

Classes & Clinics Descriptions

Program Activity	Class Descriptions and Details
Cheer Dance Team	Students will learn fundamentals and basics of cheer including cheer motions, chants, position roles, claps, quart wheels and bridges. Students should wear comfortable clothes and shoes in preparation for conditioning and movements on floor mats.
Hip Hop Dance	Students should wear comfortable clothes and shoes they can bend, jump, and run in. They will learn beginning movements of dance motions and different styles of hip hop, R&B, line dance, educational fun, latin and country.
GPLA Ballet	Students will learn the basics and fundamentals of ballet including bending, pointing, balance, twirls, pliés and mini-leaps. They will work throughout the session to learn a choreographed dance performance that will be presented in the Fall and Spring seasonal recitals. Students will purchase their own ballet leotard, skirt, tights and shoes.
Jazz Ballet Dance	Students will learn the basics and intermediate fundamentals of jazz themed dance art and ballet. They will learn choreographed dance formations focusing on increasing flexibility, building strength, and developing musicality. Students will purchase their own ballet leotard, skirt, tights and shoes.
Gymnastics	Students will learn the basics and fundamentals of tumbling gymnastics including but not limited to forward/backward rolls, bridges/bends, quart wheels, hand stands, splits, etc. They will also develop balance and strength through conditioning, beam walks, push-ups, etc. Students should wear comfortable clothing and be prepared with socks or no socks for floor mats
Tennis	Students will learn the basics and fundamentals of tennis. Exercises will focus on basic strokes for serving, proper footwork/grip techniques and developing court awareness. Students are welcome to bring their own racket but we will have rackets and balls available to use during class sessions. They should wear comfortable clothes, shoes and hat for outdoor practices.
Track & Field	Students will learn the basics and fundamentals of running track and field exercises that develop speed, power and strength. These exercise may include agility ladders, sprints, long distance, relay races, shot-put, javelin, hurdles and more. Students should wear comfortable clothes and shoes.
Karate	Students will learn the basics and fundamentals of martial arts karate. They will focus on conditioning exercises, formations, stances, blocks, kicks, punches and more. Students may use protection gear for training practice in groups. Please speak with Sensei Ray for more information on obtaining a uniform and testing for belts.
Boxing / Kickboxing	Students will learn the basics and fundamentals of boxing and kickboxing. These lessons will focus on defensive techniques for head movement, proper stance/footwork, types of strikes (punches, jabs, hooks, uppercuts). Students should bring their own gloves to practice each day and be prepared to participate in different conditioning exercises.
Early Learning (Soccer, Basketball, Dance)	Students will learn the beginning stages of soccer, basketball and dance. All balls and music will be provided but students are more than welcome to bring their own ball . Please wear comfortable clothes and closed-toed shoes so students may run, jump and bend easily.
Sewing	Students will learn the basics and fundamentals of sewing with needles and steadily advancing to using machinery. Each student will have the opportunity to work on a designated project throughout the session, designing their own artwork. Machines will be provided for students to share while each student should be prepared with their own craft set. Information will be provided on the first day of class.
Canvas Paint	Students will design a painted art piece on a canvas board implementing a variety of basic forms of painting. Art lessons will encompass the building blocks of color, form, brushwork, style and shapes. Students should wear comfortable clothes they are willing to get messy.
Clay Shapes & Modeling	Students will learn the fundamentals of pottery through the use of modeling clay. Lessons will focus of the basics of artistic sculpting with hands and plastic tools. We will provide all clay and tools for each student to develop an artwork during class. Students should wear comfortable clothes they are willing to get messy.
Video Gaming Club & Fun	Participants enjoy a social time to explore, play, and connect through video games, card games and many other activities. They are welcome to bring safe and appropriate games from home but we will provide a different supplies.
Cooking Lessons	Participants will learn the basics of cooking including but not limited to understanding ingredients, fruit/vegetable combinations, proper heat/fry techniques and safety. We travel a short journey through the culinary arts of baking, blending, sauteing, steaming, stirring and more.
Piano Lessons	Participants will learn the basics and fundamentals of playing the piano including but not limited to notes, scales, chords, rhythms and timing. Each student will work with our instructor one-on-one for 30-minutes and receive consistent homework and practice sheets for development.
Senior Line Dance	Participants will have the opportunity to learn choreographed line dances (step-by-step) to a variety of music. These genres include hip hop, R&B, pop, jazz, country, latin, classical, and more. Occasionally participants will gather for a celebration with food and dance.
Zumba Dance & Fitness	Participants will enjoy a workout session of latin, pop, hip hop and more! Please be prepared to move, jump, bend to music while encompassing choreographed dance moves.

Welcome Letter: A welcome email will be sent at least one (1) week before the start of classes. This email will include the room location and any additional information about supplies or lessons for the season.

Telegram Messenger: We use the application telegram messenger to communicate with participants for each class. Please download this application to your device (mobile, tablet, computer), then go to the welcome email and click your class group chat link. We use this application primarily for any important updates throughout the session.