

Winter & Spring 2023

Enrollment Opens January 3



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

AUTO PAYMENTS

SKIES*Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

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

Auto Billed Classes:

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

Please Note:

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





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.*



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. Specific uniform items will be provided in detail on the patrons receipt upon enrollment into their class.

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

Martial Arts

Classes will require students to have the appropriate class uniform:

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

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

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

Ninja Training - 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 are optional. Swim Caps are mandatory at Aquarea.

PRICE LIST

SKIES UNLIMITED

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & 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

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>S.L.A.M (6 months - 7 years)</i>	<i>Page 31-32</i>
<i>Parent & Me Infant Swim (6-17 months)</i>	<i>Page 34-36</i>

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<i>Parent & Me Toddlers Swim (18-35 months)</i>	<i>Page 33-34</i>
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Classes & Ages Chart

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SKIES RENTAL

MUSICAL instruments

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

\$10 / Month
ALL MUSICAL
INSTRUMENTS

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.



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 _____



About the Instructor



Kim Martin

Kim Martin is a professional floral designer who has been teaching floral design for almost 15 years. Kim began her journey at the University of Missouri where she studied and then later became a faculty member. Kim's passion for flowers and teaching led her to become involved with the American Institute of Floral Designers, AIFD. Through AIFD Kim spent many years leaning from and working with some of the top designers in the world. Kim now owns her own floral business primarily focused on providing contract design help to other florists for large-scale weddings, events, and holidays. Kim is excited to offer floral design classes and private workshops to the Caserma Ederle community. She loves helping students discover art using a new medium, flowers.

Sessions and Fees

Blooming Art!

Parent & Me

Parent Participation Required

Ages 2 years and older

Valentine's Workshop

Thursday, Feb 9 - \$60

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

Option 2: 11 a.m. - 12:30 p.m.

Sign up by Feb 2

Tuesday, Feb 14 - \$60

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

Option 2: 11 a.m. - 12:30 p.m.

Sign up by Feb 9

**Please note: these classes will have a sign up deadline in order for all supplies to arrive on time.*

Class Details

The Floral classes will give students of all ages opportunities to learn about flowers and different types of floral material as well as experiment with several floral techniques.

Each workshop will be unique and tailored to a specific project. All materials and tools need to complete the design will be included in the class cost. Both parent & child will take home their own completed floral arrangement.

Enrollment Min. 5 | Enrollment Max. 12
Location: SKIES, Bldg. 308, Ederle

Private Lessons

Cost: \$60 for 60 minutes

Please contact the SKIES office directly, times will be determined on instructor availability.



SKIES UNLIMITED DANCE PROGRAM

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

- Dance Recitals are optional.
- Dance Recitals are held the week after the last dance class (May 15 - May 19).
- Dance Recitals will be held at Soldiers' Theatre.
- Dance Costumes are required to participate in recitals.
- Parents can purchase Dance Costumes at SKIES Bldg. 308 during the last week of classes.





About the Instructor



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

Class can be scheduled with the SKIES office directly, times will be determined on instructor availability.

Enrollment

Enrollment opens: January 3

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

Enrollment Min. 6 | Enrollment Max. 8

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



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

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

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

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

Pre-Dance ages 4 - 5 years

Session: Jan 9 - May 8
(No class Jan 16, Feb 20,
Mar 27, Apr 10, May 1)

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

Cost: \$130 (13 classes)

Enrollment

Enrollment Opens: Jan 3

Enrollment Min. 4 | Max. 10
Location: SKIES Bldg. 308, Ederle

Discover Dance with Ms. Silvia



04
School of
Arts,
Recreation
& Leisure

SKIES Unlimited



Sessions and Fees

Ballet ages 6-7 years

Session: Jan 11 - May 10
(No class Mar 29)

Class meets Wednesdays
from 4:25-5:20 p.m.

Cost: \$170 (17 classes)

Class Details

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

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

Tap Dance ages 7 and older

Session: Jan 11 - May 10
(No class Mar 29)

Class meets Wednesdays
from 3:30-4:20 p.m.

Cost: \$170 (17 classes)

Class Details

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

Private Lessons

Cost: \$30 for 60 minute

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

Discover Dance with Ms. Silvia

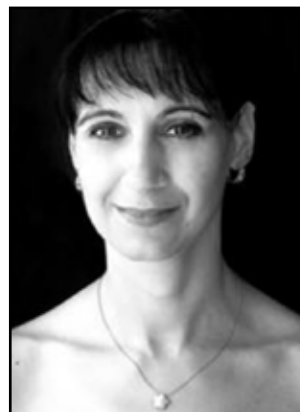


06
School of
Arts,
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& Leisure

SKIES Unlimited



About the Instructor



Simona Fioravanti

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

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

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

Sessions and Fees

Ballet ages 8 and older

Session: Jan 10 - May 9
(No class Mar 28, Apr 25)

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

Cost: \$190 (19 classes)

Advanced Ballet ages 12 and older

Session: Jan 10 - May 11
(No class Mar 28, Mar 30, Apr 25)

Tuesdays & Thursdays

Tuesdays at 4:25-5:55 p.m.

Thursdays at 3:15-4:45 p.m.

Cost: \$462 (33 classes)

Modern Dance ages 10 and older

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

Thursdays from 4:50-6:20 p.m.

Cost: \$238 (17 classes)

Class Details

Advanced Ballet is a complete technique class with barre, center, and across the floor movement. This class follows a traditional ballet class format, starting at the barre focusing on posture and alignment, continuing with stretching and strengthening exercises. Center movement and traveling steps are added as the class progresses.

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.

Enrollment

Enrollment opens: January 3

Enrollment Min. 3 | Max. 12

Location: SKIES Dance Studio
Bldg. 308, Ederle

Dance Recitals

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

Dance Recitals are optional.

Dance Recitals are the last week of Winter/Spring season (May 15-19)

Dance Recitals will be held at Soldiers' Theatre

Dance costumes are required to participate in recitals.

Parents can purchase Dance Costumes at SKIES (Ederle, Bldg. 308) during the last week of classes.



SKIES Unlimited



Arthur
Murray®
Dance Centers



“Live your Passion”



Brigita Elksne

Brigita Elksne, Brigita Elksne was born in Latvia Riga (Baltic States) and since her early years learned Ballet, Folk and Ballroom, and Latin dances. She gained experience from competing and winning best titles in Latin American Style Dancing and representing proudly Latvia, Scotland, the USA and Italy.

She continued to balance competing, judging, coaching while administering the Arthur Murray Dance Studios in Italy and Miami. She is a skilled teacher and is excited to share knowledge to students at any age.



Bianca Tonizzo

Bianca Tonizzo, Bianca Tonizzo was born in Perth, Western Australia. At the tender age of 5 she started her dance lessons and in the short time with lots of determination and hard work by the age of 11 was National Champion in Ballroom & Latin and New Vogue styles.

Bianca's dance career took off and she started to learn, compete and coach internationally all throughout Asia, Europe and America. Bianca won many important titles as Undefeated Arthur Murray World American Smooth Champion, also nominated as “Sports Star of the Year” in Australia. Bianca currently is managing and supervising Arthur Murray Dance Studio in Vicenza.

Step Up & Dance

Session: Jan 12 - May 11

(No class Mar 16, 23, 30 & Apr 6)

Cost: \$140 (14 classes)

Ages 7-10 years

Thursday | 3:15-4 p.m.

Ages 11-13 years

Thursday | 4-4:45 p.m.

Ages 14-18 years

Thursday | 5-5:45 p.m.

Enrollment

Enrollment opens: January 3

Enrollment Min. 3 | Max. 12

Location: SKIES Martial Arts Room
Bldg. 308, Ederle

Arthur Murray Dance Studios *Teaching the World to Dance since 1912.*

Bianca & Brigita are proud ambassadors of this company & system that covers knowledge of many styles: Smooth, Rhythm, Latin, Ballroom, Argentine Tango Style, Country Western, New Vogue, Jazz, Hip Hop, Funk, Classical and many more. Teachers have great experience in teaching people of all ages and abilities.

Having top certifications in dancing, team building and management skills, we will assure that all students receive a high quality, organized materials and will have great experience during each lesson.

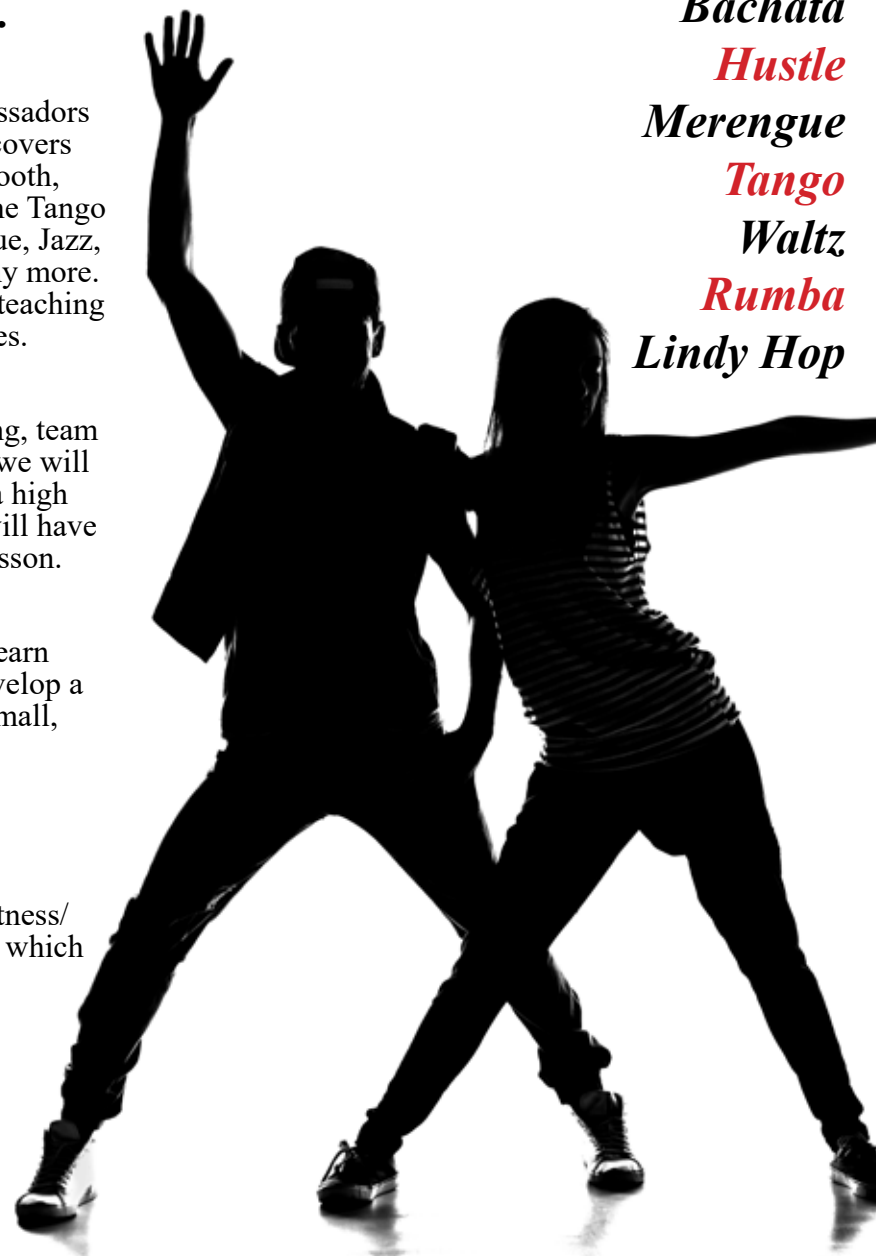
While dancing, students will learn confidence, good posture and develop a great feel of rhythm with our small, fun routines.

Dress Code:

Students should be dressed in fitness/ comfortable clothing and shoes in which they can move freely.

Discover Dance with Arthur Murray

Swing
Salsa
Bachata
Hustle
Merengue
Tango
Waltz
Rumba
Lindy Hop



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SKIES Unlimited



About the Instructor



Lex Macaluso

Lex Macaluso is a veteran larper and D&D Dungeon Master5 is an extension of his acting and directing career. Taking the kids to a journey that will not only expand their imagination but give them the tools to face the adversaries in real life, thinking outside the box and working with others to achieve the best outcome possible.

Sessions and Fees

Session 1: Jan 10 - Mar 14

Cost: \$200 (10 classes)

Session 2: Apr 4 - Jun 6

Cost: \$200 (10 classes)

Ages 9 years and older

Tuesdays from 4-6 p.m.

Class Details

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

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

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

Enrollment

Enrollment opens: January 3

Enrollment Min. 3 | Max. 12 | Location: SKIES Art Studio Bldg. 304, Villaggio

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

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 12 - Feb 9

Session 2: Feb 16 - Mar 16

Session 3: Apr 6 - May 4

Sessions Cost: \$55 (5 classes)

Open to ages 3 months to 4 years old.

Enrollment

Enrollment opens: January 3

Enrollment Min. 6 | Max. 12

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

Location: SKIES Bldg. 308, Ederle

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

Class Details

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

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

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

Discover Fun with Music!



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& 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, Trumpet and Voice.

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

Availability and Waitlists

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

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

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

Music slots prior to 3 p.m.

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

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

Meet Our Instructors

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

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

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



Giorgio Dal Monte
Piano Instructor



Francesca Carniato
Saxophone & Piano
Instructor

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

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

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

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

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

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



Voichita Muntoi
Piano & Violin
Instructor



Michelle Willis
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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& Leisure

SKIES*Unlimited*



About the Instructors

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



Juan Martin
Oyhenart
Guitar Instructor



Rossana Rinaldi
Piano,
Voice (Lyrical)
Instructor

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

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

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



Antonio Zuccon
Guitar, Cello,
Percussion Instructor



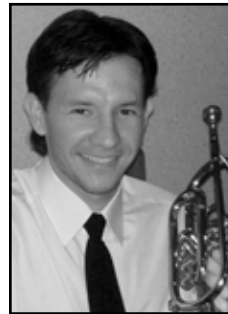
Grazia Donadel
Voice Instructor

Grazia Donadel is a singer, lyricist and songwriter. She started singing, playing guitar and composing her own songs at the age of 16. She loves the voice and its power to free people's emotions and minds. She studied choral singing, bel canto with the soprano Silvia Regazzo, pop with Alejandro Martinez and Danila Satragno, canto dhrupad with Amelia Cuni and Ritwik Sanyal and jazz singing with Francesca Bertazzo, Amy London, Sheila Jordan, 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 Paganatto was born in Vicenza in 1989. He began playing drums at an early age, and by 14 was recording self-produced CDs and playing with various bands in the Veneto area. He studied percussions with International musicians such as Alfredo Golino, Stefano Pisetta, Kaz Rodriguez, and Calvin Rodgers. He attended the Arrigo Pedrollo Conservatory of Vicenza and is graduated with Honors in Pop Drums at Conservatorio Bomporti of Trento.

He has participated in shows such as MTV, Rock TV, and Roxy Bar TV and has studio recordings with Sony, Universal, and EMI. He has a deep commitment and passion for teaching drums to children and youth.



Christian Paganatto
Percussion
Instructor





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

Session 1: Jan 10 - Mar 14

Session 2: Apr 4 - Jun 6

Cost: \$100 (10 classes)

Classes meet Tuesday

Hollywood Todz

ages 3 - 5 years

Time: 2-2:50 p.m.

Hollywood Starz

ages 6 and older

Time: 3-3:50 p.m.

Enrollment Min. 3 | Max. 8
Location: SKIES Bldg. 304 Martial Arts Room

Class Details

Hollywood Todz and Starz are classes 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.

Enrollment

Enrollment opens: January 3

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

About the Instructor



Silvia Buico

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

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

Sessions and Fees

Sew much Fun! ages 8 and up

Session 1 - Jan 23 - Feb 6
Cooking Aprons

Session 2 - May 6-13
Pillow Pockets

Sessions Cost:
Session 1 - \$45 (3 classes)
Session 2 - \$30 (2 classes)

Classes meet Mondays from 4:30-6 p.m.

Class Details

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

Enrollment

Enrollment opens: January 3

Enrollment Min. 4 | Max. 6

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

Discover Sewing



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SKIES Unlimited

Discover Italian Cooking



About the Instructor



Elena Zanotto

Sessions and Fees

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

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

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

Cooking

Session 1: Jan 10-24

Session 2: Jan 31 - Feb 14

Session 3: Feb 28 - Mar 14

Session 4: Apr 4-18

Session 5: May 2-14

Session Cost: \$90 (3 Classes)

Classes meet Tuesday

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

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

Private Cooking

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

Cost: \$60 for 60 minute

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

Special Event Classes

Carnivale Cooking

Feb 21 | Cost: \$35

5-7 years old - 3-4:30 p.m.

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

Spring Dishes

Mar 21 | Cost: \$35

5-7 years old - 3-4:30 p.m.

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

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!

About Instructor



Maria Dal Santo

Maria Dal Santo's passion for Japanese Culture began from a very early age. She had the opportunity to live in Japan for several years, immersed herself into the local culture and perfected the language together with cooking. She majored in Japanese Language and Society from Ca' Foscari University of Venice and received her certification in Japanese culinary arts, she has a strong desire to teach about Japanese food and culture. Maria believes cooking can provide the chance to deeply understand Japan and its fascinating culture, as you learn about ingredients, regional specialties, artisanal producers, etiquette and the history of bilateral foreign influence. Maria's excited to bring this experience to her students and expose them to new concepts and cultural differences.

Japanese Cooking (Fridays)

Session 1: Jan 13 - Feb 3

Session 2: Feb 10 - Mar 3

Session 3: Mar 10 - Apr 7

(No Class Mar 31)

Session 4: Apr 21 - May 12

(No Class Apr 28)

Cost: \$90 (3 classes)

Sushi Workshop

Jan 27 | Feb 24

Cost: \$40 (1 class)

Masterclass Cooking

Ramen | Feb 24

Hanami Dango | Apr 14

Gyoza | May 26

Cost: \$40 (1 class)

Location:

SKIES Bldg. 308 (Ederle) Kitchen

Class Details

Japanese cooking classes will feature everything you need to master authentic Japanese dishes at home. Students will feel prepared to use the tools to work confidently with Japanese ingredients, while learning each recipe in the context of its rich history. Students will be exposed to some of Japan's most iconic foods and inspiring them to experimenting with daring flavors and expand their culinary repertoire.

Private Cooking

Cost: \$60 for 60 minutes

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

Discover Japanese Cooking



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About Instructor



Grazia Donadel

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

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



Italian Language

Private Lessons

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

Private lessons can be coordinated at the SKIES office directly. Lessons are offered in 30, 45, 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.

Online Lessons

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

Class Details

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

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

Join our Team!

SKIESUnlimited is looking for qualified instructors in the following areas:

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

Do you have a special skill you want to share?

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

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



About Instructor



Michelle Caravallo

Michelle Caravallo is a United States Bowling Congress USBC Certified Bronze Coach since 2019, with many years of experience in the Sport of Bowling and has been a member of the USBC since 2006 and is constantly pursuing excellence in the sport and her coaching skills and professionalism. She is also a member of the staff of the Salinas Youth Bowling Program coaching all ages of youth bowlers, both in league and private lessons.



Sessions and Fees

Homeschool Bowling

Option 1:

Fridays from 11-11:45 a.m.

Open to youth 6-10 years

Session 1: Mar 3-24

Session 2: Apr 7-28

Session 3: May 5-26

Option 2:

Fridays from 11:45 a.m. - 12:30 p.m.

Open to youth 11-16 years

Session 1: Mar 3-24

Session 2: Apr 7-28

Session 3: May 5-26

Cost: \$48 (each lesson costs \$12)

Location: Arena Bowling Center

Enrollment Min. 3 | Max. 6

Private Lessons

Private lessons available based on instructor availability and can be coordinated at the SKIES office directly.

Class Details

Beginner's Bowling

Level 1: The most basic of all levels., the youth start to explore the boundaries of the sport, touching on many skills and knowledge areas that will be expanded later.

Level 2: The Intermediate level builds and expands on the knowledge and skills learned in level 1-(beginners). Including understanding of the pin deck, locator dots, and master 2 of the 4 ball delivery methods.

Level 3: The Advance level takes the athlete beyond the immediate level, out into the sport arena, as they explore their abilities in depth.

- Improving all ball delivery methods.
- Demonstrate ability to use all delivery methods.
- Learning about the mental part of the game.
- Learning oil patterns and how to read them.

Sessions and Fees

Bowling - Level 1

Open to youth 8 years and older

Option 1:

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

Session 1: Mar 7-28

Session 2: Apr 4-25

Session 3: May 2-30

Option 2:

Thursdays from 2-2:45 p.m.

Session 1: Mar 2-28

Session 2: Apr 6-27

Session 3: May 4 - Jun 2

Cost: \$48 (each lesson costs \$12)

Location: Arena Bowling Center

Enrollment Min. 3 | Max. 6

Assessments

Assessments are required for level 2 and level 3 and can be scheduled with the SKIES office.

Discover Bowling

Bowling - Level 2

Open to youth 8 years and older

Option 1:

Tuesdays from 4:15-5 p.m.

Session 1: Mar 7-28

Session 2: Apr 4-25

Session 3: May 2-30

Option 2:

Thursdays from 2:45-3:30 p.m.

Session 1: Mar 2-23

Session 2: Apr 6-27

Session 3: May 4 - Jun 2

Cost: \$48 (each lesson costs \$12)

Location: Arena Bowling Center

Enrollment Min. 3 | Max. 6

Bowling - Level 3

Open to youth 8 years and older

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

Session 1: Mar 3-24

Session 2: Apr 7-28

Session 3: May 5-26

Cost: \$48 (each lesson costs \$12)

Location: Arena Bowling Center

Enrollment Min. 3 | Max. 6

MEET OUR COACHES!



Gregory DeJardin

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

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

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



Federica Monaco

Federica Monaco was born and raised in the Calabria region of Italy, however, has lived in Vicenza since 2017. During this time she has been playing professional basketball and serving as the team captain with AS Vicenza (Serie A2). She began her career as an A Series professional at age 15 (Rende, Calabria) and hasn't looked back since. She has played for notable clubs in Italy such as Puglia, Roma, Toscana, Abano Terme, and Palermo. Federica earned her Bachelor's Degree in Scienze Motorie, as well as a Master's Degree in Management dei servizi per Lo sport. Since 2014, she has served as both a part and full time PE teacher in both public and private secondary schools, most recently in Vicenza and Thiene. Federica is known as an enthusiastic team player, motivated, resourceful, and flexible. She is excited to bring her 10+ years' experience coaching youth basketball with the SKIES team, and helping the youth in our community achieve their potential.



Vanessa Sturma

Vanessa Sturma was raised playing basketball in the Friuli Venezia Giulia region of Italy. Since last year, she has lived in Vicenza playing professional basketball with AS Vicenza (Serie A2). She first experienced playing in A Series pro level at age 16 (Udine), and from there transitioned to Serie B (also in Udine). In 2016, she assisted the clubs promotion from Serie B to A2. By the end of 2017, she had finished her Bachelor's Degree in Educazione Professionale, and has begun studying to complete her Master's Degree in Scienze Pedagogiche. On the court, she plays both small and power forward positions. Vanessa describes her playstyle as a collaborative team player, motivated and spirited. While playing and mentoring her fellow athletes, Vanessa has also developed 3 years' experience coaching youth basketball. She is committed to helping players develop and reach new heights as players and individuals both on and off the court.

Sessions and Fees

Mini-Basket ages 5-8

Session 1: Feb 28 - Apr 20
(No class Mar 28 & 30)

Cost: \$168 (14 classes)

Session 2: Apr 25 - Jun 6

Cost: \$156 (13 classes)

Tuesday & Thursday
Location: TBD (to be decided)

Intermediate Sharpshooters ages 9-13

Session 1: Feb 28 - Apr 20
(No class Mar 28 & 30)

Cost: \$168 (14 classes)

Session 2: Apr 25 - Jun 6

Cost: \$156 (13 classes)

Tuesday & Thursday
Location: TBD (to be decided)

Advanced Sharpshooters ages 14-18

Session 1: Feb 28 - Apr 20
(No class Mar 28 & 30)

Cost: \$168 (14 classes)

Session 2: Apr 25 - Jun 6

Cost: \$156 (13 classes)

Tuesday & Thursday
Location: Vicenza High School Gym

**Assessments can be scheduled
for any skill level.*

Enrollment Opens Feb 1
Enrollment Min. 4 | Max. 12

Class Details

Mini-basket classes focus on fundamentals such as footwork, passing, ball handling basic finishing & shooting techniques, and beginning basketball rules and concepts.

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

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

Private & Small Group Lessons

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

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

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

Discover Basketball

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Fitness &
Health

SKIES Unlimited



PROSOC



About the Instructors



Coach Andrea

Coach Andrea is a highly motivated, enthusiastic, competitive coach and has a considerable background in both playing and coaching soccer with ProSoc Academy. He understands the importance of demonstrating and teaching the the necessary skills and techniques to players and articulate basic soccer tactics. He encourages players to work as teammates to become complete players. His training sessions are structured to motivate players to begin working on self-solving basic, dynamic tactical scenarios through small-sided games, to improving his/her individual skills and techniques.



Coach Mario

Coach Mario is one of the most recent additions to ProSoc Academy. As a coach he plays a critical role in the approach to player development. His positive attitude, reliability and creativity makes him favorite amongst the children. He has an outgoing personality, with the ability and motivation to work with young players and focus on effective player development.

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

Discover Soccer with PROSOC

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Monday Classes

Session 1: Jan 9-30

(No class Jan 16)

Session 2: Feb 6-27

(No class Feb 20)

Session 3: Mar 6-20

Session 4: Apr 3-24

(No class Apr 10)

Session 5: May 8 - Jun 5

(No class May 29)

Little Kickers

Ages 5-6

from 3-4 p.m.

Rising Stars

Ages 6-8

from 4-5 p.m.

Wednesday Classes

Session 1: Jan 11-25

Session 2: Feb 1-22

Session 3: Mar 1-22

Session 4: Apr 5-26

Session 5: May 3 - Jun 7

Little Kickers

Ages 5-6

from 3-4 p.m.

Rising Stars

Ages 6-8

from 4-5 p.m.

Thursday Classes

Session 1: Jan 12-26

Session 2: Feb 2-23

Session 3: Mar 2-23

Session 4: Apr 6-27

Session 5: May 4 - Jun 8

Happy Feet

Ages 2-3

from 3:15-3:45 p.m.

Tiny Tots

Ages 3-4

from 3:45-4:30 p.m.

Friday Classes

Session 1: Jan 13-27

Session 2: Feb 3-24

Session 3: Mar 3-24

Session 4: Apr 7-28

Session 5: May 5 - Jun 9

Happy Feet

Ages 2-3

from 9:45-10:15 a.m.

Tiny Tots

Ages 3-4

from 9-9:45 a.m.

Super Strikers

Ages 12-16

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

Rising Stars

Ages 6-8

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

Juniors

Ages 8-11

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

Pricing Guide

30 min lesson | \$12 per lesson

45 min lesson | \$14 per lesson

60 min lesson | \$16 per lesson

Enrollment Min. 4 | Max. Varies on age group

Location: Villaggio Field outside of SKIES (Bldg.304)

Class Details

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

SKIES Unlimited

PROSOC



Class Details

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

Spring Break Camp

March 27-31

Preschool

Ages 3-4

from 2-3 p.m.
Monday - Friday
Cost: \$80

Kindergarten

Ages 5-6

from 3-4 p.m.
Monday - Friday
Cost: \$80

Happy Feet

Ages 2-3

from 4-4:30 p.m.
Monday - Friday
Cost: \$60

Beginner

Ages 7-16

from 9 a.m. - 3 p.m.
Monday - Friday
Cost: \$180

Intermediate

Ages 7-16

from 9 a.m. - 3 p.m.
Monday - Friday
Cost: \$180

Advanced

Ages 7-16

from 9 a.m. - 3 p.m.
Monday - Friday
Cost: \$180

Enrollment Min. 4

Location: Villaggio Field outside
of SKIES building 304.

Enrollment opens: January 3



Training Camps

Discover Soccer with PROSOC

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Technique Training Camp

January 21 (One day)

Happy Feet
2-3 years - 4-4:30 p.m.
Cost: \$12

Pre-School
3-4 years - 2-3 p.m.
Cost: \$16

Kindergarten
5-6 years - 3-4 p.m.
Cost: \$16

Beginner, Intermediate, Advanced
Ages 7 and older
9 a.m. - 3 p.m.
Cost: \$45

Speed, Agility & Shooting Camp

March 4 (One day)

Happy Feet
2-3 years - 4-4:30 p.m.
Cost: \$12

Pre-School
3-4 years - 2-3 p.m.
Cost: \$16

Kindergarten
5-6 years - 3-4 p.m.
Cost: \$16

Beginner, Intermediate, Advanced
Ages 7 and older
9 a.m. - 3 p.m.
Cost: \$45

Shooting & Finishing Camp

March 4 (One day)

Happy Feet
2-3 years - 4-4:30 p.m.
Cost: \$12

Pre-School
3-4 years - 2-3 p.m.
Cost: \$16

Kindergarten
5-6 years - 3-4 p.m.
Cost: \$16

Beginner, Intermediate, Advanced
Ages 7 and older
9 a.m. - 3 p.m.
Cost: \$45

Camp Details

The purpose of ProSoc camps are 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. Students will also be exposed to Training for Speed Agility and Quickness (SAQ) which has become an essential part of soccer training and can make a significant difference in your overall performance. Additional camp details will be listed on patrons' receipts at the time of enrollment.



SKIES Unlimited

About the Instructors

MEET OUR TEAM!



Stephanie Noland

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



Margaret Gotheridge

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



Jessica Amacker

Jessica, a proud army spouse and mom to three children, is an ACE Certified Group Fitness Instructor, a Pregnancy and Postpartum Athleticism Coach, Birth & Back Movement Professional, and is Adult and Pediatric CPR/First Aid certified through the American Red Cross. Jessica holds a B.S.Ed. in Elementary/Special Education from Mercer University and homeschools full time. Jessica found SLAM Leavenworth in 2016 and has had the opportunity to sweat like a mother and coach at three more locations—Anchorage, Columbus (GA), and Vicenza! Although the sweat-inducing fitness is why she was initially drawn to SLAM, it's the uplifting community and sisterhood that makes this group so special. Jessica loves that this group is welcoming and supportive to parents in all stages of life, whether you're pregnant, just had a baby, or you're an empty nester.



Lauren Conwell

Lauren is a proud army spouse and mother of two. She is best known by her passion of health and wellness. Lauren has continued to share this passion with the Military community and helped establish an Army wellness as well as a boot camp franchise in previous locations. She has always had a love for sports and dedicated her college career to working as an athletic trainer, finishing her undergrad with a Bachelor's of Science in Sports Medicine and minor in Kinesiology from Indiana University. She enjoys working out, traveling, and being outdoors with her family. Her S.L.A.M story began after leaving the fitness industry and finding herself missing supporting women to help them achieve their goals. She believes nothing compares to the community women build when they support and push one another to be successful. After joining the local S.L.A.M community, her passion was reignited is excited to bring her talents to this amazing group.



Alayna Filbert

Alayna, a proud Army wife and mom of one, is an ACE Certified Group Fitness Instructor, Pregnancy & Postpartum Exercise Instructor, CPR/AED & first aid certified through the American Red Cross. Her love for health and fitness began in her teen years — it was then that she knew exactly what she wanted to do as a career: share that love with others. Originally from Arizona, Alayna moved to New York City and began her personal training career at 18 years old working with clients of all demographics. She has since then moved a handful of times around the world but has been able to share her passion with others through instructing classes. Her favorite styles of movement are running, HIIT, weight training, pilates and yoga. You'll see a mix of it all in her classes!

Sessions and Fees

S.L.A.M.

Sweat Like A Mother

Open to Parents with children 6 months to 7 years old

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

Time: 9-10 a.m.

Option 1: \$60 a month

Option 2: \$90 punchcard for 10 classes

What you need to Bring?

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

Enrollment

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

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

Enrollment Min. 4 | Max. 15

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

About the Program

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

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

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



Discover S.L.A.M.



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About the Instructors



Claudio Adamo & Emilio Bressan

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

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

Volunteer/Professional Experience:

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

Sessions and Fees

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

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

Cost per lesson:

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

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

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

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

Class Details

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

Enrollment

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

About the Instructors



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. She has also been a lifeguard since 2009. 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.

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

Marialuisa Toniato started playing competitive sports at the age of 6, playing basketball until she was 16. She started swimming for rehabilitation after a surgery and immediately fell in love with it, quickly becoming a swim instructor and then a lifeguard. She also specializes in water activities for "parents and me" and pregnant women. She has been teaching in Italian swimming pools for 25 years and in the meantime she has also got the certification for gym activities and triathlon instructor (swim bike run). She is pleased to make her skills available to SKIES*Unlimited*.



Marialuisa Toniato

Discover Swimming

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Enrollment

Enrollment Min. 3 | Max. 6

Location: Aquarea (offsite pool) | Enrollment opens: January 3

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

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

Assessments: All interested students must have a current assessment to enroll in Level 1-6 classes. Assessments are valid for three (3) months. Assessment slips are valid for one (1) enrollment. Patrons are ***not permitted*** to enroll into multiple sessions without an assessment slip. Youth will be reassessed on the final week of each session.

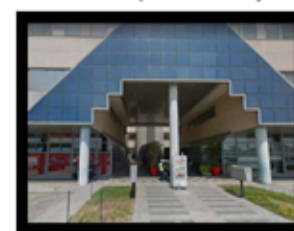
If space is available, youth may enroll in upcoming sessions once they have been reassessed at the end of their current session.

Please note that we are awaiting the reopening of the Ederle Indoor Pool. Once opened, all lesson times and days may be rescheduled.

Aquarea is located 6 minutes from Caserma Ederle, in the Zona Produttiva.



Aquarea entrance is through the archway and to the left.



Scan QR code below for the exact location on Google Maps.



How To Find Aquarea Vicenza

Aquarea Vicenza is located just down the road from Caserma Ederle, in the "Zona Produttiva" area. This area is accessible at the same turnoff you would take to go to Villaggio, but instead of keeping right to enter Villaggio you would follow the road along to the left, eventually reaching a building with a pyramid-shaped archway (*pictured at left*).

Swim Classes at AQUAREA*Address: Via Zamenhof 813, 36100 Vicenza | Tel. +39 0444-91-0903***Once A Week Classes**

Session 1: Jan 9-30 (<i>no class Jan 16</i>) \$36 Session 2: Feb 6-27 (<i>no class Feb 20</i>) \$36 Session 3: Mar 6 - Apr 3 (<i>no class week of Mar 27-31</i>) \$48 Session 4: Apr 17 & 24 \$24 Session 5: May 8-22 \$36	Session 1: Jan 10-31 \$48 Session 2: Feb 7-28 \$48 Session 3: Mar 7 - Apr 4 (<i>no class week of Mar 27-31</i>) \$48 Session 4: Apr 11 - May 2 (<i>no class Apr 25</i>) \$36 Session 5: May 9-30 \$48	Session 1: Jan 12 - Feb 2 \$48 Session 2: Feb 9 - Mar 2 \$48 Session 3: Mar 9 - Apr 6 (<i>no class week of Mar 27-31</i>) \$48 Session 4: Apr 13 - May 4 \$48 Session 5: May 11 - Jun 1 \$48
Monday	Tuesday	Thursday
Assessments: 2:15-3 p.m.	Level 4: 3-3:45 p.m.	Level 5: 2:15-3 p.m.
Parent & Toddler: 2:45-3:15 p.m.	Level 3: 3:45-4:30 p.m.	Master Class: 2:15-3 p.m.
Level 1: 3-3:45 p.m.		Level 2: 3-3:45 p.m.
Parent & Preschooler: 3:15-3:45 p.m.		
Level 2: 3:45-4:30 p.m.		

Twice A Week Classes

Session 1: Jan 9 - Feb 3 \$96 Session 2: Feb 6 - Mar 3 \$96 Session 3: Mar 6 - Apr 7 (<i>no classes week of Mar 27-31</i>) \$96 Session 4: Apr 10 - May 5 (<i>no class Apr 25</i>) T & Th \$84 / W & F \$96 Session 5: May 8 - Jun 1 T & Th \$96 / W & F \$84	
Tuesday & Thursday	Wednesday & Friday
Parent & Infant: 3-3:30 p.m.	Assessments: 2:15-3 p.m.
Parent & Toddler: 3:30-4 p.m.	Level 3: 3-3:45 p.m.
Parent & Preschooler: 4-4:30 p.m.	Level 5: 3-3:45 p.m.
	Level 6: 3-3:45 p.m.
	Level 1: 3:45-4:30 p.m.
	Level 2: 3:45-4:30 p.m.
	Master Class: 3:45-4:30 p.m.

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.



About the Instructors



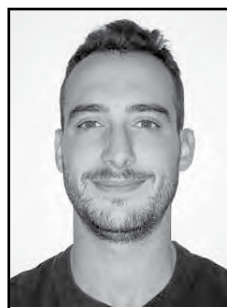
Arianna Dalla
Montà

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



Matteo Pasquale

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

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

Sessions and Fees

Parent & Me Gymnastics with Ms. Guilia

Open to ages 2-3 years

Wednesdays

10-10:45 a.m.

Session 1: Jan 18 - Mar 22
Cost: \$100 (10 classes)

Session 2: Apr 5 - Jun 7
Cost: \$100 (10 classes)

Thursdays

11:30 a.m. - 12:15 p.m.

Session 1: Jan 19 - Mar 23
Cost: \$100 (10 classes)

Session 2: Apr 6 - Jun 8
Cost: \$100 (10 classes)

Pre-Gymnastics

Open to ages 4-5 years

Wednesdays

10:45-11:30 a.m.

Session 1: Jan 18 - Mar 22
Cost: \$100 (10 classes)

Session 2: Apr 5 - Jun 7
Cost: \$100 (10 classes)

Class Details

Toddler & Preschool Gymnastics

Parents 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 aims, exercises and flexibility movements.

Enrollment opens: January 3

Enrollment Min. 4 | Max. 12

Location: SKIES Gym, Bldg. 304,
Villaggio

Discover Gymnastics

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Beginner's Gymnastics

Session	Jan 23 - Jun 5 <i>No classes Feb 20, Mar 27, Apr 10 & 24, May 29</i>	Jan 23 - Jun 5 <i>No classes Feb 20, Mar 27, Apr 10 & 24, May 29</i>	Jan 23 - Jun 5 <i>No classes Feb 20, Mar 27, Apr 10 & 24, May 29</i>	Jan 17 - Jun 6 <i>No classes Mar 28</i>	Jan 19 - Jun 8 <i>No classes Mar 30</i>	Jan 19 - Jun 8 <i>No classes Mar 30</i>	Jan 20 - Jun 9 <i>No classes Mar 31</i>
Instructor	Ms. Arianna	Ms. Arianna	Ms. Arianna	Ms. Giuila	Ms. Giuila	Ms. Giuila	Ms. Giuila
Day	Monday	Monday	Monday	Tuesday	Thursday	Thursday	Friday
Time & Age	3-3:50 p.m. 4-6 years old	4-4:50 p.m. 5-8 years old	5-5:50 p.m. 7+ years old	3-3:50 p.m. 4-6 years old	4:40-5:30 p.m. 7+ years old	5:40-6:30 p.m. 4-6 years old	3:30-4:20 p.m. 4-6 years old
Cost	\$150 (15 classes)	\$150 (15 classes)	\$150 (15 classes)	\$200 (20 classes)	\$200 (20 classes)	\$200 (20 classes)	\$200 (20 classes)



Assessments and Enrollment

Assessments

Assessments: No assessments required for beginner gymnastics.

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

Enrollment

Enrollment opens: January 3

Enrollment Min. 4 | Max. 12

Location: SKIES Gym, Bldg. 304, Villaggio

Class Details

Beginner 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.

Sessions and Fees

Discover Gymnastics

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Intermediate and Advanced Gymnastics

Level	Intermediate	Inter./Advanced	Intermediate	Advanced	Intermediate	Intermediate	Intermediate
Session	Jan 17 - Jun 6 <i>No class Mar 28</i>	Jan 17 - Jun 6 <i>No class Mar 28</i>	Jan 17 - Jun 6 <i>No class Mar 28</i>	Jan 11 - Jun 7 <i>No class Mar 29</i>	Jan 11 - Jun 7 <i>No class Mar 29</i>	Jan 12 - Jun 8 <i>No class Jan 26 & Mar 30</i>	Jan 20 - Jun 9 <i>No class Mar 31</i>
Instructor	Ms. Giulia	Ms. Giulia	Ms. Giulia	Mr. Matteo	Mr. Matteo	Mr. Matteo	Ms. Giulia
Days	Tuesday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Friday
Time & Age	4-4:50 p.m. 4-6 years old	4:50-5:40 p.m. 7 years and up	5:40-6:30 p.m. 7 years and up	3-4 p.m. 9 years and up	4:10-5 p.m. 8 years and up	1:30-2:20 p.m. 9 years and up	4:30-5:20 p.m. 7 years and up
Cost	\$200 (20 classes)	\$200 (20 classes)	\$200 (20 classes)	\$210 (21 classes)	\$210 (21 classes)	\$200 (20 classes)	\$200 (20 classes)

Class Details

Intermediate Gymnastics:

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

Intermediate/ Advanced Gymnastics:

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

Tumbling with Mr. Matteo

Ages 9 and up

Session: Jan 12 - Jun 8

No class Jan 26 & Mar 30

Thursdays

2:20-3:15 p.m.

Cost: \$200 (20 classes)

Assessments

Assessments: Required for intermediate, advanced and tumbling.

All assessments must be scheduled through the SKIES office and will be held in the SKIES Gymnasium, Bldg. 304, Villaggio

Class Details

Tumbling:

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

SKIES Unlimited



About the Instructor



Master Macon

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

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

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

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

Sessions and Fees

Karate

Open to youth: 6 years and older

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

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

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

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

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

Enrollment

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

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

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

Class Details

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

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

About the Instructor



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.

Enrollment

Enrollment opens: January 3
Enrollment Min. 4 | Max. 8

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

Sessions and Fees

Yoga for Teens 13 years & older

Session 1: Jan 10 - Feb 14

Session 2: Feb 28 - Apr 11

No class Mar 28

Session 3: Apr 18 - May 23

Cost: \$60 (6 classes)

Class Meets Tuesdays
from 5:15-6:15 p.m.

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

Class Details

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

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

Discover Yoga



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About the Instructor



Simone Marini

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

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

He is a certified personal trainer and a certified instructor in Parkour, Kung Fu and Artistic Gymnastics and Movement. Simone's favorite part of teaching is seeing the satisfaction in a student's eyes when he/she can finally do something which he/she believed was impossible.

Simone is excited to share the art of Parkour and his passion for Kung Fu with the youth of Caserma Ederle.

Sessions and Fees Parkour

Session: Jan 12 - Jun 8

No class Mar 30

Cost: \$210 (21 classes)

Thursdays

Ages 7-10 years
from 3-3:50 p.m.

Ages 4-6 years
3:55-4:40 p.m.

Location: SKIES Mini Gym Studio &
Gymnasium Villaggio, Bldg. 304

Enrollment opens: January 3
Enrollment Min. 3 | Max. 12

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 combine.

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 years and older

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

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

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

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

Advanced Tae Kwon Do:
Mon & Wed - 5-5:50 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.

Discover Tae Kwon Do



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PARENTS' DAY & NIGHT OUT

laugh - share - relax



PARENTS' NIGHT OUT 18:30 - 23:30

JANUARY 20TH
MARCH 17TH
MAY 19TH

\$40
PER CHILD

PARENTS' DAY OUT 10:00 - 18:00

DECEMBER 10TH
FEBRUARY 11TH
APRIL 15TH

\$64
PER CHILD

CDC: 6 WEEKS TO KINDERGARTEN
SAC: GRADES 1-5 WITH AN ACTIVE CYS REGISTRATION
****ENROLL IN ADVANCE****

REGISTER AT
CYS PARENT CENTRAL SERVICES,
CDC 398, CDC 703, OR ON WEBTRAC

FOR MORE INFORMATION,
CALL 0444-71-5820/5821 | ITALY.ARMYMWR.COM



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

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

EMAIL

usarmy.usag-italy.imcom-europe.mbx.fmwr-vmc-pcs@mail.mil

VISIT

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<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 glob-
ally-responsive Army.



UNITED STATES ARMY
CHILD & YOUTH SERVICES



CYS Parent Central Services, Bldg. 108
Monday-Friday, 8:30 a.m.-4:30 p.m.
DSN 646-5821, CIV 0444-71-5821
italy.armyMWR.com

CYS SKIES*Unlimited*, Bldg. 308
Monday-Thursday, 1:30-5:30 p.m.
DSN 646-4992, CIV 0444-71-4992
italy.armyMWR.com