



Classes by Gym Trix

These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence.

Days: Tuesdays
Sessions: Monthly
Fee: \$40/month

Wee Gymnastics

This is a half hour parent participation gymnastics class. Students and parents will go over basic gymnastics skills as well as games.

Time: 5:45-6:15 p.m.
Ages: 1-2

Kindergym

This 45 minute gymnastics class will go over elementary gymnastics skills on the floor, low balance beam, and mini bar.

Time: 5:00-5:45 p.m.
Ages: 3-5

Tumbling1

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills.

Time: 3:30-4:15 p.m.
Ages: 6 & up

Tumbling 2

This class will go over tumbling skills such as bridge kickovers, back handsprings and round off back handsprings, as well as advanced cheer skills.

Time: 4:15-5:00 p.m.
Ages: 6 & up

Urban Defense Academy

Teaches practical and useful defensive and offensive techniques that will enable the student to succeed in any given situation. We focus on building self-confidence and self-discipline within each student. This focus motivates the student to work hard in order to gain the leadership skills needed later in life.

Days: Mondays
Time: 6:00-6:45 pm
Ages: 7-17



See instructor for registration information.

Hip Hop Dance



Participants will learn choreography in hip-hop dance. Students will improve their skills in rhythm and timing while learning performance techniques.

Dates: Montly sessions
Days: Mondays
Time: 4:00-5:00pm
Ages: 8-14
Fee: \$28/four week session

Classes by Kinderdance



Kinderdance

A developmental dance, motor development and fitness program taught on three levels, teaching the basics of Ballet, Tap and Creative Movement while blending educational concepts. For questions or registration information, contact Hayley at 760-224-4899 or sandiegokinderdance@gmail.com.

Dates: Monthly Sessions
Days: Thursdays or Fridays
Times: 5:00-6:00 p.m.
Ages: 3-5
Fees: \$45/month

KinderTots

A program designed to develop gross motor skills, movement creativity, physical development, body and social awareness, while learning numbers, colors, shapes and songs. For questions or registration information, contact Hayley at 760-224-4899 or sandiegokinderdance@gmail.com.

Dates: Monthly Sessions
Days: Friday
Times: 12:00-12:45pm
Ages: 2-5
Location: Moreno Room
Fee: 40

Vine Street Dental Clinic

A healthy smile is part of a healthy body. Every child needs a dental and medical home.



**Neighborhood Healthcare Lakeside
 Dental Services**

**10039B Vine St., Lakeside, CA 92040
 (619) 390-9135**