



### CYS Parent Central Services REGISTRATION CHECKLIST

### **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 Kindergarten Age and younger, all Home-Schooled children regardless of age, and children grades 1-5 who are not enrolled in DoDEA Vicenza School system)
- 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.





### SKIES BUILDING 308 MAINTENANCE

### JUNE AND JULY

For the months of June and July the SKIES Building 308 on Caserma Ederle will be undergoing necessary maintenance. This will require certain rooms in the facility to be closed for the duration of the work. The SKIES program has worked diligently with our instructors to still provide a robust course offering for the Summer Session. Please be advised that some classes that are normally held at building 308 will be relocated during this time period. We apologize for any inconvenience this may cause.



### **About Us**

The SKIESUnlimited 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

### **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!

### **Contents**

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19	Level 1-6 Swim Program
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22	Parent and Me Gymnastics
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26	Parkour
27	Ninja Training,
28	Kick Boxing
29	Karate
30	Tae Kwon Do



### 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

- Ballet
- Tap
- Pre-Dance

### 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 - Kung Fu 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

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SKIE Unlimited

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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 (½ Red/Red/½ 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 (Val. 1 & Val. 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
Suite Cane	£2.00

**SWIM** 

RENT

**INSTRUMENTS** 

Guitar Ukulele Violin

Swim Wet Suits (Sizes Age 3 - 12)

Trumpet Flute Drum Pads Viola

Saxophone Cello

\$10.00 per month

\$15.00

For more info, call 0444-71-4992 | italy.armyMWR.com

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

### Classes & Ages Chart

### Infant, Pre-school, Elementary School

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Tae Kwon Do (5 years & older)

### 6 - 10 years (Elementary School)

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Sports Conditioning (12 years & older)	Page 20
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Int & Adv Gymnastics & Tumbling (by assessment) Parkour (7- 10 years)	Page 24-25 Page 26
Kick Boxing (10 years & older)	Page 27
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Karate (6-7 years, 8-10 years & 11 years & older)	Page 29

### SUMMER TIME WITH SKIES!



### Classes & Ages Chart

### Middle School and High School

### 11 - 14 years (Middle School)

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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. Changes may include: dates, class times, class sizes, and 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 SKIES *Unlimited* 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 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 handwashing 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.

### SKIES COVID POLICIES

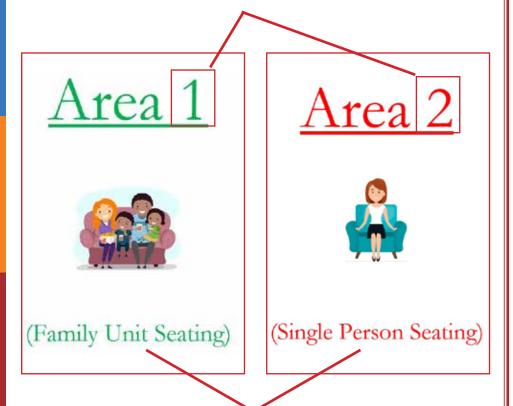


COVID Policies

**Precedures** 

### **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 SKIES*Unlimited* waiting areas have been modified in order to meet COVID saftey 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 sign-in to the waiting room and 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 SKIES *Unlimited* COVID Policies will be asked to leave the facility.

### **SKIES SUPERVISION POLICY**

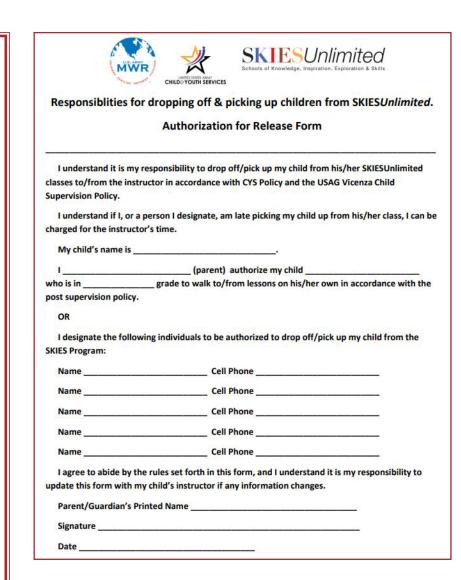
Families are encouraged to limit accompanying family members to those that require supervision.

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.



School of Academics, Mentoring & Intervention

# SKIESUnlimitea

### Discover Italian Language



Grazia Donadel

### About the Instructor

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

### Class details

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.



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, 60, and 90-minute blocks of time

Cost:

\$20 for 30 minute \$30 for 45 minute \$40 for 60 minute

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





Esther Bromley

**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.

### Sessions and Fees

### **Irish Dance**

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

Dance Workshop: July 14-16

Cost: \$60 (3 Classes)

### **Enrollment**

**Enrollment opens: June 07** 

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

**Enrollment Min.** 6 | **Enrollment Max.** 12 **Day:** Thursdays

Location: Teen Center 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.



# KIESUnlimited

### **Discover** Dance with Ms. Silvia



### 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

### **Creative Movements**

Encourages active movement for students through jumping, running, moving, rolling and dancing with the support of music and rythms.

### Pre-Dance

Introduces young dancers to the foundation of Ballet, Jazz and Tap, working on skills such as flexibility, leg postioning (turnout), and rhythm.

### Ballet Workshop

This six-class workshop will focus on the fundementals of dance, posture, flexibility, stretching, leaps, and grace.

Students will work on developing small routines.

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

### **Summer Dance**

Session 1: June 14 - June 24 Session 2: July 06 - July 22

**Location:** Session 1 will take place in the Ederle Dance Room. Due to Facility rennovations Session 2 will take place at the Villaggio Mini Gym

### Creative Movements ages 3-4 years

Tuesdays and Thursdays from 9:00-9:50 a.m. Session 1 Cost:\$40 (4 classes) Session 2 Cost: \$60 (6 classes)

### **Ballet Workshop** ages 7 years and older

Monday and Wednesdays from 4:30 - 5:20 p.m.

Session 1 Cost: \$40 (4 classes) Session 2 Cost: \$50 (5 classes)

### **Pre-Dance** ages 4 -6 years

### **Option 1:**

Mondays and Wednesdays from 3:30 - 4:20 p.m Session 1 Cost:\$40 (4 classes) Session 2 Cost: \$50 (5 classes)

### **Option 2:**

Tuesdays and Thursdays from 10:00 - 10:50 a.m. Session 1 Cost:\$40 (4 classes) Session 2 Cost: \$60 (6 classes)

### **Private Lessons**

Cost: \$30 for 60 minute

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

Enrollment Opens: June 07 Enrollment Min. 4 | Max. 6

### Discover Dance with Ms. Silvia



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School of
Arts,
Recreation
& Leisure

# ES Unlimite

School of Arts, Recreation

### About **Discover** Imagine Adventures the Instructor Simone Marini **Enrollment Enrollment opens: June 07 Enrollment Min. 4** | **Max. 8** Location: SKIES Bldg. 304, Villaggio Art Room Enroll at CYS Parent Central Services, Bldg. 108, or online at https://webtrac.mwr.army.mil

### **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.

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.

### **Sessions** and Fees

Simone Marini, started

playing Role Playing Games

at the age of 12. This became

a passion that expanded out,

published.

themselves.

not only to playing, but writing stories and novels that now are

During his study of child

coaching, he had confirmation

effective for children to not only

cultivate imagination, but also to discover new perceptions about

that this type of game is very

development and holistic

### **Imagine Adventures**

(Role Play)

Ages 8 and older

Session 1: July 19 - July 29

**Session 2: Aug. 02 - Aug. 12** 

Cost: \$160 (8 classes)

Classes Meet Monday - Thursday

from 12:40 - 2:40 p.m

### 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.

Session 1: June 24 - July 29

Open to ages 3 months to 4 years old. Cost: \$66 (6 classes)

### **Enrollment**

Enrollment Min. 5 | Max. 8

Days/Times: Thursdays, 11:00 - 11:30 a.m.

Location: SKIES Bldg. 304, Villaggio

**Enrollment opens: June 07** 

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!**



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School of
Arts,
Recreation
& Leisure

Unlimitea

O7 School of Arts, Recreation & Leisure

# IES Unlimitea

### **Discover Private Music Instruction** SKIES MUSIC

### **Private Music Instruction**

### SUMMER MUSIC SESSION June 21 - July 30

During the summer SKIES is offering music instruction for: Piano, Guitar, Violin, Voice, Saxophone, Drums, and Trumpet.

The six-week summer session for private music will run from the week of June 21 - July 30.

Cost for the session is \$204 for the session for hour-long lessions. Lessons will be held in building 304 on Villaggio. The Summer Session is seperate from the school year session. If your child is placed in a slot during the summer, it does not guarantee their slot in September.

If you are interested in instruction for your child, please stop by the SKIES *Unlimited* Office at building 308 and place your child on the summer music roster or call the SKIES Office at 0444-71-4992. The SKIES Office is open from 1:30 - 5:30 p.m

### COVID POLICY PRIVATE MUSIC

Music lessons will be scheduled in 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 overlaping 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 recieved her diploma at the Academy of Music in Romania.

Voichita has played with the Orchestra at Torino Teatro Regiio, 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 Flute, Recorder & Piano 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.

Discover Piano, Violin, Flute & Saxophone



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# Unlimitea

Discover Violin, Viola & Guitar

### 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.

Currently, he is enrolled in a master's program for classical guitar performance.

Juan has been working as a performer and guitar instructor in several music schools in the Vicenza area since 2007. He also has experience with musical editing and guitar making and restoration, which has given him a deeper understanding of the instrument.



Juan Martin
Oyhenart
Guitar Instructor



Rossana Rinaldi Violin & Piano, Voice

Rossana Ronaldi studied at the Conservatory of Salerno, and attended specialization courses with Renata Scotto, Paolo Montarsolo and Mietta Sighele. In 2001 she participated in the Verdi 100 concert for the centenary in Parma, conducted by M° Zubin Mehta alongside Plácido Domingo, and others. In 2002 she made her debut as Suzuki in MADAMA BUTTERFLY at the Teatro Lirico in Cagliari, and sang the role again at the Teatro Massimo in Palermo, at the Opera in Rome and at the San Carlo in Naples.

She then returned to the Teatro Petruzzelli in Bari with CAVALLERIA RUSTICANA and sang G. Verdi's MESSA DA REQUIEM at the Castell de Peralada Festival. Over the course of her career she has acheived several accolades that have made her renown throughout Italy. She has is now excited to share her talents with the Youth of the Vicenza Community

Federico Zaltron began studying violin at a very young age. He graduated with honors in 2012 with a degree in Violin and Jazz. He has played together with the famous jazz pianist Riccardo Zegna. He is the concertmaster of the Young Talents Jazz National Orchestra. He plays the music of Ellington and Monk in the groups Quartetto in FA, I Federici, and Selfie Jungle. He plays swing music in the group, Swing Job. He has performed in many concerts in Italy and Europe.

Federico is very excited to begin teaching for the Vicenza military community. He loves working with children and youth and is excited to help spread his joy of music.



Federico Zaltron Violin 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, Shawnn 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 the 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 Paganotto Percussion

**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 percussion with International musicians such as Alfredo Golino, Kaz Rodriguez, and Calvin Rodgers. He attended the Arrigo Pedrollo Conservatory of Vicenza and is currently working on an undergraduate thesis in Pop Drums.

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.

### **Discover** Percussion, Voice and Brass



10 School of Arts, Recreation & Leisure

# AIES Unlimited



### **SKIES RENTAL**

### MUSICAL

instruments

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



### About Instructor

### Sessions and Fees



Elena Zanotto

**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 Classes**

Session 1: July 6 - July 20

Session 2: July 27 - August 11

Classes meet Tuesday

**5 - 7 years -** 3:00 - 4:30 p.m.

8 - 13 years - 5:00 - 6:30 p.m.

Cost: \$90 (3 classes)

### **High School Cooking Classes**

Session 1: July 14 - July 28

Classes meet Wednesday

from 9:20 - 10:50 a.m.

Ages 14 and Older

Cost: \$90 (3 classes)

### **Cooking Camps**

**School Age Center** 

June 14 - June 18

Registration for this camp is done directly through the School Age Center Summer Camp program

**Youth Center** 

June 21 - 25

Monday - Friday from 8:00 a.m - 1:00 p.m

Registration for this camp is done directly through the Youth Center Summer Camp program

### **Private Cooking Lessons**

Cost: \$60 for 60 minute

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

### **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 their way to becoming a little chef!

### Enrollment

Enrollment opens: June 07 Enrollment Min. 4 | Max. 8

Location: SKIES Bldg. 308, Ederle

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

online at https://webtrac.mwr.army.mil

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# IES Unlimitea

### About

the Instructors

School of Sports, Fitness & Health

KIESUnlimitea





Rocco Ottati



Sebastian Korst

Coach Rocco Ottati has been playing soccer at an elite level for several years and brings this level professionlism 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 suceed 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 started!

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 Saarbrucken, and FC Kaisersluatern. Sebastian 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 Academy.

### 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 your best soccer potential while building confidence in soccer movements. The main goal of the coaches is to teach and encourage you to reach your full soccer potential.



**Camp 1: July 05 - July 07** 

**Camp: 2: July 19 - July 23** 

Camp 3:Aug. 11 - Aug. 13

### **Happy Feet**

2-3 years - 4:00 - 4:45 p.m.

Camp 2 Cost:\$60 (\$12 a day)

### **Pre-School & Kindergarten**

**4-5 years** - 2:00 - 3:00 p.m. **5-6 years** - 3:00 - 4:00 p.m.

Camp 1 Cost: \$50 (\$16 a day) Camp 2 Cost: \$75 (\$15 a day) Camp 3 Cost: \$50 (\$16 a day)

### Beginner, Intermediate, Advanced Ages 7 and older - 9:00 - 14:00

Camp 1 Cost:\$145 (\$48 a day) Camp 2 Cost:\$225 (\$45 a day) Camp 3 Cost:\$145 (\$48 a day)

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

### **Enrollment**

Enrollment opens: June 07
Enrollment Min. 4 | Max. 15
Location: Ederle Turf Field
Enroll at CYS Parent Central Services,
Bldg. 108, or online at
https://webtrac.mwr.army.mil

### **Camp Details**

The purpose of our camps is to 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. Addtional camp details will be listed on patrons' receipts at the time of enrollment.

The Beginner, Intermediate, Advanced Camps will be conducted with the following Schedule:

9:00 - 10:20 a.m - Skill Training

10:20 - 10:40 - Break

10:40 a.m - 12:00 p.m - Skill Training

12:00 - 12:40 p.m - Lunch Break

\* Please note that lunch will not be included, parents are encouraged to pick their children up for the scheduled break

12:40 - 2:00 p.m - Skill Training

**Discover Stroller Strong Moms** 

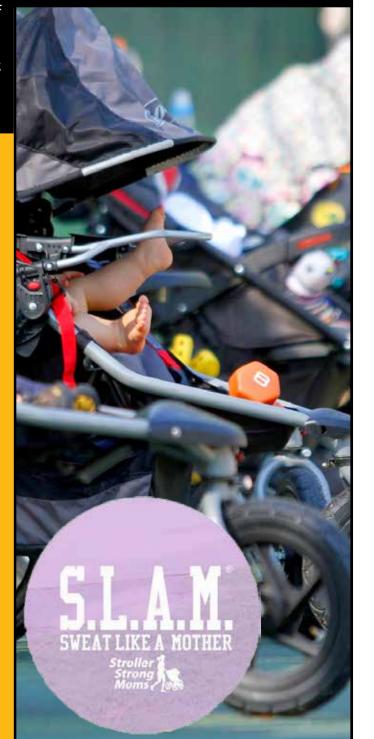


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# KIESUnlimited

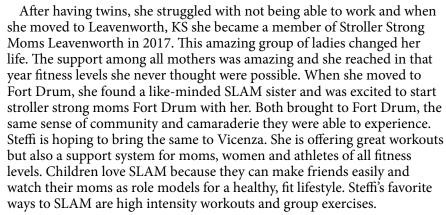
### **Discover Stroller Strong Moms**



About 5.L.A.M

### MEET OUR TEAM!

Steffi is a proud Army wife and mother of four-year-old twins. She 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



Steffi is excited to present this amazing opportunity to the Vicenza community by creating the "Vicenza Stroller Moms" Program.



Stephanie Noland



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 becaome 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.

### About the Program

Stroller Strong Moms 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 comradery, and offer 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.

### 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 Stroller Mom's Facebook Page for Class Updates:

Https://www.Facebook.com/slamvicenza.



### Sessions and Fees

### **Stroller Strong Moms**

Open to Parents with children 6 months to 7 years old

Classes are held Mondays, Wednesdays, and Fridays at the Ederle Track.

from 9:30 - 10:30 a.m

Cost is \$60 paid on a monthly schedule.

No class from July 16 until September 01. The month of July will Cost \$30. Parents enrolled in the class before the break will remain enrolled to perserve their spot for the upcomming fall season. September bill for the program will be issued August 15.

Wear comfortable clothes and athletic sneakers. Bring water, sun protection 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







## SUnlimitea

### **Discover Tennis**



### 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 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

SKIES *Unlimited* 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, racquets 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.

**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** 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.



Claudia Gallo



Isabella Pozzato

Isabella Pozzato is originally from the Vicenza area. Her passion for swimming started in her first swim class at the age of three. She began teaching in 1985 at sports clubs in Marostica and Vicenza and has also worked as a lifeguard. She has been teaching with us for the past 7 years and loves instructing children. She also teaches other swim classes in our community.



Federica Chimento

**Federica Chimento** was born and raised in Vicenza. She started swimming at the age of 10 and immediately felt she was in her natural element.

Federica has been providing swim instruction to youth in Vicenza for the past three years. She also lifeguards at local pools.

Federica began teaching with the SKIES program in February 2014. She's excited for the experience and the opportunity to practice her English language skills with her students.

Health

**Class details** 

for Parent & Me swim classes.

Preschool Classes will focus on

entrance into Level 1 swim lessons.

beginning aquatic skills, preparing youth for

**Discover Parent & Me Swimming** 

### Parent participation is required in Parent & Me classes. No Assessment is required **Infant and Toddler** Classes will focus on teaching techniques to help parents orient their children to the water.

### **Sessions & Fees**

### **Parent and Me Swimming**

Session 1: June 15 - July 8 Session 2: July 13 - Aug. 07

Cost: \$80 (8 classes)

Parent & Me Infants, 6-17 months Tuesday & Thursday - 5:45 - 6:15 p.m.

Parent & Me Toddlers, 18-35 months Tuesday & Thursday - 5:10 - 5:40 p.m.

Parent & Me Preschoolers, 3-5 years Tuesday & Thursday - 4:35 - 5:05 p.m.

### **Enrollment**

**Enrollment Min. 3** | **Max. 4 Location:** Ederle Fitness Center indoor pool **Enrollment opens: June 07** 

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

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

**Assessments:** All interested students must have a current assessment to enroll in Level 1-6 classes. Assessments are valid for three (3) months.

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.

**Assessment Dates & Times:** 

**June 09 & 10** at the Ederle Pool from **3 - 6 p.m.** 

**Assesements During Sessions:** 

Tuesdays & Thursdays from 6:15 - 6:45 p.m

Ederle Indoor Pool

All Classes at Ederle Indoor Pool

### **Swim Camps**

Session 1: June 15 - June 25

Session 2: June 29 - July 09

Session 3: July 13 - July 23

Session 4: July 27 Aug. 07

Classes from Tuesday - Friday

Cost: \$80 (8 classes)

Swim Camps (Morning 8:00 -12:00)			
Level 1	10:30 - 11:15 a.m		
Level 2	9:20 - 10:25 a.m		
	8:30 - 9:15 a.m		
Level 3			
	10:30 - 11:15 a.m		
Level 4	9:20 - 10:25 a.m		
Level 5/6	8:30 - 9:15 a.m		

### **Swim Sessions**

Session 1: June 15 - July 09

Session 2: July 13 - Aug. 07

Cost: \$80 (8 classes)

Evening Lessons (3:00-7:00 p.m)		
	Option 1: Tuesday & Thursday	Option 2: Wednesday & Friday
Level 1	3:45 - 4:30 p.m	5:45 - 6:30 p.m
Level 2	4:45 - 5:30 p.m	
Level 3	3:45 - 4:30 p.m	
Level 4	5:45 - 6:30 p.m	4:45 - 5:30 p.m
Level 5/6		3:45 - 4:30 p.m

### **Discover Swimming**



### **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.

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# Inlimitea

Sports,

Health

Fitness &

### **Discover Sports Conditioning**



### Class details

This program gives 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

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 crossfit coach specialized in private gymnastics instruction.

### **Sessions** and Fees

### **Sports Conditioning**

Open to youth ages 12 years & older

Session 1: June 17 - July 15

Cost: \$50 (5 Classes)

Classes meet Thursday from **3:00 - 4:00 p.m.** 

**High School Sports Conditioning Open to youth ages 15 & older** 

Session 1: June 17 - July 15

Cost: \$50 (5 Classes)

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

### **Enrollment**

**Enrollment opens: June 07** 

Enrollment Min. 6 | Max. 12

Day: Thursday

Location: Functional Fitness Room,

Ederle Fitness Center, Bldg. 112



### About the Instructors

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 gymanstics. 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.

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

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 Marini

**Discover Gymnastics & Tumbling** 



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### **Discover Toddler & Preschool Gymnastics**



### Sessions and Fees

### **Toddler & Preschool Gymnastics**

Mr. Simone Session 1: July 19 - July 22

Cost: \$20 (2 classes)

Session 2: Aug. 02 - Aug. 04

Cost: 20 (2 classes)

2 - 3 years (Parent & Me) - 9:00 - 9:45 a.m.

Classes Meet Monday and Wednesday

### **Enrollment**

**Enrollment opens: June 07** 

**Enrollment Min.** 4 | **Max.** 6 **Location:** SKIES Mini Gym,

Bldg. 304, Villaggio.

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

### **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.



### **Sessions** and Fees

### **Beginner Gymnastics Camp (2 days)**

Ms. Teresa

**Camp 1: June 15 - June 17** 

Cost: \$20 (2 classes)

Classes meet Tuesday and Thursday

**4 - 6 years -** 9:00 - 9:50 a.m.

7 years and older - 10:00 - 10:50 a.m.

**Camp 2: June 22 - June 24** 

Cost: \$20 (2 classes)

Classes meet Tuesday and Thursday

4 - 6 years - 9:00 - 9:50 a.m.

7 years and older - 10:00 - 10:50 a.m.

Camp 10: Aug. 17 - Aug. 19

Cost: \$20 (2 classes)

Class meets Tuesday and Thursday

**4 - 6 years** - 9:00 - 9:50 a.m.

7 years and older - 10:00 - 10:50 a.m.

### **Beginner Gymnastics Camps (4 days)**

Ms. Giulia

**Camp 3: June 28 - July 01** 

Cost: \$40 (4 classes)

**Camp 4: July 06 - July 08** 

(No Class July 05)

Cost: \$30 (3 classes)

Class meets Monday - Thursday

4 - 6 years - 10:00 - 10:50 a.m.

7 years and older - 9:00 - 9:50 a.m

**Camp 5: July 12 - July 15** 

Camp 6: July 19 - July 22

Cost: \$40 (4 classes)

Class meets Monday - Thursday

7 years and older - 9:00 - 9:50 a.m

### **Enrollment**

**Enrollment opens: June 07 Enrollment Min. 4** | **Max. 6** Location: SKIES Gym, Bldg. 304,





### **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.

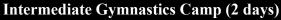
The instructor may move children between classes based on their skill levels

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Health

### Discover Int & Adv Gymnastics & Tumbling

### **Sessions & Fees**



Ms. Teresa

**Camp 1: June 14 - June 16** 

**Camp 2: June 21 - June 23** 

Camp 9: Aug. 16 - Aug. 18

Cost: \$30 (2 classes)

Classes meet Monday and Wednesday

4 - 7 years - 9:00 - 10:30 a.m.

7 years and older - 11:00 a.m - 12:30 p.m.

### Class details

### **Intermediate Tumbling:**

Students build on enhancing basic techniques and learn more complex skills in running and standing tumbling such as handstands, cartwheels, round-offs, and back handsprings.

### **Advanced Tumbling:**

Students must be able to do a back handspring with a light spot.

### **Intermediate/ Advanced Gymnastics:**

Students 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 Gymnastics Camp (4 days)**

Ms. Giulia

**Camp 3: June 28 - July 01** 

Cost: \$40 (4 classes)

**Camp 4: July 06 - July 08** 

(No Class July 05)

Cost: \$30 (3 classes)

Classes meet Monday - Thursday

7 years and older - 11:00 - 11:50 a.m

**Camp 5: July 12 - July 15** 

**Camp 6: July 19 - July 22** 

Cost: \$40 (4 classes)

Classes meet Monday - Thursday

4-7 years old - 10:00 - 10:50 a.m

7 years and older - 11:00 - 11:50 a.m

Camp 7: Aug. 02 - Aug. 05

Camp 8: Aug. 09 - Aug. 12

Cost: \$40 (4 classes)

Classes meet Monday - Thursday

4 - 7 years - 9:00 - 9:50 a.m

7 years and older - 10:00 - 10:50 a.m

### **Intermediate Tumbling Camps (4 days)**

Ms. Giulia

**Camp 1: June 28 - July 01** 

Cost: \$40 (4 classes)

**Camp 2: July 06 - July 08** 

(No Class July 05)

Cost: \$30 (3 classes)

Classes meet Monday - Thursday

7 years and older - 12:00 - 12:50 p.m

**Camp 3: July 12 - July 15** 

Camp 4: July 19 - July 22

Cost: \$40 (4 classes)

Classes meet Monday - Thursday

**7 years and older** - 12:00 - 12:50 p.m

Camp 5: Aug. 02 - Aug. 05

Camp 6: Aug. 09 - Aug. 12

Cost: \$40 (4 classes)

Classes meet Monday - Thursday

7 years and older - 11:00 - 11:50 a.m

### **Advanced Tumbling Camps (2 days)**

Ms. Teresa

**Camp 1: June 14 - June 16** 

**Camp 2: June 21 - June 23** 

Camp 5: Aug. 16 - Aug. 18

Cost: \$30 (2 classes)

Classes meet Monday and Wednesday

**8 years and older** - 1:00 - 1:50 p.m.

### **Advanced Tumbling Camps (4 days)**

Ms. Giulia

Camp 3: Aug. 02 - Aug. 06

Camp 4: Aug. 09 - Aug. 13

Cost: \$40 (4 classes)

Classes meet Monday - Thursday **8 years** and older 12:00 - 12:50 p.m.

### **Enrollment**

**Enrollment opens: June 07** 

Enrollment Min. 4 | Max. 6 Location: SKIES Gym, Bldg. 304, Villaggio.

### **Advanced Gymnastics Camps (2 days)**

Ms. Teresa

**Camp 1: June 15 - June 17** 

**Camp 2: June 22 - June 24** 

Camp 3: Aug. 17 - Aug. 19

Cost: \$30 (2 classes)

Classes meet Monday and Wednesday

8 years and older - 11:30 a.m - 1:00 p.m.

### Private Lessons

Private Lessons will be scheduled at the SKIES Office, times will be determined based on instructor availability. Price is determined by instructor, age, skill, and time duration of the lessons.

### **Assessments**

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

Assessments will be scheduled directly with one of the available instructors.

Students who have previously participated in Intermidate or Advance Gymnastics will not need a second assessment.

School of Sports, Fitness & Health

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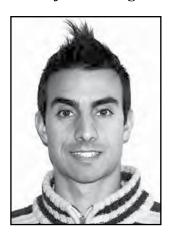
**Discover** Parkour with Mr. Simone



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

### **About** the Instructor

Parkour, Kick Boxing, Ninja Training



Simone Marini

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

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 teacheing with SKIES since January 2014 and is excited to share the art of Parkour and his passion for Kung Fu with the youth of Caserma Ederle.

### **Enrollment**

**Enrollment Min. 4** | **Max. 8 Location**: SKIES Martial Arts Studio, Bldg. 304, Vilaggio

### **Sessions** and Fees

### Parkour

**Session 1: June 14 - 17** 

Cost: \$40 (4 classes)

Class meet Monday - Thursday

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

7 - 10 years old - 2:30 - 3:20 p.m

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

Session 2: July 19 -July 22 Session 3: Aug. 02 - Aug. 05

Cost: \$20 (2 classes)

Class meet Monday and Wednesday

**4 - 6 years old -** 9:50 - 10:40 a.m.

7 - 10 years old - 10:50 - 11:40 a.m

11 years and older - 3:30 - 3:55 p.m

### Youth Center Parkour Camp

Parkour 101 **July 26 - July 30** 

Parkour 102 Aug. 09 - Aug. 13

**Monday - Friday** from 8:00 a.m - 1:00 p.m

Registration for this camp is done directly through the Youth Center Summer Camp program

School of Sports, Fitness & Health

### **Kick Boxing Camp**

Session 1: July 06- July 09 Cost: \$40 (4 classes)

Class meets Tuesday - Friday

**10 years and older** 11:00 a.m - 12:00 p.m.

Enrollment Min. 4 | Max. 8 Location: SKIES Martial Arts Studio, Bldg. 304, Vilaggio

### **Class details**

Kick Boxing provides the 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 strengtening exercises.

### Kick Boxing Sessions

Session 2: July 19 - July 22 Session 3: Aug. 02 - Aug. 05

Cost: \$20 (2 classes)

Class meets Tuesday and Thursday

**10 years and older** 3:00 - 3:55 p.m.

Enrollment Min. 4 | Max. 8 Location: SKIES Martial Arts Studio, Bldg. 304, Vilaggio

### **Enrollment**

**Enrollment opens: June 07** 

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



### Health KIESUnlimitea

### **Sessions** and Fees

### **Ninja Training**

\*Uniform Required\*

Session 1: July 06 - July 09

Cost: \$40 (4 classes)

Classes from Tuesday - Friday

**5 - 7 years old -** 9:00 - 9:45 a.m

8 years and older - 9:50 - 10:40 am

Session 2: July 19 - July 22 **Session 3: Aug. 02 - Aug. 05** 

Cost: \$20 (2 classes)

Classes from Monday - Thusday

**5 - 7 years old -** 9:00 - 9:45 a.m 8 years and older - 9:50 - 10:40 a.m

**Enrollment Min. 4** | **Max. 8 Location**: SKIES Martial Arts Studio, Bldg. 304, Villaggio

### **Youth Center** Ninja Training Camp

\* NO Uniform Required\*

June 14 - June 18

Monday - Friday from 8:00 a.m - 1:00 p.m

Registration for this camp is done directly through the Youth Center Summer Camp program

### Class details

### **Ninja Training**

Uniforms are required to participate in the program. This class will focus on the ability of Ninja Warriors known for their stealth and fighting skills: jumping, rolling, hiding, and fighting. The students will study a combat style which is good for self-defense, and they will also learn tumbling and tactical maneuvers.

\*Class conducted barefoot\*

### **Enrollment**

**Enrollment opens: June 07** 

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

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, Kickboxing 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 yrs 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.

\*June Classes Moved to Ederle Teen Center\*

6 - 7 years old - 1:00 - 2:00 p.m.

8 - 10 years old - 2:00 - 3:00 p.m.

11 years and older - 3:00 - 4:00 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.



### Discover Tae Kwon Do



### 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: 5-18 years old

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

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

No Class August 01 thru August 15.

**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.

### 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.

SKIES*Unlimited* can be contacted via email at usarmy.usag-italy.imcom-europe.mbx.fmwrvmc-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 rescheduled 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

### **VISIT**

www.italy.armyMWR.com https://webtrac.mwr.army.mil



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Directorate of FAMILY and MORALE, WELFARE and RECREATION

MISSION: IMCOM integrates and delivers base support to enable readiness for a globally-responsive Army.





Monday-Friday, 8:30 a.m.-4:30 p.m. DSN 646-5821, CIV 0444-71-5821 vicenza.armyMWR.com

MILIES . RETIRE

Monday-Thursday, 1:30-5:30 p.m. DSN 646-4992, CIV 0444-71-4992 vicenza.armyMWR.com