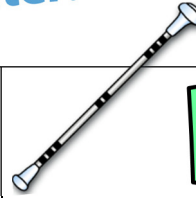


Tot Gymnastics & Ballet

Dabble in dance, ballet, cheer and gymnastics! Classes feature a positive and non-competitive introduction to a variety of forms of movement. Please wear comfortable clothing that allows movement.

Pre-School Thursday 3:00 - 3:45pm
Monthly Fee: \$40 / \$38 resident discount



BATON

Engage in the art of Baton Twirling! Learn the basics of twirling and tossing the baton. Please wear clothing that allows movement, yet not too baggy.

School Age Thursday 6:00 - 6:45pm
Monthly Fees: \$40 / \$38 resident discount
Baton \$30 - Payable to instructor



Ballet

Have FUN while being the BEST dancer you can be! Learn new techniques such as toe and heel drops, brush, shuffle, and digs while moving to the rhythm! This is a great chance for your child to meet friends, enjoy music and experience dance. Please wear dance shoes (or tennis shoes) and clothes that allow movement.

School Age Thursday 3:45 - 4:30pm
Monthly Fee: \$40 / \$38 resident discount
Optional Ballet Shoes \$10-15
Inquire with instructor



GYMNASTICS

Jump, Tumble, Flip and Play while learning Gymnastics! This program provides a great introduction and challenges all ability levels. Classes begins with basic, front & backwards rolls, dives & handstands and progresses to aerial work, competitive form and front & back handsprings flips. Small class sizes allow individual attention in a safe environment. Please wear stretchy, comfortable clothing that allows movement.

School Age Thursday
Novice: 4:30 - 5:15pm
Intermediate: 5:15 - 6:00 pm
Monthly Fee: \$40 / \$38 resident discount

Robinson's Taekwondo

Robinson's Taekwondo martial arts training provides healthy fitness, enhances positive attitudes and self-discipline while improving academic performance. Uniforms may be purchased directly from instructor.

Little Dragons (4 - 6 years old)
Monday & Wednesday 5:00 - 5:30 pm
Monthly Fee: \$29 / \$26 resident discount



Juniors Taekwondo (7 - 14 years old)
Monday & Wednesday 5:30 - 6:30 pm
Monthly Fee: \$45 / \$41 resident discount

Class REGISTRATION:

- ♥ Online at www.fecrecpark.com
- ♥ By Phone 916-927-3802
- ♥ In Person at the District Office in Howe Park
2201 Cottage Way (95825)

Please REGISTER in advance to avoid class cancellation.

QUESTIONS?

Contact Jaden at jdelfer@fecrpd.com
916-927-3802 x125

THIS IS NOT A PROGRAM OF THE SAN JUAN SCHOOL DISTRICT AND SAN JUAN ACCEPTS NO LIABILITY OR RESPONSIBILITY FOR THIS