2020 WINTER GIRLS CLASSES AND SPORTS CLINICS

Winter session runs from January 27, 2020 - March 20, 2020. Sign up now!

**OBSTACLE COURSE CHALLENGE**
Description: How many rounds can You run through an obstacle course in an hour? Play, jump, crawl, and run throughout the park in teams.
Day: Tuesdays
Time: 6:00pm - 7:00pm
Ages: 5 to 15
Activity fee: $10.00 for 8 classes

**HIP HOP DANCE**
Description: Get funky with it! Learn all the fun and exciting dances to hip-hop music. Great way to exercise through dance and build new friendships in the process.
Day: Fridays
Time: 8:00pm - 9:00pm
Ages: 5 to 15
Activity fee: $10.00 for 8 classes

**CHEER SQUAD: CHEERING SESSION**
Description: 2-4-6-8 who do we appreciate? Cypress! Cypress! Yeah Cypress! Learn various cheerleading chants, songs and cheers.
Day: Tuesdays
Time: 7:00pm - 8:00pm
Ages: 5 to 15
Activity fee: $10.00 for 8 classes

**CHEER SQUAD: ACROBAT SESSION**
Description: 2-4-6-8 who do we appreciate? Cypress! Cypress! Yeah Cypress! Learn various cheerleading chants, songs and cheers.
Day: Fridays
Time: 7:00pm - 8:00pm
Ages: 5 to 15
Activity fee: $10.00 for 8 classes

**FOLKLORICO DANCE CLASS**
Description: Learn traditional Mexican dance in a safe and nurturing environment. Move and shake your way to lots of fun. A wonderful way to experience music and build new friendships.
Day: Wednesdays
Time: 4:30pm - 5:30pm
Ages: 5 to 15
Activity fee: $10.00 for 8 classes

**GIRLS BASKETBALL CLINIC**
Description: Learn the fundamentals of basketball like dribbling, passing, shooting and learn the fundamentals of teamwork. Great way to make new friends.
Day: Mondays
Time: 6:00pm - 7:00pm
Ages: 9 to 15
Activity fee: $10.00 for 8 classes

"Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements."
"Good sportsmanship is everyone’s responsibility. Be a good sport."
"Achieving gender equity through a continuous commitment to girls and women in sports."