

CYS SKIES

Instructional Class Spring Catalog

2025

**Enrollment Opens
March 15th @
9:00am**

**320 Pope Ave
Bldg #345
Call 913-684-3207
or text 913-704-7595**



Table of Contents

2	General Information
3	How to find us
4	Parent & Student Safety
5	Classes listed by Age
6-8	Pre-Ballet & Ballet
9	Brazilian Jui-Jitsu
10	Jr Golf
11	Curtain Call
11-15	Gymnastics
16-17	Private Piano, Guitar, Ukulele, Violin and Cello Lessons
18	Tutoring
19	Start Today

All schedules are subject to change due to instructor scheduling and availability. Updates are posted on the CYS Facebook Page; *like/follow* to get notifications.

Some classes have a minimum enrollment required to begin. If a class is cancelled due to not meeting minimum enrollment, your fees will be refunded.

Current and active registration with CYS is required to enroll and attend lessons.

Payments for SKIES classes can be made to WEBTRAC, in person or by phone with SKIES 913-684-3207 or Parent Central Services 913-684-5138.

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.

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 Military Retirees.

Registration Information: Registration for Child & Youth Services takes place at Parent Central, which is in the Resiliency Center, 600 Thomas Avenue (Building 198). 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. Call Parent Central Services at 913-684-5138 to set up your appointment and get information on what to bring with you.

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 may also enroll by phone (913-684-5138) or by using the WEBTRAC online system <https://webtrac.mwr.army.mil/webtrac/leavenworthcys.html> (user ID and password are available from Parent Central). If you choose to use WEBTRAC, you can only access it on a computer. Please be aware that enrollment is on a first-come, first-served basis.

Department of Army Fee Policy: Payment for SKIES classes is due at enrollment, classes are not installment billed or auto debited. Your child's name will be placed on the roster only when payment has been made. Second child discounts do not apply to any SKIES programs. We accept payment by cash, check, or credit/debit card at any CYS front desk but SKIES.

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 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.

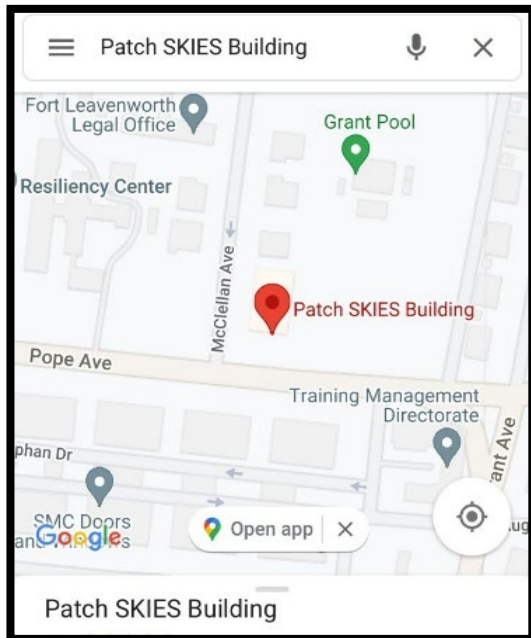
IMPORTANT NOTICE: RESCUE MEDS (e.g., inhalers, Epi-Pens) will NOT be administered by SKIES instructors. If a child requires an inhaler or Epi-Pen and is not authorized by a physician to self-administer, **the parent is required to remain on site during the SKIES class and activities.**

Visit the following for up-to-date information on new SKIES classes:

- ★ **WebTrac** <https://webtrac.mwr.army.mil/webtrac/leavenworthcys.html>
- ★ **Family and MWR website** <https://leavenworth.armymwr.com>
- ★ **CYS Facebook Page:** www.facebook.com/cys.ftleavenworth
- ★ **Call the SKIES office at 913-684-3207 text 913-704-7595**

How to find us?

320 Pope Ave, Building 345, Fort



Parent & Student Safety

We will need your assistance in keeping classes and waiting areas clean and safe.

- **If you or your student isn't feeling well, please stay home. We will work to get a make-up lesson later.**
- **Please assist your child in washing their hands and then wash your hands upon entering the facility.**
- **Please keep things tidy, the infants and toddlers put things in their mouth. It is very much a safety concern.**
- **A parent is required to wait in designated seating areas inside or outside on the grounds of the facility for the safety of your child.**
- **Please encourage your youth to use the restroom prior to class. It allows more time participating in class for all students.**
- **Please keep the doors closed, if it's open shut it. It's for the safety of the children.**

Teamwork makes the dream work.



Classes listed by age

1 Year
Parent / Tod Gym
2 years
Parent / Tod Gym
Family Gym
3 years
Parent / Tod Gym
Family Gym
Pre-Ballet
4 years
Family Gym
Pre-Gym
Pre-Ballet
5 years
Family Gym
Pre-Ballet
Ballet
Ballet & Tumbling

6 years
Family Gym
Beginning Gym
Tumbling
Gym Fit Ninja
Ballet
Jazz & Tap
Ballet & Tumbling
Curtain Call
Brazilian Jiu-jitsu
7 years+
Beginning Gym
Tumbling
Gym Fit Ninja
Ballet
Jazz & Tap
Ballet & Tumbling
Curtain Call
Brazilian Jiu-jitsu
Private Music Lessons

Opening enrollment and other important dates for all group classes:

- No classes March 14-23rd
- April classes open February 15th
- May classes open March 13th

Private Music lessons students maintain their current lesson schedule by making class payments.

Dance Classes

Ages: 3+

Cost: \$12 per dance lesson, dance with tumbling is \$14

Total fee is based on number of classes offered per session.

Dance classes will not meet during Federal Holidays, or USD 207 spring break. Fees are not charged for the breaks or holidays.

Instructor: Holly Harmison

Location: SKIES Building (*Patch Community Center*), 320 Pope Avenue (Bldg. 345)

Parents must wait in designated waiting areas & follow all health & safety requirements.

Minimum enrollment: 3 students

***After by January 21st, 2025, a space in the recital is questionable.



CLASS DESCRIPTIONS FOR DANCE

950200- Creative Movement/Pre-Ballet for 3-4 years old

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, props, and music. Ballet skills will be introduced, and the development of posture, flexibility, rhythm, and poise are the goals of the class.

950201- Ballet for 5-9 years old

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. Students older than 9 may participate in Dance.

950203- Ballet and Tumbling

Ballet for 30 minutes with Holly a 5-minute class transition and 25 minutes of Tumbling with Sianna

950204- Jazz & Tap 6-10 years old

Dancers will spend 25 minutes exploring each dance style. Traditional jazz technique will be introduced and skills such as body isolation, turning, jumping, and leaping. Dancers will learn basic tap steps and will combine traveling steps in the dance space.

Dance notes for parents:

- Parents are encouraged to let their child try the class prior to investing to meet the full-dress code, any color of tights for the trial will work.
- No contracts.
- No recital fees, other than the costume. Costume is usually \$60.
- Participation in the recital is optional.
- Dress code is black or pink leotard, pink tights and ballet, jazz or tap shoes.
- Boys are asked to wear black dance pants and white t-shirt with black dance shoes.
- Upon arrival to every class, hair must be in a ponytail or pinned bun. Shorter hair is pinned away from their face.
- Street shoes and bare feet must remain outside the Dance Studio.
- Shoes are available online at www.dancewearsolutions.com , they carry many brands of dance shoes. Just know they will most likely grow out of the shoes before they wear them out.
- Please check the parent board for notes from Miss Holly.
- To guarantee participation in recital please enroll up by January 25th.
- Ballet & Tumbling please wear clothing that works for both.
- Finally, please have the dancers use the restroom before class starts, it curtails the mass exodus of students to the bathroom.

March

Class Schedule	Years of Age	Day	Times	No Class Days	Fee	# of classes
Pre-Ballet	3-4	Tuesday	4:30-5:15	Mar 18th	\$ 36	3
Ballet & Tumbling	5-7	Tuesday	5:30-6:00	Mar 18th	\$ 42	3
Pre-Ballet	3-4	Tuesday	6:05-6:55	Mar 18th	\$ 36	3
Pre-Ballet	3-4	Wednesday	4:15-5:00	Mar 19th	\$ 36	3
Jazz & Tap	6-10	Wednesday	5:15-6:00	Mar 19th	\$ 36	3
Ballet	5-6	Wednesday	6:05-6:55	Mar 19th	\$ 36	3
Ballet	7-10	Thursday	4:30-5:15	Mar 20th	\$ 35	3
Ballet & Tumbling	7-10	Thursday	5:35-6:05	Mar 20th	\$ 42	3

Spring Break no classes March 14-23 in any SKIES classes

April

Class Schedule	Years of Age	Day	Times	No Class Days	Fee	# of classes
Pre-Ballet	5-6	Tuesday	4:30-5:15	N/A	\$ 60	5
Ballet & Tumbling	5-6	Tuesday	5:30-6:00	N/A	\$ 70	5
Pre-Ballet	3-4	Tuesday	6:05-6:55	N/A	\$ 60	5
Pre-Ballet	6-10	Wednesday	4:15-5:00	N/A	\$ 60	5
Jazz & Tap	3-4	Wednesday	5:15-6:00	N/A	\$ 60	5
Ballet	5-6	Wednesday	6:05-6:50	N/A	\$ 60	5
Ballet	7-10	Thursday	4:30-5:15	N/A	\$48	4
Ballet & Tumbling	7-10	Thursday	5:35-6:05	N/A	\$ 56	4

May

Class Schedule	Years of Age	Day	Times	No Class Days	Fee	# of classes
Pre-Ballet	5-6	Tuesday	4:30-5:15	May 20, 27th	\$ 24	2
Ballet & Tumbling	5-6	Tuesday	5:30-6:00	May 20, 27th	\$ 28	2
Pre-Ballet	3-4	Tuesday	6:05-6:55	May 20, 27th	\$ 24	2
Pre-Ballet	6-10	Wednesday	4:15-5:00	May 21, 28th	\$ 24	2
Jazz & Tap	3-4	Wednesday	5:15-6:00	May 21, 28th	\$ 24	2
Ballet	5-6	Wednesday	6:05-6:55	May 21, 28th	\$ 24	2
Ballet	7-10	Thursday	4:30-5:15	May 22, 29th	\$ 36	3
Ballet & Tumbling	7-10	Thursday	5:35-6:05	May 22, 29th	\$ 42	3

Brazilian Jui-Jitsu

950401- Brazilian Jiu-Jitsu

Ages: 6-15 years

Cost: \$15 per lessons

Instructor: Donavin Scott Castro

Location: Gruber Gym, 200 Reynolds

Minimum: 2 paid students Maximum: 15 paid.



Brazilian jiu-jitsu ([Portuguese: *jiu-jitsu brasileiro*](#) based on [grappling](#), [ground fighting](#), and [submission holds](#). It is primarily a ground-based fighting style and focuses on taking one's opponent down to the ground, gaining a dominant position, and using a number of techniques to force them into [submission](#) via [joint locks](#), [chokeholds](#), or [compression locks](#).

BJJ revolves around the concept that a smaller, weaker person can successfully defend themselves against a bigger, stronger opponent by using leverage and weight distribution, taking the fight to the ground and using a number of holds and submissions to defeat them. [Sparring](#), commonly referred to as "rolling" within the BJJ community, and [live drilling](#) plays a major role in the practitioner's development. In contrast to some other martial arts BJJ can be practiced both using a [gi uniform](#) or not which is know as 'no-gi BJJ', for this purpose [rash guards](#) are used. The [International Brazilian Jiu-Jitsu Federation](#) (IBJJF) is the main governing body of the martial art, establishing the rules and general guidelines, as well as promoting competitions and training of referees. BJJ can also be used as a method of promoting physical fitness, building character, and as a way of life. -from Wikipedia

Schedule	Day	Time	No class days	Fee	# of classes
BJJ Mar	Saturday	9:30-10:30	Mar 15 & 22	\$ 45	3
BJJ Apr	Saturday	9:30-10:30	N/A	\$ 60	4

Jr Golf

950520

Ages: 7+

Instructor: Nancy Hoins

Cost: \$75

Location: Trails West Golf Course

Parents must remain on site.

Minimum enrollment for class is six paid students.

Weather may impact if class can be held.

Alternative space for clinic is not available.

Fall sessions:

Session #1 April 29-May 1 4:15-5:45 pm

Session #2 May 13-15 4:15-5:45 pm

Session #3 June 3-5th 9:00-10:30 am

The Jr Golf Clinic will focus on the fundamentals of golf. Participants will learn to hold the golf club properly (grip), stance, posture, alignment (aiming). The lessons in the clinic will cover the short game as well as the long game. This is to include chipping, pitching, putting, iron play, driving, sand play, and how to play in a scramble. Learn how to play golf with etiquette, safety, and an understanding of the rules. Emphasis is on having fun and learning to play a lifetime game.



Gymnastics



Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

-Fred Rogers

If your child's play is tumbling in your living room, we can provide a safe and well-equipped gym with proper instruction on post!

Photo of our well-equipped gym at the Patch Community Center



Class Descriptions

950420- Parent/Tod Gymnastics, 1 years old and 2-3 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!

950421- Parent/Tod Gymnastics Family 2-6

Parent and children will work together to learn essential gymnastics skills. This class is designed for families with siblings that prefer to be in the same class working with their parents.

Pre-Gym, 4-5 years

950422- Children receive the opportunity to participate in gymnastics class independently and learn basic gymnastics skills at a faster pace!

Beginning Gym, 6+ years

950423- An entry level class designed for children who don't have prior gymnastics experience OR who still need to polish up their basic skills! They will be working on the essential gymnastics' skills.

950423- 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.

950423- Tumbling, 9+ years

This class is suited for the youth 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 appropriate for those interested in tumbling to enhance their cheerleading skills.

950424- Gym Fit Ninjas 6+ years

This class is a mix of gymnastics, strength training, running and parkour. High energy students this is your class!

If you need some assistance with enrolling or have questions, please text 913-704-7595
All participants in gymnastics must be enrolled.

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

Minimum enrollment of 3 students

March

Class	Day	Time	No Class	Cost	# of Classes
Parent/Tod 2-6 yrs. Family	Monday	4:15-5:00	Mar 17	\$ 52	4
Beg Gym 6 yrs. +	Monday	5:15-6:00	Mar 17	\$ 52	4
Gym Fit Ninjas 6-10 yrs.	Monday	6:15-6:45	Mar 17	\$ 44	4
Parent/Tod 1-1.99 yrs.	Tuesday	9:15-9:45	Mar 18	\$ 33	3
Pre-Gym 4-5 yrs.	Tuesday	10:00-10:45	Mar 18	\$ 39	3
Parent/Tod 2-4.99 yrs	Tuesday	11:00-11:45	Mar 18	\$ 39	3
Gym Fit Ninja 6-10 yrs.	Tuesday	4:15-4:45	Mar 18	\$ 33	3
Pre-Gym 4-5 yrs.	Tuesday	5:00-5:45	Mar 18	\$ 39	3
Ballet & Tumbling**	Tuesday	6:05-6:30	Mar 18	\$ 42	3
Tumbling 8 yrs.+	Tuesday	6:45-7:30	Mar 18	\$ 39	3
Tumbling 6 yrs. +	Wednesday	4:00-4:45	Mar 19	\$ 39	3
Pre-Gym 4-5 yrs.	Wednesday	5:00-5:45	Mar 19	\$ 39	3
Parent/Tod 2-4 yrs.	Wednesday	6:00-6:45	Mar 19	\$ 39	3
Homeschool Gym 6 yrs.+	Thursday	9:15-10:00	Mar 20	\$ 39	3
Parent/Tod 2-4 yrs.	Thursday	10:15-11:00	Mar 20	\$ 39	3
Beg Gym 6 yrs +	Thursday	4:15-5:00	Mar 20	\$ 39	3
Pre-Gym 4-5 yrs.	Thursday	5:15-6:00	Mar 20	\$ 39	3
Ballet & Tumbling**	Thursday	6:10-6:35	Mar 20	\$ 42	3
Parent/Tod 1-1.99 yrs.	Saturday	9:00-9:30	Mar 15 & 22	\$ 33	3
Parent/Tod 2-4 yrs.	Saturday	9:45-10:30	Mar 15 & 22	\$ 39	3
Parent/Tod 2-6 yrs. Family	Saturday	10:45-11:30	Mar 15 & 22	\$ 39	3
Tumbling 8 yrs.+	Saturday	11:45-12:30	Mar 15 & 22	\$ 39	3
Pre-Gym/Beg Gym 4-7 yrs.	Saturday	1:00-1:45	Mar 15 & 22	\$ 39	3

No classes March 14-23

April

Class	Day	Time	No Class	Cost	# of Classes
Parent/Tod 2-6 yrs. Family	Monday	4:15-5:00	N/A	\$ 39	4
Beg Gym 6 yrs. +	Monday	5:15-6:00	N/A	\$ 39	4
Gym Fit Ninjas 6-10 yrs.	Monday	6:15-6:45	N/A	\$ 33	4
Parent/Tod 1-1.99 yrs.	Tuesday	9:15-9:45	N/A	\$ 55	5
Pre-Gym 4-5 yrs.	Tuesday	10:00-10:45	N/A	\$ 65	5
Parent/Tod 2-4.99 yrs	Tuesday	11:00-11:45	N/A	\$ 65	5
Gym Fit Ninja 6-10 yrs.	Tuesday	4:15-4:45	N/A	\$ 55	5
Pre-Gym 4-5 yrs.	Tuesday	5:00-5:45	N/A	\$ 65	5
Ballet & Tumbling**	Tuesday	6:05-6:30	N/A	\$ 70	5
Tumbling 8 yrs.+	Tuesday	6:45-7:30	N/A	\$ 65	5
Tumbling 6 yrs. +	Wednesday	4:00-4:45	N/A	\$ 65	5
Pre-Gym 4-5 yrs.	Wednesday	5:00-5:45	N/A	\$ 65	5
Parent/Tod 2-4 yrs.	Wednesday	6:00-6:45	N/A	\$ 65	5
Homeschool Gym 6 yrs.+	Thursday	9:15-10:00	N/A	\$ 52	4
Parent/Tod 2-4 yrs.	Thursday	10:15-11:00	N/A	\$ 52	4
Beg Gym 6 yrs +	Thursday	4:15-5:00	N/A	\$ 52	4
Pre-Gym 4-5 yrs.	Thursday	5:15-6:00	N/A	\$ 52	4
Ballet & Tumbling**	Thursday	6:10-6:35	N/A	\$56	4

May

Class	Day	Time	No Class	Cost	# of Classes
Parent/Tod 2-6 yrs. Family	Monday	4:15-5:00	May 26	\$ 39	3
Beg Gym 6 yrs. +	Monday	5:15-6:00	May 26	\$ 39	3
Gym Fit Ninjas 6-10 yrs.	Monday	6:15-6:45	May 26	\$ 33	3
Parent/Tod 1-1.99 yrs.	Tuesday	9:15-9:45	May 27	\$33	3
Pre-Gym 4-5 yrs.	Tuesday	10:00-10:45	May 27	\$ 39	3
Parent/Tod 2-4.99 yrs	Tuesday	11:00-11:45	May 27	\$ 39	3
Gym Fit Ninja 6-10 yrs.	Tuesday	4:15-4:45	May 27	\$ 33	3
Pre-Gym 4-5 yrs	Tuesday	5:00-5:45	May 27	\$ 39	3
Ballet & Tumbling**	Tuesday	6:05-6:30	May 27	\$42	3
Tumbling 8 yrs. +	Tuesday	6:45-7:30	May 27	\$ 39	3
Tumbling 6 yrs. +	Wednesday	4:00-4:45	May 28	\$ 39	3
Pre-Gym 4-5 yrs.	Wednesday	5:00-5:45	May 28	\$ 39	3
Parent/Tod 2-4 yrs.	Wednesday	6:00-6:45	May 28	\$ 39	3
Homeschool Gym 6 yrs. +	Thursday	9:15-10:00	May 29	\$ 52	4
Parent/Tod 2-4 yrs.	Thursday	10:15-11:00	May 29	\$ 52	4
Beg Gym 6 yrs +	Thursday	4:15-5:00	May 29	\$ 52	4
Pre-Gym 4-5 yrs.	Thursday	5:15-6:00	May 29	\$ 52	4
Ballet & Tumbling**	Thursday	6:10-6:35	May 29	\$ 56	4

Private Music Lessons

Ages: 7 to 18 years

Time: Varies. Coordinate with instructor for schedule.

Location: Patch Community Center/SKIES, 320 Pope Avenue Bldg. 345

Please contact the SKIES office at 913-684-3207 for more information.

******The instructor will contact the SKIES Director to process enrollment when a schedule has been set. You will be contacted by the SKIES program to make payment at this time. If the instructor doesn't have a space available, please contact the Director to be added to a wait list.***

950310- Private Piano

Instructor: John Leon

\$19 per lesson

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

Keyboards are available to sign out for students to practice at home.

No classes March 14-23

950311- Private Piano

Instructor: Bill Reindl

\$25 per lesson

Call Mr. Reindl directly to set up lesson schedule. 913-547-1669

Keyboards are available to sign out for students to practice at home.

No classes March 14-23



950345- Private Violin, Viola, Cello, or Bass

Instructor: Heather Ward

\$20 per lesson

Call Mrs. Ward directly to set up lesson schedule. 253-459-9646

No classes March 14-23



950310- Private Guitar or Ukulele

Instructor: Ronald Meier

Sessions: Lessons are offered on Tuesdays.

Costs: \$19 per lesson

Call Mr. Meier directly to set up lesson schedule. 785-424-4782

No classes March 14-23



Academic Skills Mentoring & Intervention

Free online tutoring services are available through Tutor.Com

Additional information available at <https://www.tutor.com>



DoD or Coast Guard Affiliation	Dependents			Service Member/ Federal Personnel
	Child (Grades K-12)	Child (College)	Spouse	
Funded by the U.S. Department of Defense (DoD)				
Army, Navy, Air Force, Space Force, and Marine Corps (Active Duty, Reserve, National Guard, Survivor*, and Wounded Warrior)	✓	✓	✓	✓
DoD Civilians	✓	✓	✓	✓
Students attending schools operated and funded by DoDEA	✓	n/a	n/a	n/a
Cadets: DoD Service Academies	n/a	n/a	n/a	✓
Cadets: ROTC & NROTC	✓	✓	✓	✓
Funded by Coast Guard Mutual Assistance (CMGA)				
Coast Guard (Active Duty and Reserve)	✓	✓	✓	✓
Cadets and Cadet Candidates: Coast Guard Academy	n/a	n/a	n/a	✓
Coast Guard Civilians	✓	✓	✓	✓

* Survivor's parent or spouse died while on Active Duty, and spouse has not remarried.

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills



**320 Pope Ave, Building 345, Fort Leavenworth, Kansas
Call 913-684-3207 or Text 913-704-7595 for information.**



All classes are on Post!

Sign up for the class or classes that meets your scheduling needs.

Text 913-704-7595 for additional information.

Online enrollment and payment available

