Hip Hop / Jazz

NEW!

This class is a fusion of contemporary dance styles and classical jazz that includes isolation, floor work and combinations to upbeat appropriate music. Jazz shoes or Hip Hop sneakers are required.

8+ yrs Wednesdays 4:45-5:30 pm
$52 / $78 month
Classes begin in August

Clogging

Join Theresa Margetanski of the "Grapevine Cloggers" for some great exercise while dancing. No partners needed.

8+ yrs Mondays 6:30-7:30 pm
$17 / $26 month or $5 / $8 drop-in
No class 7/4

Line Dancing

Join us for traditional and country western line dancing. Learn line dances, old and new! Exercise, have fun and make new friends.

14+ yrs Beginner Mon 7:15-8:15 pm
Advanced Wed 6:30-7:30 pm
$17 / $26 month or $5 / $8 drop-in
No class 7/4

Pre-Tap

NEW!

Provides a foundation in tap terminology and establishes the basic movements of this uniquely American style of dance. All students will develop musically and improve their sense of timing from the rhythmic nature of the class. Tap shoes required..

4-6 yrs Wednesdays 3:30-4:00 pm
$38 / $57 month
Classes begin in August

Dog Training

Instructor Janet Skinner, CPDT, is an experienced dog trainer and member of the Association of Pet Dog Trainers.

Canine Good Citizens - Class & Test

This class is for dogs who have completed a Puppy or Adult Doggie Manners class. Passing the AKC Canine Good Citizen Test (10 exercises) is a wonderful goal for all dogs and their owners. This test demonstrates your dog is well mannered in a variety of situations.

4+ months (dog) Mondays 8-9 pm
Class: 10/10 - 11/14
$68 / $102 per dog - 6 week session

Doggie Manners - Adult

Learn to train your dog to perform a variety of basic behaviors including sit, down, come, walk, and more. Learn effective techniques for dealing with common behavioral problems such as chewing, housetraining, and jumping. All training uses positive, reward-based techniques.

4+ months (dog)

Mondays 6:45-7:45 pm
Class: 7/11 - 8/15
8/22 - 10/3 (no class 9/5)
10/10 - 11/14

Thursdays 7:00-8:00 pm
Class: 7/28 - 9/1
9/8 - 10/13
10/20 - 12/1 (no class 11/24)

$68 / $102 per dog - 6 week session

Martial Arts

Aikido

NEW!

An Aikido practitioner's strength comes from natural movements, sincerity of spirit and connection with their surroundings. The purpose is for non-religious spiritual and personal development.

12+ yrs Tuesday 7-9 pm
Wednesday 7-9 pm
and Sunday 10:30 am - 12:30 pm
$45 / $55 month or $8 / $10 drop-in

Fencing Club

All levels are encouraged to join. Loaner equipment is available. En Garde!

6+ yrs T/Th 7:15-9 pm
T/Th $100 / $150 year
Tues $55 / $82 year
Thurs $55 / $82 year
valid 1 year from date of purchase

Karate

This professional program will build your child's confidence, positive outlook and self-esteem. IngramsKarate.com

6+ yrs Beginner T/Th 4:30-5:15 pm
Advanced T/Th 5:15-6:00 pm
$54 / $81 month

Karate for Adults

The most up-to-date methods known for achieving total fitness and self defense in a progressive, non-competitive format. Karate provides a healthy break from the routines of home, school, and office.

16+ yrs T/Th 6-7 pm
$54 / $81 month

Karate - Dragons

Our instructor has a special way with preschoolers; teaching manners, respect, and self-esteem.

3-5 yrs Tues 4-4:30 pm
$37 / $55 month

Karate - Private Lessons

This professional program will build your child's confidence, positive outlook and self-esteem in a private lesson setting.

3+ yrs Times by appointment
$30 hour lesson $15 half-hour lesson