



Register online

# YDANCE™

We build strong kids, strong families, strong communities.

## DANCE CLASSES AT DEER PATH



### PARENT CHILD DANCE CLASS

**2-4 years with parent**

Help your little one begin an exciting journey into the world of dance. Children are encouraged to wear a leotard and ballet slippers. Parents are encouraged to wear comfortable movement clothes (no ballet slippers needed).

**Thursday 12:45-1:30 pm**

### PRE-BALLET

**3-4 years**

This class is a wonderful introduction to the joy of dance. It is geared to children with no dance experience and combines the basics of ballet and creative movement. Recital will be performed on the last day of the seven week session.

**Monday 12:45-1:30 pm**

**Wednesday 10:30-11:15 am**

**Wednesday 4:15-5:00 pm**

### BALLET I/TAP

**4-6 years**

This class is designed for beginner level ballerinas that have some ballet experience from either Pre-Ballet class or another exposure. Recital will be performed at the end of the Spring I session, the week of April 12.

**Monday 1:30-2:30 pm**

**Monday 5:00-6:00 pm**

**Wednesday 1:15-2:15 pm**

**Wednesday 5:00-6:00 pm**

**Thursday 4:00-5:00 pm**

### BALLET II/TAP

**6-8 year olds**

This class is a continuation of Ballet I (or other exposure to ballet that included ballet fundamentals) with focus on building a combination of moves and small routines. If student is appropriate age but has no previous ballet experience, please contact instructor. Recital will be performed at the end of the Spring I session, the week of April 12.

**Thursday 5:00-6:00 pm**

**Proper attire required for ballet - leotard, tights and ballet slippers.**

### JAZZY KIDS

**4-6 years**

This class touches on various disciplines including ballet, jazz, hip-hop, and rhythmic dance. Attire should be comfortable clothing for lots of movement.

**Thursday 1:30-2:30 pm**

**See Dance Classes at Round Valley on page 12.**



#### Fees for 45 minute classes:

Family Full Member: \$35

Program Member: \$81

#### Fees for 1 hour classes:

Family Full Member: \$40

Program Member: \$86

**QUESTIONS?** Call Jen Black, Program Director at 908.782.1044 x653



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# YGYMNASTICS™

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## TUMBLE FUN AND SPORTS CLASSES AT DEER PATH

### JAMMIN GYM BABIES

**10 months- 17 months with parent**

Through songs, movement, exploration and interaction, children will become physically stronger, more balanced and socially active.

**Monday 10:00-10:45 am**

### STEPPERS

**18 months - 24 months with parent**

This class will prompt locomotor skills, coordination, balance, flexibility, strengthening and socialization.

**Thursday 9:15-10:00 am**

### CLIMBERS

**2 years with parent**

This class will allow for the strengthening and development of skills through spatial awareness, balance skill, and muscle strengthening.

**Thursday 10:00-10:45 am**

### JUMPERS

**2-3 years**

In this class focus will be on balance, flexibility, and coordination.

**Thursday 10:45-11:30 am**

### TWISTIN TIKES

**3-4 years**

This class will incorporate gymnastic skills development that includes basic tumbling, balance, flexibility and coordination.

**Tuesday 1:00-1:45 pm**

### SPRINGERS

**4-6 years**

This class will prepare and enhance the skills of a beginner gymnast for the next level of development.

**Tuesday 1:45 -2:45 pm**

### ROCKIN ROLLER

**4-6 years+**

Children will work on basic gymnastics skills. Regulation size equipment will be used to develop balance, flexibility and coordination. Safety, proper technique and confidence are taught.

**4-6 years Wednesday 4:00-5:00 pm**

**6 years+ Wednesday 5:00-6:00pm**

### TUMBLE AND SPORT CLASS

Children spend half the class working on tumbling skills such as balance, flexibility, coordination, and spatial awareness. The other half of class will be spent building a foundation in exercise and movement utilizing various pieces of sports equipment.

#### Tumble and Sports for 2-3 year olds (parent may stay)

**Monday 9:15-9:55 am**

**Friday 12:00-12:40 pm**

#### Tumble and Sports for 3-4 year olds

**Friday 10:30-11:15 am**

**Wednesday 10:30-11:15 am**

#### Tumble and Sports for 4-6 year olds

**Wednesday 9:30-10:30 am**

### HOME SCHOOL BE-FIT PROGRAM

**8-12 years**

Use of the Be-Fit room for home schoolers and their parents. The Be-Fit room includes youth strength training equipment, a Wii system and instruction by YMCA fitness staff. Program runs Monday through Friday. Participants may attend as many or as few days as they choose.

**Monday - Friday 8:00-9:00 am**

**Family Full Member: Included • Program Member: \$59**



#### Fees for 45 minute classes:

**Family Full Member: \$35**

**Program Member: \$81**

#### Fees for 1 hour classes:

**Family Full Member: \$40**

**Program Member: \$86**

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