

Winter/Spring Catalog 2021

Enrollment Opens December 14



SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

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

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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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

- Ballet
- Tap
- Pre-Dance

**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 - 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

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

Classes & Ages Chart

Infant, Pre-school, Elementary School

3-17 Months

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<i>Parent & Me Infant Swim (6-17 months)</i>	<i>Page 26</i>
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3 Years

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6 - 10 years (Elementary School)

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<i>Creative Sewing and Jewels (9 years & older)</i>	<i>Page 2</i>
<i>Multicultural Creations (6-12 years)</i>	<i>Page 3</i>
<i>Fine Art (6-12 years)</i>	<i>Page 4</i>
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<i>Tap (7 years & older)</i>	<i>Page 6</i>
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Classes & Ages Chart

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Fine Art with (6-12 years)	Page 4
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Private Music Lessons (6 years & older)	Page 13-16
Cooking (8-12 years)	Page 17
Soccer (7 years & older, 8-11, 12-16)	Page 20-22
Tennis	Page 24
Swim Lessons Levels 1-6 (by assessment)	Page 27
Sports Conditioning (12 years & older)	Page 28
Pilates (8 years & older)	Page 29
Yoga (10 years & older, & 13 years & older)	Page 30
Beginner Gymnastics (7 years & older)	Page 33
Int & Adv Gymnastics & Tumbling (by assessment)	Page 34-35
Parkour (10 years & older)	Page 36
Ninja Training (7 years & older)	Page 37
Kick Boxing (11 years & older)	Page 37
Karate (11 years & older)	Page 38
Capoeira (6 years & older)	Page 39
Tae Kwon Do (Beginner, Intermediate & Advanced)	Page 40

15 & older (High School)

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Italian Adventure (12 & older)	Page 1
Creative Sewing and Jewels (9 years & older)	Page 2
Tap (7 years & older)	Page 6
Modern Dance (9 years & older)	Page 7
Ballet (7 and older)	Page 7
Hip Hop (8 years & older)	Page 8
Modern- Jazz Dance (14 years & older)	Page 8
Irish Dance (5 years & older)	Page 9
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Imagine Adventures - Role playing (8 & older)	Page 11
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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.

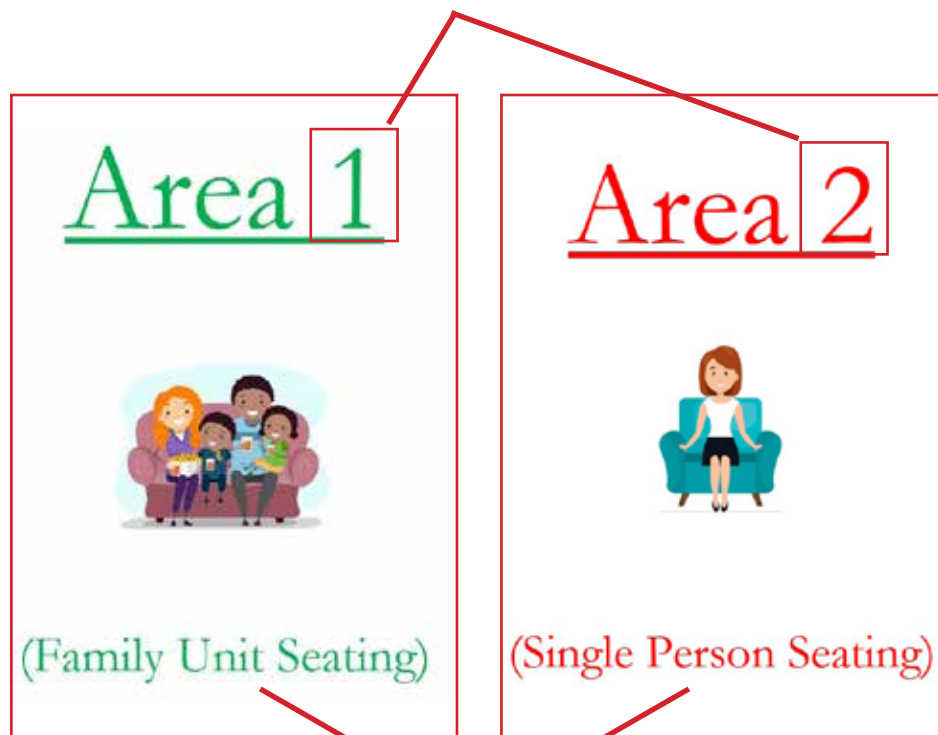
Students/Patrons/Instructors will be required to wash their hands before the start of each lesson. When handwashing is unavailable hand-sanitizer stations will be used.

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



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 6th 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 _____

**SKIES AUTHORIZATION FOR RELEASE
FORM**

SKIESUnlimited

01

Discover Italian Language

School of
Academics,
Mentoring &
Intervention

SKIES Unlimited



About the 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

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.

Italian Language

Italian Adventure

Ages 12 and older

Session 1: Jan. 14 - Feb. 18

Session 2: Feb. 25 - Apr. 08
(No Class April. 02)

Cost: \$60 (6 classes)

Session 3: Apr. 15 - May 27

Cost: \$70 (7 classes)

Parents may participate in the Italian classes, class fees with parent participation is an additional \$10 per class.

Enrollment

Enrollment Min. 4 | Max. 8

Days: Thursdays

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

Location: SKIES Bldg. 308, Ederle

Enrollment opens: December 14

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, 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.

About the Instructor



Slobodanka (Boba) Bosio

Slobodanka studied at the Jovan Vukanovic in Novi Sad on design and realization of clothing. She has been designing costumes for dance and theatre since 1993. She has been designing contemporary jewelry and accessories and has had exhibitions in Milan with Circuiti Dinamici.

She has worked with several name brand companies making clothes from textiles and leather.



Creative Sewing & Jewels

SKIESUnlimited offers private and group sewing and jewelry design instruction for ages 9 and older.

Group classes must have a minimum of 4 participants. Families interested in sewing and jewelry design instruction can stop by or call the SKIES offices in Bldg. 304, Villaggio, or Bldg. 308, Ederle, to place children on a waitlist.

SKIES will contact families once 4 or more participants are available to coordinate a class schedule. Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 90-minute blocks of time.

Cost is \$14 per group classes of 90 minutes and \$48 per private lessons of 90 minutes.

Lessons can take place between 2-7 p.m. at either Bldg. 304, Villaggio, or Bldg. 308, Ederle.

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

Class details

Students will explore with different fabrics and learn basic and creative sewing techniques on the sewing machine. They will learn to repair, remodel, and create their own personal fashions to wear.

Students will also design and create beautiful handmade jewelry from recycled material enhancing their relationship with the environment.

Discover Creative Sewing & Jewels



02
School of
Arts,
Recreation
& Leisure

SKIES Unlimited



Class details

Students will learn about the session's theme by creating unique hands-on artistic projects. Each project gives youth an opportunity to explore different art mediums and create!

Class materials will vary session to session. However, each sessions curriculum has been structured to use common items that can be found around the house.

Class instructor will email parents before the start of the session to let them know what items will be needed for the upcoming class. Parents are encouraged to use the Ederle Art Center to find supplies that will be needed for their class.

About the Instructor



Latica Vitez

Latica Vitez has been teaching a mixture of arts, crafts and culture classes with the SKIES program since 2013.

She was born to an artistic family in Zagreb, Croatia. She graduated from the School of Applied Arts and Design in Zagreb, the same school in which her father studied. She obtained a post-graduate diploma in Jewelry Design from the Scuola d'Arte a Mestieri di Vicenza, and in 2014 she completed an additional degree in Conservation of Cultural Heritage and Performing Arts Management at Ca' Foscari, Universita di Venezia.

In her youth, Latica worked as an arts and crafts camp counselor in California with the International Counselor Exchange Program.

She regularly participates in exhibitions showcasing her experience with different forms of illustration, various aspects of visual design and creative expressions.

Latica also collaborates with three Italian elementary schools organizing artistic projects and creative programming.

Arts and Crafts

Virtual Multicultural Creations

Class details: Students will learn about the session's theme by creating unique hands-on artistic projects. Each project gives youth an opportunity to explore different art mediums and create!

Open to youth ages 6-12 years old.

Session 1: Jan. 16 - Feb. 06

Fantasy Jars and Cookers

Session 2: Feb. 13 - Mar. 06

Magic from Plastic Bottles and Rags

Session 3: Mar. 13 - Apr. 10

(No Class March 27)

Through the Tube

Cost: \$60 (4 classes)

Session 4: Apr. 17 - May 15

Dream Catchers and Popsicle Stick Projects

Cost: \$75 (5 classes)

Session 5: May 22 - Jun. 12

Animals, Plants & Trees

Cost: \$60 (4 classes)

Please note: Youth can enroll in any session.

Enrollment

Enrollment opens: December 14

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

Enrollment Min. 4 | Max. 6

Dates/Times: Saturdays 10:45 a.m.-12:00 p.m.

Location: Virtual Platform

Drawing and Painting

Discover Fine Art with Ms. Latica

04
School of
Arts,
Recreation
& Leisure

Virtual Fine Art

Class details: Students will work on specific projects to develop the skills needed for drawing and painting by exploring different techniques and mediums.

Open to youth ages 6-12 years old.

Session 1: Jan. 16 - Feb. 06

From Lines and Shadows to Colors

Session 2: Feb. 13 - Mar. 06

Unusual Painting

Session 3: Mar. 13 - Apr. 10

(No Class March 27)

The World I Want

Cost: \$60 (4 classes)

Session 4: Apr. 17 - May 15

From Coffee to Wine

Cost: \$75 (5 classes)

Session 5: May 22 - Jun. 12

Paint and Draw in the way of Famous Artist

Cost: \$60 (4 classes)

Please note: Youth can enroll in any session.

Enrollment

Enrollment opens: December 14

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

Enrollment Min. 4 | Max. 6

Dates/Times: Saturdays 10:45 a.m.-12:00 p.m.

Location: Virtual Platform



Class details

Supplies needed to participate in at home projects for each of the sessions include:

White thick drawing & watercolor papers (one type which is good for both techniques). It is important that the papers are not thin. Students will also need thick black papers.

Drawing pencils: B, B2, B4, B6, colored drawing pencils, 1 white pencil also, watercolors, tempera painting colors and painting brushes with a sharp pointed tip: 0 (or 1), 2, 4, 6, 8. Flat brushes with a flat tip, preferably one little one and large one, Elmer's School glue (or Vinavil or something similar), hairspray, eraser, sharpener, scissors, paper tape.

Class instructor will email parents before the start of the session to let them know what items will be needed for the upcoming class. Parents are encouraged to use the Ederle Art Center to find supplies that will be needed for their class.

SKIES Unlimited

PARENT AND ME

LOVE TO DANCE



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

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

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

Sessions and Fees

Monday Classes

Session 1: Jan 11 - May 17
(No Class Jan. 18, Feb. 15, March 29,
April 05))

Cost: \$150 (15 Classes)

Pre-Dance ages 4 -6 years

from 3:20 - 4:05 p.m.

Parent & Me Love To Dance

ages 3- 4 years

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

Enrollment Opens: December 14

Enrollment Min. 4 | Max. 6

Day: Mondays

Private Lessons

Option 1: Wednesday 8:30 - 11:30 a.m.

Option 2: Friday 8:30 a.m.- 4:00 p.m.

Cost: \$30 for 60 minute

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

Tuesday Classes

Session 1: Jan 12 - May 11
(No Class March 30)

Cost: \$170 (17 classes)

Pre-Dance ages 4 - 6 years

Option 1: 3:20 - 4:05 p.m.

Option 2: 4:15 - 5:00 p.m.

Tap Dance ages 7 and older

from 5:10 - 6:00 p.m.

Enrollment Opens: December 14

Enrollment Min. 4 | Max. 6

Day: Tuesdays

Location: SKIES Bldg. 308, Ederle

Spring Dance Recitals

The SKIES Dance program will have
dance rehearsals/recitals the week of
May 18 - 21.

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

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

Discover Dance with Ms. Silvia



PRE-DANCE



TAP DANCE

06
School of
Arts,
Recreation
& Leisure

SKIES Unlimited



About the Instructor



Slobodanka (Boba) Bosio Olar

Slobodanka studied classical ballet in Serbia at the Jovan Bandur Dance & Musical State Institute, with renown dances such as Smilja Mandukić, a student of Greta Wiesenhal. She continued her dance studies, participating at different master classes with other international artist. In Italy, she has worked closely with Mariga Magipinto, a dancer of the Pina Bausch company.

Slobodanka has taught at the insitute of Jovan Bandurand and founded private ballet school Interplay 1992-2002. Throughout Italy, Slobodanka has worked in a variety of state schools, and continues to study at the conservatory of Vicenza.

Enrollment

Enrollment opens: December 14

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

Sessions and Fees

Wednesday Classes

Dance Session: Jan 13 - May 12
(No Class March 31)

Ballet
ages 7 years and older
from 3:30 - 4:30 p.m

Cost: \$170 (17 classes)

Modern Dance
ages 10 years and older
from 4:45 - 6:15 p.m.

Cost: \$238 (17 classes)

Enrollment

Enrollment Opens: December 14
Enrollment Min. 4 | Max. 6

Day: Wednesdays

Location: SKIES Bldg. 308, Ederle

Class details

Ballet - Will continue to build on the Student's foundation in dance, refining proper Ballet positioning

Modern Dance - Is a form of artistic, theatrical, and concert dance employing a special technique for developing the use of the entire body in expressive movements through structured steps

Uniforms: Hip-Hop classes Dress code is comfortable clothing. Students may dance barefoot, with socks, or jazz shoes. Ballet Uniform information is listed on patrons' receipts at the time of enrollments

Sessions and Fees

Thursday Classes

Dance Session: Jan 14 - May 13
(No Class April 01)

Hip Hop
ages 8 years and older
from 4:15 - 5:00 p.m.

Cost: \$170 (17 classes)

**High School
Modern-Jazz Dance**
ages 14 years and older
from 5:15 - 6:45 p.m.

Cost: \$238 (17 classes)

Enrollment

Enrollment Opens: December 14

Enrollment Min. 4 | Max. 6

Day: Thursdays

Location: SKIES Bldg. 308, Ederle

Class details

Hip Hop - a type of dance primarily performed to hip hop music. It includes a wide range of different styles that represent freedom and rhythm. This class will encourage youth creativity.

Jazz Dance - Incorporates Broadway and Hollywood show dance styles. Youth will learn fluid, isolated and rhythmic movements as well as jumping and twisting techniques.

Uniforms: Hip-Hop classes Dress code is comfortable clothing. Students may dance barefoot, with socks, or jazz shoes. Ballet Uniform information is listed on patrons' receipts at the time of enrollments

Discover Dance with Ms. Boba



Spring Dance Recitals

The SKIES Dance program will have dance rehearsals/recitals the week of **May 18 - 21**.

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

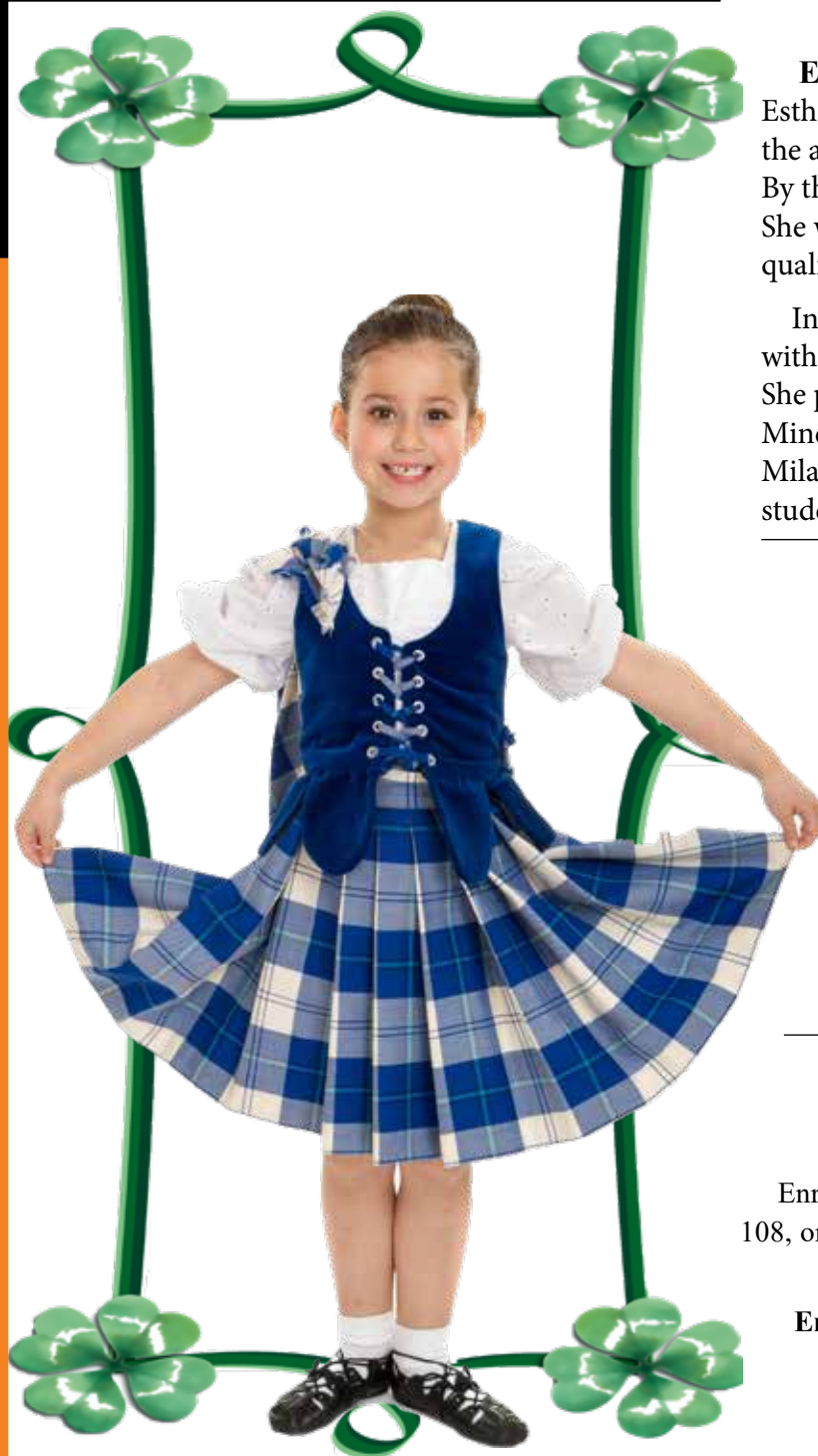
Children/Youth will be measured for costumes in early February.



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School of
Arts,
Recreation
& Leisure

SKIES Unlimited

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. 21 - May 13

(No class on April 01)

Cost: \$320 (16 Classes)

Enrollment

Enrollment opens: December 14

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

Enrollment Min. 6 | Enrollment Max. 6

Day: Thursdays

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



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

Pre-Acting and Drama ages 4 - 6 years

Classes meet 5:00 - 5:45 p.m

Option 1: Tuesdays

Option 2: Thursdays

Acting and Drama ages 14 and older

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

Option 1: Tuesdays

Option 2: Thursdays

Session 1: Jan. 12 - Feb. 18

Pre-Acting Cost: \$60

Acting Cost: \$60

Session 2: Feb. 23 - Mar. 25

Pre-Acting Cost: \$50

Acting Cost: \$50

Session 3: Apr. 06 - May 06

Pre-Acting Cost: \$50

Acting Cost: \$50

Session 4: May 11 - Jun. 10

Pre-Acting Cost: \$50

Acting Cost: \$50

Enrollment

Enrollment Min. 3 | Max. 6

Location: SKIES Bldg. 304 Villaggio
Martial Arts Studio

Enrollment opens: December 14

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

Discover Acting & Drama with Mr. Lex

Class details

Pre-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.

Acting classes will focus on the 5 core elements of Acting; Imagination, Movement and Voice, Dynamics, Contents and Staging. Students will learn acting through the Stanislavskij and Grotowski methods that are explained and put into action for young minds.



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School of
Arts,
Recreation
& Leisure

SKIES Unlimited

Discover Imagine Adventures



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.

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.

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

Imagine Adventures

(Role Play)

Ages 8 - 14 years

Session 1: Jan. 14 - Mar. 25

Cost: \$110 (11 classes)

Session 2: Apr. 08 - Jun. 10

Cost: \$100 (10 classes)

Enrollment Min. 3 | Max. 8

Day: Thursdays from 3:15 - 5:15 p.m

Location: SKIES Art Studio

Bldg. 304, Vilaggio

High School

Imagine Adventures

Ages 15 and over

Session 1: Jan. 15 - Mar. 19

Session 2: Apr. 09 - Jun. 11

Cost: \$100 (10 classes)

Enrollment Min. 3 | Max. 8

Day: Friday from 3:00 - 5:00 p.m

Location: SKIES Kitchen

Bldg. 308, Ederle

Enrollment opens: December 14

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

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: Jan. 14 - Feb. 11

Session 2: Feb. 18 - Mar. 18

Session 3: Mar. 25 - Apr. 29

(No Class April 01)

Session 4: May 06 - Jun. 03

Open to ages 3 months to 4 years old.

Cost: \$55 (5 classes)

Enrollment

Enrollment Min. 4 | Max. 8

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

Location: SKIES Bldg. 308, Ederle

Enrollment opens: December 14

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

SKIES Unlimited



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, and Voice.

Lessons are offered in 30, 45, or 60 minute blocks of time.

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 homeschooled 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 pre-existing format of 30, 45, 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 Munttoi 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 Munttoi.



Voichita Munttoi
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 SKIESUnlimited 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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School of
Arts,
Recreation
& Leisure

SKIES Unlimited



About the Instructors

Juan Martin Oyhenart was born in Argentina. At age seven, he began studying guitar at the “Gilaro 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



Giulia Ferrari
Violin & Piano
Instructor

Giulia Ferrari began studying piano at the age of six and began the violin two years later.

She graduated with a piano degree from the Conservatory in Vicenza in 2000 and a violin degree in 2003 from the Conservatory in Padova. She further improved her skills by studying at the “S. Cecilia” Academy in Portogruaro.

Giulia has been teaching both instruments for many years in several music schools in Padova, Vicenza and Venice. She has been a member of many different chamber music and orchestra ensembles and performs both in Italy and abroad.

She also completed her school studies at the University of Padova graduating with a degree in Biology in 2006.

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, 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 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 Int. 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 Paganotto 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.





SKIES RENTAL

MUSICAL instruments

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

\$10 / Month
ALL MUSICAL
INSTRUMENTS

About the Instructor



Elena Zanutto

Sessions and Fees

Elena Zanutto 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. 12 - Jan. 26

Session 2: Feb. 02 - Feb. 16

Session 3: Feb. 23 - Mar. 09

Session 4: Apr. 06 - Apr. 20

Session 5: Apr. 27 - May 11

Session 6: May 18 - Jun. 01

Cost: \$90 (3 Classes)

Classes meet Tuesday

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

8 - 12 years - 5:20 - 6:50 p.m.

Private Cooking

Wednesday 5:20 -6:20 p.m.

Cost: \$30 for 60 minute

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

High School Cooking 15 years and older

Session 1: Jan. 13 - Jan. 27

Session 2: Feb. 03 - Feb. 17

Session 3: Feb. 24 - Mar. 10

Session 4: Apr. 07 - Apr. 21

Session 5: Apr. 28 - May 12

Session 6: May 19 - Jun. 02

Cost: \$90 (3 Classes)

Classes meet Wednesdays

from 3:20 - 5:20 p.m.

Spring Special Event

Come out and join Ms. Elena for her Spring Special event class, with Holiday themed creations.

March 23 (Ages 5-12)

March 24 (High School)

One day Special event: Cost \$30

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: December 14

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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School of
Life Skills,
Citizenship &
Leadership

SKIES Unlimited

PROSOC
ACADEMY



About the Instructors



Rocco Ottati

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

With his 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 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 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 includes: US Youth Soccer Program, Olympic Development program, and ProSoc



Sebastian Korst

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. 11 - Feb. 01

(No Class Jan. 18)

Session 2: Feb. 08 - Mar. 01

(No class Feb. 19)

Session 3: Mar. 08 - Mar. 22

Session 4: Apr. 05 - Apr. 26

Session 5: May 03 - May 24

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 1,2,3: \$42

Session 5,6: \$56

Little Kickers

Ages 5-6

from 10:45 - 11:45 a.m.

Little Kickers Cost is \$16 per class

Session 1,2,3: \$48

Session 5,6: \$64

Tuesday Classes

Session 1: Jan. 12 - Feb. 02

(No Class Jan. 18)

Session 2: Feb. 09 - Mar. 02

(No class Feb. 19)

Session 3: Mar. 09 - Mar. 23

Session 4: Apr. 06 - Apr. 27

Session 5: May 04 - May 25

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 1,2,3: \$42

Session 5,6: \$56

Little Kickers

Ages 5-6

from 10:45 - 11:45 a.m.

Little Kickers Cost is \$16 per class

Session 1,2,3: \$48

Session 5,6: \$64

Discover Soccer with PROSOC

PROSOC
ACADEMY



Training Attire: Children/ youth should come with cleats (soccer shoes) and shin guards. 5 & up require shin guards. Cleats are necessary beginning at age 7 years old and younger than 7 can play with tennis shoes if desired on either indoor soccer turf or outdoor soccer field.

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School of
Sports,
Fitness &
Health

SKIES Unlimited



Training Attire: Children/ youth should come with cleats (soccer shoes) and shin guards. 5-up require shin guards. Cleats are necessary beginning at age 7 years old and younger than 7 can play with tennis shoes if desired on either indoor soccer turf or outdoor soccer field.

Sessions and Fees

Monday/Wednesday Classes

(Two times per week)

Session 1: Jan. 11 - Feb. 03

(No Class Jan. 18)

Cost: \$98 (7 classes)

Session 2: Feb. 08 - Mar. 03

(No class Feb. 19)

Cost: \$98 (7 classes)

Session 3: Mar. 08 - Mar. 24

Cost: \$84 (6 classes)

Session 4: Apr. 05 - Apr. 28

Cost: \$112 (8 classes)

Session 5: May 03 - May 26

Cost: \$112 (8 classes)

Little Kickers

Ages 5-6

from 10:45 - 11:45 a.m.

Rising Stars

Ages 7-8

from 4:45 - 5:45 p.m.

Thursday Classes

Session 1: Jan. 14 - Feb. 04

(No Class Jan. 18)

Session 2: Feb. 11 - Mar. 04

(No class Feb. 19)

Session 3: Mar. 11 - Mar. 25

Session 4: Apr. 08 - Apr. 29

Session 5: May 06 - May 27

Tiny Tots

Ages 3-4

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

**Tiny Tots and Happy Feet*

*Cost is \$14 per class**

Session 1,2,3: \$42

Session 5,6: \$56

Little Kickers

Ages 5-6

from 10:45 - 11:45 a.m.

Little Kickers Cost is \$16 per class

Session 1,2,3: \$48

Session 5,6: \$64

Training will be packed with soccer drills, soccer skills, soccer conditioning and fitness development. Youth will 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 soccer players to achieve their playing potential through proper skills, fitness and conditioning development.

Sessions and Fees

Friday Classes

Session 1: Jan. 15 - Feb. 05

Cost: \$56 (4 classes)

Session 2: Feb. 12 - Mar. 05

Cost: \$56 (4 classes)

Session 3: Mar. 12 - Mar. 26

Cost: \$42 (3 classes)

Session 4: Apr. 09 - Apr. 30

Cost: \$56 (4 classes)

Session 5: May 07 - May 28

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.

Enrollment

All Classes

Enrollment Min. 4 | Max. 8

Location: Ederle Turf Soccer Field

Enrollment opens: December 14

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

Session 1: Jan. 15 - Feb. 05

Cost: \$64 (4 classes)

Session 2: Feb. 12 - Mar. 05

Cost: \$64 (4 classes)

Session 3: Mar. 12 - Mar. 26

Cost: \$48 (3 classes)

Session 4: Apr. 09 - Apr. 30

Cost: \$64 (4 classes)

Session 5: May 07 - May 28

Cost: \$64 (4 classes)

Little Kickers

Ages 5-6

from 10:45 - 11:45 a.m.

Rising Stars

Ages 7-8

from 4:45 - 5:45 p.m.

Juniors

Ages 8-11

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

Super Strikers

Ages 12-16

from 6:45 - 7:45 p.m.

Discover Soccer with PROSOC

PROSOC ACADEMY



Training Attire: Children/ youth should come with cleats (soccer shoes) and shin guards. 5-up require shin guards. Cleats are necessary beginning at age 7 years old and younger than 7 can play with tennis shoes if desired on either indoor soccer turf or outdoor soccer field.

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School of
Sports,
Fitness &
Health

SKIES Unlimited

Shooting, Finishing, and Goalkeeping Camp

Februray 15 (One day)

Happy Feet
2-3 years - 4:00 - 4:45 p.m.
Cost: \$15

Pre-School
3-4 years - 2:00 - 3:00 p.m.
Cost: \$15

Kindergarten
5-6 years - 3:00 - 4:00 p.m.
Cost: \$15

Beginner, Intermediate, Advanced
Ages 7 and older
9:00 - 14:00
Cost: \$45

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

Enrollment Min. 4 | Max. 8
Day: Tuesdays
Location: Ederle Soccer Field

Spring Break Training Camp

March 29 - April 02

Happy Feet
2-3 years - 4:00 - 4:30 p.m.
Cost: \$50

Pre-School
3-4 years - 2:00 - 3:00 p.m.
Cost: \$60

Kindergarten
5-6 years - 2:00 - 3:00 p.m.
Cost: \$60

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. 8
Day: Tuesdays
Location: Ederle Soccer Field

Technique & Skills Training Camp

April 26 (One day)

Happy Feet
2-3 years - 4:00 - 4:45 p.m.
Cost: \$15

Pre-School
3-4 years - 2:00 - 3:00 p.m.
Cost: \$15

Kindergarten
5-6 years - 3:00 - 4:00 p.m.
Cost: \$15

Beginner, Intermediate, Advanced
Ages 7 and older
9:00 - 14:00
Cost: \$45

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

Enrollment Min. 4 | Max. 8
Day: Tuesdays
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 necessity 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. Addtional camp details will be listed on patrons' receipts at the time of enrollment.

About the Instructor



Stephanie Norland

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

After having twins, she struggled with not being able to work and when she moved to Leavenworth, KS she became a member of Stroller Strong Moms Leavenworth in 2017. This amazing group of ladies changed her life. 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. Both brought to Fort Drum, the same sense of community and camaraderie they were able to experience. Steffi is hoping to bring the same to Vicenza. She is offering great workouts but also a support system for moms, women and athletes of all fitness levels. Children love SLAM because they can make friends easily and watch their moms as role models for a healthy, fit lifestyle. 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.



VICENZA IT

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.

Cost is \$60 paid on a monthly schedule.

Class 1: 9:30 - 10:30 a.m

Class 2: 10:30 - 11:30 a.m

** Second class will open once first class reaches maximum enrollment **

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

Check out the Vicenza Stroller Mom's Facebook Page for Class updates:

<http://www.Facebook.com/slamvicenza>

Enrollment

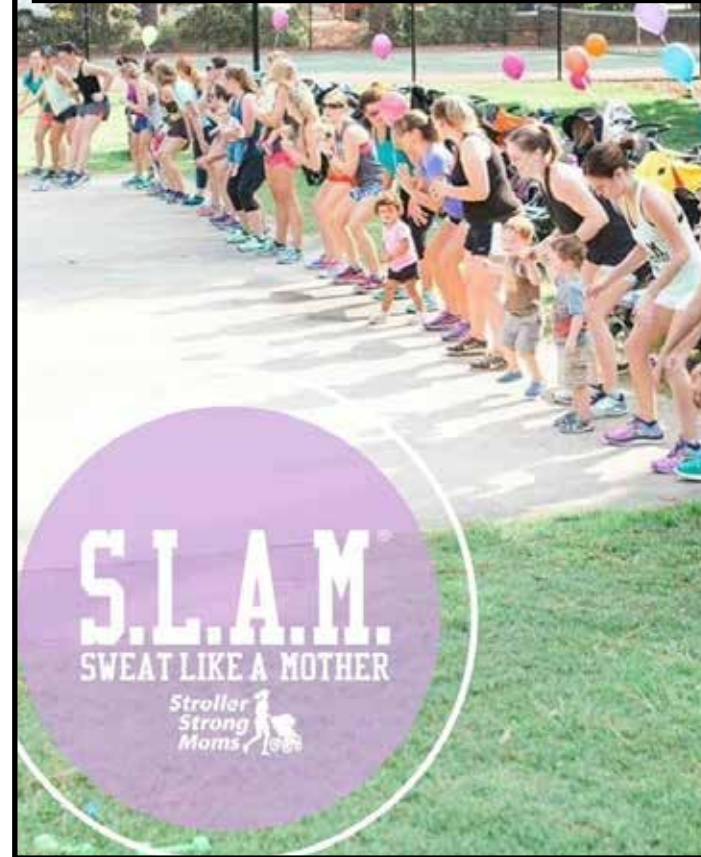
Enrollment is ongoing. Once enrolled, monthly payments can be made online.

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>

Discover Stroller Strong Moms



Class details

*** CLASS COMING SOON! ***

Ask our team about tentative enrollment dates.

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.

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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 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, 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.

About the Instructors

Discover Swimming

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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 become 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.

SKIES Unlimited



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.

Sessions & Fees

Parent and Me Swimming

Session 1: Jan. 12 - Feb. 04

Session 2: Feb. 09 - Mar. 04
Cost: \$80 (8 lessons)

Session 3: Mar. 09 - Mar. 25
Cost: \$60 (6 lessons)

Session 4: Apr. 06 - Apr. 29

Session 5: May 04 - May 27
Cost: \$80 (8 lessons)

Parent & Me Infants, 6-17 months
Tuesday & Thursday - 4:35 - 5:05 p.m.

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

Parent & Me Preschoolers, 3-5 years
Tuesday & Thursday - 5:45 - 6:15 p.m.

Enrollment

Enrollment Min. 3 | Max. 4

Location: Ederle Fitness Center indoor pool

Enrollment opens: December 14

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:
*Jan. 07 & 08 at the Ederle Pool
from 3 - 6 p.m.*

Assesements During Sessions:
Tuesdays from 6:15 - 6:45 p.m.
Thursdays from 3:00 - 3:30 p.m.
Ederle Indoor Pool

Sessions and Fees

Session 1: Jan. 12 - Feb. 05
Cost: \$80 (8 lessons)

Session 2: Feb. 09 - Mar. 05
Cost: \$80 (8 lessons)

Session 3: Mar. 09 - Mar. 26
Cost: \$60 (6 lessons)

Session 4: Apr. 06 - Apr. 30
Cost: \$80 (8 lessons)

Session 5: May 04 - May 28
Cost: \$80 (8 lessons)

Location: Ederle Indoor Pool

Afternoon Lessons (Before 5:30 p.m)		
	Option 1: Tuesday & Thursday	Option 2: 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 p.m)		
	Option 1: Tuesday & Thursday	Option 2: Wednesday & Friday
Level 1	5:45 - 6:30 p.m	-----
Level 2	-----	5:45 - 6:30 p.m
Level 3	5:45 - 6:30 p.m	-----
Level 5/6	-----	5:45 - 6:30 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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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: Jan. 14 - Mar. 25

Cost: \$110 (11 Classes)

Session 2: Apr. 08 - Jun. 03

Cost: \$90 (9 Classes)

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

High School Sports Conditioning

Open to youth ages 15 & older

Session 1: Jan. 14 - Mar. 25

Cost: \$110 (11 Classes)

Session 2: Apr. 08 - Jun. 03

Cost: \$90 (9 Classes)

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

Enrollment

Enrollment opens: December 14

Enrollment Min. 6 | Max. 12

Day: Thursday

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

Enroll at CYS Parent Central Services,
Bldg. 108, or online at [https://webtrac.mwr.
army.mil](https://webtrac.mwr.army.mil)

About the Instructor

Pilates



Silvia Buico

Sessions and Fees

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.

Discover Pilates



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Junior Pilates Open to youth ages 8 years & older

Session 1: Jan. 11 - Feb. 22
(No class Jan. 18, Feb. 15)

Cost: \$50 (5 Classes)

Session 2: Mar. 01 - Mar. 22

Session 3: Apr. 12 - Apr. 26

Cost: \$30 (3 Classes)

Session 4: May 03 - May 24

Classes meet Monday
from 5:10 p.m - 6:00 p.m

High School Pilates Open to youth ages 15 years and older

Session 1: Jan. 15 - Feb. 12

Session 2: Feb. 19 - Mar. 19

Cost: \$50 (5 Classes)

Session 3: Apr. 09 - Apr. 30

Session 4: May 07 - May 28

Cost: \$40 (4 Classes)

Classes meet Friday
from 3:10 - 4:05 p.m

Class details

Junior 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!

Enrollment

Enrollment opens: December 14

Enrollment Min. 3 | Max. 6

Location: SKIES Bldg. 308, Ederle

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

(Parent and Me)

**Parents may participate in the Pilates classes, class fees with parent participation is an additional \$10 per class.*



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.

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.

She currently teaches Yoga at Ederle and Del Din Fitness Centers as well as photography at the Ederle Art Center.

Enrollment

Enrollment opens: December 14
Enrollment Min. 4 | Max. 6

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

Sessions and Fees

Yoga for Youth

Session 1: Apr. 06 - May 04

Cost: \$50 (5 classes)

Session 2: May 11 - Jun. 08

Cost: \$50 (5 classes)

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

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

Classes meet Tuesday

Location: SKIES Mini Gym,
Bldg. 304, Villaggio

Yoga for Teens

13 years & older

Session 1: Apr. 07 - May 05

Cost: \$50 (5 classes)

Session 2: May 12 - Jun. 09

Cost: \$50 (5 classes)

Classes meet Wednesday
from 3:30 - 4:15 p.m.

Location: SKIES Mini Gym,
Bldg. 304, Villaggio

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.

Discover Gymnastics & Tumbling



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Sessions and Fees

Toddler & Preschool Gymnastics

Mr. Simone

Session 1: Jan. 14 - Mar. 25

Cost: \$110 (11 classes)

Session 2: April 08 - Jun. 10

Cost: \$100 (10 classes)

2 - 3 years (Parent & Me) - 10 - 10:45 a.m.

4 - 5 years - 10:55 - 11:45 a.m.

Classes Meet Thursdays

Enrollment

Enrollment opens: December 14

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

Ms. Arianna

Option 1 [Mondays]: Jan. 11 - Jun. 07
(No Class Jan. 18, Feb. 15, Mar. 29,
April 05, May 31)

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

Cost: \$170 (17 classes)

Ms. Giulia

Option 2 [Tuesdays]: Jan. 12 - Jun. 08
(No Class March 30)

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

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

Cost: \$210 (21 classes)

Ms. Teresa

Option 3 [Thursdays]: Jan. 14 - Jun. 10
(No class on April 01)

7 years and older - 3:30 - 4:20 p.m.

Cost: \$210 (21 classes)

Rhythmic Gymnastics

Ms. Arianna

[Mondays]: Jan. 11 - Jun. 07
(No Class Jan. 18, Feb. 15, Mar. 29,
April 05, May 31)

3-5 years - 5:00 - 5:50 p.m.

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

Cost: \$170 (17 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 three 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.

Discover Beginner & Special Gymnastics



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Enrollment

Enrollment opens: December 14

Enrollment Min. 4 | Max. 6

Location: SKIES Gym, Bldg. 304,
Villaggio.

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

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.

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

Advanced Tumbling:

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



Sessions & Fees

Intermediate Gymnastics

Ms. Arianna

Option 1 [Mondays]: Jan. 11 - Jun. 07

(No Class Jan. 18, Feb. 15, Mar. 29, April 05, May 31)

6 years and older - 4:00 - 4:50 p.m.

Cost: \$170 (17 classes)

Ms. Teresa

Option 2 [Monday]: Jan. 11 - Jun. 07

(No Class Jan. 18, Feb. 15, Mar. 29, May 31)

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

Cost: \$180 (18 classes)

** This class will meet in the
Villaggio Mini Gym **

Ms. Teresa

Option 3 [Thursdays]: Jan. 14 - Jun. 10

(No class on April. 01)

4 - 6 years - 2:30 - 3:20 p.m.

Cost: \$210 (21 classes)

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

Cost: \$210 (21 classes)

Intermediate Tumbling

Ms. Giulia

Session: Jan. 12 - Jun. 08

(No class on March 30)

7 years and older 5:40 - 6:30 p.m.

Cost: \$210 (21 classes)

Classes meet Tuesdays

High School Tumbling

Mr. Matteo

Session: Jan. 12 - Jun. 09

(No class on Mar. 31, Jun. 02)

15 years and older 5:40 - 6:30 p.m.

Cost: \$200 (20 classes)

Classes meet Wednesdays

Advanced Tumbling

Mr. Matteo

Session: Jan. 12 - Jun. 09

(No class on Mar. 31, Jun. 02)

9 years and older 4:40 - 5:30 p.m.

Cost: \$200 (20 classes)

Classes meet Wednesdays

Sessions and Fees

Advanced Gymnastics

Mr. Matteo

Session 1: Jan. 12 - Mar. 24

Cost: \$266 (19 classes)

Session 2: Apr. 07 - Jun. 11
(No class on Mar. 31, Apr. 02,
Jun. 02)

Cost: \$266 (19 classes)

9 years & older - 3:00 - 4:30 p.m.

Classes meet Wednesdays and Fridays



Assessments and Enrollment

Assessments

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

Assessment Date & Times:

Tuesday January 05

3 - 4 p.m.

for Gymnastics and Tumbling

SKIES Gymnasium, Bldg. 304,
Villaggio

Enrollment

Enrollment opens: December 14

Enrollment Min. 4 | Max. 6

Location: SKIES Gym, Bldg. 304,
Villaggio.

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

Discover Int & Adv Gymnastics & Tumbling



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Parkour



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 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. 14 - Mar. 25

Cost: \$110 (11 classes)

Session 2: April 08 - Jun. 10

Cost: \$100 (10 classes)

**6 - 11 years old
9:00 - 9:50 a.m. Thursdays**

Enrollment Min. 4 | Max. 6
Location: SKIES Martial Arts Studio,
Bldg. 304, Villaggio

Enrollment

Enrollment opens: December 14

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

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.*

Sessions and Fees

Kick Boxing

Session 1: Jan. 14 - Mar. 25

Cost: \$110 (11 classes)

Session 2: April 08 - Jun. 10

Cost: \$100 (10 classes)

11 years and older
1:50 - 2:50 p.m. Thursdays

Enrollment Min. 4 | Max. 6
Location: SKIES Martial Arts
Studio, Bldg. 308, Ederle

Ninja Training

Uniform Required

Session 1: Jan. 12 - Mar. 23

Cost: \$110 (11 classes)

Session 2: Apr. 06 - Jun. 08

Cost: \$100 (10 classes)

7 years and older
3:00 - 3:50 p.m. Tuesdays

Enrollment Min. 4 | Max. 6
Location: SKIES Martial Arts
Studio, Bldg. 304, Villaggio

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.*

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 strengthening exercises.

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.

Enrollment

Enrollment opens: December 14

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

Discover Ninja Training & Kick Boxing



Kick Boxing



Ninja Training

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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, 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.

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



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: 6-18 years old

Tuesdays & Thursdays
3:30 - 4:20 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

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.

Discover Capoeira



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School of
Sports,
Fitness &
Health

SKIES Unlimited



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 9th 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.

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.

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.

SKIESUnlimited can be contacted via email at 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

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+39 0444-71-4992

EMAIL

usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.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 glob-
ally-responsive Army.



UNITED STATES ARMY
CHILD & YOUTH SERVICES



CYS Services 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

CYS Services SKIES*Unlimited*, Bldg. 308
Monday-Thursday, 1:30-6:30 p.m.
DSN 646-4992, CIV 0444-71-4992
vicenza.armyMWR.com