

SPRING 2017 CHILDRENS CLASSES BEGINNING MARCH 26th

Tiny Tumblers Ages 7-13 months (w/parent)

With the use of colorful and stimulating equipment, your child will be guided through creative activities that develop strength, coordination and balance.

9 Mondays beginning March 27

11:20 am-12:05 pm

Gym Explorers (w/parent)

Children jump, climb, balance, roll, swing in the CQY's play gym with slides, bridges and more. Parents assist their children learn, explore and most of all have fun!

Ages 12-18 months

11 Tuesdays beginning March 28

11:15 am-12:00 pm

11 Wednesdays beginning March 9

10:35 – 11:20 a.m.

Ages 18-24 months

9 Mondays beginning March 27

10:30-11:15 am

10 Thursdays beginning March 30

9:45-10:30 am

Gym Adventurers Ages 2-3 years (w/parent)

Watch as your child improves their gross motor coordination and listening skills. We combine movement and sports activities with tumbling on our dynamic play equipment for this fun-filled class.

11 Wednesdays beginning March 29

9:45-10:30 am

Kiddie Sports Ages 2 ½- 4 years (w/parent)

Introduce your toddler to the fundamental skills that are associated with soccer, basketball, baseball, hockey and gymnastics. Our child sized equipment helps encourage participation, excitement and fun!

11 Tuesdays beginning March 27

12:10-12:55 pm

*Open Play Gym

FREE to registrants in the Tiny Tumblers, Gym Explorers Gym Adventurers and Kiddie Sports classes.

Ages 6-17 months

11 Wednesdays beginning March 29

11:30 am-12:15 pm

Ages 6-36 months

9 Mondays beginning March 27

12:15-1:00 pm

Ages 18-36 months

10 Thursdays beginning March 30

12:30-1:15 pm

All Sorts of Sports (Ages 3-4 years)

Introduce your child to a variety of sports skills. Modified equipment and games are used to create a fun and active environment.

9 Mondays beginning March 27

2:45-3:30 pm

11 Wednesdays beginning March 29

2:45-3:30 pm

Ball Bonanza Ages 3-4 years

Children learn skills that utilize balls and incorporate them into movement activities and games such as tee-ball, soccer and basketball.

11 Wednesdays beginning March 28

3:45-4:15 pm

Triple Play Ages 3-5 years

Even young children can learn and enjoy the fundamentals of basketball, baseball and soccer. While using child sized equipment, instructors use mini game play situations and drills to develop understanding of the sport.

11 Tuesdays beginning March 28

3:15-4:00 pm

Super Sports - Grades K-6

Your child will experience success and increase his/hers fitness level as they learn new skills in various sports.

11 Tuesdays beginning March 28

4:00-4:45 pm (Grades K-2)

4:45-5:30 pm (Grades 3-6)

Basketball/Soccer Grades K-6

Learn the fundamentals of basketball for half the semester and the next half will include the skills of soccer. Game play is included in the class.

12 Wednesdays beginning March 30

5:15-6:00 pm (Grades 3-6)

SPORTS CLASSES

11 weeks	\$165 members	\$209 non-members
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Jr. Gymnastics Ages 3 ½ - 5 years

Junior gymnasts improve their skills on our tumbling equipment through a comprehensive warm-up, movement games, floor exercises and more.

10 Thursdays beginning March 30

4:15-5:00 pm

Gymnastics - Grades K-6

Join our formal gymnastics classes using music and adapted equipment featuring stretching, warm-up, floor exercise, balance beam, vaulting horse and uneven parallel bars.

9 Mondays beginning March 27

4:00-5:00 pm (Grades k-4)

5:00-6:00 pm (Grades 2-6)

Funtastic Gymnastics - Grades 1-6

Have your child moving in this fun high energy fitness class utilizing gymnastics equipment.

10 Thursdays beginning March 30

5:00-6:00 pm

SCHOOL OF DANCE

Ballet - Ages 6-10 years

The foundation of all dance. Body placement and alignment in ballet are the most important elements for every dancer in attaining balance, control, form, strength, and a beautiful line.

11 Fridays beginning April 1

5:00-6:00 pm

Pre-Ballet - Ages 3 ½-4 years

10 Mondays beginning March 28 or

12 Tuesdays beginning March 29

3:45-4:30 pm

11 Fridays beginning April 1

4:00-5:00 pm

Ballet/Tap Combo Ages 5-7 years

This class provides a half hour of tap and a half hour of ballet.

10 Mondays beginning March 28 or

12 Tuesdays beginning March 29

4:45-5:45 pm

Creative Movement Ages 3-4 years

This dance based class incorporates ballet, modern, and jazz techniques along with your child's imagination.

8 Sundays beginning April 3

12:00-12:45 pm (non recital class)

Dance Dynamics Ages 5-9 Dancers will experience the various disciplines of ballet, modern, and jazz dance with a contemporary flair. Basic techniques and terminology will be taught emphasizing expression, grace, and style.

8 Sundays beginning April 3

12:45-1:45 pm

Zumba Kids Ages 4-5 A fun and healthy program designed just for kids using the Zumba® concept. Children learn fitness dances, play fun motivational games, and learn new rhythms and styles of music and culture.

12 Wednesdays beginning March 30

4:00-5:00 pm

Zumba®/Hip Hop Ages 6-10A fun, high energy, funky, freestyle dance. Each dancer will learn to isolate different muscles, followed by easy-to-follow Hip Hop choreography.

12 Wednesdays beginning March 30

5:00-6:00 pm (Ages 6-10)

DANCE CLASSES

9 weeks	\$135 members	\$171 non-members
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11 weeks	\$165 members	\$209 non-members
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12 weeks	\$180 members	\$228 non-members
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Classes for Spring are for Winter enrolled students only except for non recital classes.

Sibling or second class discount: \$15 off

INFANT & TODDLER CLASSES

10 weeks	\$150 members	\$190 non-members
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11 weeks	\$165 members	\$209 non-members
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12 weeks	\$180 members	\$228 non-members
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GYMNASTICS CLASSES

9 weeks	\$144 members	\$180 non-members
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10 weeks	\$160 members	\$200 non-members
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