

# Creative Movement Studio

2019 Summer Session • Tuesday, May 28 - Monday, July 29

*There will be no classes on Saturday, July 6 in observance of Independence Day.  
Prices have been adjusted.*

	Time	Class	Age Range	YMCA Member	Community
Monday	9 - 10 am	Energizing Chair Yoga*	Adult	Pay What You Can	
	5:30 - 6:30 pm	Stott™ Pilates Circuit: Mixed Level	13 years - Adult	\$63	\$126
Tuesday	5:30 - 6 pm	Movin' & Groovin'	6 - 12 years	FREE	\$45
Wednesday	9 - 10 am	Stott™ Pilates Circuit: Mixed Level	Adult	\$63	\$126
	5:30 - 6 pm	Yoga for Children, age 4 - 8	4 - 8 years	FREE	\$45
	6 - 6:30 pm	Yoga for Children, age 9 - 12	9 - 12 years	FREE	\$45
	6:30 - 7:30 pm	Alignment Yoga for Teens & Adults	13 years - Adult	Pay What You Can	
Saturday	10 - 11 am	<b>NEW DAY!</b> Barre Basics Workshop - July 13	13 years - Adult	Pay What You Can	
	10 - 11 am	<b>NEW DAY!</b> Barre Basics Workshop - July 27	13 years - Adult	Pay What You Can	
	11 - 11:30 am	Parent-Child Creative Movement	Adult & 2 - 3 years	\$32	\$64
	11:30 am - 12 pm	Creative Movement	4 - 5 years	\$32	\$64
	12 - 12:45 pm	Open Level Ballet	6 - 12 years	\$40	\$80

\*Energizing Chair Yoga will not meet on Monday, June 10.

## Class Descriptions

<b>Energizing Chair Yoga</b>	For seniors and those with physical limitations. Uses the chair and some floorwork.
<b>Stott™ Pilates Circuit</b>	These mat-based classes use small and large equipment to enhance the experience for our students. Special attention is paid to the needs of individuals within the group setting. We mainly practice in socks or with bare feet. Please bring tennis shoes.
<b>Movin' &amp; Groovin'</b>	A high-energy movement class designed to promote children's heart health & creativity.
<b>Yoga for Children</b>	Exercise designed to increase strength, flexibility, self-esteem and positive body image. <b><i>This class meets in the Spin Room at the Church Health YMCA.</i></b>
<b>Alignment Yoga</b>	For beginners and students who practice yoga regularly. This mixed level class allows you to deepen your understanding of the body from the inside out. Emphasis is placed on breathing, alignment, and meditation.
<b>Barre Basics Workshops</b>	Focuses on exercises at the ballet barre, incorporating dance technique, to increase strength and flexibility.
<b>Creative Movement</b>	This class is designed to reinforce and stimulate the developmental patterns of children. It helps boys and girls develop rhythm, coordination and self-expression.
<b>Open Level Ballet</b>	These classes focus on ballet technique, include work at the barre, and incorporate moves to increase strength and flexibility.
<b>Stott™ Pilates Equipment</b>	These private and small group equipment sessions are scheduled by appointment only. The Reformer and the Chair are used for strength training and resistance. This workout focuses on strengthening abdominal muscles and brings attention to movement quality, posture and breath. Designed for teens to adult. Call 901-701-2241 or email CMS@ChurchHealth.org to schedule a Reformer appointment.

## Registration

Register for all Creative Movement Studio classes online at [ChurchHealth.org/CreativeMovementStudio](http://ChurchHealth.org/CreativeMovementStudio).

## General Guidelines & Policies

### Class Placement

Enroll in the class that matches your child's age at the start of the session.

### Attendance and Participation Policy

All students are expected to attend class regularly and on time. Out of respect for the instructor and in order to develop a sense of discipline, please be prompt in arriving for your class. Students arriving more than 10 minutes late are welcome to observe, but they may not actively participate in that day's class. If constant tardiness is an issue, your teacher will address it with you. Make-up classes must be completed during the session in which the student is enrolled; you may not make-up in the next session of classes.

### Dress Code

For everyone's safety, all students must be properly attired upon entering and leaving the studio. Street clothes must be worn over dance clothes. No jewelry, oversize t-shirts or baggy pants allowed. If you wear a leotard and tights, please refrain from wearing underpants with it. Please secure hair away from the face.

- **Adults** should wear comfortable clothes that allow freedom of movement such as leotards, tights, leggings, pants, shorts and fitted shirts.
- **Girls** may wear a leotard, tights, leggings or fitted t-shirts and shorts.
- **Boys** may wear solid colored shorts or sweat pants and a fitted t-shirt.

If you are planning on exercising at Church Health YMCA in addition to your class, please make sure to wear appropriate attire that adheres to their dress code.

### Inclement Weather Policy

If Shelby County Schools are closed due to bad weather, all classes are cancelled for that day for your safety.

## Good-To-Know



Church Health's Creative Movement Studio serves ages 2 to adult.



Our faculty has extensive training and experience in dance & movement, and they look forward to teaching you.



**Mark Your Calendar!**  
Our Fall I session will be  
Aug. 5 - Oct. 5.

### Drop-In Rates

*Spots subject to availability*

Adult/Teen Classes: \$15

Children's Classes: \$10

Want to sample a class before committing to the whole series? Drop-in rates are available.

If you decide to join the class series after you paid for a drop-in ticket, we can apply your first drop-in fee to the cost of the series.