

Class Descriptions
 Fall Session 2015
 Updated 7/20/15

Class Name	Ages	Description	Instructor/contact	Notes
Adult Ballet	Adult	This class introduces beginner and intermediate dancers to the beauty and grace of ballet.	Carla Lewis	These classes will end with an optional recital in December 2015. If you participate in the recital, there will be an additional costume fee due to the instructor.
Adult Karate	Adult	Through the study of Okinawan Shorin Ryu Karate, learn and develop: Confidence, Reaction Training, Fitness and Weight control, and flexibility.	Howard Freedland caskman1@gmail.com	Ongoing Class. You must purchase a 10 class pass. First class free.
Aerobic Dance	Adult	You don't like exercise but, you love to dance? Your solution is Aerobic Dance! You'll have so much fun dancing the easy to follow routines that you won't realize that you're actually exercising in this exhilarating hour of caloric-burning FUN! Class included strength training exercises to sculpt arms, flatten stomach and tighten buttocks and thighs.	Kathy Andio www.empoweringsolutionswithkathy.com kathy@exercisewithkathy.com (561)236-4298	Ongoing Class. You must purchase a 10 class pass. First class free.
Basketball Skills & Conditioning	Ages 10-17	This class is for any level of basketball player. In this class, participants will learn the fundamentals of the game, develop individual offensive and defensive skills and enhance the knowledge of the game in a positive motivating environment.	Danny Vaz	Each player will need to bring a basketball, T-shirt and comfortable shorts, sneakers, water bottle and a positive attitude.
Ballet Barre Workout	Adult	This class will emphasize strengthening and toning with mat work and aerobics, mixed with ballet techniques to sculpt a dancer's body.	Carla Lewis	No previous ballet training necessary.

Child & Babysitting Safety Certification Course	Ages 11-15	The American Safety and Healthy Institute Child and Babysitting Safety training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants.	Jason Griffis (561)379-9221 or grif2067@me.com	Students must attend both nights per session.
Children's Ballet (includes: Ballet 1A, Ballet 1B, Advanced Children's Ballet)	Ages 3+	This ballet class teaches dancers the beauty and grace of ballet. These classes will end with an optional recital on May 23, 2014. If your child participates in the recital, there will be an additional costume fee due to the instructor.	Carla Lewis	Student attire: pink leotard, pink tights, pink ballet shoes, hair pulled back
Combo Dance	Ages 2.5-3	Join Ms. Donna for a fun introduction to dance for the very young dancers who want to express their independence. An introduction to jazz, tap, hip-hop, tumbling and ballet—students will learn basic movement skills fit for their age group. Ms. Donna provides a nurturing and exciting environment for even the tiniest of dancers.	Donna Stanford	Parents will need to contact the instructor prior to class to discuss what the students will need to wear to class and what other items are needed. Donna Stanford: 772-285-5400;dancingpastordonna@att.net
Country Line Dancing	Adult	It's fun, easy, entertaining, and aerobic! Join Nicole for a heel-clicking, thigh slapping, toe tapping good 'ol time! You do not need a partner.	Nicole Sedito (561) 747-3988 or yogacountry@gmail.com	

CPR/AED Certification	12+	The Heartsaver CPR/AED certification course teaches the techniques of adult, child and infant CPR. This course also teaches how to respond to a choking adult, child, or infant. Participants will also learn how to recognize the signs and symptoms of a heart attack and stroke. This course is specifically designed for non-healthcare providers. These stress free trainings are provided using state of the art equipment in a hands on environment.	Jason Griffis (561)379-9221 or grif2067@me.com	This is a CPR Certification course for non-healthcare providers. Classes are generally held the 1st Thursday of each month. Some months vary.
Creatively Fit Painting	Adult	The painting is simply the exercise, the vehicle, to strengthen our right brain muscle, our “creative body”, so that we can create the change we want to see in our world. As we learn to have no fear on the canvas, we start making our mark, bolder and bolder, on the canvas of our life.	Brenda Nickolaus 561-262-2727 nick9627@bellsouth.net	
Dance Expression- Ballet and Tap	Ages 4-6	Students will learn basic ballet and tap movements such as: feet, arms, and styling. The will be encouraged to creatively express themselves through dance movement as well as having a fun-filled time!	Donna Stanford	Parents will need to contact the instructor prior to class to discuss what the students will need to wear to class and what other items are needed. Donna Stanford: 772-285-5400;dancingpastordonna@att.net

Financial Workshop: Your Source for Financial Education	Adult	<p>No matter what your age, financial situation, or your goals, you need to learn about the power of investing. Our multi-week educational workshop is a great way to start. You'll learn how to increase investment income while reducing taxes on those investments. We'll teach you about the stock market as well as other forms of ownership, loanership, and the various investment vehicles available to individuals. Whether you're saving for your children's education or planning for your own retirement, this class may be for you!</p>	Mike Lader	
Intro to Art Journaling	Teens, Adults	<p>This workshop provides the process & creative resources to explore, identify, and get started with your own art journal making! Though material and media ideas, journaling prompts, and visual journaling examples, this workshop will guide you to discover the hopes and aspirations of personal transformation through art journaling.</p>	Brenda Nickolaus 561-262-2727 nick9627@bellsouth.net	

Introduction to Motor Skills	Ages 6-13	This class is designed to improve a child's motor skills, including their hand-eye coordination, agility, flexibility, cardio vascular endurance, improved posture, and upper and lower body strength. These improved motor skills will lead to an improved confidence and self-esteem in children. The result will be a positive attitude on the field and in the classroom. This class incorporates exercises to improve your child's motor skills. They include: jump roping; pull ups; speed bag, running backwards; and karaoke (side steps).	Dennis DeLois	With over 25 years experience, Dennis has seen the need for these very basic motor skills, and has witnessed the change in the children who have learned them. Parents, teachers and coaches have witnessed the improvements in the children who learned them. This program has been taught at Charter Schools, Boys and Girls Clubs, and Police Athletic League.
Jewelry Making	Adult	From beginner to intermediate, everyone will enjoy this class! You will learn techniques to knot between beads, attach clasps, work with wire, and make chain. Also, you will learn to forge metals with tools, fusion, and soldering. All to create unique necklaces, bracelets, rings, and earrings.	Lynda Koehler	Materials may be purchased from the instructor. Total may range from \$20-\$30.
Kid's Yoga	Ages 3-11	Yoga at an early age encourages self-esteem and body awareness with physical activity in a non-competitive environment. Children derive enormous benefits from yoga: physically it enhances flexibility, strength, coordination, and body awareness.	Allison Berkery	Children need to bring a yoga mat to class.

My Gym Sports - Toddler Sports Classes, Zumba for Kids	Ages 2-3	This stimulating 45 minute program introduces balancing, tumbling, sports and agility skills, which help the children develop a love of physical activity and a sense of pride in their achievements. At this age, a child's level of independent mobility will typically progress from walking to running and jumping! Our highly trained instructors shower the children with affection, as they guide our Rookies in early social skills through interactive songs, fitness courses, games, and introductory sports skills.	My Gym	
Painting For Fun	Adult	Develop your artistic ability in oil & acrylic mediums. Beginners will find and develop a technique that is suitable for them as they become intermediate & advanced artists. If you are looking for something fun and new, or want to learn how to paint a masterpiece, this class may be for you.	Brenda Nickolaus	Pay by the class.
Preschool Combo Dance	Ages 2.5-5	A fun, introduction to dance for the very young dancers who want to express their independence. An introduction to jazz, tap, hip-hop, tumbling and ballet. Students will learn basic movement skills fit for their age group.	Donna Stanford	Student attire: black tank top leotard with tan tights. Skirt is optional. Ballet and tap shoes required.

Scrapbooking Workshop	Adult	Let's create albums, fun, friends, and more! Join us for our scrapbooking workshop to capture and celebrate memories. Whether you're new to scrapbooking and want to learn some basics or you've been scrapbooking for years and just need the time and space, this will be the place for you! Digital scrapbookers are welcome too!	Debbie Marie	Fee includes snacks and door prizes. Workshops are generally held the 1st Friday and Saturday of each month. Some exceptions will apply.
Shari's Ballet, Tap, Jazz and Creative Dance	Ages 5-7	This class is specifically designed for ages 5-7 with an overall emphasis placed on having fun while learning ballet, jazz, and dances through the decades (jitterbug, twist, disco, etc. to perform at local assisted living homes!	Shari Stafford	Student attire: leotard, tights, and ballet shoes. Hard soled shoes for the rhythm portion of the class. Hair should be tied back.
Stretch and Strengthen	Adult	Flexibility and strength training in an action packed hour. This class has basic physical training throughout the workout.	Coach Jake	Ongoing Class. An exercise mat, towel and bottle of water are needed for this class. First class is free to try it out.
Tai Chi	Adult	Tai Chi, as it is practiced in the west today, can perhaps be thought of as a moving form of yoga and meditation combines. Tai Chi Yang Style has 65 forms which consist of a sequence of movements which are performed slowly, softly and gracefully. It can help to improve one's balance, concentration and calmness.	Ted Dempsey	Student attire: comfortable clothing and bring a bottle of water. 9 week and 5 week options.

Total Body Toning	Adult	As women age, muscle tissue is lost, increasing the tendency to develop fat. This class will help to re-define and firm muscles by using hand weights, balls and rubber bands to sculpt the whole body. Weight bearing and strength training exercises provide quicker weight loss, increase balance, and help build bone density to prevent osteoporosis. Class concludes with stretching exercises to keep you flexible making muscles less prone to injury.	Kathy Andio www.empoweringsolutionswithkathy.com kathy@exercisewithkathy.com (561)236-4298	Ongoing Class. You must purchase a 10 class pass. First class free.
Tumble Tots Gymnastics	Ages 3-5	This class is geared for children who can separate comfortably from their parents. They will begin to develop gross motor skills, as well as the basic gymnastic principal of strength, balance, and coordination. This is achieved through beginner gymnastics and beginner apparatus skills as well as functional games and learning tools.	Keep Flippin' Gymnastics	What to wear: Comfortable clothing is recommended: no snaps, zippers, buttons or jeans allowed. Children will go barefoot. All hair must be pulled back and out of the face
USA Flippin' Program	Ages 5-11	Red Level: This is our beginning level of gymnastics. The gymnast will learn beginner gymnastics and beginner apparatus skills White Level: This level is our intermediate level of gymnastics. Gymnasts will be challenged with harder skills. They also begin to combine moves for routines. These routines will stress stamina as well as strength, balance, and coordination.	Keep Flippin' Gymnastics	What to wear: Comfortable clothing is recommended: no snaps, zippers, buttons or jeans allowed. Children will go barefoot. All hair must be pulled back and out of the face

Yoga Flow, Beginning, Gentle and Hatha	Adult	Gentle, Beginning, and Hatha Yoga Flow classes are suitable for all ages focusing on breath awareness with the use of proper body alignment and relaxation to increase flexibility, balance and strength. Concludes with a period of guided meditation to reduce stress and promote overall wellness.	Karen Babcock babcockjk@aol.com (561) 746-0961	Ongoing Class. You must purchase a 10 class pass. First class free.
ZyckFit Bootcamp for Kids and Adults		Zyckfit bootcamp is a high energy, fun-filled exercise class for kids and adults. This program strives to increase the overall health and fitness level of participants in a fun, safe, positive and motivating environment.	Thomas Rozycki	
Zumba	Adult	Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is fun and easy to do. Zumba is not only good for the body but also great for the mind.	Janice Vargas	Ongoing Class. You must purchase a 10 class pass. First class free. Student attire: water and towel are needed. Students should wear comfortable clothes and sneakers.