

Updated 10/03/2022

SKIES CATALOG

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

January-May 2023

Classes

Enrollment opens

11 Oct 2022

**Learn to Swim
enrollment dates vary*

THE SKY IS THE LIMIT



SKIES: 320 Pope Ave, Building 345, Fort Leavenworth, Kansas
Call (913) 684-3207 or Text (913) 704-7595 for information



**Scan Here
To Access Our
Online Catalog**

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 retired military.

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 Services programming.

The following information is required for registration: names and phone numbers of sponsor and spouse, two local emergency contacts, immunization records for specific ages, current military email address, and a health assessment. Patrons are given up to 30 days to submit the 2 local emergency points of contact and health assessment.

FLU VACCINE: CYS Requires proof of receiving a Flu vaccine annually for 6 months and older. Documentation or Medical/Non-Medical Immunization Waiver Request must be submitted to the Parent Central Services office no later than 1 December 2022 to maintain active registration and continue to attend current enrolled classes. New registrations 2 Dec 2022 thru 31 May 2023 are required to provide proof or submit waiver request during the

registration process to gain active registration. (*Suspended CYS Registration = denial of services*)

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 (684-3207) or by using the **WebTrac** online portal to access your CYS Account.

(*WebTrac User ID and Password are available from Parent Central*).

<https://webtrac.mwr.army.mil/webtrac/leavenworthcyms.html>

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.

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 CYS Fee Policy. (*Enrollment Fees are based on the Number of classes offered during that session.*)

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. Class schedules are subject to change based upon instructor availability.

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

- ★ WebTrac <https://webtrac.mwr.army.mil/webtrac/leavenworthcyms.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

Parent & Student Safety



Instructors will be using the intermission times between class sessions to disinfect the equipment and areas used by the students. We need your assistance in keeping class & waiting areas safe.

- If you or your student is not feeling well, please stay home for everyone's safety. All efforts will be made to get the class made up.
- Upon entering the SKIES Facility, please assist your child in washing their hands & please wash your hands in the designated sinks.
- During classes, a parent is **required** to wait in designated seating areas **inside the facility or just outside on the facility grounds**, for the safety of your child.
(This applies to classes held at any facility.)

Your cooperation is appreciated!



Table of Contents



All schedules are subject to change based on 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.
When a class is cancelled due to not meeting minimum enrollment,
your fees will be refunded if you are unable to move to another day/time.

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Arts, Recreation, & Leisure Classes



Dance Classes

Ages: 3+

Cost: \$12 per lesson

Total fee based on number of classes offered per session.

Dance classes will not meet during Federal Holidays, or USD 207 winter, or 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.

******Recital tentatively planned for fourth week in May.
Enroll by January lessons by January 13th, 2023, to
guarantee your child's space in the recital. ******



Important notes for dance 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.**
- 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.
- Hair must be in a ponytail, pinned bun, or pinned away from their face.
Pinned by the student or parent and for every class.
- 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 save the skirts for skirt week, they are a distraction.
- Please check the parent board for notes from Miss Holly.
- Finally, please have the dancers use the restroom before class starts.

CLASS DESCRIPTIONS FOR DANCE

Creative Movement/Pre-Ballet for 3-4 years (Activity 950200 on WebTrac)

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.

Ballet for 5-9 years (Activity 950201 on WebTrac)

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.

Jazz & Tap 6-10 years (Activity 950204 on WebTrac)

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 Class Schedule

January 10-31st

Class	Ages	Day	Times	NO CLASS	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1615-1700	Jan 3	\$48	4
Ballet	7-10 yrs.	Tuesdays	1715-1800	Jan 3	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Tuesdays	1805-1850	Jan 3	\$48	4
Jazz & Tap co-ed	6-10 yrs.	Wednesdays	1615-1700	Jan 4	\$36	3
Creative Movement / Pre Ballet	3-4 yrs.	Wednesdays	1715-1800	Jan 4	\$36	3
Ballet	5-6 yrs.	Wednesdays	1805-1850	Jan 4	\$36	3



February

Class Schedule	Ages	Day	Times	NO CLASS	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1615-1700	N/A	\$48	4
Ballet	7-10 yrs.	Tuesdays	1715-1800	N/A	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Tuesdays	1805-1850	N/A	\$48	4
Jazz & Tap co-ed	7-10 yrs.	Wednesdays	1615-1700	N/A	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Wednesdays	1715-1750	N/A	\$48	4
Ballet	5-6 yrs.	Wednesdays	1805-1845	N/A	\$48	4

March 2023

Class Schedule	Ages	Day	Times	NO CLASS	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1615-1700	*14th	\$36	3
Ballet	7-10 yrs.	Tuesdays	1715-1800	*14th	\$36	3
Creative Movement / Pre Ballet	3-4 yrs.	Tuesdays	1805-1850	*14th	\$36	3
Jazz & Tap co-ed	7-10 yrs.	Wednesdays	1615-1700	*15th	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Wednesdays	1715-1800	*15th	\$48	4
Ballet	5-6 yrs.	Wednesdays	1805-1850	*15th	\$48	4

***No regularly classes held March 11-18th for USD 207 Spring Break**

April

Class Schedule	Ages	Day	Times	NO CLASS	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1615-1700	N/A	\$48	4
Ballet	7-10 yrs.	Tuesdays	1715-1800	N/A	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Tuesdays	1805-1850	N/A	\$48	4
Jazz & Tap co-ed	7-10 yrs.	Wednesdays	1615-1700	N/A	\$48	4
Creative Movement / Pre Ballet	3-4 yrs.	Wednesdays	1715-1800	N/A	\$48	4
Ballet	5-6 yrs.	Wednesdays	1805-1850	N/A	\$48	4

May

Class Schedule	Ages	Day	Times	NO CLASS	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1615-1700	N/A	\$36	3
Ballet	7-10 yrs.	Tuesdays	1715-1800	N/A	\$36	3
Creative Movement / Pre Ballet	3-4 yrs.	Tuesdays	1805-1850	N/A	\$36	3
Jazz & Tap co-ed	7-10 yrs.	Wednesdays	1615-1700	N/A	\$36	3
Creative Movement / Pre Ballet	3-4 yrs.	Wednesdays	1715-1800	N/A	\$36	3
Ballet	5-6 yrs.	Wednesdays	1805-1850	N/A	\$36	3

***Recital tentatively scheduled for the fourth week of May.**

Fitness & Health Classes



Jr Golf

Ages: 7+

Activity on WebTrac: 950520

Cost: \$75 **Instructor:** Nancy Hoins

Location: Trails West Golf Course

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

Minimum enrollment for class is six paid students.

Weather may impact if class can be held.

Alternative space for clinic is not available.

Spring sessions:

Session #1 April 18-20th 4:15-5:45 pm

Session #2 May 16-18th 4:15-5:45 pm



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.



Ages: 4-6 yrs. Wednesday 11:30 am - 12:00 pm

Ages: 7-10 yrs. Thursday 5:30 pm - 6:10 pm

Activity on WEBTRAC: 950224

30 & 40 minutes classes billed at \$12 per session x number of sessions

Location: Patch Community Center Dance Room

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

Minimum enrollment of five paid students. **Any shoes with white soles and worn inside only, in order to preserve the dance floor. No bare feet, please.**

Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure.

Gymnastics Class Descriptions

Parent/Tod Gymnastics, 1 year (Activity 950420 on WebTrac) & 2-3-years (Activity 950420 on WebTrac)

Parent and child will work together to learn essential gymnastics skills, make new friends, and enjoy conquering the new challenges. Singing, with percussion instruments and movement increase the fun!

Parent/Tod Gymnastics Family 2-6 years (Activity 950421 on WebTrac)

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

Pre-Gym, 4-5 years (Activity 950422 on WebTrac)

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

Pre-Gym II, 4-5 years instructor approval required

By instructor invitation only for students that have advanced in some of the basic skills. The focus of this class is to continue improving skills, strength, and endurance.

Beginning Gym, 6+ years (Activity 950423 on WebTrac)

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! This class builds the foundation of gymnastics skills.

Tumbling, 6+ years (Activity 950423 on WebTrac)

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.

Tumbling, 10+ years (Activity 950423 on WebTrac)

This class is suited for the older participant that has an interest in learning how to tumble!

Every class focuses on proper technique for safe dynamic tumbling.

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

Gym Fit Ninjas 6-10 years (Activity 950424 on WebTrac)

This class is a high intense fitness class incorporating basic gymnastics with running, jumping, climbing, rolling, and vaulting. The right class for the high energy student!

Need assistance with enrolling or have questions...please call 913-684-3207.

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

JANUARY

Class	Day	Time	NO CLASS	Fee	Class sessions
Parent/Tod 2-6 yrs. (Family)	Monday	1615-1700	Jan 2 & 16	\$39	3
Beg Gym 6 yrs. +	Monday	1715-1800	Jan 2 & 16	\$39	3
Pre-Gym 4-5 yrs.	Monday	1815-1900	Jan 2 & 16	\$39	3
Parent/Tot 1-1.99	Tuesday	0915-0945	Jan 3	\$44	4
Pre-Gym 4-5 yrs.	Tuesday	1000-1045	Jan 3	\$52	4
Parent/Tot 2-4yrs.	Tuesday	1100-1145	Jan 3	\$52	4
Pre-Gym 4-5 yrs.	Tuesday	1630-1715	Jan 3	\$52	4
Beg Gym 6 yrs. +	Tuesday	1730-1815	Jan 3	\$52	4
Parent/Tod 2-4 yrs.	Wednesday	1500-1545	N/A	\$52	4
Tumbling 6+	Wednesday	1600-1645	N/A	\$52	4
Pre-Gym 4-5 yrs.	Wednesday	1700-1745	N/A	\$52	4
Gym Fit Ninjas 6-10 yrs.	Wednesday	1800-1830	N/A	\$44	4
Homeschool Gym 6+	Thursday	0915-1000	N/A	\$52	4
Parent/Tod 2-4 yrs.	Thursday	1015-1100	N/A	\$52	4
Pre-Gym II 4-5 yrs.	Thursday	1600-1645	N/A	\$52	4
Beg Gym 6 yrs. +	Thursday	1700-1745	N/A	\$52	4
Parent/Tot 1-1.99	Saturday	0900-0930	N/A	\$44	4
Parent/Tod 2-4 yrs.	Saturday	0945-1030	N/A	\$52	4
Parent/Tod 2-6 yrs. (Family)	Saturday	1045-1130	N/A	\$52	4
Pre-Gym 4-5 yrs.	Saturday	1145-1230	N/A	\$52	4
Beg Gym 6+ yrs.	Saturday	1315-1400	N/A	\$52	4
Tumbling 10+ yrs.	Saturday	1415-1500	N/A	\$52	4

FEBRUARY

Class	Day	Time	NO CLASS	Fee	Class sessions
Parent/Tod 2-6 yrs. (Family)	Monday	1615-1700	Feb 20	\$39	3
Beg Gym 6 yrs. +	Monday	1715-1800	Feb 20	\$39	3
Pre-Gym 4-5 yrs.	Monday	1815-1900	Feb 20	\$39	3
Parent/Tot 1-1.99	Tuesday	0915-0945	N/A	\$44	4
Pre-Gym 4-5 yrs.	Tuesday	1000-1045	N/A	\$52	4
Parent/Tot 2-4yrs.	Tuesday	1100-1145	N/A	\$52	4
Pre-Gym 4-5 yrs.	Tuesday	1630-1715	N/A	\$52	4
Beg Gym 6 yrs. +	Tuesday	1730-1815	N/A	\$52	4
Parent/Tod 2-4 yrs.	Wednesday	1500-1545	N/A	\$52	4
Tumbling 6+	Wednesday	1600-1645	N/A	\$52	4
Pre-Gym 4-5 yrs.	Wednesday	1700-1745	N/A	\$52	4
Gym Fit Ninjas 6-10 yrs.	Wednesday	1800-1830	N/A	\$44	4
Homeschool Gym 6+	Thursday	0915-1000	N/A	\$52	4
Parent/Tod 2-4 yrs.	Thursday	1015-1100	N/A	\$52	4
Pre-Gym II 4-5 yrs.	Thursday	1600-1645	N/A	\$52	4
Beg Gym 6 yrs. +	Thursday	1700-1745	N/A	\$52	4
Parent/Tot 1-1.99	Saturday	0900-0930	N/A	\$44	4
Parent/Tod 2-4 yrs.	Saturday	0945-1030	N/A	\$52	4
Parent/Tod 2-6 yrs. (Family)	Saturday	1045-1130	N/A	\$52	4
Pre-Gym 4-5 yrs.	Saturday	1145-1230	N/A	\$52	4
Beg Gym 6+ yrs.	Saturday	1315-1400	N/A	\$52	4
Tumbling 10+ yrs.	Saturday	1415-1500	N/A	\$52	4

MARCH

Class	Day	Time	NO CLASS	Fee	Class sessions
Parent/Tod 2-6 yrs. (Family)	Monday	1615-1700	Mar 13	\$39	3
Beg Gym 6 yrs. +	Monday	1715-1800	Mar 13	\$39	3
Pre-Gym 4-5 yrs.	Monday	1815-1900	Mar 13	\$39	3
Parent/Tot 1-1.99	Tuesday	0915-0945	Mar 14	\$33	3
Pre-Gym 4-5 yrs.	Tuesday	1000-1045	Mar 14	\$39	3
Parent/Tot 2-4yrs.	Tuesday	1100-1145	Mar 14	\$39	3
Pre-Gym 4-5 yrs.	Tuesday	1630-1715	Mar 14	\$39	3
Beg Gym 6 yrs. +	Tuesday	1730-1815	Mar 14	\$39	3
Parent/Tod 2-4 yrs.	Wednesday	1500-1545	Mar 15	\$52	4
Tumbling 6+	Wednesday	1600-1645	Mar 15	\$52	4
Pre-Gym 4-5 yrs.	Wednesday	1700-1745	Mar 15	\$52	4
Gym Fit Ninjas 6-10 yrs.	Wednesday	1800-1830	Mar 15	\$44	4
Homeschool Gym 6+	Thursday	0915-1000	Mar 16	\$52	4
Parent/Tod 2-4 yrs.	Thursday	1015-1100	Mar 16	\$52	4
Pre-Gym II 4-5 yrs.	Thursday	1600-1645	Mar 16	\$52	4
Beg Gym 6 yrs. +	Thursday	1700-1745	Mar 16	\$52	4
Parent/Tot 1-1.99	Saturday	0900-0930	Mar 18	\$33	3
Parent/Tod 2-4 yrs.	Saturday	0945-1030	Mar 18	\$39	3
Parent/Tod 2-6 yrs. (Family)	Saturday	1045-1130	Mar 18	\$39	3
Pre-Gym 4-5 yrs.	Saturday	1145-1230	Mar 18	\$39	3
Beg Gym 6+ yrs.	Saturday	1315-1400	Mar 18	\$39	3
Tumbling 10+ yrs.	Saturday	1415-1500	Mar 18	\$39	3

***No regularly classes held March 13-18th for USD 207 Spring Break**

APRIL

Class	Day	Time	NO CLASS	Costs	Class sessions
Parent/Tod 2-6 yrs. (Family)	Monday	1615-1700	N/A	\$52	4
Beg Gym 6 yrs. +	Monday	1715-1800	N/A	\$52	4
Pre-Gym 4-5 yrs.	Monday	1815-1900	N/A	\$52	4
Parent/Tot 1-1.99	Tuesday	0915-0945	N/A	\$44	4
Pre-Gym 4-5 yrs.	Tuesday	1000-1045	N/A	\$52	4
Parent/Tot 2-4yrs.	Tuesday	1100-1145	N/A	\$52	4
Pre-Gym 4-5 yrs.	Tuesday	1630-1715	N/A	\$52	4
Beg Gym 6 yrs. +	Tuesday	1730-1815	N/A	\$52	4
Parent/Tod 2-4 yrs.	Wednesday	1500-1545	N/A	\$52	4
Tumbling 6+	Wednesday	1600-1645	N/A	\$52	4
Pre-Gym 4-5 yrs.	Wednesday	1700-1745	N/A	\$52	4
Gym Fit Ninjas 6-10 yrs.	Wednesday	1800-1830	N/A	\$44	4
Homeschool Gym 6+	Thursday	0915-1000	N/A	\$52	4
Parent/Tod 2-4 yrs.	Thursday	1015-1100	N/A	\$52	4
Pre-Gym II 4-5 yrs.	Thursday	1600-1645	N/A	\$52	4
Beg Gym 6 yrs. +	Thursday	1700-1745	N/A	\$52	4
Parent/Tot 1-1.99	Saturday	0900-0930	Apr 22	\$44	4
Parent/Tod 2-4 yrs.	Saturday	0945-1030	Apr 22	\$52	4
Parent/Tod 2-6 yrs. (Family)	Saturday	1045-1130	Apr 22	\$52	4
Pre-Gym 4-5 yrs.	Saturday	1145-1230	Apr 22	\$52	4
Beg Gym 6+ yrs.	Saturday	1315-1400	Apr 22	\$52	4
Tumbling 10+ yrs.	Saturday	1415-1500	Apr 22	\$52	4

***No regularly classes held April 22nd closed for Kids Fest**

MAY 1-26

Class	Day	Time	NO CLASS	Costs	Class sessions
Parent/Tod 2-6 yrs. (Family)	Monday	1615-1700	N/A	\$52	4
Beg Gym 6 yrs. +	Monday	1715-1800	N/A	\$52	4
Pre-Gym 4-5 yrs.	Monday	1815-1900	N/A	\$52	4
Parent/Tot 1-1.99	Tuesday	0915-0945	N/A	\$44	4
Pre-Gym 4-5 yrs.	Tuesday	1000-1045	N/A	\$52	4
Parent/Tot 2-4yrs.	Tuesday	1100-1145	N/A	\$52	4
Pre-Gym 4-5 yrs.	Tuesday	1630-1715	N/A	\$52	4
Beg Gym 6 yrs. +	Tuesday	1730-1815	N/A	\$52	4
Parent/Tod 2-4 yrs.	Wednesday	1500-1545	N/A	\$52	4
Tumbling 6+	Wednesday	1600-1645	N/A	\$52	4
Pre-Gym 4-5 yrs.	Wednesday	1700-1745	N/A	\$52	4
Gym Fit Ninjas 6-10 yrs.	Wednesday	1800-1830	N/A	\$44	4
Homeschool Gym 6+	Thursday	0915-1000	N/A	\$52	4
Parent/Tod 2-4 yrs.	Thursday	1015-1100	N/A	\$52	4
Pre-Gym II 4-5 yrs.	Thursday	1600-1645	N/A	\$52	4
Beg Gym 6 yrs. +	Thursday	1700-1745	N/A	\$52	4
Parent/Tot 1-1.99	Saturday	0900-0930	May 27	\$33	3
Parent/Tod 2-4 yrs.	Saturday	0945-1030	May 27	\$39	3
Parent/Tod 2-6 yrs. (Family)	Saturday	1045-1130	May 27	\$39	3
Pre-Gym 4-5 yrs.	Saturday	1145-1230	May 27	\$39	3
Beg Gym 6+ yrs.	Saturday	1315-1400	May 27	\$39	3
Tumbling 10+ yrs.	Saturday	1415-1500	May 27	\$39	3

Learn to Swim Classes



Class Descriptions with Pre-Requisites:

Parent and Child Aquatics for 6 months – 3 years 6 months:

(Maximum class size 6 pairs)

The purpose of Parent and Child Aquatics is to teach safe behaviors in, on and around the water and to develop swimming readiness. Parents and children engage in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water.

Introduction to Preschool Aquatics for 3 years– 3.99 years:

(Maximum class size 3)

The purpose of beginning swim is to start developing positive attitudes and safe practices around the water to prepare children for the preschool group class environment. The objective of this course is to instill good safety habits in, on and around the water, and promote a readiness to participate in the Preschool curriculum.

Preschool Aquatics Overview for 4 years – 5.99 years:

(Maximum class size 6)

Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety and aquatics skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses.

Preschool 1: (no prerequisites, must meet age requirement.) Designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Preschool 2: This course builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Preschool 2-prerequisites: All the prerequisite skills for Preschool 2 can be performed with support: Enter the water independently, using either the ramp, steps or side, travel* at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (*the term travel includes – walking, moving along the gutter or some form of swimming) While in shallow water the child must be able to glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Preschool 3: This course builds on skills learned in Preschool 1 and Preschool 2. Participants can perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

Preschool 3-prerequisites: All the prerequisite skills for Preschool 3 can be performed with assistance. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, the recover to a vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue

swimming on front for at least 3 body lengths.

Learn-to-Swim Overview for 6 years– 17.99 years:

(Maximum class size 6)

Learn-to-Swim consists of six comprehensive levels that teach people of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety in addition to aquatic and safety skills taught in a logical progression. Red Cross Learn-to-swim provides school-aged children and teens with positive, developmentally appropriate aquatic experiences with the objective to teach people to swim and be safe in, on and around the water.

Learn-to-Swim Level 1: (no prerequisites, must meet age requirement.) Introduction to Water Skills: Designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Learn-to-Swim Level 2: Fundamental Aquatics Skills: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Learn-to-Swim Level 2 Prerequisite skills: Children should be comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements with assistance. Enter Independently, using either the ramp, steps, or side; travel at least 5 yards; bob 5 times; then safely exit the water. (*the term travel includes – walking, moving along the gutter or some form of swimming) Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (These skills can be completed with assistance.)

Learn-to-Swim Level 3: Stroke Development: Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (*if the water is 9 feet or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment.

Learn-to-Swim Level 3 Prerequisites: These skills must be completed independently: Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths the exit the water. Move into a back float for 15 seconds, roll to front, the recover to a vertical position. Push off the wall and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

Learn-to-Swim Level 4: Stroke Improvement: Participants improve upon the strokes that were learned in Level 3. Participants perform these strokes with increased proficiency and can swim them for greater distances. In addition, these participants learn the arm actions that accompany the scissors kick and breaststroke kick to begin performing the sidestroke and breaststroke at rudimentary proficiency. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall.

Learn-to-Swim Level 4 Prerequisites: Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn and then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off the wall in a streamlined

position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Learn-to-Swim Level 5: Stroke Refinement: This course focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke.) Participants perform these strokes with increased proficiency and can swim them for greater distances. Participants also learn to perform flip turns on the front and back.

Learn-to-Swim Level 5 Prerequisites: Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 - 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Learn-to-Swim Level 6: Swimming and Skill Proficiency: This course focuses on refining strokes and turns and building endurance. Three options (Personal Water Safety, Fundamentals of Diving and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities.

Learn-to-Swim Level 6 Prerequisites: Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Please follow the Fort Leavenworth Child & Youth Services page on Facebook for current information on schedule and enrollment.

Spaces are limited.

Dates not available at time of publishing.

****** FMWR Aquatics creates Class Schedule for each month. Number of classes offered may vary depending on certified instructor availability. ******



Swimming lessons may be needed if you weren't born a fish.

Frequently asked Questions about Learn to Swim Classes

1. What curriculum is used for swimming lessons?
The Red Cross Swimming Curriculum is used.
2. Who is teaching the swimming lessons?
The classes are taught by certified Water Safety Instructors with the annual training from Child & Youth Services.
3. Are parents required in the water?
The only in the Parent and Child class.
4. I have two children signed up for the Parent and Child class, can I do it myself?
Two adults would be needed in the water, one for each child.
5. My preschooler is small, shouldn't I be in the water with them for safety?
A table is in the water for the preschool swimmers to stand on while waiting their turn. Class size for participation in the three-year-old lessons is now smaller to focus on their safety.
6. The Parent and Child lessons have lessons A and B, which one should I sign up for?
When a class is labeled with a letter, it is the same level of class.
So, either will work.
7. My child has Special Needs, how are they accommodated?
Please touch base before, during or after the enrollment about your child's need for accommodations.
8. I am on the waitlist for this class, what happens if I don't get in the class this time around?
The waitlist doesn't transfer to the next set of lessons.
9. Do the classes fill quickly once enrollment opens?
The honest answer is yes, they do. Some classes fully enroll in under an hour once enrollment opens.
10. Can lessons be scheduled after 6pm?
Harney Gym closes at 6pm, so classes must end no later than 6pm.
11. Are the outdoor pools be used for lessons during the summer?
This decision is primarily made by Aquatics.

Music Lessons



Private & Group Music Lessons

Ages: 7 to 18 years

Time: Varies. Coordinate with instructor for schedule.

Cost: \$19 per lesson weekly for piano, guitar, or ukulele 30 minutes per lesson

\$20 per lesson weekly for violin, or beginner's viola, cello or bass.

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

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

Private Piano

Instructor: John Leon

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

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.

Private Guitar or Ukulele

Instructor: Ronald Meier

Sessions: Lessons are offered on Tuesdays.

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

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.

Private Violin, Viola, Cello, or Bass

Instructor: Heather Ward

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

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.

Group Beginner's Violin Lesson

Instructor: Heather Ward

Time: Monday 4:15-5:15 pm, violins are not provided

Costs: \$15 per lesson x the number of sessions monthly.

SKIES Recruitment



The SKIES program needs instructors with the skills to teach the following. Do you have the skills or know someone that does?

- Drawing/Cartooning
- Painting
- Art appreciation
- Martial Arts for Self Defense
- Life Skills for Pre-Teen and Teens
- Basic Carpentry
- Cooking (Basic, Intermediate and or International, etc.)
- Money Management & Skills
- Music Exploration for Toddlers
- Computer Coding
- Science/STEM/STEAM
- Old-School Hip-Hop Dance
- Public Speaking
- Basic Cooking

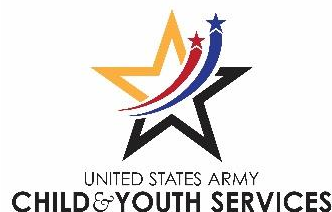


ADDITIONAL CLASS IDEAS ARE WELCOMED!

For more information, please contact SKIES Director:

913-684-3207

Cell Phone: 913-704-7595





“You can think about things and make believe. All you have to do is think and they will grow.” – Fred Rogers