



YOUTH ACTIVITIES

December



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15am 9-18 mnth w/parent Roly Poly Play Time** Gymnastics Center WENDY	4:30-5:30pm Ages 5-9 Textiles* Chapel CHILDREN MENDING HEARTS	4:00-4:30pm Ages 3-4 Rookie Kyo-Ku Kids Club Room JEN	4:30-5:30pm Ages 5-9 Fine Arts* Chapel CHILDREN MENDING HEARTS	4:30-5:30pm Ages 5-12 Kyo-Ku Kids Club Room CARLA	9:00-10:00am Ages 6-10 Parkour Gymnastics Center EVAN
4:00-4:30pm Ages 3-4 Rookie Basketball Gymnasium STEPHEN	5:30-6:30pm Ages 8+ Family Zumba** Ray Sence AMY	4:30-5:30pm Ages 5-12 Kyo-Ku Kids Club Room JEN		7:30-9:30pm Ages 8+ Family Boxing* Club Room STEVE	10:00-11:00am Ages 5-12 Beg. Tumbling Gymnastics Center EVAN
4:30-5:30pm Ages 10-14 Photography* Chapel CHILDREN MENDING HEARTS	6:00-7:00pm Ages 7-12 Adv. Tumbling Gymnastics Center JESSICA	4:30-5:30pm Ages 10-14 Anime* Chapel CHILDREN MENDING HEARTS			11:00-11:45am Ages 3-4 Rookie Tumbling Gymnastics Center EVAN
5:00-5:45pm Ages 5-10 Rhythmic Gymnastics Gymnastics Center YVONNE		5:00-5:45pm Ages 10+ Family Cycling** Cycling Studio ELVIA			11:00-1:00pm Ages 8+ Family Boxing* Club Room VOLUNTEER
5:30-6:30pm Ages 4 & up w/parent Family Zumba** Ray Sence SHAWNA		7:00-9:00pm Ages 8+ Family Boxing* Club Room STEVE			
7:00-9:00pm Ages 8+ Family Boxing* Club Room STEVE					

COLOR KEY CODE & (STUDENT: INSTRUCTOR RATIO)
Value Added (Free Classes)*
Youth & Government*
Tumbling* (8:1)
Performing & Visual Arts* (10:1)
Sports* (12:1)
Kyo-Ku Kids (Karate)* (12:1)
*Registration Required
**Registration Not Required
ROOM KEY CODE
Chapel (2 nd floor)
CR - Club Room (3 rd floor)
Gym - Gymnasium
GC - Gymnastics Center (3 rd floor)
RS - Ray Sence (1 st floor)
RC - Racquetball Court (1 st floor)
LS - Lifestyle Studio (2 nd floor)

December Session: December 1-December 21

The regular Youth Activities schedule will resume in January!



For more information contact:

Erica Adcock, Director of Healthy Lifestyles



PROGRESSIVE TUMBLING

Day	Time	Class Name	Age	Room
MON	5:00-5:45M	Rhythmic Gym.	5-10	GC
TUE	6:00-7:00PM	Adv Tumbling	7-12	GC

Day	Time	Class Name	Age	Room
SAT	9:00-10:00AM	Parkour	6-10	GC
SAT	10:00-11:00AM	Beg Tumbling	5-12	GC
SAT	11:00-11:45AM	Rookie Tumbling	3-4	GC

PERFORMING & VISUAL ARTS

Day	Time	Class Name	Age	Room
MON	4:30-5:30PM	Photography	5-10	Chapel
TUE	4:30-5:30PM	Textiles	5-10	Chapel
WED	4:30-5:30PM	Anime	5-10	Chapel
THU	4:30-5:30PM	Fine Arts	5-10	Chapel

KYO-KU KIDS (Karate)

Day	Time	Class Name	Age	Room
WED	4:00-4:30PM	Rookie Kyo-Ku Kids	3-4	CR
WED	4:30-5:30PM	Kyo-Ku Kids	5-12	CR
FRI	4:30-5:30PM	Kyo-Ku Kids	5-12	CR

SPORTS

Day	Time	Class Name	Age	Room
MON	4:00-4:30pm	Rookie Basketball	3-4	GYM

YOUTH & GOVERNMENT

Day	Time	Class Name	Age	Room	
FRI	4:00-5:30PM	Youth & Government	H.S.	LS	No Registration

PROGRAM PRICING:

TUMBLING

	Age	Family / Youth / Program
Rookie Tumbling	3-4	\$36 / \$48 / \$96
Beg/Int/Adv Tumbling	5-12	\$38 / \$50 / \$101
Parkour	6-10	\$32 / \$44 / \$89
Rhythmic Gymnastics	5-10	\$32 / \$44 / \$89

SPORTS

	Age	Family / Youth / Program
Rookie Basketball	3-4	\$29 / \$41 / \$81

KYO-KU KIDS (Karate)

	Age	Family / Youth / Program
Rookie Kyo-Ku Kids	3-4	\$29 / \$41 / \$81
Kyo-Ku Kids	5-12	\$36 / \$48 / \$96

Children Mending Hearts

The CMH Global Arts programs are dynamic arts-based enrichment education that create global awareness, develop international relationships, build social activism and help foster empathy in youth.

Each class will feature:

- Hands-on lessons in a selected arts-learning track (Photography, Fine Arts, Textile Arts, Anime);
- Participatory exercises that build empathy-based social skills;
- Focused opportunities to integrate arts-learning with social activism and empathetic understanding of youth in other countries.

Changes are **noted in red.**