

# Youth Land Programs

Winter | November 14, 2022 - February 4, 2023

updated 10/13/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30-5:15 pm <b>Beginner Gymnastics</b>	4:00-4:30 pm <b>Introductory Gymnastics</b>	4:15-4:45 pm <b>Beginner Ballet/Tap</b>		<b>No Classes Nov 24 &amp; Dec 18- Jan 1</b>
5:30-6:15 pm <b>Tae Kwon Do</b>	5:30-6:15 pm <b>Intermediate Gymnastics</b>	4:45-5:15 pm <b>Tumbling Tots</b>	5:00-5:45 pm <b>Ballet/Tap</b>		

## Class Descriptions:

### **Ballet/Tap** (Ages 5+ Years Old)

In this class young dancers will begin to learn technical skills, gain physical strength, and develop focus. They will also learn dance terminology, basic positions and posture. Students will use barre and center floor work to improve their ballet technique.

### **Beginner Ballet/Tap** (Ages 3-5 Years Old)

In this preparatory class, your tiny dancer will begin to learn technical skills, gain physical strength, and develop focus. They will also learn dance terminology, basic positions and posture. Students will use barre and center floor work to improve their ballet technique.

### **Beginner Gymnastics** (Ages 5-8 Years Old)

This class allows your school age child to build their gymnastics abilities by focusing on skills like performing a bridge, cartwheels, and handstands.

### **Intermediate Gymnastics** (Ages 5-9 Years Old)

This class is for the eager gymnast who can safely and comfortably perform a variety of gymnastics skills. (They should know how to perform bridge, cartwheels and handstands.) They will continue to increase their strength, flexibility and execution skills.

## Please note:

- All lessons are held once per week.
- No lessons on November 24 and from December 18, 2022 – January 1, 2023 – lesson prices have been adjusted accordingly for affected classes.
- No make-up classes, credits, or refunds are given if class is canceled due to inclement weather, COVID, 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.
- Face coverings are highly recommended for ages 5+ in all public areas except while swimming.

### **Introductory Gymnastics** (Ages 3-4 Years Old)

This preschool class will focus on large motor skills and developing confidence on equipment. Each week your child will develop a sense of independence and confidence by engaging in stretching, songs, games and beginning gymnastic events.

### **Tae Kwon Do** (Ages 6+ Years Old)

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

### **Tumbling Tots** (Ages 1½-3 Years Old)

This parent-tot class is the perfect introduction for your rising gymnast. Children will have the opportunity to enhance their development skills: jumping, kicking, rolling and climbing. They will have a blast learning new tricks on a wide variety of equipment. (Guardian participation required)

## Register Online



<https://bit.ly/3d6Kv8l>