

Children's Program Schedule

January 2008

5510 E. 2200 N., Eden, UT

(801) 745-2653

hafutah.com

High Altitude Kids

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
10:15am	<u>TumbleTramp</u> Caralee		<u>Tumbelastics</u> Caralee		
2:15 PM			<u>Beg. II Tumbling</u> Chris <u>After School Kids Camp*</u> <u>Beg. II Ballet</u> Aubrey		
3:15 PM			<u>Beg. I Tumbling</u> Chris		
4:15 PM	<u>Beg. Dance</u> Macy <u>After-School Kids Camp*</u>	<u>Beg. I Tumbling</u> Chris <u>After-School Kids Camp*</u>	<u>Pee Wee Cheer</u> Chris & Caralee <u>Tumbelastics</u> Nancy <u>Beg. II Jazz</u> Aubrey	<u>Beginning Dance</u> Macy <u>TumbleTramp</u> Chris	<u>Art Exploration</u> Jessica <u>After School Kids Camp*</u>
5:15 PM		<u>Beg. II Tumbling</u> Chris	<u>Int. I Tumbling</u> Chris <u>Int. Dance</u> Aubrey	<u>Beg. I Tumbling</u> Chris	
6:15 PM		<u>Int. I Tumbling</u> Chris	<u>Junior Cheer</u> Chris & Aubrey	<u>Int. I Tumbling</u> Chris	
7:15 PM			<u>Int. Hip Hop</u> Aubrey		

Tumbling: Our tumbling program emphasizes the importance of safety and body awareness in a fun, friendly environment. Participants will learn the fundamentals of power tumbling as well as develop flexibility, strength, coordination. Whether participants are seeking a future in power tumbling, looking for the skills and strength to apply in other sports, or just wanting to get physically active in a fun way, our staff will facilitate a fun experience for all!

***Discovery After-School Kids Camp:** High Altitude Fitness is now offering a fun, structured alternative to your current after-school childcare program. Our Discovery Kids camp will run from 4:00 – 5:30 Monday through Friday (2:00 – 5:30 on Wednesday) and will immerse your child in arts and crafts, sports training, games, physical activity and tutorial time – all for only \$6.00* a day!

Cheer: All-Star Cheer has evolved over the last decade into a sport that requires athleticism, flexibility, strength, and agility. Participants in this class will be taught routines combining the technique and skills of power tumbling, dancing, and stunting. Students registered for All-Star Cheer are strongly encouraged to take an additional tumbling class.

Beginning Dance: Beg. Dance is an "all inclusive" dance class which touches on multiple dance styles. Students will be introduced to basic ballet, jazz and hip hop techniques.

Jazz: Jazz dance, which originated in the 1940's, is a combination of ballet, tap-rhythm and ethnic dance forms. Jazz is currently one of the most popular forms of dance and is often performed by competitive dance teams and high school drill. Students will learn a variety of leaps, kicks, turns, isolations and high-energy choreography.

Tumbelastics: This high energy class is geared for children ages 4 -6. Students will develop coordination, flexibility, strength and have fun in a safe environment. Tumbelastics focuses on the fundamentals of gymnastics with use of the trampoline, balance beam, bar and floor.

Hip Hop: Under the direction of Aubrey Harames, we introduce a clean and fun version of the latest dance craze to hit the street! Our expert tumbling coach, Chris, will teach the trick portion of this class. These tricks will be based on break dancing fundamentals. This combination of funky hip hop, explosive movements, tricks, and clean high energy music, makes Hip Hop a class you won't want to miss!

Art Exploration: Students will start the term exploring watercolor techniques and will construct several of their own pieces. Each student will be provided with their own watercolor brushes, paints and tools to use during class and to keep after. Once the watercolor portion of the semester is completed students will have the option to choose from several other materials such as wood, clay, acrylics and others.\