

SPRING LESSONS 2012

PRE-K - 8TH GRADE



Peoria Academy is excited to have many new lesson offerings this spring, as well some returning favorites! Please read the lesson brochure carefully and use the registration forms, found at the end of the brochure to register. Remember that lessons are filled on a **first come first served basis so register early**. For those students interested in continuing their private music instruction from the spring semester, a completed registration form must be turned in by Wednesday, December 21st to reserve a space.

An early bird registration discount will be offered to those registering on or before Wednesday, December 21st. Early bird rates are designated by the abbreviation EB and regular rates by the abbreviation RR. The regular registration rate applies to all lesson registrations received after December 21st. Lesson charges will appear on your February statement. **Refunds will not be issued for lessons once the registration form has been submitted, unless the lesson is canceled by Peoria Academy.**

Lessons are an extension of the regular school day. Participation in lessons is dependent upon student behavior. Peoria Academy reserves the right to remove any student who demonstrates unsuitable or disruptive behavior. If a student is removed from class, a refund will not be issued.

Locations of all lessons will be posted on the dry erase board in the commons daily.

Completed registration forms should be returned to the folder marked LESSONS, located outside of the main office.

Lessons will not be held on the following dates, due to school holidays:

Monday – January 16th, February 20th, March 5th & April 9th

Tuesday – April 10th

Wednesday – April 11th

Thursday – April 12th

Friday – February 17th, April 6th & April 13th

ACTORS' WORKSHOP

4th – 8th Tues: 3:45 – 4:30 1/10 – 5/8 \$120.00 EB / \$132.00 RR (17 Sessions) **Class # 100**

Prepare for your next audition with Mr. Webb. Students will work with Mr. Webb on character development, monologue, scene work and vocal selections. Classes will also feature improvisation work and exercises designed to expand students' creativity.

AMERICAN GIRL BOOK CLUB

2nd – 8th Wed: 3:30 – 5:15 1/11 – 2/15 \$108.00 EB / \$118.00 RR (6 Sessions) **Class # 101**

2nd – 8th Thurs: 3:30 – 5:15 1/12 – 2/16 \$108.00 EB / \$118.00 RR (6 Sessions) **Class # 102**

Come and join this fun new class where you will learn all about the activities and crafts featured in the popular American Girl book series. Each week will feature a new craft, game or skills. Bake bread, learn to cross stitch, crochet and have a tea party. Mrs. Asad will be leading the classes, all supplies and materials included. Students may bring their American Girl doll to participate in class too and are welcome to register for either the Wednesday or Thursday session. Spaces are limited.

BRASS, WOODWINDS, VIOLIN PRIVATE INSTRUCTION

1st – 8th Gr. Mon: 7:00 – 8:30 1/9 – 5/7 \$270.00 EB / \$297.00 RR (15 Sessions) **Class # 103**

1st – 8th Gr. Tues: 7:00 – 8:30 1/10 – 5/8 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 104**

1st – 8th Gr. Wed: 7:00 – 7:30 1/11 – 5/9 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 105**

1st – 8th Gr. Thurs: 7:00 – 8:30 1/12 – 5/10 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 106**

1st – 8th Gr. Fri: 7:00 – 7:30 1/13 – 5/11 \$270.00 EB / \$297.00 RR (15 Sessions) **Class # 107**



Mrs. Laurel Filzen Etzel will be offering private instruction on a variety of instruments this semester. Mrs. Filzen Etzel has a masters degree in music performance from Western Michigan University, where she specialized in French horn performance. In addition to teaching private students, Laurel directs the Peoria Academy Concert Band and teaches courses at both ICC and Knox College. In her spare time, Mrs. Filzen Etzel performs with various music groups throughout central Illinois. Students may elect to receive instruction in violin, brass or woodwind instruments. **Students will need to provide their own instrument.** Students wishing to continue lessons from last semester must indicate their intent to do so by returning a completed registration form by December 21st.

CHESS CLUB

Kind.	Tues: 3:30 – 4:30	1/10 – 5/8	\$100.00 EB / \$110.00 RR (17 Sessions)	Class # 108
1st – 8th	Tues: 3:30 – 5:00	1/10 – 5/8	\$100.00 EB / \$110.00 RR (17 Sessions)	Class # 109



Join the Peoria Academy Bulldogs Chess Club and improve your game. Students of all ages and ability levels are welcome! The purpose of the chess club is to increase interest in the game of chess and to have fun. Students have the opportunity to participate in numerous chess tournaments throughout the semester. In recent years, Peoria Academy has been represented by individuals at both state and national level competitions. Chess is a wonderful activity that teaches the civility of sport, the aggression of competition, strategy building and the consequences of decisions. Parents of chess club members are invited to join in the fun by stopping in for one of the sessions. Challenge your child to a match and experience the fun first hand.

The Chess Club is under the direction of Mike Leali. Mr. Leali is a former PA parent and has coached the chess team since the schools inception in 2000. He has also coached teams at several other area schools. Mr. Leali is a master level player who enjoys challenging our students to do their very best.

COOKING ON THE WILD SIDE

1st – 3rd Gr.	Tues. 3:30 – 4:30	1/10 – 2/14	\$108.00 EB / \$118.00 RR (6 Sessions)	Class # 110
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Your little chef will learn fun facts about all types of wild animals and learn important cooking skills at the same time. Every week there will be a new animal to tame in the kitchen and a new type of food to master. If your little chef is wild about animals, they'll love Cooking on the Wild Side!

CONCERT BAND – BEGINNER & INTERMEDIATE LEVELS

Beginning Concert Band

5th – 8th Gr.	Wed. 7:30 – 8:15	1/11 – 5/9	\$157.50 EB / \$173.00 RR (15 Sessions)	Class # 111
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Intermediate Concert Band

5th – 8th Gr.	Fri: 7:30 – 8:15	1/13 – 5/11	\$157.50 EB / \$173.00 RR (15 Sessions)	Class # 112
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Concert Band is open to interested students in 5th – 8th grade. Beginner level concert band is for students who have never participated in band before; prior instruction on an instrument is NOT required to participate. The beginner band will introduce students to the instrument of their choice and also to the art of playing with a group. Intermediate level Concert Band is intended for students who have participated in band before or have taken private musical instruction on their instrument for at least one year.



Both band groups will be directed by Laurel Filzen Etzel. Mrs. Filzen Etzel has a masters degree in music performance from Western Michigan University, where she specialized in French horn performance. In addition to private students, Laurel also teaches courses at both ICC and Knox College. She is the director of the Knox College Concert Band and performs with a variety of musical groups through out the area. **Please bring your own instrument.**

CORE & MORE

6th-8th Gr.	Tues: 3:30 – 4:15	4/3 – 5/15	\$90.00 EB / \$99.00 RR (6 Sessions)	Class # 113
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Improve core body strength and condition for upcoming sports activities. Students will increase their fitness level through strength training exercises, cardiovascular work and stretching through yoga. Jeni Kuntzman has been a certified fitness instructor and personal trainer for 11 years. She teaches classes at Landmark Health Club, Maui Jim and Clubs at River City, as well as other schools in the area. She is also a busy mom of four.

DANCE: JAZZ & TAP COMBO

1st-3rd Gr. Thurs: 3:45 – 4:30 2/2 – 5/10 \$154.00 EB / \$169.00 RR (14 Sessions) **Class # 114**

Attention dancers! Mrs. Severns will be offering dance classes after school for dancers in 1st – 3rd grade. Classes will focus on warm ups and stretches, jazz and tap techniques. Performances will be announced at a later date. A costume is included in the class fee. Dancers will need to supply their own dance shoes. Tap and jazz shoes are available at Payless, Target or any specialty dancewear store. Spaces are limited, so register early!

FENCING


EC & 2nd Fri: 3:30 – 4:15 4/27 – 5/18 \$60.00 EB / \$65.00 RR (4 Sessions) **Class # 115**
3rd – 8th Fri: 4:15 – 5:00 4/27 – 5/18 \$60.00 EB / \$65.00 RR (4 Sessions) **Class # 116**

Join Coach Elsayed Emara and the staff of the Peoria Fencing Academy to explore this exciting sport. Coach Emara and his staff are dedicated to teaching fencing skills to students of all ages. Coach Emara and his staff have received numerous medals in national and international competitions. Several of our own Peoria Academy students are now competing at the national level! Fencing helps to develop quick thinking, poise, balance, agility, and speed. The classes have been divided into two sections, so that instruction may be tailored to the students' age level. Come and check out this exciting sport!



GUITAR

K – 8th Gr. Mon: 3:30 – 5:30 1/9 – 5/7 \$330.00 EB / \$363.00 RR (15 Sessions) **Class # 117**
K – 8th Gr. Tues: 3:30 – 5:30 1/10 – 5/8 \$374.00 EB / \$411.00 RR (17 Sessions) **Class # 118**
K – 8th Gr. Wed: 3:30 – 5:30 1/11 – 5/9 \$374.00 EB / \$411.00 RR (17 Sessions) **Class # 119**
K – 8th Gr. Thurs: 3:30 – 5:30 1/12 – 5/10 \$374.00 EB / \$411.00 RR (17 Sessions) **Class # 120**
K – 8th Gr. Fri: 3:30 – 5:30 1/13 – 5/11 \$330.00 EB / \$363.00 RR (15 Sessions) **Class # 121**

 Experienced guitar instructor, Joe Park, will once again be offering guitar lessons after school. Mr. Park performs at various venues throughout Central Illinois and also teaches guitar at his own private studio. Each lesson is a 30 minute private session. Please bring your own guitar. Students who wish to continue their lessons from last semester must indicate their intent to do so by returning a completed lesson registration form by December 21st.

IRISH STEP DANCE

EC – 2nd Tues: 3:45 – 4:30 1/10 – 2/28 \$125.00 EB / \$137.00 RR (8 Sessions) **Class # 122**
3rd – 8th Tues: 4:30 – 5:15 1/10 – 2/28 \$125.00 EB / \$137.00 RR (8 Sessions) **Class # 123**
EC – 2nd Tues: 3:45 – 4:30 4/17 – 5/8 \$62.50 EB / \$68.75 RR (4 Sessions) **Class # 124**
3rd – 8th Tues: 4:30 – 5:15 4/17 – 5/8 \$62.50 EB / \$68.75 RR (4 Sessions) **Class # 125**

Irish Dance will not be held during month of March.

Your Irish eyes will be smiling and your Irish toes will be tapping in this exciting dance class. Join Miss Erin Wukitsch to learn the basics of Irish dance. Dancers will need black jazz or ballet shoes and should wear a t-shirt with shorts or capri pants to class. No jeans please. Female dancers should have their hair pulled back and should not wear any dangly earrings.

Erin Wukitsch is a former state and national level Irish dance champion. She has studied under several Riverdance performers including two time world champion, Richie Reese. Ms. Wukitsch began teaching Irish dance so that she might be able to share the joy and love she has for Irish dance with others. For the past four years, Ms Wukitsch has been the owner of Isle of Erin Dance Studio. "Erin go Braugh!"



MAD SCIENCE – EARLY CHILDHOOD & KINDERGARTEN

EC & Kind. Fri: 3:30 – 4:15 1/6 – 3/2 \$106.00 EB / \$116.00 RR (8 Sessions) **Class # 126**

Mad Science has expanded and is now offering classes geared especially for early childhood and kindergarten students. Join Mad Science for fun hands on science activities each week. A description of all eight classes offered is listed below.

Space Frontiers – Sign up for the Mad Science Astronaut in training program and take a trip through the solar system. Make moon craters and learn where the stars go during the day.

Fluttering Birds – Find out how our fine feather friends use beaks as tools – hummingbirds are not like pelicans! Play the Bird Mate Match Game.

Lets Measure – How big? How much? Meet Mr. Calculator and measure all kinds of objects. Take your new skills home and continue your scientific investigations.

Keep in Touch – Use nerve ending and touch the alphabet in Braille. Identify mystery items in our Mad Science Feely Sock using only your sense of touch.

Shapes and Structures – Discover different shapes and structures—learn what makes a bridge strong! Have fun playing Shape Bingo!

Mad Mixtures – Simple chemistry is all about fun! Be a Mad Scientist and conduct your own chemical reactions. See matter change!

Let's Look Closely – Use your powers of observation to look more closely at the world. Discover symmetry and test out how mirrors reflect...play the Eye Spy Game.

Weather Wonders – Join a Mad Science Meteorologist as we investigate rain, snow, and even tornadoes! Meet our cloud families and watch us create lightning!

MAD SCIENCE – ELEMENTARY LEVEL

1st – 4th Gr. Fri: 3:30 – 4:30 3/9 – 5/18 \$106.00 EB / \$116.00 RR (8 Sessions) **Class # 127**
Mad Science will not meet on April 27th.

Join Mad Science for fun hands on science activities each week. A description of the eight classes offered is listed below.

Slime – Explore the exciting world of polymers and the chemical reactions we use to create them. Transform two regular liquids into an oozing batch of your very own slime.



Harnessing Heat – Witness a mini rocket launch while learning the properties of heat. Change the temperature of a glass and lift it with no hands!

Wacky Waves – Create your own multi density wave bottles while learning about water, waves and the environment. Simulate the effects of an ocean oil spill and develop creative techniques to clean it up!



Great Gravity – Children will have the opportunity to learn more about the force of gravity in this class. They will conduct hands on experiments that will provide the opportunity to explore the force of gravity, the center of gravity and even to defy gravity.

Optical Illusions – Build your own illusion while learning about optics, reflection and sight. Watch celebrity images change before your very eyes! Seeing is not always believing.

Kitchen Chemistry – Cooking is all about chemistry! View the kitchen as another laboratory where chemical reactions are part of each dish. Dinnertime will never be the same!



Magnetic Magic – Investigate the powers and daily uses of magnets. Examine magnets up-close and at work. Test for electro magnetic fields and explore their peculiar abilities.

Phantastic pH Phestival – Explore the science of chemistry and discover the effects of molecular change. Learn to make your own pH paper. Conduct an Erlenmeyer flask experiment with a solid, liquid and gas!

MATH MANIA

1st – 3rd Gr. Thurs: 3:45 – 4:30 4/5 – 5/10 \$50.00 EB / \$55.00 RR (5 Sessions) **Class # 128**

Keep your math skills sharp and enjoy fun activities designed to present math in a new way. Fourth grade teacher, Miss Ashley Ravens, has prepared all types of engaging math activities for students to enjoy. Each week a different set of concepts will be highlighted. Don't miss out on all the fun!



MILEAGE CLUB

EC – 8th Gr. M & W: 7:40 – 8:10 1/10 – 5/10 \$31.00 EB / \$34.00 RR (34 Sessions) **Class # 129**



Start the new year off right and get into shape. Come join us in the mornings to walk or run towards a healthier you. Walk/jog by yourself, with your family, or with a group of friends. Keep track of your miles, earn one token for every mile you complete. Watch the benefits and your tokens add up!

MUSIC TOGETHER

EC & Kind. Mon: 3:30 – 4:15 1/9 – 3/19 \$158.00 EB / \$173.00 RR (8 Sessions) **Class # 130**

EC & Kind. Thurs: 3:30 – 4:15 1/12 – 3/1 \$158.00 EB / \$173.00 RR (8 Sessions) **Class # 131**

EC & Kind. Mon: 3:30 – 4:15 3/26 – 5/21 \$158.00 EB / \$173.00 RR (8 Sessions) **Class # 132**

EC & Kind. Thurs: 3:30 – 4:15 3/8 – 5/3 \$158.00 EB / \$173.00 RR (8 Sessions) **Class # 133**

Did you know that all children are musical? At Music Together®, we celebrate The Joy of Family Music®. In a forty-five minute class we sing, dance, play instruments, and laugh a lot!

Pretend to be bumble bees, galloping horses, and scampering squirrels. Explore drums, bells, shaker eggs and other instruments. Music Together classes build on your child's natural enthusiasm for music and movement. We believe that music ability is as much a life skill as walking or talking. We believe that all children can achieve basic music competence, i.e. learn to sing in tune, keep a beat, and participate in music-making with confidence and pleasure, provided that their early environment supports such learning.

Each family receives 2 copies of the professionally recorded CD (one for home, one for the car!) and a beautifully illustrated songbook with the music that will be used throughout the sessions. Students can register for both the January and March sessions, a different curriculum will be featured in both sessions.

PA PAINTERS

4th-8th Gr. Thurs: 3:30 – 5:00 1/19 – 3/8 \$112.00 EB / \$123.00 RR (8 Sessions) **Class # 134**



In this class students will begin by developing drawing skills. Students will explore contour, line, positive and negative space, perspective, proportion and shading through various drawing projects. Then students will move on to learning how to paint. Paintings will begin with tints and shades as students learn how to mix paints, and from there they will move on to color exploration.

In each class students will learn that art is not just the outcome of the product, but a process in which attention to detail and quality are emphasized. More advanced projects will be offered to students continuing for the fall semester.

PA Painters will be instructed by Brad Motteler. Mr. Motteler is a professional artist specializing in murals and portrait painting. He currently operates a studio located in the Contemporary Arts Center. Mr. Motteler has a BA in Studio Art from Illinois State University, and enjoys sharing his enthusiasm for painting with students.

PIANO – PRIVATE INSTRUCTION

1st – 8th

Busman Mon: 3:30 – 5:30 1/9 – 5/7 \$307.50 EB / \$337.50 RR (15 Sessions) **Class # 135**

Reed Tues: 7:30 – 8:30 1/10 – 5/8 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 136**

Busman Tues: 3:30 – 5:30 1/10 – 5/8 \$348.50 EB / \$382.50 RR (17 Sessions) **Class # 137**

Reed Wed: 7:30 – 8:30 1/11 – 5/9 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 138**

Busman Wed: 3:30 – 5:30 1/11 – 5/9 \$348.50 EB / \$382.50 RR (17 Sessions) **Class # 139**

Reed Thurs: 7:30 – 8:30 1/12 – 5/10 \$306.00 EB / \$336.00 RR (17 Sessions) **Class # 140**

Busman Thurs: 3:30 – 5:30 1/12 – 5/10 \$348.50 EB / \$382.50 RR (17 Sessions) **Class # 141**

Reed Fri: 7:30 – 8:30 1/13 – 5/11 \$270.00 EB / \$297.00 RR (15 Sessions) **Class # 142**

Busman Fri: 3:30 – 5:30 1/13 – 5/11 \$307.50 EB / \$337.50 RR (15 Sessions) **Class # 143**

Join our piano instructors for a ½ hour private lesson once a week. Continuing students must indicate their intent to do so by returning a completed registration form by December 21st.

Mrs. Liz Reed has been teaching piano for 25 years. She is a member of the Peoria Area Music Teachers Association. Mrs. Reed will be teaching lessons on Tuesday - Friday mornings.



Mrs. Gloria Busman has been teaching piano lessons for over 15 years and is a member of the Peoria Area Music Teachers Association. Mrs. Busman will be teaching lessons on Monday – Friday afternoons.

SCRAP – N – FEST

2nd – 8th Gr. Tues: 3:30 – 4:30 4/3 – 5/8 \$102.50 EB / \$112.50 RR (5 Sessions) **Class # 144**

Learn basis elements of scrapbooking, while designing 6 unique pages for your very own scrapbook. Each scrapper will need approximately 18 of their very favorite photos. A wide array of embellishments including stamps, craft punches, and paper will be provided.

SHOW CHOIR

2nd – 3rd Gr. Mon: 3:45 – 4:15 1/9 – 5/7 \$112.00 EB / \$123.00 RR (15 Sessions) **Class # 145**

4th – 6th Gr. Tues: 3:45 – 4:15 1/10 – 5/8 \$128.00 EB / \$140.00 RR (17 Sessions) **Class # 146**

Warm up your vocal chords and put on your dancing shoes. Mrs. Reynolds is sponsoring a show choir for students in 2nd – 3rd grade and 4th – 6th grade. Students will work with Mrs. Reynolds to learn various pieces of music and choreography to go with each song. No audition is required but spaces are limited and will be filled on a first come, first served basis. Performance dates will be announced later in the semester.

STRINGS – Private Lessons

1st – 8th Gr. Tues: 3:00 – 5:30 1/10 – 5/8 \$348.50 EB / \$383.00 RR (17 Sessions) **Class # 147**

1st – 8th Gr. Wed: 3:30 – 5:30 1/11 – 5/9 \$348.50 EB / \$383.00 RR (17 Sessions) **Class # 148**

1st – 8th Gr. Thurs: 3:00 – 5:30 1/12 – 5/10 \$348.50 EB / \$383.00 RR (17 Sessions) **Class # 149**



Middle school orchestra director Allison Montgomery, will be teaching string lessons after school on Tuesday, Wednesday and Thursdays. Mrs. Montgomery has been teaching violin and viola lessons for over 10 years; she is a member of the Peoria Symphony and the Heartland Community Orchestra. Interested students in grades 1st – 8th are welcome to enroll. Each session is a private 30 minute lesson. Please bring your own instrument. Students who wish to continue their lessons from last semester must indicate their intent to do so by returning a completed lesson registration form by December 21st. Space is limited, so sign up early.

TAE KWON DO

1st – 8th Grade

White-Orange Mon: 3:45 – 4:30 1/9 – 5/7 \$157.50 EB / \$173.00 RR (15 Sessions) **Class # 150**

Open Class Mon: 4:30 – 5:15 1/9 – 5/7 \$157.50 EB / \$173.00 RR (15 Sessions) **Class # 151**

Green – Black Tues: 7:30 – 8:15 1/10 – 5/8 \$178.50 EB / \$196.00 RR (17 Sessions) **Class # 152**

Green – Black Wed: 3:45 – 4:30 1/11 – 5/9 \$178.50 EB / \$196.00 RR (17 Sessions) **Class # 153**

Open Class Wed: 4:30 – 5:15 1/11 – 5/9 \$178.50 EB / \$196.00 RR (17 Sessions) **Class # 154**

White - Orange Thurs: 7:30 – 8:15 1/12 – 5/10 \$178.50 EB / \$196.00 RR (17 Sessions) **Class # 155**

We are pleased to have Master Dennis Zehr returning as instructor of the Tae Kwon Do program. Master Zehr began studying Tae Kwon Do in 1987 and has been a 5th degree black belt since 2004. Teaching methods focus on traditional Tae Kwon Do, mixed with practical self-defense combinations from all marital arts.

Anyone with a green belt ranking and above may register for classes on Tuesday mornings and Wednesday afternoons. Students with an orange belt ranking or below and all new students may register for classes on Monday afternoons and Thursday mornings. Any student may register for a full session of the open belt rank classes, or attend just a few select classes. Parents and teachers are also welcome to sign up for the open belt rank classes. Any student registered for the morning sessions should come to class dressed in their Tae Kwon Do uniform, students will have time to change into their school uniform before school. Students who wish to continue classes from the previous semester must indicate their intent to do so by returning a completed registration form by December 21st.



VOICE LESSONS

1st – 8th Gr. Mon: Time TBA 1/9 – 5/7 \$135.00 EB / \$148.50 RR (15 Sessions) **Class # 156**

1st – 8th Gr. Tue: Time TBA 1/10 – 5/8 \$153.00 EB / \$168.00 RR (17 Sessions) **Class # 157**



Look out America Idol! Peoria Academy music teacher, Cathy Reynolds is offering private vocal lessons during the fall semester. Each lesson is a 15 minute private session one time per week. Students who wish to continue classes from the previous semester must indicate their intent to do so by returning a completed registration form by December 21st. Spaces are limited, so sign up early.

WEARABLE ART

3rd – 8th Gr. Tues: 3:30 – 4:30 2/21 – 3/27 \$126.00 EB / \$138.00 RR (6 Sessions) **Class # 158**
Decorate a whole new wardrobe! Your creations will include; designer t-shirts, hats, bags and flip flops. Use jewels, beads, flowers, feathers, paints, glitter and more and fashion a whole new style. Please provide your shoe and shirt size on the registration form.

WILD ABOUT YOGA

EC – 2nd Gr. Tues: 3:30 – 4:00 1/10 – 3/27 \$116.00 EB / \$127.00 RR (12 Sessions) **Class # 159**
Yoga comes to life in this fun creative class lead by Mrs. Jeni Kuntzman. Mrs. Kuntzman will introduce students to various yoga poses through discussion of animals and nature. Students will have a blast pretending to be frogs, lions, trees and much more. A yoga mat will be provided for all students.

Jeni Kuntzman is a certified fitness instructor and personal trainer, she teaches classes at Landmark Health Club, Maui Jim and Clubs at River City, as well as other schools in the area. She is also a busy mom of four.

YOGA CONNECTION: RAISE YOUR VIBRATION

3rd-Adult Wed: 3:30 – 4:30 1/11 – 5/9 \$204.00 EB / \$224.00 RR (17 Sessions) **Class # 160**

Yoga is a noncompetitive practice in life experience that empowers healthy growth. Miss Tammy Mitchell, the director and creative visionary of Heading OM Yoga in West Peoria, incorporates yoga themes inspired by nature, art, music, conscious living and movement. Students will establish healthy relationships and routines through personal and group activities; including yoga postures, creative group visioning, breath practice and vibration sound experiences. Each session will feature a healthy organic snack and games. When the weather warms up, don't miss out on our spring yoga outdoor photo shoot. Mats and blankets will be provided or you may bring your own. Please wear comfortable clothing that will allow you to move and stretch with ease.



2012 Spring Lesson Listing – Use this chart to help plan your schedule.

Monday	Brass, Woodwinds & Violin: 1-8 7:00 – 8:30 1/9 – 5/7 Class # 103	Mileage Club: EC-8 7:40 – 8:10 1/9 – 5/7 Class #129	Voice Lessons: 1-8 Before, After School & Lunch 1/9 – 5/7 Class # 156	Tae Kwon Do: 1-8 3:45-4:30 (White-Orange) 4:30 – 5:15 (Open All) 1/9 – 5/7 Class # 150 & 151	Piano: 1-8 3:30 – 5:30 1/9 – 5/7 Class #135	
	Show Choir: 2-3 3:45 – 4:15 (2 nd & 3 rd) 1/9 – 5/7 Class # 145	Guitar: K-8 3:30 – 5:30 1/9 – 5/7 Class # 117	Music Together: EC-K 3:30 – 4:15 1/9-3/19 & 3/26- 5/21 Class # 130 & 132			
Tuesday	Brass, Woodwinds & Violin: 1-8 7:00 – 8:30 1/10 – 5/8 Class # 104	Tae Kwon Do: 1-8 Green - Black 7:30 – 8:15 1/10 – 5/8 Class # 152	Chess Club: K-8 3:30 – 4:30 (K) 3:30 – 5:00 (1 st – 8 th) Class # 108 (K) Class # 109 (1-8)	Irish Step Dance: EC-8 3:45 – 4:30 (EC – 2 nd) 4:30 – 5:15 (3 rd – 8 th) 1/10 – 2/28 & 4/17 – 5/8 Class # 122 & 124 (EC-2) Class # 123 & 125 (3-8)	Voice Lessons: 1-8 Before, After School & Lunch 1/10 – 5/8 Class # 157	
	Guitar: K-8 3:30 – 5:30 1/10 – 5/8 Class # 118	Piano : 1-8 7:30 – 8:30 (Reed) 3:30 – 5:30 (Busman) 1/10 – 5/8 Class # 136 (Reed) Class # 137 (Busman)	Strings: 1-8 3:30 – 5:30 1/10 – 5/8 Class # 147	Scrap – N – Fest: 2-8 3:30 – 4:30 4/3 – 5/8 Class # 144	Cooking on the Wild Side: 1-3 3:30 – 4:30 1/10 – 2/14 Class # 110	
	Actors' Workshop: 4-8 3:45 – 4:30 1/10 – 5/8 Class # 100	Wearable Art: 3-8 3:30 – 4:30 2/21 – 3/27 Class # 158	Show Choir: 4-6 3:45 – 4:15 (4 th – 6 th) 1/10 – 5/8 Class # 146	Wild About Yoga: EC-1 3:30 – 4:00 1/10 – 3/27 Class # 159	Core & More: 6-8 3:30 – 4:15 4/3 – 5/15 Class # 110	
	Brass, Woodwinds & Violin: 1-8 7:00 – 7:30 1/11 – 5/9 Class # 105	Beginner Concert Band: 5-8 7:30 – 8:15 1/11 – 5/9 Class # 111	Mileage Club: EC-8 7:40 – 8:10 1/9 – 5/7 Class # 129	Guitar: K-8 3:30 – 5:30 1/11 – 5/9 Class # 119	Strings: 1-8 3:30 – 5:30 1/11 – 5/9 Class # 148	
Wednesday	Piano : 1-8 7:30 – 8:30 (Reed) 3:30 – 5:30 (Busman) 1/11 – 5/9 Class # 138 (Reed) Class # 139 (Busman)	Tae Kwon Do: 1-8 3:45 – 4:30 (Green - Black) 4:30 – 5:15 (Open All) 1/11 – 5/9 Class # 153 & 154	Yoga: 3-Adult 3:30 – 4:30 9/7 – 12/7 Class # 160	American Girl: 2-8 3:30 – 5:15 1/11 – 2/15 Class # 101		
	Brass, Woodwinds & Violin: 1-8 7:00 – 8:30 1/12 – 5/10 Class # 106	Tae Kwon Do: 1-8 White - Orange 7:30 – 8:15 1/12 – 5/10 Class # 155	Piano : 1-8 7:30 – 8:30 (Reed) 3:30 – 5:30 (Busman) 1/12 – 5/10 Class # 140 (Reed) Class # 141 (Busman)	Strings: 1-8 3:30 – 5:30 1/12 – 5/10 Class # 149	American Girl: 2-8 3:30 – 5:15 1/12 – 2/16 Class # 102	
Thursday	PA Painters: 4-8 3:30 – 5:00 1/19 – 3/8 Class # 134	Music Together: EC-K 3:30 – 4:15 1/12-3/1 & 3/8-5/3 Class # 131 & 133	Dance: 1-3 3:45 – 4:30 2/2 – 5/10 Class # 114	Guitar: K-8 3:30 – 5:30 1/12 – 5/10 Class # 120	Math Mania: 1-3 3:45 – 4:30 4/5 – 5/10 Class # 128	
	Brass, Woodwinds & Violin: 1-8 7:00 – 7:30 1/13 – 5/11 Class # 107	Piano : 1-8 7:30 – 8:30 (Reed) 3:30 – 5:30 (Busman) 1/13 – 5/11 Class # 142 (Reed) Class # 143 (Busman)	Intermediate Concert Band: 5-8 7:30 – 8:15 1/13 – 5/11 Class # 112	Fencing: EC-8 3:30-4:15 (EC & 1st) 4:15-5:30 (2 nd - 8 th) 4/27 – 5/18 Class # 115 (EC-1) Class # 116 (2-8)	Guitar: K-8 3:30 – 5:30 1/13 – 5/11 Class # 121	
Friday	Mad Science: EC & K 3:30 – 4:15 1/6 – 3/2 Class # 126	Mad Science: 1 - 4 3:30 – 4:30 3/9 – 5/18 Class # 127				

