

**Fall Session:**  
**Sept. 21 – Oct. 25**

**Registration Date:**  
 Wednesday September 9<sup>th</sup>

**Rate Guide:**  
 F = Family Member  
 M = Member

## YOUTH DEVELOPMENT



### YOUTH SPORTS

F: \$57 M: \$78

#### Basketball Skills & Drills (4-12)

**45 minutes**

Participants will learn the rules and fundamentals of basketball as well as good sportsmanship and teamwork. Each class will include a warm-up followed by drills focusing on skill development.

Tuesday 5:00pm (ages 4-6)  
 Tuesday 6:00pm (ages 7-12)  
 Saturday 8:00am (ages 4-6)  
 Saturday 9:00am (ages 6-8)  
 Saturday 10:00am (ages 7-12)

### YOUTH DANCE

F: \$57 M: \$78

#### Baby Ballerinas (3-5)

**45 minutes**

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

Thursday 4:00pm (ages 3-5)

#### Ballet/Tap Combo (4-6)

**45 minutes**

This class is a great way to expose your dancer to multiple modalities of dance. Through the ballet section, dancers will work on flexibility, listening skills, and gross motor movements. Halfway through the class we will switch to a louder, creative expression portion of the class with an introduction to basic tap movements, rhythm, and coordination skills.

Tuesday 4:30pm (ages 4-6)

#### Ballet/Modern Dance (6-10)

**45 minutes**

Dancers will learn basic ballet skills in a structured class setting through flexibility, coordination, and creative expression. This is a great way for children to engage in a less traditional physical fitness activity.

Thursday 5:00pm

### YOUTH ENRICHMENT

F: \$57 M: \$78

#### Paint Night (6-12)

**45 minutes**

Join us in a program designed to allow young artists to show their creativity and imagination through their passion for painting while learning basic paint techniques and creating their own masterpieces.

Thursday 6:00pm (ages 6-12)

#### Coding (7-12)

**45 minutes**

Learn the basics of coding through this interactive class that will allow participants to design their own video games, complete puzzles, and design their own apps! Participants must bring their own device (i.e., tablet, laptop, Chromebook).

Monday 6:00pm (ages 7-12)

#### Yoga Fun (6-12)

**45 minutes**

Participants will learn basic yoga poses and breathing techniques through modeling, practice, and games!

Monday 5:00pm (ages 6-12)



### CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.