

## PRE-SCHOOL

### **DIAPER GYM – Instructor: Lisa Bass**

Eligibility: Ages 6 months (sitting up) to 16 months (walking)

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: Parent and child build muscles through play while learning and building experiences with songs, rhythms, movement and interactions with playtime afterwards.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Monday	9:30 – 10 a.m.	\$20/\$40	6
Session II	Dec. 4	Jan. 4	Jan. 8	Monday	9:30 – 10 a.m.	\$20/\$40	6
Mini	Feb. 1	April 4	April 8	Monday	9:30 – 10 a.m.	\$15/\$30	4

### **TODDLER TIME – Instructor: Lisa Bass**

Eligibility: Walking, 15-30 months

Location: Christiansburg Recreation Center – Multi Purpose Room 1

Additional Information: Parent participate with their child to introduce structured and free playing to develop language and social skills. Songs, rhythms, games and circle time themes for parents and children to work together in an e-device free environment. Younger siblings in strollers/carriers are allowed in class.

Minimum: 4      Maximum: 10

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Monday	10 – 10:45 a.m.	\$25/\$45	6
Session II	Dec. 4	Jan. 4	Jan. 8	Monday	10 – 10:45 a.m.	\$25/\$45	6
Mini	Feb. 1	April 4	April 8	Monday	10 – 10:45 a.m.	\$20/\$40	4

### **PEE WEE AEROBICS – Instructor: Lisa Bass**

Eligibility: Ages 2 ½ – 4

Location: Christiansburg Recreation Center – Multi Purpose Room 1

Additional Information: Children are introduced to structured circle time activities involving gross-motor themed lessons, songs and games to develop language, encourage physical exercise and learn social skills. Free-time play is provided to allow for independent learning and social interaction with other children. Child must be at least 30 months old. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4      Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 23</a>	Monday	11 – 11:45 a.m.	\$25/\$45	6
Session II	Dec. 4	Jan. 4	Jan. 8	Monday	11 – 11:45 a.m.	\$25/\$45	6
Mini	Feb. 1	April 4	April 8	Monday	11 – 11:45 a.m.	\$20/\$40	4

### **PRE-SCHOOL PLAY GROUP – Instructor: Lisa Bass**

Eligibility: Ages 2-5

Location: Christiansburg Recreation Center – Classroom 1/Multi-Purpose Room 1

Additional Information: Children learn in a mini pre-school environment with structured circle-time activities to learn about weather and the calendar. A theme (shape, color, places or holidays) will be provided through books, games, songs and other physical activities. Children will make a craft to reinforce the theme of the day. Free time play is included to allow independent learning and social interaction with other children. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 24</a>	Tuesday	11 a.m. – 12:15 p.m.	\$25/\$45	6
Session II	Dec. 4	Jan. 4	Jan. 9	Tuesday	11 a.m. – 12:15 p.m.	\$25/\$45	6
Mini	Feb. 1	April 4	April 9	Tuesday	11 a.m. – 12:15 p.m.	\$20/\$40	4

## BOOK IT – Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 5

Location: Christiansburg Recreation Center – Classroom 1/Multi-Purpose Room 1

Additional Information: Books come alive with re-enactments, games, and songs to open the imagination, active movement and language development. The theme of the pre-school level books will vary per session depending on the seasons, holidays, animals, etc. We do encourage everyone to visit the local library and for parents to read to children often. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Oct. 19	<a href="#">Oct. 26</a>	Thursday	11 a.m. – 12:15 p.m.	\$25/\$45	6
Session II	Dec. 4	Jan. 4	Jan. 11	Thursday	11 a.m. – 12:15 p.m.	\$25/\$45	6
Mini	Feb. 1	April 4	April 11	Thursday	11 a.m. – 12:15 p.m.	\$20/\$40	4

## ENERGY OUTLET – Instructor: Lisa Bass

Eligibility: Ages 3 - 5

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Children get a dose of high-energy release activities along with a weekly introduction of motor skills to build strength, balance, and coordination as they become more independent. Structured and free-time playtime develops language, physical and social skills.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 4	Jan. 11	Jan. 19	Friday	10:30 – 11:45 a.m.	\$25/\$45	6
Mini	Feb. 1	April 4	April 12	Friday	10:30 - 11:45 a.m.	\$20/\$40	4

## PRESCHOOL GYMNASTICS

\*For information regarding classes and inclement weather, please contact VA Techniques at (540) 381-5151 or visit their website at [www.vatechniques.com](http://www.vatechniques.com)

## BOUNCING BUNNIES – (Pre-School Gymnastics with parent participation)

Eligibility: Girls and Boys Walking Ages 1-3

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Oct.	Sept. 1	Sept. 28	<a href="#">Oct. 7</a>	Saturday	11:15 – 11:50 a.m.	\$60	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 4</a>	Saturday	11:15 – 11:50 a.m.	\$60	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 2</a>	Saturday	11:15 – 11:50 a.m.	\$60	4
Jan.	Dec. 4	Dec. 28	Jan. 6	Saturday	11:15 – 11:50 a.m.	\$60	4
Feb.	Dec. 4	Jan. 25	Feb. 3	Saturday	11:15 – 11:50 a.m.	\$60	4
Mar.	Dec. 4	Feb. 22	Mar. 2	Saturday	11:15 – 11:50 a.m.	\$60	4

## MARCHING MONKEYS – (Pre-School Gymnastics)

Eligibility: Girls and Boys Age 3

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Oct.	Sept. 1	Sept. 28	<a href="#">Oct. 6</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 3</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 1</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Jan.	Dec. 4	Dec. 28	Jan. 5	Friday	4:45 – 5:30 p.m.	\$80	4
Feb.	Dec. 4	Jan. 25	Feb. 2	Friday	4:45 – 5:30 p.m.	\$80	4
Mar.	Dec. 4	Feb. 22	Mar. 1	Friday	4:45 – 5:30 p.m.	\$80	4

## GALLOPING GATORS – (Pre-School Gymnastics)

Eligibility: Girls and Boys Ages 4-5

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Beginning level gymnastics skills, flexibility, coordination, balance, and strength through safe gymnastics progressions are introduced at this level. All of these skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games, taking turns, and encouraging peers. We use music, games, and coloring sheets to teach some of the skills and discipline necessary for entering kindergarten.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Oct.	Sept. 1	Sept. 28	<a href="#">Oct. 6</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 3</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 1</a>	Friday	4:45 – 5:30 p.m.	\$80	4
Jan.	Dec. 4	Dec. 28	Jan. 5	Friday	4:45 – 5:30 p.m.	\$80	4
Feb.	Dec. 4	Jan. 25	Feb. 2	Friday	4:45 – 5:30 p.m.	\$80	4
Mar.	Dec. 4	Feb. 22	Mar. 1	Friday	4:45 – 5:30 p.m.	\$80	4

## LITTLE NINJAS - (Pre-School Gymnastics)

Eligibility: Girls and Boys Ages 3 & 4

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Oct.	Sept. 1	Sept. 28	<a href="#">Oct. 4</a>	Wednesday	4:30 – 5:15 p.m.	\$80	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 1</a>	Wednesday	4:30 – 5:15 p.m.	\$80	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 6</a>	Wednesday	4:30 – 5:15 p.m.	\$80	4
Jan.	Dec. 4	Jan. 4	Jan. 10	Wednesday	4:30 – 5:15 p.m.	\$80	4
Feb.	Dec. 4	Feb. 1	Feb. 7	Wednesday	4:30 – 5:15 p.m.	\$80	4
Mar.	Dec. 4	Feb. 29	Mar. 6	Wednesday	4:30 – 5:15 p.m.	\$80	4