



## DESCRIPTION OF CLASSES

### **Creative Movement**

We work on mathematical concepts of shape, sequencing, patterning and counting, the ABC's, story structure, problem solving, teamwork, body awareness, balance, stretching, and coordination and creative movement invention. With a variety of music and props, each class will take the children on a journey that will inspire their imaginations and channel their energy in a productive way. They will be encouraged to solve problems, respect each other and gain confidences as they stretch beyond preconceived limitations.

### **Gymnastics**

Jump for Joy Gymnastics uses a fun and creative approach to teach the discipline and excitement of this wonderful sport. Children will learn basic gymnastic skills, progressions and vocabulary while improving their strength, flexibility, balance, coordination and confidence. Children will also practice important listening and safety skills while working independently and as a team on a variety of exciting preschool gymnastic equipment.

### **Yoga Adventures**

This class combines the structure and excitement of a creative movement class with yoga positions and imagery. Not your traditional meditative yoga, this class incorporates music, props and an active pace, while teaching children the basic yoga poses. It's a different adventure each class!

### **Dance A Story**

Dance a Story encourages literacy for children as each class brings a different story to life through movement and song. Children listen to a story and do related movement activities focusing on sequencing and character development. Dance A Story helps your child to understand how a narrative is constructed. We encourage him/her to express thoughts and feelings through movement and to recognize motivations and character traits. It is creative movement with a dramatic component as well.

### **Music**

Music classes are fun and use some of the same components as creative movement with an emphasis on music. Children learn rhythm, dynamics, tempo, timbre, melody, harmony, and how to read music.