

CLOSED: The Community Center will be closed Friday, January 1, January 18, February 15 and May 31.

COMMUNITY CENTER

305-758-8103

Programs For Ages 3-6



REGISTER FOR
JANUARY SESSIONS
DEC. 7-DEC. 30
RECEIVE 10% discount

Refund Policy: For a full class refund, refund requests must be submitted in writing prior to the first class. After commencement of a class, NO REFUNDS will be given. Classes require a minimum enrollment. If enrollment is not met, all fees will be refunded.

Class Fee Policy: All fees must be paid by the first class of the session. Participants who have not paid may not be permitted in class, and may lose their spot.

MSV Insurance Policy: All activities require current Miami Shores Village Insurance. Insurance Fee is good for one year from date of purchase. Fee covers all recreation programs and activities during this time. Residents: \$12./yr and Nonresidents: \$15./yr.

Tiny Tumbling

Children will gain flexibility and strength while learning coordination. Lots of fun activities using gymnastics floor, bars, and trampoline.

Ages 3-5 yrs.

Tuesday	2:30 pm - 3:25 pm	
Jan. 5 - Feb. 9/6		\$66./\$82.50
Feb. 16-Mar. 23/6		\$66./\$82.50
April 6-May 25/8		\$88./\$110.
Wednesday	5:00pm - 5:55 pm	
Jan. 6-Feb. 10/6		\$66./\$82.50
Feb. 17 -Mar. 24/6		\$66./\$82.50
April 7 - May 26/8		\$88./\$110.

Saturday 10:00 am -10:55 am
No classes Mar. 30, 31, April 3, 10 & May 29

Jan. 9 - Feb. 13/6	\$66./\$82.50
Feb. 20 - Mar 27/6	\$66./\$82.50
April 17-May 22/6	\$66./\$82.50



Creative Movement

Designed for 3 - 4 year olds who love to dance. Class is designed to bring out the child's creativity through dance, music, and interactive games. Minimum 5 students required.

Wed.	Ages 3-5	3:30 pm - 4:15 pm	
Date/Classes			R/NR Fee
Jan. 6- Feb. 10 /6			\$72./\$90.
Feb. 17-Mar. 24/6			\$72./\$90.
April 7-May 19/7			\$84./\$105.

Pre-Ballet

Designed for 3 - 5 year olds who dream of ballerina princesses. Creativity and games are used to introduce students to beginner ballet. Minimum 5 students required.

Monday	Ages 3-5	3:30 - 4:15 pm	
Date/Classes			R/NR Fee
Jan. 4-Feb 8/5			\$56.25/\$70.
(No class Jan. 18 and Mar. 1)			
Feb. 22-Mar. 22/4			\$45./\$56.25
(No class Feb. 15)			
April 12-May 17/6			\$67.50/84.50

Beginner Ballet

Classical ballet technique for children 4 - 6 year old. Pre-ballet experience is required for children under 5 years old. Minimum 5 students required.

Monday	Ages 4-6	4:15-5:00 pm	
Date/Classes			R/NR Fee
Jan. 4-Feb 8/5			\$56.25/\$70.
(No class Jan. 18 and Mar. 1)			
Feb. 22-Mar. 22/5			\$56.25./\$70.
(No class Feb. 15)			
April 12-May 17/6			\$67.50/84.50

I ART and YOGA!

This class is created for young children who will learn Yoga postures imitating animals while we play.(20 min). After, children will create some Art based on their own experience.(40 min). Please be on time and wear comfy clothes. Yoga mats are provided.

Monday	Ages 4-7	4:00 pm - 5:00 pm	
Date/Classes			R/NR Fee
Jan. 11-Mar. 22/8			\$137./\$165. Supply fee (\$25.)included in fee.
(No class Jan. 18, Feb. 15, and Mar. 1)			
April 12- May 24/7			\$123./\$147.50 Supply fee (\$25.)included in fee.

Tap and Jazz

An introduction to tap and jazz dancing for the young beginner. Learn how to make different sounds with your feet. Perform like Hannah Montana or the gang from High School Musical with the fundamental movements of American dance as you warm-up, stretch, and move around the floor. Various types of music are used. Tap shoes are required.

Tuesday	Ages 4-6	4:00 - 4:45 pm	
Date/Classes			R/NR Fee
Jan. 5 - Feb.9/6			\$66./\$82.50
Feb. 16 - Mar. 23/6			\$66./\$82.50
April 6 - May 18/7			\$77./96.25

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Youth Dance Classes



Advanced Ballet

Classical ballet technique for 6-8 year olds. Dancers will receive personalized attention to polish their pointes and ballerina princess moves. Minimum 5 students required.

Wednesday	Ages 6-8	4:30pm-5:30pm
Date/Classes	R/NR Fee	
Jan. 6- Feb. 10/6	\$72./\$90.	
Feb. 17-Mar. 24/6	\$72./\$90.	
April 7-May 19/7	\$84./\$105.	

Tap and Jazz II

An introduction to tap and jazz dancing for the young beginner. Learn how to make different sounds with your feet. Perform like Hannah Montana or the gang from High School Musical with the fundamental movements of American dance as you warm-up, stretch, and move around the floor. Various types of music are used. Tap shoes are required.

Tuesday	Ages 6+	4:45 - 5:45 pm
Date/Classes	R/NR Fee	
Jan. 5 - Feb.9/6	\$66./\$82.50	
Feb. 16 - Mar. 23/6	\$66./\$82.50	
April 6 - May 18/7	\$77./96.25	

Break Dancing for Boys!

Calling all B-boys. Learn the hottest dance craze in this fun and funky class.

Expressions of Talent staff

Minimum 4 students required.

SATURDAY	Age 6-9	10:00am-10:55am
Date/Classes	R/NR Fee	
Jan. 9 - Feb. 13/6	\$56./\$70	
Feb.20 - Mar. 27/6	\$56./\$70.	
April 17 - May 22/6	\$56./\$70.	

SATURDAY	Age 10+	11:00am-12:25pm
Jan. 9 - Feb. 13/6	\$78./\$97.50	
Feb.20 - Mar. 27/6	\$78./\$97.50	
April 17 - May 22/6	\$78./\$97.50	

WINNING MANNERS FOR BOYS

Children who are taught proper etiquette and dining manners while growing up can utilize those skills for the rest of their lives. During our interactive five week program boys will learn winning manners that will take them into the future. Topics will include : Table Manners, Role as a Host, Hostess or Guest, Making New Friends and Introductions, Organizing Room & Closets, and Good Grooming. Class ends with a Manners in motion Reception for young gentlemen — Parents will be invited to reception.

Wednesday	Boys Ages 9-12	5pm-6pm
Date/Classes	R/NR Fee	
Jan. 13 - Feb. 10/5	\$150./\$187.50	
Feb. 17 - Mar. 17/5	\$150./\$187.50	

Hip Hop

Learn the latest dance moves in this energetic and introductory class designed for pre-teens.

FRIDAY	Age 5-10	4:30 pm-5:25pm
Date/Classes	R/NR Fee	
Jan. 8 - Feb. 12/6	\$66./\$82.50	
Feb. 19 - Mar. 26/6	\$66./\$82.50	
April 9 - May 14/6	\$66./\$82.50	

Teen Hip Hop Ages 11+

Learn the latest dance moves in this energetic and introductory class designed for teens

FRIDAY	Age 11+	5:30 pm-6:55 pm
Date/Classes	R/NR Fee	
Jan. 8 - Feb. 12/6	\$78./\$97.50	
Feb. 19 - Mar. 26/6	\$78./\$97.50	
April 9 - May 14/6	\$78./\$97.50	

Lovely Manners For Girls

Every parent wants their child to be successful and well mannered. This interactive program teaches girls skills they need to present themselves as poised well mannered individuals. Children who are taught proper etiquette and dining manners while growing up can utilize those skills for the rest of their lives. Etiquette Miami is here to assist parents with this mission. Classes end with a Mother Daughter Tea. Topics include: Table Manners, Role as a Host, Hostess or Guest, Making New Friends and Introductions, Organizing Room & Closets, Good Grooming and many more. Students will feel more confident and comfortable with themselves at the completion of the course. An emphasis is also placed on respect. The respect we show for ourselves, others and adults in our lives.

Ages 5- 8	Tuesday	5pm-6pm	Jan. 12- Feb. 9/5	\$150./\$187.50
Time	Date/Classes	R/NR Fee		
5pm-6pm	Feb. 16-Mar. 16/5	\$150./\$187.50		

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Youth Classes

Sensational Manners For Teens (Boys and Girls)

Good manners are essential traits for leaders. It improves self image and builds confidence. Teenagers who are taught proper etiquette and dining manners, utilize these skills throughout life. Etiquette Miami's Sensational Manners for Teens gives the tools needed to navigate challenging social situations and prepare for the future. This interactive class is perfect for teenagers, applying for college, hosting a dinner party, interview for internships or participating in an event where social graces and sensational manners are essential. Teens ages 13 to 18 will meet to discuss topics such as confidence, communications, interviewing, grooming, style and all phases of social etiquette. An emphasis is also placed on respect. The respect we show for ourselves, others and adults in our lives. Classes ends with a Manners in Motion Reception----Parents will be invited to reception.

Ages 13 -18

Tuesday

Ages 13 -18

Time	Date/Classes	R/NR Fee
6pm-7pm	Jan. 12- Feb. 9/5	\$150./\$187.50
6pm-7pm	Feb. 16-Mar. 16/5	\$150./\$187.50

Spring Break Gym Jam Camp

Do you have an energetic child that likes to jump, dance, and flip? Then come join us for a fun filled week!

In this camp your child will participate in gymnastics activities, hip hop dance, arts & craft activities, and fun games. This is an opportunity for any child that is interested in perfecting their gymnastics & hip hop skills.



Ages 6-15

8:30 AM-5:30PM

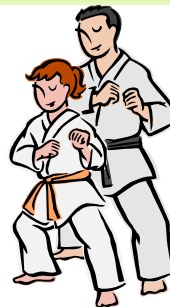
Session: March 29 - April 2

Residents: \$135. Nonresidents: \$168.75

Late registration Fee of \$10. beginning the first day of camp. Please bring a bag lunch, one snack and drink will be provided.

KARATE

Join us in Celebrating... 29 years of Karate classes at the Community Center



The longest running karate program in the state of Florida. Learn directly from the master who teaches all classes himself. Learn: •The Art of Self Defense • Self Control • Discipline • Confidence • Self esteem • Respect • Balance • Physical Fitness • Fighting Skills •Kata's• Weapons skills
Instructor: Danny Lemus, 5th Degree Black Belt with 30 years experience. Eight time Florida State Champion.

Type of Karate:

Nisei Goju Ryu, Traditional Style Japanese/American Hard and Soft Style as taught by Grand Master Frank Ruiz, 10th degree Founder Emeritis

MON/WED	Ages 4-10	6PM-7PM
MON/WED	Ages 11+	7PM-8:30PM
R/NR Fee per month \$48./\$60.		

There is a \$20.00 registration fee for all new students payable to the instructor.

Lovely Manners For Girls

Every parent wants their child to be successful and well mannered. This interactive program teaches girls skills they need to present themselves as poised well mannered individuals. Children who are taught proper etiquette and dining manners while growing up can utilize those skills for the rest of their lives. Etiquette Miami is here to assist parents with this mission. Classes end with a Mother Daughter Tea. Topics include: Table Manners, Role as a Host, Hostess or Guest, Making New Friends and Introductions, Organizing Room & Closets, Good Grooming and many more. Students will feel more confident and comfortable with themselves at the completion of the course. An emphasis is also placed on respect. The respect we show for ourselves, others and adults in our lives.

Wed. Girls Ages 9-12

Time	Date/Classes	R/NR Fee
6pm-7pm	Jan. 13 - Feb. 10/5	\$150./\$187.50
6pm-7pm	Feb. 17-Mar. 17/5	\$150./\$187.50

OPEN GYM NIGHTS

Feb.12 & Mar. 12 & May 7

Kids will have fun doing art projects, play games and practice their latest gymnastic moves.

FEE INCLUDES: PIZZA, DRINK and SNACK

Ages 5 and UP
6:30p-10:30p
Fee: \$22.

(Additional \$5./on event night)

Siblings \$15.

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GYMNASTIC SCHEDULE

		Dates/# of classes	Res./Nonres. Fees
TINY TUMBLING (Ages 3-5 yrs.) (No class Mar. 30, 31, April 3, 10 and May 29)			
Tuesday	2:30 pm - 3:25 pm	Jan. 5 - Feb. 9/6	\$66./\$82.50
		Feb. 16 - Mar. 23/6	\$66./\$82.50
		April 6 - May 25/8	\$88./\$110.
Wednesday	5:00 pm - 5:55 pm	Jan. 6 - Feb. 10/6	\$66./\$82.50
		Feb. 17 - Mar 24/6	\$66./\$82.50
		April 7 - May 26/8	\$88./\$110.
Saturday	10 am -10:55 am	Jan. 9 - Feb. 13/6	\$66./\$82.50
		Feb. 20 - Mar 27/6	\$66./\$82.50
		April 17 - May 22/6	\$66./\$82.50
LEVEL 1 (No class Jan. 18, Feb. 15 and Mar. 1, 29, 31 and April 5)			
Monday (ages 5-7)	3:45 p.m.-5:10p.m.	Jan. 4 - Mar. 15/8	\$100./\$125.
		Mar. 22 - May 24/8	\$100./\$125.
Monday (ages 7+)	5:15 pm - 6:40 pm	Jan. 4 - Mar. 15/8	\$100./\$125.
		Mar. 22 - May 24/8	\$100./\$125.
Wednesday (ages 5-7)	3:30 p.m.-4:55p.m.	Jan. 6 - Mar. 10/10	\$125./\$156.25
		Mar. 17 - May 26/10	\$125./\$156.25
Wednesday (ages 7+)	5:30 pm - 6:55 pm	Jan. 6 - Mar. 10/10	\$125./\$156.25
		Mar. 17 - May 26/10	\$125./\$156.25
LEVEL 2 - 3 (No classes Mar. 30, Apr. 1)			
Tues. & Thurs. (ages 5+)	3:45 pm -5:10 pm	Jan. 5 - Feb. 11/12	\$150./\$187.50
		Feb. 16 - Mar. 25/12	\$150./\$187.50
		April 6 - May 27/16	\$200./\$250.
LEVEL 3 - 4 (No classes Mar. 30, Apr. 1)			
Tues. & Thurs. (ages 5+)	5:15 pm - 7:15pm	Jan. 5 - Feb. 11/12	\$156./\$195.
		Feb. 16 - Mar. 25/12	\$156./\$195.
		April 6 - May 27/16	\$208./\$260.
LEVEL 4 - 5 (No classes Mar. 30, Apr. 1)			
Tues. & Thurs. (ages 5+)	5:15pm - 7:45pm	Jan. 5 - Feb. 11/12	\$162./\$202.50
		Feb. 16 - Mar. 25/12	\$162./\$202.50
		April 6 - May 27/16	\$216./\$270.
TRAMP AND TUMBLING (No class Jan. 18, Feb. 15 and Mar. 1, 29, and April 5)			
Monday (all ages)	6:45pm -7:40 pm	Jan. 4 - Mar. 15/8	\$88./\$110.
		Mar. 22 - May 24/8	\$88./\$110.
BOYS GYM (No class Mar. 30)			
Tuesday (ages 6-12)	4:15pm - 5:10pm	Jan. 5 - Feb. 9/6	\$66./\$82.50
		Feb. 16 - Mar. 23/6	\$66./\$82.50
		April 6 - May 25/8	\$88./\$110.
OPEN LEVEL (No classes April 3, and 10)			
Saturday (all ages)	11am-12:25pm	Jan. 9 - Mar. 6/9	\$112.50/\$140.
		Mar. 13 - May 22/9	\$112.50/\$140.
COMPETITION CLASSES (No class Jan. 18, Feb. 15 and Mar. 1, 29, and April 5)			
Level 2-3 Monday	5:30pm-7:30pm	Jan. 4 - Mar. 15/8	\$100./\$125.
		Mar. 22 - May 24/8	\$100./\$125.
Level 4-5 Monday	5:30pm-8:00 pm	Jan. 4 - Mar. 15/8	\$112./\$140.
		Mar. 22 - May 24/8	\$112./\$140.
LYRICAL BALLET (No classes April 3, and 10)			
Saturday	10 am -10:55am	Jan. 9 - Mar. 6/9	\$63./\$78.75
		Mar. 13 - May 22/9	\$63./\$78.75

Please note: A \$15. late registration fee will be charged if you have not registered prior to the first class of each session.

All Classes directed by
Trina Quijano,
Expressions of Talent

GYMNASTIC CLASS DESCRIPTIONS

Tiny Tumbling

Children will gain flexibility and strength while learning coordination. Lots of fun activities using gymnastics floor, bars, and trampoline. Minimum 4 students required. Max 10 students.

Gymnastics-Level I

Fun, fitness, and fundamentals are the emphasis! Through basic gymnastic skills you will develop strength, flexibility and coordination.

Gymnastics Levels 2-5

Classes are designed for the intermediate gymnast ages 5 and older. Instructor approval required to attend these classes. Participants must register for both Tuesday and Thursday classes.

Competition All Levels

This class is designed to improve and polish competition routines. This class is designed to provide extra practice with coaching so that athletes will improve their competition scores.

Open Levels

This class is designed to provide extra practice to all level gymnasts.

Ballet for Gymnastics

This class is designed to enhance the dance elements needed to compete in gymnastics. Open to Competition team and those who wish to compete in the future.

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Adult Classes



ZUMBA

ZUMBA is a fusion of Latin and International music with dance moves that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. Have fun and dance away the pounds!

Benefits: The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

TUESDAY 7:00 pm-8:00 pm
Date/Classes R/NR Fee
 Jan. 19 - Mar. 9/8 \$95./\$118.75



Duplicate Bridge Games

Monday: Alan Minton
 12 Noon (954) 839-0205
Tuesday: Georgette King
 12 Noon (305) 864-1540
Wednesday: Myra Bast
 12 Noon (305) 935-2214
Friday: Myra Bast
 12 Noon (305) 935-2214



PILATES

Begins January 27 Wed. 6 pm - 7 pm

Pilates is a series of exercises performed on a mat with emphasis on integrating all the muscles of the body with all movement originating from the core. Pilates helps to create long lean muscles, and improves flexibility, balance and muscle control. It also helps to relieve lower back pain by strengthening and stabilizing the core (abs and back) muscles. This class will provide a safe but challenging workout for the beginner to advanced student.

Date/Classes R/NR Fee
 Jan. 27 - Feb. 24/5 \$50./\$62.50

KARATE

Learn different karate and self-defense techniques in a safe & professional environment.

There is a \$20.00 registration fee for all new students payable to the instructor. Danny Lemus, 5th Degree Black Belt
MONDAY/WEDNESDAY 7pm - 8:30pm
 R/NR\$48./\$60. payable monthly

YOGA

Create balance and connection between mind, body and breath. Yoga releases stress, combats depression, tones internally and externally, builds strength and flexibility, and improves focus and concentration. Reverse "dis-ease" in the body promoting an overall sense of well being. (For all levels). Recommended equipment: yoga mat, yoga block, and a yoga belt.

Mon. & Wed. Morning with Karen Alvarez
 9:00 am - 10:15 am
 Mon. Evening with Janell Howard
 6:15pm - 7:30 pm
 R/NR \$10./class /\$12.50/class

JAZZERCISE

Given by: Nancy Horton

Morning Classes

Mon. - Sat. 9:00am-10:00am

Evening Classes

Tues. & Thurs. 6 pm

Fees:

Walk In Fee: R/NR Fee:

Per Class Fee: \$10./\$12.50

Res: 6 weeks or 12 classes no expiration \$66.

Nonres: 8 weeks or 15 class no expiration \$82.50

Newcomers Special \$80. / 8 weeks

Easy Fitness Ticket (Automatic debit from your checking account)

Residents: \$38./per month

Nonresidents: \$47.50/per month

GOOD DOG BAD DOG TRAINING

OBEDIENCE TRAINING

Learn to gain better control of your dog in this basic obedience class. Dogs five months and older are socialized with other dogs, taught good manners and on-leash obedience commands. Meets on the Basketball Courts

MONDAY 7:15 pm - 8:30 pm
 Mar. 8-April 12/6 R/NR: \$75./\$95.

BELLY DANCE BY KIRA

Taught by professional dance instructors Kahreen (Pat Cocchi) and Kira (Carol Cocchi). Classes held at the Community Center for 30 years. Great exercise and fun for all ages. Look good - feel great through this wonderful, ancient dance. Egyptian, Turkish, and Lebanese styles of dance, all styles of music are used. Longest established classes in South Florida, these top quality classes are geared from beginner to professional level.



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Beginners

Day	Time	R/NR Fee
Sat	10:30am-11:45am	\$8.75/\$11.

Beginners - Intermediate

Day	Time	R/NR Fee
Thurs. (L1)	7:00pm-8:15pm	\$8.75/\$11.
Sat. (L2)	11:15am-12:30pm	\$8.75/\$11.

Intermediate/Advanced

Thursday	7:45pm-9:00pm	\$8.75/\$11.
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Advanced Level Class will leatuyre transition steps, strong shimmies, Choreography & zills.

(Needs Instructor Approval)