

ON THE MOVE - FITNESS | MARTIAL ARTS

YOGA FIT

Adults & Seniors (Ages 18+)

Cilla Baker, Instructor



Develop greater body awareness and sensitivity to your body while reducing stress in this yoga fit class. Each week you will stretch, breathe, learn yoga postures, relax, and have fun. Not recommended for pregnant women. This is a popular class.

Tuesday / 9 sessions **5:40-6:40 PM**

FREE Try It Class: Jan. 7 **104TRY-TRY**

January 14-March 17

(Cancel February 18)

104115-01

Time Out: Wednesday, January 8

Thursday / 9 sessions **5:40-6:40 PM**

FREE Try It Class: Jan. 9 **104TRY-TRY**

January 16-March 19

(Cancel February 20)

104115-04

Time Out: Friday, January 10

Greenfield Community Center,
Jansen Fest Hall

Per option: \$39 (R) / \$55 (NR)

Tuesday / 8 sessions **5:40-6:40 PM**

April 14-June 2

204215-01

Time Out: Tuesday, April 7

Thursday / 8 sessions **5:40-6:40 PM**

April 16-June 4

204215-04

Time Out: Tuesday, April 7

Greenfield Community Center,
Jansen Fest Hall

Per option: \$35 (R) / \$52 (NR)

WOMEN'S SELF DEFENSE

Adults, Seniors, Teens (Ages 16+)

Joe Peterson and Staff, Chosun Black Belt Academy, Instructors

Now, more than ever, it is important to have some basic self-defense skills. Violence and poor decisions are all around us so you need to do your best to be prepared. In this course, we will teach some basic premises about the strengths of your body versus the weaknesses of your opponent's. Learn humane, realistic hand-to-hand self-defense techniques that will allow you to rewrite a self-defense script and put yourself in the position of advantage rather than one of being the victim. Wear loose, comfortable clothes to move around in. Attendees will train without shoes, but can wear socks if they like.

Thursday / 1 session **6:30-8:00 PM**

May 14

104137-01

Chosun Black Belt Academy

7123 S. 76th Street

\$27 (R) / \$30 (NR)

Time Out: Tuesday, May 5

Youth - Adult

Classes will be conducted by Joe Peterson & Staff, Chosun Black Belt Academy

LITTLE NINJAS (Ages 3-5 years)

Little Ninjas is an easy-to-understand class for the younger child to gain the benefits of Tae Kwon Do. There will be emphasis placed on the physical techniques so the participant's body can begin growing with the movements and burn up energy. The very basics will be taught, with additions of important outside aspects for children such as stranger self-defense and lost-in-the-store safety.

CHILDREN (Ages 6-12 years)

Children's Tae Kwon Do is great for development of self-discipline and physical fitness. Children who learn Tae Kwon Do also benefit from increased self-esteem, more confidence and assertiveness, more focus and concentration, better discipline and self-control, respect for authority, self-defense, and physical activity. Children who study this art will learn when it is okay to use it as the code. The martial artist forbids unfair assaults or unnecessary use of force, so it is for emergencies only.

TEEN/ADULT (Ages 13+)

Tae Kwon Do is great for mental, physical, and spiritual development. Become more flexible, agile, and physically stronger while increasing balance. For a Tae Kwon Do practitioner, their entire body is their weapon, defending easily against all aggressors with their hands, fists, elbows, knees, and feet.

FAMILY (Youth (Ages 6+) to Adults)

Tae Kwon Do is a wonderful activity to practice as a family! Parents will have a great time working out with their children in the same class. Tae Kwon Do has SO many benefits for both children AND adults that it makes it the perfect way to stay fit and have fun TOGETHER. For adults, TKD helps to increase flexibility, relieve stress, strengthen balance and learn life-saving self-defense. In children, TKD helps to improve confidence, increase focus, build stronger physical skills like balance, coordination and agility, in addition to building great goal setting skills. No matter the reason for practicing Tae Kwon Do initially, students of the art benefit physically, mentally and spiritually. Practice Tae Kwon Do together but feel the benefits as an individual!

Chosun Black Belt Academy,

7123 S. 76th St. (S. 76th & Rawson - Franklin)

Please note: This is an INTRODUCTORY program. Participants are not able to participate in the various special members-only events sponsored by Chosun during the year, nor are they able to test for rank advancement without becoming a regular member.

LITTLE NINJA'S (AGES 3-5)

Wednesday / 6 session **5:55-6:25 PM**

• January 15-February 19 **104030-02**

• March 4-April 15 (Cancel March 25) **104030-06**

• April 29-June 3 **104030-10**

Thursday / 6 sessions **5:55-6:25 PM**

• January 16-February 20 **104030-04**

• March 5-April 16 (Cancel March 26) **104030-08**

• April 30-June 4 **104030-12**

Per option: \$58 (R) / \$65 (NR)

CHILDREN (AGES 6-12)

Wednesday / 6 sessions **5:10-5:40 PM**

• January 15-February 19 **104030-03**

• March 4-April 15 (Cancel March 25) **104030-07**

• April 29-June 3 **104030-11**

Per option: \$63 (R) / \$70 (NR)

ADULT (AGES 13+)

Tuesday / 6 sessions **6:30-7:20 PM**

• January 14-February 18 **104030-01**

• March 3-April 14 (Cancel March 24) **104030-05**

• April 28-June 2 **104030-09**

Per option: \$58 (R) / \$65 (NR)

FAMILY (YOUTH AGES 6+ TO ADULT)

Wednesday / 6 sessions **6:30-7:15 PM**

• January 15-February 19 **104030-20**

• March 4-April 15 (Cancel March 25) **104030-21**

• April 29-June 3 **104030-22**

Per option: \$63 (R) / \$70 (NR)



TIME OUT DATES

January Classes: Thursday, January 9

March Classes: Thursday, February 27

April Classes: Thursday, April 23

NEW STUDENT OPEN HOUSE

January 8, February 26, or

April 22 at 5:10 PM

Take this opportunity to meet the instructor and learn what takes place in the classroom... activities, Korean customs, and rules of etiquette. Pick up literature that will help your child feel more comfortable as he/she takes part in this exciting program designed to develop stronger students and responsible citizens. This is highly recommended for **NEW** participants.

ON THE MOVE - YOUTH DANCE

YOUTH DANCE

Melanie Giammarco, Program Coordinator

Come explore the world of dance in our introductory classes! Our goal is to introduce dancers to the fundamentals of dance with the structure and etiquette of dance classes. Learn basic movement and steps while having fun! You will experience "no pressure" that is common at dance studios, our goal is for kids to explore dance in a stress free environment!

CREATIVE MOVEMENT

Youth (Ages 3-5)

Heather Van Roo, Instructor

Start your child on her or his way to a life-long love of movement and music. Children will learn coordination, rhythm, and body awareness along with elementary ballet terms. Students must be a minimum of three years of age on or before the first class.

Saturday / 8 Sessions **9:00-9:30 AM**
January 11-February 29 **102305-01**
Oakley Fisher Center
\$65 (R) / \$85 (NR)
Time Out: Thursday, January 2

Saturday / 6 Sessions **9:00-9:30 AM**
April 18-May 30 **202305-01**
(Cancel May 23)
Greenfield City Hall,
Besson Community Center (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

JAZZ DANCE

Youth (Ages 8-12)

Katie Krzyvon, Instructor

Join us to learn movements of this well-loved and popular dance style. Jazz incorporates ballet and modern dance positions into its fast paced rhythms. Jazz is used on Broadway, in musicals, and more. Come learn the basics of this classic dance style!

Wednesday / 8 Sessions **7:35-8:35 PM**
January 15-March 4 **102305-05**
Greenfield Community Center, Studio
\$65 (R) / \$85 (NR)
Time Out: Thursday, January 2

Wednesday / 6 Sessions **7:35-8:35 PM**
April 15-May 20 **202305-05**
Greenfield Community Center, Studio
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

TAP & BALLET COMBO

Tap your toes to the rhythm and learn the basics of floating across the dance floor in this combination class of tap and ballet! Learn the foundation of the two dance mediums and use them in ballet-tap combinations throughout the course.

(Ages 4-5)

Katie Krzyvon, Instructor

Wednesday / 8 Sessions **5:30-6:15 PM**
January 15-March 4 **102305-03**
Greenfield Community Center, Studio
\$65 (R) / \$85 (NR)
Time Out: Thursday, January 2

Wednesday / 6 Sessions **5:30-6:15 PM**
April 15-May 20 **202305-03**
Greenfield Community Center, Studio
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

(Ages 6-10)

Heather Van Roo, Instructor

Saturday / 8 Sessions **9:40-10:30 AM**
January 11-February 29 **102305-02**
Oakley Fisher Center
\$65 (R) / \$85 (NR)
Time Out: Thursday, January 2

Saturday / 6 Sessions **9:40-10:30 AM**
April 18-May 30 **202305-02**
(Cancel May 23)
Greenfield City Hall,
Besson Community Center (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

(Ages 6-10)

Katie Krzyvon, Instructor

Wednesday / 8 Sessions **6:25-7:25 PM**
January 15-March 4 **102305-04**
Greenfield Community Center, Studio
\$65 (R) / \$85 (NR)
Time Out: Thursday, January 2

Wednesday / 6 Sessions **6:25-7:25 PM**
April 15-May 20 **202305-04**
Greenfield Community Center, Studio
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

BALLET SLIPPERS OR TAP SHOES REQUIRED

Check with your instructor at the first class if you are unsure of where to purchase. Leather-soled slippers may be worn in place of ballet slippers.

SPRING DANCE RECITAL SATURDAY MARCH 14TH

All winter session

Youth Dance classes

will be participating in the recital

For those who sign up for the winter session classes on this page, there will be a Spring Dance Recital at the Greenfield High School Auditorium on **Saturday, March 14**. There will be a dress rehearsal the evening of Friday, March 13. Winter program classes will include an extra \$25 fee to be used for buying costumes for the recital. More information will be given during class.



LOCATIONS FOR DANCE & KIDNASTICS CLASSES

Greenfield Community Center
7215 W. Coldspring Road

Greenfield City Hall
7325 W. Forest Home Ave.

Canterbury Elementary School
7000 Enfield • Greendale

Greendale Middle School
6800 Schoolway • Greendale

Oakley Fisher Center
5475 W Abbott Ave.

Located in the Spectrum Cable building. Take Loomis Road, between Grange and Edgerton Aves and enter at the Kindercare building. Take the access road immediately to the right to the west side of the building. Parents may wait in the small lobby area.

Please note there are designated parking spots.

ON THE MOVE - DANCE

TAP (INTERMEDIATE/ADVANCED)

Adults & Teens (Ages 16+)

Tap dance instruction emphasizes the flow of movement by teaching the dancer to find rhythms and beats, not only in music, but incorporate in their tap techniques. Tap is taught in a traditional Broadway and rhythmic style. Intermediate/Advanced students must have at least one year of prior dance instruction with Miss Denise.

BALLET (ADULT)

Adults & Teens (Ages 16+)

Discover the benefits of ballet instruction through the stretching, strengthening and conditioning of your upper and lower extremities and abdomen. Designed for adult dancers of all ages and abilities. Whether a student has years of dance experience or wants to learn to dance for the first time, this class is perfect for you. Ballet shoes required.

BALLET BARRE EXERCISE

Adults & Teens (Ages 16+)

The ballet barre is usually associated with dance techniques, but it can also provide an effective workout for non-dancers. This technique will focus on core and abdominal conditioning, as well as extremity flexibility. No dance training is required. *Fitness pass-es may not be used for this class.*

MIDDLE EASTERN DANCE

Adults & Teens (Ages 16+)

Learn the basic techniques and spirited essence of Middle Eastern Dance (MED). This ancient dance form is easily adapted to all fitness levels and is a great path to becoming more fit. It is a great workout while teaching muscle control, strength, isolation, grace, flexibility, and stamina. Traditional music and finger cymbals set the mood while you gain greater body awareness.

Miss Denise has been performing and instructing Middle Eastern Dance for several decades.

(This is an instructional class only – performances are not part of this program.)

- Level 1: Little or no MED experience
- Level 2: 1-2 years of MED experience
- Level 2.5: 2-3 years of MED experience
- Level 3: 3-4 years of MED experience
- Level 4: 4 or more years of MED experience (approved by instructor)

Instructor Denise Lukasik-Sedmak has been teaching classes for over 30 years. She started with Middle Eastern Dance but later added the ballet and tap classes due to popular demand. She enjoys mentoring dance students of all ages and encourages them to incorporate health and fitness (dance) into their daily lives.

SPRING DANCE RECITAL - MARCH 27th

Featuring Adult Ballet, Tap, Ballet Barre and Middle Eastern Dance. The recital will be held **Friday, March 27** at the Greenfield Community Center. The class instructor will have additional information.

WINTER

TAP (INTERMEDIATE/ADVANCED)

Monday / 10 Sessions 5:45-6:30 PM
January 20-March 23 **102101-01**

BALLET


Monday / 10 Sessions 6:30-7:15 PM
January 20-March 23 **102101-02**

BALLET BARRE EXERCISE

Monday / 10 Sessions 7:15-8:00 PM
January 20-March 23 **102101-03**

Greenfield Community Center, Studio

Early Bird Fee

(on or before January 14) 

Per option: \$30 (R) / \$45 (NR)

General Registration Per option:

\$40 (R) / \$55 (NR)

MIDDLE EASTERN DANCE

Tuesday / 10 sessions Jan. 21-Mar. 24


Level 1 & 2 6:00-7:00 PM **102750-01**

Level 3 7:05-8:05 PM **102750-02**

Level 4 8:10-9:10 PM **102750-03**

Greenfield Community Center, Studio

Early Bird Fee

(on or before January 14) 


Per option: \$35 (R) / \$52 (NR)

General Registration Per option:

\$45 (R) / \$62 (NR)

BALLROOM DANCING

Adult Couples (Ages 18+)

Scott Lamster, Instructor 

Are you left out when the music starts playing at the wedding or cruise when other couples take to the dance floor? You can learn the basics of Ballroom Dance even if you have two left feet. Intermediates should have taken at least two semesters of lessons or been dancing for two years. Sign up as a couple. Please wear non-floor marring shoes.

Tuesday / 8 sessions

• January 21-March 17 (Cancel Feb. 18)

Beginners 7:00-7:50 PM **102401-01**

Intermediates 8:00-8:50 PM **102401-02**

Focus on Cha Cha & Rumba

Time Out: Tuesday, January 14

Canterbury School Gym

(* April 7th class will be moved to Greendale Middle School

Per option/Per Couple: \$90 (R) / \$100 (NR)

SPRING

TAP (INTERMEDIATE/ADVANCED)

Monday / 7 Sessions 5:45-6:30 PM
April 20-June 8

(Cancel May 25) **202101-01**

BALLET

Monday / 7 Sessions 6:30-7:15 PM

April 20-June 8

(Cancel May 25) **202101-02**

BALLET BARRE EXERCISE


Monday / 7 Sessions 7:15-8:00 PM

April 20-June 8

(Cancel May 25) **202101-03**

Greenfield Community Center, Studio

Early Bird Fee

(on or before April 14) 

Per option: \$21 (R) / \$31 (NR)

General Registration Per option:

\$28 (R) / \$37 (NR)

MIDDLE EASTERN DANCE

Tuesday / 6 sessions Apr. 21-May 26


Level 1 & 2 6:00-7:00 PM **202750-01**

Level 3 7:05-8:05 PM **202750-02**

Level 4 8:10-9:10 PM **202750-03**

Greenfield Community Center, Studio

Early Bird Fee

(on or before April 14) 

Per option: \$21 (R) / \$31 (NR)

General Registration Per option:

\$31 (R) / \$41 (NR)

Tuesday / 8 sessions

• March 31-May 19*

Beginners 7:00-7:50 PM **202401-01**

Intermediates 8:00-8:50 PM **202401-02**

Begin. Focus on Tango & Swing

Inter. Focus on Tango & TBD

Time Out: Tuesday, March 24

ON THE MOVE - DANCE | KIDNASTICS

DANCE PARTY WORKSHOP



Adult Couples (Ages 16+)

Scott Lamster and Carry Post, Instructors

You and your partner would like to develop a basic dance step for dancing at a wedding, club or cruise. In this one-night workshop, learn the basics of Five-Count, a beautiful slow dance which can be danced to many different type of songs! This dance can be performed in a small space making it an excellent choice for that wedding, club, cruise ship, or any venue where the dance floor is small.

Friday / 1 session **7:00-9:00 PM**
February 21 **102402-01**

Canterbury School Gym
Per Couple: \$20 (R) / \$30 (NR)
Time Out: Tuesday, February 11

BATON TWIRLING



Youth & Teens (Ages 4-15)

Sherry Daley Jung, Instructor

Have you ever wanted to lead the parade? Then, come twirl with us! Our baton twirling classes teach beginners the basics such as baton rudiments and struts. In the continuing class, students will learn a dance twirl routine plus a series of advanced tricks and struts. To register for the continuing class, students must have had a minimum of 2 semesters of baton twirling experience. This is an instructional class only. No performance involved.

Tuesday / 6 sessions

February 4-March 17

(Cancel Feb. 18)

Beginners 6:00-6:45 PM **102201-01**
Continuing 6:45-7:30 PM **102201-02**

Time Out: Tuesday, January 28

April 21-May 26

Beginners 6:00-6:45 PM **202201-01**
Continuing 6:45-7:30 PM **202201-02**

Time Out: Tuesday, April 14

Greendale Middle School, Upper Gym

Per option: \$27 (R) / \$40 (NR)

Instructor will have batons for sale (\$20-\$25 at class). New participants may use "play" batons to start.



Melanie Giammarco, Program Coordinator

MaKenna Kloss, Mary Peirce, Annalise Rutkowski, Instructors

Kidnastics is a basic tumbling and gymnastics movement skills program that not only teaches skills, it is FUN! Our program follows the USA Gymnastics guidelines for skill progressions. Skills such as rolls, balance, jumping with landing, hanging with release, and vaulting are taught as age appropriate. As basics are mastered, more will be introduced to keep things challenging. Our instructors are USA Gymnastics certified or currently pursuing certification.

(♦) PARENT/CHILD CLASSES

Each child must be accompanied by a parent or caregiver who will be actively involved in working with and guiding their child through the activities. Children must be able to walk without assistance. Please come dressed in comfortable clothing (that permits movement) and socks.

(★) SPRING DANCE RECITAL - SATURDAY MARCH 14th

Participating in the recital are the following winter session classes:

Tykes 2, Tutus and Tumbling, Head Over Heels, Poms, Cheernastics, and Kidnastics 1 & 2

For those who sign up for the above winter session classes, we will be holding a Spring Dance Recital at the Greenfield High School Auditorium on **Saturday, March 14**. There will be a dress rehearsal the evening of Friday, March 13. These classes for the winter program will include an extra \$5 fee to be used for buying t-shirts for the recital. More information will be given during class.

AT A GLANCE - WINTER

SATURDAY / 8 SESSIONS JAN 11-FEB 29

Toddling Tykes♦ 10:45-11:15 AM
Tykes 1♦ 11:25-11:55 AM
Preschool Movement♦ 12:05-12:35 PM
Oakley Fisher Center

MONDAY / 8 SESSIONS JAN 13-MAR 2

Tykes 1♦ 5:30-6:00 PM
Tiny Tots Dance♦ 6:10-6:40 PM
Tutus and Tumbling★ 6:50-7:20 PM
Greenfield City Hall, Besson Room

TUESDAY / 8 SESSIONS JAN 14-MAR 3

Tykes 2♦★ 5:30-6:00 PM
Head Over Heels (HOH)★ 6:10-6:50 PM
Kidnastics 1★ 6:55-7:35 PM
Poms★ 7:40-8:20 PM
Oakley Fisher Center

THURSDAY / 8 SESSIONS JAN 16-MAR 5

Head Over Heels (HOH)★ 5:30-6:10 PM
Kidnastics 1★ 6:15-6:55 PM
Kidnastics 2★ 7:00-7:40 PM
Cheernastics★ 7:45-8:25 PM
Greenfield Community Center, Studio

AT A GLANCE - SPRING

MONDAY / 6 SESSIONS APR 13-MAY 18

Tykes 1♦ 5:30-6:00 PM
Tiny Tots Dance♦ 6:10-6:40 PM
Tutus and Tumbling 6:50-7:20 PM
Greenfield City Hall, Besson Room

TUESDAY / 6 SESSIONS APR 14-MAY 19

Tykes 2♦ 5:30-6:00 PM
Head Over Heels (HOH) 6:10-6:50 PM
Kidnastics 1 6:55-7:35 PM
Poms 7:40-8:20 PM
Greenfield City Hall, Besson Room

THURSDAY / 6 SESSIONS APR 16-MAY 21

Head Over Heels (HOH) 5:30-6:10 PM
Kidnastics 1 6:15-6:55 PM
Kidnastics 2 7:00-7:40 PM
Cheernastics 7:45-8:25 PM
Greenfield Community Center, Studio

SATURDAY / 6 SESSIONS APR 18-MAY 30

Toddling Tykes♦ 10:45-11:15 AM
Tykes 1♦ 11:25-11:55 AM
Preschool Movement♦ 12:05-12:35 PM
Greenfield City Hall, Besson Room

ON THE MOVE - KIDNASTICS

TODDLING TYKES ♦

Youth (Ages 14-23 month w/parent or caregiver who participates. Must be able to walk unassisted.)

Play, learn, and explore in this interactive class. Social interaction and gross motor skill development using various equipment, songs, and games encourage creative exploration.

Saturday / 8 Sessions 10:45-11:15 AM

January 11-February 29 **104210-12**
Oakley Fisher Center
\$40 (R) / \$60 (NR)
Time Out: Thursday, January 2

Saturday / 6 Sessions 10:45-11:15 AM

April 18-May 30 **204210-12**
(Cancel May 23)
Greenfield City Hall,
Besson Community Room (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

PRESCHOOL MOVEMENT ♦

Youth (Ages 2-3 w/parent or caregiver)

Participants will work on colors, shapes, numbers, matching, and much more while getting their body moving! Come sing and dance with us and learn while having fun!

Saturday / 8 Sessions 12:05-12:35 PM

January 11-February 29 **104210-14**
Oakley Fisher Center
\$40 (R) / \$60 (NR)
Time Out: Thursday, January 2

Saturday / 6 Sessions 12:05-12:35 PM

April 18-May 30 **204210-14**
(Cancel May 23)
Greenfield City Hall,
Besson Community Room (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

WHAT TO WEAR

Kidnastics participants should wear loose fitting clothing that permits movement. Socks are necessary, as we do remove our shoes. No zippers, please, as they can tear our mats. Long hair should be secured up out of the face.

TINY TOTS DANCE ♦

Youth (Ages 2-3 w/parent or caregiver)

This interactive program is great for young children to learn the basics of ballet. With a focus on creative movement, the class will use songs and props such as ribbons, scarves, and beanbags. Get ready to move and groove in this parent/tot class.

Monday / 8 Sessions 6:10-6:40 PM

January 13-March 2 **104210-02**
Greenfield City Hall,
Besson Community Room (Lower Level)
\$40 (R) / \$60 (NR)
Time Out: Thursday, January 2

Monday / 6 Sessions 6:10-6:40 PM

April 13-May 18 **204210-02**
Greenfield City Hall,
Besson Community Room (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

TUTUS AND TUMBLING ★

Youth (Ages 4-5)

Ballet + Kidnastics = FUN! This is a combination class where introductory tumbling and ballet skills are taught. If you are looking to learn what both disciplines have to offer, this class is perfect. Leotards and ballet slippers are welcome but not required - no large tutus please.

Monday / 8 Sessions 6:50-7:20 PM

January 13-March 2 **104210-03**
Greenfield City Hall,
Besson Community Room (Lower Level)
\$45 (R) / \$65 (NR)
Time Out: Thursday, January 2

Monday / 6 Sessions 6:50-7:20 PM

April 13-May 18 **204210-03**
Greenfield City Hall,
Besson Community Room (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

TYKES 1 ♦

Youth (Ages 2-3 w/parent or caregiver)

Tykes 1 is a play filled class centered around age appropriate tumbling movements with an emphasis on socialization and group interaction. Children will learn basic tumbling skills on the floor, balance beam, vault, and bar.

Saturday / 8 Sessions 11:25-11:55 AM

January 11-February 1 **104210-13**
Oakley Fisher Center
\$40 (R) / \$60 (NR)
Time Out: Thursday, January 2

Monday / 8 Sessions 5:30-6:00 PM

January 13-March 2 **104210-01**
Greenfield City Hall,
Besson Community Center (Lower Level)
\$40 (R) / \$60 (NR)
Time Out: Thursday, January 2

Saturday / 6 Sessions 11:25-11:55 AM

April 18-May 30 **204210-13**
(Cancel May 23)
Greenfield City Hall,
Besson Community Center (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

Monday / 6 Sessions 5:30-6:00 PM

April 13-May 18 **204210-01**
Greenfield City Hall,
Besson Community Center (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

TYKES 2 ♦★

Youth (Ages 2-3 w/parent or caregiver)

This class is designed for children who have participated in Tykes 1 and have a great comfort level with all the skills and activities presented. Children will improve skills learned and be challenged with new movements and tumbling skills. There will be a continued emphasis on socialization and group involvement.

Tuesday / 8 Sessions 5:30-6:00 PM

January 14-March 3 **104210-04**
Oakley Fisher Center
\$45 (R) / \$65 (NR)
Time Out: Thursday, January 2

Tuesday / 6 Sessions 5:30-6:00 PM

April 14-May 19 **204210-04**
Greenfield City Hall,
Besson Community Center (Lower Level)
\$30 (R) / \$45 (NR)
Time Out: Tuesday, April 7

ON THE MOVE - KIDNASTICS

HEAD OVER HEELS (HOH)★

Youth (Ages 4-6)

Learn the basic gymnastics and tumbling movements on the floor, vault and balance beam. Participants will learn these beginning movements with an emphasis on creativity, socialization and listening skills.

Tuesday / 8 Sessions **6:10-6:50 PM**

January 14-March 3 **104210-05**

Oakley Fisher Center

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Thursday / 8 Sessions **5:30-6:10 PM**

January 16-March 5 **104210-08**

Greenfield Community Center, Studio

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Tuesday / 6 Sessions **6:10-6:50 PM**

April 14-May 19 **204210-05**

Greenfield City Hall,

Besson Community Center (Lower Level)

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7

Thursday / 6 Sessions **5:30-6:10 PM**

April 16-May 21 **204210-08**

Greenfield Community Center, Studio

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7

POMS★

Youth (Ages 4-12)

Shake your pom poms to pump up the crowd and cheer on your team! Learn the fundamentals of poms from the arm and leg placements plus technical skills such as leaps, jumps, turns and synchronizations. Instructors will have poms available for use in class. Come dressed in tennis shoes and active wear.

Tuesday / 8 Sessions **7:40-8:20 PM**

January 14-March 3 **104210-07**

Oakley Fisher Center

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Tuesday / 6 Sessions **7:40-8:20 PM**

April 14-May 19 **204210-074**

Greenfield City Hall,

Besson Community Center (Lower Level)

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7



CHEERNASTICS★

Youth (Ages 6-10)

Calling all Cheerleaders! Jump, tumble, stunt, and cheer your heart out. Learn to tumble, do jumps, perform stunts, and even learn new cheers. This class will focus on proper cheerleading techniques all while having fun. Come dressed in tennis shoes and active wear.

Thursday / 8 Sessions **7:45-8:25 PM**

January 16-March 5 **104210-11**

Greenfield Community Center, Studio

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Thursday / 6 Sessions **7:45-8:25 PM**

April 16-May 21 **204210-11**

Greenfield Community Center, Studio

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7



KIDNASTICS 1★

Youth (1st Grade and Up)

Learn fundamental gymnastics skills including the introduction of handstands, cartwheels, and plenty more! Children will also learn skills on the balance beam, vault and bar. Instructors will plan classes based upon skill level of class participants.

Tuesday / 8 Sessions **6:55-7:35 PM**

January 14-March 3 **104210-06**

Oakley Fisher Center

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Thursday / 8 Sessions **6:15-6:55 PM**

January 16-March 5 **104210-09**

Greenfield Community Center, Studio

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Tuesday / 6 Sessions **6:55-7:35 PM**

April 14-May 19 **204210-06**

Greenfield City Hall,

Besson Community Center (Lower Level)

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7

Thursday / 6 Sessions **6:15-6:55 PM**

April 16-May 21 **204210-09**

Greenfield Community Center, Studio

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7

KIDNASTICS 2★

Youth (After completion of Kidnastics 1 and must have Kidnastics 1 instructor approval.)

Working at the level of the participants, backbends, round-offs, and one-handed cartwheels will be a few of the skills taught after the basics of flexibility are mastered. Children will also learn advanced skills on the balance beam, vault, and bar.

Thursday / 8 Sessions **7:00-7:40 PM**

January 16-March 5 **104210-10**

Greenfield Community Center, Studio

\$45 (R) / \$65 (NR)

Time Out: Thursday, January 2

Thursday / 6 Sessions **7:00-7:40 PM**

April 16-May 21 **204210-10**

Greenfield Community Center, Studio

\$30 (R) / \$45 (NR)

Time Out: Tuesday, April 7