



Fall Session 2020

September 26th - December 13th

CLASS DESCRIPTIONS

CHILDREN'S

Food as Art - Create works of art using delicious ingredients! This class promotes creativity, socialization, peer relationships, teamwork and more. The best part, you get to eat your masterpiece! This beginner class is focused on more simple, yet unique projects that will challenge your mind.

Minecraft - Minecraft is not really a game. It's more like a toy. And it's a virtual world where you can make just about anything. Work together to form castles, villages, cities, ships, spaceships, and even fantasy worlds. Socialization, sharing and creativity are all encouraged during this interactive class.

Roblox Maker's Club - Maybe Minecraft is no longer your thing. Maybe instead you want to learn how to make worlds and games in Roblox and actually create something with the class? If you do Roblox Maker's club is the place to be! Learn the ins and outs of this popular game while working on social skills and teamwork skills at the same time!

Music and Movement - A fun-filled class exploring movement through music, which stimulates imagination and creativity. Improve fine and gross motor skills, develop coordination and social skills within a community of learners.

Children Movement - In this exciting class, participants will work on dancing and introductory acting skills! They will move and groove to some of today's hottest hits and also practice acting and improv! This highly active class will keep everyone moving and a smile on their face! This is an introductory class and no skills are required to participate!

Sensory Music - Join us for a multi-sensory experience where your eyes, nose, and hands are as busy as your ears in this unique music class. Participants will create and experience music utilizing all of their senses while working on social and teamwork skills.

SENSORY ART - Join us to squish, squeeze, crumble, and fluff your way through our Children's Sensory Art! Our future artists will have fun playing and creating art using different sensory mediums. Be prepared to be messy!

Yoga - Yoga is a fun and easy form of exercise that allows you to feel happy, calm and healthy! Our Children's Yoga class utilizes songs and visuals to help the participants learn the poses and develop the ability to be relaxed and calm.

Zumba Rhythms - Come get your exercise while moving to some of the hottest tunes out there! Shake, shimmy, and slide your way to a fit lifestyle!





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TWEENS & TEENS

Culinary Connections - Gain basic kitchen and safety skills in this beginner's level class. You'll make 2 delicious recipes while socializing with friends. Learn cutting, measuring and mixing skills while strengthening your ability to follow a recipe, taking turns, and waiting for your delicious creations to cook.

Food as Art - Create works of art using delicious ingredients! This class promotes creativity, socialization, peer relationships, teamwork and more. The best part, you get to eat your masterpiece!

Music Makers - Enjoy singing and dancing to a variety of songs while playing various instruments. Fun activities that increase mobility are incorporated into each class.

Teen Movement - In this exciting class, participants will work on dancing and introductory acting skills! They will move and groove to some of today's hottest hits and also practice acting and improv! This highly active class will keep everyone moving and a smile on their face! This is an introductory class and no skills are required to participate!

Yoga - Yoga is a fun and easy form of exercise that allows you to feel happy, calm, and healthy! Practice relaxation techniques, postures, breath, balance, flexibility and deep stretches.

Zumba Rhythms - Come get your exercise while moving to some of the hottest tunes out there! Shake, shimmy, and slide your way to a fit lifestyle!

Roblox Maker's Club - Maybe Minecraft is no longer your thing. Maybe instead you want to learn how to make worlds and games in Roblox and actually create something with the class? If you do Roblox Maker's club is the place to be! Learn the ins and outs of this popular game while working on social skills and teamwork skills at the same time!

Teen Painting - Join us for an hour of relaxing painting and conversation with friends old and new! Each week participants will follow our instructor in completing a canvas-based painting that will increase their painting skills all while having a great time!





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ADULTS

Culinary Connections - Strengthen kitchen and safety skills in this intermediate level class. You'll make 2 delicious recipes while socializing with friends. Improve cutting, measuring, and mixing skills, follow a complex recipe, learn turn taking skills and waiting for your delicious creation to cook.

Music Makers - In this course, participants enjoy singing and dancing to a variety of songs while playing various instruments. Join us for a great time jamming with your friends!

Paint Party - Join us for an hour of relaxing painting and conversation with friends old and new! Each week participants will follow our instructor in completing a canvas-based painting that will increase their painting skills all while having a great time!

Yoga - Yoga is a fun and easy form of exercise that allows you to feel happy, calm and healthy! Practice relaxation techniques, postures, breath, balance, flexibility and deep stretches.

Zumba Rhythms - Come get your exercise while moving to some of the hottest tunes out there! Shake, shimmy, and slide your way to a fit lifestyle!

