

SKIES

CATALOG

Oct 2021 – Mar 2022

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

THE Sky is
The Limit



Updated 09/13/2021



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 located 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. The following information is required for registration: names and phone numbers of sponsor and spouse, two local emergency contacts, immunization records, current military 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 may also enroll by phone (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.

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.

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 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

Parent & Student Safety



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

- Current guidance for CYS requires everyone entering a CYS facility to wear a mask, except children under the age of five.
- 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.
- Please assist your child in washing their hands and then wash your hands upon entering the facility.
- A parent is **required** to wait in designated seating inside or outside.
- Students will be highly encouraged to maintain social distance during class.
- Participants are encouraged to come dressed for class.
- Some classes may have a more limited enrollment.
- Instructors will sign students in and out.

Let's work together.



Table of Contents



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.

ARTS, RECREATION & LEISURE	
Dance Classes General Information & Dance Class Descriptions	
5	Instructor Biographies
6	Descriptions of Dance
Dance Class Sessions/Schedules:	
7	October and November
8	November/December
9	January
10	February
11	March
Fitness and Health	
12	Jujutsu
13	Swimming
Private Music Lessons General Information	
14	Piano
14	Guitar / Ukulele
15	Recruiting Information SKIES Contractors/Instructors (ongoing)
16	Recruiting Information Gymnastics Instructor Employee (until position filled)

SKIESUnlimited Instructor Biographies

Frank Barry

Frank has taught with MWR prior to the establishment of the SKIES program in Child & Youth Services. His service is traced back to 2002. He is a Shichidan 7th Degree Black Belt in Jujutsu and Hachidan 8th Degree Black Belt in Judo.

Holly Harmison

Holly started dancing as a youth in Topeka, Ks. She was also a company member of Ballet Midwest for seven seasons. She graduated with a BA in Dance from the University of Kansas. In 2008 she joined Kansas City Contemporary Dance. From 2010-2015 Holly served as the Co-Artistic Director of the company. Holly has been teaching with the SKIES program at Fort Leavenworth for 5 years, she also teaches with a Conservatory in Topeka...

Nancy Hoins

Nancy has over 40 years of professional experience. She was a professional golfer on the European and Asian tours. She taught Adapted PE to children with special needs for 25 years. She has conducted golf clinics internationally. She has taught the Golf Clinics with the SKIES program for seven years.

John Leon

He has a BS in elementary Ed. and BA in Music and he also is ESL certified. John has been in education for more than 34 years. In addition to teaching with SKIES for 12 years he is also the Homework Instructor at the Harrold Youth Center, He is the Music Director for a local church.

Ron Meier

Ron has been playing guitar for over 30 years and a SKIES instructor for five year... 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.

Garrett GW Snedeker

Garrett is the newest instructor to the SKIES program. He is a Fulbright Scholar with a Master of Music with Distinction graduating in October of 2020. Bachelor of Music, Piano Performance with Electives in Pedagogy from Washington State University. He is a MTNA Nationally Certified Teacher of Music. He has experience in teaching piano to youth in London, England, Kansas City, Missouri.

Arts. Recreation. & Leisure Classes



Dance Classes

Ages: 3+

Cost: \$12 per lesson

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

Minimum enrollment is 3 students. Maximum enrollment is 10 students.

Important notes for dancers:

- 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 back for every class by student or parent.
- **Parents are encouraged to let their child try the class prior to investing to meet the dress code.**
- Street shoes and bare feet are not allowed on the studio floor.
- It is suggested to bring your student dressed for class; they can put their dance shoes on once inside the SKIES building.

CLASS DESCRIPTIONS FOR DANCE

Creative Movement/Pre-Ballet for 3-5 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, 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 6-9 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 Dance

A strong foundation for the study of dance 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

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.



Session Schedules

Begins October 5th

Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Oct 5 - Oct 26	\$48	4
Ballet	7-10 yrs.	Tuesdays	1700-1745	Oct 5 - Oct 26	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Tuesdays	1800-1845	Oct 5 - Oct 26	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1400-1445	Oct 6 - Oct 27	\$48	4
Home School Dance	6+	Wednesdays	1505-1550	Oct 6 - Oct 27	\$48	4
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Oct 6 - Oct 27	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1700-1745	Oct 6 - Oct 27	\$48	4
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Oct 7- Oct 28	\$48	4
Ballet	5-6 yrs.	Thursdays	1700-1745	Oct 7- Oct 28	\$48	4
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Oct 7- Oct 28	\$48	4

Begins November 2nd

Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Nov 2- Nov 16	\$36	3
Ballet	7-10 yrs.	Tuesdays	1700-1745	Nov 2- Nov 16	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Tuesdays	1800-1845	Nov 2- Nov 16	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1400-1445	Nov 3- Nov 17	\$36	3
Home School Dance	6+	Wednesdays	1505-1550	Nov 3- Nov 17	\$36	3
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Nov 3- Nov 17	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1700-1745	Nov 3- Nov 17	\$36	3
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Nov 4- Nov 18	\$24	2
Ballet	5-6 yrs.	Thursdays	1700-1745	Nov 4- Nov 18	\$24	2
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Nov 4- Nov 18	\$24	2

No Dance class November 11th or November 23-25th, no fees are charged for holidays

Begins November 30th



Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Nov 30-Dec 14	\$36	3
Ballet	7-10 yrs.	Tuesdays	1700-1745	Nov 30-Dec 14	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Tuesdays	1800-1845	Nov 30-Dec 14	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1400-1445	Dec 1- Dec 15	\$36	3
Home School Dance	6+	Wednesdays	1505-1550	Dec 1- Dec 15	\$36	3
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Dec 1- Dec 15	\$36	3
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1700-1745	Dec 1- Dec 15	\$36	3
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Dec 2-Dec 16	\$36	3
Ballet	5-6 yrs.	Thursdays	1700-1745	Dec 2-Dec 16	\$36	3
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Dec 2-Dec 16	\$36	3



Begins January 4th

Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Jan 4- Jan 25	\$48	4
Ballet	7-10 yrs.	Tuesdays	1700-1745	Jan 4- Jan 25	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Tuesdays	1800-1845	Jan 4- Jan 25	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1400-1445	Jan 5- Jan 26	\$48	4
Home School Dance	6+	Wednesdays	1505-1550	Jan 5- Jan 26	\$48	4
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Jan 5- Jan 26	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1700-1745	Jan 5- Jan 26	\$48	4
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Jan 6- Jan 27	\$48	4
Ballet	5-6 yrs.	Thursdays	1700-1745	Jan 6- Jan 27	\$48	4
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Jan 6- Jan 27	\$48	4



Begins February 1st

Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Feb 1- Feb	\$48	4
Ballet	7-10 yrs.	Tuesdays	1700-1745	Feb 1- Feb	\$48	4
Creative	3-4 yrs.	Tuesdays	1800-1845	Feb 1- Feb	\$48	4
Creative	3-4 yrs.	Wednesdays	1400-1445	Feb 2- Feb	\$48	4
Home School Dance	6+	Wednesdays	1505-1550	Feb 2- Feb	\$48	4
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Feb 2- Feb	\$48	4
Creative	3-4 yrs.	Wednesdays	1700-1745	Feb 2- Feb	\$48	4
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Feb 3- Feb	\$48	4
Ballet	5-6 yrs.	Thursdays	1700-1745	Feb 3- Feb	\$48	4
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Feb 3- Feb	\$48	4



Begins March 1st

Class Schedule	Ages	Day	Times	Dates	Fee	# of classes
Ballet	5-6 yrs.	Tuesdays	1600-1645	Mar 1- Mar 29	\$48	4
Ballet	7-10 yrs.	Tuesdays	1700-1745	Mar 1- Mar 29	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Tuesdays	1800-1845	Mar 1- Mar 29	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1400-1445	Mar 2- Mar 30	\$48	4
Home School Dance	6+	Wednesdays	1505-1550	Mar 2- Mar 30	\$48	4
Jazz & Tap	5-6 yrs.	Wednesdays	1600-1645	Mar 2- Mar 30	\$48	4
Creative Movement/Pre Ballet	3-4 yrs.	Wednesdays	1700-1745	Mar 2- Mar 30	\$48	4
Jazz & Tap co-ed	7-9 yrs.	Thursdays	1600-1645	Mar 3- Mar 31	\$48	4
Ballet	5-6 yrs.	Thursdays	1700-1745	Mar 3- Mar 31	\$48	4
Boys Jazz & Tap	5-6 yrs.	Thursdays	1800-1845	Mar 3- Mar 31	\$48	4

**** No Dance classes March 15, 16 and 17th ****



Fitness and Health



Jujutsu

Ages: 5+

Costs: \$60 for one month of eight lessons

Lessons will be pro-rated if fewer lessons are given.

Instructor: Frank Barry

Location: Patch Community Center 320 Pope Ave. Bldg. 345

Classes will meet on Wednesday and Thursday 5:30-6:15pm

*No classes November 10, 11, 24 and 25th

December 22, 23, 29 and 30th, March 16 & 17th**

Jujutsu 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.



**Please follow the
Fort Leavenworth Child & Youth Services page on Facebook
for current information on schedule and enrolling.
Limited spaces swimming classes available.**

Swimming Level Descriptions:

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.





Private Music Lessons

Ages: 7 to 18 years

Time: Varies. Coordinate with instructor for schedule.

Private Lesson Cost: \$19 for lessons with Mr. Leon and Mr. Meier 30 minute lesson

\$25 for lessons with Mr. Snedeker 30 minute private lesson

Small Group Lesson Costs: 60 minute lesson

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

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

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

Piano

Instructor: Mr. Leon

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

Lessons available Monday, Wednesday and Thursday late evening.

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.



Instructor: Mr. Snedeker

Sessions: Lessons are offered on Monday evenings starting at 4:30.

Please call the office **913-684-3207** for currently open spaces.

Guitar or Ukulele

Instructor: Mr. 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.

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
- Tae Kwon Do
- Hapkido or Aikido
- Okinawan Karate
- Judo
- Life Skills for Pre-Teen and Teens
- Basic Carpentry
- Cooking (Basic, Intermediate and or International, etc.)
- Making Change & Money Management
- Music Exploration for Toddlers
- Zumba
- Computer Coding
- Employee to teach Tumbling & Gymnastics
- Violin/Cello/Bass/
- Viola
- Science/STEM/STEAM
- Hip Hop Dance
- Manners & Hygiene
- Hiking
- Fitness/Conditioning
- Art Appreciation/Digital Photography
- Public Speaking
- Sign Language
- Tutoring



Additional class ideas are welcomed!

**For more information, please contact SKIES Director:
913-684-3207**

Email: rashelle.m.anderson.naf@mail.mil





SKIES is looking for a Gymnastics instructor position flex or part time position, please call 913-684-3207 for more information

CYS Program Associate Instructor NF-03

Announcement Number: O1NAFBG2111186278

Announcement Open: 07/27/2021 – till filled

Rate of Pay: \$17.07-\$22.19 per hour

Appointment Type: Permanent

Work Schedule: Part-time (*scheduled based on class schedules, minimum of twenty hours per week guaranteed*)

Responsibilities

- Serves as an Instructor the Fort Leavenworth CYS SKIES Unlimited Gymnastics Program
- Teach Gymnastics lessons in accordance with USA Gymnastics rules and safety guidelines, for parent and Me, preschool and Level 1 through 2 gymnastics levels
- Provide instruction in Gymnastics using a variety of techniques and skills based on the age, skill level, and learning style of each child
- Develops individual and group lesson plans and tracks participant's accomplishments.
- Have professionally recognized and accepted curriculum, including scope and sequence of skills and indicating learning objectives for students.
- Implements changes and adjustments to instructional program as needed.
- Required to follow all approved child guidance and youth development techniques.
- Must stimulate and encourage participant interest and establish an environment that promotes positive child and youth interactions.
- Prepares and implements program options for children and youth with special requirements
- Maintains control of and accounts for whereabouts and safety of program participants.
- Observes program participants for signs that may indicate illness, abuse or neglect and reports as directed.
- Notifies supervisor on health, fire, and safety compliance concerns.
- Participates in conferences with parents, program staff, and school representatives.
- Plans and conducts special events for parents designed to promote the instructional program while encouraging parents to become involved.
- Demonstrate MWR Customer Service elements when working with parents, students, coworkers and supervisors

Read Full Announcement and “how to apply” at www.USAJOBS.GOV

