

Classes for 3rd-5th Graders

Ballet/Tap Level 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**
Tuesday 5:15-6:15pm, Jill

Hip Hop Level 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 6:15-7:00pm, Jill

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

Kids Yoga Level 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.

Wednesday 4:30-5:15pm, Stephanie

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

Thursdays 4:30-5:15, Stephanie

Teen Zumba®

Zumba is a fun fitness class based on Latin dance moves! Burn calories, get in shape, and have FUN! Current popular music. **\$45/Month \$200/Semester \$400/Year**

Class added upon demand.

Adult/Teen Dance Combo

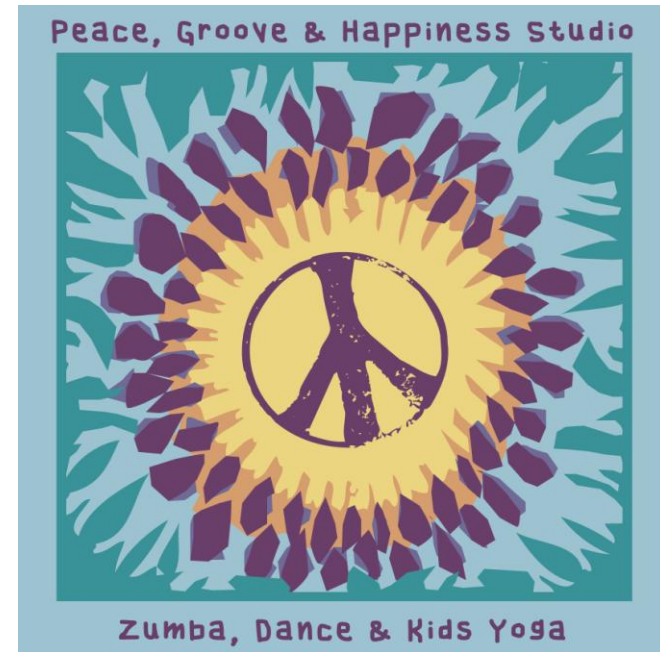
This class is designed for adults, and also welcomes teens in highschool and up. We will explore multiple styles of dance, including Ballet, Jazz, Lyrical, & Hip Hop.

No dance experience necessary, this class is for fun and fitness.

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

Monday 6:00-7:00pm, Jill

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



2010-2011

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**

Tuesday 7:30-8:30am, Stephanie
Thursday 5:30-6:30pm, Stephanie

Mom & Baby Level 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**

Tuesday 8:30-9:15am, Stephanie

Mom & Baby Level 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
Tuesday 9:30-10:15am, Stephanie

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

Preschool Age Classes

Creative Dance (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
Wednesday 12:30-1:15pm, Lisa C.
Saturday 10:15-11:00am, Jill

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
Tuesday 1:00-1:45pm, Elisa
Wednesday 2:30-3:15pm, Stephanie

Preschool Ballet/Tap or Ballet/Jazz (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 ½ hr will be Ballet and the second ½ hr will be Tap or Jazz)*

\$55/Month \$250/Semester \$500/Year
Ballet/Tap: Wednesday 1:30-2:30, Lisa C.
Ballet/Tap: Thursday 1:30-2:30pm, Lisa C.
Ballet/Jazz: Monday 1:30-2:30pm, Lisa C.

Classes for K-2nd Graders

Ballet/Tap Level 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 11:00-12:00, Jill

Hip Hop Level 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 Level 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