

BIZZY BEE CLASS DESCRIPTIONS

HONEYS ; Ages walking-33 months (adult participation required) Max class size 8 Class Duration: 45 minutes

Physical and educational activities that build strength, coordination, spatial awareness, social skills and independence. This adult participation class focuses on following one and two step directions, large and small motor skills, as well as interacting with other children close in age. We will focus on coordination and balance, colors and numbers, rolling, jumping, and other developmental skills.

BUMBLES ; Ages 34 months - 4 1/2 years old (child must be able to enter and participate in the class independently) Class ratio 6:1 Class Duration: 45 minutes **(NO SPRING SESSION)**

This is an opportunity to develop a positive outlook on physical fitness, to learn some gymnastics based skills, and develop educational skills in a safe, fun learning environment without parent help. We focus on many of the same skills from Honey classes with creative circuit-based lesson plans combined with educational themes to focus your child's energy while developing strength, flexibility and coordination in addition to promoting cognitive and social development. In addition to learning beginning gymnastics with trampolines, classes teach other sports-related skills and prepare children for the academic environment through multi-step directions and repetition.

NEW!! NINJA KIDS ; Ages 7-11 Class ratio 8:1 Class Duration 45 minutes

Children learn a combination of flips, rolls, jumps, and kicks along with working on some obstacle type settings.

BEGINNER I GYMNASTICS ; Suggested ages 3-4 Class ratio 9:3 Class Duration: 40 minutes

Students will work on balance, jumps, and learn correct form for forward rolls and cartwheels.

BEGINNER II GYMNASTICS ; Suggested ages 5-6 Class ratio 9:3 Class Duration: 45 minutes

Students will work on balance and core skills, jumps, cartwheels, handstands, and more.

INTERMEDIATE GYMNASTICS ; Suggested ages 7-9 Class ratio 8:2 Class Duration: 45 minutes

Advanced level of beginner skills (including using higher beam and vault) plus backbends, round offs, handstands, and more.

ADVANCED GYMNASTICS ; Suggested ages 10-13 Class ratio 8:2 Class Duration: 50 minutes

Students will work on advanced beam work, walkovers, back handsprings, aerials, and much more.

**** ALL GYMNASTICS STUDENTS WILL BE EVALUATED TO DETERMINE CORRECT PLACEMENT***

NEW!! TUMBLING AGES 10+ Class ratio 10:2 Class Duration: 45 minutes

This class is designated for boys/girls 12+ that will focus on tumbling skills only. Students will work on sharpening skills, learning technique, and expanding their skill set through one on one and group instruction.

NEW!! CHEERLEADING FOUNDATIONS ; Ages 5-8 Class ratio 14:2 Class Duration: 40 minutes

During this class the instructor will be teaching all basics and foundations of cheerleading from arm motions and movements to tumbling and stunting moves. Participants will be grouped based on skill level and work on group tasks as well as individual moves to learn, grow, and/or sharpen any cheerleading skills.

NEW!! CHEERLEADING FOUNDATIONS ; Ages 9-13 Class ratio 14:2 Class Duration: 45 minutes

During this class the instructor will be teaching all basics and foundations of cheerleading from arm motions and movements to tumbling and stunting moves. Participants will be grouped based on skill level and work on group tasks as well as individual moves to learn, grow, and/or sharpen any cheerleading skills.

SPORTS & MORE ; Ages 5-8

In 2022 we are switching things up! Sports & More will now feature air soccer, bowling, basketball, dodgeball, tag, and more. Each week will be a different sport or game. These action packed and team building activities will be sure to get some energy out and excite your child's love for sports!

DODGEBALL LEAGUE ; Ages 6-10

Class will play a variety of different styles of dodgeball.

ZUMBINI ; Ages 0-4 (ages 5-6 allowed per request) max class size 10 children Class Duration: 35 minutes

Created by Zumba, the global leader in dance fitness, and BabyFirst the global leader in educational programming for babies, Zumbini® is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development from children ages 0 – 4, all while creating the ultimate bonding experience for families. **INCLUDED WITH CLASS IS A ZUMBINI BUNDLE WHICH INCLUDES: Song/story book, CD with all music, plush doll, and access code to obtain digital music files on Zumbini App.**

ZUMBA KIDS JR. ; Ages 4-6 (NO SPRING SESSION)

Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

ZUMBA KIDS ; Ages 7-11 (NO SPRING SESSION)

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

ART LESSONS ; Ages 3-13

Art lessons will focus on art techniques, which will allow students to create individualized projects that enhance their overall skill set and break away from creating a “cookie cutter” design. Throughout the session students will use their focus technique to create 3-4 projects. Younger ages will receive a modified version of project in the 3-6 age group if the student is unable to complete project independently and/or a parent is asked to stay and help guide their 3 and 4 year olds.

CLASS COSTS

All Gymnastics/Cheer Class, Ninja Kids	\$95 per child for 8 week sessions
Honeys, Sports classes	\$65 per child for 8 week sessions *discount for sibling in same class for all except Sports*
Zumbini (NOT IN FALL 22 SESSION)	\$105 per child for 10 week session (\$20 of this fee is for a zumbini kit which includes songbook, CD, online access code, and plush doll. This is a one time fee) *discount for sibling in same class*
Art Lessons	\$95 per child for 8 week session
Open Play Days	\$8 per child per day

