



WOW!! WINTER CLASSES!!

Classes begin the week of January 9th thru the week of February 27th

Tuesday



Hip Hop

1:15-2:00, Ages 3 ½ - 5 (Maximum 12), Instructor: Shondelle Graulich

Move and groove to the latest hip hop dance music! Hip Hop is a fun and invigorating way to get your body going! Kids love the upbeat, creative moves and routines that will have them dancing all week long.

Wednesday



Kids Yoga

1:15-2:00, Ages: 3 - 5 (Maximum 12), Instructor: Sherry Vost

***Parents welcome to watch or participate!

Children will become aware of their breath and body through stretches, creative movement and self-expression. This class is a fun way to explore movement and enjoy time shaking off some energy!

Thursday



Little Samurai

1:15-2:00, Ages: 3-5 (maximum 10), Instructor: Ted Dabbs

***This class has an additional fee of \$30, which includes a full karate uniform, belt, character stripes, certificate of completion, and boards for breaking (normally valued at \$75)

The Little Samurai class is a unique program developed specifically for preschool children, ages 3-5, that focuses on ten physical and personal developmental benefits: respect, discipline, self-control, confidence, socialization, focus, balance, coordination, timing, and fitness. Children who participate in the Little Samurai program become physically and emotionally prepared to succeed in life. Samurai children develop an attitude of confidence, become more respectful, and become better students and better listeners. Sensei Ted, a former certified Physical Education Teacher, has been specifically trained to work with children, and serves as an excellent role model. He makes learning educational and fun!

\$100 for 8 week session, one class per week

(NOTE: half of payment is due at time of registration and half the first day of class)