

YOUTH/TEEN CLASS DESCRIPTIONS

Little Guppies: Little Guppies is the next step for children ages 18-36 months to continue water exploration with their parents. An instructor will provide guidance to help with children as they are being introduced to beginner swimming skills

Tiny Toddlers: This class is designed to help children ages 18 to 36 months develop and use social skills and coordination through fun, instructor guided activities.

Tiny Tots: The class is intended to help children ages 3 to 5 explore movement and continue to develop social skills through fun, guided activities.

Cooking: In this delicious class, future chefs will learn the correct way to peel, chop, mash, grind, beat, measure, season and more! They will create a cookbook so they can share their creations with their families at home.

Ballet: This class will introduce beginner students to basic ballet techniques in a fun, instructor led setting. Coordination, rhythm and musical awareness will be explored & emphasized.

Creative Movement: This intro to dance class will explore movement and coordination through various methods of dance.

Basketball: The class is led by Bill Maranz of New Jersey Basketball Academy. In this class, future basketball stars will learn the basics of the game while refining their individual and team skills.

Karate: The Jersey Judo Karate Academy of Kenvil will be instructing the Isshinryu style of

Karate. The skills learned help students develop coordination, balance, posture and endurance. Students also gain self-confidence and discipline through progression in Karate.

Soccer with Stefano: This class will teach children the basics of soccer in a way that is both fun and instructive. In addition to the basics, children will also learn basic drills and team play.

Speed, Strength & Agility (SSA): The goals of this class are to strengthen muscles, improve flexibility, reduce injury, improve reaction time, develop core strength & increase speed.

Youth/Teen Boot Camp: This class, geared towards youth and teens, uses challenging segments of cardiovascular work, muscle conditioning & other drills.

Youth/Teen Circuit: Circuit training is a high volume, low resistance workout that utilizes stations and short rest intervals to maximize results.

Youth/Teen Yoga: This youth/teen class is a body/mind adventure incorporating asanas, breathing & mindfulness for complete yoga experience.

Youth/Teen Zumba: Easy to follow dance steps to the tune of Latin music. Routines feature aerobic/fitness training with a combination of fast & slow rhythms that help tone & sculpt.



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1 Provost Square – Caldwell 973-228-7665