 st grade | 4:30 – 6:00 Elite Gymnastics teacher recommendation only | | 1-1:45 Young Athlete Special Olympics Age 2 ½ - 7 2-3:30 Birthday Party 2-2:45 Get Up & Move for Special Needs Age 10 & up | 12-1 Beg. Fencing Age 8-11 12-1:30 Birthday Party |
| | | | 5:30–6:30 Adv. Karate | | 2:45-3:30 Big Leagues for Special Needs Children Age 8 & up | 1:15-2:45 Birthday Party |
| | | | | | 3-4:30 Birthday Party 3:30-4:15 Basketball for Special Needs Teens Age 13 & up | |

DATED: 9/3/10

**CLOSED LABOR DAY,
MONDAY, SEPTEMBER 6TH**

GYMNASTICS, DANCE & SPECIALTY CLASS DESCRIPTIONS FOR SCHOOL AGE

Kids' Club A, \$48 per month for Kid's Club members or \$108 per 10 week term

Kids' Club B \$59 per month for Kid's Club members or \$134 per 10 week term unless otherwise noted.

Ballet/Tap (B)

Ballet and tap dance movement set to music rhythms and choreography.

Grade K-1 Th 3:30

Grade 2-5 W 3:30

Grade 5 & up M 3:45

Ballet/Jazz (B)

Ballet and jazz techniques taught with choreography.

Grade K-1 W 3:30, Sa 8:45

Grade 2-5 Sa 10:30

Ballet/Jazz/Acro (B) Tu 4:30

Grades 5 & up. Using a combination of Classical Ballet and Jazz technique, this class which is designed for the intermediate/advanced student will employ a warm-up, floor work, barre, center, with the balance of the class devoted to development of the dancer. The last 30 minutes will be devoted to acrobatics which will help develop "stunts" and "tricks".

Basketball for Special Needs Teens \$81 Sa 3:30

Age 13 & up. Have fun and develop team spirit. Enrollment is limited and will be based on parental involvement. Coaches reserve the right to determine child's appropriateness for the program.

Big Leagues for Special Needs Children \$81 Sa 2:45

Age 8 & up. Introduction to a variety of sports: tee-ball, soccer, basketball, kickball and more. Basic skills and games are taught as a lead-up to the actual sport.

Boys' Gymnastics (B) M 3:30; Tu 3:30

Grades K-4. Provides a strong basis for other sports, by focusing on agility, strength, coordination, and balance.

Drawing and Cartooning (B) Th 4

Ages 7-12. Children will learn the fundamentals of character drawing with our resident artist Desmond! Create original art with comic and cartoon characters. Skills such as shading, framework and action poses will be taught.

Elite Gymnastics (B) Tu 4:30; Th 4:30

Ages 11 & up. By teacher recommendation only. Advanced gymnastics class for girls ages 11 and up. Class will focus on skill development, strength, and flexibility. **Requirements: back handspring, cartwheel on beam, pullover and back hip circle on bars.**

Fencing \$165

Beginner Su 12

Ages 8-11. Learn position, basic footwork, offense, defense, and tactics, improve general physical condition, develop mental discipline, practice good sportsmanship, safety and rules. All equipment provided.

Get Up & Move for Special Needs \$81 Sa 2

Ages 10 & up Stay fit and practice different types of exercise set to your favorite music. Meet new people and see old friends, too.

Girls' Gym Club (B) Tu 4:30

Grades 2-4 For girls with prior gymnastics training, able to do forward rolls and cartwheels. Focus on skills, strength, flexibility and body awareness.

Girls' Gymnastics (B) Tu 3:30; W 3:30; Th 3:30; F 3:30; Sa 9:45

Kindergarten & up. Focuses on new skills on all apparatus using progressions, strength and flexibility training.

Gym Stars M 4:30; W 4:30

Girls, grades 2 & up. By teacher recommendation only. A one hour *advanced* gymnastics class that is offered twice a week.

Hip Hop & Flip Flop (B) M 4:30; Tu 3:30, 4:45; F 3:30; Sa 12

Grades K – 5th. This high energy class incorporates hip hop dance moves along with a more traditional tumbling class. Kids have a ball learning fun dance skills set to music, and have the second half of the class to work on their gymnastic skills in the Big Gym.

Hooked on Books (B) F 4

Ages 8-10. Celebrate Fridays with fellow book-lovers! Bring your favorite fantasy, mystery or school assignment books, and we'll provide fun activities related to current popular books and movies.

Hot Shots (B) M 3:30

Girls, grades K-1st. By teacher recommendation only.

Fundamental skills, strength conditioning and flexibility improvements.

Junior Yoga (B) F 4

Ages 6 & up Develop flexibility, coordination, strength, and balance.

Just Tumbling (B) W 3:30

Grades 1-4th. This class will focus on learning tumbling skills on the floor, tumble track and mini trampoline. Great class for cheerleaders!

Karate/Self-Defense (B)

Ages 7-15. Health, movement and self-defense. Time and skill requirements are outlined for each belt advancement.

Beg. Karate Th 3:30; Sa 10

Int. Karate Th 4:30

Adv. Karate Th 5:30

Kitchen Kapers (B) M 3:45

Ages 6-9. This hands-on cooking class includes a variety of fun and tasty recipes that teach basic kitchen skills.

Master Mix (B) W 3:30, 4:30

Ages 5-12. Create a variety of artwork inspired by Master Artists such as Picasso, Van Gogh, O'Keefe, etc. Includes drawing, painting, collage, etc.

Music Theatre (B)

Singing, dancing and acting! Explore all elements of a Broadway show.

Grade K-1 W 4:45

Grade 2-5 W 4:30

Grade 5 & up Tu 3:30

Sports Spectacular (B) M 3:30

Ages 7-10. Enjoy a variety of sports and games for boys and girls, with an emphasis on fitness and fun!

Teen Broadway/Jazz (B) W 3:30

Grade 6 & up Continue to develop Jazz Technique with the emphasis on coordination, strength, control, and dynamics taught through challenging combinations, including turns, leaps, and progressions.

Teen Hip Hop (B) W 4:30

Grade 6 & up A class that incorporates jazz technique along with the excitement of street or club moves often seen in music videos.

'Tween Tumblers (B) Th 4:30

Grades 5 & up. Beginner to intermediate gymnastics class for girls ages 11 and up that will incorporate all the gymnastics events including vault, bars, beam, floor and tumble track. The focus will be on skill development on each apparatus. Flexibility work and strength training will also be incorporated.

Young Athlete Program \$1 Sa 1

Age 2 ½ - 7. 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.

Zumba-Kids Tu 4:30

K-5th grade. Zumba-Kids is the class for you if you're looking for a fun, dance-based workout for your child. Must wear sneakers.

Birthday Parties at The Connection!
To book a party, please inquire at the Front Desk.