

SWIM, SPORTS AND PLAY

Youth Classes at Round Valley

Parent Child Dance Class

2-4 years with parent
 Help your little one begin an exciting journey into the world of dance.
 Thursday 9:30-10:15 am

Pre-Ballet

3-4 years
 A wonderful introduction to the joy of dance for children with no experience. Combines the basics of ballet and creative movement.
 Thursday 10:15-11:00 am
 Tuesday 3:00-3:45 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.
 Tuesday 3:45-4:45 pm
 Friday 3:45-4:45 pm

Ballet II/Tap

6-8 year olds
 This class is a continuation of Ballet I (or other similar class) with focus on building a combination of moves and small routines.
 Tuesday 4:45-5:45 pm
 Friday 4:45-5:45 pm

Ballet III/Tap

9-12 year olds
 This class is a continuation of Ballet II (or other similar class). Ballet III will concentrate on developing ballet skills, refining techniques and learning new and extended combinations.
 Tuesday 5:45-6:45 pm

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

Questions? Contact Jen Plimpton at 908-782-1044 x 653 or jplimpton@hcymca.org

Tots in Motion

2-3 years, with parent
 Activities to help develop balance, coordination, and flexibility using gym equipment, bean bags, hula hoops, parachutes, and fun music.
 Friday 9:30-10:15 am

Twistin' Tikes

3-5 years
 This class will incorporate gymnastic skills development that includes basic tumbling, balance, flexibility and coordination.
 Tuesday 9:30-10:30 pm

Sporty Kids

3-5 years
 Children will play a variety of sports including soccer, basketball, T-Ball, hockey and more.
 Monday 4:15-5:15 pm

Rockin in the USA

Join Miss Terri and Coach Scott for a fun trip across the United States. Each week we will visit a different state and learn new games, sports and activities specific to each state. The first half hour of the class will be art, science, or music & instruments, the second half hour sports & games. During the last class children will receive a book with directions for the games and activities.
 Thursday 4:15-5:15 pm

Yoga Kids

8-14 years
 Discover the fun while you transform your body into cobras, lions, and butterflies. Experience greater flexibility, strength and balance! Included with full membership. See below for program & non-member fee
 Monday 5:30-6:15 pm

45 minute classes:

	Registration	By 2/29	After 2/29
Family Full Member:	\$37	\$42	
Program Member:	\$60	\$65	
Non-Member:	\$83	\$88	

1 hour classes:

	Registration	By 2/29	After 2/29
Family Full Member:	\$42	\$47	
Program Member:	\$65	\$70	
Non-Member:	\$88	\$93	