



### **3 in 1 Dance for Kids (8-14 yr olds)**

3 in 1 Dance for Kids will introduce kids to 3 styles of dance: hip hop, jazz and ballet. In hip hop, the style is a more relaxed, but funky and upbeat style of dance. It will help students develop musicality and rhythm but is not technical (no specific terminology, flexibility, positioning or alignment required). Students will learn a variety of movements and styles. In Jazz, children will learn terminology, and various forms of movement including turns, jumps, splits, etc. Jazz mixes the element of energy with the challenge of a variety of movements to develop flexibility and coordination. Ballet will introduce children to the fundamentals of ballet while working on improving alignment, strength, and grace. For Jazz and Ballet children must have soft sole shoes (no runners). Options for soft sole shoes include ballet shoes, jazz shoes, gymnastic slippers or even socks with grips work. Ballet slippers, jazz shoes or gymnastic slippers can all be purchased (new or used) at Dance Street. Children should wear stretchy clothes and have water handy.

### **Babysitting Course (Red Cross) (11-15 yrs)**

Red Cross Babysitting Course Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

### **Jazz/Ballet Combo Dance (5-7 yrs)**

Students will be exposed to warm-up exercises and stretches to prepare the body for movement, and choreographic instruction to develop coordination, discipline, imagination, and athleticism. Once students have learned the fundamentals of ballet, the class will progress into the basic teachings of jazz dance. Students will need soft sole shoes such as ballet, jazz, or gymnastic shoes, which can be purchased from dance street or Walmart. Students should wear stretchy, comfortable clothes and should bring a water bottle.

### **Kids Create (6-8 yr olds)**

Show off your talents and have fun in this arts and crafts class. Participants will learn how to make unique crafts and art pieces. No matter the skill level, everyone will get a chance to let their creativity show. Classes will be in person unless otherwise suggested by the public health guidelines.

### **Sports FUNdamentals (3-4 yrs & parent)**

Sports FUNdamentals is a class designed for your child to practice the fundamental movements needed for sports. We practice these skills by playing fun games and doing obstacle courses. We will play a variety of sports, however, this class is more movement based rather than sport specific skill based. This is a child and parent class, please come prepared to run around with your child. Some weeks will be more parent involvement than others.

### **Sports FUN (5-6 yrs)**

Sports Fun is a great opportunity for your child to discover new sports. Each week we will work on fundamental movements, as well as sport specific skills. Every class will focus on a different sport. Parent participation is not required, although there will be weeks that you will have the opportunity to join in if you choose - I know many parents love the dodgeball class!

**Stay Safe (Red Cross) (9-13 yrs)**

Real-world scenarios often call on children to respond to challenges. The **Stay Safe!** program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to **Stay Safe!** in a variety of different situations.