

KENPO KARATE

Kenpo Karate: The Youth Kenpo Karate program focuses on self-defense, techniques, and physical fitness as well as maintaining a fun and exciting atmosphere. Get into shape, learn discipline, lose weight, gain confidence, network and make new friends.

When: Monday/Wednesday 5:45-6:45pm, Tuesday/Thursday 6:30-7:30pm

Location: Woodson Elementary School Cafeteria Ages: 6 and Up. □

Fees: \$5 per class

KENPO-ROBICS

Kickboxing class for all ages is being offered that uses elements of Kenpo Karate.

When: 6:15-7 p.m. on Mondays and Wednesdays and 7:30-8:15p.m. on Tuesdays and Thursdays.

Location: Woodson Elementary School Cafeteria.

Fees: Classes are \$5 each or unlimited kenpo-robics classes are \$54 for six weeks.

For additional information contact Gloria Warren at: e-mail warrengloria@yahoo.com or call 824-2571.

YOGA

Why do yoga? Ask any of the 20 million Americans practicing yoga and they will tell you it makes them feel better mentally and physically. If you haven't joined the yoga revolution yet, you're in luck because beginning yoga for teens through seniors is now available in Corning.

When: 6 p.m. Wednesdays.

Location: Olive View Gymnasium.

Fees: \$30 for the six week session, adult drop-in \$8 and teens \$5.

For additional information contact Tammy Lambeth at: email: tjlambeth@hotmail.com or call 586-9072.

There is also a webpage that posts all current classes at: www.CorningRec.org or www.corning.org, Recreation.

STORYBOOK FRIENDS

This class offers creative movement for ages 2-3, 4-6, and 7-10. Ballet, tap, jazz, hip hop dances plus dress up, and props are included. A different theme is used each week.

CHILDREN'S MUSICAL THEATER

This class offers singing, dancing, acting, and imagine for ages 4-16. Students will star in, and produce, a musical production, too.

MOMMY N' ME

This is a music and motion for ages 0-4 yrs. Daddy, grandparents, and caregivers, are also welcome! Included in the class is dress up props, musical instruments, magic, and make believe.

SCHEDULE

SESSION 1 - TUESDAYS (9/7, 9/14, 9/21, 9/28, 10/5, 10/12)

Tues 5:30pm-6:15pm "STORYBOOK FRIENDS" Age 2-5 Cost \$18

Tues 6:30pm-7:30pm "CHILDREN'S MUSICAL THEATER" Age 4-16
Cost \$20

SESSION 1 - WEDNESDAYS (9/8, 9/15, 9/22, 9/29, 10/6, 10/13)

Wed 5:30pm-6:15pm "MOMMY N' ME" Age 0-4yr Cost \$5 per class

Wed 6:30pm-7:15pm "STORYBOOK FRIENDS" Age 6-10 Cost \$18

SESSION 2 - TUESDAYS (10/26,11/2,11/9,11/16,11/30,12/7)

Tues 5:30pm-6:15pm "STORYBOOK FRIENDS" Age 2-5 Cost \$18

Tues 6:30pm-7:30pm "CHILDREN'S MUSICAL THEATER" Age 4-16
Cost \$20

SESSION 2 - WEDNESDAYS (10/27,11/3,11/10,11/17,12/1,12/8)

Wed 5:30pm-6:15pm "MOMMY N' ME" Age 0-4yr Cost \$5 per class

Wed 6:30pm-7:15pm "STORYBOOK FRIENDS" Age 6-10 Cost \$18

For more information contact Deb Meents at: e-mail:

debadoo_dance@yahoo.com or call 680-9153