

# ON THE MOVE: KIDNASTICS

## COVID-19 PROCEDURES FOR KIDNASTICS & DANCE

The City of Greenfield Parks and Recreation Department has worked with the Health Department to develop guidelines to reduce risk factors and keep staff and participants safe. Please review these guidelines and share them with all family members who will be participating. Thank you for your help in keeping Greenfield safe and healthy.



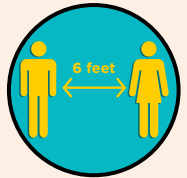
### No Fans

Floor fans will not be available for classes.



### Stay Home If You're Sick

Any participant or instructor who has had ANY of the following symptoms within 24 hours of class may not participate: cough, fever, chills, muscle pain, shortness of breath/difficulty breathing, sore throat, or loss of taste or smell.



### Avoid Close Contact

Participants are reminded to maintain 6 feet between themselves and others while in fitness classes.



### Masks

Instructors will be wearing masks when in close proximity to parents and participants. Participants may wear a mask (which they must provide) although some class activities might make it necessary to remove (forward rolls, for example).



### Disinfect Equipment

Extra time has been built in between class sessions to allow time for instructors to wipe down the mats and equipment used. Items that cannot be properly sanitized will not be used this summer (ribbons and scarves).



### Wash Your Hands

Participants and Instructors will be using hand sanitizer as they enter their class and as they move between different pieces of equipment.



### Water Bottles

Participants should bring a water bottle. Drinking fountains will be turned off but water filler will be on.



*Melanie Giammarco, Program Coordinator  
MaKenna Kloss, Kyla Bischoff, Annalise Rutkowski,  
Mary Peirce, Camille Parra, 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.

### KIDNASTICS AT A GLANCE

#### Monday / 6 sessions      July 13-August 24\*

Tiny Tots Dance ♦      5:30-6:00 PM  
Poms      6:20-6:50 PM  
Cheernastics      7:10-7:40 PM  
(\*cancel July 27)

#### Wednesday / 6 sessions      July 15-August 26\*

Tutus and Tumbling      5:30-6:00 PM  
Head Over Heels      6:20-7:00 PM  
Kidnastics 1 & 2      7:20-8:00 PM  
(\*cancel July 29)

#### Thursday / 6 sessions      July 16-August 27\*

Tykes 2 ♦      5:30-6:00 PM  
Tykes 1 ♦      6:20-6:50 PM  
(\*cancel July 30)

### 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 / 6 Sessions 5:30-6:00 PM**

July 13-August 24

(cancel July 27)

**304208-06**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## 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.

**Thursday / 6 Sessions 6:20-6:50 PM**

July 16-August 27

(cancel July 30)

**304208-13**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## 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.

**Thursday / 6 Sessions 5:30-6:00 PM**

July 16-August 27

(cancel July 30)

**304208-14**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## 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.

**Wednesday / 6 Sessions 5:30-6:00 PM**

July 15-August 26

(cancel July 29)

**304208-07**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## 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.

**Wednesday / 6 Sessions 6:20-7:00 PM**

July 15-August 26

(cancel July 29)

**304208-11**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## 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.

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

July 13-August 24

(cancel July 27)

**304208-09**

Greenfield City Hall, Besson Room

\$50\* (R) / \$70\* (NR)

Time Out: Thursday, July 9

Note: Due to COVID-19 and the inability to sanitize shared poms, \$10 has been added to registration fee in order to provide each participant with their own set of poms. Participants should put their name on their poms and bring to each class.

## CHEERNASTICS

Youth (Ages 6-10)

Calling all Cheerleaders! Jump, tumble, stunt, and cheer your heart out. Learn to tumble, do jumps, 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.

**Monday / 6 Sessions 7:10-7:40 PM**

July 13-August 24

(cancel July 27)

**304208-01**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

## KIDNASTICS 1 & 2 COMBINED

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.

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

July 15-August 26

(cancel July 29)

**304208-12**

Greenfield City Hall, Besson Room

\$40 (R) / \$60 (NR)

Time Out: Thursday, July 9

