

Kids Dance

Dancers should wear a leotard and tights or clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes. If you need shoes, they will be available for purchase the first week of class from the dance instructor (tap shoes \$24, ballet shoes \$16). Please call Pat Tuma at 651-638-2123 if you have questions regarding the dance program. Classes run 7 weeks.



Hop N' Tots

Preschool Age 3

A 45 minute, high-energy class that focuses on improving rhythm, balance and coordination. Through the use of props such as tambourines, scarves and pompoms, your child will learn basic beginning tap and ballet steps while having tons of fun. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center Room 100
 Wednesday June 15-July 27
 6:00 pm-6:45 pm..... Age 3
 #13559.....\$61

Creative Dance

Preschool Ages 4 & 5

This 45 minute, high-energy class will focus on improving rhythm, balance and coordination while introducing your child to basic beginning tap and ballet steps. The class is focused on learning proper terminology and skills while having tons of fun. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center Room 100
 Wednesday June 15-July 27
 6:00 pm-6:45 pm..... Ages 4 & 5
 #13560.....\$61

Kinder Dance

Kindergarten

In this fun-filled class, dancers will work on building a good foundation of the basics of tap, jazz and ballet. This 45-minute class will focus on proper technique, learning basic choreography and creative movement. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center Room 100
 Wednesday June 15-July 27
 6:45 pm-7:30 pm..... Ages 5-6
 #13562.....\$61

Tap, Jazz and Ballet – Level 1

Grades 1 - 2

In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center Room 100
 Wednesday June 15-July 27
 6:45 pm-7:30 pm..... Ages 6-8
 #13563.....\$61

Tap, Jazz and Ballet – Level 2

Grades 2-5

In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center Room 100
 Wednesday June 15-July 27
 5:15 pm-6:00 pm..... Ages 7-11
 #13564.....\$61



Little Tigers Martial Arts

Ages 3-6

This exciting class is where children learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect, great personal tools to carry into the future. The class is taught by martial arts instructor, Josh Jordan. Josh has seven years of experience teaching children and is a certified 2nd Degree black belt instructor. The intermediate level is for children who have previously taken the beginning class and have the instructor's approval to move up. Class meets for 6 weeks. Min. 4 Max. 12

Beginners

Community Center Room 216
 Monday April 18-May 23
 5:15 pm-6:00 pm..... Ages 3-6
 #13547.....\$54

Community Center Room 216
 Monday April 18-May 23
 6:00 pm-6:45 pm..... Ages 3-6
 #13548.....\$54

Community Center Room 216
 Monday June 13-July 25
 (No class July 4)
 5:15 pm-6:00 pm..... Ages 3-6
 #13549.....\$54

Community Center Room 216
 Monday June 13-July 25
 (No class July 4)
 6:00 pm-6:45 pm..... Ages 3-6
 #13550.....\$54

Intermediate (Instructor approval required)

Community Center Room 216
 Thursday April 21-May 26
 5:15 pm-6:00 pm..... Ages 3-6
 #13551.....\$54

Community Center Room 216
 Thursday June 16-July 28
 (No class July 7)
 5:15 pm-6:00 pm..... Ages 3-6
 #13552.....\$54



Girls and Boys Gymnastics



“Kickers” Karate

Ages 7 through Adult

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts in New Brighton for 20 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Spring session is 9 weeks and summer session is 10 weeks. Min. 8 Max. 18

Community Center Fitness Studio
Monday March 28-May 23
\$75

6:15 pm-7:15 pm..... Ages 7-11
#13329..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13331..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13333..... Teen/Adult Beg. &
Colored Belt

Community Center Fitness Studio
Monday June 13-August 22
(No class July 4)
\$83

6:15 pm-7:15 pm..... Ages 7-11
#13553..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13555..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13557..... Teen/Adult Beg. &
Colored Belt

This is a gymnastics program for boys and girls, ages four and up. This program includes tumbling, balance beam, uneven bars and vault. Instructor ratio is 1 to 7. Parents are welcome to come into the gym to watch the first and last class. Spring sampler session meets 4 times. Summer session meets 7 times. Min. 6 Max. 28

Tumble Bees

Ages 4 through Kindergarten

Participants will work on beginning tumbling skills and will also learn basic skills on the balance beam, uneven bars and vault. Skills learned will help develop large muscle tone and coordination.

Leapers

Grades 1-5

This level is for children in elementary school with little or no gymnastics experience. Participants will be exposed to beginning gymnastics skills on various pieces of apparatus to help improve their balance, strength and coordination.

Spring Sampler SessionIrondale Gymnastic Gym
MondayApril 18-May 9
\$35

#13313	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13315	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13317	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13319	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

Summer SessionIrondale Gymnastic Gym
MondayJune 13-August 1 (No class July 4)
\$62

#13565	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13567	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13571	7:00 pm-8:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13569	7:00 pm-8:00 pm	Springers & Teens	Grades 3 and up (Advanced)

Cartwheelers

Grades 1-5

This level is for children currently in elementary school with at least one year of gymnastics experience and exposure to various pieces of apparatus. Participants must be able to perform a cartwheel and a pull over on the bar. Intermediate skills will be introduced.

Springers & Teens

Grades 3 and up

This level is for participants with a more advanced skill level who have their instructor's approval. Participants will focus on perfecting their form and technique, while learning more advanced skills. Participants will work on skills to increase strength, flexibility and endurance.