

## CHILDREN'S DANCE PROGRAM



Maximum 15 per class

Classes for children in preschool through age 8 will be taught by faculty from the Vella Dance Studio under the direction of Donna Grove.

**Note: Children must meet minimum age requirement by the start of the session in which they are registered.**

Classes are held in Multipurpose Room 1, unless noted.

### TUESDAYS

Session 1: .....September 25 - December 11 (12 weeks)\*  
 Session 2: .....January 8 - April 15 (14 weeks - no class 3/18)\*\*

#### Tuesday Morning Classes - Ms. Bonnie

9:30 a.m. - 10:00 a.m. Ballet (New Students - Ages 3-5)  
 (Library Multipurpose Room)  
 10:15 a.m. - 10:45 a.m. Creative Movement (Ages 3-Early 4)  
 10:45 a.m. - 11:15 a.m. Ballet (Returning Students - Ages 3-5)  
 11:15 a.m. - 11:45 a.m. Tumbling (Ages 3-5)

#### Tuesday Afternoon/Evening Classes - Ms. Janet

1:00 p.m. - 1:30 p.m. Ballet (Ages 3-5)  
 1:30 p.m. - 2:00 p.m. Tumbling (Ages 3-5)  
 2:00 p.m. - 2:30 p.m. Tap (Ages 3-5)  
 4:00 p.m. - 4:30 p.m. Ballet (Ages 6-8)  
 4:30 p.m. - 5:00 p.m. Jazz/Hip Hop (Ages 6-8)  
 5:00 p.m. - 5:30 p.m. Acro (Ages 6-8)  
 5:30 p.m. - 6:00 p.m. Creative Movement (Age 3)  
 6:00 p.m. - 6:30 p.m. Acro (Ages 4-6)  
 6:30 p.m. - 7:00 p.m. Ballet (Ages 4-6)

### WEDNESDAYS

Session 1: .....September 26 - December 12 (12 weeks)\*  
 Session 2: .....January 9 - April 16 (14 weeks - no class 3/19)\*\*

#### Wednesday Afternoon Classes - Ms. Janet

1:00 p.m. - 1:30 p.m. Ballet (Ages 3-5)  
 1:30 p.m. - 2:00 p.m. Tumbling (Ages 3-5)  
 2:00 p.m. - 2:30 p.m. Tap (Ages 3-5)

**TENTATIVE Spring Performance Date (ALL classes): Tuesday, April 22**

**Fees:** ..... \*Session 1  
 \$46.00/class/session resident  
 \$58.00/class/session nonresident  
 \*\*Session 2  
 \$54.00/class/session resident  
 \$68.00/class/session nonresident

(CLASS TIMES AND SCHEDULING MAY BE CHANGED BASED UPON ENROLLMENT)

## MOMMY OR DADDY & ME

Maximum 8 children

A special time for moms, dads, or caregivers and their preschoolers ages 2 - 3 years to have fun together. This program is a sharing time that includes basic tumbling, use of props, and parachute games designed to develop coordination as adults and children play together.

Instructor:.... Ms. Janet from Vella Dance Studio

Session 1: ..... September 26 - December 12 (12 weeks)

Session 2: ..... January 9 - April 16 (14 weeks, no class 3/19)

Days: ..... Wednesdays

Time: ..... 12:15 p.m. - 1:00 p.m.

Place: ..... Multipurpose Room 1

Fee: ..... \*Session 1: \$77.00 resident \$89.00 nonresident

\*\*Session 2: \$90.00 resident \$104.00 nonresident

## Sports & Athletics



### NEW! SPEED, AGILITY, and QUICKNESS (Grades 7 and up)

Whether you want to increase your speed, agility, and quickness for any sport such as tennis, volleyball, basketball, soccer, hockey, baseball, football, or if you just enjoy a physical fitness challenge - this class can help. Work on improving power, jumping ability, speed endurance, core strength, lateral movement, and motor skills while also increasing your confidence. The exercises and drills in this class are also designed to improve flexibility and strengthen joints to promote injury prevention. The challenges of this class can be made more complex and sports-specific as the individual progresses. Please wear comfortable athletic clothing and shoes.

Jessica Roberts is a Certified Strength and Conditioning Specialist (CSCS) through the NSCA. Questions? Call Jessica at 412.951.9162 or e-mail: jjro23@yahoo.com.

If you want to achieve the best results from this class, come twice a week by signing up for both Monday and Wednesday sessions. Class sizes are limited to 15 people.

Session 1: .....6 weeks  
 Mondays, November 12 - December 17  
 Wednesdays, November 7 - December 19 (no class 11/21)

Session 2: .....6 weeks  
 Mondays, January 7 - March 3 (no class 1/21, 1/28, or 2/18)  
 Wednesdays, January 9 - February 13

Session 3: .....5 weeks  
 Mondays, March 31 - April 28  
 Wednesdays, April 2 - April 30

Time: .....5:30 p.m.-6:30 p.m.

Place: .....Multipurpose Room 1

Fees: .....6 week sessions: \$50.00 per session/resident  
 \$56.00 per session/nonresident  
 5 week sessions: \$42.00 per session/resident  
 \$47.00 per session/nonresident