

## School of Life Skills, Citizenship & Leadership

### Workshops

#### Home Alone Class

**Ages:** 10-18 yo

**Cost:** Free

See Parent Central/Webtrac for dates/times

**Note:** Parents must attend last 30 minutes of class

#### Babysitting & CPR/First Aid

**Ages:** 12-18 yo

**Cost:** Free

See Parent Central/Webtrac for dates/times

**Note:** Must be 13 years of age, as well as attend and pass all sessions of the course in order to be placed on the CYS approved babysitters list.

#### Introduction to Cooking 1 (\$35/lesson)

**Ages:** 12-18 yo

See Parent Central/Webtrac for dates/times/cost

**Note:** Get on your cooking feet to learn recipes and skills for simple, healthy, delicious food.

Lesson 1: Knife Skills and Tacos

*(Lesson 1 is a prerequisite for lessons 2 & 3)*

Lesson 2: Salads, Dressings, Chicken, & Pear Crisps

Lesson 3: Spaghetti, Shrimp, Arugula and Radicchio Salad, & Lemon Ricotta Tart

#### Basic Baking (\$35/lesson)

**Ages:** 12-18 yo

See Parent Central/Webtrac for dates/times/cost

**Note:** Learn the basics of baking pizza, cookies, cakes and sweets from scratch.

Lesson 1: Pizza, Pizza, Pizza

Lesson 2: Cookies for the Cookie Jar

Lesson 3: Basic Cakes and Tarts

## School of Fine Arts, Recreation & Leisure

#### Horse Care & Riding Workshop

**Ages:** 3-18 yo

**Cost:** \$30

This beginner class includes topics such as safety around horses, care & grooming, equine dentistry, and hoof care. Learn how to rope and do balancing exercises to help with riding. Mini-private riding lesson and craft project also included.

## School of Life Skills, Citizenship & Leadership

### Academic Support

**Tutor.com**

[www.tutor.com/military](http://www.tutor.com/military)

**Teacher's Café**

[http://www.theteacherscafe.com/Reading/Free\\_Resources\\_Activities-2.php](http://www.theteacherscafe.com/Reading/Free_Resources_Activities-2.php)

**Starfall**

[www.starfall.com](http://www.starfall.com)

**Math and Reading Help**

[www.mathandreadinghelp.org/kids\\_games/index.html](http://www.mathandreadinghelp.org/kids_games/index.html)

#### Registration

All participants must be registered with Fort Riley CYS. Health assessments are required for all children enrolled (with exception to children 6th grade and above).

#### Cancellation/Refund Policy

Payment is due at time of registration. Fees are not prorated and refunds are not authorized for withdrawal from SKIES instructional classes once the class officially begins.

#### Closures

All SKIES classes are closed for all Federal holidays, the day after Thanksgiving, the week of spring break, the 2 weeks of Christmas break, and two days annually for mandatory CYS staff training.

#### Classes

All classes are held at Bldg 6620 unless otherwise noted. Class space is limited and subject to change without notice. Some classes require a minimum number of participants in order to hold the class.



Class cancellations & changes will be sent out through REMIND.

For text message notifications, text @rileyskies to 81010.

For emails: send an email to [rileyskies@mail.remind.com](mailto:rileyskies@mail.remind.com).

**For additional information, please visit us on the web at:**

**[www.facebook.com/RileyCYS](https://www.facebook.com/RileyCYS) or [www.rileymwr.com](http://www.rileymwr.com)**



**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

Fort Riley CYS offers instructional classes for children and youth by instructors who are experienced in their fields.



UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**

SKIES Unlimited

Phone: 785-240-2818

Register at:

CYS Parent Central Services  
6620 Normandy Drive  
785-239-9885

## School of Fine Arts, Recreation & Leisure

### Dance

#### Ballet (\$30/mo)

- Beginning fundamentals of ballet; proper body placement, body alignment, center floor work, and across the floor work
- Miss Vickie's ballet classes include many favorite Disney princess songs and a non-traditional approach to the very strict discipline of ballet.

#### **Days/Times/Ages:**

Mondays at 1535-1605 for 2-4 yo

Tuesdays at 0930-1000 for 2-4 yo

#### Tap, Ballet & Tumble Combo (\$30/mo)

- Tap portion: learn rhythm, dynamics, varying sounds, tap steps and combination steps
- Ballet portion: focuses on the basic fundamentals of ballet, proper body placement, body alignment, floor work, and fun choreography.

#### **Days/Times/Ages:**

Mondays at 1700-1745 for 6-9yo

#### Dance & Tumbling Combo (\$30/mo)

- Teaches proper strength training, conditioning and stretching, basic tumbling skills, including but not limited to, forward/backward rolls, backbends and kick overs, headstands, and cartwheels
- Basic ballet forms and positions in addition to jazz steps/ combos and other various forms of dance

#### **Days/Times/Ages:**

Mondays at 930-1015 for 3-5 yo

Mondays at 1150-1235 for 4-7yo

Mondays at 1500-1530 for 2-4 yo

Mondays at 1750-1820 for 3-5yo

Mondays at 1825-1910 for 6-9 yo

### Music

#### Private Guitar Lessons (\$50/mo) (8+yo)

Tuesdays at 1600-1630      Wednesday at 1720-1750

Tuesdays at 1640-1710      Thursday at 1600-1630

Tuesdays at 1720-1750      Thursday at 1640-1710

Wednesday at 1600-1630      Thursday at 1720-1750

Wednesday at 1640-1710

## School of Sports, Fitness & Health

### Tumbling & Gymnastics

#### Wiggles & Giggles (\$20/mo)

Tuesdays at 1005-1035 for 10mo-3yo

#### Tumbling (\$30/mo)

- Form of gymnastics performed without props or equipt.
- Common movements include cartwheels, tucks, handstands, flips, and rolls.
- All classes teach proper strength, flexibility, and balance training.

Mondays at 1100-1145 for 3-5 yo

Mondays at 1610-1655 for 5-9 yo

Mondays at 1915-2000 for 6-10 yo

Tuesdays at 1045-1130 for 3-5 yo

#### Mommy & Me Tumbling (\$30/mo)

Mondays at 1020-1050 for 2-4 yo

### Gymnastics

#### **Parent & Me (\$30/mo) (co-ed)**

Tuesdays at 1500-1530 for 18mo-3yo

Wednesdays at 1500-1530 for 18mo-3yo

#### **Pre-School (\$35/mo) (co-ed)**

Tuesdays at 1535-1605 for 3-5yo

Wednesdays at 1535-1605 for 3-5yo

#### **Red Level (5-7 yo) (Intermediate) (\$45/mo)**

Tuesdays at 1610-1655

Wednesdays at 1610-1655

#### **Blue Level (5-7 yo) (Advanced) (\$55/mo)**

Tuesdays at 1700-1800

Wednesdays at 1700-1800

#### **Silver Level (8+ yo) (Intermediate) (\$45/mo)**

Tuesdays at 1805-1850

Wednesdays at 1805-1850

#### **Gold Level (8+ yo) (Advanced) (\$55/mo)**

Tuesdays at 1855-1940

Wednesdays at 1855-1940

#### **Private Lessons (3+yo) (\$60/mo)**

Thursdays at 1500-1530

Thursdays at 1535-1605

Thursdays 1610-1640

#### **Boys Lessons (6+yo)\$45/mo)**

Thursdays 1645-1715

## Aquatics

### Swim Lessons

See Parent Central for dates/times/location

**Locations:** Eyster Pool or Custer Hill Aquatic Park  
Parent & Child Aquatics (Ages 6mo-3yo) \$35/five lessons

Level 1: Water Safety and Basic Skills

Level 2: Skill Building

Preschool Aquatics Swim (Ages 4yo-5yo) \$40/eight lessons

Level 1 : Introduction to Aquatic Environment

Level 2: Gaining Independence in Water

Level 3: Building Basic Swimming Propulsive Skills

Learn To Swim (Ages 6yo-18yo) \$40/eight lessons

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Semi-Private (Ages 5yo+) \$45/five lessons

Private (Ages 5yo+) \$90/five lessons

Swim Team Prep — \$30/session

### Martial Arts

#### Hapkido: Self Defense (\$35/mo)

- Class activities include strength and conditioning to build muscle, flexibility, balance and coordination. Self-defense is performed with safety and respect to training partners in mind while gaining control and confidence.

#### **Days/Times/Ages:**

Wednesdays at 1700-1730 for 3-5 yo (new enrollees)

Wednesdays at 1735-1805 for 3-5 yo

Wednesdays at 1810-1910 for 6+ yo (new enrollees)

Wednesdays at 1915-2015 for 6+ yo (Intermediate)

Fridays at 1700-1730 for 3-5 yo (Advanced, invite only)

Fridays at 1735-1835 for 6+ yo (Advanced, invite only)

**\*Uniform optional. See instructor for details.**

#### Tae Kwon Do (\$35/mo)

- Students learn balance, coordination, strength, and self-discipline. Includes: basic kicks, stances and self-defense strikes.

- Independent Tae Kwon Do Association

#### **Days/Times/Ages:**

Mondays at 1700-1730 for 3-5 yo

Mondays at 1735-1835 for 6+ yo

Mondays at 1840-1940 for 6+ yo (Advanced– invite only)

**\*Uniform optional. See instructor for details.**