

## Session II: March & April 2012 CLASSES FOR AGES 4-14

### **Art** *with Renee Malowitz*

*Mondays 3:45-4:45, ages 5-12*

#### **Session 2: The Art of Design**

Students will have hands-on fun learning about design, studying and being inspired by Op Art, Japanese Notan, Radial Art and the design of common household objects. Paper weaving, origami and abstract design will all be included in this class.

### **Baking** *with Renee M. & Hannah H.*

*Thursdays 3:45-4:45, ages 5-9*

*Thursdays 5:00-6:00, ages 9-14*

#### **Session 2: Baking from Scratch**

Get ready to welcome spring as we learn to bake from scratch! You'll learn how easy it is to make delicious baked goods from some of the most basic ingredients. Muffins, scones, cakes and more will be covered in this yummy class!

### **Ballet & Tap** *with Renee Carleen*

*Tuesdays, 3:45-4:30 ages 4-5*

*Tuesdays 4:30-5:15 ages 6-7*

*Thursdays 4:30-5:30, ages 7-12*

This one-hour combination class introduces the young dancer to both ballet & tap styles of dance. The study of ballet helps to develop grace & poise while tap dance is helpful for developing rhythm and musicality. Both disciplines are taught in a fun and encouraging atmosphere. Dance work for both styles of dance are done center, barre & across the floor. **Students must sign up for all three Winter/Spring sessions in order to participate in recital on June 16th.**

### **Irish Step Dance** *with Hannah Hall*

*Mondays 3:20-3:50 Beginning, ages 6-12*

*Mondays 4:00-4:45, Advanced, ages 6-12*

*Mondays 4:45-5:30, Intermediate, ages 6-12*

Students learn Irish jigs and reels using traditional and modern Irish music. Boys and girls are both encouraged to participate!

### **Karate** *with Brad Warren*

*Fridays 3:30-4:30, ages 5-9 BEGINNERS*

*Fridays 4:30-5:30, ages 5-9 CONTINUING*

Children will learn focus, flexibility, confidence and self-control using Goju-Ryu Karate techniques in a positive and supportive environment.

## FOR PRESCHOOLERS:

### **Creative Expression**

*Jocelyn L., Emily L., Renee M. & Renee C*

*Fridays 10:00-10:45, ages 3-6 with adult*

Preschool age children and their parents will explore food, art and dance, with two weeks devoted to each subject. Classes will include stories, songs, games and movement!

### **Toddler & Me Yoga** *with Emily Anderson*

*Wednesdays, 10:45-11:45, ages 2-5 with adult*

Class begins with an opening circle and leads toddlers and parents through a series of postures designed to cultivate breath awareness, balancing the serenity of yoga with the exuberance of toddler energy.

## Upcoming CLASSES & WORKSHOPS FOR TEENS:

### Hip Hop & Jazz Dance

**Tuesdays, March 5<sup>th</sup>-April 10<sup>th</sup>  
5:20-6:20pm**

### Open Art Studio

**Saturday, April 7<sup>th</sup> 10am-noon**

### Teens Cook Dinner

**Wednesday, May 23<sup>rd</sup>, 5:30-7:30**

Download a scholarship application  
[www.listeningwellness.org](http://www.listeningwellness.org)

### Transportation

Parents provide children with transportation to Listening unless other arrangements are made.

*All classes take place at:*

### **Listening Wellness Center**

P.O. Box 232, 35 South Street, Barre, MA

978-355-3501

[www.listeningwellness.org](http://www.listeningwellness.org)

## WHAT'S COMING UP AT LISTENING?

**Session III** begins the week of April 30th with another 6-week after school program!  
**Summer Programs** begin the week of 6/25, with full-day programs & 3-day workshops

**Session 2: March 5 – April 13**  
**Listening Enrichment Programs for Kids**  
**Registration Form**

Child's name \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Parent's email \_\_\_\_\_

✓ to register for:		Amount
Art – design	\$55	
Baking – 5-9yrs	\$55	
Baking – 9-14yrs	\$55	
Ballet/Tap 4-5yrs	\$50	
Ballet/Tap 6-7yrs	\$50	
Ballet/Tap 7-12yrs	\$55	
Irish Step Dance-Begin.	\$35	
Irish Step Dance-Adv.	\$50	
Irish Step Dance-Inter.	\$50	
Karate – Beginner	\$55	
Karate – Continuing	\$55	
Prschool-Creative Expr.	\$50	
Prschool-Toddler Yoga	\$50	
Teen – Hip Hop & Jazz	\$65	
Teen – Open Art Studio	\$25	
Teen – Cook Dinner	\$25	
<b>TOTAL for Session 2:</b>		

Please make checks payable to Listening, mail to:  
 P.O. Box 232, Barre, MA 01005

# Listening Wellness Center

## Spring 2012 for KIDS

### MONDAY

3:45 Art, ages 5-12  
 3:20 Beginning Irish Step Dance, ages 6-12  
 4:00 Advanced Irish Step Dance, ages 6-12  
 4:45 Intermediate Irish Step Dance, ages 6-12

### TUESDAY

3:45 Ballet & Tap, ages 4-5  
 4:30 Ballet & Tap, ages 6-7  
 5:20 Hip Hop & Jazz ages 12-17

### WEDNESDAY

10:45 Toddler & Me Yoga, ages 2-5 w/parent

### THURSDAY

3:45 Cooking, ages 5-9  
 5:00 Cooking, ages 9-14  
 4:30 Ballet & Tap ages 7-12

### FRIDAY

10:00 Creative Expression–Preschool, ages 3-6  
 3:30 Beginner Karate, ages 5-9  
 4:30 Continuing Karate, ages 5-9

### SATURDAY

Weekend workshops for teens:  
 April 7<sup>th</sup>, 10am-noon Open Art Studio  
 May 23<sup>rd</sup>, 5:30-7:30pm