

# ARTS & CULTURE PROGRAM SCHEDULE



WINTER SESSION: 1/2 - 2/24

MON	TUES	WED	THURS	FRI	SAT
	<b>NEW!</b> 10:15- 11:00am Ready, Set, Science Ages: 3-4 years Denise, AT		3:00-3:40pm Tiny Toes Ballet Ages: 3-4 years Miho, MB	10:30-11:15am Imagination Theater Ages: 3-4 years Miho, MB	9:00-10:00am Intermediate Karate Ages: 4 and up Mostafa, CT
10:30-11:15am <b>NEW!</b> Block Party Ages: 2-3 years w/ adult Amy, CT			3:15-3:55pm Hip Hop Ages: 5-7 years Keomi, CR	11:15- 11:55am Tiny Toes Ballet Ages: 3-4 years Miho, MB	10:00-11:00am Beginner Karate Ages: 4 and up Mostafa, CT
11:20-12:00pm <b>NEW!</b> Block Party Ages: 3-4 years Amy, CT		3:00-3:40pm Tiny Toes Ballet Ages: 3-4 years Faith, MB	3:45-4:25pm Tiny Toes Ballet Ages: 3-4 years Miho, MB		11:00 am-12:00pm Intermediate Karate Ages: 4 and up Mostafa, CT
3:45-4:45pm Beginner Karate Ages: 4 and up Yasser, CT		3:45-4:25pm Tiny Toes Ballet Ages: 3-4 years Faith, MB	3:45-4:45pm Beginner Karate Ages: 4 and up Mostafa, CT	3:00-3:40pm Tiny Toes Ballet Ages: 3-4 years Kathleen, MB	
3:45-4:30pm Sing, Act, Dance! Ages: 3-4 years Elon, CR	3:45-4:25pm Tiny Toes Ballet Ages: 3-4 years Anna, MB	3:45-4:45pm Beginner Karate Ages: 4 and up Yasser, CT	3:45-4:30pm <b>NEW!</b> Science Explorers Ages: 5-7 years Amy, AT	3:45-4:25pm Tiny Toes Ballet Ages: 3-4 years Kathleen, MB	
4:00-4:45pm <b>NEW!</b> Yoga for Kids Ages: 7-9 years Miho, MB	4:00-4:40pm Ballet/Creative Movement Ages: 3-4 years Phoebe, CT	<b>NEW!</b> 3:45-4:30pm Build, Build, Build Ages: 3-4 years Denise, AT	4:00-4:45pm Hip Hop/Breakdancing Ages: 7-9 years Keomi, CR		
4:45-5:30pm Sing, Act, Dance! Ages: 5-7 years Elon, CR	4:30-5:15pm Tiny Toes Ballet Ages: 3-4 years Anna, MB	4:30-5:15pm Kids Ballet I Ages: 5-7 years Faith, MB	4:30-5:15pm Kids Ballet I Ages: 5-7 years Miho, MB		
4:45-5:45pm Intermediate Karate Ages: 4 and up Yasser, CT	4:45-5:30pm Kids Ballet I Ages: 5-7 years Phoebe, CT	<b>NEW!</b> 4:45-5:30pm Science Explorers Ages: 5-7 years Denise, AT	<b>NEW!</b> 4:45-5:30pm Ready, Set, Science Ages: 3-4 years Amy, AT	4:30-5:15pm Kids Ballet I Ages: 5-7 years Kathleen, MB	
		4:45-5:45pm Intermediate Karate Ages: 4 and up Yasser, CT	4:45-5:45pm Advanced Karate** Mostafa, CT	<b>**green belt and higher</b>	
	<b>CLASS LOCATIONS:</b> Art Room (AT) Culture Room (CT) Mind-Body (MB) Multipurpose (MP) Cardio Room (CR) New Americans Office (NAO)		5:15 - 6:00pm <b>NEW!</b> Kids Ballet II* Ages: 7-10 years Miho, MB		<b>NEW Classes!</b>
5:45-6:45pm Advanced Karate Ages: 6 and up Yasser, CT			5:45-6:45pm Beginner Karate Ages: 4 and up Mostafa, CT		
6:45-7:45pm Karate Teen/Adult Yasser, CT			5:45-6:45pm Advanced Karate Ages: 4 and up Yasser, CT	6:45-7:45pm Teen/Adult Karate Mostafa, CT	
			7:00-10:00pm Adult Collage/ Mixed Media Susan, AT	<b>REGISTRATION</b> Members: December 15 Community: December 22  *Registration required for fee-based classes.	

## YOUTH VISUAL ARTS

### NEW! BLOCK PARTY

**Members: \$130, Community: \$210**

Join the party on the block, and explore building! Use your imagination to create a world of your own through different building activities each week. Develop spatial reasoning, problem solving and motor skills together!

### BUILD, BUILD, BUILD

**Members: \$130, Community: \$210**

Each week students have the opportunity to build their own creations using their imagination. Students will build 3-D sculptures, robots, cars, castles, planes and more!

## YOUTH SCIENCE

### READY, SET, SCIENCE!

**Members: \$135, Community: \$215**

From erupting volcanoes to experimenting with matter in different forms, this class invites children to test their own scientific theories and engage in experiments, expanding their knowledge and interests.

### SCIENCE EXPLORERS

**Members: \$135, Community: \$215**

This class invites children (ages 5-7) to explore the wonders of science! Each week, students will test their theories, participate in science projects, and record their findings through observational drawings!

## YOUTH MARTIAL ARTS & YOGA

### KARATE (Beginner I, Beginner II, Intermediate, Advanced)

**Members: \$150, Community: \$210**

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus, and balance. Level is determined by the instructor.

\*Please note there is a \$40 fee for the karate uniform for all students & there is a belting fee that goes directly to the National Karate Association for those who qualify and choose to belt.

### YOGA FOR KIDS

**Members: \$125, Community: \$180**

This class is a wonderful introduction to yoga & mindfulness. Students will learn tools to help them improve their self-awareness and concentration. Children will explore their ability to connect, breathe, move, focus & more!

## ADULT CLASSES

### TEEN/ ADULT KARATE

**Members: \$150, Community: \$210**

This class combines fitness and self-defense with warm ups, stretching and conditioning. Explore the connection between mind and body, get exercise, and relieve stress. Students will work on basic techniques of karate, forms, and sparring.

### ADULT COLLAGE & MIXED MEDIA

**Members: \$260, Community: \$315**

This workshop will explore the art of collage and its many materials, techniques, approaches and possibilities for personal expression. Students will work with media such as water based paint, pencils, and charcoal. All levels of experience are welcome. Students bring their own supplies and will receive a list of materials and small tools.

## YOUTH PERFORMING ARTS



### TINY TOES BALLET

**Members: \$125, Community: \$180**

A wonderful way to introduce children to movement. Children can twirl and leap with friends, developing strength, coordination, and body awareness while having fun.

### KIDS BALLET I

**Members: \$125, Community: \$180**

This program is a fun and active way for children to learn ballet! Students will learn ballet techniques, build strength, and learn choreography. In the last week, students will put on a performance showcasing what they have learned.

### KIDS BALLET II

**Members: \$125, Community: \$180**

Ready to challenge yourself to the next level? This class is for students who have taken ballet before and are ready to advance. Students will learn more advanced techniques and continue to develop their skills. In the last week, students will put on a performance showcasing what they have learned. Please note that Level II Ballet is invitation only. Not sure if your child is ready for Level II? If you're interested, please contact Leah Kriebel.

### IMAGINATION THEATER

**Members: \$125, Community: \$180**

A great first theater experience that uses stories as the basis for imaginative play. Participants will work with a story each week to explore characters, settings, and plot. A wonderful way for children to learn to express emotions and interact with their peers.

### SING, ACT, DANCE!

**Members: \$125, Community: \$180**

Through musical theater, children will explore the intersection of singing, drama, and dance. Students will have the opportunity to explore their vocal range through singing as well as explore characters, and develop their dancing and acting skills!

### BALLET/CREATIVE MOVEMENT

**Members: \$125, Community: \$180**

This program is a fun and active way to introduce children to ballet, giving them the opportunity to explore movement, build confidence, and be creative. This class invites children to use movement as a vehicle for self-expression, encouraging individuality and creativity.

### HIP HOP / BREAKDANCING

**Members: \$125, Community: \$180**

Students will learn a series of stylistic moves paired with Hip Hop music in order to work on musicality, coordination, cognitive awareness and personalization. Students will work on moving to the beat, remembering dance moves, and expressing themselves through choreographed movement.

**ASK ABOUT PRIVATE GUITAR LESSONS FOR YOUTH AND ADULTS!**

**FOR MORE INFORMATION:**

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