

REGISTRATION  
AUG 21

Fall 2017

YOUTH PROGRAM SCHEDULE



*dance | gymnastics | kid fit*  
newtownathletic.com

# Frequently Asked Questions

## **What is Youth Programming at the NAC?**

The Youth Plex is designed to offer both noncompetitive and competitive programs for children ages 1 through 12. Programs are designed to appeal to all children with their individual interests in mind. Our goal is for every child to feel welcome in a safe place where he/she can participate in an activity where they are comfortable enough to be themselves.

**What type of Youth Program classes are offered?** Gymnastics, Dance, Tae-kwon-do and Kidfit (general kids fitness)

## **When does enrollment/registration happen?**

Four seasonal sessions are offered throughout the year beginning in the Fall of each year – fall, winter, spring and summer sessions. Each session lasts about 11 weeks. Each session will offer your child the opportunity to try something new or continue to grow in a program they currently enjoy. There is a brief break between each session during which registration will take place.

**How do I enroll my child in Youth Program classes?** There is a big Youth Registration for each session. Members registration is held 2 weeks prior to the upcoming session start date. NAC members are able to register for classes at the Program Desk or online. Non-member registration is held one week prior to the session start date and enrollment must be done in person at the Program Desk at the NAC.

**Do I need a certain type of NAC membership for my child to participate in youth programs?** To achieve the best value, the “plus programs” option is recommended for children participating in classes.

## **Is there a fee to enroll in classes?**

Any membership with the “plus programs” option, allows each child to participate in 3 classes each session with only a \$5.00 registration fee. A child may take up to two classes in each program area along with a third class in an additional program area. Three classes in any one area is prohibited at the \$5.00 registration rate. A member without the “plus programs” option, may take any class at the non-member rate. No refunds are given, however transfers are offered to other classes or programs. Additional fees may apply depending on the program.

**Can non-members participate in youth classes?** Non-members are welcome to join any class with the corresponding fee for that program area.

**Does a non-member enroll differently than a member?** Non-members must enroll in person at the program desk. Telephone registrations are not excepted.

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Tae-kwon-do, Studio Dance, Gymnastics Exhibition are year round programs that require registration during the fall session. We have rolling enrollment for these classes. Evaluations are necessary for Exhibition.

**Attendance Policy:** 2 consecutive missed classes without notification, will result in disenrollment from the class. Make up classes will ONLY be offered when a doctor's note is provided. Please report absences to [attendance@newtownathletic.com](mailto:attendance@newtownathletic.com).

**Diaper Guideline:** Any child still in a diaper, must have an adult on the third floor throughout class. Children in diapers will not be transported from Kid's Club without an adult present.

\*Children under 8 years of age need to have an adult in the building at all times.

\*While we understand that you enjoy observing your children in class, please do not interfere with an instructor at any time during a class. Time after class is available for discussion. For the safety of our children, they will only be released to adults or transported back to Kids' Club.

# Monday

	GYMNASIICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	BROWN GYM
9:30AM	YOU & ME			ACTIVE ARTIST I	Pre-Ballet Tap 3-4YRS	
9:45AM						
10:00AM						
10:15AM						
10:30AM	PRE 3-4YRS PRE 4-5YRS	Soccer 3-5			Creative Movement 2-3YRS	
10:45AM						
11:00AM						
11:15AM						
11:30AM	PRE 2.5-3YRS				Happy Hip Hoppers 3-5YRS	
1:00PM	PRE 3-4YRS					
4:00PM	PRE 3-5YRS BEG 6+ INT 6+	Active Artist II	Fun Fitness 3-5YRS		Pre-Ballet Tap 3-4YRS	
4:30PM						
5:00PM	PRE 2.5-3YRS BEG 6+YRS INT 6+ PARKOUR 6+	Sports of All Sorts 5-7YRS	Kids in the Kitchen 4-6YRS		Ballet Tap 5-7 YRS	
5:30PM				Dance Pre-Team 6+YRS		
6:00PM	EXH (6-7:30pm) PRE 3-5YRS Adv 6+ PARKOUR 6-8	Fun Fitness 8+YRS	TDK		TAP I 7+YRS	Sports of All Sorts 8+YRS
6:30PM				JAZZ I 7+YRS		
7:00PM	BEG 6+YRS INT 6+ TUMBLING	Bootcamp 6+YRS				
7:30PM					Dance Team 8+YRS	Int Belly Dance
8:00PM						

*For class descriptions see pages 9-12!*

\*All children must be potty trained in order to be enrolled in independent classes. Instructors are not responsible for changing diapers. Children who are not potty trained may enroll in parent participation classes.

\* Parents of children who are not yet potty trained must stay on the 3rd floor for the duration of the child's classes.

\*All parents of children under the age of 8 must stay in the building at all times.

# Tuesday

	GYMNASTICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	BROWN GYM	PARISI
9:00AM							
9:15AM							
9:30AM	PRE 4-5YRS				Me and My Shadow 18MOS-3+YRS		
9:45AM							
10:00AM							
10:15AM							
10:30AM	PRE 2.5-3YRS		Sports of All Sorts 3-5YRS		Pre-Ballet/ Tap 3-4YRS		
10:45AM							
11:00AM				Adult Tap			
11:15AM							
11:30AM	PRE 3-4YRS				Happy Hip Hoppers 3-5YRS		
12:00PM							
4:00PM	PARKOUR 6-8	Soccer 5-7YRS	Active Artist I				
4:30PM					Boys' Hip Hop I 5+YRS		
5:00PM	EXH (5-6:30PM) BEG 6-8YRS PARKOUR 9+	Active Artist II				Sports of All Sorts 5-7YRS	Total Cond.
5:30PM			TKD		Hip Hop II 7+YRS		
6:00PM	BOYS BEG 6+ BEG 6+ PRE 3-5YRS	Soccer 3-5YRS					Total Cond.
6:30PM					Hip Hop III 8+YRS		
7:00PM	PRE 4-5yrs INT 6+YRS BEG 9-12YRS					Basketball 8+	
7:30PM							
8:00PM							

For class descriptions see pages 9-12!

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# Wednesday

	GYMNASIICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	BROWN GYM
9:00AM						
9:15AM						
9:30AM	PRE 3-5YRS		SOCCER 3-5YRS		Int Belly Dance	
9:45AM						
10:00AM						
10:15AM						
10:30AM	PRE EXH		Active Artist I			
10:45AM						
11:30AM					Me and My Shadow 18 MOS-3YRS	
1:00PM					BALLET/TAP 5-7YRS	
4:00PM	PRE 3-5YRS INT 6+		Kid's in the Kitchen 6+YRS			
4:30PM						
5:00PM	YOU & ME PRE 3-5YRS	Fun Fitness 8+YRS	Active Artist I		Ballet I 7+YRS	
5:30PM						
6:00PM	PRE 3-5YRS TUMBLING EXH (6-7:30PM)	SOCCER 5-7YRS	TKD		JAZZ II & III 8+YRS	
6:30PM						
7:00PM	PARKOUR INT/ADV	Sports of All Sorts 4-6YRS			Ballet II & III 8+YRS	
7:30PM					Perf Belly Dance	
8:00PM						

*For class descriptions see pages 9-12!*

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# Thursday

	GYMNASTICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	BROWN GYM	PARISI
9:00AM							
9:15AM							
9:30AM	PRE 2.5-3YRS				Pre Ballet Tap 3-4YRS		
9:45AM							
10:00AM							
10:15AM							
10:30AM	YOU & ME PRE 4-5YRS		Sports of all Sorts 3-5YRS		Ballet Tap 5-7YRS		
10:45AM							
11:30AM	PRE 3-4YRS						
11:45AM				Beg Belly Dance			
2:00PM	PRE 4-5YRS						
4:00PM	PARKOUR 6+ PRE EXH	Soccer 4-6YRS	Sports of all Sorts 3-5YRS				
4:30PM							
5:00PM	PARKOUR 6+ PRE 3-5YRS EXH (5-6:30PM)	Fun Fitness 5-7YRS	TKD	Active Artist II	Pre-Ballet Tap 3-4YRS		Total Cond.
5:15PM							Spin 8+
6:00PM	BEG 6+ INT 6+ PRE 2.5-3YRS			Happy Hip Hoppers 3-5YRS	Hip Hop I 5+	Basketball 8+	Total Cond.
7:00PM	BOYS BEG 6+				Tap II & III 8+		
7:30PM				Dance Team 8+			
8:00PM							

*For class descriptions see pages 9-12!*

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# Friday

	GYMNASIICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	BROWN GYM
9:00AM						
9:15AM						
9:30AM	PRE 3-5YRS		Active Artists I		Adult Ballet	
9:45AM						
10:00AM						
10:15AM						
10:30AM	PRE 2.5-3YRS		Sports of All Sorts 3-5YRS		Creative Mvmt 2-3YRS	
10:45AM						
1:00PM					Happy Hip Hoppers 3-5YRS	
4:00PM	PRE 3-5YRS BEG 6+ EXH (OPTIONAL) (4:30)		TKD			
5:00PM	PARKOUR 6+ INT 6+					
5:30PM					Boys Hip Hop II 7+YRS	
6:00PM						
6:30PM					Hip Hop I 5+YRS	
7:00PM						
8:00PM						

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# Saturday

	GYMNASICS ROOM	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4		
8:30AM	YOU & ME						
9:00AM	BEG 6-8 PARKOUR 6+	TKD	TKD		Pre-Ballet/Tap 3-4+YRS		
9:15AM	PRE 2.5-3YRS						
9:30AM							
9:45AM							
10:00AM	INT 6+ PARKOUR 6+				Contemporary I&II 7+YRS	Ballet Tap 5-7+YRS	
10:15AM	PRE 4-5YRS						
10:30AM							
10:45AM							
11:00AM	BEG 9+					Jazz I 7+YRS	
11:15AM	PRE 3-5YRS						
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							

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# Dance

## **FAMILY PLUS PROGRAMS MEMBERSHIP FREE; plus \$5 reg fee GENERAL PUBLIC \$170; plus \$10 reg fee**

**ATTIRE** All participants must wear a t-shirt, shorts or sweat pants. All children must have sneakers. Absolutely no jeans or clothing with buttons, zippers, or beading is permitted. There is no jewelry permitted. Hair must be tied back and securely fastened with an elastic rubber band, no clips or bows that will inhibit any rolling activities.

We have two different categories of classes, recreational (rec) and studio, within our overall dance program. Our recreational classes run in 11-week sessions and serve as a general introduction into the dance/movement class setting. These classes range from mommy-and-me to more independent settings, and do not require any long-term commitment.

Our studio classes run as a typical dance studio season, beginning in September and concluding with a recital at the end of May/beginning of June. These classes begin at age 3, and ultimately require a consistent, full-year commitment from those who wish to participate in the recital or generally want a steadier development through any particular class.

If in your dance journey you feel that the class category your student is currently taking is not the right fit, please do not hesitate to reach out to your instructor or the dance coordinator to explore other options. We will work together as a team to provide the most suitable dance experience for your growing dancer.

Dance classes and programs are available to all NAC members and the community members of Bucks County, including those of Newtown, Richboro, and Langhorne.

**ME AND MY SHADOW (REC) 18mos-3yrs** This class is designed for the littlest of movers and their caregiver to participate together throughout the class. Students will develop basic motor skills while navigating exciting activities and utilizing a variety of props. They will be introduced to the world of dance in a fun, safe and nurturing environment.  
*\*Children must be walking in order to participate.*

**BALLET 6+yrs** Students will develop their ballet technique through a traditional class of barre, center, and

across the floor work. They will be encouraged to apply this technique continuously throughout the class exercises.

**BALLET/TAP 6+yrs** This class continues the introductory process of the elements of ballet and tap technique for younger dancers. Students will continue to build their vocabulary and movement of each style in a fun, nurturing environment through various creative center and across the floor activities.

**CONTEMPORARY 6+yrs** Students will develop their individual movement style through this fusion of modern, jazz, lyrical, and ballet techniques. They will explore different ways to express themselves through the movement skills that they gain.

**CREATIVE MOVEMENT (REC) 2-3yrs** Creative movement is an introduction to the dance/movement class setting. Children are presented with a variety of movement challenges that they navigate in a fun, imaginative way. This class works to develop basic movement skills utilized in dance such as jumping, kicking, marching, tip-toeing, etc. *\*This class is comparable to our previous Tiny Dancer, Oh Little Girls, and Oh Little Boys classes.*

**HAPPY HIP HOPPERS (REC) 3-6yrs** This class is an introduction to various hip hop and general movement styles for the younger dancer. Students will be exposed to the basics of hip hop techniques and movement while developing rhythm, strength, and coordination.

**JAZZ 6+yrs** Students will be instructed in various jazz techniques including but not limited to commercial jazz and musical theater. They will develop their technique through center and across-the-floor exercises, and apply the skills they gain to choreography set by the instructor.

**HIP HOP 6+yrs** Students will work on the foundations of hip hop technique while challenging themselves through various center and across the floor exercises. Students will also develop their movement style through diverse choreography set by the instructor.

**PRE BALLET /TAP 3-6yrs** This class is an introduction to the elements of ballet and tap technique for our youngest dancers. Students will be exposed to the basic terminology and movement of each style in a fun, nurturing environment through various creative center and across the floor activities.

**TAP 6+yrs** Students will build their tap technique with a focus on rhythm and precision of sounds.

**DANCE TEAM \*By Audition Only\*** - Dance team classes are a combination of technical training and rehearsal of both competitive and non-competitive routines. Students may only take dance team classes if they have auditioned for, were accepted to, and are actively participating in dance team.

**DANCE PRE-TEAM** This class is designed for students interested in joining our competitive dance team. Students will focus on building their technical skills through various dance and strengthening exercises with the goal of becoming part of the dance team in the future.

**ONE-ON-ONE AND SMALL GROUP TRAINING** These sessions are intended for dancers wishing to improve their technique in a more private setting. Dancers will receive individualized instruction and exercises based on their specific needs. Sessions can range from 30-60 minutes.

# Gymnastics

**FAMILY PLUS PROGRAMS MEMBERSHIP FREE; plus \$5 reg fee**  
**GENERAL PUBLIC \$170; plus \$10 reg fee**

**ATTIRE** A leotard is suitable attire for girls and a t-shirt tucked into elastic shorts is perfect for boys or girls. Absolutely no jeans or clothing with buttons, zippers, or beading are permitted. There is no jewelry permitted. Hair must be tied back and securely fastened with an elastic, no clips or bows that will inhibit any rolling activities. Also no shoes or socks, some equipment can be slippery.

All classes are located in the 3rd floor gymnastics studio.

**You and Me 12MOS-2YRS** It's never too early to exercise basic motor skills and have some fun. From infant to toddler, our You & Me classes build a strong fitness foundation for your child's first two years. This is a parent participation class that is outlined to develop basic motor skills, eye and hand coordination and social skills.

**Pre-Gym 2.5-5YRS** This class is designed for toddlers through kindergartners to become more independent from their parents. Watch your child go from cartwheels to confidence with lots of laughter along the way. This helps your child channel their energy and reach developmental skills in a structured setting.

**Beginners/Boys Beg 6-12YRS**  
This class develops basic gymnastics skills and competence. Your child will focus on form and body positions while building confidence and improving social skills. Gymnasts will move to the next when evaluated and recommended by the instructor.

## Intermediate/Boys Beg/Int

**6-12YRS** This class is designed for gymnasts that have prior gymnastics training. The Gymnast should be comfortable with basic positions and skills and have a fundamental understanding of each piece of equipment. Gymnasts will continue to train basic skills while adding difficulty to their mastered skills \*Prerequisites are a backward roll, handstand on the floor, unassisted pull over on bars, 1/4 handstand on beam and cartwheel.

**Advanced 6-12YRS Invitation Only**  
This class is designed for gymnasts who show great development in strength and flexibility, enabling them to master basic skills. \*Prerequisites are round-off, backbend kick-over, back-hip circle on bars, 3/4 handstand on beam.

**Tumbling 6-12YRS** The tumbling program is designed for more serious gymnasts who are interested in improving their tumbling skills on the floor and tumble track. Your child will work on basic floor skills to continue strengthening their bodies.

**Parkour 6-12YRS** This class is designed to build strength, coordination and agility through gymnastics as well as obstacle courses. This class will concentrate on enhancing skills that will be incorporated into "ninja" obstacle courses that will vary each week.

**Intermediate/Advanced class available by invitation only.**

# Kid fit

**FAMILY PLUS PROGRAMS MEMBERSHIP FREE; plus \$5 reg fee**  
**GENERAL PUBLIC \$170; plus \$10 reg fee**

**ATTIRE** All participants must wear a t-shirt, shorts or sweat pants. All children must have sneakers. Absolutely no jeans or clothing with buttons, zippers, or beading is permitted. There is no jewelry permitted. Hair must be tied back and securely fastened with an elastic rubber band, no clips or bows that will inhibit any rolling activities.

**Active Artists I 3-5YRS** This class encourages children to explore and express themselves through art activities. Students will be given opportunity to work in small groups in guided activity-based art projects. An activity or game will be played at the end of each class.

**Active Artists II 6+YRS** This class is designed for children to experience more open ended art including painting, clay, origami and more. An activity or game may be played at the end of class.

## Basketball

Held on our basketball court in the Brown gym. Fundamental skills including dribbling, passing and shooting will be practiced while an emphasis on good sportsmanship is maintained. An elementary description of how the game is played will be learned throughout the session, including the function of different positions. Small sided games such as Horse and Knockout will be played at the end of each class.

**Bootcamp 6+YRS** This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, circuits and more.

**Fun Fitness 3-5, 5-7, 8+YRS** This non-competitive environment offers a variety of games and activities to enhance strength and fitness while increasing confidence in a social setting.

## Kids in the Kitchen 4-6,6+YRS

Basic culinary terms and skills will be explored while following recipes and of course sampling delicious creations.

## Parisi: Total Conditioning

**7+YRS.** This class is designed to increase speed, strength and self-confidence. Total Conditioning is held downstairs on the Parisi turf with a Parisi instructor and is a solid introduction to our Parisi program. \*A child may only register for one Parisi class per session.

**Soccer 3-5, 4-6, 5-7YRS** This class is designed to introduce basic concepts and skills including dribbling, shooting and passing. A fundamental description of how the game is played will be learned throughout the session, including offense and defense with an emphasis on team. A scrimmage will be played at the end of each class.

**Sports of all Sorts 3-5, 4-7, 5-7, 8+YRS** Each week, in this class, a new sport will be introduced. Soccer, dodgeball and bowling are just a few examples of the activities that will be offered. Teambuilding, sportsmanship and exercise are the goals of this program.

# Fall 2017

## YOUTH PROGRAM SCHEDULE

### Session Dates

September 5 - November 18

### Registration Dates

#### MEMBER ONLINE

Monday, August 21 at 6:00AM

#### MEMBER WALK-IN

Monday, August 21 at 9:00AM

#### GENERAL PUBLIC WALK-IN

Monday, August 28 at 9:00AM

### Family Plus Memberships

Receive three classes a week per child.\*

*\*No more than two classes per category.*

### FREE TRIAL CLASS!



To redeem, visit the Program Desk and set up a trial class. Coupon includes and KidFit, recreational gymnastics, recreational or studio dance, or Tae Kwon Do class.

Class Pass must be presented to instructor at the time of the trial class.

\*Must be 1st time participant to class type for trial.