



Studios: Winter 2018

Mondays

Tae Kwon Do by Park Institute

Tae Kwon Do fosters discipline, exercise/physical fitness, Self Esteem, self-confidence, Self-control, concentration/learning skills, manners/respect and self-defense skills. Testing to advance in Tae Kwon Do rank will be done at Park Institute headquarters during regular testing times. Tae Kwon Do students need to obtain a Park Institute uniform prior to the first class (\$39/per uniform). Park Institute has been in Rochester for over 40 years and is the largest martial arts school in southeastern MN and one of the nation's leading schools.

Taught by Valentino Roehl & Niniek Pranoto

Grades 1-8

Mondays 3:30-4:15

10 sessions, January 8 -March 26 (no class on January 15 & February 19)

For more information and to register email ntpranoto@yahoo.com

Fee: \$170 (Students can also attend classes at the Park Institute headquarters after they have attained Yellow belt, 1 time per week.)

Tuesdays

In the Kitchen with Nicole

Do you love cooking and eating delicious food? Are you a serious cook? We will explore different methods of cooking and baking, foods both savory and sweet, as well as try our hand at herbal recipes for body care. Students will help in planning cooking menus for upcoming weeks. *Taught by Nicole DeBurton*

Grades 4-6

Tuesdays 3:30-5

10 sessions, January 16-February 27

Register on RMS Studio registration form or email joan@rmschool.org (with permission to auto withdraw)

Fee: \$180/160

Wednesdays

Amazing Athletes by Amazing Athletes

Amazing Athletes is a developmental sports and fitness program that teaches the basic fundamentals and mechanics of ball sports. Children will build self-confidence, practice teamwork, and improve motor skills, in a structured, non-competitive environment. They will also experience increased cardiovascular fitness, muscle tone, hand-eye coordination, and reaction time.

Ages 3-6

Wednesdays 3:15-4 or 4-4:45

January 3-March 28

For more information and to register email Christy@amazingathletes.com

Fee: \$44 per month (\$15 annual fee)

Grandmasters of Chess by Youth Enrichment League

Join this “sport of the mind” and be part the RMS chess club. We have thousands of puzzles and corresponding lessons crafted by Women’s International Master and former Russian Chess Champion Sima Sokolovskaya. YEL chess lessons are designed to engage beginners through advanced students. Our fall session introduce basic concepts to beginners while ensuring more advanced students get a thorough chess workout. Sign up and create a checkmate today! *Taught by Ian Finch*

Grades K-5

Wednesdays 3:30- 4:30

12 sessions, January 10-March 28

For more information and to register, visit www.YouthEnrichmentLeague.com.

Fee: \$140

Thursdays

Ballet, Tap & Jazz Dance by Tippi Toes Dance Company

Tippi Toes Dance Co provides an experience of dance, self-expression, and movement. High energy music is used to teach ballet, tap, and jazz! This class is wonderful for any child who loves to dance!

Ages 3-6

Thursdays 3:15-4:00

January 4-March 29

For more information and to register, visit www.tippitoesdance.com

Fee: \$50 per month (\$35 annual fee)

Fridays

Fencing by Youth Enrichment League

Fencing is one of the fastest growing sports in the USA and Youth Enrichment League (YEL) fencing continues to evolve to match that pace. **Olympic Coach Ro Sobalvarro** heads up YEL’s curriculum, ongoing instructor training and tournament consultation. He brings with him an immense knowledge of youth as well as national and international fencing. New students get introduced to a pulse-pounding sport while returning students continue their study through a progressive curriculum. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. *Taught by Coach Kamau Wilkins*

Grades 2-8

Fridays 3:30-4:30

12 sessions, January 12-March 23 (*no class on January 26*)

For more information and to register, visit www.youthenrichmentleague.com

Fee: \$132