

2010-11 Club J Club Selections
Session One
September 6th – October 29th, 2010

Dance Fundamentals / Hip Hop

Dance-N-Magic is bringing dance back for their 2nd year. Anna Tilsen-Mogeni, a JCC veteran, will teach fundamentals of dance that help build confidence and skills on Tuesdays. Returning (2nd year) students will continue to build on skills from 4:15 – 5:00. 1st year students will begin learning the basic steps of dance from 5:00 – 5:45. Anna will also be teaching Hip-Hop on Thursdays. Have fun and create magic!

Taekwondo

Staff from the *Family Martial Arts Academy* - Boltz's Taekwondo of Mendota Heights - will teach your child the basics of this discipline. Children will have belt-testing opportunities as they move towards those goals. This is the 3rd year for this Club at the JCC. There is an additional weekly charge for this class, which varies by the number of days your child participates. If your child wants to test for a belt, there will be a \$45 fee. There will be a separate membership fee to the Academy of \$65 for those wishing to have a uniform. These two fees will be payable to the Academy.

NEW Chef's Club

Join chefs from *Le Cordon Blue in Mendota* as they help children learn about good nutrition options, and make appetizing snacks that promote healthy choices. Learn to make good choices, and simple snacks to create at home.

NEW! Made to Move

Made to Move is a Yoga and Movement Class with a focus on body image and exercise. Made to Move is taught by Terriann Matejeck, who not teaches children to use their bodies creatively, but is also a trainer to other instructors in our area. Made to Move was featured in a Star Tribune article this spring. We are very excited to off this to our children.

Flag Football

Learn the fundamentals of flag football from the Club J Staff. You will have tons of fun!

Shutter Bugs

Learn about the different parts of cameras and how they work. Go on weekly photo assignments around the JCC, and take pictures to be displayed in a gallery showing in November, after the end of the Club J 8-week session. Each child must bring a digital, or disposable, camera to each class.

Art

JCC Staff will lead the children in fun art projects that use favorite media, such as: clay, paints, beads and more

Free Swim

We can't leave out free swim. End your week in the watery fun of the JCC pool.