

WILSON SCHOOL OF GYMNASTICS & DANCE CLASS DESCRIPTIONS 2011/2012 SEASON

EARLY DEVELOPMENT, FITNESS & JUST PLAIN FUN

Little Explorers: For children age 20 months and younger (and an adult) this 30 minute class is divided into two segments. The first half of the class will be spent in circle time, singing songs and playing age appropriate games. The second half of the class will be open playtime. This is a great way to introduce your little one to movement and music. It is also a good start for children who are not quite ready for the structure of our toddler class.

TODDLERS: For children 17 months to 3 ½ years old (and an adult). These fifty-minute classes focus on basic movement, body awareness, and fundamental motor skills through the creative structuring of the class and activities. Rhythmic activities, music, obstacle courses, balloons, beanbags, parachute, balls, shapes and colors are among the themes used during class. New this year: we are dividing the classes by age to allow for the most appropriate skill development possible. **The goal of this class is to offer a fun activity for parents to do with their little ones while helping them with basic developmental skills and allowing them to interact with other children in a more structured environment.**

ZUMBA!® When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students

ZUMBA! Gold ®: targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

Tuition for Zumba and Zumba Gold is \$3.50 per class (Only \$14.00 per month!). A punch card will be provided at sign up and must be purchased in 4 or 8 week increments.

When all classes have been punched, you will need to come to the office to purchase a new card. This will provide flexibility for you if your child misses their class and you do not come to class. We will provide a supervised space in the back gym for your children to be dropped off early for their class to allow you to get to the front building for Zumba or Dancercise as well as to wait for you to finish.

HIP HOP "BODY": This forty-five minute class is for men and women (16 and older) who want a more intense work out while still having some fun using the structure and (gender neutral) movement of Hip Hop, making this a natural for both men and women. And at only \$18.00 per four week session and no membership required, you will work out your abs instead of your wallet!

All of our Hip Hop classes use current but appropriate music in both language and content.

DANCERCISE: Take the drudgery out of fitness, this forty-five minute class is a fusion of dance and fun that equals a great chance to get up and move! Miss Darla will use jazz and other fun dance styles as a basis, add in great music, steps and body movements that are easy to follow and learn to get your heart pumping, your feet dancing and spirit flying! You can enroll anytime throughout the season and no membership fee is required.

Tuition for Dancercise \$3.50 per class (Only \$14.00 per month!). A punch card will be provided at sign up and must be purchased in 4 or 8 week increments. When all classes have been punched, you will need to come to the office to purchase a new card. This will provide flexibility for you if your child misses their class and you do not come to class.

We will provide a supervised space in the back gym for your children to be dropped off early for their class to allow you to get to the front building for Zumba or Dancercise as well as to wait for you to finish.

TUMBLING AND FLEXIBILITY: For Girls and boys ages 7 and up. (A great class for acro dancers and cheerleaders!) This forty-five minute class will focus on improving full body flexibility through proper stretching techniques as well as learning proper tumbling techniques in our dance studio on our bonded foam floor. Tumbling will focus on skills often seen in acro routines such as cartwheels, front and back walkovers and handsprings and ariels.

DROP 'N SHOP! (Or anything else you need some time for!) This is a three hour time frame that you may drop your child (or children) at the gym and go shopping, go to a doctor's appointment or run any other errands that would be easier without the little ones along. Or maybe just take a little time for yourself to get together with friends for "adult" time or just plain relax and breathe for a while! Drop 'N Shop days are Mondays from 9:00 to Noon and Saturdays from 9:00 to Noon. While pre-registration is always appreciated, you can just drop off your child (or children) any time until 11:00 am. No drop offs after 11:00 because children need to be picked up promptly at Noon. **All children must be potty trained.** You can drop off for any amount of time up to three hours. Tuition is \$5.00 per hour for the first child. Add a sibling for \$4.00 per hour and a third sibling is \$3.00 per hour. We will entertain the children with fun and games in the gym, coloring and lots of other fun!

PRE-SCHOOL PLAYTIME: For children walking to 6 years old. This one-hour fun time is set-aside weekly for parents to bring their little ones to the gym for fun, fun, fun! Make use of our parachute, beanbags, mats shapes and so much more, all while playing on our super springy floor! This self-directed playtime is supervised by our professional staff, but requires that a parent is with their child(ren) at all times. It is the parents' responsibility to follow our safety rules. All of this running, jumping and just plain fun for only \$3.00 per visit!! No membership fee is required to participate in this program. Pre School PlayTime has begun! Stop in any day it is offered!

Open Gym: For children 7 and older. One hour to use our gym including the in ground resi pit and 30' tumble track. This is a great opportunity to come into the gym and work on skills independently. There will be a trained instructor in the gym supervising every session to insure safety. Please see the website or ask in the office for a copy of Open Gym policies. Open Gym is \$8.00 per visit for members and \$10.00 for non-members.

GYMNASTICS

TINY TOTS: For children ages 3 and 4. This fifty-minute class begins with an opening activity that not only gets the children moving, but also is designed to promote gross and fine motor skills. During class, our staff works to stimulate the children's creativity while developing fundamental gymnastics skills through introductory activities on the balance beam, bars, floor and tumble track. **The goal of this class is developing fundamental motor skills, coordination, strength, balance, body awareness and flexibility.**

TOTS: For children ages 5 and 6. This fifty-minute class is an expansion of the Tiny Tot program (see above description). **The goal of this class is additional emphasis on the development of the child's gymnastics skill as is appropriate for their age and additional emphasis on technique.**

TOTS TOO: For children ages 5 and 6 years old who demonstrate exceptional strength, coordination and flexibility. This ninety-minute class will follow the format of the tots class, with more advanced developmental and gymnastics skills being taught. This class requires permission or recommendation from an instructor. Children who have previously participated in our tot/tiny tot program will be considered. **The goal of this class is increased emphasis on technique and form. Our coaches take great care in progressing children based not only on their skill level but their overall readiness progress to this stage of their training.**

GYMNASTICS (CONTINUED)

OLDER GIRLS & BOYS: For children ages 7 and up. This fifty-minute class is for beginner through intermediate levels. There will be instruction on balance beam, uneven bars, floor exercise, Tumbl Trak, and vault. The USA Gymnastics (USAG) developmental gymnastics program is followed. **The goal of this class is to introduce new students to gymnastics and to keep children who have been doing gymnastics progressing. Instruction is modified to meet the children's growing maturity while still keeping it fun.** Advanced children and children interested in competition should register for the two hour class.

TWO-HOUR-OLDER GIRLS & BOYS: For children ages 7 and up. This two-hour class is designed for beginner to advanced intermediate children who are interested in taking a longer class, which provides opportunity to learn more gymnastics skills on floor, balance beam, uneven bars, and vault. **The goal of this class is advancing progression by offering longer rotations and an introduction to strength and flexibility conditioning. We also strive to keep this class fun and welcome children who enjoy a longer class.**

Advanced Gymnastics Class: For gymnasts 7 and older. This three-hour class is designed for gymnasts who have had prior USAG competitive experience or by recommendation of an instructor. The goal of this class is to maintain and/or learn new skills in a non-competitive setting.

CHEERLEADING

CHEERNASTICS I: For boys and girls ages 4 and up. This fifty-minute class is for children who are interested in learning about the sport of cheerleading. The classes will consist of basic tumbling on floor and Tumbl Trac, as well as partner stunts/pyramids, tosses, dismounts, and motions. Instruction will be appropriate for the ages of the children and class size.

CHEERNASTICS II: For boys and girls ages 7 and up. This ninety-minute class is designed as a developmental program for children interested in competitive cheerleading as well as those already involved in school and midget cheerleading. The class provides more advanced instruction in tumbling, stunting, routines, jumps and conditioning. Instruction in these areas will be based on the skill level and size of the class.

TINY All-Star Cheerleading: For boys and girls ages 4 to 6 years old. Must be 4 by September 1, 2011 through those children who turn 6 after August 31, 2011. This developmental team will practice twice per week and will attend four competitions starting in January and concluding in May. No prior cheerleading experience is necessary. **See our website or ask in the office for additional information. We need a minimum of 6 children to offer a Tiny Squad.**

OLDER GIRLS AND BOYS TUMBLING: For boys and girls ages 7 and up. This fifty-minute class is designed for cheerleaders who are working toward a specific skill or skills while perfecting existing ones. It is also a perfect fit for older boys who would like to concentrate on tumbling skills. Tumbling instruction will be aided by use of our spring floor and Tumbl Trak. Strength training needed for more advanced tumbling is also included in this class.

DANCE

CREATIVE MOVEMENT: For children ages 3 and 4. This thirty-minute class is structured for younger children and serves as an introduction to rhythmic, dance and movement. Basic fundamental locomotor skills and movement vocabulary are developed through creative and improvisational movement/dance.

TAP/BALLET I: Ballet is considered to be the foundation of dance. For children ages 4 to 6 years old. These one-hour classes include beginning ballet and tap. Tap instruction will include toes, digs, heels, and will progress to flaps, shuffles, and shuffle combinations. Ballet instruction will include mostly center work and across the floor. Improvisation in both ballet and tap will also be included. As the season progresses and the dancers are ready, new ballet and tap skills will be incorporated. Examples of these skills include, from tap, running flaps, shuffle ball change combinations, and perrydiddles. Ballet will incorporate barre work, center work including jumps and adage' combinations. **Children may sign up for the full hour or choose only the tap or ballet portion.**

BALLET/TAP II: This level will pay closer attention to technical detail in movement and expanded terminology as more technique is learned. A concentration of strength in movement and interpretation of the music through dance will be expressed. The tap portion will focus on smooth, more intricate movement that starts in the feet and moves through the body to create a fluid movement. Our staff will assist in selecting the appropriate class for your dancer. **Children may sign up for the full hour or choose only the tap or ballet portion.**

HIP HOP: Ages 13 and up. This forty-five minute class is a fun way to enjoy the fitness benefits of movement while being introduced to hip hop technique. Each class will introduce new segments as well as review previous ones to build a fun routine through the course of the season. Tuition is based on a four week period and can be enroll in at any time through the season.

INTERMEDIATE CLASSES AND WDC (Wilson Dance Company): For children ages 8 and up who have a strong base in ballet, tap and/or jazz and are interested in more advanced instruction and dance performance. Company members will work individually and as a group to sharpen their current talents in ballet, jazz, tap and lyrical studies as well as to broaden their vocabulary in these techniques. Children should be able to attend class on a regular basis. This class is by recommendation of the dance teachers.

For those children interested in pursuing competitive all-star cheerleading, evaluations can be arranged throughout the season. There is a possibility to add cheerleaders to our team midseason based on their ability level and the ability to choreograph them into the existing routine. Our gymnastics instructors will make recommendations to the parents throughout the season if they feel another class is appropriate.

It is our philosophy that children should be allowed to be children and have fun while developing their gymnastics skills. We strive to keep them challenged while allowing them to progress at their own individual pace. We welcome the opportunity to talk to parents about their children's gymnastics, cheerleading and/or dance classes.