



SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Preschool Ballet/Jazz Combination

Ages: 3-5

\$40 per month

Monday: 1345-1430 at Markham SAS
1430-1515 at Markham SAS
1030-1115 at South Post CDC

Tuesday: 1130-1215 at Markham SAS
1345-1430 at Markham SAS
1430-1515 at Markham SAS

Wednesday: 1545-1630 at North Post CDC



Kindergarten Ballet/Jazz Combination

\$45 per month

Tuesday: 1645-1745 at Markham SAS
1745-1845 at Markham SAS

Friday: 1645-1745 at Markham SAS

Ballet/Jazz Combination

Ages: 6-8

\$45 per month

Wednesday: 1645-1745 at Markham SAS
Start date: October 7th

Kindergarten Ballet/Tap Combination

\$45 per month

Saturday: 1100-1200 at Youth Center
(Saturday classes begin October.
Registration is now open.)

Tap/Jazz Combination

Grades: 1-6

\$45 per month

Thursday: 1645-1745 at Markham SAS

Preschool Ballet/Tap Combination

Ages: 3-5

\$40 per month

Tuesday: 1045-1130 at Markham SAS

Wednesday: 1345-1430 at Markham SAS

Friday: 1745-1830 at Markham SAS

Saturday: 0930-1015 & 1015-1100 Youth Center

(Saturday classes begin October—Registration is now open.)

School Age Hip Hop

Grades K-6

\$45 per month

Wednesday: 3-6, 1800-1900
at Markham SAS Gym



Dance & Cheer Teams

Grades 3-6

\$45 per month

Friday: 1845-1945 at Markham SAS

Become part of Fort Belvoir's Company Team!

Extensive dance choreography, cheerleading technique and
community participation.

Teen Dance

Ages 12-18 years — \$45 per month

Jazz-Tuesday: 1530-1630 at Youth Center

Ballet-Monday (classes begin Oct.5):

1530-1630 Youth Center



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Pre-Ballet

Ages: 5-7

Monday: 1745-1845 or 1845-1945
at Markham SAS.

Ballet 1

Ages: 6-8

Thursday: 1745-1845 at Markham SAS
(Students must have at least 1 year
Ballet experience).



Ballet 2

Ages: 8-12

\$45 per month

Thursday: 1845-1945 at Markham SAS
(Students must have at least 2 years
Ballet experience).



Pre-Point Ballet

\$45 per month

Grades: 6-12

Monday: 1630-1730 Youth Center
(Students must have at least 3 years
Ballet experience)

Mommy and Me Toddler Ballet/

\$35 per month

Wednesday: 1915-1945
at Markham SAS



Tumbling Tots

Ages 2-3

\$55 per 8 weeks

Monday or Thursday 0930-1030
Wednesday 1745-1815
(Classes begin in October.
Registration is now open.)

Piping Preschoolers

Ages 3-5

\$70 per eight week session

Monday & Thursday 1015-1100
(Monday classes are scheduled to begin in October.
Registration is now open.)

Classes are held at Markham SAS
Session 1 Mondays—10/05/09-11/30/09
Thursdays- 10/08/09-12/03/09

Tumbling I

Ages 6-8

Tumbling helps children develop self confidence, body awareness, coordination, muscle strength and discipline. Skills include various backwards and forewords rolls, cartwheels, head and handstands, and beginning locomotion moves on the balance beam.

Wednesday: 1830-1930 at Markham SAS Gym

Tumbling II

Ages 8-12

Students will develop skills such as limbers, handstands, handsprings and extensions.

Wednesday: 1930-2030 at Markham SAS Gym



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Drum Lessons

Ages: 7-18

\$60 per 4 week sessions

Mondays: from 1500-1900

30 minute sessions

Classes are held at the Community Center.

Guitar Lessons

Ages: 6-18

\$150 per 4 week session

30 min. Sessions

Tuesday: from 1800-2030

Friday: from 1530-1900

Please contact SKIES director for more information on times and availability.

Piano Lessons

Ages: 7-18

\$100 per month

30 min. Sessions-4 Weeks

Please contact SKIES director for more information on times and availability.

Spanish Lessons

\$110 for 12 week session

Thursday: Gr. 1-3	1745-1845	SAS Library	Session 1	10/01/09-12/10/09
Thursday: Gr. 4-6	1845-1945	SAS Library	Session 1	10/01/09-12/10/09
Wednesday: (3-5)	1030-1115	South Post CDC	Session 1	10/07/09-12/09/09
Friday: (3-5)	1030-1115	North Post CDC	Session 1	10/02/09-12/11/09

Classes start in October. Registration is now open.

Soccer Skills

\$90 for 8 week sessions

Increase children's Soccer Skills by working on techniques and intricate foot work all year long.

Saturday: Ages 2-3 0930-1010 Markham SAS Gym

(Parents are encouraged to participate)

Ages: 3-5 1015-1100 Markham SAS Gym

Ages 5-6 1100-1200 Markham SAS Gym

Session 1 10/03/09-11/21/09

Yoga Kids

\$35 per six week sessions

Your Child has never done yoga like this before! Your child will have the opportunity to enjoy a yoga infused class that incorporates peaceful art, games and stories.

Your child will go downward dog for it!

Tuesday: 1030-1115 South Post CDC 10/27/09-12/01/09

Wednesday: 0945-1030 Markham SAS 10/28/09-12/02/09
or at 1030-1115 North Post CDC



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Preschool Gym Jam

Ages 3-5

\$50 per six week sessions

Gym Jam introduces many types of sports including: bowling, basketball, tee ball, soccer, and kickball. Children will participate in non-competitive games that encourage self-confidence and increase self-esteem.

Tuesday:	1030-1115	North Post CDC	10/27/09-12/01/09
Wednesday:	1345-1430	Markham SAS	10/28/09-12/02/09
Friday:	0930-1015	Markham SAS	10/30/09-12/11/09
	1030-1115	South Post CDC	



Karate

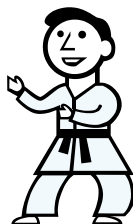
\$40 per month

Ages 6-18

Mondays and Thursdays

Beginners: 1830-1930

Advanced Belts 1930-2030



Taekwondo

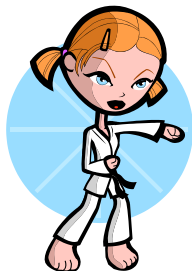
\$40 per month

Tuesdays and Thursdays

Beginners: 1900-2000

Advanced Belts 2000-2100

Advanced Belts may attend Saturday Sparring



Lil Dragons Karate

\$30 per month

Ages 3-5

Saturdays 1000,1045,1130 or 1215



SKIES Unlimited Instructors Needed

Join the Child, Youth & School Services (CYS2) family as a child/youth instructor. The Schools of Knowledge, Inspiration, Exploration, & Skills (SKIES) is looking for qualified and caring instructors for the School of Arts, Sports, Academics and/or Life Skills. Our classes serve infants through high school seniors, in a wide variety of subjects and interests.

For information or applications for paid or volunteer instructors, please go to Markham School Age Services, building 950, or call Rebecca Doran, SKIES Director, at (703)805-9146 or you can email her at rebecca.doran@us.army.mil. You can also fax your name, address, e-mail and interests to (703)805-9113, attention Rebecca Doran, SKIES Unlimited Director, and we will e-mail you an application.