

### School of Arts, Recreation & Leisure

**Piano:** Ages 5-18, \$60 per month, for 4, ½ hour sessions, SKIES Bldg., 6100 Chesnut Rd. (Please see Webtrac for times and days of availability). Whether your child is a beginner or experienced pianist, private lessons will help them on their musical journey to motivate your child to learn in a fun, pleasant environment. Students participate in the SKIESUnlimited annual performing arts recital.

**Ballet:** Ages 5-12, \$45 per month. Monday 6 - 6:45 pm, a classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement.

**Combo Ballet/Tap:** Ages 3-7, \$45 per month. Monday 4 - 4:45 pm, SKIES Bldg., 6100 Chesnut Rd. Beginner Ballet-Tap is a perfect combination class. Since ballet is the basis for all dance technique, the combination of tap and ballet work hand in. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Long hair should be pulled away from the face.

**Hip Hop Dance:** Ages 5-12, \$45 per month. Monday 5 - 5:45 pm, SKIES Bldg., 6100 Chesnut Rd. Hip-Hop is the most contemporary dance form, and is a very fast paced, athletic dance style. The combinations taught in this class are age appropriate (G-rated). This class develops strength, flexibility, rhythm, leaps, turns, balance, and safe body mechanics to dance confidently in a social atmosphere. This style of dance is known for fast, athletic movements and body isolations, unlike fluid movement of ballet. Hip-Hop is extremely popular, and can be seen in commercials, music videos and concerts. Long hair should be pulled away from the face.

**Contemporary:** Ages 11-18, \$45 per month. Monday 3:15 - 4 pm, SKIES bldg., 6100 Chesnut Rd. This class incorporates freedom of expression, interpretation of music, principles of fall and recovery, control, breathing, balance and contraction/release. Children are encouraged to explore their individual style outside of the structure of traditional and jazz classes.



### Registration and Enrollment

SKIESUnlimited classes are open to dependents of Active Duty Military, National Guard, Reserve, DoD Civilians, employees of Department of Defense, Contractors working on Fort Jackson and Retirees. Children/youth must be registered with Child & Youth Services to enroll in a SKIESUnlimited class. Please contact Parent Central at (803) 751-4865/4824 for assistance in registering for CYS Services and enrolling in a SKIESUnlimited class. Once registered, sign up may be handled on line at; <https://webtrac.mwr.army.mil/webtrac/Jacksoncymys.html>

### Class Waiting Lists

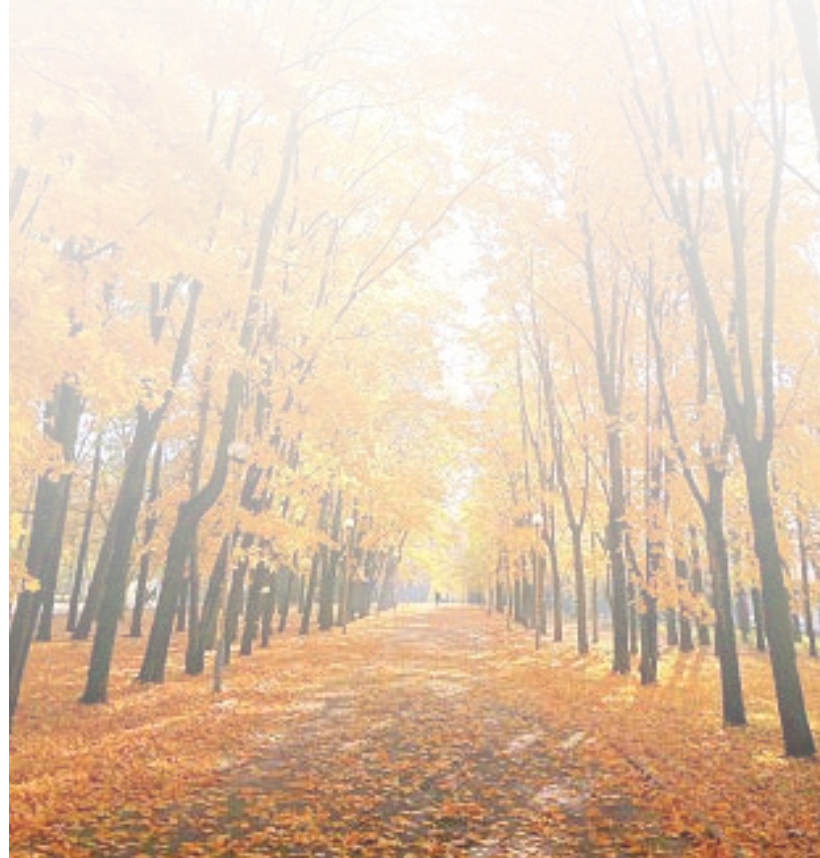
When new classes are added, a wait list is maintained until the minimum enrollment is reached. Parents are notified when enough children/youth have signed up to start the class. Fees may be prorated, if applicable.

### Not Sure If This Class Is For Your Child

All classes may be previewed by the parent and child participation is allowed, with the exception of swimming classes. A new student considering enrollment in any classes may participate in one class at no cost.

### Fee Policy

Fees must be paid prior to participating in one of the classes. For on-going classes, the first month's fee is due at the time of enrollment.



**SKIESUnlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

# Fall



September - December 2019

Check out our web page at

<https://jackson.armymwr.com/programs/skies-unlimited-instructional-programs>

School of Sports, Health & Fitness

**Lil Kickers:** Ages 3-5, \$35 per month. Monday 5:15-6:15 pm, SKIES bldg., 6100 Chesnut Rd, Children learn respect, increased concentration skills, and increased confidence and self-discipline. Our facility enforces good rules of behavior in class and expects the same good behavior at home.

**Karate (Beginner):** Ages 6-18, \$50 per month. Monday 6:15-7:15 pm, Tuesday 5:15-6:15 pm, SKIES bldg., 6100 Chesnut Rd. Students learn rules of good behavior in class and should practice the same good behavior at home and in school. Children can compete in competitions once the appropriate level of expertise is reached. Classes are held 2 days/week.

*\*Uniforms are required for all martial arts classes and may be purchased from the instructor for an additional fee.*



**Tumble Tots:** Ages 18 months - 3 years old, \$30 per month. Wednesday 5:30 - 6 pm, or Thursday 11 – 11:30 am, 6100 Chesnut Rd. Parent and child work together in this fun-paced class to build basic motor skills, coordination and balance. Age appropriate equipment is used to promote confidence and fun. Child must be able to walk.

**Tumble Bugs:** Ages 3-5, \$40 per month. Wednesday, 3:15 - 4 pm, SKIES bldg., 6100 Chesnut Rd. Children learn basic tumbling skills and develop coordination through a tumbling obstacle course, an air trac trampoline, tumble trac, and other gymnastics equipment.

**Gymnastics (Beginner):** Ages 5-9, \$50 per month. Wednesday, 4:15 - 5:15 pm or Thursday 5 - 6 pm, SKIES bldg., 6100 Chesnut Rd. Children learn basic gymnastics skills, body positions, balance beam, vault and uneven bars. All of the gymnastics skills learned in these levels are the foundation and building blocks needed for a great gymnast. Children learn coordination, stretching, strengthening and balance in a fun environment, while improving their gymnastics skills.

**Gymnastics (Intermediate):** Ages 6-10, \$50 per month. Thursday, 4 - 5 pm, SKIES bldg., 6100 Chesnut Rd. Children learn basic gymnastics skills, body positions, balance beam, vault, and uneven bars. All of the gymnastics skills learned in these levels are the foundation and building blocks needed for a great gymnast. Children learn coordination, stretching, strengthening and balance in a fun environment while improving their gymnastics skills.

**Gymnastics (Advanced):** Ages 8-18, \$65 per month. Thursday, 6 - 7:30 pm, SKIES bldg., 6100 Chesnut Rd. Students learn to focus on core conditioning, muscle control while learning higher level skills and combining basic skills to create routines. Children work at their own pace. Ages 8 and up are preferred in the class. Must have instructor approval to be in this class.

**Mommy and Me Yoga:** Ages 2-5, \$40 per month. Fridays, 6 - 7 pm, SKIES bldg., 6100 Chesnut Rd. As children learn to improve their physical balance, they will be filled with a sense of accomplishment. Yoga teaches them to persevere, be patient, and work toward their goals. When a child masters a pose, it gives him or her confidence and self-esteem. Even a simple step like a child being able to touch their toes after practicing each week, creates the feeling of achievement.

**Athletic Yoga:** Ages 6-12, \$40 per month. Friday 4:45 - 5:45 pm, Yoga introduces breathing exercises, concentration and poses that can enhance flexibility. With football, soccer, basketball, and cheerleading physical flexibility is important because it helps improve the athletes performance and focus. This is a key component of success on the field, while also minimizing the risk of injury.

**Tennis:** Ages 6-18, \$50 per month. Saturdays, 9 - 10 am, Semmes Road Tennis Courts (next to Victory Hall ). Tennis is not only great exercise, it’s also a great social activity. Tennis isn’t the easiest sport for young children to learn, but if you start kids right, they’re likely to be life-long players. The key, not surprisingly, is to make sure they’re having fun by ensuring they experience success. Wheelchair tennis classes are also available upon request. Classes are ongoing year-round. Student must bring a water bottle with water only, and a towel.

**Parent Child Swimming:** Ages 6 months - 3 years, \$25 per session. Monday & Wednesday, 4:30 - 5 pm, 3296 Magruder Ave (Knight Pool). This class builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 6 years become comfortable in the water so they are willing and ready to learn to swim. Swimming diapers are required for children that are not potty-trained.

**Beginner Swimming:** Ages 6-18, \$40 per session. Monday & Wednesday, 5:30 - 6 pm, 3296 Magruder Ave (Knight Pool). Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

**Intermediate Swimming:** Ages 6-18, \$40 per session. Monday & Wednesday, 6 - 6:30 pm, 3296 Magruder Ave (Knight Pool). Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

**Preschool Swimming:** Ages 4-5, \$40 per session. Monday & Wednesday, 5 - 5:30 pm, 3296 Magruder Ave (Knight Pool). Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

For more Information on all classes visit the SKIES Bldg. 6100 Chesnut Rd. or call, 803-562-5915.

