

# YOUTH COMMUNITY PROGRAMS

## STORYWALK

Location: Downtown Park

Sponsored by: Christiansburg Library and Christiansburg Recreation Department

Additional Information: This is a nationally known program that promotes reading and exercise in the outdoors for children.

A new book is put in the story boards each month. Come exercise, read and enjoy the fun!

## FREESTYLE KARATE – INSTRUCTOR: Deirdre McCurdy

Eligibility: Ages 6-12

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Students in this program will train in all facets of Martial Arts giving them a very broad base. The class incorporates the standard 10-belt ranking system, which students will have an opportunity to progress through while expanding their knowledge of Martial Arts. The student will develop a great foundation in formal Martial Arts training while being exposed to basic blocks, strikes, kicks and stances. These skills encourage development not only of a strong physical foundation, but also of greater focus, discipline, and respect. Social skills and partner interaction are also encouraged throughout this program. Uniforms are not required. However, see the instructor at class if you would be interested in purchasing one.

Minimum: 4      Maximum: 10

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 23	<a href="#">Oct 26</a>	Thursday	4:30 – 5:30 p.m.	\$30/\$50	6
Session III	Dec. 4	Jan. 8	Jan. 11	Thursday	4:30 – 5:30 p.m.	\$30/\$50	6
Session IV	Jan. 22	Mar. 4	Mar. 7	Thursday	4:30 – 5:30 p.m.	\$30/\$50	6

## BEGINNING BALLET – Instructor: Kelly Stalvey

Eligibility: Ages 4-7

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Introduction to ballet. Participants will need to have ballet slippers. Parents are asked not to stay in class during class time.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Sept. 11	Oct. 18	<a href="#">Oct. 24</a>	Tuesday	4:30 – 5:30 p.m.	\$30/\$50	6
Session III	Dec. 4	Jan. 11	Jan. 16	Tuesday	4:30 – 5:30 p.m.	\$30/\$50	6
Session IV	Feb. 1	Mar. 7	Mar. 12	Tuesday	4:30 – 5:30 p.m.	\$30/\$50	6

## FIRST LEGO LEAGUE EXPLORE (Formally FLL Jr.) - Instructor: Lisa Bass

Eligibility: Ages 6 - 8

Location: Christiansburg Recreation Center – Classroom I

Additional Information: Today more than ever, children ages 6-8 years old need STEM, hands-on and problem solving learning. Students will focus on the fundamentals of engineering as they explore real-world problems, learn to design, build and code their own solutions. Each student will have their own box of assorted Lego bricks, a WeDo 2.0 kit and a programming tablet to avoid sharing of equipment. After eight weeks, this team activity will end with a Show-Me-event for parents and optional participation in a community Expo with other FLL Explore teams. Students who are already registered under a community/school FLL-Explore team number or has taken this course before are not permitted to register. This allows more students to experience this level of robotics and STEM. This is a ONE-TIME only FLL-Explore experience with materials provided by New River Robotics Association.

Minimum: 4      Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 4	Jan. 4	Jan. 11	Thursday	5 – 6 p.m.	\$45/\$65	8

## AMERICAN RED CROSS BABYSITTING COURSE – Instructor: Lisa Bass

Eligibility: Ages 10 ½ and older

Location: Recreation Center – Classroom 1

Minimum: 5 Maximum: 15

Additional Information: Class is designed for students 10 ½ and older. The course provides the knowledge and skills to safely care for infants, children, as well as how to manage a babysitting business. Participants need to bring a bag lunch, teddy bear, pencil/pen and paper. Also, this course satisfies many Girl/Boy Scouting rank/badge requirements.

Registration	Eligibility	Date	Time	TR/NR
Jan. 2 – Mar. 6	10 ½ and older	Wednesday, Mar. 13	8:30 – 4:30 p.m.	\$45/\$65

## YOUTH 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)

## KINDER KANGAROOS

Eligibility: Girls and Boys age 5 and in Kindergarten

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	5:30 – 6:30 p.m.	\$89	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 3</a>	Friday	5:30 – 6:30 p.m.	\$89	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 1</a>	Friday	5:30 – 6:30 p.m.	\$89	4
Jan.	Dec. 4	Dec. 28	Jan. 5	Friday	5:30 – 6:30 p.m.	\$89	4
Feb.	Dec. 4	Jan. 25	Feb. 2	Friday	5:30 – 6:30 p.m.	\$89	4
Mar.	Dec. 4	Feb. 22	Mar. 1	Friday	5:30 – 6:30 p.m.	\$89	4

## LEAPING LIZARDS GYMNASTICS

Eligibility: Girls and Boys Ages 6 and up – 1st-3rd grade

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 through intermediate gymnastics skills, coordination, agility, and balance are the main components of this class. Also expect increased self-esteem, confidence building and working through fears. An emphasis of developing strong and flexible bodies will be through repetitions of chin ups, rope climbs, splits, standing bridges, handstands and cartwheels. Students in this class will spend time perfecting their basic skills while learning safe progressions into more intermediate skills. All students will grow at their individual pace with encouragement and positive reinforcement.

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 – 5:30 p.m.	\$89	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 1</a>	Wednesday	4:30 – 5:30 p.m.	\$89	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 6</a>	Wednesday	4:30 – 5:30 p.m.	\$89	4
Jan.	Dec. 4	Jan. 4	Jan. 10	Wednesday	4:30 – 5:30 p.m.	\$89	4
Feb.	Dec. 4	Feb. 1	Feb. 7	Wednesday	4:30 – 5:30 p.m.	\$89	4
Mar	Dec. 4	Feb. 29	Mar. 6	Wednesday	4:30 – 5:30 p.m.	\$89	4

## KARTWHEELING KOALAS GYMNASTICS

Eligibility: Girls 4th -5th grade

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 through intermediate gymnastics skills, coordination, agility, and balance are the main components of this class. Also expect increased self-esteem, confidence building and working through fears. An emphasis of developing strong and flexible bodies will be through repetitions of chin ups, rope climbs, splits, standing bridges, handstands and cartwheels. Students in this class will spend time perfecting their basic skills while learning safe progressions into more intermediate skills. All students will grow at their individual pace with encouragement and positive reinforcement.

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 – 5:30 p.m.	\$89	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 1</a>	Wednesday	4:30 – 5:30 p.m.	\$89	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 6</a>	Wednesday	4:30 – 5:30 p.m.	\$89	4
Jan.	Dec. 4	Jan. 4	Jan. 10	Wednesday	4:30 – 5:30 p.m.	\$89	4
Feb.	Dec. 4	Feb. 1	Feb. 7	Wednesday	4:30 – 5:30 p.m.	\$89	4
Mar.	Dec. 4	Feb. 29	Mar. 6	Wednesday	4:30 – 5:30 p.m.	\$89	4

## TUMBLING AND TRAMPOLINE BEGINNER

Eligibility: Girls and Boys 1st grade and up

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: This class is designed to help any child learn how to flip! From boys to girls, cheerleaders to dancers, or just anyone who likes to go upside down, tumbling specific classes use aids such as skill cushions, incline mats, back handspring trainers, spring floors, trampolines, and foam pits. Children will focus on core body strength, coordination, flexibility, and body awareness to safely accelerate learning time. Experienced spotters are available to help athletes maintain, develop, and improve handspring and aerial skills.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Oct.	Sept. 1	Sept. 28	<a href="#">Oct. 7</a>	Saturday	9:30 – 10:30 a.m.	\$89	4
Nov.	Sept. 1	Oct. 26	<a href="#">Nov. 4</a>	Saturday	9:30 – 10:30 a.m.	\$89	4
Dec.	Sept. 1	Nov. 30	<a href="#">Dec. 2</a>	Saturday	9:30 – 10:30 a.m.	\$89	4
Jan.	Dec. 4	Jan. 4	Jan. 6	Saturday	9:30 – 10:30 a.m.	\$89	4
Feb.	Dec. 4	Feb. 1	Feb. 3	Saturday	9:30 – 10:30 a.m.	\$89	4
Mar.	Dec. 4	Feb. 29	Mar. 2	Saturday	9:30 – 10:30 a.m.	\$89	4

## MERIT BADGE PROGRAMS

The following activities are available for boys/girls ages 10-17 interested in improving their health, learning new skills and expanding their work. This is also an introduction to Boy Scouting and starting a journey of earning badge requirements while having fun! Once a Boy Scout submits a “blue card” (provided in each class) to his troop leader, his troop will purchase and award the badge. \*\*Non-Boy Scouts (boys and girls) are also welcome to sign up and learn new skills and topics through these programs as well as experience a part of the Boy Scouting program. \*Participants must wear masks during class.

### FIRST AID – Instructor: Lisa Bass

Location: Recreation Center – Classroom 1

Minimum: 3 Maximum: 8

Additional Information: Be prepared by learning the actions that can be helpful and needed before, during and after an emergency. This is an Eagle-Required Merit Badge. This Merit Badge can be completed if Scout brings in a homemade First Aid Kit.

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 – Oct. 6	Ages 10 - 17	<a href="#">Friday, Oct. 13</a>	1 – 4 p.m.	\$15/\$30