





# YOUTH LAND Classes

Winter | November 9, 2020-January 30, 2021

There are no youth fitness classes Monday, December 21, 2020, through Saturday, January 2, 2021.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30-4:15 pm <b>PRIVATE CLASS</b> Chrisann W. Cowles Gym					
4:00-4:50 pm <b>POMS/HIP-HOP EXPERIENCE</b> Ages 7+ Coach Michelle LaForce Room		4:00-4:50 pm <b>TAP/PRE-BALLET</b> Ages 3-6 Coach Michelle Laird Room			
4:00-4:50 pm <b>PRIVATE CLASS</b> Cathy H. Laird Room	4:00-6:00 pm <b>PRIVATE CLASS</b> Synala S. Laird Room		4:00-6:00 pm <b>PRIVATE CLASS</b> Synala S. Laird Room		
5:00-5:50 pm <b>PRIVATE CLASS</b> Coach Michelle Cowles Gym		<b>NEW!</b> 5:00-5:50 pm <b>TASTE OF DANCE</b> Ages 7+ Coach Michelle Laird Room			<b>YWCA CLOSED</b> Thu., Nov 26 and Fri., Dec 25
5:30-6:20 pm <b>TAE KWON DO</b> Ages 6+ Cathy H. Laird Room		5:00-5:50 pm <b>PRIVATE CLASS</b> Synala S. Cowles Gym			
6:00-6:50 pm <b>INTRO TO TUMBLING</b> Ages 3-6 Coach Michelle Cowles Gym		<b>NEW!</b> 6:00-6:50 pm <b>DANCE STUDIO TECHNIQUE</b> Ages 7+ Coach Michelle Laird Room		Call 920-432-5581 to register for classes.	
<b>NEW!</b> 7:00-7:50 pm <b>PRIVATE TECHNIQUE</b> Ages 12+ Coach Michelle Cowles Gym		<b>NEW!</b> 7:00-7:50 pm <b>PRIVATE TECHNIQUE WITH DANCE TEAMS</b> Ages 12+ Coach Michelle Laird Room			
<b>NO CLASSES</b> 12/21 and 12/28		<b>NO CLASSES</b> 12/23 and 12/30			



- Masks required, ages 5 and up, in all public areas of the building except while in the pool.
- Each class is offered one time per week.
- To minimize distractions, observation of classes by parents and guests is not permitted.
- No make-up classes, credit, or refunds are given if a class is cancelled due to COVID-19, 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.
- Families who receive free or reduced school meals are eligible for a scholarship rate on any Youth Land Class.

**YWCA IS ON A MISSION**

# YOUTH LAND Classes

Winter | November 9, 2020-January 30, 2021

## DANCE

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

### POMS/HIP-HOP EXPERIENCE | Ages 7+

Monday | 4:00-4:50 pm

Poms dance uses pom-poms while dancing. Students will also learn jumps, leaps, and some fun hip-hop moves. Ballet, jazz, or hip-hop shoes are recommended but not required. Sneakers are acceptable, but it may be difficult to perform some moves. Clothing should be comfortable and easy to move in.

**10-week session | Monday | \$67.50 |  
no class 12/21 & 12/28**

### TAP/PRE-BALLET | Ages 3-6

Wednesday | 4:00-4:50 pm

Students learn rhythm, timing, and balance along with the basic tap steps. With ballet, students will learn basic positions and steps, posture, and terminology. Ballet and tap shoes are advised for this class, but dress shoes are an acceptable tap shoe substitute for the 3-6 age group. Please do not wear tap shoes with bare feet. Clothing should be comfortable and easy to move in.

**10-week session | Wednesday | \$67.50 |  
no class 12/23 & 12/30**

### TASTE OF DANCE | Ages 7+

Wednesday | 5:00-5:50 pm

Do you like hip hop? What about ballet? Come try this class and you will be able to sample a little of everything. Musical Theatre, Contemporary, Jazz, Ballet, Tap, Hip-Hop and even conditioning and stretching. Clothing should be comfortable and easy to move in.

**10-week session | Wednesday | \$67.50 |  
no class 12/23 & 12/30**

### PRIVATE TECHNIQUE | MONDAY

### PRIVATE TECHNIQUE WITH DANCE TEAMS | WEDNESDAY

Age 12 +

Monday | 7:00-7:50 pm

Wednesday | 7:00-7:50 pm

This class works on stretching, strengthening, dance team techniques and dance team skills. Keep your skills sharp during this time of limited access to schools and dance classes, so you are ready to go in the future.

**10-week session | Monday | \$67.50 |**

**no class 12/21 & 12/28**

**10-week session | Wednesday | \$67.50 |**

**no class 12/23 & 12/30**

### DANCE STUDIO TECHNIQUE | Age 7+

Wednesday | 6:00-6:50 pm

This class provides stretching, strengthening and dance technique. There will be warm ups, across the floor, center work and combos in a variety of styles. Each week will be a different class and a different focus. If you want to keep up with the technique and have variety of experience, then this is the class for you.

**10-week session | Wednesday | \$67.50 |**

**no class 12/23 & 12/30**

## TUMBLING

### INTRO TO TUMBLING | Ages 3-6

Monday | 6:00-6:50 pm

This class provides children with the basic skills necessary to become good tumblers, combining cheerleading, dance and gymnastics. Students will spend time on strength and tumbling drills and have some fun in the process. Comfortable athletic type wear is appropriate, and no special shoes are necessary for this class.

**10-week session | Monday | \$67.50 |**

**no class 12/21 & 12/28**

## TAE KWON DO

Ages 6+ | Monday | 5:30-6:20 pm

Learn discipline, respect, self-confidence, and self-defense in Tae Kwon Do. Students will learn a variety of kicks, stances, and board breaking, plus terminology and information on the origin of this art. A uniform (gi) is not required, but can be worn. For all genders.

**10-week session | Monday | \$67.50 |**

**no class 12/21 & 12/28**