

# HURON Physical Arts CENTER L.L.C.



## SPRING I SESSION 2010

March 1st - April 24th

**"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				9:00-9:45
Pre'Nastics	3 & 4 Yrs.	45 Mins.		6:00-6:45			10:00-10:45	10:00-10:45
Kinder'Nastics	5 & 6 Yrs.	60 Mins.					11:00-12:00	11:00-12:00
Kinder'Nastics	5 & 6 Yrs.	60 Mins.	4:30-5:30				5:00-6:00	
Jr. Boy Power Hour	4 - 6 Yrs.	60 Mins.			4:00-5:00			

Gymnastics	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Girl's Rec.	7 & Up	60 Mins.	5:30-6:30	4:00-5:00		7:00-8:00		12:00-1:00
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				
Boys Power Hour	7 & Up	2 Hrs.		4:00-6:00		4:00-6:00		

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		
Jazz/Leaps & Turns	7 - 12 Yrs.	60 Mins.				4:00-5:00		
Hip Hop	7 - 12 Yrs.	60 Mins.				6:30-7:30		

\*Private lessons available by appointment only.

REC 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 Practice	8 - 18 Yrs.	90 Mins.			7:00-8:30pm			
Open Gym	5 - 18 Yrs.	2 Hrs.					7-9:00pm	
Kid's Night Out*	3 - 13 Yrs.	5 Hrs.					6-11:00pm	

\*Kid's Night Out every 2nd Friday of the Month.

TEAM HURRICANES	TIME	MON	TUES	WED	THURS	FRI	SAT
Level One (Advanced)	2 Hrs.	4:00-5:00			4:00-5:00		
Level Two	4 Hrs.	4:00-5:30			4:00-5:30		
Level Three	6 Hrs.	4:00-6:00			4:00-6:00		
Level Four	9 Hrs.	4:00-7:00			4:00-7:00	4:00-7:00	
Level Five	9 Hrs.	4:00-7:00			4:00-7:00	4:00-7:00	

\*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!*



**SERVING THE BLUEWATER AREA FOR OVER 17 YEARS!**

# RECREATIONAL CLASS DIRECTORY

## Adult Fitness

You are never too old to start or re-start gymnastics! This new adult gymnastics class will be full of fun and fitness. Our adult gymnastics is structured with the idea that adults will be more motivated to follow an exercise program if it is an activity that is both enjoyable and challenging. Development of flexibility, strength, coordination, balance, etc., will all be demonstrated. This class will teach beginner gymnastics as well as a full body physical fitness program.

## 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.

## 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.

## Jazz/Leaps/Turns

Students will focus on the fundamentals of Jazz technique including different forms of leaps, turns and jumps. An emphasis in strength and flexibility as well as jazz dance combinations will provide a comprehensive fun-filled dance class.

## 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 (8 WEEK SESSIONS)

Adult Fitness - \$70

Advanced Girls Rec - \$120

Baby'Nastics - \$70

Ballet (monthly)  
30 mins \$30

Boys Power Hour - \$80

Dance'Nastics - \$80

Girls Rec.  
1 hr \$80  
2 hrs \$120

Hip Hop (monthly) - \$45

Jazz/Leaps/Turns (monthly) - \$45

Jr. Boys Power Hour - \$80

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

Kinder'Nastics - \$80

Open Cheer Practice - \$5  
(per time per child)

Open Gym - \$5  
(per time per child)

Pom & Dance Technique - \$80

Pre'Nastics - \$70

Tang Soo Do - \$45

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!