

COMMUNITY CENTER HOLIDAY HOURS

CLOSED: Mon., Sept. 5 (Labor Day), Nov. 11, and Nov. 24, 25, and 26 for Thanksgiving.

DEC. HOURS: Dec. 19- Dec. 23 & Dec. 27-30:

Closed at 5pm.

Dec. 24, and Dec. 31, Closed.

Dec. 25 & 26 and Jan. 1 & 2 Closed.

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
August 29 - Oct. 24/8	\$128./\$156.
Nov. 7- Dec. 12/6	\$99./\$120.

Pre-Ballet

Designed for 3 - 4 year olds who dream of ballerina princesses. Creativity and games are used to introduce students to beginner ballet. Minimum 6 students required.

Instructor: Maria Risolia

Monday Ages 3-4 3:30 - 4:15 pm

Date/Classes	R/NR Fee
Aug. 22 - Oct. 17/8	\$100./\$125.
Oct. 24 - Dec. 12/7	\$87.50/\$110.

(No class Oct. 31)

Beginner Ballet

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

Instructor: Maria Risolia

Monday Ages 4-6 4:15-5:00 pm

Date/Classes	R/NR Fee
Aug. 22 - Oct. 17/8	\$100./\$125.
Oct. 24 - Dec. 12/7	\$87.50/\$110.

(No class Oct. 31)

Playball

Playball offers varied, progressive, age-appropriate sport and movement curricula. Kids will progress from basic ball and motor development skills to sports participation.

Saturday September 3 - October 8

Age 2 9:30 am - 10 am

Ages 3-4 10 am - 10:45 am

R/NR Fee: \$90./\$112.50 (Includes water bottle and a t-shirt)

Refund Policy: All classes require a minimum enrollment. If enrollment is not met, all fees will be refunded. Refunds will be allowed prior to the start of the program. Once a program has begun no refunds will be given.

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. Children must be potty trained. Minimum 4 students required. (Ages 3-5 yrs.)

See Make-up Policy on page 4.

Tuesday	2:30 pm - 3:25 pm
Sept. 6 - Oct. 18/7	\$77./\$96.25
Oct. 25 - Dec. 13/8	\$88./\$110.

Wednesday	5:00pm - 5:55 pm
Sept. 7 - Oct. 19/7	\$77./\$96.25
Oct. 26 - Dec. 14/8	\$88./\$110.

Saturday	10:00 am -10:55 am
Sept. 10 - Oct. 22/6	\$66./\$82.50 (No class Sept. 24)
Oct. 29 - Dec. 17/6	66./\$82.50 (No class Nov. 12 & 26)

LEGO Engineering Fun!

Children will create using Lego Building Bricks to express their ideas after listening to a story book. Basic building techniques will be discovered during their free build time.

Thursday Ages 5-6 4:00 pm - 5:00 pm

Date/Classes	R/NR Fee
Sept. 8-Oct. 20/7	\$70./\$87.50
Oct. 27- Dec. 15/7	\$70./\$87.50

Skip Days: November 24

Shadow Warriors

The national martial art of Korea, Ch'ang Hon(ITF) style Taekwon-do has its foundations in the Okinawan systems of Shorin and Shorei Ryu Karate. It combines hard and soft, fast and slow movements and footwork, and is known for its evolutionary kicking techniques.

Tues. & Thurs. Ages 5-6

4:45 pm - 5:15 pm

R/NR: \$60./\$75. payable monthly

GYMNASTIC SCHEDULE

		Dates/# of classes	Res./Nonres. Fees
TINY TUMBLING (Ages 3-5 yrs.)			
Tuesday	2:30 - 3:25 pm	Sept. 6-Oct. 18/7 -- Oct. 25 - Dec. 13/8	\$77./\$110. -- \$88/\$110.
Wednesday	5:00 - 5:55 pm	Sept. 7-Oct. 19/7 -- Oct. 26 - Dec. 14/8	\$77./\$110. -- \$88/\$110.
Saturday	10:00 -10:55 am	Sept. 10-Oct. 22/6 (no class Sept. 24)	\$66./\$82.50
		Oct. 29- Dec. 17/6 (no class Nov. 12 & 26)	\$66./\$82.50
LEVEL 1			
Monday (ages 5-7)	3:45 p.m.-5:10p.m.	Sept. 12- Oct. 24/7	\$87.50/\$110.
		Nov. 7 - Dec. 12/6	\$75./\$93.75
Monday (ages 7+)	5:15 pm - 6:40 pm	Sept. 12- Oct. 24/7	\$87.50/\$110.
		Nov. 7 - Dec. 12/6	\$75./\$93.75
Wednesday (ages 5-7)	3:30 p.m.-4:55p.m.	Sept. 7- Oct. 19/7	\$87.50/\$110.
		Oct. 26 - Dec. 14/8	\$100./\$125.
Wednesday (ages 7+)	5:30 pm - 6:55 pm	Sept. 7- Oct. 19/7	\$87.50/\$110.
		Oct. 26 - Dec. 14/8	\$100./\$125.
LEVELS 2 & 3 (Noncompetitive) (ages 6+)			
Tues. & Thurs.	3:45 pm-5:10 pm	Sept. 6- Oct. 20/14	\$175./\$218.75
(no class Nov. 24)		Oct. 25-Dec. 15/15	\$187.50/\$235.
LEVEL 3 & 4 (Competitive) Must attend all 3 DAYS			
Mon.	5:30 - 7:30 pm	Sept. 6- Oct. 20/20	\$260./\$325.
Tues. & Thurs. (Group A)	3:45 - 5:45 pm	Oct. 24- Dec. 15/22 (no class Oct. 31, Nov. 24)	\$286./\$357.50
Tues. & Thurs. (Group B)	5:15 - 7:15pm		
LEVELS 4 - 6 (Noncompetitive)			
Tues. & Thurs.	5:15pm - 7:15pm	Sept. 6- Oct. 20/14	\$189./\$236.25
		Oct.25 - Dec. 15/15	\$202.50./\$253.
LEVELS 4 - Optionals (Competitive) Must attend all 3 DAYS			
Mon.	5:30 - 8:00 pm	Sept. 6- Oct. 20/20	\$280./\$350.
Tues. & Thurs.	5:15- 8:00 pm	Oct. 24- Dec. 15/22 (no class Oct. 31, Nov. 24)	\$308./\$385.
TRAMP AND TUMBLING			
Wednesday (Level I)	6:00 pm -6:55 pm	Sept. 14- Oct. 26/7	\$77./\$96.25
		Nov. 2 - Dec. 14/7	\$77./\$96.25
Wednesday (Level II)	7:00 pm-7:55pm	Sept. 14-Oct. 26/7	\$77./\$96.25
(must have bridge kickover skill)		Nov. 2 - Dec. 14/7	\$77./\$96.25
LEVEL I- OPTIONALS (OPEN WORKOUT)			
Saturday (ages 6+)	11am-12:25pm	Sept. 10-Oct. 22/6 (No class Sept. 24)	\$75./\$93.75
		Oct. 29- Dec. 17/6 (No class Nov. 12 & 26)	\$75./\$93.75
DANCE CLASS for Optional & Competitive GYMNASTICS			
Saturday	10 am-10:55am	Sept. 10-Oct. 22/6 (No class Sept. 24)	\$50./\$62.50
		Oct. 29- Dec. 17/6 (No classes Nov. 12 & 26)	\$50./\$62.50
			\$10./\$12.50 a class

Congratulations!
Expressions
of
Talent
Gymnastics Team
for a great season!



National Championship Medal Winners



Age: 9
2011 Season Top Score: Vault 9.475



Age: 10
2011 Season Top Score: Vault 9.3



Age: 15
2011 Season Top Score: Floor 9.625



Age: 15
2011 Season Top Score: Beam 9.35



Age: 9
2011 Season Top Score: Vault 9.7



Age: 15
2011 Season Top Score: Beam 9.2



Age: 15
2011 Season Top Score: Floor 9.7



Age: 9
2011 Season Top Score: Vault 8.9

expressionsoftalent.com

Community Center

305-758-8103

Children's Programs

LEGO Engineering Fun!

Children will use the engineering design process while discovering the mechanics of simple machines and basic building concepts using LEGOs. The class will have a structured lesson plan followed by a free build time.

Wednesday	Ages 7+	4:00 pm - 5:00 pm
Date/Classes	R/NR Fee	
Sept. 7 - Oct. 12/6	\$60./\$75.	
Oct. 19 - Dec. 7/7	\$70./\$87.50	

Tap and Jazz (Expressions of Talent)

An introduction to tap and jazz dance for the young beginner. Learn how to make different sounds with your feet. Perform using 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+	4:00 - 4:55 pm
Date/Classes	R/NR Fee	
Sept. 6 - Oct. 18/7	\$84./\$105.	
Nov. 2 - Dec. 13/8	\$96./\$120.	

Funky Jazz (Maria Risolia)

A Fun class for all levels. Dance to your favorite pop tunes while learning a combination of Jazz and Hip Hop. Class includes center floor warm-up, stretch, across the floor and choreography. Must have jazz shoes.

Wednesday	Ages 6-8	3:45 - 4:45 pm
Date/Classes	R/NR Fee	
Sept. 14 - Oct. 26/7	\$87.50/\$110.	
Oct. 26 - Dec. 14/7	\$87.50/\$110.	

Piano Class

Ongoing piano lessons for ages 7-11.

MONDAY		
Date/No. Classes	Time	R/NR Fee
Aug. 29- Oct. 24/8	4:00pm-5:00pm	\$88./\$110.
(No class Sept. 5)	5:00pm-6:00pm	\$88./\$110.
Nov. 7 - Dec. 12/6	4:00pm-5:00pm	\$66./\$82.50
	5:00pm-6:00pm	\$66./\$82.50

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.

TUESDAY (Level I)	Age 6-11	5:00pm-5:55pm
Date/Classes	R/NR Fee	
Sept. 6-Oct. 18/7	\$84./\$105.	
Oct. 25 - Dec. 13/8	\$96./\$120.	

SATURDAY (Intermediate Level) with Instructor approval

	Age 10+	11:00am-12:25pm
Sept. 10 - Oct. 22/6	\$78./\$97.50 (No class Sept. 24)	
Oct. 29- Dec. 17/5	\$65./\$81.25 (No class Nov. 12 & 26 and Dec. 3)	

Hip Hop (Level I)

Ages 6 - 10 yrs.

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

Friday	4:00 - 4:55 pm
Date/Classes	R/NR Fee
Sept. 9-Oct. 14/6	\$66./\$82.50
Oct. 21- Dec. 16/7	\$77./\$96.25 (No class Nov. 11 & 25)

Hip Hop (Level II)

Ages 11+

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

Tuesday		
Date/Classes	Time	R/NR Fee
Sept. 6-Oct. 18/7	6:00p-6:55p	\$77./\$96.25
Oct. 25 - Dec. 13/8	6:00p-6:55p	\$88./\$110.

Friday		
Date/Classes	Time	R/NR Fee
Sept. 9-Oct. 14/6	5:00-6:25p	\$78./\$97.50
Oct. 21 - Dec. 16/7	5:00-6:25p	\$91./\$113.75
(No class Nov. 11 & 25)		

Expressions of Talent

CHEERLEADING

Learn Cheers, Jumps and Tumbling.

Ages: 7-14 yrs.

When: Aug. 16 - Sept. 27

Tuesdays: 5:15pm - 6:30pm

Saturdays: 11:00am-12:30pm (No class Sept. 3)

7 Practices and 5 game day practices.

Where: Practices will meet behind the field house

Fees: Residents: \$125./session

Nonresidents: \$175./session

There will be an additional fee for uniforms

Minimum of 8 athletes needed or program will be cancelled.



I Comics!

This class will provide tools to understand the principles of Art using comic strips to identify these techniques while having fun...

The students will learn construction line to be able to draw the characters of their imagination...

Wednesday	Ages 6+	4:45 pm - 5:45 pm
Date/Classes		R/NR Fee
August 31 - October 19/8		\$128./\$156.
October 26 - December 14/8		\$128./\$156.

I Art!

Children will learn techniques to develop drawing skills in pencil, charcoal, pen, ink and pastel. Acrylic, watercolor, mixed media and others will be explored. Children will read and create, write a story and illustrate, collage, 3D sculptures, mosaic technique, murals, etc. Classes taught by Adriana Sandoval with more than 15 years of experience.

Friday	Ages 7-10	4:00 pm - 5:00 pm
Date/Classes		R/NR Fee
Sept. 9 - Oct. 21/7		\$112./\$136.50
Oct. 28 - Dec. 16/6		\$96./\$117.

(No class Nov. 11 & 25)

ART PORTFOLIO Development!

This class is designed to prepare students who are going to apply for Art Charter Schools and Magnet Middle and High Schools. Student will work on completing portfolio requirements such as: LINE, COLOR, SHAPE, TEXTURE, VALUE AND FORM.

Friday	Ages 11-13	5:15 pm - 6:15 pm
Date/Classes		R/NR Fee
Sept. 9 - Oct. 21/7		\$112./\$136.50
Oct. 28 - Dec. 16/6		\$96./\$117.

(No class Nov. 11 and Nov. 26)

Teen ART PORTFOLIO Class

This class is designed to prepare students who are going to apply for Art Charter Schools and Magnet Middle and High Schools. Student will work on completing portfolio requirements such as: LINE, COLOR, SHAPE, TEXTURE, VALUE AND FORM.

Thursday	Ages 14+	5:00 pm - 6:00 pm
Date/Classes		R/NR Fee
Sept. 8 - Oct. 20/7		\$112./\$136.50
Oct. 27 - Dec. 15/7		\$112./\$136.50

Expressions of Talent GYM JAM CAMP Winter Break

Do you have an energetic child that likes to jump flip and tumble?...

Then come join us for a fun filled week!

Participants will develop their gymnastics skills, do arts & craft activities, and play fun games.

Ages 6 – 14

8:45AM – 5:15PM

Session I : Dec 19th –Dec 23rd

Session I: Res./Nonres.: \$150./\$187.50

Session II : Dec 27th –Dec 30th

Session II: Res./Nonres.: \$120./\$150.



Winter Gymnastics Workout

We highly recommend these practices for our competitive team gymnasts.

Ages 6 – 14

10:00AM – 1:30PM

Session I : Dec 19th –Dec 22nd

Session II : Dec 27th –Dec 30th

Resident/Nonresident: \$100./\$120. per week

Late Registration Fee of \$10 beginning 1st day of Camp

Please bring a bag lunch

(one snack and drink will be provided.)

Community Center

305-758-8103

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

Karate

All classes taught by Shihan Danny Lemus 6th degree Blackbelt Karate Master and 8 time Florida State Champion with 40 years experience & 31 years as an Instructor in the Miami Shores Community center.

Direct student of Grand Master Frank Ruiz 10th degree Founder of Nisei Goju Ryu. The longest Karate program in the state of Florida

Style=Nisei Goju Ryu (Japanese/American hard & soft style of karate)

The Art of Self Defense-Self Control-Discipline-Confidence-Self Esteem-Respect-Balance –Physical fitness-Fighting skills-Kata skills & Weapons Skills

We have 4 inter school karate tournaments per year, plus a Mothers Day & Father's Day class

Come train with the Best

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.

Taekwon-Do

The national martial art of Korea, Ch'ang Hon(ITF) style Taekwon-do has its foundations in the Okinawan systems of Shorin and Shorei Ryu Karate. It combines hard and soft, fast and slow movements and footwork, and is known for its evolutionary kicking techniques.

AGES 7-12

TKD Beginner Kids Tues.& Thurs. 5:15pm - 6:15pm
Saturday 9:30am-11:00 am

AGES 13+

TKD Advanced Tues.& Thurs. 6:15 pm- 7:30 pm
Saturday 9:30am-11:00 am

R/NR: \$60../\$75. payable monthly



Double Dutch and Jump Rope Class

with the National Award Winning Hurricane Jumpers

Join the fastest growing sport now. Classes are designed to challenge and have fun at all levels; from a fitness activity to the serious competitive world class athlete! Learn skills in Short Individual Rope, Partner Rope, Long Rope and Double Dutch.

Competition team available by invitation only.

Mon & Tues. and Thurs. 3:30pm - 4:30pm

Date/Classes

R/NR Fee

Sept. 6 - Oct. 20/20

\$120./\$150.

Oct. 31 - Dec. 15/20

\$120./\$150.

(No class Nov. 24)

Competition Team add \$80. per session + AAU membership and competition fees (TBA).

OPEN GYM NIGHTS

Friday

Oct. 14th & Nov. 18th

Drop your gymnast off and let them have a great time practicing their latest tricks, with supervision from Expressions of Talent Staff

Ages 5 and UP

6:30p-10:30p

Fee: \$25. Siblings \$17.

(Additional \$5./on event night)

BELLY DANCE BY KAHREEN AND 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.

Beginners

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

Beginners - Intermediate

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

Intermediate/Advanced

Thurs 7:45pm-8:45pm	\$8.75/\$11.
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Advanced Level Class will learn transition steps, strong shimmies, Choreography & zills.

(Needs Instructor Approval)

CARDIO BALLET BARRE

Maybe you took ballet as a child, or always wanted to, or perhaps you'd simply love to have a body more like a dancer's than a bodybuilder's. Whether you're in your 20's or 50's, or in between, we welcome you to enjoy this unique, high energy/low impact class that incorporates ballet barre work, Pilates and yoga with traditional toning exercises for butt, legs, torso and arms. Burn fat and become LEAN, FLEXIBLE AND STRONG.

Tuesday	9:30 am - 10:45 am
Aug.23 - Sept. 27/6	R/NR: \$66./\$82.50
Oct. 4 - Nov. 8/6	R/NR: \$66./\$82.50
Nov. 15 - Dec. 13/5	R/NR: \$55./\$68.75

GOOD DOG BAD DOG 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

Sept. 12-Oct.17 R/NR: \$75./\$95.

CREATIVE WRITING

Do you have a novel-in-progress tucked away on a shelf? A memoir brewing in notebooks? A family history that lives only in your memory? Do you want to write better blog posts, personal essays, or letters? Angela Kelsey, PhD, MFA, will lead a 5-week workshop designed to get you started, keep you going, and provide a writing community for supportive, guided critiques of your work.

Wednesday 6:30 pm - 8:30 pm

Sept. 7 - Sept. 28/4

Oct. 5 - Oct. 26/4

Nov. 2, 9, 16 and 30/4

R/NR: \$50./\$62.50

(Minimum 6 students required) Must register at least a week in advance.

JAZZERCISE

Given by: Nancy Horton

Morning Classes

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

Evening Classes

Tues. & Thurs. 6:15pm - 7:15pm

Fees:

Walk In Fee: R/NR Fee:

Per Class Fee: \$12./\$15.

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

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

Easy Fitness Ticket: Automatic debit from your checking account

Residents: \$38./per month

Nonresidents: \$47.50/per month

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

MUAY THAI KICKBOXING

A full-body workout that provides you with excellent self-defense tools. A professional mixed martial artist will teach you the basic offensive and defensive skills of this ancient martial art in a fun and progressive style.

Tues. & Thurs. 8:15am - 9:30am

R/NR: \$60./\$75. payable monthly

TAEKWON-DO

The national martial art of Korea, Ch'ang Hon(ITF) style Taekwon-do has its foundations in the Okinawan systems of Shorin and Shorei Ryu Karate. It combines hard and soft, fast and slow movements and footwork, and is known for its evolutionary kicking techniques. This program is ideal for anyone interested in traditional martial arts training, practical self-defense. or to get in shape.

Tues. & Thurs. 6:15pm - 7:30pm

Sat. 9:30 am - 11:00 am

R/NR: \$60./\$75. 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.

Wed. 6:15pm - 7:30 pm

Instructor: Nichole Ruiz

R/NR \$10./class /\$12.50/class

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