

NEW FITNESS CLASSES & BATON, DANCE & DISC GOLF

BATON TWIRLING SKILLS CLASS FOR BEGINNERS

This is a great class for those interested in twirling, but hesitant to join the competition team. Twirlers will learn the basic handling and skills that it takes to develop choreography, flexibility, poise, teamwork, and a routine for the Independence Day Parade. The season will end with a parent show-off on August 18th at 5:30PM. Fee includes baton and team t-shirt.

TUESDAYS 4-5:30PM

June 8 - August 17 (10 weeks)

Ages: 3rd - 8th grades

Fee: Member \$110 Resident \$115 Non-resident \$125

Instructor: Ashley Wood (former Miss Majorette of the Southwest)

BC BATONERS 2010 COMPETITIVE TEAM

Learn a routine and take it to competition. Learn choreography, flexibility, poise and teamwork. Perform at various competitions including State. Only for returning Batoners from the Spring season.



WEDNESDAYS 4-5:30PM

April 7 - June 23 (12 weeks)

Ages: 3rd - 8th grades

Fee: Member \$95 Resident \$100 Non-resident \$110

Instructor: Ashley Wood (former Miss Majorette of the Southwest)

BHARATANATYAM CLASSES CLASSICAL INDIAN DANCE

This class will teach South Indian Classical dance. These classes will be at the beginner level.

SUNDAYS 2:30-5:30PM

April 11 - September 19 (no classes May 30 & all of June & July)

Ages: 8 years and up

Fee: 4 sessions: Member \$60 Resident \$65 Non-resident \$75

8 sessions: Member \$120 Resident \$125 Non-resident \$135

12 sessions: Member \$180 Resident \$185 Non-resident \$195

16 sessions: Member \$240 Resident \$245 Non-resident \$255

Instructor: Pavithra Ramadoss

SUMMER BATON SKILLS FOR 2010 TEAM MEMBERS

Want to take your twirling to the next step? Learn new and exciting skills and special



tricks and advanced choreography and better handling. Major emphasis will be on building flexibility and increasing roll skills. The season will end with a parent show-off on August 18th at 5:30PM. (Only for returning Batoners from the 2010 Competition Team.)

WEDNESDAYS 4-5:30PM

June 30 - August 18 (7 weeks)

Ages: 3rd - 8th grades

Fee: Member \$55 Resident \$60 Non-resident \$70

Instructor: Ashley Wood (former Miss Majorette of the Southwest)

LATIN DANCERCISE

This is a high-energy, low impact workout that is FUN for everyone. Learn how to Salsa, Mambo, Rumba, and Cha Cha while you experience the feeling of dance.

Beginner Class: TUESDAYS 7:40-9:10PM

Intermediate Class: THURSDAYS 7:40-9:10PM

Introduction Class: SATURDAYS 11:30AM-12:30PM

Ages: 11th grade & up

Fee: Member Free Resident use \$40 aerobics pass

Non-resident use \$60 aerobics pass

Instructor: Juan Cabral

DISC GOLF LESSONS

NEW! Looking for a new sport? Looking for something other than the "normal" sports? Disc Golf is a lifelong sport which can be enjoyed with friends or by yourself. You will learn how to play the game and play on the Cat Hollow Disc Golf Course.

MONDAY - FRIDAY 10AM-12PM

August 9 - 13

Ages: 7th - 10th grades

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: BC Staff

ANYONE CAN DANCE WORKSHOPS

Learn the art of the perfect lead and follow for dancing! In four weeks, you will have a strong foundation and be able to shine on the dance floor. All levels welcome. No partner needed.

FRIDAYS 7:30-8:30PM

Session I: Salsa: April 9-30

Session II: Country: May 7-28

Session III: Salsa: June 4-25

Session IV: Country: July 9-30

Ages: Adult

Fee: Member \$40 Resident \$45 Non-resident \$55

Instructor: Thea Bryant



FITNESS CLASSES

FRENCH WOMEN DON'T GET FAT - LIFESTYLE WORKSHOP

This is the Ultimate Lifestyle Makeover and Personal Renewal Workshop! Class offers how to stream-line your dinner, exercises to reduce stress, how to handle daily finances, wardrobe renovation, and more! Morning or evening sessions available.

MORNING SESSIONS - TUESDAYS 10-11AM

Session I: April 20-May 25

Session II: June 15-July 20

EVENING SESSIONS - TUESDAYS 6-7PM

Session I: April 20-May 25

Session II: June 15-July 20

Ages: Adult

Fee: Member \$60 Resident \$65 Non-resident \$75

Instructor: Thea Bryant

MAMA & BABY BOUNCE BACK

Mama and baby bonding while Mama bounces back into shape...or even better shape than before! Baby has fun from the touching and stimulation of using balls for exercise, interaction, and motor skills. Moms of all fitness levels are welcome! Babies should be 6 weeks to 4 months. Get toned and have a great time bonding!

MONDAYS 10-11AM

Session I: April 19-May 24

Session II: June 14-July 19

Ages: Adult

Fee: Member \$60 Resident \$65 Non-resident \$75

Instructor: Thea Bryant