



Benderson Family Building Fall 2021 Activity Choices

Please fill out your child's name and check the boxes next to the classes in which he/she would like to participate. You may sign up for one group swim lessons per week and one recreation classes per day.

If a child has two unexcused absences, he/she will be removed from the roster of the activity.

Name: _____ Age: _____ Grade: _____

Activities included with Kids' Place registration

<input type="checkbox"/> Free Swim - Available to all level swimmers. Participation is optional, there is no penalty for unexcused absences from Free Swim.	Fridays 3:30-4:00 pm
<input type="checkbox"/> Learn to Swim (Levels 1 & 2): Held primarily in the shallow end. Children must be comfortable in shallow water with or without a bubble or flotation device. In this level kids will learn the basics of balance and fundamental swimming. Mixed with fun games to promote swimming and floating, this is a great way for any little swimmer to get started.	<i>Please choose one:</i> <input type="checkbox"/> Tuesdays 3:30-4:00 pm <input type="checkbox"/> Tuesdays 4:00-4:30 pm <input type="checkbox"/> Thursdays 3:30-4:00 pm <input type="checkbox"/> Thursdays 4:00-4:30 pm
<input type="checkbox"/> Learn to Swim (Levels 3 & 4): Held primarily in the deep end. Children must swim in shallow and deep end without a flotation device. Front crawl, backstroke, introduction to breaststroke, and dolphin kick and all developed and progressed to pre-competitive level!	<i>Please choose one:</i> <input type="checkbox"/> Tuesdays 4:30-5:15 pm <input type="checkbox"/> Thursdays 4:30-5:15 pm
<input type="checkbox"/> Beginner Cooperative Play - Soccer: Designed to allow your child to be introduced to the world of soccer. This program will teach children the basic fundamentals of soccer including passing, kicking, dribbling, and game play rules.	Mondays 3:30-4:15 pm
<input type="checkbox"/> Intermediate Competitive Play - Soccer: Designed for children who understand the basics of soccer but would like to progress their skills and start to experience competitive play.	Mondays 4:15-5:00 pm
<input type="checkbox"/> Beginner Cooperative Play - Spark Fitness: An Elementary School level physical education curriculum filled with games are designed to keep kids active with a variety of fitness exercises and cooperative game play designed to introduce teamwork and sportsmanship.	Wednesdays 3:30-4:15 pm
<input type="checkbox"/> Intermediate Competitive Play - Spark Fitness: An Elementary to Middle School level physical education curriculum filled with individual and team games that are competitive in nature, developing agility, coordination, endurance, flexibility, speed and strength.	Wednesdays 4:15-5:00 pm
<input type="checkbox"/> Homework Room: Enrolling your child in the Homework Room will mean that your child will have scheduled time each day to focus on homework. If you check to enroll your child, the Kids' Place staff will require your child to spend up to 30 minutes working on homework, or else will verify they have completed their homework assignments for the day. If not enrolled, children may still choose to visit the homework room as needed. This option is best for children that should be completing some or all of their homework during program hours.	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday

Music Lessons - Additional Fee

<input type="checkbox"/> String Lessons: 30, 45, or 60 minute private violin or viola lessons with instructor Leslie Salathe for all ages and levels. Day and time is coordinated with instructor upon registration
<input type="checkbox"/> Guitar Lessons: 30 minute private piano lessons with instructor Zachary Steinberg for all ages and levels. Day and time is coordinated with instructor upon registration
<input type="checkbox"/> Piano Lessons: 30 minute private piano lessons with instructor Elena Erokhina for all ages and levels. Day and time is coordinated with instructor upon registration
<input type="checkbox"/> Voice Lessons: 30 minute private voice lessons with instructor Elena Erokhina for all ages and levels. Day and time is coordinated with instructor upon registration

Storm Swim Club - Additional Fee

<input type="checkbox"/> Storm Swim Club - Shock (Ages 5-10): This intro to competitive swimming program teaches the team side of swimming, as well as the beginning of racing skills, stroke development and sportsmanship! Members: \$183.75 Non-members: \$245	Mondays 4:00-4:45 pm Wednesdays 4:00-4:45 pm Fridays 4:00-4:45 pm
<input type="checkbox"/> Storm Swim Club - Thunder (Ages 5-12): This intermediate competitive swimming program teaches the team and individual side of swimming, as well the practice of racing skills, stroke development and sportsmanship! Members: \$219 Non-members: \$292	Mondays 4:45-5:45 pm Wednesdays 4:45-5:45 pm Fridays 4:45-5:45 pm

Dance Programs – Additional Fee - Members: \$120 | Non-members: \$160

<input type="checkbox"/> Ballet/Jazz Combo (Disney Theme) (Ages 5-7): Ballet: Learn the fundamentals of barre, center and adagio throughout the class while focusing on maintaining proper alignment and core stability. Dancers will increase their flexibility and develop their poise and grace. Jazz: Learn isolations of the body, proper alignment and rhythmic aspects of dance. Class begins with a warm up, followed by across the floor phrases that include turns and leaps. Dancers will finish class by learning a combo!	Tuesdays 3:45-4:30 pm
<input type="checkbox"/> Tap and Hip Hop Combo (Ages 5-7): Tap: is designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. Hip Hop: is a high-energy dance class that infuses the latest styles of street dancing, breaking, popping, and locking. Dancers develop musicality, creativity, listening skills and coordination. All music and moves are age appropriate.	Thursdays 3:45-4:30 pm
<input type="checkbox"/> Ballet and Lyrical (Ages 8-12): Ballet: Learn the fundamentals of barre, center and adagio throughout the classes while focusing on maintaining proper alignment and core stability. Dancers will increase their flexibility and develop their poise and grace. Lyrical: Build fluidity through the music by using both ballet and jazz techniques, along with the music and lyrics as inspiration.	Tuesdays 4:30-5:15 pm
<input type="checkbox"/> Musical Theatre Jazz (Ages 8-12): Learn various styles of Broadway. Students will learn about stage presence, telling a story through dance, and gain more confidence in performing on stage along with isolations of the body, proper alignment and rhythmic aspects of dance. Dancers will finish class by learning a phrase to some of our favorite musical numbers!	Tuesdays 5:15-6:00 pm
<input type="checkbox"/> Hip Hop (Ages 8-12): A high-energy dance class that infuses the latest styles of street dancing, breaking, popping, and locking. Dancers develop musicality, creativity, listening skills and coordination. All music and moves are age appropriate.	Thursdays 4:30-5:15 pm
<input type="checkbox"/> Tap (Ages 8-12): Designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement.	Thursdays 5:15-6:00 pm

I give permission for the Kids' Place After School Program to drop off my child to the Jewish Community Center Fitness and Aquatics facilities so the he/she may participate in the activities I have indicated above. Furthermore, I grant the Kids' Place staff permission to escort my children to other enrichment activities that he/she is enrolled in during Kids' Place hours, and release them to the care of the instructor until the end of the scheduled program time.

Parent Signature: _____

Date: _____

Print Name: _____