



Early Childhood Music & Music and Movement for Elders:

Dalcroze Eurhythmics is musical training comprising the basic elements of music including rhythm, dynamics, tone and form. It's an introduction to music through fun, interactive activities. It is a unique, exciting, powerful education in music for all ages and at all levels. As a precursor to or in tandem with private music lessons, Dalcroze Eurhythmics will create a platform for accelerated and deep musical learning.

Early Beginnings: 2 - 3.5 yrs 3:00 - 3:45 pm

Stepping Stones: 3.5 - 4 yrs 4:00 - 4:45 pm

Musical Gateways: 5 - 6 yrs 5:00 - 5:45 pm

Music and Movement for Elders: 2:00 - 3:00 pm

**10 Week Session All classes \$150 / each
Thursdays; All classes begin January 14**

Heartsaver Pediatric First Aid & CPR for

Adults: This course is designed for anyone who may need to respond to a first-aid emergency. The six modules covered in this course are First Aid Basics, Medical, Injury, and Environmental Emergencies, Adult CPR and Pediatric CPR. Certifications are through the American Heart Association and are good for 2 years.

Members: \$80, Non-Members: \$92

Wednesday, January 20; 6:30 - 9:30 pm

February School Vacation:

Are you looking for something different to do over the February School vacation? Well DCH has a few things that may just fit your bill this February.

DCH Arts and Sports Week

Your child will get a quick taste of the summer camp experience in this program. Each day will consist of many camp activities such as sports and games, arts and crafts and woodworking. Many activities will be held outdoors, weather permitting. We will end the week off with a special event and a cookout!

Hightouch Hightech Science & Nature Week

Children will perform themed experiments based upon the day's topic which has included Crazy Chemistry Day, Dangerous Disasters Day, Gold Rush Day, Amazing Animals Day and Build It Day.

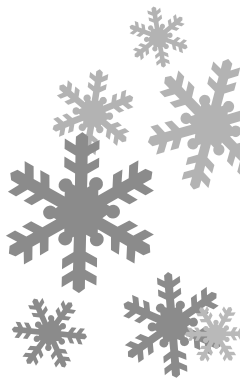
Be sure to check out our website regularly as new courses will be added throughout the session including winter cooking classes with Chef Paul Piantedosi and more!!!

Pre-registration for all classes is necessary to ensure program participation.

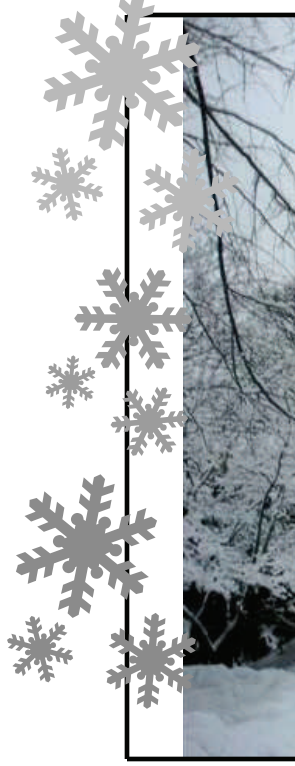
For more information on all of our programs, check out our website.



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Preschool Sports Programs:

Our Preschool Sports Program has a variety of classes designed to introduce your child to the fundamentals and basic rules of many different sports. The kids are sure to have a blast in any of the classes while developing necessary skills and coordination for future involvement in these or any other sport. Each class has weekday or weekend offerings. Classes must have a minimum of 6 players to run. When registering please specify which sport, day and session.

8 Week Sessions **Ages: 3 - 5**

Members: \$64; Non-Members: \$76

Winter 1 classes begin the week of 1/4

Winter 2 classes begin the week of 3/1

Soccer: **Mondays; 5:15 - 6:00 pm**
Saturdays; 9:00 - 9:45 am

T-Ball: **Tuesdays; 5:15 - 6:00 pm**
Saturdays; 10:00 - 10:45 am

Basketball: **Wednesday; 5:15 - 6:00 pm**
Saturdays; 11:00 - 11:45 am

Multi-Sports: **Thursdays; 5:15 - 6:00 pm**
Saturdays; 8:00 - 8:45 am

Woodworking for Kids:

Begin your child on the road to learning some great skills through woodworking. Students will be introduced to a variety of tools, learning proper use and safety, while creating some great projects to take home!

8 Week Session

Members: \$90; Non-Members: \$100

Saturdays: Begins 1/9

7 - 9 year olds; 9:00 - 10:00 am

10 - 12 year olds; 10:30 - 11:30 am

Acting 101:

This exciting class will introduce your child to the wonderful and enriching world of the theater. Class participants will work on improvisation, vocalization and scene study skills. Students work with character analysis and body language and will have the chance to perform in a main stage production.

8 Week Session **Ages: 7 - 14**

Members: \$85; Non-Members: \$100

Wednesdays: Begins 1/13; 6:00 - 7:00 pm

Animal Art:

In this new class we will read a book about different animals and then create a craft/art project about that animal and its habitat. We will cover animals such as sea turtles, dolphins, spiders and more!

8 Week Session **Ages: 3 - 5**
Members: \$85; Non-Members: \$100
Saturdays: Begins 1/9; 9:00 - 9:50 am



Famous Artists:

Each week this class will create projects in the painting styles of different artists including Picasso, Renoir, Warhol, Pollock and much more!

8 Week Session **Ages: 6 - 12**
Members: \$85; Non-Members: \$100
Saturdays: Begins 1/9; 10:00 - 10:50 am



Cartooning:

Each class students will learn, step by step, how to draw popular cartoon characters such as Sponge Bob, Pikachu, Bart Simpson and Snoopy. Students will then create their own original cartoon characters and the final project will be a hand painted animation cell of your favorite Disney character, painted by you!

8 Week Session **Ages: 7 - 12**
Members: \$85; Non-Members: \$100
Saturdays: Begins 1/9; 11:00 - 11:50 am



Creative Movement:

Children will work with imagery and music to develop coordination, motor skills and social interaction during this 10 week class. The class is designed to help children build self-esteem, confidence and appreciation of the relationship between music, movement and imagination.

10 Week Session **Ages 3 - 5**
Members: \$85; Non-Members: \$100
Wednesdays: Begins 1/13; 12:15 - 12:45 pm

Ballet for Beginners:

This pre-ballet class includes development of placement and coordination. Introduction to pre-barre adage, floor stretch, and small combinations of beginning ballet steps are all included. Your child is sure to have a "tip of the toe" time while learning the basics that will prepare them for further development in ballet.

8 Week Session **Ages: 5 - 8**
Members: \$85; Non-Members: \$100
Mondays: Begins 1/11; 6:00 - 7:00 pm

Martial Arts:

Boot Camp: Beginner

Fridays 5:30

Advanced Karate: Fo

Sundays 2 - 4

Tai Chi: System of ult

balance and c

Sundays 10 -

Fridays 7:00

New

Sunda

Mid-session

All Martial Arts Clas

Members: \$102; No

\$180 for 2 classes

Safe Kids:

The kids will learn to safely respond to an preventing common ho injuries, as well as tea for help.

Ages: 5 - 7

Members: \$30; Non

Tuesday, January 1

Home Alone Safe

Children will learn techniques, internet sa and first aid techniques manage your time whe

Ages: 9 - 11

Members: \$40; Non

Tuesday, January 1

BLAST: Babysitting

An American Acad covers how to handle t how to react responsib injuries, perform first a and set-up / run your o

Ages: 11 - 13

Members: \$50; Non

Wednesday, Janua

****Please bring a sn**

