

School of Life Skills, Citizenship & Leadership

Workshops

Home Alone Class

Ages: 10-18 yo

Cost: Free

See Parent Central/Webtrac for dates/times

Note: Parents must attend last 30 minutes of class

Babysitting & CPR/First Aid

Ages: 12-18 yo

Cost: Free

See Parent Central/Webtrac for dates/times

Note: Must be 13 years of age, as well as attend and pass all sessions of the course in order to be placed on the CYS approved babysitters list.

School of Fine Arts, Recreation & Leisure

Horse Care & Riding Workshop

Ages: 3-18 yo

Cost: \$30

This beginner class includes topics such as safety around horses, care & grooming, equine dentistry, and hoof care. Learn how to rope and do balancing exercises to help with riding. Mini-private riding lesson and craft project also included.

See Parent Central/Webtrac for dates/times

School of Life Skills, Citizenship & Leadership

Academic Support

Tutor.com

www.tutor.com/military

Teacher's Café

<http://www.theteacherscafe.com/Reading/>

[Free Resources Activities-2.php](#)

Starfall

www.starfall.com

Math and Reading Help

www.mathandreadinghelp.org/kids_games/

Registration

All participants must be currently registered with CYS.

Health assessments are required for all registered members to attend classes (with exception to children 6th grade and above).

Cancellation/Refund Policy

Payment is due at time of registration. Fees are not prorated and refunds are not authorized for withdrawal from SKIES instructional classes once the class officially begins.

Closures

All SKIES classes are closed for all Federal holidays, the day after Thanksgiving, during the week of spring break, during the 2 weeks of Christmas break, and two days during the year for CYS staff training.

Classes

All classes are held at Building 6620 unless otherwise noted. Please note that class space is limited and subject to change without notice. Some classes require a minimum number of participants in order to hold the class.

Remind

Notification about class cancellations or changes will be sent out through Remind. To receive text message notifications, text @rileyskies to 81010. To receive email notifications, send an email to rileyskies@mail.remind.com.

For additional information,
please visit us on the web at:
www.facebook.com/RileyCYS
www.rileymwr.com



UNITED STATES ARMY
CHILD & YOUTH SERVICES

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

Fort Riley CYS offers
instructional classes
for children and youth
by instructors who
are experienced in
their fields.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

SKIES Unlimited
Phone: 785-240-2818

Register at:
CYS Parent Central Services
6620 Normandy Drive
785-239-9885

School of Fine Arts, Recreation & Leisure

Dance

Ballet (\$30/mo)

- Teaches beginning fundamentals of ballet; includes proper body placement, body alignment, center floor work, and across the floor work
- Miss Vickie's ballet classes include many favorite Disney princess songs and a non-traditional approach to the very strict discipline of ballet.

Days/Times/Ages:

Mondays at 0945-1030 for 3-5 yo (with tumbling)

Mondays at 1530-1600 for 2-4 yo

Tuesdays at 0930-1000 for 2-4 yo

Tuesdays at 1700-1745 for 4-7 yo

Tuesdays at 1800-1830 for 3-5 yo

Tap & Ballet Combo (\$30/mo)

- Tap portion: learn rhythm, dynamics, varying sounds, tap steps and combination steps
- Ballet portion: focuses on the basic fundamentals of ballet, proper body placement, body alignment, floor work, and fun choreography.

Days/Times/Ages:

Tuesdays at 1830-1915 for 4-7yo

Dance & Tumbling Combo (\$30/mo)

- Includes: proper strength training, conditioning and stretching, the basic tumbling skills, to include but not limited to, forward and backward rolls, backbends and backbend kick overs, headstands, and cartwheels
- Basic ballet forms and positions in addition to jazz steps/combos and other various forms of dance

Days/Times/Ages:

Mondays at 1145-1230 for 3-6 yo

Mondays at 1500-1530 for 2-4 yo

Mondays at 1730-1815 for 4-7yo

Mondays at 1815-1900 for 3-6 yo

Tuesday at 1530-1615 for 4-7yo

Advanced Tap, Dance & Tumbling (\$30/mo)

- Teaches fundamentals of tap, tumbling, & all forms of dance

Day/Time/Ages:

Tuesdays at 1915-2000 for 8-12 yo

Music

Private Piano Lessons (\$65/mo)

Tuesdays at 1600-1630 Wednesdays at 1700-1730

Tuesdays at 1640-1710 Wednesdays at 1740-1810

Tuesdays at 1720-1750 Wednesdays at 1820-1850

Tuesdays at 1800-1830 Wednesdays at 1900-1930

School of Sports, Fitness & Health

Tumbling

Wiggles & Giggles (\$20/mo)

Tuesdays at 1000-1030 for 10mo-3yo

Tuesdays at 1030-1100 for 10mo -3 yo

Tumbling (\$30/mo)

- Form of gymnastics performed without props or equipment
- Common moves performed include cartwheels, tucks, handstands, flips, and rolls.
- All classes include proper strength, flexibility, and balance training.

Mondays at 1100-1145 for 3-5 yo

Mondays at 1600-1645 for 3-5 yo

Mondays at 1900-1945 for 5-9 yo

Tuesdays at 1615-1700 for 6-10 yo

Thursdays at 1100-1145 for 3-5 yo

Advanced Tumbling (By Invite Only) (\$30/mo)

Days/Times/Ages: Mondays at 1630-1730 for 8-12 yo

Mommy & Me Tumbling (\$30/mo)

Mondays at 1030-1100 for 1-3 yo

New Classes Coming Soon

- Gymnastics
- Archery
- And more...

We will provide more details as they are available.

Swimming

See Parent Central for dates/times/location

Locations: Eyster Pool, 6940 Warren Rd.

Swim Lessons

\$30 for 5 lessons (unless otherwise noted)

Bobbers (6 mo—3 yo) (parent participation required)

Waves (3-5 yo)

Currents (6+ yo)

Semi-Private - \$45/five lessons

Private \$90/five lessons

Swim Team Prep — \$30/session

- Team Prep Prerequisites: Must be able to float on both front & back, tread water and comfortable putting face in the water. Must be able to make some forward progress doing front crawl and back stroke.

Martial Arts

Hapkido: Self Defense (\$35/mo)

- Class activities include strength and conditioning to build muscle, as well as flexibility, balance and coordination. Self-defense is always performed with safety in mind. Students will learn to respect their training partners while gaining control and confidence.

Days/Times/Ages:

Wednesdays at 1700-1730 for 3-5 yo (new enrollees)

Wednesdays at 1730-1800 for 3-5 yo

Wednesdays at 1800-1900 for 6-11 yo (new enrollees)

Wednesdays at 1900-2000 for 6-18 yo (Intermediate)

Fridays at 1700-1730 for 3-5 yo (Advanced, invite only)

Fridays at 1730-1830 for 6-18 yo (Advanced, invite only)

***Uniform optional. See instructor for details.**

Tae Kwon Do (\$35/mo)

- Students will learn balance, coordination, strength, and self-discipline. Includes: basic kicks, stances and self-defense strikes.
- Independent Tae Kwon Do Association

Days/Times/Ages:

Mondays at 1630-1700 for 3-5 yo

Mondays at 1700-1800 for 6-18 yo