

It's not how long you practice, but what you put into your practice.

Gear Up for Fun!

Safety comes first

Doing the proper warm ups will help you avoid injury.

Comfort is a close second

Shoes that are too tight or too loose may prevent you from enjoying the activity and could cause injuries. Be sure participants wear the appropriate attire for class.



PARENTS INFORMATION

Instructional classes are available for all ages, year-round, with limited space. Registration, payments and withdrawals can be made at the front desk Monday-Friday, 6 a.m. - 6 p.m. Withdrawals require a two-week advance notice.

Spectators are encouraged. In consideration of students, disruptive children, cell-phone calls and other distractions are discouraged.

All program dates and times are subject to change without notice.

2361 Selfridge Ave., Bldg. 8420
Lackland AFB, TX 78236
(210) 671-2388/2510



www.lacklandfss.com

Instructional Programs

Guitar

Each half-hour lesson incorporates music reading, composition, technique, theory, transcribing and improvisation. Classes are adjusted to students skill level. Music genre is determined by student's interest. Beginning to advanced student's are welcome.

Guitar Lessons

\$20 per half-hour lesson

Ages 5-18

Monday, Tuesday and Saturday

Call for available times

Piano

Taking piano lessons will develop good concentration and discipline as well as musical skills. The repertoire will include classical music which teaches concepts of style and technique needed to play properly with feeling. Attention is also given to theory - the ability to understand keys, intervals, chords, and harmonic structure.

Piano Lessons

\$20 per half-hour lesson

Ages 5-18

Wednesday, Thursday and Saturday

Call for available times

Dance

Ballet/Jazz, Hip-Hop and Latin Dance for adults. This program is for students with a spirit for creativity and the opportunity to express their individuality through dance expression. Private lessons are provided upon request for students ages 5 and up to help improve their technique, to catch up on skills, or for choreography purposes. Ages designated do not necessarily mean that your child will be placed in that class. They may be moved up or down a class depending on their skill level after being evaluated.

Dance Lessons

\$40 per month
1-hour class per week

For ages 3-15

Saturday only

Ballet & Jazz
ages 3-4 12:40 - 1:20 p.m.
ages 5-6 1:25 - 2:05 p.m.
ages 7-15 2:10 - 3 p.m.

Hip-Hop
ages 9-15 3:10 - 4 p.m.

Cheer

The Cheer program is designed to introduce both boys and girls to the sport of cheerleading. Classes will consist of a variety of motions, jumps, cheers, chants, dances, and more. The program will be made up of a Blue team for ages 5-8 and a Silver team for ages 9-12. Private lessons are available for those cheerleaders who would like one-on-one attention.

Cheer Lessons

\$45 per month
1-hour class per week

Blue Team ages 5-8 5:30 - 6:30 p.m.

Silver Team ages 9-12 6:30 - 7:30 p.m.

Friday only
(performances optional)

Tae Kwon Do

This self-defense program fosters strength of character, discipline, confidence, and self-respect. It also helps the community by bringing families together, tied with a common chord...family fitness.

Forms: increase memory, focus, artistry, and concentration while developing martial arts skills.

One steps: students learn to understand their own reach and self-control while hitting a target or a person in sparring or in self-defense.

Free Sparring: increases timing, self-defense skills, hand/eye coordination and focus.

Cubs Program: special program teaches ages 4-6 basic fundamentals.

Tae Kwon Do

ages 3-5
\$35 per class
5:10 - 5:40 p.m.
Tuesday and Thursday

ages 6-12
\$45 per class
5:50 - 6:35 p.m.
Tuesday and Thursday

ages 13 and up
\$45 per class
6:45 - 7:45 p.m.



Ballet
& **jazz**



Items and prices subject to change without notice