

SKIES CATALOG

WINTER Nov 18-Feb 2019

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

THE Sky is
The Limit



Oct 2018



General Information

SKIESUnlimited is a part of the Army's Division of Child and Youth Services under the Directorate of Family and Morale, Welfare and Recreation (Family and MWR).

Our mission is to provide the children and youth of Fort Leavenworth with a variety of classes taught by qualified, imaginative, and dedicated instructors, creating experiences of value, excellence, and enjoyment. In addition, all Fort Leavenworth CYS SKIESUnlimited instructors have had local and national background checks, training in CPR, First Aid, Child Abuse Awareness, Reporting and Prevention, Guidance, Child Developmental Guidelines, and Safety.

Registration Information: Registration for Child, Youth & School Services takes place at Parent Central, which is located in the Resiliency Center, Building 198, 600 Thomas Avenue. All students **MUST** be registered at Parent Central before enrolling in any SKIES programs. Registration is valid for 12 months and may be used for all Fort Leavenworth CYS Services programming. The following information is required for registration: names and phone numbers of sponsor and spouse, two local emergency contacts, immunization records, AKO email address, and a physical/health assessment. Patrons are given up to 30 days to submit local emergency points of contact and physicals.

Enrolling for SKIES Classes: Once you have completed the registration process, you may enroll/sign up for classes or programs at any CYS Services location. You can also enroll by phone (684-3206) or by using the Webtrac online system, <https://webtrac.mwr.army.mil/webtrac/leavenworthcys.html> (user ID and password are available from Parent Central). **Please be aware that enrollment is on a first-come, first-served basis. To ensure that your child retains his/her slot in a class, it is highly recommended that you enroll early in continuing sessions.**

Eligible Patrons: Eligible patrons for the SKIES program include children and youth whose sponsors are one of the following: active duty military, Fort Leavenworth DoD civilian employee (GS, NSPS, NAF, and DOD Contractor), Activated National Guard or Reservist, and retired military.

Payment Policy: Payment for SKIES classes is due at enrollment. Your child's name will be placed on the roster only when payment has been made. We accept payment by cash, check, or credit/debit card. Second child discounts do not apply to any SKIES programs.

Makeup Classes, Cancellation and Refund Policy: Refunds are **NOT** authorized for child illnesses, cancellations due to weather, family trips, or withdrawal after the class has started. Make up classes will be offered if at all possible, depending on the instructor's schedule. Refunds may be granted for extenuating circumstances such as prolonged absence due to illness or PCS orders. If you feel this is the case, a refund may be requested in writing to the SKIES Program Director. In the event a class is cancelled due to instructor unavailability, a makeup class will be offered, but no refund will be given.

IMPORTANT NOTICE: RESCUE MEDS (e.g. inhalers, Epi-Pens) will **NOT** be administered by SKIES instructors. If a child requires an inhaler or Epi-Pen and is not authorized by a physician to self-administer, the parent will be required to remain on site with rescue medication in case of need.

Visit Webtrac <https://webtrac.mwr.army.mil/webtrac/leavenworthcys.html>, the Family and MWR website <https://leavenworth.armymwr.com> or call the SKIES office at 684-7515 or text 785-375-2695 for up-to-date information on new SKIES classes.

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Please like the Ft Leavenworth CYS page on FaceBook

DANCE CLASSES



Ages: 3-12 years

Cost: \$10 per lesson

Instructor: Holly Harmison

Classes will not meet during Federal Holidays or Winter or Spring Break, and no fees are charged for the breaks or holidays. A dance recital will be held in the May.

Classes will pro-rate based on when you sign up and number of classes remaining in the session. To guarantee a space in the recital, students must be attending class by February 6th.

About the Instructor:

Holly began her life as a dancer at the age of three. Holly's dance education began in Topeka, KS at Barbara's Conservatory of Dance where she trained in ballet, tap, jazz and modern dance forms. She performed in many leading roles once she became a dancer for Ballet Midwest, a non-profit ballet company in Topeka. Holly received a BA in Fine Arts in Dance from the University of Kansas in 2006. Holly started her professional career with Kansas City Contemporary Dance in 2008 and this will be her 11th season with the company. Along with her performance career she has been an instructor of dance since 2001.

Important notes for dancers:

- Dress code is black leotard, pink tights and ballet, jazz or tap shoes
- Hair must be in a ponytail, pinned, bun, or pinned back for every class by student or parent.
- Street shoes and bare feet are not allowed in the Dance Studio.





DANCE CLASS DESCRIPTIONS

Creative Movement/Pre-Ballet:

Dancers will explore movement and rhythm as it relates to their bodies and space. Basic coordination and locomotor skills will be developed with the aid of imagery, text, props, and music. Ballet skills will be introduced and the development of posture, flexibility, rhythm, and poise are the goals of the class.

Ballet, 5-7 year olds:

Basic ballet skills will be learned in a relaxed but structured environment. Dancers will learn proper ballet terminology and pair it with the correct movements. Barre exercises will be introduced as well as work in the center.

Ballet 8-12 years & Homeschool: Ballet:

A strong foundation for the study of classical ballet will be learned. Dancers will work on the development of correct posture, locomotor movements, and musicality. In addition, attention to proper body placement and technique will be the focus of this class.

Jazz/Tap Combo

Dancers will spend 30 minute exploring each dance style. In jazz, proper stretching and core strengthening techniques will be learned. Traditional jazz technique will be introduced and skills such as body isolation, turning, jumping, and leaping will be learned. Dancers are encouraged, yet not required, to take ballet class in conjunction with their jazz study as basic ballet fundamentals are used. In tap, coordination and rhythm are the focus. Basic tap steps will be introduced and dancers will work on combining and traveling steps in the dance space.

**DANCE CLASSES ARE HELD AT PATCH COMMUNITY CENTER,
PARENTS ARE REQUIRED TO WAIT IN DESIGNATED WAITING AREAS**

Bonjour



December/January

Class Schedule	Day	Times	Dates	Fee	# of classes
Ballet 5-7 yrs	Tuesdays	1600-1650	Dec 4- Jan 29	\$60	6
Ballet 7-9 yrs	Tuesdays	1700-1750	Dec 4- Jan 29	\$60	6
Creative Movement/Pre-Ballet 3-4	Tuesdays	1800-1845	Dec 4- Jan 29	\$60	6
Ballet 10-12	Tuesdays	1900-1950	Dec 4- Jan 29		WL
Creative Movement/Pre-Ballet 3-4	Wednesdays	1400-1445	Dec 5- Jan 30	\$60	6
Home School Ballet	Wednesdays	1500-1550	Dec 5- Jan 30	\$60	6
Jazz/Tap Combo 5-6 yrs	Wednesdays	1600-1650	Dec 5- Jan 30	\$60	6
Creative Movement/Pre-Ballet	Wednesdays	1700-1750	Dec 5- Jan 30	\$60	6
Creative Movement/Pre-Ballet	Thursdays	1400-1445	Dec 6- Jan 31	\$60	6
Jazz/Tap Combo 7-9	Thursdays	1600-1650	Dec 6- Jan 31	\$60	6
Ballet 5-6	Thursdays	1700-1750	Dec 6- Jan 31	\$60	6
Creative Movement/Pre-Ballet	Thursdays	1800-1845	Dec 6- Jan 31	\$60	6

No Dance classes Dec 17- Jan 4th please mark your calendars and enjoy the Holidays safely!

WL Waitlist, class hasn't met minimum in earlier session 2018

February/March

Class Schedule	Day	Times	Dates	Fee	# of classes
Ballet 5-7 yrs	Tuesdays	1600-1650	Feb 5-Mar 26	\$70	7
Ballet 7-9 yrs	Tuesdays	1700-1750	Feb 5-Mar 26	\$70	7
Creative Movement/Pre-Ballet 3-4	Tuesdays	1800-1845	Feb 5-Mar 26	\$70	7
Ballet 10-12	Tuesdays	1900-1950	Feb 5-Mar 26		WL
Creative Movement/Pre-Ballet 3-4	Wednesdays	1400-1445	Feb 6- Mar 27	\$70	7
Home School Ballet	Wednesdays	1500-1550	Feb 6- Mar 27	\$70	7
Jazz/Tap Combo 5-6 yrs	Wednesdays	1600-1650	Feb 6- Mar 27	\$70	7
Creative Movement/Pre-Ballet	Wednesdays	1700-1750	Feb 6- Mar 27	\$70	7
Creative Movement/Pre-Ballet	Thursdays	1400-1445	Feb 7- Mar 28	\$70	7
Jazz/Tap Combo 7-9	Thursdays	1600-1650	Feb 7- Mar 28	\$70	7
Ballet 5-6	Thursdays	1700-1750	Feb 7- Mar 28	\$70	7
Creative Movement/Pre-Ballet	Thursdays	1800-1845	Feb 7- Mar 28	\$70	7

No Dance classes March 9-18th please mark your calendars and enjoy Spring Break safely!



JUJITSU

Ages: 5-17 years

Cost: \$100 per 2-month session (\$50 for one month)

Times: Monday and Wednesday 5:30-6:15 pm

October/November \$100

December/January \$100

February/March \$100

****No class Dec 20- Jan 3rd**

**** No class Mar 11- 15th**

No class Federal Holidays

Instructor: Frank Barry

Location: Harney Sports Complex, East Gym Martial Arts Area

Jujitsu is a Japanese martial art developed for close combat with or without a weapon. Self-defense is taught from a situational perspective, using concepts of avoidance, control, disable, and neutralization to cover the range of responses available to deal with any situation.

NOTE: *Since Harney Gym is an adult facility and to ensure your child's safety, it is policy that all children 15 and under must be physically accompanied to and from jujitsu classes by a parent or another adult designated by the parent; please help us keep your child safe by complying with this policy.*

ATA TAEKWONDO

Tiny Tigers ages 3-5 yrs

Karate for Kids 6-12 yrs

Schedule: Tuesday and Thursday

4:00-4:30 pm, Tiny Tigers

4:30-5:15 pm, Karate for Kids

\$8 per lesson

Location: Harney Sports Complex

Instructor: Diane Long



Karate for Kids is a licensed martial arts program through the American Taekwondo Association (ATA) with over 1500 schools worldwide. This allows the opportunity for military families to transfer to another ATA School and keep all rewards/belts earned. Also the material taught is consistent throughout all ATA Schools. Children will experience a fun, safe and family-friendly environment as they learn self-defense, fitness, and bully prevention.

ATA Tiny Tiger Program (ages 3-5) - The Taekwondo for Tiny Tigers program is designed specifically for preschool-age children. This program offers children a strong foundation in essential character qualities such as: confidence, courtesy, respect, discipline, honesty and perseverance. In addition, the Taekwondo for Tiny Tigers program is designed to improve children's motor skills and enhance their ability to follow directions. All classes are taught using the safest, most fun, and exciting instruction methods for this age group.

ATA Taekwondo/Karate for Kids Program (ages 6-12) - Karate for Kids is a traditional Taekwondo program that focuses on physical and mental improvement in disciplined, fun-filled classes for children ages 6 to 12. There are many reasons to become involved in the martial arts. The Karate for Kids system is based on a lifetime learning concept in addition to technical skills. The building blocks for our system are themes, such as: goals, self-control, courtesy, integrity, friendship, confidence, self-awareness, self-esteem, perseverance, self-improvement, respect and dedication. In addition, the Karate for Kids program is designed to improve self confidence, coordination and self-discipline.

NOTE: *Since Harney Gym is an adult facility and to ensure your child's safety, it is policy that all children 15 and under must be physically accompanied to and from martial arts classes by a parent or another adult designated by the parent; please help us keep your child safe by complying with this policy.*



LIL' DRAGONS

Introductory Workshop

Ages: 3-6 years

Location: Sagasu Family Martial Arts

Instructor: Karen Baker

Schedule: Fridays 4:30- 5:00

# sessions	Dates	Cost	No Class
3	Nov 2 nd -16 th	\$45	Nov 23 rd Thanksgiving Break
3	Nov 30 th – Dec 21 st	\$45	Dec 14 th
4	Jan 4 th – 25 th	\$60	
4	Feb 1 st – 22 nd	\$60	

Kids aged 3-6yrs are the most enthusiastic Students. They love creativity and problem solving, which makes them ideal students in the martial arts. The problem we discovered is they are so progressive; some teachers tend to treat them like their older peers. This is a problem because they still do not have the basic skills necessary to keep up with the children ages 7 and up. The solution we found is to provide them with their own program that targets their stage of development in a manner that adapts to their social and intellectual curiosity while at the same time building skills that set them up for success. With that said a structured program introducing basic skill-based training in Martial arts has proven to be very successful.

*These classes are held off post in Leavenworth.

About The Teacher:



Karen Baker – Karen has been practicing martial arts since age 3 years old and is the program director at Sagasu Family Martial Arts. She has been instructing classes for 10+ years, and loves seeing her students leave with a smile. She is a third-degree black belt with traditional training in Karate, Tae Kwon Do, and Kung Fu. She has found her passion of helping people of all ages become the best version of themselves through martial arts training.

GYMNASTICS

About the Coach::

Chantel Coates-Chantel has been employed by Child, Youth & Services since July 2005. She really enjoys serving military families and being a part of this community. Chantel has taken dance since she the age of five and as taught gymnastics/acrobatics for five years. Exercise is a major part of her life and she really enjoys helping children maintain healthy, active lifestyles. She is also a member of the National Guard.



IMPORTANT: The equipment in the Gym area is for use only by students enrolled in the class being taught at that time. Waiting parents and siblings are required to sit in the designated waiting areas, except during WATCH WEEK, space is limited. This policy exists to prevent injury due to distractions and promote the best possible learning environment for our students.

Gymnastic Class Fee Schedule

30 minute classes billed at \$11 per session
45 minute classes billed at \$13 per session
60 minute classes billed at \$14 per session
*90 minute classes billed at \$16 per session
(When class is offered)

Please ask if you have any questions.

Total bill=amount listed x nbr of sessions



****Class schedule is subject to change due to instructor availability****

GYMNASTICS CLASS DESCRIPTIONS

Parent/Tot Gymnastics. 1-2 years old and 2-4 years old

Parent and child will work together to learn essential gymnastics skills, make new friends and enjoy conquering the new challenges presented to them in the new circuits each week!

Pre-Gym. 4-5 years

Children receive the opportunity to participate in gymnastics class independently and learn basic gymnastics skills at a faster pace!

Beginning Gym. 6+ years

An entry level class designed for kids who don't have any prior gymnastics experience OR who still need to polish up their basic skills! They will be taken to a new apparatus each week in order to accelerate the pace at which they pick up essential gymnastics skills. An **ALL BOYS** class is also available for the young gentlemen that think like little ninjas.

Gym I*-requires instructor approval before enrolling. 6+ years

This class is suited to gymnasts who are ready to expand upon their knowledge and execution of basic gymnastics skills! In this class, girls will be taught not only newer, more challenging skills but also the proper execution of their skills with the purpose of refining their gymnastics.

Gym II*- requires instructor approval before enrolling. 6+ years

This is a fast-paced, skill-oriented class where girls are taught competitive level gymnastics (USAG Levels 3-4 skills) in a non-competitive environment. In this progress-oriented class, girls will be held to a higher standard as they are taught more difficult skills and pushed to new heights!

Gym III*/Advanced- requires instructor approval before enrolling. 6+ years

Girls are taught competitive level gymnastics skills (USAG Levels 5+) in a non-competitive environment. Classes are geared toward building on an already well-established foundation of gymnastics knowledge, skills and execution to facilitate reaching an even higher standard of excellence.

Tumbling. 6+ years

This class is suited to anyone that has an interest in learning how to tumble! Every class focuses on proper technique and constantly adding to their repertoire of skills! This class is also appropriate for budding cheerleaders who would like to add tumbling to their list of skills.

Homeschool Gym. 6+ years

This class is meant to be flexibly timed, to allow kids that are home-schooled the opportunity to participate in entry level gymnastics classes! All skill levels are welcome in this class designed to lay a foundation of gymnastics knowledge for all participants

***Classes will be pro-rated, when signing up after the start date.
Vacancies must be available to sign up.***

Oct/Nov

Level	DAY	TIMES	Dates	Holidays	Fee	#
Parent/Tot 1-2 yrs	M	1000-1030	Oct 1/Nov 26	Oct 8 & Nov 12	\$77	7
Parent/Tot 2-4 yrs	M	1045-1130	Oct 1/Nov 26	Oct 8 & Nov 12	\$91	7
Beg Gym 6+ yrs	M	1600-1700	Oct 1/Nov 26	Oct 8 & Nov 12	\$98	7
Girls Gym I* 6+ yrs	M	1700-1800	Oct 1/ Nov 26	Oct 8 & Nov 12	\$98	7
Parent/Tot 2-4 yrs	M	1800-1845	Oct 1/ Nov 26	Oct 8 & Nov 12	\$91	7
Beg Gym 6+ yrs	Tu	1600-1700	Oct 2/ Nov 27	N/A	\$126	9
Pre-Gym 4-5 yrs (new class)	Tu	1700-1745	Oct 9/ Nov 27	N/A	\$91	8
Tumbling	Tu	1745-1845	Oct 23/ Nov 27	N/A	\$84	6
Parent/Tot 2-4 yrs	W	1000-1045	Oct 3/ Nov 28	Nov 21	\$104	8
Pre-Gym 4-5 yrs	W	1045-1130	Oct 3/ Nov 28	Nov 21	\$104	8
Beg Gym 6+ yrs	W	1600-1700	Oct 10/ Nov 28	Oct 31 & Nov 21	\$84	6
Pre-Gym 4-5 yrs	W	1700-1745	Oct 3/ Nov 28	Oct 31 & Nov 21	\$91	7
Girls Gym II * & III	W	1745-1845	Oct 3/ Nov 28	Oct 31 & Nov 21	\$98	7
Homeschool Gym 10-15	Th	1430-1530	Oct 18/ Nov 29	Nov 22	\$84	6
Tumbling 6+ yrs	Th	1700-1800	Oct 11/ Dec 6	Nov 22	\$98	8
Boys Beg Gym 6+ yrs	Th	1800-1900	Oct 11/ Nov 29	Nov 22	\$98	7
Pre-Gym 4-5 yrs	Sa	0930-1015	Oct 20 /Nov 17	Nov 3	\$52	4
Parent/Tot 2-4 yrs	Sa	1030-1115	Oct 20 /Nov 17	Nov 3	\$52	4
Parent/Tot 1-2 yrs	Sa	1130-1200	Oct 20 /Nov 17	Nov 3	\$44	4
Beg Gym 6+ yrs	Sa	1200-1300	Oct 20 /Nov 17	Nov 3	\$ 56	4

- Please note shorter session schedule with lower fees for Saturdays

3 Dec/31 Jan

Level	DAY (S)	TIMES	Dates	Holidays	Fee	#
Parent/Tot 1-2 yrs	M	1000-1030	3 Dec- 28 Jan	Dec 24 & 31 Jan 21	\$66	6
Parent/Tot 2-4 yrs	M	1045-1130	3 Dec- 28 Jan	Dec 24 & 31 Jan 21	\$78	6
Beg Gym 6+ yrs	M	1600-1700	3 Dec- 28 Jan	Dec 24 & 31 Jan 21	\$84	6
Girls Gym I* 6+ yrs	M	1700-1800	3 Dec- 28 Jan	Dec 24 & 31 Jan 21	\$84	6
Parent/Tot 2-4 yrs	M	1800-1845	3 Dec- 28 Jan	Dec 24 & 31 Jan 21	\$78	6
Beg Gym 6+ yrs	Tu	1600-1700	4 Dec- 29 Jan	Dec 25 & Jan 1	\$98	7
Pre-Gym 4-5 yrs	Tu	1700-1800	4 Dec- 29 Jan	Dec 25 & Jan 1	\$98	7
Tumbling	Tu	1800-1900	4 Dec- 29 Jan	Dec 25 & Jan 1	\$98	7
Parent/Tot 2-4 yrs	W	1000-1045	5 Dec- 30 Jan	Dec 26 & Jan 2	\$91	7
Pre-Gym 4-5 yrs	W	1045-1130	5 Dec- 30 Jan	Dec 26 & Jan 2	\$91	7
Beg Gym 6+yrs	W	1600-1700	5 Dec- 30 Jan	Dec 26 & Jan 2	\$98	7
Pre-Gym 4-5 yrs	W	1700-1745	5 Dec- 30 Jan	Dec 26 & Jan 2	\$91	7
Girls Gym II *	W	1745-1845	5 Dec- 30 Jan	Dec 26 & Jan 2	\$98	7
Homeschool Gym 10-15	Th	1430-1530	6 Dec- 31 Jan	Dec 20 & 27	\$98	7
Pre-Gym 4-5 yrs	Th	1600-1645	6 Dec- 31 Jan	Dec 20 & 27	\$91	7
Tumbling 6+ yrs	Th	1700-1800	13 Dec- 31 Jan	Dec 20 & 27	\$84	6
Boys Beg Gym 6+ yrs	Th	1800-1900	6 Dec- 31 Jan	Dec 20 & 27	\$98	7
Pre-Gym 4-5 yrs	Sa	0930-1015	8 Dec- 26 Jan	Dec 22& 29 Jan 5	\$65	5
Parent/Tot 2-4 yrs	Sa	1030-1115	8 Dec- 26 Jan	Dec 22& 29 Jan 5	\$52	5
Parent/Tot 1-2 yrs	Sa	1130-1200	8 Dec- 26 Jan	Dec 22& 29 Jan 5	\$44	5
Beg Gym 6+ yrs	Sa	1200-1300	8 Dec- 26 Jan	Dec 22& 29 Jan 5	\$70	5

- Please note shorter session schedule with lower fees for Saturday.
- Winter Break – December 20th – January 2nd

4 Feb/ 30 Mar	Date	Time		No Class	Fee	#
Parent/Tot 1-2 yrs	M	1000-1030	4 Feb-25 Mar	Feb 18 & Mar 11	\$66	6
Parent/Tot 2-4 yrs	M	1045-1130	4 Feb-25 Mar	Feb 18 & Mar 11	\$78	6
Beg Gym 6+ yrs	M	1600-1700	4 Feb-25 Mar	Feb 18 & Mar 11	\$84	6
Girls Gym I * 6+ yrs	M	1700-1800	4 Feb-25 Mar	Feb 18 & Mar 11	\$84	6
Parent/Tot 2-4 yrs	M	1800-1845	4 Feb-25 Mar	Feb 18 & Mar 11	\$78	6
Beg Gym 6 yrs +	Tu	1600-1700	5 Feb-26 Mar	12-Mar	\$98	7
Pre-Gym 4-5	Tu	1700-1745	5 Feb-26 Mar	12-Mar	\$91	7
Tumbling	Tu	1745-1845	5 Feb-26 Mar	12-Mar	\$98	7
Parent/Tot 2-4 yrs	W	1000-1045	6 Feb- 27 Mar	13-Mar	\$91	7
Pre-Gym 4-5 yrs	W	1045-1130	6 Feb- 27 Mar	13-Mar	\$91	7
Parent/Tot 2-4 yrs	W	1600-1630	6 Feb- 27 Mar	13-Mar	\$77	7
Pre-Gym 4-5 yrs	W	1700-1745	6 Feb- 27 Mar	13-Mar	\$91	7
Girls Gym II *	W	1745-1845	6 Feb- 27 Mar	13-Mar	\$98	7
Homeschool Gym	Th	1430-1530	7 Feb- 28 Mar	14-Mar	\$91	7
Pre-Gym 4-5 yrs	Th	1600-1645	7 Feb- 28 Mar	14-Mar	\$91	7
Tumbling 6+ yrs	Th	1700-1800	7 Feb- 28 Mar	14-Mar	\$98	7
Boys Beg Gym 6+	Tu	1800-1900	7 Feb- 28 Mar	14-Mar	\$98	7
Pre Gym 4-5 yrs	Sa	0930-1015	9 Feb- 30 Mar	Mar 9 & 16	\$65	5
Parent/Tod 2-4 yrs	Sa	1030-1115	9 Feb- 30 Mar	Mar 9 & 16	\$65	5
P/Tod 1-2 yrs	Sa	1130-1200	9 Feb- 30 Mar	Mar 9 & 16	\$55	5
Beg Gym 6 yrs +	Sa	1200-1300	9 Feb- 30 Mar	Mar 9 & 16	\$70	5

Additional classes may be added to the schedule if there is sufficient demand. Schedules are subject to change based on instructor availability.

- Please not shorter schedule with lower fees for Saturdays.**

Harney Sports Complex Swimming Lessons

Enrollment for Swim Lessons Opens on the 15th at 0900 of the month prior. (*example only: October swim enrollment opens on September 15th.)

Group Lessons have a maximum of 5 children per instructor.

# of classes per session	price
8 classes	\$64.00
6 classes	\$48.00
4 classes	\$32.00



Level Descriptions:

Preschool Swimming:

PRESCHOOL: (*3 and 4 year olds) – Introduction to swimming. Includes instruction on: Entering and exiting the pool safely, Blowing bubbles, Gliding, Floating, Front crawl and Elementary backstroke. Instructor will provide support and assistance with skills if needed. Participants must be potty-trained or wear an approved swim diaper. No prerequisites are required.

LEVEL 1: (* 5 year old and up) – Includes instruction on: Pool Safety, Recognizing an emergency, Floating, Front Crawl, Elementary backstroke. Instructor will provide support and assistance with skills if needed. No prerequisites are required.

LEVEL 2: (* 5 years old and up) – Includes instruction on: Pool Safety, Floating, Front Crawl, Elementary backstroke, Treading, Submerging and Object retrieval. Instructor will assist with body corrections for participant if needed. Prerequisites for this level are the ability to submerge fully and resurface, float independently, and to be able to move independently for 5 – 10 feet in the water independently.

LEVEL 3: (* 5 years old and up) – Includes instruction on: Pool Safety, Stroke Fundamentals, Floating/Treading, Front Crawl, Elementary backstroke, Breaststroke, Backstroke, Object retrieval. Instructor will assist with body corrections for participant if needed. Prerequisite for this level are the ability tread to change direction while swimming to locate an exit, must be able to perform Front Crawl and Elementary backstroke for a minimum of 20 feet independently.

LEVEL 4: (* 5 years old and up) – Includes instruction on: Pool Safety, Treading, Front Crawl, Breaststroke, Backstroke, Butterfly, Diving entries. Stroke Correction. Participant should be able to take verbal corrections, but minor body corrections may be made by the instructor. Prerequisites for this level are the ability to tread and change direction while swimming to locate an exit, must be able to perform Front Crawl, Backstroke, and Breaststroke, for a minimum of 25 yards independently.

LEVEL 5: (* 5 years old and up) – Includes instruction on: Pool Safety, Front Crawl, Breaststroke, Backstroke, Butterfly, Diving entries. Stroke Correction. Participant should be able to take verbal corrections, but minor body corrections may be made by the instructor. Prerequisites for this level are the ability tread to change direction while swimming to locate an exit, must be able to perform Front Crawl, Backstroke, and Breaststroke for a minimum of 50 yards independently.

LEVEL 6: (* 5 years old and up) – Includes instruction on: Pool Safety, Endurance Training, Stroke Correction. Front Crawl, Breaststroke, Backstroke, Butterfly, Diving entries. Participant should be able to take verbal corrections, but minor body corrections may be made by the instructor. Prerequisites for this level are must be able to perform Front Crawl, Backstroke, Breaststroke, and Elementary backstroke for a minimum of 75 yards independently.



CLASSES WILL NORMALLY OPEN ON THE 15TH OF THE PRIOR MONTH AT 9:00 AM, SWIM CLASSES WILL BE ADDED AS THEY BECOME AVAILABLE FROM AQUATICS. PLEASE CHECK FACEBOOK FOR FT LEAVENWORTH CYS PAGE.

Wiggles and Giggles

New Ft Leavenworth class, offering a mixture of music, movement and tumbling.

Ages: 1-5

Schedule: Thursdays 11:30-12pm

# of sessions	Dates	Cost	No Class
6	Oct 18 th – Nov 29 th	\$48	Nov 22 nd Thanksgiving Break
7	Dec 6 th – Jan 31 st	\$56	Dec 20 th & 27 th Winter Break
7	Feb 7 th – Mar 28 th	\$56	Mar 14 th Spring Break

*\$8 per session

Location: Patch community Center/SKIES building, 320 Pope Avenue

Instructor: Malissa Celeen



ART LESSONS

Class will help children develop fine motor skills and visual motor control. Instructor will encourage color using diverse materials to increase creativity, while having fun.

Class held on Saturdays

9:00-9:45am – 3-6 years

10-11:00am – 6-11 years

11-12:00pm – 11-17 years

(\$10 each class)

# of sessions	Dates	Cost	No Class
4	Nov 10 th – Dec 15 th	\$40	Nov 24 th or Dec 1 st
6	Jan 5 th – Feb 23 th	\$60	Jan 12 th or Feb 9 th



MEET THE INSTRUCTOR

Leyla Varela has been an Art Teacher for 15 years and an after school coordinator for 4 years. She has a bachelors degree in Secondary Education with a speciality in Art and a Masters in Curriculum and Teaching. She moved to Kansas and started working with CYS in 2015. She also works for the school district as a substitute teacher. Children make her happy and she likes working with them.



MUSIC

PRIVATE PIANO, GUITAR or UKULELE LESSONS

Ages 7 to 18 years

Time/Day: Schedule with instructor

Cost: \$17 per lesson weekly, enrolling now

30 minutes per lesson

Location: Patch Community Center/SKIES, 320 Pope Avenue

Read about our instructors and call them for openings and to schedule lessons.

Please contact the SKIES office at 684-3207 for more information.



MEET THE MUSIC INSTRUCTORS

John Leon – Piano, Clarinet & Saxophone Instructor. Mr. Leon has been teaching for SKIES for 9 years. He has a BS in elementary Ed. and BA in Music and he also is ESL certified. John has been in education for 34 years and is currently teaching in an elementary school. In music, Mr. Leon is a woodwind player, having played the clarinet and saxophone. He is also a Church Music Director. If you have any questions please give him a call at **913-702-2484**

Ronald Meier – Guitar Instructor. Ron has been playing guitar for over 30 yrs. He has been in bands much of that time that played acoustic music centered on Bluegrass, Blues and traditional Country music. He is currently president of the Kansas Prairie Pickers Association that promotes the preservation of acoustic music. He is also an accomplished song-writer. For the last few years he has begun teaching guitar with an emphasis on the beginning player. The student will learn the basics of guitar that also include the different parts of the instrument, care and maintenance as well as tuning and string changing. These principles will apply to both acoustic and electric instruments. Learning to play chords and basic melodies and helping the student identify what type of music they wish to focus on is also part of the instruction process. For private lessons please call Mr. Meier at **785-633-0984** to set up lesson schedule.





Instructors Needed For:

Preschool Art, Self Defense & Martial Arts, Hapkido,
Okinawan Karate, Cooking,
Hair and Skin Care, Money Management,
Kindermusik, Old School Hip Hop Dance,
Zumba, Computer Coding, Violin,
Science/STEM, Gardening, Fishing, Hiking, Fitness,
Robotics, SAT/ACT Prep, Photography,
Parent and Child classes, International Cooking,
Public Speaking, Sign Language,
Journalism, Western Horseback Riding,
English Riding, Foreign Languages, and Yoga

Additional ideas are welcomed!

For more information, please contact:

SKIES Offices: 913-684-3207

cell 785-375-2695

or email: shelley.m.anderson2.naf@mail.mil