

# Winter & Spring Catalog 2022

Online Enrollment Opens January 02

In-person Enrollment Opens January 03



# SKIES *Unlimited*

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





# CYS Parent Central Services **REGISTRATION CHECKLIST**

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## **Documentation or Information Needed:**

- Copy of Sponsor's Orders (If re-registration only ID card required)
- Parent/Guardian(s) Home and Work information (Unit, CMR Address, Local Italian phone numbers, work phone numbers)
- Email Addresses (military/personal)
- 2 Local Emergency Contacts/Release Designees (Two, other than parent/guardians; full name & Italian phone numbers; must have access to the installation.)
- Immunization Records required for all children who do not attend DoDEA Vicenza Schools including Home-School children and those attending Italian Schools
- Family Care Plan (due within 30 days of registration for single/dual military)
- If your child has Special Needs please contact our office for additional forms.

## **Annual Registration Forms:**

- Health Screening Tool (Health questionnaire) – DA Form 7725, filled out at appointment.
- Health Assessment/Sports Physical (due within 30 days of new registrations).
- \*For re-registrations, check to see if your HA on file is current and can be recertified when you are making your appointment. *Note: Current Sports Physical required to participate in Youth Sports. Sport Physicals are only valid for one year from the physical.*





# AUTO PAYMENTS

**SKIES***Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

**Auto payments can now be made at SKIES for all installment billed classes. Parents will be charged to the credit card placed on file on the 15th of each month for the next month of classes.**

## **Auto Billed Classes:**

- **Martial Arts**
- **Fitness Classes**
- **Private Music Lessons**

## **Please Note:**

- *Parents will need to inform SKIES if they would like to be dis-enrolled from their class prior to the 25th of the month to avoid charges.*
- *Auto Payments can be done at the SKIES Ederle Bldg. 308, Vilaggio Bldg. 304 and Parent Central Services (Ederle Bldg. 108).*



# About Us

The SKIES*Unlimited* Program at USAG Italy supports the Child & Youth Services commitment to Families by enhancing options for the development of youth through quality learning opportunities.

We offer instructional classes for youth in each of our four schools: School of Academics, Arts, Life and Sports. SKIES*Unlimited* is committed to creating an environment of excellence by providing quality class materials and using instructors who are certified experts in their fields. Classes are offered for specific age groups ranging from 6 months to 18 years of age.

Enrollment for SKIES*Unlimited* classes takes place at CYS Parent Central Services in the Davis Soldier & Family Readiness Center, Bldg. 108 on Caserma Ederle, or online at <https://webtrac.mwr.army.mil>

For more information on classes, or if you are interested in becoming a SKIES*Unlimited* instructor, please call +39 0444-71-4992 or send an email to [usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil](mailto:usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil)

## Our Philosophy

At SKIES*Unlimited*, our focus is high quality instructional classes inspiring our students to explore, learn and grow.

Through a cadre of caring faculty and staff, we encourage our Students to set high goals and work to achieve them.

We strive to provide a variety of educational activities for all members of our CYS Family and seize every opportunity to learn, grow, support and have fun!

Thank you for supporting the SKIES*Unlimited* program!

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## Discover the

### School of Academics, Mentoring & Intervention

16	<i>Public Speaking</i>
17	<i>Japanese Language</i>
18	<i>Italian Language</i>

### School of Arts, Recreation & Leisure

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2	<i>Parent &amp; Me Love to Dance, Pre-Ballet, and Pre-Dance</i>
3 - 5	<i>Ballet &amp; Tap</i>
6	<i>Imagine Adventure (Role Playing Game)</i>
7	<i>Fun with Music!</i>
8	<i>Creative Expressions</i>
9	<i>L.A.R.P Adventure Club</i>
10 - 13	<i>Private Music Instruction</i>

### School of Life Skills, Citizenship & Leadership

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33	<i>Toddler &amp; Preschool Gymnastics</i>
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# SKIES Store

Discover the

## SKIES STORE

The following classes will need supporting items in order to participate. Please read the "Class Details" section of each activity to see if additional items may be needed. Store items can be found at either of the SKIES offices.

### DANCE

Classes will require students to have a leotard and appropriate shoes. Specific uniform items will be provided in detail on the patrons receipt upon enrollment into their class.

*\*Costumes will also need to be purchased for the Winter/Spring Dance Recitals*

### Martial Arts

Classes will require students to have the appropriate class uniform:

**Karate** - Standard Karate Uniform White (Size 0-5) or Black (Size 00-7)

**Tae Kwon Do** - Standard Tae Kwon Do Uniform White (Size 000-5)

*\*Belt Testing - Students will need to purchase a "Belt Test" to advance to the next skill level.*

**Ninja Training** - Karate Uniform Black (Size 000-7)

### MUSIC

Instructors will recommend a Music book after they have assessed the student's skill during the first lesson. Students will advance through the music books, while learning skills such as improvisation, and their own favorite songs (sheet music).

- Rental Instruments are available for \$10 a month

### SWIM

- Wet Suits and Swim Caps are optional.

# PRICE LIST

## SKIES UNLIMITED

SKIES Unlimited  
Schools of Knowledge, Inspiration, Experience & Skills

### PURCHASE

#### DANCE

Pink Leotard (sizes 4-7)	\$24.00
Black Leotard (sizes 6-14)	\$20.00
Pink Tights (sizes S,M,L)	\$8.00
Pink Ballet Shoes (sizes 7-3)	\$16.00
Black Tap Shoes (sizes 7-3)	\$24.00

#### MARTIAL ARTS

Karate Uniform, White (sizes 000-5)	\$20.00
Karate Uniform, Black (sizes 00-7)	\$25.00
Tae Kwon Do Uniform (sizes 000-5)	\$20.00
Tae Kwon Do Belt Test (Yellow/Green/Blue)	\$35.00
Tae Kwon Do Belt Test (1/2 Red/Red/1/2 Black)	\$50.00
Tae Kwon Do Belt Test (1st Degree Black)	\$185.00
Tae Kwon Do Belt Test (2nd Degree Black)	\$215.00
Kung Fu Uniform	\$30.00
Junior Force Academy T-Shirt (sizes 5-6, 7-8, 9-11, 12-14 yrs.)	\$25.00

#### MUSIC

Drum Sticks	\$7.00
Drum Book - Stick Control	\$12.00
Drum Book - Agostini Method	\$30.00
Flute Book	\$20.00
Piano Books (Primer Level, Level 1, Level 2, & Level 3)	\$10.00
Piano Book Older Beginner (Level 1 & Level 2)	\$10.00
Guitar Book (Book 1 & Book 2)	\$12.00
Trumpet Book (Vol. 1 & Vol. 2)	\$12.00
Violin Book (Vol. 1, Vol. 2 & Vol. 3)	\$10.00
Violin Book - Fiddle Time Runner	\$14.00
Violin Book - Fiddle Time Jogger	\$20.00

#### SWIM

Swim Caps	\$3.00
Swim Wet Suits (Sizes Age 3 - 12)	\$15.00

#### RENT

### INSTRUMENTS

Guitar	Trumpet	Saxophone	\$10.00 per month
Ukulele	Flute	Cello	
Violin	Drum Pads	Viola	

For more info, call 0444-71-4992 | [italy.armyMWR.com](http://italy.armyMWR.com)

# Classes & Ages Chart

## *Infant, Pre-school, Elementary School*

### 3-17 Months

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# Classes & Ages Chart

## Middle School and High School

### 11 - 14 years (Middle School)

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<i>Private Italian Language (3 years &amp; older)</i>	<i>Page 18</i>
<i>Soccer (8-11 years, 12-16 years)</i>	<i>Page 20-22</i>
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# SKIES - “LIVING WITH THE VIRUS”

The SKIESUnlimited program would like our families to know that we will continue to take precautionary measures to prevent the ongoing spread of the COVID-19 Virus. This means that SKIES Classes may be subject to change. Dates, class times, class sizes, and all other information provided in this catalog to abide by regulations that may be integrated to align with installation or host nation policies. Scheduled class times may be reduced in order to properly clean and sanitize equipment in between classes (*average 10 minutes*).

These measures will be taken to ensure the safety of our youth, instructors, and the USAG-Italy community. We would like to thank our families for their understanding and their continued support for the SKIESUnlimited program.



# SKIES COVID FACILITY POLICIES

Families may be asked to answer several screening questions before entering the building, additionally family members may be required to complete a temperature check.

Mask, gloves and other personal protective equipment may be required to enter SKIES facilities (*subject to Installation/ Host Nation Policy*).

Students will be required to wear masks during instruction when the 2 meter (6ft) guidance cannot be followed. Accompanying parents and family members will be required to wear a mask at all times within the SKIES facility. This will be enforced by SKIES Instructors and Staff.

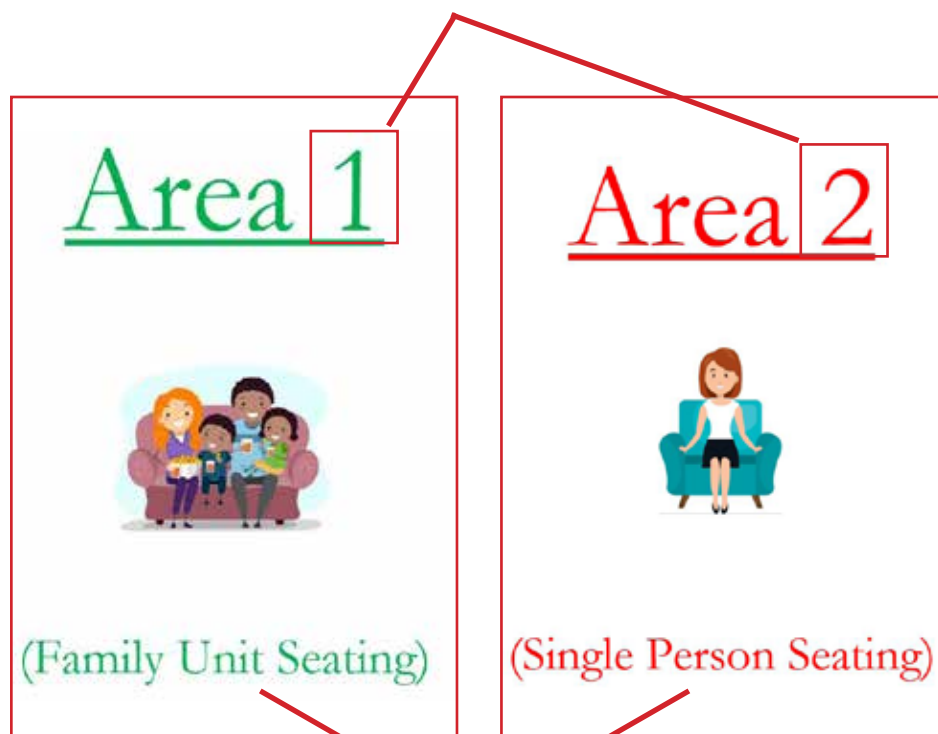
Students/Patrons/Instructors will be required to wash their hands before the start of each lesson. When hand washing is unavailable hand-sanitizer stations will be used.

Parents and youth not participating in classes will be required to stay in their designated waiting area.



# USING THE SKIES WAITING ROOMS

Number of waiting areas (e.g #'s 1-6) in the room will reflect Max Room Occupancy



Type of Seating: Family spaces are larger (e.g couches) and should only sit one (1) family unit.

The SKIESUnlimited waiting areas have been modified in order to meet COVID safety standards. We ask that parents read our new waiting room rules.

Each classroom has been assigned a designated waiting area. Parents and accompanying family members must stay in their designated waiting area.

Seating in waiting areas are classified as "Single" or "Family Unit".

Personal items should be kept in your own seating area.

Patrons who do not follow the SKIESUnlimited COVID Policies will be asked to leave the facility.



# SKIES SUPERVISION POLICY

Families are encouraged to limit accompanying family members to those that require supervision.

Parents with children that are below 6<sup>th</sup> grade will be required to stay with their child in the designated waiting area throughout the duration of their lesson.

Parents who have signed the SKIES Authorization form for children grades 6 and over are not required to stay for the duration of the lesson. Parents must provide this form to their child's class instructor.

**PRIVATE INSTRUCTION:** A parent or guardian is required to remain in the facility during his or her child's private instructional lesson.

**PARENT PARTICIPATION:** Parent participation is required for those enrolled in "Parent & Me" classes.



**SKIESUnlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

## Responsibilities for dropping off & picking up children from SKIESUnlimited.

### Authorization for Release Form

I understand it is my responsibility to drop off/pick up my child from his/her SKIESUnlimited classes to/from the instructor in accordance with CYS Policy and the USAG Vicenza Child Supervision Policy.

I understand if I, or a person I designate, am late picking my child up from his/her class, I can be charged for the instructor's time.

My child's name is \_\_\_\_\_.

I \_\_\_\_\_ (parent) authorize my child \_\_\_\_\_ who is \_\_\_\_\_ grade to walk to/from lessons on his/her own in accordance with the post supervision policy.

OR

I designate the following individuals to be authorized to drop off/pick up my child from the SKIES Program:

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

I agree to abide by the rules set forth in this form, and I understand it is my responsibility to update this form with my child's instructor if any information changes.

Parent/Guardian's Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

SKIESUnlimited

Discover Irish Dance with Ms. Esther



**Esther Bromley** was born in Kilburn, London to Irish parents. Esther and her family moved to Corby, Northamptonshire where at the age of seven she joined The Clifford Academy of Irish Dancing. By the age of 10, Esther was competing all over England and Ireland. She was recognized for many achievements and received awards and qualified to dance at The World Championship four times.

In 1988 Esther moved to Italy and was later asked to collaborate with a group of traditional Irish musicians called The Birkin Tree. She performed all over northern Italy and in the 90's she and Biagio Mineo (her husband) founded The Tara School of Irish Dancing near Milano, aimed to teach both 'Step' and Ceili'. The school has over 100 students.

## About the Instructor



Esther Bromley

## Sessions and Fees

**Irish Dance**  
ages 5 years & older  
2:00 - 4:00 p.m.

**Dance Session: Jan. 13 - May 12**

*(No class on Mar. 31)*

Cost: \$170 (17 Classes)

## Enrollment

**Enrollment opens: January 03**

Enroll at CYS Parent Central Services, Bldg. 108, or <https://webtrac.mwr.army.mil>

**Enrollment Min. 6 | Enrollment Max. 12**

**Day:** Thursday

**Location:** SKIES Bldg. 308, Ederle

## Class details

**Irish Dance** is a group of traditional dance forms originating in Ireland which can broadly be divided into social dances and performance dances. Classes are taught in a group setting with youth of varying ages and skills.

**Dress Code:** Youth should be dressed in fitness clothing and shoes in which they can move freely.

The instructor may recommend purchase and can provide assistance in creating specialized soft or hard shoes.

*\*Please note: This is a multi-level class.*

Ms. Bromley is available for private lessons. Please inquire at the SKIES office if you are interested.



## About the Instructor



Silvia Buico

**Silvia Buico** is no stranger to the dance program on Caserma Ederle, she began teaching Creative Movement, Tap and Ballet for Child & Youth Services in 1989.

Silvia studied ballet under the Royal Academy of Dance curriculum. She studied and performed Spanish Dance and Sevillanas and attended Medieval Dance classes at the Conservatory of Music in Vicenza.

Her passion for dance and teaching is evident in the warmth which radiates from her as she works with her youngest of students always looking for new ways to inspire.

Silvia is also an instructor of dance on the Italian economy. Her Italian Tap troupe has performed in the Teatro Comunale and in 2012 won a dance competition.

## Class details

**Parent Participation is required for Parent & Me classes.**

*The instructor may move children between classes based on their skill levels.*

***Parent & Me Love to Dance*** will introduce young dancers to the foundation of dance for Ballet, Jazz and Tap.

***Pre-Ballet*** Introduces little cute dancers to foundation of ballet. Lessons focus on the development of the child's ability to move in time with music and capacity to learn some simple ballet routines.

***Pre-Dance*** introduces young dancers to the foundation of Ballet, Jazz and Tap, working on skills such as flexibility, leg positioning (turn-out), and rhythm.

***Uniforms are required for all dance classes. Uniform information is listed on patrons' receipts at the time of enrollments and on WebTrac under class information.***

Discover Dance with Ms. Silvia



02  
School of  
Arts,  
Recreation  
& Leisure

SKIES Unlimited



## Sessions and Fees

### ***Parent & Me Love To Dance*** ages 3- 4 years

**Session: Jan. 11 - May 10**

*(No class Mar. 29)*

Class meets Tuesdays  
from 11:00 - 11:45 a.m.

Cost: \$170 (17 classes)

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### ***Pre-Ballet*** ages 3 - 4 years

**Session: Jan. 11 - May 10**

*(No class Mar. 29)*

Class meets Tuesdays  
from 4:15 - 5:10 p.m.

Cost: \$170 (17 classes)



## Class details

**Tap Dance** is an exciting form of dancing in which dancers wear special shoes equipped with metal taps. This class focuses on the dancers' technical movements.

**Ballet** introduces students to ballet terminology and technique through the execution of barre work, center, and across the floor exercises.

***Uniforms are required for all dance classes.***

*Uniform information is listed on patrons' receipts at the time of enrollments and on WebTrac under class information.*





# Sessions and Fees

## ***Ballet*** ages 6 - 7 years

**Session: Jan. 12 - May 11**  
(No class Mar. 30)

Class meets Wednesdays  
from 3:20 - 4:05 p.m.

Cost: \$170 (17 classes)

## ***Pre-Dance*** ages 5 - 6 years

**Session: Jan. 12 - May 11**  
(No class Mar. 30)

Class meets Wednesdays  
from 4:15 - 5:10 p.m.

Cost: \$170 (17 classes)

## **Private Lessons**

Cost: \$30 for 60 minute

Private Dance Lessons can be scheduled  
at the SKIES Office, times will be  
determined based on instructor  
availability.

# *Spring Dance Recitals*

## ***Tap Dance*** ages 7 and older

**Session: Jan. 10 - May 09**  
(No classes Jan. 17,  
Feb. 21, & Mar. 28,  
Apr. 18 & Apr. 25)

Class meets Mondays  
from 4:10 - 5:00 p.m.

Cost: \$130 (13 classes)

## ***Spring Dance Recitals***

The SKIES Dance program will have  
dance rehearsals/recitals the week of  
***May 16 - 20.***

The cost of dance recital costumes  
is ***not*** included in the class enrollment  
fee.

Children/Youth will be measured  
for costumes in early February.

## **Enrollment**

**Enrollment opens: January 03**

**Enrollment Min. 3 | Max. 12**

**Location:** SKIES Art Studio

Bldg. 308, Ederle

Enroll at CYS Parent Central Services,  
Bldg. 108, or online at <https://webtrac.mwr.army.mil>

**Discover** Dance with Ms. Silvia



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**SKIES Unlimited**

Discover Dance with Ms. Simona



## About the Instructor



Simona Fioravanti

**Simona Fioravanti** is a former professional dancer and performer having worked for Theatres, Opera Houses and private companies for more than 20 years. She's been collaborating with dancers, choreographers and directors and has been performing in many prestigious artistic venues, both in Italy and around Europe.

She continued her dance curriculum attending the "Academie de Danse Classique Princesse Grace" in Monte Carlo (Monaco) for 2 years. She then spent 2 more years perfecting the "Schweizerische Ballettberufs Schule" in Zurich (Switzerland) where she graduated as a professional dancer.

While still dancing in Theatres, Simona started giving her first ballet classes and workshops in some private schools. To improve the art of teaching she has been attending advanced seminars for ballet teachers, in particular those led by professors from the Royal Ballet School of London. Now Simona has more than 15 years of experience as a ballet instructor and her principal aim in teaching is to transfer to her students the love of dancing.

## Sessions and Fees

**Session: Jan. 13 - May 12**

*(No class on Mar. 31)*

***Ballet***  
**ages 7 and older**

from 4:10 - 5:00 p.m.

Cost: \$170 (17 classes)

***High School  
Modern Dance***  
**ages 14 and older**

from 5:10 - 6:40 p.m.

Cost: \$238 (17 classes)

Classes meet Thursday

### Private Lessons

Cost: \$30 for 60 minute

Private Dance Lessons can be scheduled at the SKIES Office, times will be determined based on instructor availability.

## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 3 | Max. 12**

**Location:** SKIES Dance Studio  
Bldg. 308, Ederle



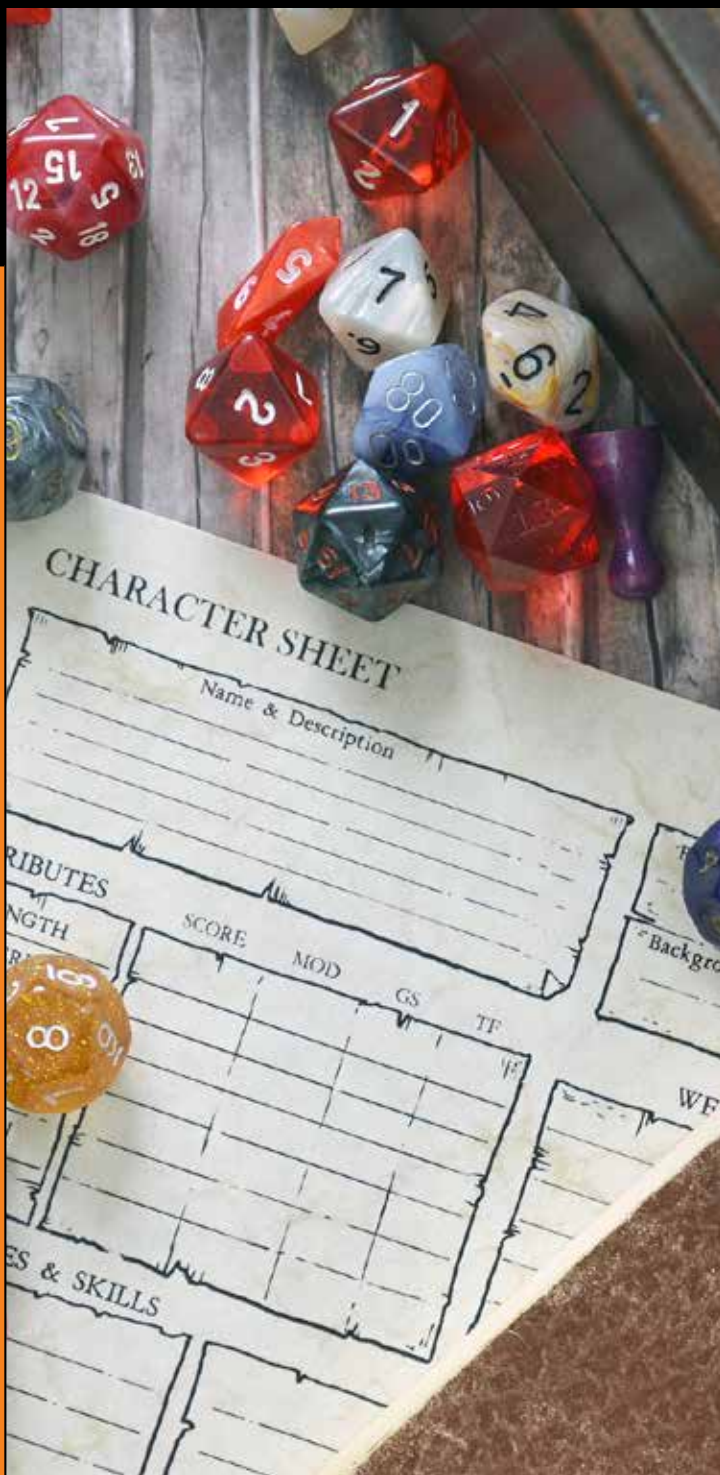


# SKIES UNLIMITED DANCE PROGRAM

The SKIES Dance Program will hold its annual Dance Recitals for all dance classes that meet the minimum enrollment. Please note:

- ❖ Dance Recitals are optional
- ❖ Dance Recitals are held the week after the last dance class (May 16 - May 20)
- ❖ Dance Recitals will be held at Soldiers' Theatre.
- ❖ Dance Costumes are required to participate in recitals.
- ❖ Parents can purchase Dance Costumes at SKIES Bldg. 308 during the last week of classes.





## About the Instructor



Simone Marini

**Simone Marini**, started playing Role Playing Games at the age of 12. This became a passion that expanded out, not only to playing, but writing stories and novels that now are published.

During his study of child development and holistic coaching, he had confirmation that this type of game is very effective for children to not only cultivate imagination, but also to discover new perceptions about themselves.

### Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 3 | Max. 12**

**Location:** SKIES Art Studio  
Bldg. 304, Villaggio

Enroll at CYS Parent Central Services,  
Bldg. 108, or online at <https://webtrac.mwr.army.mil>

## Sessions and Fees

### Imagine Adventures

(Role Play)

Ages 8 - 14 years

**Session 1: Jan. 13 - Mar. 24**

Cost: \$110 (11 classes)

**Session 2: Apr. 07 - Jun. 09**

Cost: \$100 (10 classes)

Classes meet on Thursdays  
from 4:20 - 6:15 p.m.

### Class details

**Imagine Adventures** is a class filled with creativity and adventure. As with any other skill, even imagination and creativity must be trained and developed. In this program we use a Role Playing Games.

Pretend play helps children naturally develop and use their cognitive abilities and skills. Through using their imagination regularly, they develop creativity and learn to think for themselves.

Students will be given the opportunity to immerse themselves in a game that is orally constructed and conjured in the imagination with the help of rule books, reference guides, charts, multifaceted dice and maps.



## About the Instructor



Grazia Donadel

**Grazia Donadel** is a singer, lyricist and songwriter. She started singing, playing guitar and composing her own songs at the age of 16.

She loves the voice and its power to free people's emotions and minds. She studied choral singing, bel canto with the soprano Silvia Regazzo, pop with Alejandro Martinez and Danila Satragno, canto dhrupad with Amelia Cuni and Ritwik Sanyal and jazz singing with Francesca Bertazzo, Amy London, Sheila Jordan, Shawn Monteiro.

In 2013 she graduated in jazz performance from the Conservatory [Academy of Music] in Vicenza. She attended training and became certified to teach Music Together children's music classes in March 2018.

## Sessions and Fees

### Fun with Music!

*Parent & Me Classes.*

*Parent participation is required.*

Open to ages 3 months to 4 years old.

**Session 1: Jan. 12 - Feb. 23**

Cost: \$77 (7 classes)

**Session 2: Mar. 02 - Apr. 13**

*(No class March 30)*

Cost: \$66 (6 classes)

**Session 3: Apr. 20 - May 25**

Cost: \$66 (6 classes)

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Days/Times:** Wednesday, 10:30 - 11:15 a.m.

**Location:** SKIES Bldg. 308, Ederle

Enroll at CYS Parent Central Services, Bldg. 108, or online at <https://webtrac.mwr.army.mil>

### Class details

**Fun with music!** is a multi-age music program. No matter your child's age, participants will learn and explore music and movement together.

All activities encourage discovery and exploration and foster sharing and social skills too.

Fun with music! teaches parents how to encourage their children's learning through vocal play, object exploration, instruments, and creative movement. Play instruments, sing, move - explore!

Discover Fun with Music!



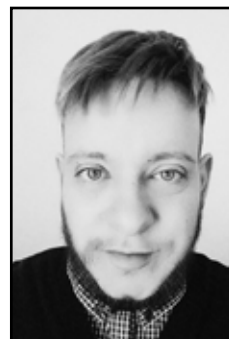
**FUN with MUSIC!**

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## About the Instructor



Lex Macaluso

Lex Macaluso began entertaining from a very young age, he then realized that it would quickly become his passion in life. A combination of prayer, pondering, and inspiration would drive Lex to his purpose of spreading the love of the "Arts" to those around him.

In 2015, Lex graduated with Honors from the University of Essex, earning his degree in Creative Performance. Lex has continued this passion working with "The Edge Theatre Company", while performing in numerous productions, including dramas, plays, and films. He continues to fine-tune his techniques in acting, directing and screen writing.

Lex believes that his classes should focus on creativity and inspiring children to express themselves and have fun while doing it.

## Sessions and Fees

### Fun with Acting ages 3 - 5 years

**Session 1: Jan. 11 - Feb 15**

**Session 2: Feb. 22 - Apr. 05**  
(No class Mar. 29)

**Session 3: Apr. 12 - May 17**

Cost: \$70 (7 classes)

Classes meet Tuesday  
from 10:30 - 11:20 a.m.

**Enrollment Min. 3 | Max. 12**  
**Location:** SKIES Bldg. 304  
Martial Arts Room

## Class details

**Fun with Acting** classes are filled with games that promote students to take on impersonations (such as an animal) and imitate their movements and expressions. Students will learn how to adapt their own personalities to mimic a character while focusing on voicing, accents, tone, expression and volume.

# Sessions and Fees

## Foam Crafting 4 LARP

ages 11 and older

**Session 1: Jan. 11 - Feb 15**

**Session 2: Feb. 22 - Apr. 05**  
(No Class Mar. 29)

**Session 3: Apr. 12 - May 17**

Cost: \$60 (6 classes)

Classes meet Tuesday  
from 3:30 - 4:30 p.m.

### *What to bring?*

Students may be asked to bring in old clothing that can be used to transform into character costumes.

**Enrollment Min. 3 | Max. 12**

**Location:** SKIES Bldg. 304  
Art Room

## Enrollment

**Enrollment opens: January 03**

Enroll at CYS Parent Central  
Services, Bldg. 108, Ederle, or online  
at  
<https://webtrac.mwr.army.mil>

## Class details

**LARP Adventure Program** stands for "Live Action Role Play", students focus on learning how to communicate with others through interdisciplinary and multiple intelligence methods. Our curriculum for youth focus on community and social skills, building confidence, and supporting a group identity. Live-action role playing can take many forms and can be used to create many things. It is an integration of theater, sports, and a variety of interdisciplinary arts. In our LARP, we take the approach of Transformational Leadership through theatre. We take inspiration from old-world customs and ancient traditions. We uphold our personal and community principles to work towards community and global transformation.

### Benefits of LARP:

- A place to try on new identities
- A place to try new social dynamics
- A place to challenge your own ideas and beliefs
- Collaborating with friends to create a story
- Pursuing your character's objectives, learning both how to win and how to process failure.

Discover Live Action Role Play with Mr. Lex



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# Private Music Instruction

SKIES *Unlimited* offers private music instruction for youth ages 6 and older:

Flute, Recorder, Guitar (Acoustic & Electric), Ukulele, Piano, Percussion, Saxophone, Violin, Viola, Trumpet and Voice.

Costs are based off of \$17 per 30 minutes and lessons are paid for by the month. Lessons take place between 10 a.m. to 7 p.m. and are held in Bldg. 304 on Villaggio and Bldg. 308 on Ederle.

### Availability and Waitlists

SKIES currently has spaces available in most music programs, but availability can change quickly.

If you are interested in music instruction for your child, please stop by SKIES in Bldg. 304, Villaggio, or Bldg. 308, Ederle, to place his or her name on the wait lists.

The lengths of wait lists vary by programs, and slots open up monthly as families transition and schedules change.

### Music slots prior to 3 p.m.

If your child is home-schooled or attends an Italian school which finishes earlier in the day, please contact SKIES directly – a spot prior to 3 p.m. may be available.

Call SKIES at 0444-71-4992 to check on instructor availability.

### COVID POLICY PRIVATE MUSIC

Music lessons will be scheduled in the format of 60 minute increments. Mandated cleaning times will be integrated into the students scheduled lesson time. This cleaning time is to ensure that the instructor can clean and sanitize all equipment used, and to prevent students from overlapping during class transitions.

## Meet Our Instructors

**Giorgio Dal Monte's** passion for piano began in childhood. After he successfully gained his Piano and Organ degrees, he has attended specific courses on Piano and Music teaching methodology for children.

His format includes: improvisation, music theory games, sight reading, ear training and more! It injects an element of fun and excitement into their lessons that they just won't experience anywhere else.

With the latest technology and a determination to develop the full potential of each pianist, his approach remains fresh, innovative and inspirational. His goal is that each student will find making music at the piano bench irresistible!



Giorgio Dal Monte  
Piano Instructor



Francesca Carniato  
Saxophone & Piano  
Instructor

**Francesca Carniato** began playing the piano at the age of nine. Four years later, she started to play the alto saxophone. In 2009 she was admitted to the Conservatory in Vicenza to study saxophone. In October 2012 she began studying at the University of Padova and moved her music studies to the Conservatory in Padova where she graduated with a degree in saxophone performance in February 2014.

Currently she plays in concerts as a saxophone soloist and pianist. She also plays in a jazz band as first alto sax. She has played in saxophone quartets and in wind ensembles throughout her musical career.

**Voichita Marina Muntoi** dedicated her life to Music from an early age. She began to play violin and piano at the age of 8 years old, and after 16 years of study she received her diploma at the Academy of Music in Romania.

Voichita has played with the Orchestra at Torino Teatro Regio, the Sanremo Symphonic Orchestra, the Teatro Del Giglio Lucca, and many other Chamber Orchestras.

She continues to teach Music in schools in Romania, and enjoys to share the miracle of Music with children.

Her Music, and professional experiences can be viewed on her Youtube channel, Voichita Muntoi.



Voichita Muntoi  
Piano & Violin  
Instructor

**Michelle Willis** started her musical studies with the piano, recorder and later the transverse flute. She completed her undergraduate degree from Sao Paulo State University in flute performance. In 1997 she received her master's degree in flute performance from Louisiana State University.

In 1999 Michelle moved to Boston where she taught at the Musical Suite in Newburyport and opened her own studio providing private lessons.

Michelle joined the SKIES*Unlimited* team in 2007 providing instruction for the flute, recorder and beginning piano. She also teaches adult lessons with Soldiers' Theatre.



Michelle Willis  
Flute, Recorder &  
Piano Instructor

## Discover Piano, Violin, Flute & Saxophone



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## About the Instructors

**Juan Martin Oyhenart** was born in Argentina. At age seven, he began studying guitar at the "Gilardo Gilardi" Conservatory of Music in La Plata. In 2002, he moved to Italy to continue his studies and focus on classical music. In 2009, he received his degree in classical guitar performance. He obtained the Master degree in classical guitar performance with honours. Currently Juan is working as guitar instructor in several music schools in the Veneto area. He also has experience with musical production and guitar making and restoration, which has given him a deeper understanding of the instrument



Juan Martin  
Oyhenart  
Guitar Instructor



Rossana Rinaldi  
Piano,  
Voice (Lyrical)  
Instructor

**Rossana Rinaldi** studied at the Salerno Conservatory of Music. In 2001, in Parma, she participated in the Verdi 100 concert for the centenary of the death of G. Verdi conducted by M. Zubin Metha, from that moment her career took off allowing her to sing with the greatest conductors such as, only to name a few, R. Muti, Z.Metha, N. Santi, E. Imbal, P.Steimberg, D. Oren, with the greatest singers such as, for example: J. Carreras, P. Domingo, L. Nucci, D. Dessi, K. Ricciarelli and many others, in all the theaters of Europe and the world. In Italy she sings in all the major theaters such as, the Teatro alla Scala in Milan, Arena in Verona, Teatro S. Carlo in Naples, Teatro Massimo in Palermo, Teatro Petruzzelli in Bari etc. Her vast repertoire allows her to range from the sacred to the operatic repertoire, among the operatic roles, Amneris in Aida by G. Verdi, Azucena in the Trovatore by G. Verdi, Dalila in Sansone and Dalila by C. S. Saens, Carmen in Carmen by G.Bizet, Giovanna di Seymour in Anna Bolena by G.Donizetti and many others.

**Antonio Zuccon** began his studies at the age of eight at the Conservatory of Vicenza A. Pedrollo, initially in the cello course to continue to the percussion course up to the third cycle. From a young age he performed at the Olympic theater, at the municipal theater and in many Vicenza music festivals together with the conservatory.

He continued his career as a multi-instrumentalist in songwriting and in the performances of his own compositions, initially continuing with the group "Coquine Market" (drums-guitar-harmonica-piano-voice) with whom he performed in most of the Vicenza festivals (white night, ferrock, Netta Rock ...) and in most of the venues in the Veneto region. ornale di Vicenza. Currently he performs with his own band "Vigo's Orchestra" in tow.



Antonio Zuccon  
Guitar, Cello,  
Percussion Instructor





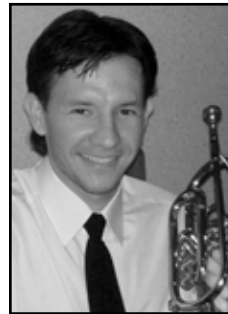
Grazia Donadel  
Voice Instructor

**Grazia Donadel** is a singer, lyricist and songwriter. She started singing, playing guitar and composing her own songs at the age of 16. She loves the voice and its power to free people's emotions and minds. She studied choral singing, bel canto with the soprano Silvia Regazzo, pop with Alejandro Martinez and Danila Satragno, canto dhrupad with Amelia Cuni and Ritwik Sanyal and jazz singing with Francesca Bertazzo, Amy London, Sheila Jordan, Shawn Monteiro.

In 2013 she graduated in jazz performance from the Conservatory [Academy of Music] in Vicenza. She keeps improving her musical skills by performing all around Italy and by attending musical master classes.

**Dino Maestrello** at the age of 12 took his first lessons on the horn. After years of study he earned a Master in Arts (Brass Pedagogy) at the University of Sao Paulo. Consequently, his dedication to music would allow him a graduate position at the University of Memphis for a performance degree. Once embarking on the music scene, Mr. Maestrello performed for Royal Caribbean International sharing the stage with multiple artists, such as America's Got Talent winner vocal group "The Texas Tenors".

Currently serving as an utility trumpet at Venice Opera House "La Fenice", Mr. Maestrello is proud to engage with the SKIES Unlimited music program to share his experience with his students.



Dino Maestrello  
Trumpet & Brass  
Instructor

**Christian Paganatto** was born in Vicenza in 1989. He began playing drums at an early age, and by 14 was recording self-produced CDs and playing with various bands in the Veneto area. He studied percussions with International musicians such as Alfredo Golino, Stefano Pisetta, Kaz Rodriguez, and Calvin Rodgers. He attended the Arrigo Pedrollo Conservatory of Vicenza and is graduated with Honors in Pop Drums at Conservatorio Bomporti of Trento. He has participated in shows such as MTV, Rock TV, and Roxy Bar TV and has studio recordings with Sony, Universal, and EMI. He has a deep commitment and passion for teaching drums to children and youth.



Christian Paganatto  
Percussion  
Instructor





**SKIES RENTAL**

# MUSICAL instruments

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- + GUITAR
- + VIOLIN / VIOLA
- + FLUTE
- + SAXOPHONE
- + DRUM PADS
- + TRUMPET





## About the Instructor



Silvia Buico

As a dancer Silvia Buico has a strong background in sewing, tailoring, and customizing dance apparel. It is common within the field of professional dance for dancer to learn the fundamentals of sewing to adjust their costumes, for example sewing ribbons on their shoes. Silvia's mother was a seamstress, which sparked an interest in sewing, and a fascination in having the ability to create something with your own hands. She started with small stitches, and over the years she has continued to cultivate her skills.

As a dance teacher, Silvia now uses her skills to sew various costumes for her students, to match the themes of the dance routines. She is excited to offer this life skill to any students who are interested, and has planned a full curriculum including creating fabric puppets, bags, pillows, and clothing.

## Sessions and Fees

### Sew much Fun! ages 8 and older

**Session 1: Feb. 7 - Feb. 28**

*(No class Feb. 21)*

*Stuffed Animals & More!*

**Session 2: Mar. 07 - Mar. 21**

*Scrunchies, Skirts and Mask*

Sessions Cost: \$42 (3 classes)

Classes meet Monday  
from 5:10 - 6:40 p.m.

### Class details

Sewing classes will teach students the life skills of using a needle and thread to baste or finish their sewing projects. Students will focus on activities such as sewing buttons or threading elastic to scrunchies, waistband or skirts. Students will begin from basic skills and advance into the use of sewing machines, to take on more advanced projects like clothing and bags.

### Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Bldg. 308, Kitchen

Enroll at CYS Parent Central Services, Bldg. 108, or online at <https://webtrac.mwr.army.mil>

Discover Sewing



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Discover Cooking



## Class details

Cooking classes are specifically planned for children to improve their skills in the kitchen.

The course will provide the opportunity to experiment with Italian traditional recipes (home made pasta, pizza, tiramisu, and many others) and discover the local products.

Each session consists of three to four classes and will involve different recipes so youth can participate in one or all four sessions and discover new ideas in each class on

## About the Instructor



Elena Zanotto

## Sessions and Fees

**Elena Zanotto** has been cooking since she was a child. She discovered her joy of cooking growing up in the countryside where she planted her own vegetables.

She currently owns her own business, a cooking school for children, where she enjoys sharing her passion for cooking and Italian food!

Elena has been sharing this love of cooking and baking with the youth of Caserma Ederle since 2015 and also partners with the Child Development Centers and School Age Center to provide mini-classes.

### Cooking

**Session 1: Jan. 11 - Jan. 25**

**Session 2: Feb. 08 - Feb. 22**

**Session 3: Mar. 01 - Mar. 15**

**Session 4: Apr. 05 - Apr. 19**

**Session 5: May 10 - May 24**

Cost: \$90 (3 classes)

Classes meet Tuesday

**5 - 7 years - 3:20 - 4:50 p.m.**

**8 - 13 years - 5:20 - 6:50 p.m.**

### Special Event Classes

**March 22**

**April 26**

**5 - 7 years - 3:20 - 4:50 p.m.**

**8 - 13 years - 5:20 - 6:50 p.m.**

One day Special event: Cost \$30

### May 31 Cooking Recital

*Ask SKIES for more details on how to participate*

## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Bldg. 308, Kitchen

Enroll at CYS Parent Central

Services, Bldg. 108, or online at

<https://webtrac.mwr.army.mil>

### Private Cooking

Monday 5:45 -6:45 p.m.

Cost: \$60 for 60 minutes

Private Lessons will be scheduled at the SKIES Office, lessons will be determined based on instructor availability.

# About Instructor



Sunny Kindig

**Sunny Kindig** is a professional public speaker. Since 2008, she developed and taught programs on self-leadership and communication to students, businesses, and non-profit organizations. Her passion is helping people build confidence and self-esteem. Her clients include well-known companies such as Samsung, LG, and military organizations such as ACS, AWAG, and FRG Spousal retreats. Sunny earned a Master's Degree in International Studies from Korea University and a Bachelor's Degree in Business Administration from The Catholic University of Korea.

## Public Speaking

Discover Public Speaking

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### Class details

**Public speaking** is an essential skill to have in life. Classes are focused on using fun ways to develop speech skills while increasing confidence and self-esteem. Students will feel more comfortable with speaking in front of people, and learn how to deliver their message and thoughts in a clear and concise manner.

Session	Period	Day	Time	Age	Location	Cost
Session 1	Jan 11 – Mar 8	Tue	5:00 – 6:00 p.m.	9 - 11	SKIES Bldg. 304 Art Room	\$ 90 (9 classes)
	Jan 12 – Mar 9	Wed		12 - 14	SKIES Bldg. 308 Kitchen	
	Jan 13 – Mar 10	Thurs		15 - 18		

Session 2	Mar 15 – May 17 (No class Mar. 29)	Tue	5:00 – 6:00 p.m.	15 - 18	SKIES Bldg. 304 Art Room	\$ 90 (9 classes)
	Mar 16– May 18 (No class Mar. 30)	Wed		12 -14	SKIES Bldg. 308 Kitchen	
	Mar 17 – May 19 (No class Mar. 31)	Thurs		9 - 11		

At the last class of each session, parents are encouraged to join the class to listen to their child's speech.

### Private Lessons

SKIESUnlimited offers private Public speaking instruction for ages 6 and older.

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 30 and 45-minute blocks of time

Private Instruction Cost:

\$16 for 30 minutes

\$24 for 45 minutes

Private Lessons will be scheduled at the SKIES Office, times will be determined based on instructor availability.

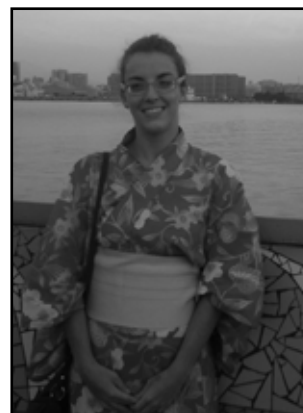
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## Class details

Group or private Japanese Language classes are ideal for students that would like to deepen their interest in Japanese culture, understanding the language and start to learn its fascinating writing system of kanji. We will learn the language and focus on cultural traditions through interactive activities, songs and games.

## About Instructor



Maria Dal Santo

**Maria Dal Santo's** passion for languages began from a very early age. She majored in Japanese Language and Society from Ca' Foscari University of Venice and has a strong desire to learn and teach about Asian studies.

Maria will encourage students to study new concepts & stimulate their understanding of this unique and amazing culture. She has lived for several years in Japan being in touch with the local culture and perfecting the language

## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Bldg. 308, Ederle  
Enroll at CYS Parent Central Services,  
Bldg. 108, or online at <https://webtrac.mwr.army.mil>

## Japanese Culture

### *Cool Japan* ages 10 and older

**Session 1:** Feb. 11 - Mar. 04

*"What is Japanese Language?"*

**Session 2:** Apr. 08 - Apr. 29

*Japanese Calligraphy*

**Session 3:** May 06 - May 27

*Japanese Music and Folk Tradition*

Cost: \$ 40 (4 classes)

**Session 4:** June 03 - June 10

*Japanese through Anime*

Cost: \$20 (2 classes)

Classes meet Friday from 5:00 - 6:00 p.m.

## Private Lessons

SKIESUnlimited offers private Japanese language instruction for ages 5 and older.

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 30, 45, and 60-minute blocks of time

Cost:

\$16 for 30 minutes

\$24 for 45 minutes

\$32 for 60 minutes

Private Lessons will be scheduled at the SKIES Office, times will be determined based on instructor availability.



# About Instructor



Grazia Donadel

**Grazia Donadel** is very passionate about learning foreign languages and teaching in general.

She has a master degree in Philosophy and experience in teaching groups. She will guide you smoothly through the process of learning the Italian language and culture with discipline and creativity

## Italian Language

### Private Lessons

SKIES*Unlimited* offers private Italian language instruction for ages 3 and older.

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 30, 45, and 60-minute blocks of time

Cost:

\$20 for 30 minutes

\$30 for 45 minutes

\$40 for 60 minutes

Private Lessons will be scheduled at the SKIES Office, times will be determined based on instructor availability.

### Online Lessons

Private Lessons can be conducted virtually using an online platform. Instructor and Parent will discuss what platform is used prior to the start of the lessons.

### Class details

Group or private Italian Language instruction is designed to develop skills in communication, reading, understanding, and speaking the Italian language.

Students learn the language using age appropriate materials, activities, games and songs.

## Discover Italian Language



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# PROSOC



SKIES Unlimited

## About the Instructors



Rocco Ottati

**Coach Rocco Ottati** has been playing Soccer at an elite level for several years and brings this level professionalism to the ProSoc organization. His playing experience includes playing in semi-professional leagues in both Italy and Canada.

With him passion, energy and enthusiasm, are what is needed to succeed and develop as a player.

Coach Rocco plans to make his tenure as a coach, while pursuing a specialist degree with a focus on Physical Sciences and Soccer Strategy. Working on completing his UEFA C Coaching License, he cannot wait to get the hard work



Sebastian Kost

**Coach Sebastian Korst** is the CEO and founder of the ProSoc Organization. Coach Sebastian has a renowned soccer career, playing for multiple teams throughout the bundesliga such as: FC Homburg, SV Elversberg, FC Saarbrücken, and FC Kaiserslautern. Sebastian started his soccer career from a young age, and was recognized on the German National Youth Team from 1996-2000. After finishing his career, he transitioned into coaching. His current association include: US Youth Soccer Program, Olympic Development program, and ProSoc

## About the Program

**ProSoc Academy** is passionate in delivering your player's development to another level. Their coaches share their passion for soccer and convert their German league (Bundesliga) playing experience into professional training drills that's second to none. Their licensed coaching staff is made up of current German team coaches and/or former professional (first division) soccer players.

ProSoc Academy translates high-level understanding of the game to create exceptional training sessions designed to sharpen players' defensive/offensive skills required at the next level. They cater to ALL soccer skill levels from basic, intermediate, and advanced. With regular training and practices of specific techniques, ProSoc coaches will guide you along fun-filled yet challenging drills and scrimmages while instilling good sportsmanship/team spirit, a high-personal fitness level and a passion to reach their best soccer potential while building confidence in soccer movements. The main goal of the coaches is to teach and encourage our children to reach their full soccer potential

# Sessions and Fees

## Monday Classes

**Session 1: Jan. 10 - Jan. 31**  
(No class Jan. 17)

**Session 2: Feb. 07 - Feb. 28**  
(No class Feb. 21)

**Session 3: Mar. 07 - Mar. 21**

Cost: \$48 (3 classes)

***Little Kickers***  
***Ages 5-6***

from 4:00 -5:00 p.m.

***Rising Stars***  
***Ages 7-8***

from 5:00 - 6:00 p.m.

## Enrollment

**Enrollment opens: January 03**  
**Enrollment Min. 4 | Max. 12**  
**Location:** Villaggio Field  
Outside of SKIES Building 304.

Enroll at CYS Parent Central  
Services, Bldg. 108, or online at  
<https://webtrac.mwr.army.mil>

## Thursday Classes

**Session 1: Jan. 13 - Jan. 27**  
**Session 2: Feb. 03 - Feb. 24**  
**Session 3: Mar. 03 - Mar. 24**

***Happy Feet***  
***Ages 2-3***

from 3:30 - 4:15 p.m.

***Tiny Tots***  
***Ages 3-4***

from 4:15 - 5:00 p.m.

*\*Tiny Tots and Happy Feet*  
*Cost is \$14 per class\**

S1: \$42 (3 classes)  
S2 & S3: \$56 (4 classes)

***Little Kickers***  
***Ages 5-6***

from 5:00 -6:00 p.m.

***Rising Stars***  
***Ages 7-8***

from 6:00 - 7:00 p.m.

*\*Little Kickers and Rising Stars*  
*Cost is \$16 per class\**

S1: \$48 (3 classes)  
S2 & S3: \$64 (4 classes)

Discover Soccer with PROSOC

# PROSOC



## Class details

**Happy Feet** and **Tiny Tots** are developmentally appropriate introductory soccer programs for children 2-4 years old. The programs prepare children for organized soccer in a fun, non-threatening environment. Children need to bring to class water, athletic shoes, and a positive attitude!

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# PROSOC



## Sessions and Fees

### Friday Classes

**Session 1: Jan. 14 - Jan. 28**

Cost: \$42 (3 classes)

**Session 2: Feb. 04 - Feb. 25**

**Session 3: Mar. 04 - Mar. 25**

Cost: \$56 (4 classes)

***Happy Feet***  
***Ages 2-3***

from 9:45 - 10:30 a.m.

***Tiny Tots***  
***Ages 3-4***

from 9:00 - 9:45 a.m.

*\*Tiny Tots and Happy Feet*  
*Cost is \$14 per class\**

**Session 1: Jan. 14 - Jan. 28**

Cost: \$48 (3 classes)

**Session 2: Feb. 04 - Feb. 25**

**Session 3: Mar. 04 - Mar. 25**

Cost: \$64 (4 classes)

***Rising Stars***  
***Ages 7-8***

from 4:30 - 5:30 p.m.

***Juniors***  
***Ages 8-11***

from 5:30 - 6:30 p.m.

***Super Strikers***  
***Ages 12-16***

from 3:30 - 4:30 p.m.

*\*Rising Stars, Juniors and*  
*Super Strikers Cost is*  
*\$16 per class\**

### Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Location:** Villaggio Field  
Outside of SKIES building 304.

Enroll at CYS Parent Central Services,  
Bldg. 108, or online at <https://webtrac.mwr.army.mil>

### Class details

Training is packed with soccer drills, skills, and sports conditioning. Youth develop basic and fundamental soccer skills that all players need as well as soccer tactics, formations, and much more. The goal is to assist youth to achieve the playing potential through proper technique training.

## Shooting, Finishing, and Goalkeeping Camp

January 22 (One day)

**Happy Feet**  
2-3 years - 4:00 - 4:45 p.m.  
Cost: \$14

**Pre-School**  
3-4 years - 2:00 - 3:00 p.m.  
Cost: \$14

**Kindergarten**  
5-6 years - 3:00 - 4:00 p.m.  
Cost: \$14

**Beginner, Intermediate, Advanced**  
**Ages 7 and older**  
9:00 - 14:00  
Cost: \$80

*\*Students will be placed into their skill group after first day assessment*

**Enrollment Min. 4 | Max. 15**  
**Location:** Ederle Soccer Field

## Technique & Skills Training Camp

February 19 (One day)

**Happy Feet**  
2-3 years - 4:00 - 4:45 p.m.  
Cost: \$14

**Pre-School**  
3-4 years - 2:00 - 3:00 p.m.  
Cost: \$14

**Kindergarten**  
5-6 years - 3:00 - 4:00 p.m.  
Cost: \$14

**Beginner, Intermediate, Advanced**  
**Ages 7 and older**  
9:00 - 14:00  
Cost: \$80

*\*Students will be placed into their skill group after first day assessment*

**Enrollment Min. 4 | Max. 15**  
**Location:** Ederle Soccer Field

## Spring Break Training Camp

March 28 - April 01

**Happy Feet**  
2-3 years - 4:00 - 4:30 p.m.  
Cost: \$70

**Pre-School**  
3-4 years - 2:00 - 3:00 p.m.  
Cost: \$70

**Kindergarten**  
5-6 years - 3:00 - 4:00 p.m.  
Cost: \$70

**Beginner, Intermediate, Advanced**  
**Ages 7 and older**  
9:00 - 14:00  
Cost: \$145

*\*Students will be placed into their skill group after first day assessment*

**Enrollment Min. 4 | Max. 15**  
**Location:** Ederle Soccer Field

## Camp Details

The purpose of these camps help students master the many different techniques from basic to advanced, through quality training, students develop skills necessary to become technically sound players. Each Camp will focus on different "on the ball" techniques such as: different ways of dribbling, shooting, passing, and "off the ball" techniques such as: tactical understanding of the game, soccer intelligence and decision making under pressure. Students will also be exposed to Training for Speed Agility and Quickness (SAQ) which has become an essential part of soccer training and can make a significant difference in your overall performance. Additional camp details will be listed on patrons' receipts at the time of enrollment.



## MEET OUR TEAM!



Stephanie Noland

**Steffi** started and co-owned Stroller Strong Moms Fort Drum in New York and has a bachelor's in business management. She is also an ACE certified group fitness instructor. After having twins, she became a member of Stroller Strong Moms Leavenworth in 2017. The support among all mothers was amazing and she reached in that year fitness levels she never thought were possible. When she moved to Fort Drum, she found a like-minded SLAM sister and was excited to start stroller strong moms Fort Drum with her. She is offering great workouts but also a support system for moms, women and athletes of all fitness levels. Steffi's favorite ways to SLAM are high intensity workouts and group exercises. Steffi is excited to present this amazing opportunity to the Vicenza community by creating the "Vicenza Stroller Moms" Program.



Tammie Mault

**Tammie** is originally from Southern Ohio at the foothills of Appalachia and has been married 29 years. She is the mother of two beautiful sons. After experiencing a tragic event in 2015 Tammie's health began failing and ultimately developed breast cancer. She found emotional and physical healing through the practice of yoga. Yoga quickly changed her life, and she decided to travel to India for a deeper understanding. Tammie has continued her education in her new found passion and become a certified instructor. Ever since, she has continued to never studying this "beautiful lifestyle". Tammie feels that sharing Yoga makes her happy and she looks forward to sharing with each of you.

## *Tell us how you*



Margaret Gotheridge

Meg, a proud Army spouse and mother of three, is an ACE Certified Group Fitness Instructor and is Adult and Pediatric CPR/First Aid certified through the American Red Cross. As a graduate of the College of Charleston with a Bachelor of Science in Business Administration, Meg has been able to pursue an array of job opportunities with each duty station but is most excited about the role of group fitness instructor. She first joined the Stroller Strong Mom community in Savannah in 2015 and has been hooked on the community ever since. While the Army moved her family around, Meg was able to visit several S.L.A.M. locations on the east coast and S.L.A.M. virtually. Meg hopes to provide the same encouragement she first received at her initial S.L.A.M. class as she steps into the role of instructor for S.L.A.M. Vicenza.

## *Sweat Like A Mother*



Sarah Wayant

**Sarah Wayant** attended Oklahoma State where she received a Bachelor's in Health Education & Promotion with a focus on Exercise Science. She then pursued her Master's in Health Care Administration and is AFAA/ NASM Group Fitness Instructor Certified. She works as a group fitness instructor for spin and high intensity strength classes at the Ederle Fitness Center. She does not have children, however, like's to say her Labradoodle is her "fur-child". Her favorite way to SLA(D)M, Sweat Like A (Dog) Mom, is through high intensity and strength workouts. Sarah is so excited to be a part of the team to help all of the SLAM mama's achieve their fitness goals.

# Sessions and Fees

## S.L.A.M

### *Sweat Like A Mother*

Open to Parents with children 6 months to 7 years old

Classes are held Mondays, Wednesdays, and Fridays at the Ederle Track. Class location is subject to change based on inclement weather and special class offerings.

from 9:30 - 10:30 a.m.

Cost is \$60 paid on a monthly schedule.

### *What you need to Bring?*

Wear comfortable clothes and athletic sneakers. Parents should bring weights, mats water, sun protection, toys for their children and layered clothing as needed.

## Enrollment

Enrollment is ongoing. Once enrolled, monthly payments can be made online.

Classes do not meet on U.S. federal holidays.

**Enrollment Min. 4 | Max. 15**

Enroll at CYS Parent Central Services, Bldg. 108, Ederle, or online at <https://webtrac.mwr.army.mil>

# About the Program

S.L.A.M is a unique, fun, and challenging full-body workout, but it is also so much more than just a fitness group. We are a community and we strive to bring together women as moms and as athletes. We believe in showing our children that your body is the greatest instrument that you will ever own, and that through movement you can build strength.

Our classes combine fitness with camaraderie, and offers an opportunity for parents to come together with their children under a common goal of bettering themselves, challenging themselves, and becoming the best version of themselves that they can be.



*S.L.A.M is committed to building a community of fitness with comradery, and offer an opportunity for families to come together under a common goal of bettering themselves, challenging themselves, and becoming the best version of themselves that they can be.*

## Discover S.L.A.M

### WHAT TO EXPECT AT CLASS

At Stroller Strong Moms, each of our classes is designed to get you moving, get you sweaty, and make sure that you are having fun while working out. Our classes are all 60 minutes long and offer a variety of movements and sequences that accommodate all levels of fitness.

Be sure to check out the Vicenza S.L.A.M Facebook Page for Class Updates:

<https://www.facebook.com/slamvicenza>.

<https://www.sweatlikeamother.com/vicenza/>

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## About the Instructor

### *Sports Conditioning and Gymnastics*



Matteo Pasquale

**Matteo Pasquale** decided to follow his passion for the sport of gymnastics after many years of practice. He is certified as a National Gymnastics Coach Level III for the Italian Gymnastics Federation. His work primarily consists of preparing gymnasts for local, state, national, and international competitions.

Matteo's most important aim is to be able to mentally and physically train athletes of all ages. His biggest satisfaction was winning the 2013 Male Gymnastics Instructor of the Year Award from the Veneto Committee of Gymnastics in Italy. Matteo currently works as a FIPE personal trainer and cross-fit coach specialized in private gymnastics instruction.

## Sessions and Fees

### **Sports Conditioning** Open to youth ages 12 years & older

**Session 1: Jan. 13 - Mar. 24**

*(No class Jan. 27)*

Cost: \$100 (10 classes)

**Session 2: Apr. 07 - Jun. 09**

*(No class Jun. 02)*

Cost: \$90 (9 classes)

Classes meet Thursday  
from 2:00 - 3:00 p.m.

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## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 6 | Max. 12**

**Location:** Functional Fitness Room,  
Ederle Fitness Center, Bldg. 112

## Class details

**Sports Conditioning** classes give teens the opportunity to start a personal strength and fitness training program. Participants establish personal training goals and learn proper training techniques and form. They can train for a current sport, prepare for next season or simply improve their overall level of fitness.

Youth will perform varied high-intensity functional movements and work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, and balance -- maximizing their performance and fitness for any physical challenge or activity!

# About the Instructor

## *Pilates*



Silvia Buico

**Silvia Buico** has had the opportunity to instruct both children and young adults since 1989. She continues to pass on her knowledge of body mechanics and movement. She enjoys dedicating time to educate her students on ways to improve their wellness, bodies and health.

Silvia has worked in a variety of fields focused on creative movements. In 2010 she was certified in Pilates from the Federal Italian Fitness Association. Silvia has experience teaching classes to both Adults and Youth in Italy. Her passion in physical fitness and wellness encourages her to spread her knowledge to all of her students.

# Sessions and Fees

## High School Pilates Open to youth ages 14 years & older

**Session 1: Jan. 10 - Feb. 28**  
(No class Jan. 17 & Feb. 21)

Cost: \$60 (6 classes)

**Session 2: Mar. 07 - May 09**  
(No class Mar. 28, Apr. 18 & Apr. 25)

Cost: \$70 (7 classes)

Classes meet Monday  
from 3:10 - 4:00 p.m.

## Enrollment

**Enrollment opens: January 03**  
**Enrollment Min. 3 | Max. 12**  
**Location:** SKIES Bldg. 308, Kitchen  
Enroll at CYS Parent Central Services,  
Bldg. 108, or online at  
<https://webtrac.mwr.army.mil>

## Class details

**High School Pilates:** Junior Pilates is the perfect method to improve coordination, balance, core-strength and flexibility. This class provides an opportunity to develop muscle strength and stabilization in a fun, holistic way. It is also a great way to prepare your body for almost every sport!

Discover Pilates

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## About the Instructors



### Claudio Adamo & Emilio Bressan

**Claudio** was born in Tunisi (Tunisia) in 1953. He obtained his Bachelors Degree in Accounting and Social Assistance from the Technical Institute of Valdagno. Claudio began working for the American Government in 1972, and continued his career with the Department of Public works for more than 30 years. In 2013 Claudio retired from his career and continued to focus on his passion for Tennis.

**Emilio** was born in Vicenza, in 1963 and from a very early age was interested in several sport activities. Tennis was always his favorite sport. He spent 30 years of his life traveling the world for his business career, with a tennis racket in his suitcase. Now that he is retired he is eager to teach his tennis skill and knowledge to the next generation.

#### Volunteer/Professional Experience:

- Tennis for Youth Sports Program
- Tennis for the Adult Sports and Fitness program.
- "Tennis We Can" foundation
- Professional teaching license from the "Professional Tennis Registry".

## Sessions and Fees

SKIESUnlimited offers private Tennis instruction for ages 3 and older. *Group classes are run through the Youth Sports and Fitness Program.*

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 30, 45, 60, and 90-minute blocks of time.

#### Cost per lesson:

- \$16 per 30 minutes
- \$24 per 45 minutes
- \$32 per 60 minutes
- \$48 per 90 minutes

Private Lessons will be scheduled through the SKIES Office, lessons will be determined based on instructor availability. Lessons take place at either Villaggio or Ederle Tennis courts.

Call SKIES at 0444-71-4992 for more information.

*Wear comfortable clothes and athletic sneakers. Bring water, sun protection and layered clothing as needed.*

## Class details

Private Tennis Instruction uses a system of modified courts, racquet's and balls scaled to maximize learning for different levels and/or age groups. Students learn the fundamental of Tennis, and allow more experience students to fine-tune their skills.

## Enrollment

Enrollment is ongoing. Once enrolled, lesson tickets can be purchased at SKIES office.



# About the Instructors

**Orazio Comberlato** was born and raised in the Thiene area. His passion for swimming started when he was young and he has been swimming ever since. Orazio began providing swim instruction in 1998 in Thiene. He has also worked as a coach.

In 2007, in addition to his coaching and instruction he started teaching specialized classes for aquatic rehabilitation and became certified as a reflexologist in 2009. He loves working with children and is very happy to be a part of the SKIES team.



Orazio Comberlato



Claudia Gallo

**Claudia Gallo** started swimming when she was 3 years old. In her youth and teen years she was a competitive swimmer. She started providing swim lessons in 2005 and in 2007 began specializing in Parent & Me swim classes.

Claudia spent a year living and working in Florida as a cultural representative at the Tutto Italia Restaurant in Disney's Epcot theme park in 2012. Working in Florida gave her the opportunity to develop her English language skills.

**Marialuisa Toniato** started swimming at the age of 20 for rehabilitation after a surgery operation on her leg. She then became passionate about the technique of swimming and started the path to become a teacher. She obtained her lifeguard license and began teaching swim instruction. She now has 25 years of teaching experience, with a specialization in the aquatic course for infants and toddlers.

She also is certified in providing special aquatics programming for pregnant women. In her free time, Marialuisa participates in triathlons, and has begun to develop a passion for swimming in "open water".



Marialuisa Toniato

Discover Swimming

## WE WILL BE BACK!



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## Class details

*Parent participation is required in Parent & Me classes.*

*No Assessment is required for Parent & Me swim classes.*

Infant and Toddler Classes will focus on teaching techniques to help parents orient their children to the water.

Preschool Classes will focus on beginning aquatic skills, preparing youth for entrance into Level 1 swim lessons.

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# Sessions & Fees

## Parent and Me Swimming

**Session 1: Jan. 11 - Feb. 03**

Cost: \$80 (8 classes)

### Parent & Me Toddlers, 18-35 months

Tuesday & Thursday - 4:35 - 5:05 p.m.

### Parent & Me Preschoolers, 3-5 years

Tuesday & Thursday - 5:10 - 5:40 p.m.

## Enrollment

**Enrollment Min. 3 | Max. 6**

**Location:** Ederle Fitness Center indoor pool

**Enrollment opens: January 03**

Minimum enrollment of 3 students per group classes for the class to run. Youth need to be dressed and ready to enter the pool

Enrollment for Parent and Me Swim classes can be done online, at a SKIES facility or Parent Central Services. Enrollment for Level 1-6 Swim classes can only be done in-person at either a SKIES facility or Parent Central services (*must provide valid assessment slip at time of enrollment*).

**Assessments:** All interested students must have a current assessment to enroll in Level 1-6 classes. Assessments are valid for three (3) months. Assessment slips are valid for one (1) enrollment. Patrons are ***not permitted*** to enroll into multiple sessions without an assessment slip. Students that achieve level 5/6 will no longer need an assessment slip enroll into class. Youth will be reassessed on the final week of each session.

If space is available, youth may enroll in upcoming sessions once they have been reassessed at the end of their current session.

# Assessments and Enrollment

Parents must present a current assessment at the time of enrollment into swim lessons.

## Pre-Season Assessment Dates & Times:

*Jan. 07 at the Ederle Pool  
from 3 - 6 p.m.*

**Assessments During Sessions:**  
*Tuesdays from 6:15 - 6:45 p.m.*  
*Thursdays from 3:00 - 3:30 p.m.*

# Sessions and Fees

**Session 1: Jan. 10 - Feb. 04**

*(No class on Jan. 17)*

Option 1: \$30 (3 classes)

Option 2 & 3 Cost: \$80 (8 classes)

## **EDERLE POOL CLOSURE**

Scheduled maintenance of the Ederle pool may disrupt the end of the scheduled session. Classes will run as long as possible, and parents will be refunded for all classes missed in the session. SKIES is currently fixing alternative location(s) to continue the swim programs.

## Class Schedule

Afternoon Lessons (Before 5:30)			
	Option 1: Monday (1 day)	Option 2: Tuesday & Thursday	Option 3: Wednesday & Friday
Level 1	-----	3:45 - 4:30 p.m.	4:45 - 5:30 p.m.
Level 2	-----	4:45 - 5:30 p.m.	3:45 - 4:30 p.m.
Level 3	3:45 - 4:30 p.m.		4:45 - 5:30 p.m.
Level 4	4:45 - 5:30 p.m.	-----	3:45 - 4:30 p.m.
Level 5/6	-----	3:45 - 4:30 p.m.	-----
Evening Lessons (After 5:30)			
	Option 1: Monday (1 day)	Option 2: Tuesday & Thursday	Option 3: Wednesday & Friday
Level 2	-----	-----	5:45 - 6:30 p.m.
Level 3	-----	5:45 - 6:30 p.m.	-----
Level 4	-----	5:45 - 6:30 p.m.	-----
Level 5/6	5:45 - 6:30 p.m.	-----	5:45 - 6:30 p.m.

## Class details

In early levels, children will be introduced to fundamental aquatic skills. As youth progress through the levels, the focus will be on skill building, stroke development and beginning diving techniques.

*Please Note: Swim schedules are subject to change based on pool availability.*

*Always place your child on the wait list if a class is full. SKIES adjusts offerings and adds classes to sessions when possible.*

Discover Swim-

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# SKIES SWIM COMING SOON

The SKIES Program is currently searching out alternative locations to continue our swim program during the on-base pool renovation period.

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For more info, call 0444-71-4992. | [italy.armyMWR.com](http://italy.armyMWR.com)



## About the Instructor



Gregory DeJardin

**Greg DeJardin** majored in Physical Education at Pacific Lutheran University, where he coached 9th grade basketball. His early experience in coaching earned him an opportunity in the 1997-1998 season to assist the men's squad and direct the junior varsity and recruiting programs for NCAA DIII Greenville University.

From there, Greg began a teaching and coaching career which spanned 20 seasons, mainly leading high school programs in Tacoma & Seattle, Okinawa (Japan), North Yorkshire (England), and finally Vicenza.

Greg is a licensed Italian Federation coach, an NFHS certified coach, and a Point Guard College trained coach and member of the Key 5 Coaching Development Program. In recent years, Greg's energy has turned toward skill development, and it's obvious he demonstrates the energy and passion needed to train youth toward maximum growth in the game of basketball.

## Sessions and Fees

### Sharp Shooters Basketball ages 11 and older

**Session 1: Mar. 08 - Apr. 07**

*(No class March 29 & 31)*

**Session 2: Apr. 12 - May 05**

Cost: \$80 (8 classes)

**Session 3: May 10 - Jun. 09**

Cost: \$100 (10 classes)

Classes meet Tuesday and Thursday

**Intermediate** from 5:00 - 5:50 p.m.

**\*Advanced** from 6:00 - 6:55 p.m.

*\*Assessment needed for Advanced classes  
conducted Monday before each session from  
5:30 - 6:00 p.m.*

**Enrollment Min. 4 | Max. 12**  
**Location:** Ederle Teen Center

### Class details

**Intermediate** classes focus on fundamentals such as footwork, passing, basic finishing, shooting, ball handling, and basic basketball theories and concepts.

**Advanced** classes begin to focus on students refining and mastering their fundamentals. Students will focus more advance basketball concepts (1-1 attack, creating space, getting open, ball screen situations, and defensive best practices.

## Discover Basektball



### Private Lessons (Wednesdays)

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 45 or 60 minute blocks of time.

**Cost per lesson:**

**\$24 per 45 minutes**

**\$32 per 60 minutes**

Private Lessons will be scheduled through the SKIES Office, lessons will be determined based on instructor availability.

Call SKIES at 0444-71-4992 for more information.

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## About the Instructors



Arianna Dalla  
Montà

**Arianna Dalla Montà** started practicing gymnastics in Vicenza when she was four years old. She competed in gymnastics throughout her youth reaching the National level where she specialized in the balance beam, parallel bars, vault and floor. Arianna has a degree from the University of Padova in Education and is a certified gymnastic and Pilates instructor. She also obtained another five-year degree in Primary Education Sciences and is now a Primary teacher. Arianna loves gymnastics and has been teaching children in all levels of gymnastics for the past 18 years. She also works as a kindergarten teacher. She is excited to share her enthusiasm for the sport with her students.

**Giulia Rodeghiero** has practiced gymnastics for many years taking part in national and international competitions. She is currently studying early childhood education at the University level. She recently decided to start teaching gymnastics. She focuses on safety and proper form during training in order that injury is avoided. Giulia's principal aim is to spread her love for this sport to as many children as possible so they fall in love with it!



Giulia Rodeghiero



Teresa Panek

**Teresa Panek** is a native of Leavenworth, Kansas and has spent her entire life affiliated with the military community both as a dependent and a spouse. She enjoyed taking gymnastics classes in elementary school and focused on soccer, basketball and cross-country in middle school. She ran cross-country and track at the collegiate level for Johnson Country Community College and Emporia State. She holds a Physical Therapist Assistant degree, as well as a Bachelors degree in Health Management with a focus on sports. Teresa continues to share her passion for athletics through volunteering with youth sports, coaching high school cross country, track, and gymnastics.



# Sessions and Fees

## Toddler & Preschool Gymnastics

### Tuesday Classes

**Session 1: Jan. 11 - Mar. 22**

Cost: \$110 (11 classes)

**Session 2: Apr. 05 - Jun. 07**

Cost: \$100 (10 classes)

### Parent & Me Gym Open to youth ages 2 - 3 years

Option 1: 10:05 - 10:50 a.m.

Option 2: 10:55 - 11:40 a.m.

### Pre-Gym Open to youth ages 4 - 5 years

9:15 - 10:00 a.m.

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Mini Gym,  
Bldg. 304, Villaggio.

### Thursday Classes

**Session 1: Jan. 13 - Mar. 24**

Cost: \$110 (11 classes)

**Session 2: Apr. 07 - Jun. 09**

Cost: \$100 (10 classes)

### Parent & Me Gym Open to youth ages 2 - 3 years

Option 3: 10:05 - 10:50 a.m.

## Enrollment

**Enrollment opens:**

**January 03**

Enroll at CYS Parent  
Central Services, Bldg. 108,  
Ederle, or online at  
<https://webtrac.mwr.army.mil>

**Discover** Toddler and Preschool Gymnastics



### Class details

#### Toddler & Preschool Gymnastics

Parent participation is required for all Parent & Me classes. Children and parents should be dressed in fitness clothing in which they can move freely.

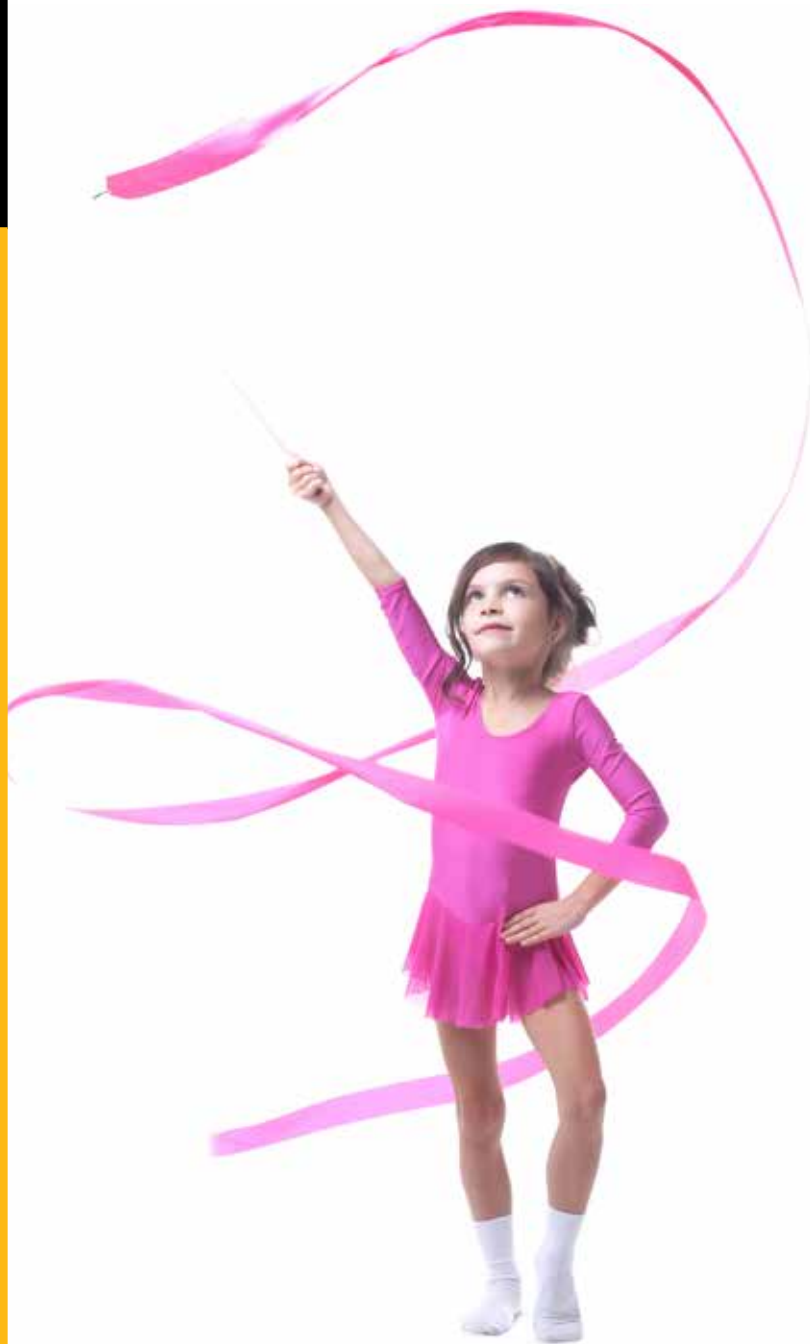
Classes will work on basic skills of gymnastics focusing on body awareness, strength, movement, mobility and coordination. Lessons will be structured with instructional games, exercises and flexibility movements.

This class also teaches the foundation for Parkour.

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## Discover Beginner and Special Gymnastics



## Sessions and Fees

### Beginner Gymnastics

**Ms. Arianna**

**Option 1 [Monday]: Jan. 10 - Jun. 06**  
(No class Jan. 17, Feb. 21, Feb. 28,  
Mar. 28, Apr. 04, Apr. 17, May 30)

**4 - 6 years - 3:00 - 3:50 p.m.**

**7 years and older - 4:00 - 4:50 p.m.**

Cost: \$150 (15 classes)

**Ms. Giulia**

**Option 2 [Tuesday]: Jan. 18 - Jun. 07**  
(No class Mar. 29)

**4 - 6 years - 3:00 - 3:50 p.m.**

Cost: \$200 (20 classes)

**Ms. Giulia**

**Option 3 [Thursday]: Jan. 13 - Jun. 09**  
(No class on Mar. 31)

**4 - 6 years - 5:40 - 6:30 p.m.**

**7 years and older - 4:40 - 5:30 a.m.**

Cost: \$210 (21 classes)

**Ms. Giulia**

**Option 4 [Friday]: Jan. 14 - Jun. 10**  
(No class on Apr. 01)

**4 - 6 years - 4:10 - 5:00 p.m.**

Cost: \$210 (21 classes)

## Class details

### Beginning Gymnastics:

Classes will work on basic skills of gymnastics focusing on body awareness, strength, movement, mobility and coordination.

Lessons will be structured with instructional games, physical preparation exercises and entry level use of gymnastics equipment specifically floor work and balance beam skills.

*Youth may enroll in one, two, or all options for beginner gymnastics classes. The instructors will be different for each class*

*The instructor may move children between classes based on their skill levels*

**Rhythmic Gymnastics:** is a beautiful sport that combines gymnastics elements and dance with hand held apparatus such as ribbons, hoops, balls, ropes and clubs.

Youth perform small choreographies and above all have good flexibility, agility and coordination.

### Rhythmic Gymnastics

**Ms. Arianna**

**[Monday]: Jan. 10 - Jun. 06**  
(No class Jan. 17, Feb. 21, Feb. 28,  
Mar. 28, Apr. 04, Apr. 17, May 30)

**4-6 years - 5:00 - 5:50 p.m.**

**7 years and older - 6:00 - 6:50 p.m.**

Cost: \$150 (15 classes)

# About the Instructor

## *Sports Conditioning and Gymnastics*



Matteo Pasquale

**Matteo Pasquale** decided to follow his passion for the sport of gymnastics after many years of practice. He is certified as a National Gymnastics Coach Level III for the Italian Gymnastics Federation. His work primarily consists of preparing gymnasts for local, state, national, and international competitions.

Matteo's most important aim is to be able to mentally and physically train athletes of all ages. His biggest satisfaction was winning the 2013 Male Gymnastics Instructor of the Year Award from the Veneto Committee of Gymnastics in Italy. Matteo currently works as a FIPE personal trainer and cross-fit coach specialized in private gymnastics instruction.

# Sessions and Fees

## Advanced Tumbling

**Mr. Matteo**

**Session: Jan. 12 - Jun. 08**

*(No class on Mar. 30)*

**9 years** and older 4:00 - 5:00 p.m.

Cost: \$210 (21 classes)

Classes meet Wednesday

## Class details

### **Advanced Tumbling:**

*Students must be able to do a back handspring.*

Students, based on their abilities, will work on tumbling mechanics using either the air track and/or floor focusing on cartwheels, round-offs, front and back flips, back handsprings and aerials. This class will also teach standing back tucks, twisting, whips, and connections. Athletes will also work front tucks, layouts, and twisting.

Discover Tumbling



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## Sessions and Fees

### Intermediate Gymnastics

**Ms. Giulia**

**Option 1 [Tuesday]: Jan. 18 - Jun. 07**  
(No class Mar. 29)

**4-6 years** - 4:00 - 4:50 p.m.

**7 years and older** 6:00 - 6:50 p.m.

Cost: \$200 (20 classes)

**Ms. Teresa**

**Option 2 [Thursday]: Jan. 13 - Jun. 09**  
(No class on Mar. 31, May 26)

**4-6 years** - 2:30 - 3:30 p.m.

**7 years and older** 1:30 - 2:20 p.m.

Cost: \$200 (20 classes)

**Ms. Giulia**

**Option 3 [Friday]: Jan. 14 - Jun. 10**  
(No class on Apr. 01)

**7 years and older** 5:10 - 6:00 p.m.

Cost: \$210 (21 classes)

## Class details

### Intermediate Gymnastics:

Students begin to work on flexibility, strength building, and performing skills on the floor, bars, beam, vault and trampoline putting together routines on different apparatuses and floor.

### Intermediate/ Advanced Gymnastics:

Students begin to refine their core gymnastics skills before moving to the advance class. This blended course will focus on working on identified weak areas for students while beginning to introduce them to more advanced techniques.

### Advance Gymnastics:

The gymnasts will continue to work on gymnastics skills learned in lower levels, but progress to more difficult skills and aspects of gymnastics routines. Athletes who are interested in this class must have successfully attained ALL skills from the Intermediate gymnastics Skill Card and have a coach's approval to be placed at this level. All instruction is taught on full size equipment in these gymnastics classes. Athletes will be taught: Back Handsprings and Round Off Back Handsprings, Front Handsprings, Front and Back Tucks, Kips and Tap Swings on bars, Cartwheels and Handstands on beams and much more.

# Sessions and Fees

## Inter-Adv. Gymnastics

Ms. Giulia

**Option 1 [Tuesday]: Jan. 18 - Jun. 07**

*(No class Mar. 29)*

**7 years** and older 5:00 - 5:50 p.m.

Cost: \$200 (20 classes)

**Option 2 [Thursday]: Jan. 13 - Jun. 09**

*(No class on Mar. 31)*

**7 years** and older 3:40 - 4:30 p.m.

Cost: \$210 (21 classes)

## Advanced Gymnastics

Mr. Matteo

**Session 1: Jan. 12 - Mar. 25**

*(No class on Jan. 28 Apr. 01)*

Cost: \$210 (21 classes)

**Session 2: Apr. 06 - Jun. 10**

Cost: \$200 (20 classes)

Classes meet Wednesday and Friday

**9 years** and older - 3:00 - 4:00 p.m.

# Assessments and Enrollment

## Assessments

**Assessments:** Students interested in enrolling into Intermediate/Advanced Gymnastics and/or Tumbling must be assessed.

Assessments can be scheduled directly with an available instructor. Students who have previously participated in Intermediate or Advance classes will not need a second assessment.

***\*\* No Sign-Up Required  
for Assessments \*\****

All assessments are hosted in the SKIES Gymnasium, Bldg. 304, Villaggio

## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Gym, Bldg. 304, Villaggio.

Discover Int & Adv Gymnastics

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## Class details

**Parent and Me Yoga** classes are a way to expose children to the yoga environment, while fostering quality time with their parent. In addition, parents get to release stress and anxiety, stretch and tone the entire body, gain confidence, and re-charge their batteries.

Preschool age children can also participate in Parent and Me yoga classes. At this age, kids often have a natural curiosity and zest for life, making it a great age to introduce this lifelong activity. They will learn poses, breathing techniques, and yogic philosophies.

## About the Instructor



Amber Morris

**Amber Morris** is a yoga instructor and photographer. She has been practicing yoga for close to 20 years. As Amber's passion for yoga grew, noticing all the benefits she had experienced with her yoga practice she became a certified yoga instructor. She is certified through YogaFit and YogaFit Kids! She has also volunteered teaching yoga to kids through DoDDs schools and kids' programs.

## Sessions and Fees

### Parent and Me Yoga

**Session 1: Jan. 10 - Feb. 28**

*(No class Jan. 17, Feb. 21)*

**Session 2: Mar. 07 - Apr. 18**

*(No class Mar. 28)*

**Session 3: Apr. 25 - Jun. 06**

*(No class May 30)*

Classes meet Monday

**6 months to 5 years - 9:00 - 9:45 a.m.**

Cost: \$60 (6 classes)

**6 years and older - 5:30 - 6:15 p.m.**

Cost: \$120 (6 classes)

**Location:** SKIES Martial Mini gym,

Bldg. 304, Villaggio

### Yoga for Youth

**Session 1: Jan. 10 - Feb. 28**

*(No class Jan. 17, Feb. 21)*

**Session 2: Mar. 07 - Apr. 18**

*(No class Mar. 28)*

**Session 3: Apr. 25 - Jun. 06**

*(No class May 30)*

Classes meet Monday

Cost: \$60 (6 classes)

**6 - 9 years - 3:15 - 4:00 p.m.**

**10 - 12 years - 4:15 - 5:00 p.m.**

**Location:** SKIES Martial Mini gym,

Bldg. 304, Villaggio



# Sessions and Fees

Discover Yoga with Amber

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## Yoga for Teens

13 years & older

**Session 1: Jan. 11 - Feb. 22**

**Session 2: Mar. 01 - Apr. 19**

*(No class Mar. 29)*

**Session 3: Apr. 26 - Jun. 07**

Cost: \$70 (7 classes)

Classes meet Tuesdays  
from 5:15 - 6:15 p.m.

**Location:** SKIES Martial Arts,  
Bldg. 308, Ederle

## Family Black-Light Yoga

ages 6 months to 18 years

**Session 1: Jan. 12 - Feb. 23**

**Session 2: Mar. 02 - Apr. 20**

*(No class Mar. 30)*

**Session 3: Apr. 27 - Jun. 08**

Cost: \$140 (7 classes)

Classes meet Wednesday  
from 6:00 - 6:45 p.m.

**Location:** SKIES Dance Studio,  
Bldg. 308, Ederle

### Class details

**Yoga** is an ancient science that exercises our bodies, our breath, and our minds all at the same time. It helps us to develop flexibility, strength, and balance in our bodies, and confidence, calmness, and focus in our minds.

**Attire:** Comfortable clothing that students can be active and stretch in, but covers body appropriately; No jeans. Recommended: leggings or sweatpants and a fitted shirt or tee-shirt (tank top as base layer); We'll be upside down at times so wear a top layer that isn't loose. Leotards are fine with stretchy shorts/pants on bottom. We'll practice barefoot or with non-skid, no slip socks.

### Class details

**Black-Light Family Yoga** class sequences are designed to build strength, improve flexibility, and include smooth flowing movements between pose to pose guided by the breath in the dark with only **black light**.

This family oriented class is structured like an age-appropriate kids class – with yoga poses, sequences, mindfulness activities, and emphasizes on activities for parents and children to do together. Parents should plan to fully participate in family classes.



## Enrollment

**Enrollment opens: January 03**

**Enrollment Min. 4 | Max. 12**

Enroll at CYS Parent Central Services,  
Bldg. 108, Ederle, or online at

SKIES Unlimited



## About the Instructor



Maestro Aranha

Maestro Aranha began practicing Capoeira in Santa Catarina, Brazil, in 1987 where he learned a street-fighting form of Capoeira.

In 1990, Aranha became affiliated with the Liberdade group, and in 2000 he became part of the Beribazu group, which is one of the largest and most famous Capoeira organizations in the world.

Aranha received the title of Maestro [master], from the Federal University of Brazil. He has dedicated himself to being a representative of the Brazilian culture through Capoeira and more.

Aranha moved to Italy in 2002 and currently teaches Capoeira professionally to youth and adults throughout the Veneto region including Bassano, Vicenza, Verona and Venice Mestre.

## Sessions and Fees Capoeira

Open to youth: 6 years and older

Thursdays  
5:30 - 6:20 p.m.

Classes are held in the SKIES Martial Arts Studio, Bldg. 308, Caserma Ederle.

Cost is \$10 per class paid on a monthly schedule.

**Enrollment Min. 4 | Max. 12**

Enroll at CYS Parent Central Services, Bldg. 108, Ederle.

Enrollment is ongoing. Once enrolled, monthly payments can be made online.

Classes do not meet on U.S. federal holidays.

## Class details

Capoeira is described as a mixture of martial arts and games practiced to traditional Brazilian-Portuguese music.

Students study Capoeira as a whole; learning Capoeira movements to the rhythm of music and playing games to increase agility and practice techniques.

In June, students are invited to participate in a Capoeira workshop in Vicenza with Aranha's students from the Veneto Region.

# About the Instructor

*Parkour, Kick Boxing,  
Ninja Training, Grappling*



Simone Marini

Simone Marini, who has a degree in social services, began studying Parkour in 2007 and has been teaching since 2012. He began studying Shaolin Kung Fu in 1999 and has been teaching since 2007.

Simone has worked as a day care provider and camp counselor programming children's activities in dance, theatre and martial arts.

He is a certified personal trainer and a certified instructor in Parkour, Kung Fu and Artistic Gymnastics and Movement.

Simone's favorite part of teaching is seeing the satisfaction in a student's eyes when he/she can finally do something which he/she believed was impossible.

Simone has been co-teaching Love to Dance with his mother, Silvia Buico, for the SKIESUnlimited program since January 2014 and is excited to share the art of Parkour and his passion for Kung Fu with the youth of Caserma Ederle.

# Sessions and Fees

## Home School Parkour

**Session 1: Jan. 13 - Mar. 24**

Cost: \$110 (11 classes)

**Session 2: Apr. 07 - Jun. 09**

Cost: \$100 (10 classes)

Classes meet on Thursday

ages **6 - 9 years**  
from 9:15 - 10:00 a.m.

## Parkour

**Session 1: Jan. 13 - Mar. 24**

Cost: \$110 (11 classes)

**Session 2: Apr. 07 - Jun. 09**

Cost: \$100 (10 classes)

Classes meet on Tuesday

ages **4 - 7 years**  
from 3:30 - 4:15 p.m.

**Enrollment Min. 4 | Max. 12**  
**Location:** SKIES Mini Gym  
Studio, Bldg. 304, Villaggio

Discover Parkour with Mr. Simone



## Class details

**Parkour** is the art of movement; teaching how to get from point A to point B in the most linear and direct way, traversing obstacles along the path with jumping, tumbling and climbing. Classes may be combined.

*\*Note - an extra pair of clean shoes are required for parkour.*

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## Sessions and Fees

### Ninja Training

*\*Uniform Required\**

**Session 1: Jan. 13 - Mar. 24**

Cost: \$110 (11 classes)

**Session 2: Apr. 07 - Jun. 09**

Cost: \$100 (10 classes)

Classes meet on Thursday

**ages 4 - 7**  
from 2:35 - 3:30 p.m.

**age 8 years and older**  
from 1:45 - 2:35 p.m.

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Martial Arts  
Studio, Bldg. 304, Villaggio

## Enrollment

**Enrollment opens:**

**January 03**

Enroll at CYS Parent Central  
Services, Bldg. 108, Ederle, or  
online at  
<https://webtrac.mwr.army.mil>

## Class details

### Ninja Training

Uniforms are required to participate in the program. Our introductory level curriculum familiarizes students with ninja terminology as well as exercises that will promote muscle development.

Each new student begins their Ninja journey in classes focused primarily on safety techniques and body position/awareness. During the classes, each student is continuously evaluated to see which skills need to be worked at their level.

Students will rotate through upper body, lower body, and will focus on the ability of Ninja Warriors. This includes techniques for students to develop their stealth and fighting skills: jumping, rolling, and hiding. Students will study a combat style which is good for self-defense, also learn a variety of tumbling and tactical maneuvers.

*\*Class conducted barefoot\**

# Sessions and Fees

## Kick Boxing

**Session 1: Jan. 11 - Mar. 22**

Cost: \$110 (11 classes)

**Session 2: Apr. 05 - Jun. 07**

Cost: \$100 (10 classes)

Classes meet on Tuesday

**ages 10 years** and older  
from 3:00 - 3:50 p.m.

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Martial Arts  
Studio, Bldg. 304, Villaggio

## Enrollment

**Enrollment opens:**

**January 03**

Enroll at CYS Parent Central  
Services, Bldg. 108, Ederle,  
or online at  
<https://webtrac.mwr.army.mil>

## Class details

### Kick Boxing

Classes provide youth with perseverance, dedication, courage, ability to think tactically, the strength of will and self-control.

This martial arts class includes: cardio calisthenics, bag work, which includes punch, kick, and elbow strikes, partner drills, and pad work in addition to core strengthening exercises.

Kick boxing combinations are a mixture of punches and kicking sequences including:

- Jabs
- Crosses
- Hooks
- Uppercuts

Lower body movements include:

- Knee strikes
- Front kicks
- Roundhouse kicks
- Side kicks
- Back kicks

*\*Class conducted barefoot\**

Discover Kick Boxing with Mr. Simone



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## About the Instructor



Master Macon

Master Macon was born in Raleigh, North Carolina, and has been practicing Martial Arts since 1985.

He has training in several different styles of Martial Arts including Karate, Judo, Kick boxing and Aikido. He has studied and trained directly under Hiroshi Tajiri Sensei, 6th Dan of the Seibukan Aikido Dojo, and Grandmaster Jorge Ordonio of the Karate Tech International Association.

Master Macon is also trained in several different Martial Arts weapons such as Bokken, JO, Nun-chuck, Escrima and Jagger.

He started teaching Martial Arts in 1998 at Minot Air Force Base. There he started the women and children self defense program. He has been teaching Karate Tech at the Aviano Air Base since 2004.

## Sessions and Fees

### Karate

**Open to youth: 6 years and older**

Classes are held Mondays and Wednesdays in the SKIES Martial Arts Studio, Bldg. 308, Ederle.

Cost is \$10 per class and paid on a monthly schedule.

**6 - 7 years old - 3:30 - 4:20 p.m.**

**8 - 10 years old - 4:30 - 5:20 p.m.**

**11 years and older - 5:30 - 6:20 p.m.**

### Enrollment

Enroll at CYS Parent Central Services, Bldg. 108, Ederle.

Enrollment is ongoing. Once enrolled, monthly payments can be made online.

Classes do not meet on U.S. federal holidays.

## Class details

Uniforms are required to participate in the Karate program. Uniform information will be printed on your receipt at the time of enrollment. Sparring gear will also be necessary once students begin testing for their belts.

Master Macon's program will focus on building Martial Arts skills, confidence and self-esteem. Activities will push youth physically and work to develop and improve self discipline.



## About the Instructor



Simone Marini

Simone Marini, who has a degree in social services, began studying Parkour in 2007 and has been teaching since 2012. He began studying Shaolin Kung Fu in 1999 and has been teaching since 2007.

Simone has worked as a day care provider and camp counselor programming children's activities in dance, theatre and martial arts.

He is a certified personal trainer and a certified instructor in Parkour, Kung Fu and Artistic Gymnastics and Movement.

Simone's favorite part of teaching is seeing the satisfaction in a student's eyes when he/she can finally do something which he/she believed was impossible.

## Sessions and Fees Grappling

Open to youth: 10 years and older

**Session 1: Jan. 11 - Mar. 22**

Cost: \$110 (11 classes)

**Session 2: Apr. 05 - Jun. 07**

Cost: \$100 (10 classes)

Classes meet on Tuesdays  
from 3:55 - 4:40 p.m.

**Enrollment Min. 4 | Max. 12**

**Location:** SKIES Martial Arts  
Studio, Bldg. 304, Villaggio

### Class details

Grappling class techniques allow your child to develop the ability to control a bigger stronger attacker without kicking them or even hurting them in any way. It is an effective martial arts for pre-teen because it is a close contact martial arts that emphasizes leverage and technique over strength and power. This focus makes it possible for students of all ages to excel, regardless of their size, strength or athletic ability.

Discover Grappling



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## About the Instructor



Master Kim

Master Kim was born in the Republic of Korea in 1954 and has been practicing Tae Kwon Do for more than 30 years. He is a 9<sup>th</sup> degree black belt in the Worldwide Tae Kwon Do Federation and earned the title of Master in 1979.

Master Kim is the director of the *Unione Tae Kwon Do E Arti Marziali*, the Italian Union of Tae Kwon Do and Martial Arts.

Master Kim has been teaching martial arts with the youth of this community for over 20 years. He also provides adult classes through the post fitness center.

Master Kim spends many of his weekends traveling throughout Italy serving as a board member for testing students.

## Sessions and Fees Tae Kwon Do

**Open to youth: 5 years and older**

Classes are held at the SKIES Martial Arts Studio, Bldg. 304, Villaggio.

Cost is \$10 per class paid on a monthly schedule.

**Beginning Tae Kwon Do:**  
Mon & Wed - 3:00 - 3:50 p.m.

**Intermediate Tae Kwon Do:**  
Mon & Wed - 4:00 - 4:50 p.m.

**Advanced Tae Kwon Do:**  
Mon & Wed - 5:00 - 5:50 p.m.

### Enrollment

Enroll at CYS Parent Central Services, Bldg. 108, Ederle. Enrollment is ongoing. Once enrolled, monthly payments can be made online.

*Classes do not meet on U.S. federal holidays.*

### Class details

Uniforms are required to participate in the Tae Kwon Do program. Uniform information will be printed on your receipt at the time of enrollment.

Tae Kwon Do teaches a mixture of balance, self-defense and discipline.

Students will gain an improved sense of self-confidence and the knowledge to defend themselves if needed.

Sparring gear is required for the Intermediate and Advanced classes.

[illegible]



# Join our Team!

***SKIESUnlimited is looking for qualified instructors in the following areas:***

- Music Instruction (Percussion, Voice, Piano, Guitar, Violin, Flute & more...)
- Fitness Instruction (Swim Lessons, Tennis, Gymnastics, Tumbling, Fencing, Cheerleading, Dance)
- Arts & Crafts (Fine Arts, Voice, Music instruction ...)
- Life Skills (Academic Tutoring, Culture...)
- Mommy & Me classes for Toddlers *& More!*

***Do you have a special skill you want to share?***

***SKIESUnlimited is open to new ideas.  
We invite you to share your skills with our community!***

***Sparked your interest? Call, email or stop on by.***

## USAG Italy SKIESUnlimited Policies

### CHILD & YOUTH SERVICES REGISTRATION:

All youth are required to be registered with CYS in order to use SKIES programs. Registrations are valid for one year. You can register at Parent Central Services, Building 108. For more info on registration, call +39 0444-71-5820.

**BILLING & PAYMENTS:** Payment for all SKIES ongoing classes/lessons is due monthly by the 24th to secure your child's slot for the upcoming month.

- Bills for Installment Billed classes are available for payment online (<https://webtrac.mwr.army.mil>) or at Parent Central Services on the 15th of the month.
- It is the parent's responsibility to ensure payment is made by the deadline.
- Failure to pay by the 25th of each month will forfeit your child's slot.
- Installment Billed classes are all Music/Voice Lessons, Tae Kwon Do, Karate and Capoeira.

### NOTIFICATION OF DISENROLLMENT:

Parents are required to give a (2) two-week notification to SKIES when disenrolling from a SKIES monthly class to ensure you will not be billed for the upcoming month.

SKIESUnlimited can be contacted via email at [usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil](mailto:usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil) or phone at +39 0444-71-4992.

**NO-SHOWS:** Instructors are not required to give make-up classes to students who are absent. Make-up lessons for individual-lesson students may be coordinated if SKIES is notified at least 24 hours in advance and the instructor is able to work the student into his/her schedule.

**CANCELLATION OF CLASSES:** If an instructor is unable to teach, all efforts will be made to contact the students. The class will be re-scheduled if the instructor is able.

If the instructor is not able to reschedule, a credit will be applied to the participant's CYS household account.

**DISCIPLINE:** It is SKIESUnlimited's responsibility to ensure the safety of all participants in the class. If your child is disruptive or does not comply with the health and safety guidance set by the instructor he/she may be asked to leave the class. If the situation cannot be resolved, your child may be asked to leave the class permanently. No refund will be issued in this situation.

**WEATHER:** There is an automatic cancellation of classes when post schools are closed due to inclement weather, if the post has been closed, or the road conditions are classified as red.

**U.S. HOLIDAYS:** Classes will not be held on Federal Holidays.

**SUPERVISION:** SKIESUnlimited's responsibility begins when the student enters the class at the beginning of the lesson and ends when the scheduled lesson is over.

It is the parent's responsibility to drop off his or her child to the instructor for SKIES classes and pick up his or her child from the instructor at the end of the designated class. Per U.S. Army Garrison Italy Policy, Child and Youth Supervision. Children 6th grade and higher are allowed to walk to and from classes, while parents must inform the instructor in writing if they have made arrangements for another adult or a sibling who is in the 7th grade (or older) to escort their child(ren) to and from classes.

**PRIVATE INSTRUCTION:** A parent or guardian is required to remain in the facility during his or her child's private instruction lesson for all ages.

**PARENT PARTICIPATION:** Parent participation is required for those enrolled in "Parent & Me" classes.

**REFUNDS:** Refunds will not be issued after the 1st lesson. Exceptions to this policy are on a case-by-case basis pertaining to PCS orders, emergency orders, or valid medical emergencies.



### CALL

DSN (314) 646-4992  
+39 0444-71-4992

### EMAIL

[usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil](mailto:usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil)

### VISIT

[www.italy.armyMWR.com](http://www.italy.armyMWR.com)  
<https://webtrac.mwr.army.mil>



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Directorate of FAMILY and MORALE,  
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MISSION: IMCOM integrates and delivers  
base support to enable readiness for a glob-  
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UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**





CYS Parent Central Services, Bldg. 108  
Monday-Friday, 8:30 a.m.-4:30 p.m.  
DSN 646-5821, CIV 0444-71-5821  
[vicenza.armyMWR.com](http://vicenza.armyMWR.com)

CYS SKIESUnlimited, Bldg. 308  
Monday-Thursday, 1:30-5:30 p.m.  
DSN 646-4992, CIV 0444-71-4992  
[vicenza.armyMWR.com](http://vicenza.armyMWR.com)