

Cottonwood Parks and Recreation

Special Interest Classes

YOUTH CLASSES

Creative Movement

This is a movement-based class supporting younger children with discovering an awareness of their body placement, alignment and coordination abilities. Children expand their creative skills through music, sound, rhythm and extra fun movement choices.

Ages:	3 & 4 years old
Days, Dates & Times:	Mondays, on going, 3:00 - 3:45pm
Location:	Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee:	\$28/month per child
Instructor & Contact:	Pamela Zahnzinger, 592-9114

Young Children's Ballet

Dance, flow, releve' and turn. Have the grace and strength our bodies are capable of achieving. Learn correct posture placement and musicality along with basic ballet fundamentals. Make friends with other children who also enjoy the world of ballet. This ongoing class runs through the summer and school year.

Pre-Ballet

Ages:	4 to 6 year olds
Days, Dates & Times:	Thursdays, on going, 2:45 - 3:30pm
Location:	Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee:	\$28/month per child
Instructor & Contact:	Pamela Zahnzinger, 592-9114

Elementary Ballet

Ages:	7 to 9 year olds
Days, Dates & Times:	Thursdays, on going, 3:30 - 4:30pm
Location:	Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee:	\$30/month per child
Instructor & Contact:	Pamela Zahnzinger, 592-9114

Children's Tap I

Tap, tap, shuffle hop step stamp! Have fun making sounds and rhythms. Learn to control your feet and body while grooving to the music. Bring your tap shoes to class.

Ages:	5 to 10 year olds
Days, Dates & Times:	Mondays, on going, 4:45 - 5:30pm
Location:	Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee:	\$28/month per child

Instructor & Contact: Pamela Zahnzinger, 592-9114

Children's Tap II

Tap II is for children with some tap experience. Students work on steps that are more complex, phrases and rhythmic timing. It's a lot of fun to develop our skills and really dance!

Ages: 6 to 11 year olds
Days, Dates & Times: Mondays, on going, 4:00 - 4:45pm
Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$30/month per child
Instructor & Contact: Pamela Zahnzinger, 592-9114

Primary Ballet

This class is for students with no previous ballet training. It teaches some preliminary steps leading up to ballet, stretching, barre work and across the floor work. Strong emphasis on ballet positions and technique.

Ages: 5 to 8 year olds
Days, Dates & Times: Tuesdays, on going, 3:00 - 4pm
Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$30/month per child
Instructor & Contact: Carla Renard, 254-1735

Mixed Ballet (Levels 1 – Intermediate)

This session is for students with some ballet training. It focuses on cleaning up and correcting technique. Strong emphasis on vocabulary and technique.

Ages: 6 to 12 year olds
Days, Dates & Times: Thursdays, on going, 4:40 - 5:40pm
Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$30/month per child
Instructor & Contact: Carla Renard, 254-1735

Junior Advanced/Advanced Ballet

This class is for students who have completed an intermediate level of ballet. For younger students - work on strength training to get to pointe. Older students work on pointe technique. Strong emphasis on vocabulary and technique with an introduction to choreography.

Ages: 12 and UP
Days, Dates & Times: Tuesdays, on going, 4:00 - 6:00pm
Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$55/month per dancer
Instructor & Contact: Carla Renard, 254-1735

Contemporary/Jazz

Alternating class teaching the basics of Contemporary, Classic Jazz and Broadway Jazz. Fun and exciting movement, in a fun atmosphere.

Ages: 13 and UP
Days, Dates & Times: Thursdays, on going, 5:40 - 6:50pm

Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$45/month per dancer
Instructor & Contact: Carla Renard, 254-1735

Kids After-School Yoga Workshop

Learn how Yoga can be FUN! Join us for a 6-week workshop with CAROL OVEROSS, a certified Yoga Instructor, CPR & AED trained. Her gentle yoga technique helps children learn different fun poses using the theme of the 5-elements exploring --- earth, wind, fire, water and air! These movements can help to increase muscular coordination, maintain flexibility and provide a balance of quiet and relaxation. Yoga is essentially non-competitive with no physical peaks or goals to reach. Therefore, children of widely differing physical abilities can enjoy doing it together. This is a fun way to let out their energy in a safe, health-promoting way. Since todays mechanized modern society -- with TV, video games and competitive sports, it is becoming difficult for some children to get the exercise they need in a natural, healthy and enjoyable way. Bring bottled water and wear comfortable clothes

Ages: 6 to 12 years old
Days, Dates & Times: Fridays, September 25 – October 30, 2009, 3:45 - 4:45pm
Fridays, January 15 – February 19, 2010, 3:45 – 4:45pm
Location: Cottonwood Civic Center, 805 N. Main Street, Cottonwood
Fee: \$48 for 6-week session
Instructor & Contact: Carol Oveross, RYT, 646-0148; email carolsgentleyoga@yahoo.com