

Athletic Arts Center is dedicated to providing outstanding dance and fitness opportunities for student's ages 18 mo. & up.

The facility offers Specially designed equipment and safe environment.

Progressive curriculum that builds a strong foundation for fitness.

USA Gymnastics Safety Certified instruction and movement education.



Maria Ross, Owner, has over 15 years experience in the dance and gymnastics industry. As the former Director of Children's Phys. Ed. & Gymnastics at the 92nd Street Y in New York City, Maria developed and managed programs for over 800 students. She trained both competitive and recreational dancers and gymnasts in Alabama and New York. She worked in the education and training department of American Ballet Theater in New York. Maria earned a BA in dance from the University of Alabama; a yoga teaching certificate from New York Yoga. She is a USA Gymnastics safety certified judge and is certified in Movement Education and Lesson Plan Development (MELPD) and Kinder Accreditation for Teachers (KAT) through USA Gymnastics.

Athletic Arts Center is available for birthday parties and private classes



Athletic Arts Center
401 10th Avenue
Jasper, AL 35501

Athletic Arts Center LLC

Gymnastics
Dance
Yoga

2011—2012



Athletic Arts Center

401 10th Avenue
Jasper, AL 35501

Phone: (205) 387-9337

Fax: (205) 387-9338

E-mail: info@athleticartsctr.com

www.athleticartsctr.com

Children's Programs

The **Tumbling Program** offers a variety of classes designed to challenge each student. Your child will have fun while, building a foundation for fitness and technique.



Tiny Tumblers** (2yrs – 3yrs)
Wednesday 11:00am – 11:45am \$42/mo.

****Adult participation is required.**

Super Tumblers (3 yrs. – 4 yrs.)
Monday 6:15pm – 7:00pm \$42/mo.
Tuesday 2:30pm – 3:15pm \$42/mo.

Mighty Tumblers (5 yrs. – 6yrs.)
Tuesday 3:30pm – 4:15pm \$42/mo.

Elementary Tumbling I (7yrs. – 10yrs.)
Tuesday 4:15pm - 5:15pm \$50/mo.

Elementary Tumbling II (11yrs. – 14yrs.)
Wednesday 6:00pm - 7:00pm \$50/mo.

Elementary Tumbling III (Int. / Adv)
TBA \$50/mo.

Cheerastics I (5yrs.- 6 yrs.)
Wednesday 4:00pm - 4:45pm \$42/mo.

Cheerastics I (5yrs.- 6 yrs.)
Wednesday 5:00pm - 6:00pm \$50/mo.



Ballet curriculum is based on Russian Vaganova Technique.

Pre Ballet (4yrs. – 6yrs.)
Thursday 3:30pm – 4:15pm \$42/mo.

Ballet I (7yrs. – 9yrs.)
Thursday 4:15pm – 5:15pm \$50/mo.

Ballet II (10yrs. – 12yrs.)
Tuesday 6:00pm – 7:00 pm \$50/mo.

Ballet III (10yrs. – 12yrs.)
Thursday 5:15pm – 6:15pm \$50/mo.

Int./Pre-Pointe & Adv. Ballet & Pointe
Tuesday 6:00pm – 7:15pm \$56/mo.
Wednesday 3:30pm-4:15pm \$42/mo.
Thursday 5:15pm – 7:00pm \$72/mo.



Creative Kids will introduce your child to dance by incorporating elements of jazz, tap, ballet improvisation and imagination.

Creative Kids I (3 yrs. – 4 yrs.)
Tuesday 5:15pm – 6:00pm \$42/mo.
Thursday 2:30pm – 3:15pm \$42/mo.



Contemporary/Jazz/Tap classes incorporate classical techniques with modern, jazz and pop movement styles.



Tiny Tappers (3 yrs. – 4 yrs.)
Monday 2:30pm – 3:15pm \$42/mo.

Tap I (5 yrs. – 6 yrs.)
Monday 6:15pm – 7:00pm \$42/mo.

Tap II (7 yrs. – 9 yrs.)
Tuesday 3:30pm – 4:15pm \$42/mo.

Jazz/Hip Hop I (4 yrs. – 6yrs.)
Monday 3:30pm-4:15pm \$42/mo.
Tuesday 4:15pm – 5:00pm \$42/mo.

Jazz/Hip Hop II (7 yrs. – 10 yrs.)
Monday 4:15pm – 5:15pm \$50/mo.

Jazz/Hip Hop III (11 yrs. – 14 yrs.)
Monday 5:15pm – 6:15pm \$50/mo.

Break Dancing
Friday 3:30pm – 4:30pm \$50/mo.



Adult Classes

Yoga classes are customized to accommodate individual levels of fitness, flexibility and strength.

Adult Yoga

Thursday 12:15pm - 1:00pm

Ballroom Dancing will include basic rhythm and social dances.

Group Class

Monday 7:00pm—7:45pm

Zumba—Latin based dance fitness group class

Goup Class

Monday 12:15pm - 1:00pm

Wednesday 12:15pm - 1:00pm

Registration Policies

- Fall registration begins Monday, July 26th.
- The 2011 - 2012 Programs will begin on Monday, August 15, 2011 through May 18, 2012.
- Enrollment is limited. Schedule subject to change and additional classes may be added.
- The 2011-2012 registration fee is \$30 or \$40 for the entire family.
- First month's tuition payment and registration fee is due upon registration.
- Monthly tuition payments are due by the 5th of each month. A \$10 late fee will apply to payments made after the 15th of the month.
- **Multiple Class Discount** – Any student enrolled in three (3) or more classes is eligible for a 20% tuition discount.
- **Family Discount** – All immediate family members are eligible for a 10% discount.

6/25/11

Phone: (205) 387-9337