

## Ice Skating and Hockey Classes



Fees are \$60.00 for 5 week sessions, \$108.00 for 9 week sessions, and \$120.00 for 10 week sessions.

### Basic 2 (Ages 7-15)

For skaters who have successfully completed Basic 1. Basic 2 introduces the skating stride as well as pumps, pivots, and backwards skating.

### Basic 3 (Ages 7-15)

For skaters who have successfully completed Basic 2. Basic 3 introduces backward edges, spins, jumps, and stop.

### Basic 4 (Ages 7-15)

For skaters who have successfully completed Basic 3. Advanced spins and jumps are introduced.

Level	Day	Date	Time
Basic 2, 3, 4	Mon	9/01-9/29	10:30am-11:00am
Basic 2, 3, 4	Tue	9/02-9/30	2:00pm-2:30pm
Basic 2, 3, 4	Tue	9/02-9/30	6:00pm-6:30pm
Basic 2, 3, 4	Fri	9/05-10/03	10:30am-11:00am
Basic 2, 3, 4	Sat	9/06-10/04	9:40am- 10:10am
Basic 2, 3, 4	Mon	10/06-12/01	10:30am-11:00am
Basic 2, 3, 4	Fri	10/10-12/05	10:30am-11:00am
Basic 2, 3, 4	Sat	10/11-12/06	9:40am- 10:10am
Basic 2, 3, 4	Mon	1/05-3/09	10:30am-11:00am
Basic 2, 3, 4	Tue	1/06-3/10	2:00pm-2:30pm
Basic 2, 3, 4	Tue	1/06-3/10	6:00pm-6:30pm
Basic 2, 3, 4	Fri	1/09-3/13	10:30am-11:00am
Basic 2, 3, 4	Sat	1/10-3/14	9:40am- 10:10am

### Adult Hockey (Ages 16 & up)

Level	Day	Date	Time
Adult Hockey	Mon	9/01-9/29	11:00am-11:30am
Adult Hockey	Tue	9/02-9/30	1:30pm-2:00pm
Adult Hockey	Tue	9/02-9/30	5:00pm-5:30pm
Adult Hockey	Fri	9/05-10/03	11:00am-11:30am
Adult Hockey	Sat	9/06-10/04	9:10am-9:40am
Adult Hockey	Mon	10/06-12/01	11:00am-11:30am
Adult Hockey	Fri	10/10-12/05	11:00am-11:30am
Adult Hockey	Sat	10/11-12/06	9:10am-9:40am
Adult Hockey	Mon	1/05-3/09	11:00am-11:30am
Adult Hockey	Tue	1/06-3/10	1:30pm-2:00pm
Adult Hockey	Tue	1/06-3/10	5:00pm-5:30pm
Adult Hockey	Fri	1/09-3/13	11:00am-11:30am
Adult Hockey	Sat	1/10-3/14	9:10am-9:40am



### Adult 1 (Ages 16 & up)

In this instructional class for the first time skater, participants are taught proper techniques on falling and recovery, forward strides, and backwards skating.

### Adult 2 (Ages 16 & up)

For skaters who have successfully completed Adult 1. Adult 2 introduces stroking, two-foot turns, and crossovers.

### Adult 3 (Ages 16 & up)

For skaters who have successfully completed Adult 2. Adult 3 introduces backward crossovers, turns, and spins.

### Adult 4 (Ages 16 & up)

For skaters who have successfully completed Adult 3. Adult 4 introduces three-turns, one foot spins, and dance steps.

Level	Day	Date	Time
Adult 1, 2, 3, 4	Mon	9/01-9/29	11:00am-11:30am
Adult 1, 2, 3, 4	Tue	9/02-9/30	1:30pm-2:00pm
Adult 1, 2, 3, 4	Tue	9/02-9/30	5:00pm-5:30pm
Adult 1, 2, 3, 4	Fri	9/05-10/03	11:00am-11:30am
Adult 1, 2, 3, 4	Sat	9/06-10/04	9:10am-9:40am
Adult 1, 2, 3, 4	Mon	10/06-12/01	11:00am-11:30am
Adult 1, 2, 3, 4	Fri	10/10-12/05	11:00am-11:30am
Adult 1, 2, 3, 4	Sat	10/11-12/06	9:10am-9:40am
Adult 1, 2, 3, 4	Mon	1/05-3/09	11:00am-11:30am
Adult 1, 2, 3, 4	Tue	1/06-3/10	1:30pm-2:00pm
Adult 1, 2, 3, 4	Tue	1/06-3/10	5:00pm-5:30pm
Adult 1, 2, 3, 4	Fri	1/09-3/13	11:00am-11:30am
Adult 1, 2, 3, 4	Sat	1/10-3/14	9:10am-9:40am

## My Dance

**New**

Imagine your child excitedly buzzing around pretending to be a fairy, a butterfly, a toy, etc. Terri offers a wonderful fantasy time using stories, dance, props, and costumes. Terri Cisneros has a Bachelor's Degree in Dance and has choreographed and taught for many years. Let her help unlock your child's potential through creative movement and beginning ballet techniques.

Location: World Gymnastics  
 Fee: \$36.00



### 3 - 4 year old class

Class#	Date	Day	Time
34466	9/08-9/29	Mon	10:30am-11:20am
34468	10/06-10/27	Mon	10:30am-11:20am
34470	11/03-11/24	Mon	10:30am-11:20am

### 5 year old class

Class#	Date	Day	Time
34467	9/08-9/29	Mon	1:30pm-2:20pm
34469	10/06-10/27	Mon	1:30pm-2:20pm
34471	11/03-11/24	Mon	1:30pm-2:20pm

## Lyrical and Modern Dance

**New**

Join theatrical choreographer Terri Cisneros to develop stage presence and self expression. This class teaches the legendary Lester Horton techniques and exposes your child to intricate and complex rhythms. No class November 26.

Location: World Gymnastics  
 Fee: \$36.00  
 Age: 9 - 12



Class#	Date	Day	Time
34473	9/10-10/01	Wed	4:45pm-5:45pm
34474	10/08-10/29	Wed	4:45pm-5:45pm
34475	11/05-12/03	Wed	4:45pm-5:45pm

## Intermediate Line Dance for Kids 50 +

Here's a fun way to improve your line dancing skills and learn popular dances! No partner is needed. Drop in or purchase a punch pass at the Parks and Recreation Office. Punch passes are transferable and non-refundable.

Location: Lincoln Park Barn  
 10 Punch Pass Fee: \$30.00  
 Drop-in Fee: \$4.00  
 Day: Monday  
 Time: 1:00pm-2:30pm



## Intro to Dance

Terri Cisneros is devoted to creating a positive dance experience for the beginning dancer. She will enrich your child's life through a powerful dance outlet of technique, posture development, and personal presence in which your child's creativity and confidence explode. Enroll today to bring out the best in your child through this hands on supportive approach.

Location: World Gymnastics  
 Fee: \$36.00  
 Age: 6 - 10



Class#	Date	Day	Time
34476	9/08-9/29	Mon	6:00pm-7:15pm
34477	10/06-10/27	Mon	6:00pm-7:15pm
34478	11/03-11/24	Mon	6:00pm-7:15pm

## Senior Dances with Live Music

Have a fun filled evening with live music and dancing! Enjoy yourself on the dance floor, or if you're not a dancer, meet with friends and listen to all the old tunes!

Location: Senior Recreation Center  
 Fee: \$2.00  
 Age: 50+  
 Day: Time  
 Thu 8:00pm - 11:00pm  
 Sun 1:00pm - 5:00pm (1st & 3rd)



## Shall We Dance

Join the fun! Come learn all the popular ballroom dances. Get an introduction to swing, fox trot, waltz, polka, and Latins. This class will be under the watchful eyes of Jean Thomas. Fees are per individual, but you must register as a couple.

Location: Lincoln Park Barn  
 Fee: \$43.75  
 Age: 18 +

Class#	Date	Day	Time
34493	9/10-10/15	Wed	7:00pm-9:00pm
34494	10/22-11/26	Wed	7:00pm-9:00pm

## Tap Dance for Seniors



Is this something that you always wanted to do as a child? Now's your chance! Have a great time learning while increasing coordination and muscle development. Tap dancing provides wonderful exercise and keeps your mind going. Students in this class will learn the basics of tap through fun dance combinations and simple choreography. Tap shoes are required.

Location: Lincoln Park Barn  
 Fee: \$36.00  
 Age: 50 +



Class#	Date	Day	Time
34484	9/23-10/28	Tue	4:30pm-5:15pm

## Beginner Country Western Dance

Learn some basic moves of the Texas Two-Step, Country Two-Step, Waltz, and Triple Step! Rick and Glenna Sheley will teach you how to lead and follow and introduce you to dance floor etiquette. You will enjoy the learning, dancing, and natural exercise that comes with these dances. Fee is per individual. Must register as a couple. **No class September 18.**

Location: Lincoln Park Barn  
 Fee: \$22.00  
 Age: 16 - 100

Class#	Date	Day	Time
34441	9/11-10/09	Thu	7:00pm-9:00pm

## Intermediate Country Western Dance

You know the basics, now let's perfect your skills! Instructors will review the basic dance steps, and teach advanced turns and arm work. You will also learn the cowboy cha-cha! You must know the steps taught in the beginner course. Students need to be 16 years or older, and a partner is required. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn  
 Fee: \$22.00  
 Age: 16 +

Class#	Date	Day	Time
34444	10/23-11/13	Thu	7:00pm-9:00pm

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## Intro to Latin Dance

Experience the hot rhythms of Latin dancing in this class taught by Dave and Vonnie Hicks. After learning the basics of the merengue, bachata, rumba, and cha cha, you'll be ready to heat up the dance floor. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn  
 Fee: \$36.00  
 Age: 16 +

Class#	Date	Day	Time
34369	9/23-10/14	Tue	7:00pm-9:00pm

## Night Club Two-Step

Learn the basic steps of night club two-step from Dave and Vonnie Hicks, while dancing to many music styles including salsa, waltz, country western, and disco. You will be on the dance floor in no time. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn  
 Fee: \$27.00  
 Age: 16 +

Class#	Date	Day	Time
34370	11/11-11/25	Tue	7:00pm-9:00pm

## Intermediate Night Club Two-Step

Continue to learn new moves and variations of this great dance, making you look even better on the dance floor. Instructors David and Vonnie Hicks. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn  
 Fee: \$20.00  
 Age: 16 +

Class#	Date	Day	Time
34371	12/02-12/09	Tue	7:00pm-9:00pm