Girls Run the Park: This class provides a foundation for runners of all levels with about 10 minutes of structured intervals followed by 30 minutes of running & focused core strength training.

January 8th—February 28th
4:00PM– 5:00PM
Ages 6-12
Cost:$10 full session
Every Wednesday & Friday

Folklorico: This class is designed to introduce students to Mexican Folklore through dance. Students will develop posture, foot work, technique, use of space and time, quality of movement, and choreography.

January 8th—February 26th
5:00PM-6:30PM
Ages 6-15
Cost:$10 full session
Every Wednesday

Cheer: This class teaches cheerleading and dance skills in preparation for performance. The students will learn cheer, jumps and Pom dance. This Class Offers a positive, encouraging environment that helps to build great self-esteem.

• JV Meets Every Tuesday
• Varsity Meets Every Thursday
January 7th—February 27th
5:00PM-6:30PM
Ages 6-15
Cost:$10 full session

Beginners Tennis: This class is designed for girls with little or no previous tennis instruction. Students will be introduced to the forehand, backhand, serve, and basic skills.

January 10th—February 28th
5:00PM– 6:00PM
Ages 6-10
Cost:$10 full session
Every Friday

Persons with disabilities are encouraged to participate in our programs. Reasonable accommodations will be made with prior arrangements. Activities are subject to cancellation.
Achieving Gender Equity through a continuous commitment to Girls and Women in Sports.
Registration Begins: December 2nd

**Jazz & Tap:** For the dancer who has been in Creative Movement and/or wants to try the dance form of Jazz. Dancers will learn the basic steps of jazz dance with turns, kicks, and leap steps along with popular simple rhythm techniques and fun expression.

January 11th—February 29th
12:30pm– 1:15pm
Ages 7-13
Cost:$10

Every Saturday

**Hip-Hop Dance:** In these classes we teach stylized technique along with popular hip-hop moves. It also gives the dancer knowledge in coordination, physical strength and promotes self-confidence. Classes will be an introduction to hip-hop.

January 11th—February 29th
1:30pm– 2:15pm
Ages 6-15
Cost:$10

Every Saturday

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Activities are subject to cancellation.

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Cardio: Girls will be involved in working out every part of the body focusing regularly on strengthening the core through cardio exercises. Girls will experience and learn techniques, exercises and proper form which they can practice regularly! They will also learn about healthy food choices!

January 7th—February 27th
6:15PM– 7:15PM  Ages 6-15
Cost:$10 full session

Every Tuesday & Thursday
No Class Jan. 21st & Feb. 18th

Yoga: This class will be offered to those girls who have an interest in Yoga or would like to learn more about it. Participants will improve strength, flexibility and coordination as well as learning how to breath and relax through certain techniques.

January 11th—March 7th
9:00AM– 10:00AM  Ages 6-15
Cost:$10 full session

Every Saturday
No Class February 8th

Get Fit Parent & Daughter Boot Camp: Experience 1 hr. of fitness fun with your daughter. Learn different workout routines, stretches and proper form. Make sure to bring water and be prepared to sweat!

January 11th—March 7th
10:15AM– 11:15AM  Ages 6 & Up
Cost:$10 full session

Every Saturday
No Class February 8th

Bitty Ballet: The instructor uses games, stories, and songs to teach balance, rhythm, movement, coordination, and basic ballet steps. Introduce your little dancer to the beautiful art of ballet!

January 11th—February 29th
11:30am– 12:15pm  Ages 6-8
Cost:$10

NEW Dance
NEW

Every Saturday

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Activities are subject to cancellation.

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