

Teen Zone Volunteer Program

Who: All eager teens, ages 13-16

What: Volunteer to help at programs and events with the Recreation Department and community projects.

Why: To earn school credit (for schools that offer it), gain valuable work experience, or just to help your community and have some fun!

Where: We meet the second Friday of every month from 6 - 7:30 pm at the Town Hall Recreation Center. Our next meeting is January 13, 2012.

For more information on how to get involved call Alicia Dannelley at (760) 240-7000, ext. 7891



Youth Tumbling

Ages 5 - 14

Learn jumps, rolls, cartwheels, walkovers and hand springs. Classes also cover stretching and conditioning exercises. Advancement is at the discretion of the coach. Form-fitting clothing is required. No class 1/3, 3/20, 5/22. Instructor: Lonnie Richling

Activity Fee: \$37 (Level 1) \$9.50 (Level 2)

Location: James Woody Community Center Mini-Gym

Date:	Day:	Time:
Jan 10 - 31	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Feb 7 - 28	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Mar 6 - 27	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Apr 3 - 24	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
May 1 - 29	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)

Zumbatomic®

LIL' Starz

Ages 4 - 7

Zumbatomic® is a fun and healthy program for children using the ZUMBA® fitness concept. A different look at fitness fun and games are the main focus, while keeping kids active and energized. No class 1/31.

Instructor: Maria Chapman

Activity Fee: \$22/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
Jan 3 - 24	Tu	4:30 - 5:15 pm
Feb 7 - 28	Tu	4:30 - 5:15 pm
Mar 6 - 27	Tu	4:30 - 5:15 pm
Apr 3 - 24	Tu	4:30 - 5:15 pm

Zumbatomic®

BIG Starz

Ages 8 - 12

Zumbatomic® is a fun and healthy program for children using the ZUMBA® fitness concept. A different look at fitness fun and games are the main focus, while keeping kids active and energized. Instructor: Maria Chapman

Activity Fee: \$22/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
Jan 5 - 26	Th	4:30 - 5:15 pm
Feb 2 - 23	Th	4:30 - 5:15 pm
Mar 1 - 29	Th	4:30 - 5:15 pm
Apr 5 - 26	Th	4:30 - 5:15 pm

Beginning Gymnastics

Ages 7 - 12

This class is a recreational program designed to introduce boys and girls to the sport of gymnastics. Register in advance at Town Hall. A \$35 annual registration fee is due on the first day of class. This fee is for insurance and general maintenance costs. Registration fee is paid directly to 360 Gymnastics.

Activity Fee: \$40/month

Location: 360 Freestyle Gymnastics Academy
22355 Powhattan Rd, C-1, Apple Valley

Date:	Day:	Time:
Jan 7 - 28	Sat	1:45 - 2:45 pm
Feb 4 - 25	Sat	1:45 - 2:45 pm
Mar 3 - 31	Sat	1:45 - 2:45 pm
Apr 7 - 28	Sat	1:45 - 2:45 pm
May 5 - 26	Sat	1:45 - 2:45 pm

Hip Hop

Ages 6 - 18

Hip Hop is an energetic and creative form of dance that is sure to get you moving! Learn the fundamentals of a variety of Hip Hop movements. Bring your water bottle. Knee pads are required. Instructor: Chad Rodgers

4 - 5 pm (Beg) 5 - 6 pm (Adv)

Activity Fee: \$32/month

Location: James Woody Community Center
Arts & Crafts Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 6 - 27	Fri	See above
Feb 3 - 24	Fri	See above
Mar 2 - 30	Fri	See above
Apr 6 - 27	Fri	See above
May 4 - 25	Fri	See above



Pom Pom

Ages 4 1/2 - 13

Join in with the Shining Stars and possibly march in the Disneyland Main Street Parade. Marching and dance routines will be taught. Tennis shoes and comfortable clothing are required. Pom poms can be purchased from the instructor for \$22. Instructor: Shari Taylor

Activity Fee: \$30/4 weeks

Location: James Woody Community Center
Auditorium

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 5 - 26	Th	6:45 - 7:30 pm
Feb 2 - 23	Th	6:45 - 7:30 pm
Mar 1 - 22	Th	6:45 - 7:30 pm
Apr 5 - 26	Th	6:45 - 7:30 pm
May 3 - 24	Th	6:45 - 7:30 pm

Ballet

Ages 5 - 15

Ballet is a poised style of dance that uses every muscle in the body. It focuses on pointe work and flowing movements. Students will learn the basics of ballet which include grace, flexibility and posture. Appropriate ballet attire and leather ballet shoes are required, but are not included in the class fee. No class 1/3, 3/20, 5/22. Instructor: Lonnie Richling

Activity Fee: \$37/4 weeks \$28.25 (Mar)

Location: James Woody Community Center
Arts & Crafts Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 10 - 31	Tu	6 - 6:50 pm
Feb 7 - 28	Tu	6 - 6:50 pm
Mar 6 - 27	Tu	6 - 6:50 pm
Apr 3 - 24	Tu	6 - 6:50 pm
May 1 - 29	Tu	6 - 6:50 pm

Baton Twirling

Ages 4 1/2 - 13

This class will focus on body coordination and self-discipline. Our goal is to enter competitions, march in local parades and in the Disneyland Christmas Parade in December. Tennis shoes and comfortable clothing are required. Batons are available from the instructor for \$25 (new) or \$10 (used). Instructor: Shari Taylor

5:30 - 6:15 pm (7 & under) 6 - 6:45 pm (8 & up)

Activity Fee: \$30/4 weeks

Location: James Woody Community Center Auditorium

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 5 - 26	Th	See above
Feb 2 - 23	Th	See above
Mar 1 - 22	Th	See above
Apr 5 - 26	Th	See above
May 3 - 24	Th	See above

Little Gypsy Dance

Ages 11 - 15

Learn the origin of music and dance from around the world. This exciting cultural/ethnic dance class will promote self-esteem, graceful moves and fun fitness for young girls. Instructor: Diane Ona

Activity Fee: \$32/month

Location: James Woody Community Center
Arts & Craft Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 5 - 26	Th	3 - 4 pm
Feb 2 - 23	Th	3 - 4 pm
Mar 1 - 22	Th	3 - 4 pm
Apr 5 - 26	Th	3 - 4 pm
May 3 - 24	Th	3 - 4 pm

MUSICSTAR® Voice

Ages 7 - 17

Discover the secrets of today's greatest voices. Musical group voice classes teach fundamental vocal technique and voice development. We will also explore advanced techniques as they apply to producing today's commercial sound. Instructor: MUSICSTAR® Staff

Activity Fee: \$40/4 weeks + \$15 for book and CD

Location: James Woody Community Center Auditorium

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 3 - 24	Tu	3 - 3:50 pm
Feb 7 - 28	Tu	3 - 3:50 pm
Mar 6 - 27	Tu	3 - 3:50 pm
Apr 3 - 24	Tu	3 - 3:50 pm
May 1 - 22	Tu	3 - 3:50 pm



Junior Golf

Ages 5 - 17

Golf lessons just for the kids! Students will learn basic rules and etiquette of golf as well the fundamentals of putting, chipping and the full swing. Dress code for class is a collared shirt-no jeans. Fee includes use of golf clubs and balls. Register at Town Hall.

Activity Fee: \$49/4 weeks

Location: Apple Valley Country Club

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>	
Jan 7 - 28	Sat	12 - 12:45 pm	(5 - 8 years)
		1 - 1:45 pm	(9 - 17 years)
Feb 4 - 25	Sat	12 - 12:45 pm	(5 - 8 years)
		1 - 1:45 pm	(9 - 17 years)
Mar 3 - 24	Sat	12 - 12:45 pm	(5 - 8 years)
		1 - 1:45 pm	(9 - 17 years)
Apr 7 - 28	Sat	9 - 9:45 am	(5 - 8 years)
		10 - 10:45 am	(9 - 17 years)
May 5 - 26	Sat	9 - 9:45 am	(5 - 8 years)
		10 - 10:45 am	(9 - 17 years)

Driver's Education

Ages 14 - 18

Driver's Education is a California-required course that must be taken to receive a driver's license. DMV-accepted completion certificates are issued upon successful completion of the course. Class does not include behind-the-wheel training.

Internet Course

Within 48 hours of registration, the student will have an account created and receive a welcome e-mail and access to the course online.

Activity Fee: \$77

Home Study Course

The home study course includes a full color textbook and five educational videos. Materials will be shipped within 5 days of registration. Students have 30 days to complete the course.

Activity Fee: \$92



Youth Tennis Lessons

Ages 6 - 17

Kids of all skill levels will learn and improve on the basic skills of tennis. Bring a tennis racquet and a can of balls. Register at Town Hall. Instructor: Bill Mocharnuk

Activity Fee: \$27/4 weeks

Location: Apple Valley Country Club

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Jan 7 - 28	Sat	8:30 - 9:15 am (Beg) 9:15 - 10 am (Int/Adv)
Feb 4 - 25	Sat	8:30 - 9:15 am (Beg) 9:15 - 10 am (Int/Adv)
Mar 3 - 24	Sat	8:30 - 9:15 am (Beg) 9:15 - 10 am (Int/Adv)
Apr 7 - 28	Sat	8:30 - 9:15 am (Beg) 9:15 - 10 am (Int/Adv)
May 5 - 26	Sat	8:30 - 9:15 am (Beg) 9:15 - 10 am (Int/Adv)

3-Diamond Skate Park

Located at the James Woody Community Center

Open 9 am - dusk

Skateboard and BMX aficionados will now be able to enjoy the 3 Diamond Skate Park. The park has been renovated and expanded to accommodate both skateboard and BMX bike use.

The recently renovated park now has a distinct plaza style with stairs, ledges, a huge quarter pipe and more. BMX bikes, skateboards, roller skates and in-line skates are allowed.

All park users please be aware that the Town of Apple Valley has adopted Town Ordinance 11.68.060, the requirement for wearing a helmet, elbow and knee pads at all times while in the skate park. The rules are enforceable and citable. Thank you in advance for obeying the law.



Apple Valley Youth Center



Ages 7 - 17

Programs are offered at the Apple Valley Youth Center or at the Boxing Center

Youth Center is open Monday - Friday

The Apple Valley Police Activities League (PAL) provides after school mentoring programs and athletic and life skills to our children at little or no cost. The Youth Center offers programs such as boxing and is a place where Apple Valley youth can play pool, ping pong, use the computer and the internet in a monitored environment, or simply hang out with their peers.

For more details, call (760) 961-0754 or visit our website at www.avpal.org

Locations: Youth Center: James Woody Community Center
Ward Room

Boxing Center: 22390 Eyota Road

This program is conducted by the Apple Valley PAL and is not sponsored by the Town of Apple Valley Park and Recreation Department