

VIRTUAL CLASSES

Check back frequently for updates!

Basic Yoga - VIRTUAL

Yoga is designed to bring union to body, mind and spirit through flexibility, strength, full range of motion, balance, fullness of breath and relaxation. Individual needs are addressed and this style is gentle and appropriate for all ages and all levels. Instructor:

Barbara McEnroe

- No class on June 30.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17182	T	9:30am-10:45am	6/16-7/28	\$60/6 Mtgs
17919	F	9:30am-10:45am	6/19-7/24	\$60/6 Mtgs

Core Yoga - VIRTUAL

Core yoga works on strengthening and stretching the core muscles deep within your body, from the base of the head to your pelvis.

These are very important muscles that support and stabilize your spine. Strengthening your core will allow your body to move in any direction, assisting in walking, bending, sitting, lifting and balancing. A strong core is beneficial to everyone because it allows your body to function properly, resulting in improved posture, balance and stability. Strengthening your core will help to prevent injuries and you will be less prone to back, hip and neck pain. Instructor:

Barbara McEnroe

- No class July 1.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17923	W	9:30am-10:45am	6/17-7/29	\$60/6 Mtgs
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Gentle Yoga with Barbara McEnroe - VIRTUAL

Gentle Yoga is a softer, nurturing yoga class allowing you to let go of stress and relax deeply. This approach includes carefully orchestrated movements and stretches to increase range of motion, build strength and flexibility and allow one to be more comfortable in the body. Suitable for everyone with modifications available.

Instructor: Barbara McEnroe

- No class June 29 and 30.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17921	M	9:30am-10:45am	6/15-7/27	\$60/6 Mtgs
17922	T	9:30am-10:45am	6/16-7/28	\$60/6 Mtgs

Kundalini Yoga with Barbara McEnroe - VIRTUAL

Kundalini Yoga is an uplifting blend of movement, dynamic breathing techniques, mantra and meditation. Kundalini is the yoga of awareness. When practiced it builds vitality and raises consciousness, awakening us to our full human potential. Instructor:

Barbara McEnroe

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17920	Th	9:30am-10:45am	6/18-7/23	\$60/6 Mtgs
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Beginning Adventures in Acrylic Painting - VIRTUAL

Acrylic Painting is one of art's most accessible mediums. Accommodating many painting styles and techniques, you can achieve the color and impasto of oil paintings in half the time, and explore the multi-layered inspiration of watercolor's transparent fluidity! By the end of the 4-week session, you will have created your own personal project(s). Ages 15 and up. Instructor: Clyde San Juan

- The instructor will email a suggested supply list to your current email address for purchase by first class.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17907	F	10:00am-12:00pm	6/19-7/10	\$70/4 Mtgs
17908	F	10:00am-12:00pm	7/17-8/7	\$70/4 Mtgs
17915	F	10:00am-12:00pm	8/14-9/4	\$70/4 Mtgs

Baby Doll Dance (Ages 3-4) - VIRTUAL

Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand. Instructor: Isabel Moses-Caldera

- Ballet & Tap shoes recommended.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17158	M	5:00pm-5:45pm	6/15-7/6	\$32/4 Mtgs
17159	M	5:00pm-5:45pm	7/20-8/10	\$32/4 Mtgs

Cutie Pies (Ages 5-8) - VIRTUAL

Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 5-8. Instructor: Isabel Moses-Caldera

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17244	M	6:00pm-6:45pm	6/15-7/6	\$32/4 Mtgs
17924	M	6:00pm-6:45pm	7/20-8/10	\$32/4 Mtgs

Dancing Divas (Ages 9-12) - VIRTUAL

Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 9-12. Instructor: Isabel Moses-Caldera

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17245	M	7:00pm-7:45pm	6/15-7/6	\$32/4 Mtgs
17925	M	7:00pm-7:45pm	7/20-8/10	\$32/4 Mtgs

Introduction to Digital Photography & Photoshop - VIRTUAL

This class is an introduction to digital photography and photoshop. Students will learn basic camera operations and fundamentals. Ages 12-17. Instructor: Joshua James

- Students must have access to a digital camera.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17926	M	10:00am-12:00pm	8/3-8/31	\$120/5 Mtgs
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VIRTUAL CLASSES

Kung-Fu Five Element Forms - VIRTUAL

In this class you will learn and unlock the concepts within the Five Elements. Starting with blocks, stances, movement and hand and foot striking methods. You will build and progress to the Five Element forms. As you master each form you will discover how to adapt the Five Elements to many situations, styles, such as the tiger, dragon, snake, leopard and crane., weapons and more, which will increase the power and usefulness of these techniques. You will discover the equally valuable health and wellness benefits of this class for body and mind, filling many needs in one workout. Join with a partner so you can get even more out of each class!

Ages 15 and up. Instructor Richard Mieir-King

• **No class June 29, July 6 and September 7.**

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17379	M	6:00pm-7:00pm	6/15-7/27	\$45/5 Mtgs
17916	M	6:00pm-7:00pm	8/3-9/14	\$54/6 Mtgs

Powerful Health through Ancient Energy Practices - VIRTUAL

Discover the ancient disciplines for health and wellness. Traditional, alternative and integrative methods of the past that are necessary and relevant for you today. These methods, known as Chi Kung, can benefit you in many ways. Stress, anxiety, hypertension, tiredness, mental fog, inflammation, low immune system and more. In today's world, some if not all, of these things are on your list of concerns. These energy disciplines evolved over centuries to address these, and many other issues. These disciplines give you the keys to manage many of these concerns on your own. Giving you improved immune function, clarity of mind, strength, stamina, relaxation and more. Learn and make these powerful tools and knowledge yours in these classes. Ages 15 and up.

Instructor Richard Mieir-King

• **No class July 1 and 8.**

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17917	W	6:00pm-7:00pm	6/17-7/29	\$45/5 Mtgs
17918	W	6:00pm-7:00pm	8/12-9/16	\$54/6 Mtgs

Art Fun for Kids - VIRTUAL

Join our online community! There will be a new art lesson each week. Materials needed include: white copy paper, pencil, eraser, and coloring items such as crayons, colored pencils or makers. Materials that are nice to have include: watercolor paper, watercolor paint tray and paint brushes. Ages 6-12. Instructor: California Foundation for Performing Arts Staff

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17779	T	1:30pm-2:20pm	6/9-6/30	\$32/4 Mtgs
17963	T	1:30pm-2:20pm	7/7-7/28	\$32/4 Mtgs
17964	T	1:30pm-2:20pm	8/4-8/25	\$32/4 Mtgs

Private Piano or Guitar Lessons - VIRTUAL

From beginner to advanced, we have instructors for any level of instruction you may be looking for. New students will be instructed on how to purchase their piano or guitar book from Amazon. Continuing students can use the instruction book they are currently in. Instructor: California Foundation of Performing Arts Staff

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

• **Registrants will be contacted with login information.**

17927	W	2:00pm-2:30pm	6/10-7/1	\$115/4 Mtgs
17928	W	2:30pm-3:00pm	6/10-7/1	\$115/4 Mtgs
17929	W	3:00pm-3:30pm	6/10-7/1	\$115/4 Mtgs
17930	W	3:30pm-4:00pm	6/10-7/1	\$115/4 Mtgs
17931	W	4:00pm-4:30pm	6/10-7/1	\$115/4 Mtgs
17932	W	4:30pm-5:00pm	6/10-7/1	\$115/4 Mtgs
17933	W	5:00pm-5:30pm	6/10-7/1	\$115/4 Mtgs
17934	W	5:30pm-6:00pm	6/10-7/1	\$115/4 Mtgs
17935	W	6:00pm-6:30pm	6/10-7/1	\$115/4 Mtgs
17936	W	6:30pm-7:00pm	6/10-7/1	\$115/4 Mtgs
17937	W	7:00pm-7:30pm	6/10-7/1	\$115/4 Mtgs
17938	W	7:30pm-8:00pm	6/10-7/1	\$115/4 Mtgs
17939	W	2:00pm-2:30pm	7/8-7/29	\$115/4 Mtgs
17940	W	2:30pm-3:00pm	7/8-7/29	\$115/4 Mtgs
17941	W	3:00pm-3:30pm	7/8-7/29	\$115/4 Mtgs
17942	W	3:30pm-4:00pm	7/8-7/29	\$115/4 Mtgs
17943	W	4:00pm-4:30pm	7/8-7/29	\$115/4 Mtgs
17944	W	4:30pm-5:00pm	7/8-7/29	\$115/4 Mtgs
17945	W	5:00pm-5:30pm	7/8-7/29	\$115/4 Mtgs
17946	W	5:30pm-6:00pm	7/8-7/29	\$115/4 Mtgs
17947	W	6:00pm-6:30pm	7/8-7/29	\$115/4 Mtgs
17948	W	6:30pm-7:00pm	7/8-7/29	\$115/4 Mtgs
17949	W	7:00pm-7:30pm	7/8-7/29	\$115/4 Mtgs
17950	W	7:30pm-8:00pm	7/8-7/29	\$115/4 Mtgs
17951	W	2:00pm-2:30pm	8/5-8/26	\$115/4 Mtgs
17952	W	2:30pm-3:00pm	8/5-8/26	\$115/4 Mtgs
17953	W	3:00pm-3:30pm	8/5-8/26	\$115/4 Mtgs
17954	W	3:30pm-4:00pm	8/5-8/26	\$115/4 Mtgs
17955	W	4:00pm-4:30pm	8/5-8/26	\$115/4 Mtgs
17956	W	4:30pm-5:00pm	8/5-8/26	\$115/4 Mtgs
17957	W	5:00pm-5:30pm	8/5-8/26	\$115/4 Mtgs
17958	W	5:30pm-6:00pm	8/5-8/26	\$115/4 Mtgs
17959	W	6:00pm-6:30pm	8/5-8/26	\$115/4 Mtgs
17960	W	6:30pm-7:00pm	8/5-8/26	\$115/4 Mtgs
17961	W	7:00pm-7:30pm	8/5-8/26	\$115/4 Mtgs
17962	W	7:30pm-8:00pm	8/5-8/26	\$115/4 Mtgs

2-Step/Country Swing - VIRTUAL

Grab your partner and lets dance around your house! 2-Step is fun to do at all events. You will also learn how to swing in this class.

Instructor: Janet Karter

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17140	W	7:00pm-8:00pm	6/17-7/29	\$42/7 Mtgs
17665	W	7:00pm-8:00pm	8/5-9/16	\$42/7 Mtgs

Line Dance - VIRTUAL

This class will bring out your creative dance moves in your own space at home. You'll learn a variety of line dances. It's great exercise and you'll feel great after each class. Instructor: Janet Karter

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17383	W	6:00pm-7:00pm	6/17-7/29	\$42/7 Mtgs
17664	W	6:00pm-7:00pm	8/5-9/16	\$42/7 Mtgs

VIRTUAL CLASSES

Beginner's Guide to Getting Published - VIRTUAL

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, determine when and how to get an agent, 100 ways to make money as a freelance writer and more. If you really want to succeed, this step-by-step workshop is a must! Instructor: LeeAnne Krusemark

- Students must have internet access and must provide an e-mail address to take the course.
- Registrants will be contacted with login information.

17796 Th 7:00pm-9:00pm 6/25 \$35/1 Mtg

Writing for Online Blogs, Magazines & Websites - VIRTUAL

You don't need a journalism-school degree or previously published articles to write for online blogs, magazines, and websites. Some online opportunities offer exposure and networking, while many pay well -- \$1 a word and more. In this fast-paced session, you will learn how to: find more than 1,000 opportunities that pay, find story ideas, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self published novel. Instructor: LeeAnne Krusemark

- Students must have internet access and must provide an e-mail address to take the course.
- Registrants will be contacted with login information.

17797 Th 6:00pm-7:00pm 6/25 \$22/1 Mtg

Explore 250 Home-Based Business Ideas - VIRTUAL

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home-based business. During this informative workshop you will learn about the many ways to market your products/services, what necessary legal documentation is required, how to take tax deductions and much more. This is probably the most comprehensive business start up workshop you will ever find, so if you really want to succeed in a home business, this step-by-step session is a must! Instructor: LeeAnne Krusemark

- Students must have internet access and must provide an e-mail address to take the course.
- Registrants will be contacted with login information.

17801 M 7:00pm-9:00pm 6/22 \$35/1 Mtg

Bow Making - VIRTUAL

Tired of paying all that money for pre-made bows? Come learn how to make beautiful bows using the Bowdabra Bowmaker as well as other cute packaging techniques. You will need to come to class with a Bowdabra, Bowdabra wire, at least 30 yards of wire ribbon (color of choice, at least 1 inch wide) and scissors. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17783 Th 6:00pm-7:00pm 9/17 \$15/1 Mtg

Cake Decorating - Building Buttercream Skills - VIRTUAL

Build buttercream skills you can use for all decorating projects - from cupcakes to cakes for any occasion. Whether you're new to decorating or have been decorating for years, when you complete this course, you'll be proud of the new techniques you've learned. You will start decorating during the first lesson of class! Please come prepared by bringing all items listed on the supply list. Instructor: Lakyn Wynn

- Class supply list available at PlumForest.com/cake-courses.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17219 Th 6:30pm-8:30pm 6/25-7/16 \$65/4 Mtgs

Cake Decorating - Flowers & Cake Design - VIRTUAL

In this course, you will learn to work with royal icing. You will develop core skills to make many varieties of flowers, such as lilies and roses. You will learn how to design a cake, from selecting the colors to arranging the flowers. You will start decorating during the first lesson of class! Please come prepared by bringing all items listed on the supply list. Instructor: Lakyn Wynn

- Class supply list available at PlumForest.com/cake-courses.
- Building Buttercream Skills is a pre-requisite for this course.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17220 Th 6:30pm-8:30pm 8/6-8/27 \$65/4 Mtgs

One Stroke Painting - VIRTUAL

This class will teach you the 'One Stroke' decorative painting technique that is sweeping the nation. It's an exciting and easy decorative painting technique that is very colorful, bold and for any surface that you want to decorate. It will increase your creative potential and make you feel that you have accomplished a new-found hobby. No previous painting experience necessary! For ages 14 and up. Instructor: Lakyn Wynn

- Class supply list is available at PlumForest.com
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17784 Th 6:30pm-8:30pm 6/18 \$20/1 Mtg

17785 Th 6:30pm-8:30pm 7/30 \$20/1 Mtg

Paint a Canvas Tote Bag - VIRTUAL

Show your love for summer by painting your own canvas tote. You will learn to create a beautiful seascape theme with palm trees to capture the summer vibe. Materials fee covers all supplies. No experience necessary. Great class for tweens, teens and adults. Instructor: Lakyn Wynn.

- Class supply list available at PlumForest.com.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17457 Th 6:30pm-8:30pm 9/3 \$25/1 Mtg

VIRTUAL CLASSES

Beginning Drawing with Your Acrylic Painting - VIRTUAL

Apply the basics of sketching and drawing to acrylic paintings! Use graphite and watercolor pencils to conceptualize and render forms in space, and then parallel this learning to the composing and execution of your acrylic paintings. Just think, the ability to draw without reference material can only expand your imaginative boundaries and style. Ages 15 and up. Instructor: Clyde San Juan

- Instructor will forward a suggested supply list to your current email for purchase by first class.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17912	T	9:30am-11:30am	6/16-7/7	\$70/4 Mtgs
17913	T	9:30am-11:30am	7/14-8/4	\$70/4 Mtgs
17914	T	9:30am-11:30am	8/11-9/1	\$70/4 Mtgs

Beginning Journeys in Watercolor Painting - VIRTUAL

Embark on this inspiring trip into Watercolor Painting! This class of beginning instruction covers the basics, and through personal observation and practice, you'll experience the mainstay techniques of Wet-on-Dry glazing and Wet-on-Wet washes. By the end of the 4-week session you'll have created your own personal project(s). Ages 15 and up. Instructor: Clyde San Juan

- The instructor will email a suggested supply list to each student for supply purchases before the first class.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17909	Th	10:00am-12:00pm	6/18-7/9	\$70/4 Mtgs
17910	Th	10:00am-12:00pm	7/16-8/6	\$70/4 Mtgs
17911	Th	10:00am-12:00pm	8/13-9/3	\$70/4 Mtgs

Kidz Love Soccer: Soccer 1 - VIRTUAL

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, as every participant has a ball at their feet. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Ages 5-6. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17368	Sa	11:00am-11:30am	7/11-8/1	\$32/4 Mtgs
17675	Sa	11:00am-11:30am	8/8-8/29	\$32/4 Mtgs

Kidz Love Soccer: Soccer 2 - VIRTUAL

A great introduction to competitive soccer. Soccer 2 teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goaltending. Kids learn concepts necessary to play together as a team. From defense and mid-field to forward and goalie, kids get exposure to every position and have a blast doing it. Appropriate for players of varying skill levels. Ages 7-10. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17369	Sa	11:40am-12:10pm	7/11-8/1	\$32/4 Mtgs
17674	Sa	11:40am-12:10pm	8/8-8/29	\$32/4 Mtgs

Kidz Love Soccer: Parent and Me Soccer - VIRTUAL

The fun happens all together, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. Ages 2-3.5. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
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|-------|----|---------------|----------|-------------|
| 17367 | Sa | 9:00am-9:30am | 7/11-8/1 | \$32/4 Mtgs |
| 17677 | Sa | 9:00am-9:30am | 8/8-8/29 | \$32/4 Mtgs |

Kidz Love Soccer: Pre-Soccer - VIRTUAL

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer while they begin to learn about playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing, passing and being aware of other players. Ages 4-5. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
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|-------|----|-----------------|----------|-------------|
| 17905 | Sa | 10:20am-10:50am | 7/11-8/1 | \$32/4 Mtgs |
| 17906 | Sa | 10:20am-10:50am | 8/8-8/29 | \$32/4 Mtgs |

Kidz Love Soccer: Tot Soccer - VIRTUAL

Chase the ball! Tot-Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, our time-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like 'Bugs in the House!' These games build skill and self-esteem and prepare tots to start running and kicking - just like the big kids! Ages 3.5-5. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
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|-------|----|----------------|----------|-------------|
| 17370 | Sa | 9:40am-10:10am | 7/11-8/1 | \$32/4 Mtgs |
| 17676 | Sa | 9:40am-10:10am | 8/8-8/29 | \$32/4 Mtgs |

ABCs of Candle Making - VIRTUAL

Come see how easy it is to create your own candles for yourself or as gifts! You will learn about gel and wax candle making techniques. For ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.
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|-------|----|---------------|------|------------|
| 17146 | Th | 6:00pm-7:00pm | 9/10 | \$15/1 Mtg |
|-------|----|---------------|------|------------|

ABCs of Soap Making - VIRTUAL

Come see how easy it is to create your own soaps for yourself or for gifts! You will learn basic soap making techniques including: scenting, coloring, embossing, herbs, wrapping and more! Instructor: Lakyn Wynn

- A \$5 materials fee is due in class.
- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.
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|-------|----|---------------|------|------------|
| 17147 | Th | 6:00pm-7:00pm | 7/23 | \$15/1 Mtg |
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VIRTUAL CLASSES

Kid's Online Painting Party - VIRTUAL

Come hang out with your friends online and learn to paint on a real canvas with real paints and brushes. All supplies will be mailed to participants before class. To see examples of each project visit purple-doorcreativeartsacademy on Facebook and Instagram. Ages 8 and older. Instructor: California Foundation for Performing Arts Staff

- Class on June 19 will be painting a Hibiscus Flower. Please register by June 11.
- Class on July 27 will be painting a Butterfly. Please register by July 9.
- Class on August 21 will be painting a Cactus. Please register by August 13.
- The instructor will contact participants for their current address so that all materials will be mailed to them prior to class.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17776	F	4:00pm-5:00pm	6/19	\$30/1 Mtgs
17965	F	4:00pm-5:00pm	7/17	\$30/1 Mtgs
17966	F	4:00pm-5:00pm	8/21	\$30/1 Mtgs

Special Needs Hip Hop - VIRTUAL

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina and socialization skills.

Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18000	Th	7:00pm-8:00pm	7/9-7/30	\$30/4 Mtgs
18001	Th	7:00pm-8:00pm	8/6-8/27	\$30/4 Mtgs

Ballet - VIRTUAL

Ballet is a beautiful form of dance, giving dancers the ability to grow their strength, confidence and poise while learning a new skill. Ages 6-10. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18010	T	3:30pm-4:30pm	7/14-8/4	\$30/4 Mtgs
18012	W	3:15pm-4:15pm	7/15-8/5	\$30/4 Mtgs
18011	T	3:30pm-4:30pm	8/11-9/1	\$30/4 Mtgs
18013	W	3:15pm-4:15pm	8/12-9/2	\$30/4 Mtgs

Ballet/Tap Combo - VIRTUAL

Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 4-7. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18006	Sa	9:45am-10:45am	7/11-8/1	\$30/4 Mtgs
18002	M	3:30pm-4:30pm	7/13-8/3	\$30/4 Mtgs
18004	T	3:30pm-4:30pm	7/14-8/4	\$30/4 Mtgs
18007	Sa	9:45am-10:45am	8/8-8/29	\$30/4 Mtgs
18003	M	3:30pm-4:30pm	8/10-8/31	\$30/4 Mtgs
18005	T	3:30pm-4:30pm	8/11-9/1	\$30/4 Mtgs

Frozen Friends - VIRTUAL

Dancers will love leaning ballet, lyrical, jazz and musical theatre to their favorite songs with their favorite princesses and characters. This class gives performers great exposure to many different styles of dance and theatre while having fun. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18026	F	9:00am-10:30am	7/10-8/14	\$85/6 Mtgs
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Hip Hop - VIRTUAL

Move and groove to the latest music and maybe some tunes from the past too. Hip Hop is great for having a fun dance party and building rhythm and coordination. Ages 6-10. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18016	Sa	8:30am-9:30am	7/11-8/1	\$30/4 Mtgs
18018	Sa	9:45am-10:45am	7/11-8/1	\$30/4 Mtgs
18014	T	3:30pm-4:30pm	7/14-8/4	\$30/4 Mtgs
18017	Sa	8:30am-9:30am	8/8-8/29	\$30/4 Mtgs
18019	Sa	9:45am-10:45am	8/8-8/29	\$30/4 Mtgs
18015	T	3:30pm-4:30pm	8/11-9/1	\$30/4 Mtgs

Hippity Hop - VIRTUAL

Let's Hip Hop! Wiggle, move and groove and get that energy out while having fun, gaining coordination and getting a ton of exercise. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18025	Th	9:00am-9:30am	7/9-8/13	\$50/6 Mtgs
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Mary Poppins Dance Magic - VIRTUAL

Sing and dance with your favorite nanny in a magical morning with Mary Poppins. Dancers will love learning what musical theatre is all about in this fun and energetic class. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18023	W	9:00am-10:30am	7/8-8/12	\$85/6 Mtgs
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Superheroes Unite! - VIRTUAL

Have a blast each morning dancing hip hop and jazz while being your favorite super hero. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18020	M	9:00am-10:30am	7/6-8/10	\$85/6 Mtgs
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Teddy Bear Ballet - VIRTUAL

Grab your favorite furry friend and ballet slippers, it's time to dance! Little ballerinas will love learning ballet with a friend right by their side. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18024	Th	9:00am-9:30am	7/9-8/13	\$50/6 Mtgs
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VIRTUAL CLASSES

Tippy Tap - VIRTUAL

Flap, shuffle, pivot and laugh as you have fun talking with your feet. This introduction to tap dance class will have dancers love making sounds with their feet. Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18022 T 9:45am-10:15am 7/7-8/11 \$50/6 Mtgs

Tutu Time - VIRTUAL

Twirl, leap, kick and smile in this introduction to ballet class. Great for new dancers who are ready to experience being a ballerina.

Ages 4-8. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18021 T 9:00am-9:30am 7/7-8/11 \$50/6 Mtgs

Ballet Burn - VIRTUAL

Combining the benefits of ballet with fitness, Ballet Burn focuses on building muscle and burning calories. Light weights, thera bands, medicine balls and basic ballet movement at the barre are used throughout class. Perfect for individuals looking for a 'no impact' workout and challenging enough for fitness enthusiasts. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17984	M	9:30am-10:30am	7/13-8/3	\$20/4 Mtgs
17986	T	7:30pm-8:30pm	7/14-8/4	\$20/4 Mtgs
17988	W	8:30am-9:30am	7/15-8/5	\$20/4 Mtgs
17990	F	8:30am-9:30am	7/17-8/7	\$20/4 Mtgs
17985	M	9:30am-10:30am	8/10-8/31	\$20/4 Mtgs
17987	T	7:30pm-8:30pm	8/11-9/1	\$20/4 Mtgs
17989	W	8:30am-9:30am	8/12-9/2	\$20/4 Mtgs
17991	F	8:30am-9:30am	8/14-9/4	\$20/4 Mtgs

Bellydance Fitness - VIRTUAL

Bellydance Fitness is a core strengthening, glut tightening, cardio dance party all in one! Combining the best of belly dancing with stomach and leg strengthening, this class will burn calories, blast away the fat and tone your 'core' section and legs. And it won't even feel like you're working out because you'll have so much fun! Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17992	T	9:30am-10:30am	7/14-8/4	\$20/4 Mtgs
17994	F	9:30am-10:30am	7/17-8/7	\$20/4 Mtgs
17993	T	9:30am-10:30am	8/11-9/1	\$20/4 Mtgs
17995	F	9:30am-10:30am	8/14-9/4	\$20/4 Mtgs

Cardio Hip Hop - VIRTUAL

This great cardio hip hop class combines funky hip hop with the intensity of a low impact cardio workout. Come ready to burn a ton of calories and learn some easy to follow along dance moves to some of your favorite music. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17996	M	7:45pm-8:45pm	7/13-8/3	\$20/4 Mtgs
17997	M	7:45pm-8:45pm	8/10-8/31	\$20/4 Mtgs

Zumba - VIRTUAL

Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17980	Th	7:00pm-8:00pm	7/9-7/30	\$20/4 Mtgs
17982	Sa	8:00am-9:00am	7/11-8/1	\$20/4 Mtgs
17974	M	6:30pm-7:30pm	7/13-8/3	\$20/4 Mtgs
17976	T	6:00pm-7:00pm	7/14-8/4	\$20/4 Mtgs
17978	W	7:00pm-8:00pm	7/15-8/5	\$20/4 Mtgs
17981	Th	7:00pm-8:00pm	8/6-8/27	\$20/4 Mtgs
17983	Sa	8:00am-9:00am	8/8-8/29	\$20/4 Mtgs
17975	M	6:30pm-7:30pm	8/10-8/31	\$20/4 Mtgs
17977	T	6:00pm-7:00pm	8/11-9/1	\$20/4 Mtgs
17979	W	7:00pm-8:00pm	8/12-9/2	\$20/4 Mtgs

Musical Scenes - VIRTUAL

Musical Scenes has performers acting and singing out their favorite Broadway and off Broadway shows while working independently and with others to make scenes come alive. Ages 10-15 Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18008	T	5:45pm-6:45pm	7/14-8/4	\$30/4 Mtgs
18009	T	5:45pm-6:45pm	8/11-9/1	\$30/4 Mtgs

Musical Theatre - VIRTUAL

Your child will get their chance to shine while learning the basics of singing, acting and dancing! Students will enjoy learning such things as basic vocal technique, improvisation, Broadway musical songs, how to perform for an audience, as well as character development. Add in some fun acting games and choreography to boot and your child will be singing and dancing all day long! Ages 5-15. Instructor: Kick It Up! Staff

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17998	Th	4:45pm-5:45pm	7/9-7/30	\$30/4 Mtgs
17999	Th	4:45pm-5:45pm	8/6-8/27	\$30/4 Mtgs

Skyhawks BaseballTots at Home - VIRTUAL

BaseballTots classes focus on fine and gross motor skills as well as body control. With lessons modified for participation in the home, top instructors teach baseball basics including throwing, catching and hitting. We are excited to help these little ones develop a love of the game! Children will experience an exciting program featuring dynamic warm-ups, stretching best practices, fun games and valuable life lessons along the way. Ages 3-6. Instructor: Skyhawks Sports Academy

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18036	W	12:30pm-1:15pm	6/17-7/15	\$45/5 Mtgs
18037	W	12:30pm-1:15pm	7/22-8/19	\$45/5 Mtgs

VIRTUAL CLASSES

Skyhawks HoopsterTots at Home - VIRTUAL

Learning basketball has never been more fun! This virtual HoopsterTots class brings our best games and lessons into your living room, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way. Ages 3-6. Instructor: Skyhawks Sports Academy

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

18034	T	12:30pm-1:15pm	6/16-7/14	\$45/5 Mtgs
18035	T	12:30pm-1:15pm	7/21-8/18	\$45/5 Mtgs

Skyhawks Basketball Skills Camp - VIRTUAL

This engaging, skill-based program is designed to keep kids active with a blend of basketball instruction and physical education. Presented by top Skyhawks coaches, boys and girls will improve several fundamental basketball skills including ball handling, dribbling, body positioning and shooting. Participants will come away with new ways to practice and excited for their next step in basketball. Ages 5-8. Instructor: Skyhawks Sports Academy

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

18027	M,T,W,Th,F	1:30pm-2:30pm	6/22-6/26	\$49/5 Mtgs
18028	M,T,W,Th	9:00am-10:00am	6/29-7/2	\$39/4 Mtgs
18029	M,T,W,Th,F	1:30pm-2:30pm	7/6-7/10	\$49/5 Mtgs
18030	M,T,W,Th,F	9:00am-10:00am	7/20-7/24	\$49/5 Mtgs
18031	M,T,W,Th,F	1:30pm-2:30pm	7/27-7/31	\$49/5 Mtgs
18032	M,T,W,Th,F	9:00am-10:00am	8/10-8/14	\$49/5 Mtgs
18033	M,T,W,Th,F	1:30pm-2:30pm	8/17-8/21	\$49/5 Mtgs

Skyhawks Soccer Skills Camp - VIRTUAL

Whether you are looking to sharpen your skills or learn the game for the first time, Skyhawks virtual soccer camp is a great way to stay active and have fun with soccer. This fast-paced, engaging program provides the perfect mix of game-based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, passing and shooting movements are the focus and all activities are designed to be performed in the home or backyard. Stay active with Skyhawks soccer! Ages 5-8. Instructor: Skyhawks Sports Academy

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17967	M,T,W,Th,F	9:00am-10:00am	6/15-6/19	\$49/5 Mtgs
17968	M,T,W,Th	1:30pm-2:30pm	6/29-7/2	\$39/4 Mtgs
17969	M,T,W,Th,F	9:00am-10:00am	7/6-7/10	\$49/5 Mtgs
17970	M,T,W,Th,F	1:30pm-2:30pm	7/13-7/17	\$49/5 Mtgs
17971	M,T,W,Th,F	9:00am-10:00am	7/27-7/31	\$49/5 Mtgs
17972	M,T,W,Th,F	1:30pm-2:30pm	8/3-8/7	\$49/5 Mtgs
17973	M,T,W,Th,F	9:00am-10:00am	8/17-8/21	\$49/5 Mtgs

Mad Science - Fantastic Flyers Quick Camp - VIRTUAL

This is a virtual learning environment during which kids will be participating in an interactive session with a live Mad Science instructor that is approximately 45-60 minutes long. Once you have registered, we will email you a link to register for the Zoom class and a materials list. We will also send you a reminder email and a post class email with what your child learned and an additional activity. Ages 5-12. Instructor: Mad Science Staff

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

• **At Home Activity Supply List:** 1. A small toy figure (about the size of a LEGO minifigure) 2. 1 coffee filter (If you don't have a coffee filter, try testing other materials that are available, like a paper plate or a paper muffin cup), 3. 2 pieces of dental floss (each about 1 foot long), 4. Tape, 5. Paper [Optional] Markers (to decorate planes)

18057	T	2:00pm-2:45pm	7/21	\$10/1 Mtg
18058	Th	2:00pm-2:45pm	7/23	\$10/1 Mtg

Mad Science - Life in the Sea Quick Camp - VIRTUAL

This is a virtual learning environment during which kids will be participating in an interactive session with a live Mad Science instructor that is approximately 45-60 minutes long. Once you have registered, we will email you a link to register for the Zoom class and a materials list. We will also send you a reminder email and a post class email with what your child learned and an additional activity. Ages 5-12. Instructor: Mad Science Staff

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

• **At Home Activity Supply List:** 1. Large bowl, 2. Cut up pieces of foil (5-10 pieces, confetti sized, can be other material but will be in water.) 3. Spices (any kind as long as it won't dissolve water thyme, oregano, small bits of grass even), 4. Tea strainer, small sieve or small colander, 5. Tongs (sugar or ice tongs, chop sticks or 2 spoons even), 6. Paper towels, 7. Water (enough to fill a glass and a bowl), 8. Toilet paper roll (just the roll w/o paper) or part of paper towel roll, 9. Marker, 10. Clear Drinking Glass, 11. 3 pennies, 12. Balloon, 13. Bowl, 14. Tape, 15. Egg, 16. Salt 5 tablespoons [Optional] Small Toy (minifigure sized, will be dumped in water) [Optional] Ocean themed stuffed animal or toy [Optional] Pipette or eye dropper, medicine syringe

18055	T	2:00pm-2:45pm	7/7	\$10/1 Mtg
18056	Th	2:00pm-2:45pm	7/9	\$10/1 Mtg

VIRTUAL CLASSES

Mad Science - NASA Jr. Astronauts Camp - VIRTUAL

Join our Academy of Future Space Explorers. Build your own-model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is ?Out of this World?! This is a virtual learning environment during which kids will be participating in an interactive session with a live Mad Science instructor that is approximately 3 hours long. Once you have registered, we will email you a link to register for the Zoom class and a materials list. We will also send you a reminder email and a post class email with what your child learned and an additional activity. Ages 5-12. Instructor: Mad Science Staff

- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**
- **Price includes a materials fee. Materials will be mailed to the participant prior to the start of camp.**

18062 M,T,W,Th,F 9:00am-12:00pm 7/13-7/17 \$165/5 Mtgs

Mad Science - Robots 101 Camp - VIRTUAL

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns and even play soccer! Discover the science of circuitry and how robots use sensors to explore things around them. Use the skills you learned to build your very own working robots! This is a virtual learning environment during which kids will be participating in an interactive session with a live Mad Science instructor that is approximately 3 hours long. Once you have registered, we will email you a link to register for the Zoom class and a materials list. We will also send you a reminder email and a post class email with what your child learned and an additional activity. Ages 8-12. Instructor: Mad Science Staff

- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**
- **Price includes a materials fee. Materials will be mailed to the participant prior to the start of camp.**

18061 M,T,W,Th,F 9:00am-12:00pm 6/29-7/3 \$165/5 Mtgs

Mad Science - Super Power Sources Quick Camp - VIRTUAL

This is a virtual learning environment during which kids will be participating in an interactive session with a live Mad Science instructor that is approximately 45-60 minutes long. Once you have registered, we will email you a link to register for the Zoom class and a materials list. We will also send you a reminder email and a post class email with what your child learned and an additional activity. Ages 5-12. Instructor: Mad Science Staff

- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**
- **At Home Activity Supply List: 1. Ice Cube, 2. Small plate, 3. Toilet paper or paper towel roll, 4. Scissors, 5. pencil, 6. Small cardboard box, 7. Aluminum foil (enough to cover inside of the cardboard box), 8. Tape (duct works best since we are using it to tape foil to the box), 9. Scissors, 10. Black piece of paper (ideal or colored black), 11. Cling Wrap, 12. Smore (uncooked) graham cracker, marshmallow, chocolate or crayon bits in a silicon baking cup (for solar oven we just made!)**

18059 T 2:00pm-2:45pm 7/28 \$10/1 Mtg

18060 Th 2:00pm-2:45pm 7/30 \$10/1 Mtg