

YWCA YOUTH LAND CLASSES

Winter Session November 12, 2018 - January 26, 2019

The YWCA is closed all day 11/22/18, 12/25/18, and 01/01/19.

The YWCA will close at 12:00 pm 12/24/18 and at 6:00 pm 12/31/18.

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 WINTER
Parent and Child Gymnastics: Ages 2-4	Thursday	4:00-4:50 pm <i>(no class 11/22, 12/27)</i>	\$60.75
	Friday	4:00-4:50 pm <i>(no class 12/28)</i>	\$67.50
Beginner 1 Gymnastics: Ages 4-8	Thursday	5:00-5:50 pm <i>(no class 11/22, 12/27)</i>	\$60.75
	Friday	5:00-5:50 pm <i>(no class 12/28)</i>	\$67.50
Beginner 2 Gymnastics: Ages 9-14	Thursday	6:00-6:50 pm <i>(no class 11/22, 12/27)</i>	\$60.75

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 WINTER
Youth Tae Kwon Do: Ages 6-14	Monday	5:30-6:20 pm <i>(no class 12/24, 12/31)</i>	\$60.75

11/5/2018

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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. Clothing should be comfortable and easy to move in.

Ballet/Tap/Jazz

Ballet/Tap/Jazz Dance is for all genders ages 6-10. Students will learn everything from the description above plus the rhythm, technique, and style of jazz music. It is advised to have tap and ballet shoes for this class. Clothing should be comfortable and easy to move in.

CLASS	DAY	TIME	COST FOR WINTER
Ballet/Tap Dance: Ages 3-6	Wednesday	5:15-6:05pm (no class 11/21, 12/26)	\$60.75
Ballet/Tap/Jazz Dance: Ages 6-10	Wednesday	6:10-7:00pm (no class 11/21, 12/26)	\$60.75

Hip-Hop/Poms

Hip-Hop/Poms Dance is for all genders ages 6-10. It is a slightly more advanced dance class, but beginners should be able to join in. Hip-hop dance refers to street dance styles, primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles, primarily breaking, locking, and popping, which were created in the 1970s and made popular by dance crews in the United States. Poms teaches students various arm positions, kicks and leaps along with jazzy, hip-hop style dance moves. Pom-poms will be provided. Clothing and shoes should be comfortable and easy to move in. No equipment is required.

CLASS	DAY	TIME	COST FOR WINTER
Hip-Hop/Poms Dance: Ages 6-10	Wednesday	7:00-7:50pm (no class 11/21, 12/26)	\$60.75

11/5/2018

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