

Youth Dance & Fitness



Ballet 11 weeks + Recital Ages 4-18

Let your child experience the joys of dancing! These ballet classes teach poise, coordination, and classical ballet technique in a positive and imaginative atmosphere.

Instructor: Cindy Ahler

Pre Ballet

#1310.115	W	3:30-4:15 pm	3/28-6/6	\$104	EVCC	4-5
#1310.102	Sa	9:30-10:15 am	3/31-6/9	\$104	EVCC	4-5

Pre Ballet 2 (prerequisite Pre Ballet)

#1310.101	Th	3:30-4:30 pm	3/29-6/7	\$104	EVCC	5-7
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Beginning Ballet

#1310.103	T	3:30-4:30 pm	3/27-6/5	\$104	EVCC	6-10
#1310.105	Sa	10:15-11:15 am	3/31-6/9	\$104	EVCC	6-10

Ballet 1/2/3 (prerequisite Beg. Ballet)

#1310.107	Sa	11:15-12:15 pm	3/31-6/9	\$104	EVCC	6-10
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Ballet 3/4/5

#1310.106	W	4:30-5:45 pm	3/28-6/6	\$104	EVCC	**
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Advanced Ballet

#1310.112	Th	4:30-5:45 pm	3/29-6/7	\$104	EVCC	**
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Pointe (concurrent enrollment in Advanced required)

#1310.110	T	4:30-5:45 pm	3/27-6/5	\$94	EVCC	**
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**Instructor approval required.



RECITAL

Students enrolling in spring ballet classes will participate in Escondido Recreation's annual ballet recital on Sunday afternoon, June 10, at the California Center for the Arts, Concert Hall. The mandatory dress rehearsal will be held on Thursday, June 7 from 4:00-7:00 pm. A costume fee of \$35-\$40 will be due to the instructor at the second class. If you are unable to participate in the recital, please register for the summer session of ballet classes.



Hip Hop 8 weeks Ages 6-13

Learn the latest dance moves while dancing to very upbeat and rhythmic music. This class is packed with energy and fun. All skill levels welcome.

Instructor: Dance Fitness Inc. staff

#1350.110	M	4:00-5:00 pm	4/2-5/21	\$64	MCC
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Hula (Polynesian Dance)

10 weeks Ages 6-Adult

Aloha! Talofa! La orana! K'a ora! Come and learn the enchanting Polynesian dances of Hawaii, Samoa, Tahiti, and New Zealand. You will be sure to enjoy a morning of fun as you experience Polynesian culture through dance. Bring a friend and double your fun!

Instructor: Dawn Cheek, 40 years teaching experience

#2231.100	Sa	1:00-2:00 pm	*4/14-6/23	**\$65	MCC
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*No class 5/26

**\$5 discount each additional family member

Tiny Dancer 4 weeks Ages 3-5

Give your preschooler an introduction to dance! Children will learn elementary ballet technique and that dance class is fun.

Instructor: Emily Aguilar

Session 1

#1311.111	W	10:00-10:45 am	4/4-4/25	\$28	MCC
#1311.112	W	10:45-11:30 am	4/4-4/25	\$28	MCC

Session 2

#1311.121	W	10:00-10:45 am	5/2-5/23	\$28	MCC
#1311.122	W	10:45-11:30 am	5/2-5/23	\$28	MCC

NEW

Fencing Camp

5 days

Ages 9-12

Learn the sport of fencing during spring break! This beginning camp will cover the basics of dueling while teaching strategy, conditioning, score keeping, and refereeing.

Instructor: Karen Baumgart

#1417.100	M-F	10:00-12:00 pm	4/2-4/6	**\$65	SDFC
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**\$35 material fee due at first class

Best Friends Ice Skating

8 weeks

Ages 3-6

Best Friends is a skating class designed for the child who is not yet ready to go on the ice by him/herself. The child must be 6 years of age or younger while the child's "best friend" can be any person 13 years or older. This is a great class for the little ones to come and skate with their parents/grandparents/babysitters or older siblings.

Instructor: Iceoplex staff

#1404.100 T 10:00-10:30 am 4/24-6/12 **\$84 ICE

**Includes skate rental and public skating from 8:30-11:30 am on day of class



Tiny Tots Ice Skating

8 weeks

Ages 3-5

This class is designed for the little ones who would like to try ice skating. They will learn basic skating skills through playing games and creative drawings on the ice. The emphasis is on having fun and building confidence on the ice.

Instructor: Iceoplex staff

#1405.112 T 4:45-5:15 pm 4/24-6/12 **\$84 ICE

#1405.111 F 4:45-5:15 pm 4/27-6/15 **\$84 ICE

**Includes skate rental and public skating from 1:30-5:15 pm on day of class

Fun & Fit Kids

10 weeks

Ages 5-11

Want your child to be active and enjoy exercise? This class is designed to get your child moving while having fun. Kids get to participate in various fitness activities in a non-competitive environment. This class includes "just for fun" relays, games, music, and other cooperative movement activities. A short warm-up and cool down/stretch is also included.

Instructor: Kristin Stehly, ACE Certified Group Fitness Instructor & Personal Trainer

#1410.100 T 3:30-4:30 pm 4/3-6/5 \$79 MCC

Beginning Ice Skating

8 weeks

Ages 6-16

This class is designed for kids who would like to try ice skating. They will learn basic skating skills through creative games and drawings on the ice. The emphasis is to learn basic skating skills and safety while having fun!

Instructor: Iceoplex staff

#1406.112 T 4:15-4:45 pm 4/24-6/12 **\$84 ICE

#1406.111 F 4:15-4:45 pm 4/27-6/15 **\$84 ICE

**Includes skate rental and public skating from 1:30-5:15 pm on day of class

USA Jump Stars

9 weeks

Ages 6-12

Do you like the movie *Jump In?* USA Jump Stars promotes jump rope as a means of creating a healthy body and mind while developing personal values, team spirit, and sportsmanship through competition and live performance. Learning competitive jump rope tricks is challenging, fun, and great exercise. This class will teach single rope, Chinese wheel, two person/one rope, traveler, double dutch, and long rope.

Instructor: Melinda Everett, national jump rope champion

#1435.100 Th 4:15-5:00 pm 4/5-5/31 \$54 PACC



FREE Water Safety Event & Expo

Saturday, April 7, 2012 • Washington Park Pool

Parents and Pool Owners encouraged to participate!



See page 25 for more info

Youth Dance & Fitness



Saturday Youth Tennis

5 weeks Ages 7-15
Saturday youth tennis is here. Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport. All skill levels welcome. *Bring one can of new, unopened tennis balls and racquet.*

Instructor: Rebecca Schlesinger, USPTA Certified

Session 1				Ages
#1427.111	Sa	9:00-10:00 am	3/31-4/28	\$45 MVP 7-10
#1427.112	Sa	10:00-11:00 am	3/31-4/28	\$45 MVP 11-15
Session 2				Ages
#1427.121	Sa	9:00-10:00 am	5/12-6/9	\$45 MVP 7-10
#1427.122	Sa	10:00-11:00 am	5/12-6/9	\$45 MVP 11-15

NEW

Beginning Archery 7 weeks Ages 7-Adult

Come experience the powerful excitement of shooting a bow! Students will gain knowledge of archery as a sport, learn about required equipment, and practice current techniques. Safety rules and procedures will be taught and enforced. All equipment is provided and recurve bows will be used.

Instructor: Rho Densmore, USA Archery Level 4-NTS Coach, ASEP Certified in Coaching Principles, & 2004 3D National & 2005 Indoor World Champion

#1477.100	Sa	9:00-10:00 am	*4/14-6/2	\$84	MVP
*No class 5/26					

Taekwondo

see page 22

Youth Tennis 5 weeks

Ages 7-14

Give your child the opportunity to learn a lifelong sport, develop hand-eye coordination and agility, and build self-confidence. Children will learn basic strokes in a fun and supportive group lesson. *Bring tennis racquet and one can of new, unopened "Extra Duty" tennis balls.*

Instructor: David Parker, USPTA Certified

Session 1				Ages	
#1426.113	Beg.	T	3:30-4:30 pm	4/3-5/1	\$45 KCP 7 & 8 7-10
#1426.114	Beg/Int.	T	4:30-5:30 pm	4/3-5/1	\$45 KCP 7 & 8 11-14
#1426.115	Beg.	Th	3:30-4:30 pm	4/5-5/3	\$45 MVP 1 & 2 7-10
#1426.116	Beg/Int.	Th	4:30-5:30 pm	4/5-5/3	\$45 MVP 1 & 2 11-14
Session 2				Ages	
#1426.123	Beg.	T	3:30-4:30 pm	5/15-6/12	\$45 KCP 7 & 8 7-10
#1426.124	Beg/Int.	T	4:30-5:30 pm	5/15-6/12	\$45 KCP 7 & 8 11-14
#1426.125	Beg.	Th	3:30-4:30 pm	5/17-6/14	\$45 MVP 1 & 2 7-10
#1426.126	Beg/Int.	Th	4:30-5:30 pm	5/17-6/14	\$45 MVP 1 & 2 11-14

CHEERNASTICS—POMMETTES

5 weeks

Ages 4-12

So you would like to be a cheerleader—well, here's the class for you! Your child will enjoy learning the different aspects of cheerleading, including basic arm movements, jumps, cheers, basic cheer tumbling (cartwheels, roundoffs, etc.), and stunting. Although the class age range is large, the class will be broken into two different age groups and ability levels after the first class.

Instructor: Tammy Atym & Flip to Cheer staff

Session 1				Ages
#1448.112	W	4:30-5:15 pm	4/4-5/2	\$47 PACC 4-7
#1448.113	W	6:00-6:45 pm	4/4-5/2	\$47 PACC 6-12
Session 2				Ages
#1448.122	W	4:30-5:15 pm	5/9-6/6	\$47 PACC 4-7
#1448.123	W	6:00-6:45 pm	5/9-6/6	\$47 PACC 6-12

Optional: Poms may be purchased in class for an additional fee.

Elementary-Age Gymnastics

7 weeks Ages 5-12

Come and tumble with us! We will have a blast swinging on bars, balancing on beams, vaulting, and bouncing on the trampoline. Gymnastics is the basis of all sports, and we make sure our students learn proper stretching and positions, as well as safe landing and tumbling skills. Cartwheels, bridges, routines on the trampoline, and basic bar skills highlight this high-energy class. Don't miss out on a fun time!

Instructor: Robbie Ash-Doherty, USAG & KAT cert. & staff

#1402.101	F	3:15-3:55 pm	*4/6-6/1	**\$84	EVCC
#1402.102	F	4:00-4:40 pm	*4/6-6/1	**\$84	EVCC
*No class 4/20 & 5/25 **\$4 discount each additional sibling					

Mini Gymnastics

7 weeks

Ages 3-5

When your child is ready for independence (with the gentle guidance of a teacher), this fun gymnastics environment will challenge their body, mind, and spirit. Mini Gymnastics provides a safe gym filled with all the gymnastics equipment your child will need to start learning and mastering the skills of basic gymnastics. Your child will learn to do cartwheels, handstands, trampoline, beam, bar, and much more! *It is strongly advised that participants be able to participate in class without parental help.*

Instructor: Robbie Ash-Doherty, USAG & KAT cert. & staff

#1401.102	M	10:45-11:25 am	*4/2-5/21	**\$84	MCC
*No class 4/9 **\$4 discount each additional sibling					