

YOUTH

Fitness & Dance

Ballet 11 weeks + recital

Ages 4-18

Let your child experience the joys of dancing! These ballet classes teach poise, coordination, and classical ballet technique in a positive and imaginative atmosphere.

Instructor: Cindy Ahler

Pre Ballet

#1310.115	W	3:15-4:00 pm	3/31-6/9	\$91	EVCC	4-5
#1310.102	Sa	9:30-10:15 am	4/3-6/12	\$91	EVCC	4-5

Pre Ballet 2 (Prerequisite Pre-Ballet)

#1310.101	Th	3:30-4:30 pm	4/1-6/10	\$91	EVCC	5-6
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Beginning Ballet

#1310.103	W	4:00-5:00 pm	3/31-6/9	\$91	EVCC	6-10
#1310.105	Sa	10:15-11:15 am	4/3-6/12	\$91	EVCC	6-10

Ballet 1/2/3

#1310.104	T	3:30-4:30 pm	3/30-6/8	\$91	EVCC	**
#1310.107	Sa	11:15-12:15 pm	4/3-6/12	\$91	EVCC	**

Ballet 3/4/5

#1310.106	W	5:00-6:00 pm	3/31-6/9	\$91	EVCC	**
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Advanced Ballet

#1310.112	Th	4:30-5:45 pm	4/1-6/10	\$91	EVCC	**
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Pointe (concurrent enrollment in Advanced required)

#1310.110	T	4:30-5:45 pm	3/30-6/8	\$91	EVCC	**
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**Instructor approval required.

REGITAL

Students enrolling in spring ballet classes will participate in Escondido Recreation's annual ballet recital on Sunday afternoon, June 13, at the California Center for the Arts, Concert Hall. The dress rehearsal will be held on Friday evening, June 11 from 4:00-7:00 pm. A costume fee of \$35-\$40 will be due to the instructor at the second class. If you are unable to participate in the recital, please register for the summer session of ballet classes.

Tiny Dancer 8 weeks Ages 3-4

Give your preschooler an introduction to dance! Children will learn elementary ballet technique and that dance class is fun.

Instructor: Emily Aguilar

#1311.101	W	9:30-10:15 am	3/31-5/19	\$56	MCC
#1311.102	W	10:15-11:00 am	3/31-5/19	\$56	MCC

Street Jazz

10 weeks

Ages 6-13

Street jazz is a dance form combining hip hop and jazz. Dancers will learn basic jazz technique and hip hop infused choreography. Have a blast-join our class.

Instructor: Emily Aguilar

#1350.100	M	4:00-5:00 pm	*3/29-6/7	\$75	MCC
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*No class 5/31



FLYING TRAPEZE CAMP

5 days Ages 7-12

This weeklong camp lets children experience the thrill of the circus firsthand. Your child will learn to fly on the flying trapeze and experience other circus aerial arts like tissue, lyra, tight-wire, hula hoops, and juggling. Your child will showcase his/her new skills on the last day of class for family and friends.

Instructor: David Ayers & Trapeze High staff

#1461.100	M-F	9:00-12:00 pm	3/29-4/2	\$249	KCP
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Flying Trapeze

6 weeks

Ages 7-Adult

Run away to the circus for six weeks. You will learn to fly on the flying trapeze and have the opportunity to experience other circus aerial arts like tissue, lyra, tight-wire, hula hoops, and juggling. Showcase your new circus skills on the last day of class for your friends and family.

Instructor: David Ayers & Trapeze High staff

#1460.100	Sa	11:00-12:30 pm	4/17-5/22	**\$169	KCP
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**\$15 material fee due at first class, includes a t-shirt

Pom Princess 4/5 weeks Ages 3-4

Cheers, dances, tumbling! We will start with the basics of cheerleading tumbling skills (rolls, cartwheels, etc) then move up to fun and exciting cheers and pom dances. Your child will have lots of fun while learning the basics of cheerleading.

Instructor: Tammy Atyim & Flip to Cheer staff

Session 1: 4 weeks

#1447.110	T	11:00-11:35 am	3/30-4/20	\$36	MCC
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Session 2: 5 weeks

#1447.120	T	11:00-11:35 am	4/27-5/25	\$45	MCC
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Optional: Pom poms may be purchased in class for an additional fee.

YOUTH Fitness & Dance



Saturday Youth Tennis

5 weeks

Ages 7-14

Saturday youth tennis is here. Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport. Bring one can of new, unopened tennis balls and racquet. All skill levels welcome.

Instructor: Rebecca Schlesinger, USPTA Certified

Session 1

							Ages
#1427.111	Sa	9:00-10:00 am	4/3-5/1	\$39	MVP		7-10
#1427.112	Sa	10:00-11:00 am	4/3-5/1	\$39	MVP		11-14

Session 2

#1427.121	Sa	9:00-10:00 am	5/8-6/5	\$39	MVP		7-10
#1427.122	Sa	10:00-11:00 am	5/8-6/5	\$39	MVP		11-14

Taekwondo

see page 21

FAMILY YOGA FUN!

see page 22

Youth Tennis 5 weeks

Ages 7-14

Give your child the opportunity to learn a lifelong sport, develop hand-eye coordination and agility, and build self-confidence. Children will learn basic strokes in a fun and supportive group lesson.

Instructor: David Parker, USPTA Cert.

Session 1

							Ages
#1426.113	Beg.	T	3:30-4:30 pm	3/30-4/27	\$39	KCP 9 & 10	7-10
#1426.114	Beg/Int.	T	4:30-5:30 pm	3/30-4/27	\$39	KCP 9 & 10	11-14
#1426.115	Beg.	Th	3:30-4:30 pm	4/1-4/29	\$39	MVP 1 & 2	7-10
#1426.116	Beg/Int.	Th	4:30-5:30 pm	4/1-4/29	\$39	MVP 1 & 2	11-14

Session 2

#1426.123	Beg.	T	3:30-4:30 pm	5/4-6/1	\$39	KCP 9 & 10	7-10
#1426.124	Beg/Int.	T	4:30-5:30 pm	5/4-6/1	\$39	KCP 9 & 10	11-14
#1426.125	Beg.	Th	3:30-4:30 pm	5/6-6/3	\$39	MVP 1 & 2	7-10
#1426.126	Beg/Int.	Th	4:30-5:30 pm	5/6-6/3	\$39	MVP 1 & 2	11-14

Bring tennis racquet and one can of new, unopened tennis balls

Cheer-nastics 4/5 weeks

Ages 4½-13

So you would like to be a cheerleader—well, here's the class for you! Your child will enjoy learning the different aspects of cheerleading, including basic arm movements, jumps, cheers, basic cheer tumbling (cartwheels, roundoffs, etc.), and stunting. Although the class age range is large, the class will be broken into two different age groups and ability levels after the first class.

Instructor: Tammy Atyim & Flip to Cheer staff

Session 1: 4 weeks

							Ages
#1448.112	T	3:30-4:20 pm	3/30-4/20	\$36	MCC		4½-9
#1448.113	W	5:45-6:35 pm	3/31-4/21	\$36	MCC		5-13

Session 2: 5 weeks

#1448.122	T	3:30-4:20 pm	4/27-5/25	\$45	MCC		4½-9
#1448.123	W	5:45-6:35 pm	4/28-5/26	\$45	MCC		5-13

Optional: Poms may be purchased in class for an additional fee.

Elementary-Age Gymnastics

8 weeks

Ages 5-12

Boys and girls will be introduced to and trained in the fabulous sport of gymnastics! Skill development and simple progressions will be emphasized in this safe and FUNtastic setting. Children will learn vaulting, bars, balance beam, tumbling, and trampoline. Class is for those with little or no gymnastics experience. Children should wear loose, comfortable, stretchy clothing; no buttons, zippers, snaps, etc. Bare feet are best. *Instructors will place your child in the appropriate class according to his or her age & ability.*

Instructor: Robbie Ash-Doherty, USAG & KAT cert. & staff

#1402.101	F	3:15-3:55 pm	*4/2-5/28	**\$80	EVCC
#1402.102	F	4:00-4:40 pm	*4/2-5/28	**\$80	EVCC

*No class 4/16 **\$10 discount each additional sibling

Mini Gymnastics

8 weeks

Ages 20 mos.-5 yrs.

For a fun and dynamic approach to physical preparation for kindergarten, we offer two classes to help your child transition from a home environment to a physical learning environment. **Mini Gym:** students are encouraged to independently work away from their parents and focus on following directions from the teacher, performing specific large motor movement tasks. **Tot and Friend:** geared for the younger gymnast who still needs a parent helper to guide him/her safely through the class. Children should wear loose, comfortable, stretchy clothing; no buttons, zippers, snaps, etc. Bare feet are best.

Instructor: Robbie Ash-Doherty, USAG & KAT cert. & staff

#1401.101	M	10:00-10:40 am	*3/29-5/24	**\$80	MCC	20 mos.-3½
#1401.102	M	10:45-11:25 am	*3/29-5/24	**\$80	MCC	3½-5 yrs.

*No class 4/12 **\$10 discount each additional sibling

Best Friend Ice Skating

8 weeks

Ages 3-6

Best friends is a skating class designed for the child who is not yet ready to go on the ice by him/herself. The child must be 6 years of age or younger while the child's "best friend" can be any person 13 years or older. This is a great class for the little ones to come and skate with their parents/grandparents/babysitters or older siblings.

Instructor: Iceoplex staff

#1404.100 T 10:00-10:30 am 3/30-5/18 **\$84 ICE

**Includes skate rental and public skating from 8:30-11:30 am on day of class

Tiny Tot Ice Skating

8 weeks

Ages 3-6

This class is designed for the little ones who would like to try ice skating. They will learn basic skating skills through playing games, creative drawings on the ice and having fun! The emphasis is on having fun and building confidence on the ice.

Instructor: Iceoplex staff

#1405.112 T 4:45-5:15 pm 3/30-5/18 **\$84 ICE

#1405.111 F 4:45-5:15 pm 4/2-5/21 **\$84 ICE

**Includes skate rental and public skating from 1:30-5:15 pm on day of class

Beginning Ice Skating

8 weeks

Ages 6-13

This class is designed for kids who would like to try ice skating. They will learn basic skating skills through creative games and drawings on the ice. The emphasis is to learn basic skating skills and safety while having fun!

Instructor: Iceoplex staff

#1406.112 T 4:15-4:45 pm 3/30-5/18 **\$84 ICE

#1406.111 F 4:15-4:45 pm 4/2-5/21 **\$84 ICE

**Includes skate rental and public skating from 1:30-5:15 pm on day of class

USA Jump Stars

9 weeks

Ages 6-13

Bring a smile and we will teach you to jump rope! Learn single rope, 2-person 1 rope, Chinese wheel, travelor, double Dutch, and long rope skills. Join us and we will work together as a team.

Instructor: Melinda Everett, national jump rope champion

#1435.100 M 4:30-5:30 pm 3/29-5/24 \$49 EVCC

Sabre Fencing Camp

5 days

Ages 9-12

Fencing is an excellent combination of cardio and strength training. Your child will learn the basics of swordplay using footwork, strategy, conditioning, scorekeeping, and refereeing.

Instructor: Gustavo Ducuing, Italian Fencing Master

#1416.100 M-F 1:30-3:30 pm 4/5-4/9 **\$65 SDFC

**\$35 material fee due at first class



Epee Fencing Camp

5 days

Ages 11-14

Your child will jumpstart his/her fencing skills with this fun Epee camp. Fencing conditioning improves attention and promotes problem solving skills. In Epee the whole body is targeted, which is different from Sabre Fencing. This camp is taught by a world-renowned coach.

Instructor: Alex Arutjunancs, San Diego Fencing Center staff

#1417.100 M-F 10:00-12:00 pm 4/5-4/9 **\$65 SDFC

**\$35 material fee due at first class

Foil Fencing Camp

5 days

Ages 9-13

Learn the sport of fencing during spring break. This beginning camp will cover the basics of dueling, while teaching strategy, conditioning, scorekeeping, and refereeing.

Instructor: Karen Baumgart, San Diego Fencing Center staff

#1418.100 M-F 10:00-12:00 pm 4/5-4/9 **\$65 SDFC

**\$35 material fee due at first class

