

## Instructional Programs And Classes

**Online Registration is quick, easy and secure!**

~Go to [www.CityofChesapeake.net/GUIDE](http://www.CityofChesapeake.net/GUIDE)

~Click "View Activities & Register Online"

Information: 757-382-6411



**You can also register in person:**

~At any Chesapeake Community Center

~Administrative Office located at:

1224 Progressive Drive, Chesapeake, 23320

Registration is required prior to attendance.

### DANCE - Youth and Adult

#### **Creative Movement**

**Age: 3-5**

Children learn coordination, rhythm and movement through music and dance in a fun environment. Perfect for young dancers! **\$36**

**Great Bridge Community Center; Tuesdays, 5:15-6pm**

- 3568-23      September 13 – October 18
- 3568-24      November 1 – December 13 (no class 11/8)
- 3568-25      January 10 – February 14
- 3568-26      February 28 – April 4

#### **Pre-Ballet**

**Age: 3-5**

Introduces ballet with elementary ballet steps and positions. Assists in developing rhythm, coordination, flexibility, creativity, and self-confidence in a fun environment. **\$36**

**Great Bridge Community Center; Thursdays, 5:30-6:15pm**

- 3568-01      September 15 – October 20
- 3568-02      November 3 – December 15
- 3568-03      January 5 – February 9
- 3568-04      February 23 – March 30

**Great Bridge Community Center; Thursdays, 6:15-7pm**

- 3568-19      September 15 – October 20
- 3568-20      November 3 – December 15
- 3568-21      January 5 – February 9
- 3568-22      February 23 – March 30

#### **Ballet-Tap I**

**Age: 4-10**

This class teaches the basic fundamentals of ballet and tap while learning the proper terminology, the Five Basic Ballet positions, along with an introduction of rhythm and tempo. Ballet and Tap shoes recommended. **\$36**

**Western Branch Community Center; Mondays, 6:15 -7:15pm**

- 3568-27      September 12 – October 24 (no class 10/10)
- 3568-28      October 31 – December 12
- 3568-29      January 9 – February 27 (no class 1/16, 2/20)
- 3568-30      March 13 – April 17

**South Norfolk Community Center; Mondays, 10:30-11:30 am**

- 3568-09      September 12 – October 24 (no class 10/10)
- 3568-10      November 7 – December 12
- 3568-11      January 9 – February 27 (no class 1/16, 2/20)
- 3568-12      March 13 – April 17

#### **Ballet-Tap I**

**Age: 5-10**

**Indian River Community Center; Tuesdays, 5-6pm**

- 3568-05      September 13 – October 18
- 3568-06      November 1 – December 13 (no class 11/8)
- 3568-07      January 3 – February 7
- 3568-08      February 21 – March 28

**Great Bridge Community Center; Fridays, 5:45-6:45pm**

- 3568-13      September 9 – October 14
- 3568-14      October 21 – December 16 (no class 11/11, 11/25)
- 3568-15      January 6 – February 17 (no class 1/13)
- 3568-16      March 3 – April 7

#### **Jazz/Hip Hop**

**Age: 6-12**

Fun and energetic class that focuses on learning jazz technique. The class teaches the latest hip hop moves combined with coordination, choreography and self-expression. **\$36**

**Great Bridge Community Center; Tuesdays, 6-6:45pm**

- 3568-35      September 13 – October 18
- 3568-36      November 1 – December 13 (no class 11/8)
- 3568-37      January 10 – February 14
- 3568-38      February 28 – April 4

#### **Ballet-Tap II**

**Age: 5-10**

This class is for students who have progressed in Ballet-Tap I. Participants will advance in terminology and knowledge. Advanced Barre exercises, floor work, leaps and turns. Ballet and Tap shoes required. **\$36**

**Great Bridge Community Center; Tuesdays, 6:45-7:45pm**

- 3568-39      September 13 – October 18
- 3568-40      November 1 – December 13 (no class 11/8)



#### **Ballroom Dancing**

**Age: 16+**

Learn the steps and movement of each style of dance, focusing on footwork for new patterns every week, styling, and how to recognize the music for them.

No partner required. **\$30**

**Great Bridge Community Center; Thursdays, 7:15-8:15pm**

- 3468-55      September 8 -29      EC Swing
- 3468-56      October 6-27          Salsa

## Instructional Programs And Classes

### Athletic – Sport Classes and Clinics

#### AIM USA Cheer – POM Program

**Age: 4-15**

Children and teens learn skills to build their self-confidence, self-esteem and physical fitness. They are introduced to cheers, chants, jumps, leaps and pom-pom routines. **\$17 one time registration fee; \$8 weekly fee or \$108 registration fee + 12 week program.**



**South Norfolk Community Center; Wednesdays, October 26 – February 1\***

3598-10	5:30pm	Ages 4 - 6
3598-11	6:15pm	Ages 7 – 10
3598-12	7:00pm	Ages 11 – 15

(\*no class 11/23, 12/21, 12/28)



#### Cheer 101

**Age: 6-12**

Teaches and demonstrates the basic cheer fundamentals to advance in the sport of cheerleading. Includes motions, jumps, chants, cheers and dance while working on technique and choreographed performances. For beginners and advanced. **\$36**

**Western Branch Community Center; Mondays, 7:15-8pm**

3598-13	January 9 – February 27 (no class 1/16, 2/20)
3598-14	March 13 – April 17

**Great Bridge Community Center; Tuesdays, 7-7:45pm**

3598-15	January 10 – February 14
3598-16	February 28 – April 4

#### Tot Gymnastics

**Age: 3-5**

Introduce your toddler to the world of gymnastics. They will learn beginning skills of tumbling, balance and fitness in a fun environment. **\$36**

**Indian River Community Center; Saturdays, 10:15-11am**

3570-01	September 10 – October 15
3570-02	October 29 – December 3
3570-03	January 7 – February 11
3570-04	February 25 – April 1

#### Beginner Gymnastics

**Age: 5-10**

Class teaches skills such as forward/backward rolls, handstands, cartwheels, round offs, backbends, walkovers; students' progress at their own rate. **\$36**

**Great Bridge Community Center; Mondays, 6-7pm**

3570-05	September 12 – October 24 (no class 10/10)
3570-06	November 7 – December 12
3570-07	January 9 – February 27 (no class 1/16, 2/20)
3570-08	March 13 – April 17

**Western Branch Community Center; Mondays, 7:15-8:15pm**

3570-10	September 12 – October 24 (no class 10/10)
3570-11	November 7 – December 12

**Indian River Community Center; Saturdays, 11:15am-12:15pm**

3570-14	September 10 – October 15
3570-15	October 29 – December 3
3570-16	January 7 – February 11
3570-17	February 25 – April 1

**Deep Creek Community Center; Thursdays, 6-7pm**

3570-18	September 15 – October 20
3570-19	November 3 – December 15
3570-20	January 5 – February 9
3570-21	February 23 – March 30

#### Gymnastics I

**Age: 8-12**

Taking it to the next level! Students' progress while working on flexibility, balance, technique and core strength. Must have taken beginner gymnastics and have mastered a hand stand and/or cartwheel. **\$36**

**Deep Creek Community Center; Thursdays, 7-8pm**

3570-22	September 15 – October 20
3570-23	November 3 – December 15
3570-24	January 5 – February 9
3570-25	February 23 – March 30

**Indian River Community Center; Tuesdays, 6:15-7:15pm**

3570-26	September 13 – October 18
3570-27	November 1 – December 13 (no class 11/8)
3570-28	January 3 – February 7
3570-29	February 21 – March 28

#### Basketball Clinic

**Age: 6-14**

Each clinic focuses on beginner skills and assist in preparing young athletes for school tryouts. Age and skill-appropriate groups created at each clinic.

**\$30/day; \$100/month**

**River Crest Community Center; Saturdays, 10:30am-12pm**

3574-01	September 3-24	3574-06	October 1-22
3574-02	September 3	3574-07	October 1
3574-03	September 10	3574-08	October 8
3574-04	September 17	3574-09	October 15
3574-05	September 24	3574-10	October 22

## Instructional Programs And Classes

### Group Fitness - A to Z

*All Community Center Fitness Classes now have the option of a \$7 drop-in fee – come try a fitness class!*

#### **Aerobics**

**Age: 16+**

Get in shape with various routines combining different dance-like exercises, cardio-vascular conditioning, muscular strength and conditioning, stretching and flexibility. This class allows participants to select their level of participation according to their fitness level.

**Great Bridge Community Center; Tuesdays, 11am-12pm; \$26**

- 3488-01 August 23 – September 13
- 3488-02 September 27 – October 18
- 3488-03 November 1 – November 29 (no class 11/8)
- 3488-04 January 3 – 24
- 3488-05 February 7 – 28
- 3488-06 March 14 – April 4

**River Crest Community Center; Tuesdays; Thursdays, 6-7pm; \$36**

- 3488-07 August 23 – September 15
- 3488-08 September 27 – October 20
- 3488-09 November 1 – December (no class 11/8, 11/24)
- 3488-10 January 3 – 26
- 3488-11 February 7 – March 2
- 3488-12 March 14 – April 6



#### **Fit with Fido**

**Age: 16+**

Workout with your dog! Save time, have fun and get great results. Aerobic and strength training. All fitness levels and dog breeds are welcome. *All dogs must have a current City of Chesapeake dog license and owners must comply with all Chesapeake Dog Ordinances and related Virginia State Code.* **\$45**

**Chesapeake City Park; Shelter 8; Saturdays, 9:30–10:30am**

- 3488-13 September 3 – October 8
- 3488-14 October 22 – December 3 (no class 11/26)

#### **MixedFit**

**Age: 13+**

A hip hop, people-inspired dance fitness program that is a perfect blend of explosive dancing and boot-camp inspired toning. All of the movements are exaggerated and full out to make your workout more effective and challenging. **\$36**

**Deep Creek Community Center; Mondays, 6:30-7:30pm**

- 3488-15 August 29 – October 31 (no class 9/5, 10/10)
- 3488-16 November 14 – December 19
- 3488-17 January 9 – March 13 (no class 1/16, 2/20)
- 3488-23 March 27 – May 15

**Western Branch Community Center; Mondays, 6:30-7:30pm**

- 3488-18 August 29 – October 31 (no class 9/5, 10/10)
- 3488-19 November 14 – December 19
- 3488-21 January 9 – March 13 (no class 1/16, 2/20)
- 3488-22 March 27 – May 15

#### **YOGA - HATHA/VINYASA**

**Age: 16+**

Classes are designed to incorporate various pose sequences, breathing and deep relaxation techniques to increase your flexibility, balance and endurance as well as strengthen your mind-body connection. Gentle yet powerful yoga practice for beginners as well as seasoned practitioners.



Namaste & Shanti. **\$36**

**Indian River Community Center; Wednesdays, 6:15-7:15pm**

- 3488-24 October 5 – November 30
- 3488-25 December 14 – February 1
- 3488-26 February 22 – April 12

**Indian River Community Center; Fridays, 5:30-6:30pm**

- 3488-27 August 19 – October 7
- 3488-28 October 21 – December 16 (no class 11/25)
- 3488-29 January 6 – March 3 (no class 1/13)
- 3488-30 March 17 – May 5

#### **Zumba/Zumba Toning**

**Age: 13+**

Each class designed to bring people together to sweat it out. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. This is FUN for every BODY! **\$36**

**Camelot Community Center; Tuesdays, Thursdays, 7-8 pm**

- 3488-31 September 6 – 29
- 3488-32 October 11 - November 3
- 3488-33 November 15 – December 15 (no class 11/24)
- 3488-34 January 3 – 26
- 3488-40 February 7 – March 2
- 3488-41 March 14 – April 6

## Instructional Programs And Classes

### Martial Arts

#### Aikido

Introduction to Japanese martial arts. Participants learn confidence, self-control and determination in a non-competitive environment. They will also be exposed to the physical, philosophical and cultural aspects. Opportunity available to purchase a white uniform "gi"- through the instructor. **\$48**

**Dr. Clarence V. Cuffee Community Center:**

**Tuesdays, 6:30-7:30pm**

**Age: 6-15**

3589-01 September 13 – November 1

3589-02 November 15 – January 3

3589-03 January 24 – March 14

**Tuesdays, 7:45-8:45pm**

**Age: 16+**

3489-01 September 13 – November 8 (no class 11/1)

3489-02 November 15 – January 3

3489-03 January 24 – March 14

**South Norfolk Community Center:**

**Wednesdays, 6:30-7:30pm**

**Age: 6-15**

3589-04 September 14 – November 2

3589-05 November 16 – January 4

3589-06 January 25 – March 15

**Wednesdays, 7:45-8:45pm**

**Age: 16+**

3489-04 September 14 – November 2

3489-05 November 16 – January 4

3489-06 January 25 – March 15

### Special Interest

#### Home Visit from Santa

**Age: All**

Gather family and friends for a magical Holiday visit from jolly ol' Saint Nicholas. Register for the area you live.

Register October 1– November 30; space is limited. **\$60**

3578-05 **Western Branch;** Monday, December 5

3578-04 **Indian River-Greenbrier;** Tuesday, December 6

3578-03 **Great Bridge;** Wednesday, December 7

3578-02 **Deep Creek-South Norfolk;** Thursday, December 8

3578-01 **Hickory;** Friday, December 9

#### Rain Barrel Workshop

**Ages: 18+**

Each rain barrel workshop educates you about its many uses and teaches you how to reduce the demand on your well or save on your water bill. Families are encouraged to enroll. All supplies included. Fee is per Rain Barrel. **\$55**

**Indian River Community Center; Saturday, 10am-12pm**

3474-03 September 10

**Western Branch Community Center; Saturday, 10am-12pm**

3474-04 October 22

#### Kathy's Kraftbox

**Age: 16+**

Need a Girls Night Out? Need a creative spark? Each class is one craft project where all supplies are provided. Each month has a theme. All crafts are completed in the 2-hour workshop. The project will vary each month. **\$18**

**September** - Make a small photo album with pockets and tags. Add photos to preserve your summer memories, or give as a gift to friends or family.

**October** - Make a cute Halloween or Autumn theme paper punch art sampler to frame for your desk or wall.

**November** - Get a jump on your jingle! Make a nice selection of Christmas cards, gift card holders, and gift tags for your holiday packages.

**December** - Make a cute calendar that fits into a CD case. Perfect for your desk or kitchen counter or gift.

**January** - Make 2017 the year you send beautiful birthday cards to your family and friends. Make 10 cards.

**February and March** – craft project themes will be announced in class and online January 2017.

#### Great Bridge Community Center; Mondays, 6-8pm

3466-01 September 12 reg by 9/9

3466-02 October 17 reg by 10/14

3466-03 November 7 reg by 11/4

3466-04 December 5 reg by 12/2

3466-05 January 9 reg by 1/6

3466-06 February 13 reg by 2/10

3466-07 March 13 reg by 3/10

#### Deep Creek Community Center; Thursdays, 6-8pm

3466-08 September 15 reg by 9/12

3466-09 October 13 reg by 10/10

3466-10 November 17 reb by 10/14

3466-11 December 1 reg by 11/28

3466-12 January 12 reg by 1/9

3466-13 February 23 reg by 2/20

3466-14 March 16 reg by 3/13

#### South Norfolk Community Center; Saturdays, 10:15- 12:15pm

3466-15 September 24 reg by 9/21

3466-16 October 22 reg by 10/19

3466-17 November 12 reg by 11/9

3466-18 December 10 reg by 12/7

3466-19 January 28 reg by 1/25

3466-20 February 25 reg by 2/22

3466-21 March 11 reg by 3/8

#### Western Branch Community Center; Mondays, 6-8pm

3466-22 September 26 reg. by 9/23

3466-23 October 24 reg. by 10/21

3466-24 November 14 reg. by 11/11

3466-25 December 12 reg. by 12/9

3466-26 January 23 reg by 1/20

3466-27 February 27 reg by 2/24

3466-28 March 20 reg by 3/17

## Instructional Programs And Classes

### Ceramics

Techniques of cleaning, staining, glazing and finishing greenware are introduced. Greenware is purchased at the ceramic center at an additional cost. **\$50**

**Sunray Ceramic Center;**

**Mondays, 7-9pm**

- 3467-01 October 17 – December 12
- 3467-02 January 23 – March 27 (no class 2/20)

**Tuesdays, 7-9pm**

- 3467-03 October 11 – December 13
- 3467-04 January 24 – March 28

**Wednesdays, 10am-12pm**

- 3467-05 October 12 – December 14
- 3467-06 January 25 – March 29

**Wednesdays, 7-9pm**

- 3467-07 October 13 – December 14
- 3467-08 January 25 – March 29



### WADDLER-TODDLER-PRESCHOOL

### Tike Tunes

Basic introduction to music for toddlers. Have fun trying out musical instruments and learning some of the basics; fast, slow, loud and soft. Learning songs with hand motions and simple dance moves. **\$26**

**Great Bridge Community Center; Thursdays, 9:30-10:30am**

- 3566-12 September 12 – October 3
- 3566-13 October 17 – November 7
- 3566-14 November 21 – December 12
- 3566-15 January 9 – February 6 (no class 1/16)
- 3566-16 February 27 – March 20

### Mini Michelangelos

Join your toddler in exploring a variety of art techniques including painting, cutting and gluing. Different crafts weekly. **\$26**

**Great Bridge Community Center; Tuesdays, 9:30-10:30am**

- 3566 01 September 6 – 27
- 3566-02 October 11 – November 8 no class 11/1
- 3566-03 November 22 – December 13
- 3566-04 January 3 – 24
- 3566-05 February 7 – 28
- 3566-06 March 14 – April 1

**Age: 16+**

### Little Picassos

Toddlers explore a variety of art techniques using unique materials and fun supplies. New projects weekly. Child must be potty trained. **\$26**

**Great Bridge Community Center; Tuesdays, 10:45-11:45am**

- 3566-07 September 6 – 27
- 3566-08 October 11 – November 8 no class 11/1
- 3566-09 November 22 – December 13
- 3566-10 January 3 – 24
- 3566-11 February 7 – 28
- 3566-12 March 14 – April 1

**Age: 3-5**

### Tots in Motion

Get your toddler moving with a combination of teacher-lead circle-time activities and free play in a gym setting. Adult participation required. **\$26**

**River Crest Community Center; Wednesdays, 9:30-10:30am**

- 3572-07 September 7 - 28
- 3572-08 October 12 – November 2
- 3572-09 November 16- December 7
- 3572-10 January 4 - 25
- 3572-11 February 8 – March 1
- 3572-12 March 15 – April 5

**Ages: 15-30 months**

### Stepping Stones

Your child's time to develop socialization, fine motor and language skills during teacher-lead activities, explorations and gym time. Adult participation required. **\$26**

**River Crest Community Center; Wednesdays, 10:45-11:45am**

- 3572-13 September 7 - 28
- 3572-14 October 12 – November 2
- 3572-15 November 16- December 7
- 3572-16 January 4 - 25
- 3572-17 February 8 – March 1
- 3572-18 March 15 – April 5

**Age: 2½-3½**

### Preschool Learn & Play

This class offers children the opportunity to develop socialization skills, express creativity and learn in a fun environment. Child must be potty trained. **\$56**

**River Crest Community Center; Tuesdays & Thursdays, 9:30-11:30am**

- 3572-01 September 6 - 29
- 3572-02 October 11 – November 3
- 3572-03 November 15 – December 15 no class 11/24
- 3572-04 January 3 – 26
- 3572-05 February 7 – March 2
- 3572-06 March 14 – April 6

**Age: 3-5**

