

## Class Description

**Ballet Folklorico Beginning:** An introduction to the cultural dances of Mexico. Students will learn rhythm, steps, and a variety of activities culminating in a dance recital the last week of class. **(Students should bring their own practice skirt and shoes.)**

**Ballet Folklorico Performance Academy:** This class is for the intermediate/advanced level student with prior Ballet Folklorico training. Basic ballet technique to improve posture, style and technique, along with Zapateado steps and sequences will be taught. Emphasis will be placed on the articulation of feet, and on musicality and stage presence.

**Boxing Fitness:** Learn fundamental boxing techniques with a variety of bodyweight and strength conditioning exercises along with cardiovascular and stretching related activities that will improve overall physical conditioning. **(Participants must bring their own hand-wraps and gloves.)**

**Boxing Fitness with Cardio Boost:** Moderate cardio activity added to increase and improve overall fitness while burning calories. Lessons will incorporate a variety of bodyweight and strength conditioning exercises along with cardiovascular and stretching related activities that will improve overall physical conditioning. **(Participants must bring their own hand-wraps and gloves.)**

**BodyWorks: BodyWorks** is different from other fitness classes in that it trains holistically. It engages in all modalities of fitness: strength, speed, power, flexibility, stability, etc. 30 minute workout techniques are scientifically proven to maximize calorie burn during and post workout—ACCELERATED afterburn is the goal.

**Flamenco Dance** - Flamenco is a passionately exhilarating art form that encourages students to explore new movement styles. The course includes stylistic hand and arm movements, footwork, rhythmic hand clapping and dances.

**Guitar- Beginning:** This class teaches beginning and is also open to students who already know the basics of tuning, fingering, strumming and picking techniques, right hand and left hand techniques, and open major and minor chords. **(Students must bring their own guitar to every class.)**

**Guitar- Intermediate:** This class builds on the skills and techniques students learned in Beginning and is also open to students who already know the basics of tuning, fingering, strumming and picking techniques, right hand and left hand techniques, and open major and minor chords. **(Students are required to bring their own guitar to every class.)**

**ITEENS:** - A school-year, structured program which offers teens ages 13 to 17 a variety of programs and activities such as homework lab, enrichment activities, sports, games, art and more. Two sessions are offered per school year. (August-December) and (January – June)

**Karate I- Beginning to White Belt/ Karate II- Yellow to Orange Belt:** Karate is a contact sport, which at times, will be face contact. Students are taught a series of punches, kicks, and martial arts moves for self-defense. For this reason, youth may be paired with older children during sparring sessions to test both their progress and self-confidence. Protective gear is not provided. Parents may purchase protective gear if they choose to however; it is not sold at the Community Center. Children are also barefoot during class.

**Karate III- Purple Belt to Intermediate/ Karate IV- Advanced:** Karate is a contact sport, which at times, will have face contact. Students are taught a series of punches, kicks, and martial arts moves for self-defense. For this reason, youth may be paired with older children during sparring sessions to test both their progress and self-confidence. Protective gear must be worn for this class. See instructor for details on what to purchase. **New: Karate Advanced includes Bo Staff and Forms.**

**After-School Program:** is a school-year, structured program which offers ages 5 to 12 an opportunity to participate in homework help/reading time, enrichment activities, crafts, games, and more! Two sessions are offered per school year. (August – December) and (January – June)

**Pilates:** Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

**Strings- Introduction:** This is for the first time student and those who need a review in order to move up to the beginning class. They will learn the basics of note reading and playing violin at a novice level. **(Students must bring their own instrument to every class.)**

**Strings- Intermediate:** This is for students who know how to read and play all four Strings in first position. Instructor approval is needed in order to register. **(Students must bring their own instrument to every class.)**

**Strings- Beginning:** For continuing students who have grasped basic fundamentals of playing the violin. Instructor approval is needed in order to register. **(Students must bring their own instrument to every class.)**

**Strings- Performance Academy:** This is for the more advanced student. Students will play a variety of music from classical to pop. Requires audition and/or have been observed by instructor. Instructor approval is needed in order to register. **(Students must bring their own instrument to every class.)**

**Yoga:** Students will learn basic yoga poses and flows to stretch and strengthen the major muscles of the body and increase flexibility. Including postures and dynamic breathing techniques to promote deep relaxation. Bilingual Instructor (Spanish). **Please bring your own mat.**

**Zumba Sculpt and Stretch:** This class incorporates the 3 elements of complete fitness: cardio, strength, and flexibility. Bilingual Instructor (Spanish). **Please bring your own mat.**

**Zumba:** A fusion of Latin rhythms designed to give you a workout like never before! Bilingual Instructor (Spanish).