

# HURON Physical Arts CENTER L.L.C.



**SUMMER I SESSION 2010**  
June 21st - July 24th

**SUMMER II SESSION 2010**  
July 26th - August 28th

**"WE'VE NEVER BEEN BETTER!"**



GYMNASTICS	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Baby'Nastics	1-3 Yrs	45 Mins.		6:00-6:45				
Pre'Nastics	3 & 4 Yrs.	45 Mins.		6:00-6:45				
Kinder'Nastics	5 & 6 Yrs.	60 Mins.	4:30-5:30	5:00-6:00				
Advanced Kinder'Nastics <b>NEW!</b>	5 & 6 Yrs.	60 Mins.		4:00-5:00				
Jr. Boy Power Hour	4 - 6 Yrs.	60 Mins.	3:00-4:00					

GYMNASTICS	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Girl's Rec.	7 & Up	60 Mins.		4:00-5:00				
Girl's Rec. (2 Hrs.)	7 & Up	2 Hrs.		4:00-6:00				
Advanced Girl's Rec.	7 & Up	2 Hrs.		6:00-8:00				
Elite Girls Gymnastics <b>NEW!</b>	5 & Up	2-4 Hrs.	9:00-11:00am	12:00-2:00				
Boys Power Hour	7 & Up	2 Hrs.						10:00-12:00
Elite Boys Gymnastics <b>NEW!</b>	5 & Up	2-4 Hrs.	12:00-2:00	9:00-11:00am				

DANCE	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Dance'Nastics	3 & 4 Yrs.	60 Mins.				5:00-6:00		
Pom & Dance Technique	5 - 12 Yrs.	60 Mins.				4:00-5:00		
Ballet	3 - 6 Yrs	30 Mins.				6:00-6:30		
Hip Hop	5 - 12 Yrs.	60 Mins.				6:30-7:30		

\*Private lessons available by appointment only.

MARTIAL ARTS	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Tang Soo Do (with Justin)	5 - Adult	60 Mins.					6:00-7:00	

PAY-AS-YOU-GO	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Wee Ones	1 - 5 Yrs.	60 Mins.			12:00-1:00			
Open Cheer	8 - 18 Yrs.	60 Mins.			12:00-1:00			
Open Gym	3 - 15 Yrs.	2 Hrs.					7:00-9:00pm	
Kids Night Out*	3 - 13 Yrs.	5 Hrs.					6:00-11:00pm	

\*Kids Night Out every 2nd Friday of the Month.

TEAM HURRICANES	TIME	MON	TUES	WED	THURS	FRI	SAT
Girls Level 4	3-6 Hrs.	9:00-12:00	12:00-3:00				
Girls Level 5	9 Hrs.	9:00-12:00	12:00-3:00	9:00-12:00			
Boys	3-6 Hrs.	12:00-3:00	9:00-12:00				

\*Team Hurricanes is an invitation only program. Girl's Team - Monday, Wednesday & Thursday / Boy's Team - Friday.



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**LOOKING FOR  
A FUN PLACE TO MAKE  
YOUR CHILD'S EVENT  
EXTRA SPECIAL?**

*HPAC is the party place to be for  
Birthday Parties & Field Trips!*



# RECREATIONAL CLASS DIRECTORY



## Advanced Kinder'Nastics

For the advanced 5 & 6 year old gymnasts with emphasis on advanced development of skills and progressions. Placement by recommendation of class instructor.

## Baby'Nastics

You will participate with your child in an introduction to gymnastics. Your child will interact with the gymnastic equipment and training aids to improve balance, flexibility and coordination. An opportunity for you to have enjoyable, quality time with your child.

## Boys Power Hour

A class for boys that will combine men's gymnastic events with fitness, conditioning and strengthening to help your child excel in other sports. Designed to be fun and challenging.

## Ballet

Students will learn the fundamentals of classical ballet poses and steps. Ballet is the foundation of all other forms of dance and promotes injury prevention through proper alignment, as well as building confidence for dancers.

## Open Cheer Practice

For the current cheerleader who desires practice.

## Dance'Nastics

This program is designed for 3-4 year olds as a combination introduction to dance, basic gymnastics and physical fitness. Each class will consist of a 30 minute structured dance session followed by 30 minutes of gymnastics instruction. This class will incorporate the development of motor skills, coordination, presentation, dance fundamentals and rhythm.



## Elite Girls & Boys Gymnastics

For the advanced gymnast who is interested in advancing their gymnastic skills without the commitment to the competitive team setting. Floor, beam, bars and vault routines will be taught over a period of multiple sessions. Placement by recommendation of class instructor. 2 hour and 4 hour time blocks available

## Girls Rec.

For the novice gymnast or one with limited experience. This class will offer a strong emphasis on gymnastic skills and progressions. The gymnast will learn individual skills and how to incorporate these skills into a sequence. Advanced classes available per coach recommendation. 1 or 2 hours available.

## Hip Hop

Students will gain a valuable understanding and appreciation of the improvisational nature of this dance form while learning basic movements and terminology. This class will break down steps and technique and also emphasize bringing style and personality to the movement.

## Jr. Boys Power Hour

A class for boys that will combine men's gymnastic events with fitness, conditioning and strengthening to help your child excel in other sports. Designed to be fun and challenging.

## Kinder'Nastics

Emphasis is placed on learning basic gymnastic skills to build on. They will progress at their own pace, while being encouraged to try more challenging skills. This class concentrates on development of strength and agility. Advanced classes are offered per recommendation of class instructor.

## Open Gym

All kids welcome for two hours of fun free-play with coaches present.

## Pom & Dance Technique

Non-competitive pom and dance instruction for those who love to dance. Classes will have basic instructions for pom and jazz routines.

## Pre'Nastics

Your preschooler will learn the basic fundamentals of gymnastics with an emphasis on creative movement and fun. They will utilize the gymnastics apparatus to help improve flexibility, coordination, strength and balance. This class seeks to build specific skills for the student and provides a sound foundation for future development.

## Tang Soo Do

Come join our 2nd Dan Black Belt Instructor Justin Higgins, and learn Moo Duk Kwan Tang Soo Do, survival techniques, self-defense tactics, physical fitness and lots more!

## Wee Ones Play Hour

Free play with Mom and Dad with coach present. Facility offers great opportunity for development of basic skills or just to play. No family membership fee!

## CLASS FEES (5 WEEK SESSION)

Advanced Girls Rec - \$95

Advanced Kinder'Nastics - \$65

Baby'Nastics - \$55

Ballet (monthly)  
30 mins \$30

Boys Power Hour  
2 Hours \$95

Dance'Nastics - \$65

Elite Gymnastics  
2 hrs \$95 or 4 hrs \$145

Girls Rec.  
1 hr \$65 or 2 hrs \$95

Hip Hop (monthly) - \$40

Jr. Boys Power Hour - \$65

Kids Night Out  
\$15 for first child  
\$10 each additional sibling  
(per time per child)

Kinder'Nastics - \$65

Open Cheer Practice  
\$5 per time per child

Open Gym  
\$5 per time per child

Pom & Dance Technique - \$65

Pre'Nastics - \$55

Tang Soo Do - \$30

Wee Ones Play Hour  
\$5 per time per child

*Ask about our discounts when registering more than one family member in the same session. Please see office for details.*

*Class fees must be paid in full by the first week of class. A non-refundable family gym membership fee is due at enrollment and annually thereafter. Includes immediate family members only. Call for pricing.*

## HAPPY HANDSTANDS!