*ZUMBATOMIC! ZUMBA FOR KIDS

4-7 YRS BASE

Designed exclusively for kids (ages 4-7), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

LIL' STARZ'.

Code	R/NR	Day	Time	Date	No class
414270-A	$25/$35	Mon	3:30-4:15pm	1/6-2/3	1/20
414270-B	$25/$35	Mon	3:30-4:15pm	2/10-3/10	2/17
414270-C	$25/$35	Mon	3:30-4:15pm	3/17-4/14	3/24

*FAMILY YOGA

3-8 YRS

Enjoy a relaxing and fun class with your child through yoga, interactive songs, and stories. Yoga enhances flexibility, strength, coordination, and body awareness as well as a child's focus and ability to calm themselves. We'll combine yoga poses, song, dance, stories, and end with a restful period where you and your child can cuddle together or relax separately.

Code	R/NR	Day	Time	Date	No Class
411315-A	$28/$38	Sun	9:30-10:15am	1/5-1/26	
411315-B	$28/$38	Sun	9:30-10:15am	2/2-2/23	
411315-C	$28/$38	Sun	9:30-10:15am	3/2-3/30	3/23
411315-D	$21/$31	Sun	9:30-10:15am	4/6-4/27	4/20

*TINY TOTS DANCE

3-4 YRS

Location: Bob L. Burger Recreation Center

Classes are designed for the dancers who want to have fun and learn to dance. Girls must have ballet shoes, pink tights, leotard and hair in a bun. Boys must have blue or black shorts, white t-shirt and white ballet shoes. Instruction by Reverence Academy of Dance.

Code	R/NR	Day	Time	Date	No Class
411550-A	$80/$90	Wed	3:45-4:30pm	1/8-2/26	N/A
411550-B	$80/$90	Wed	3:45-4:30pm	3/5-4/30	3/26

*BEGINNING BALLET

4-5 YRS BASE

Location: Bob L. Burger Recreation Center

Learn the basics of ballet in a fun and relaxed atmosphere. Girls must have ballet shoes, pink tights, leotard and hair in a bun. Boys must have blue or black shorts, white t-shirt and white ballet shoes. Instruction by Reverence Academy of Dance.

Code	R/NR	Day	Time	Date	No Class
411551-A	$80/$90	Wed	4:30-5:15pm	1/8-2/26	N/A
411551-B	$80/$90	Wed	4:30-5:15pm	3/5-4/30	3/26

JUMPBUNCH®
Sports And Fitness For Kids

*JUMPBUNCH SPORTS & FITNESS FOR PARENT-TOT
15-36 MONTHS

This program introduces toddlers to a wide range of sports and fitness activities while developing their fine/gross motor skills, coordination, balance and so much more! Each week, we will introduce the children to a different sport or fitness activity and allow them to interact with all the equipment so they get a great hands-on experience! This class is great for the busy parent who is looking to spend some quality time with their child, as well as, the stay-at-home parent who wants to get their child out of the house and into an educational, social environment.

Code	R/ NR	Day	Time	Date	No Class	Location
414252-A	$54/ $64	Mon	9-9:30am	1/6-2/24	1/20 2/17	Racquetball Court
414252-B	$54/ $64	Mon	9-9:30am	3/3-4/14	3/24	Gym

*JUMPBUNCH - SPORTS & FITNESS FOR PRESCHOOLERS
3-5 YRS

This program gives preschool children a hands-on, age-appropriate introduction to a wide range of sports in a fun, safe, non-competitive environment. We are not trying to create athletic "stars". Our goal is to provide a friendly introduction to sports while building coordination, self-esteem and encouraging healthy habits early. JumpBunch uses an approach that integrates the physical and mental aspects of each lesson; children have a chance to see, touch and experience each sport. Each week we teach a different sports activity! This winter/spring we will learn football, basketball, hockey, soccer, track and field, and many others!

Code	R/ NR	Day	Time	Date	No Class	Location
414250-A	$60/ $70	Mon	3-3:45pm	1/6-2/24	1/20 2/17	Racquetball Court
414250-B	$60/ $70	Mon	3:30-4:15pm	3/3-4/14	3/24	Gym

*JUMPBUNCH SPORTS & FITNESS FOR SCHOOL AGE KIDS
5-11 YRS BASE

Inspired by NBC's hit TV show "Minute to Win It," students will participate individually, in pairs or in teams, in a series of 60-second challenges designed to encourage growth in critical thinking, ingenuity, and teamwork, as well as, fine and gross motor skills, balance, agility and timing. These games are created with school agers in mind, and provide your kids plenty of opportunities to succeed and improve their skills over time. And the best part, these challenges are outrageously fun! We have over 50 challenges for the kids and will complete 3-5 of them per/class.

Code	R/ NR	Day	Time	Date	No Class	Location
414251-A	$60/ $70	Mon	3:45-4:30pm	1/6-2/24	1/20 2/17	Racquetball Court
414251-B	$60/ $70	Mon	4:15-5pm	3/3-4/14	3/24	Gym

*INTRO TO TWIRLING BY HIGH PEAKS TWIRLERS
6-11 YRS BASE

Come and experience the fun of baton twirling! Learn the basics of twirling, such as vertical and horizontal twirls, rolls, tosses, marching, and beginning dance steps. These skills will all be put together in a fun routine. This class is taught by Mindy Hurd, director of High Peaks Twirlers. Mindy is a former feature twirler at Arizona State University and has been coaching twirlers for 15 years.

Equipment or supplies needed: Students need to purchase baton for $28 (plus tax) on the first day of class or

Code	R/NR	Day	Time	Date	No Class
414240-A	$40/$50	Mon	3:45-4:45pm	1/6-2/3	1/20
414240-B	$40/$50	Mon	3:45-4:45pm	2/24-3/17	
414240-C	$40/$50	Mon	3:45-4:45pm	3/31-4/21	
414240-D	$40/$50	Mon	3:45-4:45pm	4/28-5/19	