

Kids Fitness Activities

NEW! Dance Fit for Kids

Instructor: Ryan Rosinski

A fun and energizing dance class for boys and girls ages 8-12! Instructor will teach a variety of today's dance moves to a mix of popular and current hits. Kids will learn to recognize rhythm while having fun and learning how to dance! Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 9 - Feb. 20	6:30-7:15 p.m.	Mon
	Fee: Program \$42/Resident \$35/Member \$28		
Winter II (8 weeks/ 7 classes) <u>No Class week of Apr. 9</u>			
	Feb. 27 - Apr. 16	6:30-7:15 p.m.	Mon
	Fee: Program \$42/Resident \$35/Member \$28		



TAP, BALLET & JAZZ CLASS

Session 1: Tuesdays, January 24 – February 28 (no class Feb. 14)

Session 2: Tuesdays, March 13 – April 24 (no class April 10)

Join “All About Dance” as Jennifer teaches participants fun and exciting elements of dance. A routine will be instructed for each session and will be performed the last day of class for family and friends. **No drop ins. No coupons.**

TAP CLASS

3-6 yr old 6:00 - 6:30 pm

Tap class teaches beginner tap techniques including shuffles, heel drops, and more. Tap class will help children with coordination, musical timing and foot articulation.

BALLET CLASS

3-6 yr old 5:30 - 6:00 pm

Ballet class teaching beginner ballet dance techniques including first & second positions, plies, eleve, and other ballet techniques. Ballet will help children with posture, flexibility and balance.

Cost: \$36 Member / \$40 Resident/ \$44 Program

Teen Training

By appointment only.

Our trainer will familiarize you with the fitness equipment in the weight area of the Rec. Center. We will concentrate on proper use with good form. 12, 13, and 14 year old teens that complete this training will be given a special card allowing them to workout regularly on equipment. 12 and 13 year olds must be accompanied by an adult (18 years and older) when in the fitness areas after completing the training. 14 year olds can work out on their own once completing the Teen Training.

No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee: Program \$25/ Resident \$20/ Member \$15

TEEN DANCE AT CLUB MAC

Friday, March 23

8:00 – 11:00 pm

The Macedonia Rec. Center and Audio Extremes Entertainment bring you an energetic night of dancing and fun! Chaperoned dance party for ages 12 – 15. Doors open at 8:00pm. DJ, lights, contests, and more! Advance tickets sales at the Macedonia Rec. Center. Don't miss out!

Limited number of tickets.

\$10 per ticket