




# YOUTH LAND Classes

Summer One:  
June 10-July 20, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00-3:00 pm June 10, 17, 24 <b>POMS, RIBBON, and TWIRL Workshop Series</b> <i>Nicole</i> Laird Room					
			<b>No Youth Gymnastics Classes Thursday, July 4.</b>		
	4:00-5:00 pm July 9, 16, 23 <b>POMS, RIBBON, and TWIRL Workshop Series</b> <i>Nicole</i> Laird Room	<b>No Youth Dance Classes Wednesday, July 3.</b>	4:00-4:50 pm <b>PARENT/CHILD GYMNASTICS</b> AGES 2-4 <i>Kelly</i> Cowles Gym		
		5:15-6:05 pm <b>BALLET/TAP DANCE</b> AGES 3-6 <i>Nicole</i> LaForce Room	5:00-5:50 pm <b>BEGINNER 1 GYMNASTICS</b> AGES 4-8 <i>Kelly</i> Cowles Gym		<b>PLEASE NOTE...</b> 
		6:10-7:00 pm <b>DANCE BASICS</b> AGES 6-10 <i>Nicole</i> LaForce Room	6:00-6:50 pm <b>BEGINNER 2 GYMNASTICS</b> AGES 9-14 <i>Kelly</i> Cowles Gym		
					<b>The YWCA will be CLOSED Thursday, July 4.</b>

## CLASS NOTES:

- Classes are held once per week. Summer One is a six-week session.
- To minimize distractions, observation of classes is not permitted.
- There will be a demonstration at the end of the session for the children to show off the skills they've learned.
- No make-up classes, credit, or refunds are given if a class is cancelled due to inclement weather or if a child misses class.
- While we make every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.
- Registration for classes will remain open until the end of the 3rd week of the session.



**YWCA IS ON A MISSION**

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## DANCE

All dance classes are non-competitive, promoting self-confidence and freedom of expression, and teaching students fun and healthy ways to stay active.

### BALLET/TAP | AGES 3-6

Wednesdays | 5:15-6:05 pm

Ballet/Tap Dance is for all genders. 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. Please do not wear tap shoes with bare feet. Clothing should be comfortable and easy to move in.

**6-week session | No Class July 3 | \$33.75 (5 classes)**

### DANCE BASICS | AGES 6-10

Wednesdays | 6:10-7:00 pm

Dance Basics is for all genders. 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 (not both) are required for the rest of the dance styles. Clothing should be comfortable and easy to move in.

**6-week session | No Class July 3 | \$33.75 (5 classes)**



## GYMNASTICS

The YWCA gymnastics philosophy: The gymnast first, the sport second. This is a non-competitive 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/CHILD GYMNASTICS | AGES 2-4

Thursdays | 4:00-4:50 pm

Working with young children as we focus on large motor skills and develop confidence on equipment. Parents must participate in class with their child.

**6-week session | No Class July 4 | \$33.75 (5 classes)**

### BEGINNER 1 GYMNASTICS | AGES 4-8

Thursdays | 5:00-5:50 pm

Working with young athletes as we focus on learning forward rolls, backward rolls, pull-overs, beginning handstands and cartwheels, and establishing confidence on the beam.

**6-week session | No Class July 4 | \$33.75 (5 classes)**

### BEGINNER 2 GYMNASTICS | AGES 9-14

Thursdays | 6:00-6:50 pm

Working with older students as we focus on handstands and cartwheels, pull-overs and back hip circles, basic vaulting, and establishing confidence on beam.

**6-week session | No Class July 4 | \$33.75 (5 classes)**



## SUMMER YOUTH WORKSHOPS

### POMS, RIBBON, AND TWIRL | AGES 7 and up

Mondays | June 10, 17, 24 | 2:00-3:00 pm | \$21.00

Tuesdays | July 9, 16, 23 | 4:00-5:00 pm | \$21.00

Learn the basics and have fun dancing with pom-poms, let the swirls of color and movement capture your heart with ribbons, and learn the basics of twirling a baton with this fun summer workshop. Register for one or both workshops today to save the date! All equipment is provided, and batons and ribbons are yours to keep. Wear comfortable clothing and shoes that you can move freely in; no baggy sleeves, please.

**3-week session | \$21.00**

\* Registration will close after the first class; no late registrations.

\* Workshops need a minimum of five children registered to be held.