

Intro to Speed & Agility class for 6-8 years old

Date: March 19 & 22, Monday and Thursday

Time: 9-9:30 a.m. or 9:30-10 a.m. (Limit 6 students per class)

If your child aspires to be an athlete or has energy to burn, this class will keep kids moving through games that focus on speed and agility. This class is taught by a Certified Fitness Trainer.

Fee: \$20 Community Center Members/ \$25 for Non-members

Intro to Speed and Agility for 9-14 years old

Date: March 19 & 22, Monday and Thursday

Time: 10 -10:45 a.m. or 10:45-11:30 a.m. (Limit 8 students per class)

This introduction class is designed to help those who are involved in sports and want to learn how to refine their sport-specific skill or just learn to how to be fit. Children of all fitness levels can develop their strength, core stability and improve the way they move with speed and agility training.

This class is taught by a Certified Fitness Trainer.

Fee: \$30 Community Center Members/ \$35 Non-members



Register at www.activityreg.com

or

(816) 423-4200



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Spring Break

2018

MARCH 18 - 23



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2018 Spring Break Activities

Kids in the Kitchen

Calling all aspiring chefs: Join Karlee, your Gladstone Hy-Vee Dietitian, for fun and learning in the kitchen!

Date: Monday, March 19

Grades: K-2nd

Time: 9 - 10 a.m.

*Students will make Sweet Pepper Pinwheels, Cucumber Sushi, and Fruit Salsa with Cinnamon Chips

Date: Monday, March 19

Grades: 3rd-6th

Time: 10:30-11:30 a.m.

*Students will make Zoodle Salad, Fruit Salsa with Cinnamon Chips, and Pumpkin Avocado Brownie Bites

Maximum: 15 students per class

Fee: \$16 Community Center Members/\$22 Non-members

The College Basketball Experience! (Day trip)

Date: Tuesday, March 20

Time: 8:30 a.m. - 1:30 p.m.

Grades: 3rd and up

First we will learn in first person from the inventor of basketball by Dr. James Naismith performed by Bill Nicks.

Then, we will head downtown to the National Collegiate Basketball Hall of Fame, where we will honor college basketball legends and learn more about the history of the game. But The CBE is a place to “experience” the game of college basketball. There are activity stations for every basketball skill—rebounding, passing, three-point shooting, free throw shooting and more. There are also numerous kiosks with fascinating insight from coaches and players about college basketball.

Upon return, there will be some gym recreation time. Includes: staff, bus transportation, and fees. Bring a sack lunch, drink and/or money. Wear comfortable shoes and workout attire.

Fee: \$30 for Community Center Members/\$35 for non-members



Comedy Classes

Through games, exercises, and scene work, students will improve skills like communication, perception, working as a team, creative problem solving and just making each other laugh.

Time: 9 a.m.-12 p.m.

Days:

I. Monday, March 19 (Ages 6-10 years old)

II. Tuesday, March 20 (Ages 10-14 years old)

III. Wednesday, March 21 (Ages 14-18 years old)

IV. Thursday, March 22 (Ages 6 & Up)

Minimum: 4

Max: 16

Fee: \$18 Community Center Members/ \$22 Non- Members per person/per session.



• *If you participate in the Mysterious Acting camp, you may bring your sack lunch and stay in between classes.*

A Mysterious Acting Camp- Wazup, Sherlock?

This mysterious camp will have you learning characterization, lines, improvisation, acting, and re-acting. There will be acting, improv, and mystery games. There will be a performance at the end of the camp with Sherlock and Watson solving many mysteries!

Date: Monday- Thursday, March 19-22

Time: 1-4 p.m.

Ages: 7-15

Minimum: 8

Maximum: 25

Fee: \$60 Community Center Members/ \$70 Non-Members

• *If you are participating in the Comedy class, you may bring your lunch and stay in between classes.*



Beginner Hip Hop Dance Class

Dates: March 19, 21 & 23

Days: Monday/Wednesday/Friday

Time: 9 – 9:45 a.m. (6-9 yrs .old) or 9:45 a.m.-10:30 a.m. (10 & up)

Hip-hop is an energetic form of dancing. It allows its dancers to perform with freedom of movement, adding in their own personalities. This class is offered for boys and girls ages 6 years and above. Join us for a fun workout with the latest music.

Class taught by Creative Arts Academy Instructor.

Fee: \$20 Community Center Members/ \$25 Non Members