

YWCA YOUTH LAND CLASSES

Spring 1 Session: January 28, 2019 – April 6, 2019 (10 weeks)

GYMNASTICS

The YWCA gymnastics philosophy: The gymnast first; the sport second. This is a noncompetitive program in which the gymnast learns skills in a positive and safe environment. Classes include floor, balance beam, uneven bars, and stacked mat vaulting.

Parent and Child classes are for young children (ages 2-4). We focus on large motor skills and develop confidence on equipment. Parents must participate in class with their child.

Beginner 1 Gymnastics is for young athletes (ages 4-8). We focus on learning forward rolls, backward rolls, pull-overs, beginning handstands and cartwheels, and establishing confidence on beam.

Beginner 2 Gymnastics is for older students (ages 9+). We focus on handstands and cartwheels, pull-overs and back hip circles, basic vaulting, and establishing confidence on beam.

CLASS	DAY	TIME	COST FOR SPRING 1
Parent and Child Gymnastics: Ages 2-4	Thursday	4:00-4:50 pm	\$67.50
Beginner 1 Gymnastics: Ages 4-8	Thursday	5:00-5:50 pm	\$67.50
	Friday	5:00-5:50 pm	\$67.50
Beginner 2 Gymnastics: Ages 9-14	Thursday	6:00-6:50 pm	\$67.50

TAE KWON DO

Tae Kwon Do is for girls and boys (ages 6+). Learn discipline, respect, self-confidence, and self-defense. A uniform is not required.

CLASS	DAY	TIME	COST FOR SPRING 1
Youth Tae Kwon Do: Ages 6-14	Monday	5:30-6:20 pm	\$67.50

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** Classes are held once per week.*

** To minimize distractions, observation of classes is not permitted.*

** No make-up classes, credits, or refunds are given if a class is cancelled due to inclement weather, or if your child misses a class.*

** While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.*

** There will be a demonstration at the end of the session for the children to show off the skills they've learned.*

** All students will have the option to perform in a recital in spring 2019 if they participate in more than one session.*

More details will be available during the session.

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DANCE

All dance classes are noncompetitive, promote self-confidence and freedom of expression, and teach students fun and healthy ways to stay active.

Ballet/Tap

Ballet/Tap Dance is for all genders, ages 3-6. Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Students learn rhythm, timing, and balance along with the basic tap steps. With ballet, students will learn basic positions and steps, posture, and terminology. It is advised to have ballet and tap shoes for this class. Dress shoes are an acceptable tap shoe substitute for this age group (age 3-6). Please do not wear tap shoes with bare feet. Clothing should be comfortable and easy to move in.

Dance Basics

Dance Basics is for all genders, ages 6-10 or ages 11-15. Students will learn the basics of ballet, tap, jazz, hip-hop, and poms. Ballet and tap are described above. Jazz and hip-hop styles of dance use fun, upbeat music that teaches students how to move to the rhythm of the music. Poms comes from cheerleading but includes dance moves along with pom-pom movements. Tap shoes are required for the tap portion of class. Please do not wear tap shoes with bare feet. Ballet or jazz shoes are required for the rest of the dance styles. Clothing should be comfortable and easy to move in.

CLASS	DAY	TIME	COST FOR SPRING 1
Ballet/Tap Dance: Ages 3-6	Wednesday	5:15-6:05pm	\$67.50
Dance Basics: Ages 6-10	Wednesday	6:10-7:00pm	\$67.50
Dance Basics: Ages 11-15	Wednesday	7:00-7:50pm	\$67.50

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