



Recreational Dance Programs For Kids and Teens Start in January

The Renfrew Parks and Recreation Department will be hosting four new dance programs this winter with Mellisa Frisk~Honours Bachelor of Arts in Dance.

Saturday Mornings at the Recreation Centre January 9th ~ June 5, 2010

Kinderdance (ages 4-5)

8:30 - 9:00 am

\$125

This class will introduce different styles of movement and lay emphasis on rhythm and balance. The classes will combine ballet, highland and creative dance. The main goal is to teach movement to music and have FUN!

Got to Move (ages 6-8)

9:00 - 9:45 am

\$150

This class will introduce the children to the basic elements of classical ballet and highland. In ballet, emphasis is placed on proper posture through barre and centre work. In highland, basic movements will be taught. This class will concentrate on musicality through movement and performance.

Krazy for Dance (ages 9-11)

9:45 - 10:30 am

\$150

This class will incorporate movements of classical ballet and highland. The students will study more complex ballet movements and in highland learn the 'Highland Fling'. This class will also concentrate on musicality through movement and performance.

You Think you Can Dance (ages 12-19)

10:30 - 11:30 am

\$175

This class will concentrate on jazz movements with a HIP-HOP influence and classical ballet. The study will include more intensive centre work in ballet. This class will also concentrate on stage presence and performance.

Recreational



GYMNASTICS

For Girls & Boys

Wednesdays at the Rec. Centre
January 20 - April 7th, 2010 ~ 12
weeks

(No classes during March Break)

Cost: \$100.00

Every class will begin with group warm-up activities before separating into station rotation groups for floor exercise, vault, beam and bar work appropriate to the age and skill level of the individual. Classes will wind up with a group cool down and stretch.

Please note that this is a RECREATIONAL GYM program and not a club.

Gymnasts will learn and expand their gymnastics skills while developing balance and self-confidence and friendships.

Age 13+

Gymnastics + Jr. Leaders Program
3:30 - 5:00 pm

Age 6 - 7

Junior Gym Program (Boys & Girls)
5:00 - 6:00 pm

Age 8 - 10

Junior - Intermediate Gym Program
6:00 - 7:00 pm

Age 11 - 12

Intermediate - Senior Gym
7:00 - 8:00 pm

Registration Opens

January 11, 2009 @ 9:00 am.

Completed Registration Forms and Payment in Full is required to secure a place in the classes.