

Classes for 3rd-5th Graders

Ballet/Tap 2

In a fun and non-competitive environment, students will develop a strong fundamental base in Ballet & Tap, with an emphasis on proper technique. We will learn age-appropriate steps, positions, and terminology. Ideal for beginner through intermediate. **\$55/Month \$250/Semester \$500/Year**

Classes Added Upon Demand

Hip Hop 2

Students will learn a variety of Hip Hop styles and techniques, and will be encouraged to infuse their personality into dance as they move and groove in this popular, fun dance style. Ideal for beginners or those with some Hip Hop experience. **\$45/Month \$200/Semester \$400/Year**

Tuesdays 5:15-6:00pm, Jill

(Also offering Zumba® for Kids which incorporates Latin rhythms in a Hip Hop- style class. Class added Upon Demand)

Kids Yoga 2

Yoga for kids is a fun and unique activity! Children in the 3rd-5th Grade yoga classes are ready for a bit more of a challenge, as we work on focus, balance, strength, and flexibility in a fun and age-appropriate class! At this level students begin to increase their ability in yoga postures. This class includes popular music mixed with some yoga tunes, and ends with some lovely relaxation time.

\$45/Month \$200/Semester \$400/Year

Tuesday 4:30-5:15pm, Elisa G.

Classes for Teens

Teen Yoga Flow

Teen yoga flow is similar to an adult vinyasa (flow) yoga class, but a little less formal and with some popular music. We work on strength, flexibility, focus, balance, and relaxation. Teen yoga is an excellent supplement to sports, dance, & cheerleading, and is also an excellent activity on its own!

\$45/Month \$200/Semester \$400/Year

(Teen: 13 Yrs & Up) Wednesday 4:30-5:20pm, Stephanie
(Tween/Teen: 11-14 yrs) Thursday 5:00-5:50pm, Stephanie

Teen/Tween Dance Combo

This class is perfect for teens 11-15 that are interested in having fun with various dance styles. Each class begins with Ballet Barre warm-ups and then we spend 4-6 weeks learning various styles of dance including: Ballet, Jazz, Lyrical, and Hip Hop. No dance experience required.

\$55/Month \$250/Semester \$500/Year

Monday 6:00-7:00pm, Jill

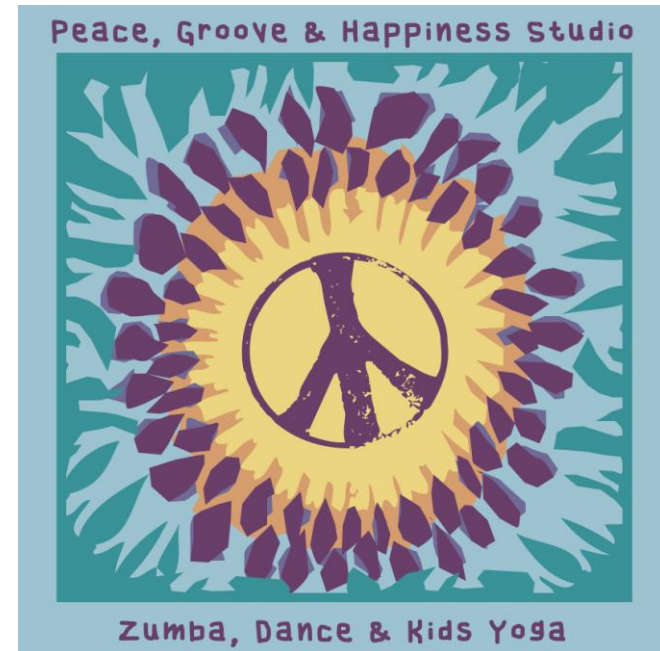
NEW! Yoga Dance Fusion

This dynamic performance class combines some basics of dance (including ballet and bellydance), combined with yoga postures and flows to create unique choreographed dance routines set to music.

A truly unique class! Teens & Tweens welcome. Yoga and/or dance experience helpful but not required, beginners welcome **\$45/Month \$200/Semester \$400/Year**

Wed 5:30pm. Class will run when minimum has been met, call to register.

(Teens are always welcome to buy a pass in our Adult Zumba® program.)



2010-2011

Semester 2 Winter/Spring Catalog of Classes

52 Central Street ~ Georgetown Ma

www.pghkidsyoga.com

Classes for New Mom's

Prenatal Yoga

Gentle yoga especially for expecting mothers! Taught by a Certified Prenatal Yoga instructor. We will work on postures that may benefit pregnancy and childbirth, breathing technique, and relaxation exercises, connecting you to the new life within. **\$45/Month \$200/Semester**

Thursday 6-7pm*, Stephanie (Min needed to run, please call to register)

Mom & Baby 1

This is a postpartum yoga class for new moms! A combination of postures with babies in-arms, poses for mom alone, and gentle movements just for babies. This class is designed for infant's 6-weeks and up and postpartum moms. **\$45/Month \$200/Semester \$400/Year**

Stephanie (Min needed to run, please call for day/time and to register)

Mom & Baby 2

This class is for mom and babies that are now beginning to move around, rolling, crawling, etc, 6 mo. and up. Mom's postnatal body is now ready for a more challenging semi-flow yoga class while babies play with toys, & are sometimes incorporated into the poses. We'll also begin with some more advanced baby yoga techniques!

\$45/Month \$200/Semester \$400/Year

(Min needed to run, please call for day/time and to register)

Preschool Parent & Child Classes

Family Fun Yoga (Toddler-Pre-K)

Yoga for parent & child, toddler through age 5! This class is all fun and games, bringing your child (or children) the benefits of yoga in a sweet, age-appropriate and playful class that the whole family will love! This class will adapt to the ages of the students.

Parent & 1st Child: \$45/Month \$200/Semester \$400/Year

Each Add'l Child: \$8/Month

Friday 11:30am-12:15pm, Elisa

Parent & Child Creative Dance (Ages 2 & 3)

Students and their caregivers will explore music and movement through this introduction to Creative Dance! Children will learn body awareness and basic social/classroom skills as well as an introduction to age appropriate ballet positions, steps, and terminology.

Students will begin with an introduction to basic Ballet, and then will be introduced to Tap toward the 2nd semester. Toward the middle of semester 2 we will begin transitioning the students to entering class without their caregiver, if ready. Ideal for our youngest dancers **\$45/Month \$200/Semester \$400/Year**

Saturday 9:30-10:15am, Jill

Classes Just For Boys!

Boys Hip Hop Groove!

Learn the latest dance moves in a class designed JUST FOR BOYS! Come infuse your personality into every move and have fun in this energetic class!

\$45/Month \$200/Semester \$400/Year

Monday 3:15-4:00pm, Jill

Preschool Age Classes

Pre-Ballet/Tap (45 Min. Ages 3-4)

Creative dance is an age-appropriate class for our youngest dancers that are ready to take class by themselves! We will begin the year learning some age appropriate Ballet & Creative Movement, and progress in the second semester to learning Tap as well!

Students should wear leotard, tights, and ballet shoes or bare feet.

\$45/Month \$200/Semester \$400/Year

Monday 1:30-2:15pm, Lisa C.

Wednesday 12:30-1:15pm, Lisa C.

Saturday 10:15-11:00am, Jill

Preschool Ballet/Tap (1 Hr. Ages 4-5)

Students will learn the basic fundamentals of Ballet and Tap or Ballet & Jazz in these combination classes for the older pre-school child. Our students will learn basic Ballet & Tap or Ballet & Jazz technique, concepts, & vocabulary as well as proper hand and feet positions. We will develop skills and encourage self expression with the use of music, props and fun games. This is a wonderful introduction to the world of dance. *(The first 1/2 hr will be Ballet and the second 1/2 hr will be Tap or Jazz)* **\$55/Month \$250/Semester \$500/Year**

Wednesday 1:30-2:30, Lisa C.

Wednesday 1:30-2:30, Lisa C.

Preschool Yoga Fun (3-5 yrs)

Preschool yoga introduces your child to yoga through games, story, song, and imagination!

Emphasis is on having fun while learning yoga poses, listening skills, body awareness, classroom/social skills, gentle breathing techniques, and taking turns. This class is ideal for the potty-trained preschooler ready to take class without mom! ©

\$45/Month \$200/Semester \$400/Year

Wednesday 2:30-3:15pm*, Stephanie (Min needed to run, please call)

Classes for K-2nd Graders

Ballet/Tap 1

Students will learn strong fundamentals and technique in Ballet & Tap in a fun and supportive atmosphere! They will pursue age appropriate goals, Ballet & Tap steps, positions, and terminology. Great for beginners or dancers with some previous experience.

\$55/Month \$250/Semester \$500/Year

Monday 4:00-5:00pm, Jill

Saturday class added upon demand

Hip Hop 1

Students will learn a variety of Hip Hop styles and techniques, and will be encouraged to infuse their personality into dance as they move and groove in this popular, fun dance style. Ideal for beginners or those with some Hip Hop experience. **\$45/Month \$200/Semester \$400/Year**

Mondays 5:00-5:45pm, Jill

(Also offering Zumba® for Kids which incorporates Latin rhythms in a Hip Hop- style class. Class added Upon Demand)

Kids Yoga 1

Yoga for children in Kindergarten through second grade is a fun, playful, moving class! We use fun music, games, stories, and imagination to engage your child into yoga postures! Creative expression is emphasized, guided imagery helps your child to relax and calm down from their hectic school day.

\$45/Month \$200/Semester \$400/Year

Tuesday 3:30-4:15, Elisa G.

Wednesday 3:30-4:15, Stephanie