YOUTH & CHILDREN’S PROGRAMS

Babysitting Course (11-15 year olds)
Red Cross Babysitting Course Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

Ballet/Jazz
This class introduces dancers to the basic steps, elements, and terminology of both ballet and jazz. Dancers are introduced to the basics of dance while developing coordination, building confidence. Ballet will introduce children to the fundamentals of ballet while working on improving alignment, strength, and flexibility. In jazz children will learn terminology, and various forms of movement including turns, jumps, splits, etc. Jazz classes mix the element of energy with the challenge of a variety of movements. Children must have soft sole shoe (no runners). Options for soft sole shoes include ballet shoes, jazz shoes, gymnastic slippers or even socks with grips work. Ballet slippers, jazz shoes or gymnastic slippers can all be purchased (new or used) at Dance Street. Children should wear stretchy clothes and bring a water bottle.

Creative Dance
As instructors, our goal is to promote and nurture the love of dance to our students. We find that at such a young age, it is difficult at times to stick to only one style of dance; therefore we thought we would create a class that incorporates a variety of styles. We hope that by giving children a well-rounded experience, it will allow them to enjoy the art of dance, promote expression through movement and music, and to find a style they enjoy (perhaps it is all styles). The styles used in a typical creative dance class will be ballet, jazz, lyrical, and even hip hop! In regards to the final performance, the style of dance will be left to the instructor to decide based on the strengths and needs of the group they are teaching. Children should wear stretchy clothes - preferably a bodysuit and tights, shorts, leggings, t-shirt or tank top. If your child prefers to wear a bodysuit and tights, you can purchase these at Walmart or Dance Street. Children must have bare feet or soft sole shoe (no runners) Options for soft sole shoes include ballet shoes, jazz shoes, gymnastic slippers or even socks with grips work. Ballet slippers, jazz shoes or gymnastic slippers can all be purchased (new or used) at Dance Street. Proof of age must be presented to the instructor at the first class.

Family Fitness Circuit
After many years of instructing children’s sports classes, Sydney is excited to expand the class to lead family workouts. The goal for this class is for both the parents and the kids to get a workout in a fun, family friendly environment. Each class will be an hour of strength and cardio workouts incorporated into fun games, challenges and competitions. Participants will be provided with modifications and different levels of difficulty, so that everyone can workout at their own pace and fitness level.
**Floor Hockey**
This class is an instructor-led class that will pass on their love of hockey with fun drills and end each class with a game. Kids will leave the class happy and tired.

**Jazz/Tap Dance**
This class introduces dancers to the basics steps, elements, and terminology of both tap and jazz. These classes provide an exciting, energetic environment that develops rhythm and footwork in tap and flexibility and coordination in jazz. Children will develop their skills in tap through terminology, rhythm and timing to create a piece that is both entertaining and exciting. In jazz children will learn terminology, and various forms of movement including turns, jumps, splits, etc. Jazz classes mix the element of energy with the challenge of a variety of movements. Tap shoes are required for this class and can be found new and used at Dance Street. For jazz children must have soft sole shoe (no runners). Options for soft sole shoes include ballet shoes, jazz shoes, gymnastic slippers or even socks with grips work. Ballet slippers, jazz shoes or gymnastic slippers can all be purchased (new or used) at Dance Street. Children should wear stretchy clothes and bring a water bottle.

**Kids Arts and Crafts**
Kids Arts & Crafts will feature 8 weeks of different crafts from painting to puppets. If you have creative young kids who love to make new crafts, join us on Tuesday evenings!

**Music and Movement**
Movement and Music is a fun-filled dance class full of movement and rhythm. In this class, children are introduced to the basics of movement while developing coordination, building confidence, and learning to cooperate with others through music and games. To allow your child to get the best experience out of the class, parents will be asked to participate until their child can confidently listen to instructions on their own. Siblings and other children will not be allowed to stay in the class. As we all know, two & three year olds can be shy and easily distracted. For the fun of the class we ask that siblings and other children do not come inside. Please remember that children not registered in the class must be supervised by an adult at all times. Proof of age must be presented to the instructor at the first class.

**Musical Theatre**
In this class we will cover the basics in all aspects of musical theatre; singing, dancing and acting, as well as some fun drama games. This will all culminate in a small 'recital' for parents at the end of the session run. Please wear comfortable clothing for you to dance in, as well as shoes and a water bottle.

**Song and Dance (7-9 yr olds)**
This class combines dancing and singing in a piece of choreography. A strong jazz emphasis provides the basis of the class where dancers are challenged to bring the performance content (love, anger, humour) to life. Jazz dance will be used with the addition of vocals to create a routine to a song from a musical. Children must have soft sole shoe (no runners). Options for soft sole shoes include ballet shoes, jazz shoes, gymnastic slippers or even socks with grips work. Ballet slippers, jazz shoes or gymnastic slippers...
can all be purchased (new or used) at Dance Street. Children should wear stretchy clothes and bring a water bottle.

**Sports Fun**
Sports Fun allows children to become familiar with skills used while playing various sports. In order to learn as many different skills as we can, we will focus on one sport a week, hopefully including every child’s favourite sport and introducing them to new sports. Parents are expected to be involved, as it helps the children learn and stay on task. They will be asked to have indoor shoes as well for their child. The first five to ten minutes of every class will be warm up/open gym. This gives everyone a chance to warm up doing something they love to do before instruction begins.

**Stay Safe (9-13 year olds)**
Real-world scenarios often call on children to respond to challenges. The Red Cross Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth’s capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

**Teen Fit**
Join us for an active fun filled hour and meet other teens. Learn about healthy lifestyles and nutrition while using body weight exercises set to themes like Monopoly, Survivor, Superhero, Jeopardy and more!