

# COMMUNITY RECREATION PROGRAMS

## 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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 27</a> | Monday      | 9:30 – 10 a.m. | \$15/\$30 | 6     |

### TODDLER TIME – Instructor: Lisa Bass

Eligibility: Walking, 15-30 months

Location: Christiansburg Recreation Center – Multi Purpose Room 1

Additional Information: Parent participates 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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 27</a> | Monday      | 10 – 10:45 a.m. | \$20/\$40 | 6     |

### PEE WEE AEROBICS – Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 4 years

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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 27</a> | Monday      | 11 – 11:45 a.m. | \$20/\$40 | 6     |

### 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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 28</a> | Tuesday     | 11 a.m. – 12:15 p.m. | \$20/\$40 | 6     |

### BOOK IT – Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 5 years

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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 30</a> | Thursday    | 11 a.m. – 12:15 p.m. | \$20/\$40 | 6     |

### 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 II | Feb. 1      | Mar. 22   | <a href="#">Mar. 31</a> | Friday      | 10:30 – 11:45 a.m. | \$20/\$40 | 6     |

### GRANDPARENT AND ME DAY SERIES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Trying to find something to do with your grandchild/children on teacher workdays? This is the program for you. Each date will be a different activity. *Ages 5-9 year olds. Grandparents are required to stay with their grandchild/children.*

Minimum: 4      Maximum: 8

| Registration     | Eligibility    | Date                                | Time    | FEE                       |
|------------------|----------------|-------------------------------------|---------|---------------------------|
| Dec. 6 – Jan. 26 | See note above | <a href="#">Friday, Feb. 3</a>      | 10 a.m. | \$8 includes all supplies |
| Dec. 6 – March 1 | See note above | <a href="#">Wednesday, March 15</a> | 1 p.m.  | \$8 includes all supplies |
| Dec. 6 – April 4 | See note above | <a href="#">Tuesday, April 11</a>   | 10 a.m. | \$8 includes all supplies |

## 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 |
|-------|-------------|-----------|-------------------------|-------------|-----------------|------|-------|
| Feb.  | Dec. 1      | Jan. 30   | <a href="#">Feb. 4</a>  | Saturday    | 12 – 12:35 p.m. | \$58 | 4     |
| Mar.  | Dec. 1      | Feb. 27   | <a href="#">Mar. 4</a>  | Saturday    | 12 – 12:35 p.m. | \$58 | 4     |
| April | Dec. 1      | Mar. 27   | <a href="#">April 1</a> | Saturday    | 12 – 12:35 p.m. | \$58 | 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 |
|-------|-------------|-----------|-------------------------|-------------|------------------|------|-------|
| Feb.  | Dec. 1      | Jan. 25   | <a href="#">Feb. 1</a>  | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 4     |
| Mar.  | Dec. 1      | Feb. 22   | <a href="#">Mar. 1</a>  | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 4     |
| April | Dec. 1      | Mar. 29   | <a href="#">April 5</a> | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 4     |

### LITTLE NINJAS - (Pre-School Gymnastics)

Eligibility: Girls and Boys Ages 3 - 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: 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 |
|-------|-------------|-----------|-------------------------|-------------|------------------|------|-------|
| Feb.  | Dec. 1      | Jan. 25   | <a href="#">Feb. 1</a>  | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 4     |
| Mar.  | Dec. 1      | Feb. 22   | <a href="#">Mar. 1</a>  | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 4     |
| April | Dec. 1      | Mar. 29   | <a href="#">April 5</a> | Wednesday   | 5:30 – 6:15 p.m. | \$78 | 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 |
|--------|-------------|-----------|-------------------------|-------------|--------------------|------|-------|
| Feb.   | Dec. 1      | Jan. 30   | <a href="#">Feb. 4</a>  | Saturday    | 10:30 – 11:15 a.m. | \$78 | 4     |
| Mar.   | Dec. 1      | Feb. 27   | <a href="#">Mar. 4</a>  | Saturday    | 10:30 – 11:15 a.m. | \$78 | 4     |
| April. | Dec. 1      | Mar. 27   | <a href="#">April 1</a> | Saturday    | 10:30 – 11:15 a.m. | \$78 | 4     |

