

# Green Road Community Center Summer 2014 Classes and Programs



## Youth Classes

**Ballet Basics III:** (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression.

#155574 May 3 - June 21 Sat 12:00-12:45 pm  
#155575 July 12 - August 23 Sat 12:00-12:45 pm  
Class Fee: \$70.00

**Basketball Skills for Beginners:** (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time! Class Fee: 40.00

#155565 May 3 - 24 Sat 10:15-11:00am  
#155566 June 7 - 28 Sat 10:15-11:00am  
#155567 July 5 - 26 Sat 10:15-11:00am  
#155568 August 9 - 30 Sat 10:15-11:00am

**Chess I:** (ages 6-9) - Checkmate!! This class is designed for youth that want to learn how to play chess. This class will cover the basics: the pieces, the board, the moves and much more! No experience necessary. Class Fee: \$40.00

#155085 May 8 - 29 Thu 6:00 - 6:45 pm

**Family Game Room:** (ages 4-15) - Are you participating in a class or program at Green Road? Do you want somewhere safe that you can bring your child or your family to play a game together? For parents participating in a class occurs during our open game room hours you can bring your child to play in the game room while you take your class! It will be a staffed game room during open hours. Child must be potty trained.

#155576 May 1 - Aug 30 M/T/W/H/F 6-9 pm,  
Sat 10 am-2 pm

Class Fee: FREE

## Teen Classes

**Zumba at Green Road with Maria Williams:** (ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

May 5 - August 27 Monday, Wed  
6:00-7:00 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

**Zumba Toning at Green Road with Maria:** (ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

May 2 - August 29 Monday, Wed  
6:00-7:00 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

**Urban (Soul) Line Dancing:** (ages 16+) - Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

May 2 - August 29 Monday, Friday  
7:00 - 8:30 pm

Class Fee: \$5.00 per day

