

SKIES

CATALOG

Winter

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

THE Sky is THE LIMIT

September



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 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 Child & Youth Service 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 Child & Youth Services location. You can also enroll by phone (913-684-3207) 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 per Department of Army fee policy.

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 is required to remain on site during the SKIES class.

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 684-3207 for up-to-date information on new SKIES classes.

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*** All schedules are subject to change due to instructor scheduling and availability. Please like the Ft Leavenworth CYS page on Facebook. Additionally, please note some classes have a minimum enrollment.**

ARTS, RECREATION & LEISURE

DANCE CLASSES



Ages: 3+

Cost: \$12 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 May 2020.

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 3rd 2020.

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.**





December/January

Class Schedule	Day	Times	Dates	Fee	# of classes
Ballet 5-6 yrs.	Tuesdays	1600-1650	Dec 3-Jan28	\$84	7
Ballet 7-10 yrs.	Tuesdays	1700-1750	Dec 3-Jan 28	\$84	7
Creative Movement/Pre-Ballet 3-4	Tuesdays	1800-1845	Dec 3-Jan 28	\$84	7
Creative Movement/Pre-Ballet 3-4	Wednesdays	1400-1445	Dec 4- Jan 29	\$84	7
Home School Ballet	Wednesdays	1500-1550	Dec 4- Jan 29	\$84	7
Jazz/Tap Combo 5-6 yrs.	Wednesdays	1600-1650	Dec 4- Jan 29	\$84	7
Creative Movement/Pre-Ballet 3-4	Wednesdays	1700-1745	Dec 4- Jan 29	\$84	7
Creative Movement/Pre/Ballet 3-4	Thursday	1400-1445	Dec 5- Jan 30	\$84	7
Jazz/Tap Combo 7-9 boys and girls	Thursdays	1600-1750	Dec 5- Jan 30	\$84	7
Ballet 5-6 yrs.	Thursdays	1700-1750	Dec 5- Jan 30	\$84	7
Boys Tap/Jazz Combo 5-6 yrs.	Thursdays	1800-1850	Dec 5- Jan 30	\$84	7

NO DANCE CLASSES WINTER BREAK DECEMBER 20-JANUARY 6

February/March

Class Schedule	Day	Times	Dates	Fee	# of classes
Ballet 5-6 yrs.	Tuesdays	1600-1650	Feb 4- Mar 31	\$96	8
Ballet 7-10 yrs.	Tuesdays	1700-1750	Feb 4- Mar 31	\$96	8
Creative Movement/Pre-Ballet 3-4 yrs	Tuesdays	1800-1845	Feb 4- Mar 31	\$96	8
Creative Movement/Pre-Ballet 3-4 yrs	Wednesdays	1400-1445	Feb 5- Mar 25	\$84	7
Home School Ballet	Wednesdays	1500-1550	Feb 5- Mar 25	\$84	7
Jazz/Tap Combo 5-6 yrs	Wednesdays	1600-1650	Feb 5- Mar 25	\$84	7
Creative Movement/Pre-Ballet 3-4 yrs	Wednesdays	1700-1750	Feb 5- Mar 25	\$84	7
Creative Movement/Pre/Ballet 3-4 yrs	Thursdays	1400-1445	Feb 6- Mar 26	\$84	7
Jazz/Tap Combo 7-9 boys and girls	Thursdays	1600-1650	Feb 6- Mar 26	\$84	7
Ballet 5-6 yrs	Thursdays	1700-1750	Feb 6- Mar 26	\$84	7
Boys Tap/ Jazz Combo 5-6 yrs	Thursdays	1800-1850	Feb 6- Mar 26	\$84	7

NO DANCE CLASSES SPRING BREAK MARCH 14-22

Participation in the May recital is optional, Please enroll by 3 February. Costumes fees \$60 or under. No Recital Fees.



CLASS DESCRIPTIONS FOR DANCE

Creative Movement/Pre-Ballet: 3-4 years

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: 5-6 & 7-10 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.

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,
PLEASE WAIT IN DESIGNATED WAITING AREAS.**

PRIVATE MUSIC LESSONS

Ages 7 to 18 years

Time: Contact the instructor directly

Cost: \$19 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.



John Leon – Piano, Clarinet & Saxophone Instructor.

Call Mr. Leon **913-702-2484** to set up lesson schedule.

The instructor will contact the SKIES Director to enroll the class for your convenience.

Ronald Meier – Guitar or Ukulele Instructor.

For private lessons please call Mr. Meier at **785-633-0984** to set up lesson schedule.

The instructor will contact the SKIES Director to enroll the class for your convenience.

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.

Instructor will incorporate the interests of the students participating in classes into the lessons.

Coming Soon!

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



WIGGLES & GIGGLES

This is a music and movement class with a smidgeon of tumbling for

Ages: 2-4 years

Cost: \$8 per class session

Schedule: Tuesday 10-10:30am

resumes August 20th

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

Instructor: Malissa Celeen

SPORTS, FITNESS & FUN



JUJUTSU

Ages: 5-17 years

Cost: \$120 per 2-month session (\$60 for one month)

Times: Tuesday and Thursday 5:30-6:15 pm

December/January \$120

February/March \$120

No class Federal Holidays Winter or Spring Break

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.*

Sagasu Introductory Workshop

Ages: 3-6 years

Location: Sagasu Family Martial Arts *

Instructor: Karen Baker

Schedule: Fridays 4:30- 5:00

November session 4 Classes \$60 No class November 29th

January session 4 Classes \$60 No class the 3rd

February session 4 Classes \$60

March session 3 Classes \$45 No class the 20th

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 this is a structured program introducing basic skill-based training in Martial arts and has proven to be very successful.

For additional information please call 913-297-0900

*These classes are held off post in Leavenworth.

GOLF

JUNIOR GOLF CLINIC

Ages: 7-17 years

Cost: \$75 per 3-day session

Last session of 2019 Oct 22-24th 4:15-6:15 pm and returns in the Spring

Minimum of 6 students required

Instructor: Nancy Hoins

Ph. 913-306-3769

Location: Trails West Golf Course

Camps encompass a fundamental introduction to all elements of the game of golf including etiquette

As well as an "On Course" experience.

Golf clubs and golf balls are provided. Please wear closed shoes such as sneakers.



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.

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! This class designed to lay a foundation of gymnastics knowledge for all participants!

Gymnastic Class Fee Schedule

30 minute classes billed at \$11 per session x number of sessions

45 minute classes billed at \$13 per session x number of sessions

60 minute classes billed at \$14 per session x number of sessions



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. This policy exists to prevent injury due to distractions and promote the best possible learning environment for our students.

Dec/Jan	Date	Time	No Class	Fee	#
Pre-Gym	M	1000-1045	Dec 23, 30 & Jan 20	\$78	6
Parent/Tot 2-4 yrs	M	1045-1130	Dec 23, 30 & Jan 20	\$78	6
Pre Gym 4-5 yrs	M	1600-1645	Dec 23, 30 & Jan 20	\$78	6
Beg Gym 6+ yrs	M	1645-1745	Dec 23, 30 & Jan 20	\$84	6
Tumbling 9+	M	1800-1845	Dec 23, 30 & Jan 20	\$78	6
Parent/Tod 2-4	Tu	1045-1130	Dec 24 & 31	\$91	7
Pre Gym 4-5 yrs	Tu	1130-1215	Dec 24 & 31	\$91	7
Home School Gym	Tu	1445-1530	Dec 24 & 31	\$91	7
Beg Gym 6+ yrs	Tu	1600-1700	Dec 24 & 31	\$98	7
Tumbling 6+ yrs	Tu	1700-1800	Dec 24 & 31	\$98	7
Parent/Tod 2-4	Tu	1800-1845	Dec 24 & 31	\$91	7
Parent/Tod 1-2 yrs	W	1000-1030	Dec 25 & Jan 1	\$77	7
Parent/Tod 2-4 yrs	W	1045-1130	Dec 25 & Jan 1	\$91	7
Beg Gym 6+ yrs	W	1600-1700	Dec 25 & Jan 1	\$98	7
Pre Gym 4-5 yrs	W	1700-1745	Dec 25 & Jan 1	\$91	7
Tumbling 6+ yrs	Th	1600-1700	Dec 26 & Jan 2	\$98	7
Beg Gym 6 + yrs	Th	1700-1800	Dec 26 & Jan 2	\$98	7
January 11-March 7th					
Parent/Tod 1-2	Sa	0930-1000		\$99	9
Parent/Tot 2-4 yrs	Sa	1000-1045		\$117	9
Pre-Gym	Sa	1100-1145		\$117	9
Beg Gym 6+ yrs	Sa	1145-1245		\$126	9

Minimum class enrollment is 4 students.

Feb/Mar	Date	Time	No Class	Fee	#
Pre-Gym	M	1000-1045	Feb 17 & Mar 16	\$91	7
Parent/Tot 2-4 yrs	M	1045-1130	Feb 17 & Mar 16	\$91	7
Pre Gym 4-5 yrs	M	1600-1645	Feb 17 & Mar 16	\$91	7
Beg Gym 6+ yrs	M	1645-1745	Feb 17 & Mar 16	\$98	7
Tumbling 9+	M	1800-1845	Feb 17 & Mar 16	\$91	7
Parent/Tod 2-4	Tu	1045-1130	Mar 17	\$104	8
Pre Gym 4-5 yrs	Tu	1130-1215	Mar 17	\$104	8
Home School Gym	Tu	1445-1530	Mar 17	\$104	8
Beg Gym 6+ yrs	Tu	1600-1700	Mar 17	\$112	8
Tumbling 6+ yrs	Tu	1700-1800	Mar 17	\$112	8
Parent/Tod 2-4	Tu	1800-1845	Mar 17	\$104	8
Parent/Tod 1-2 yrs	W	1000-1030	Mar 18	\$77	7
Parent/Tod 2-4 yrs	W	1045-1130	Mar 18	\$91	7
Beg Gym 6+ yrs	W	1600-1700	Mar 18	\$98	7
Pre Gym 4-5 yrs	W	1700-1745	Mar 18	\$91	7
Tumbling 6+ yrs	Th	1600-1700	Mar 19	\$98	7
Beg Gym 6 + yrs	Th	1700-1800	Mar 19	\$98	7
January 11-March 7th					
Parent/Tod 1-2	Sa	0930-1000	Mar 14 & 21	\$99	9
Parent/Tot 2-4 yrs	Sa	1000-1045	Mar 14 & 21	\$117	9
Pre-Gym	Sa	1100-1145	Mar 14 & 21	\$117	9
Beg Gym 6+ yrs	Sa	1145-1245	Mar 14 & 21	\$126	9

- Saturday Snow Day
make up Mar 28th.

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 6 children per instructor.

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

Swimming Lesson 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. **Prerequisites 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.**

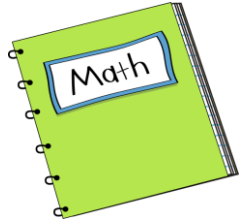


SWIM CLASSES WILL BE ADDED AS THEY BECOME AVAILABLE FROM AQUATICS. PLEASE CHECK FACEBOOK FOR FT LEAVENWORTH CYS PAGE.

SWIM CLASSES ARE TAUGHT BY FMWR AQUATICS EMPLOYEES. THEY ARE TRAINED AND CERTIFIED INSTRUCTORS, WHO ARE ALSO CPR & FIRST AID CERTIFIED.

Academic Skills, Mentoring & Intervention

TUTORING



LEARNING CONNECTION

Ages: Children in grades 1-6

Time: TBD

Costs: \$7 per lesson

Location: Patch Community Center 320

Pope Avenue

Instructor: John Leon 913-702-2484

This class is offered to school-age children and youth in grades 1 through 8. Activities will be individualized based on the specific needs of each student. Primary focus will be on reading, writing, and math. Games, student interaction, and personalized strategies will be used to make learning fun. Students are welcome to bring their homework and computer for assistance. Parents may wish to contact the instructor in advance to discuss learning needs. This is a great way for your child to catch up, brush up, or get a head start on essential academic skills in a friendly, informal setting. A signed parent agreement is required for students to use WiFi.

Youth needing assistance with Pre-Algebra and Algebra are also welcome to enroll.



Instructors Needed For:

Hapkido, Okinawan Karate, Tae Kwon Do,
Keto Menu Planning & Cooking,
Hair and Skin Care, Financial Management,
Old School Hip Hop Dance,
Pickleball, Zumba, Computer Coding, Violin,
Science/STEM or STEAM, Organic Gardening, Youth
Fishing, Youth Fitness, Robotics, SAT/ACT Prep,
Digital Photography, International Cooking,
Public Speaking, Sign Language,
Journalism, Western Horseback Riding,
English Riding, and Foreign Languages

Additional ideas are welcomed!

For more information, please contact:

SKIES Office: 913-684-3207

or email: rashelle.m.anderson.naf@mail.mil