



*Stay Balanced*

## The Next Generation of Dance, Gymnastics & Fitness

Dance Instructors and Fitness Trainers:

**Sherry S. Grech, Alyssa Laigle, and/or Jenna Laigle**

There will be a **one-time registration** for all three sessions, although payment may be submitted in installments.

Each installment is due prior to the start of each season.

Classes run from September 2016 - May 2017 with a performance in May.

Fees: \$130 per session (12 weeks each session)

Class Location: Recreation Hall, East Albert Street

	MON	TUES	WEDS	THURS	FRIDAY	SATURDAY
9:00 am	<u>Parent/Tot Tumbletime</u> Ages: 18mths -3 yrs with Adult			<u>Dance Workout</u> Adults	<u>Dance Workout</u> Adults	<u>Gymnastics</u> Ages: 3-5
10:00 am						<u>Combo Class</u> Ages: 3-5
11:00 am						<u>Gymnastics</u> Ages 7-11
4:00 pm	<u>Gym/Hip Hop</u> Ages 4-6	<u>Combo Class</u> Ages: 3-5	<u>Lyrical</u> Ages: 12-16	*Combo Class: Gymnastics/Hip-Hop/Tap/Ballet 		
5:00 pm	<u>Hip Hop</u> Ages: 12-16	<u>Gymnastics</u> Ages 6-9	<u>Gym/Hip Hop</u> Ages: 9-12			
6:00 pm	<u>Gymnastics</u> Ages: 12-16	<u>Combo Class</u> Ages: 6-10	<u>Gym/Hip Hop</u> Ages: 5-7			
7:00 pm	<u>Hip Hop</u> Ages: 16-Adult					

SESSION	MON	TUES	WEDS	THURS	FRI	SAT.
I	Sept. 19 - Dec. 5	Sept. 20 - Dec. 6	Sept. 21 - Dec. 7	Sept. 22 - Dec 8	Sept 23 - Dec. 9	Sept. 17 - Dec. 3
II	Dec. 12 - Mar. 6 (No class Dec. 26)	Dec. 13 - Feb. 28	Dec. 14 - Mar. 1	Dec. 15 - Mar. 2 (No class Dec. 29)	Dec. 16 - Mar. 3	Dec. 10 - Mar. 11 (No class Dec. 24)
III	Mar. 13 - May 29	Mar. 7 - May 23	Mar. 8 - May 24	Mar. 9 - May 25	Mar. 10 - May 26	Mar. 18 - May 27

For more information, call Miss Sherry at (860) 307-5166 or the Torrington Parks and Recreation Department at (860) 489-2274.

You can register in person at the Torrington Parks and Recreation Department in the Armory at 153 South Main Street or online at <http://www.torringtonct.org>. Cash or check accepted in the office - credit card purchases may be made online only\*.

\*Note: A convenience fee is applied to all credit card purchases.