



YOUTH ACTIVITIES

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:45-11:30am 9-18 mnth w/parent Roly Poly Play Time** Gymnastics Center WENDY	3:15-4:00pm Ages 3-4 Rookie Tumbling Gymnastics Center EVAN		10:30-11:15am 18 mnth-3 yrs w/parent Roly Poly Play Time** Gymnastics Center WENDY	4:30-5:30pm Ages 5-12 Martial Arts* Club Room RAE	9:00-10:00am Ages 6-10 Parkour Gymnastics Center EVAN
4:00-4:30pm Ages 3-4 Rookie Basketball Gymnasium JEREMIAH	4:00-5:00pm Ages 5-12 Beg. Tumbling Gymnastics Center EVAN	4:00-4:45pm Ages 10-14 Art/Textiles* Wellnes Studio CHILDREN MENDING HEARTS	4:00-5:00pm Ages 5-12 Beg. Tumbling Gymnastics Center EVAN	7:30-9:30pm Ages 8+ Family Boxing* Club Room STEVE	10:00-11:00am Ages 5-12 Beg. Tumbling Gymnastics Center EVAN
4:00-4:45pm Ages 10-14 Art/Textiles* Wellness Studio CHILDREN MENDING HEARTS	4:00-4:45pm Ages 5-9 Art/Textiles* Wellness Studio CHILDREN MENDING HEARTS	4:15-5:00pm Ages 5-10 Yoga Discovery* Club Room WENDY	4:00-4:30pm Ages 3-4 Rookie Martial Arts* Ray Sence Room RAE		11:00-11:45am Ages 3-4 Rookie Tumbling Gymnastics Center EVAN
		5:00-5:45pm Ages 10+ Family Cycling** Cycling Studio ELVIA	4:30-5:30pm Ages 5-12 Martial Arts* Ray Sence Room RAE		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	5:30-6:30pm Ages 8+ Family Zumba** Ray Sence AMY	7:00-9:00pm Ages 8+ Family Boxing* Club Room STEVE	4:00-4:45pm Ages 5-9 Art/Textiles* Wellness Studio CHILDREN MENDING HEARTS		
7:00-9:00pm Ages 8+ Family Boxing* Club Room STEVE	6:30-8:00pm Ages HS Youth & Govern-ment* Room 202 (CDC)		5:00-6:00pm Ages 5-10 Inter. Tumbling Gymnastics Center EVAN		
	6:00-7:00pm Ages 7-12 Adv. Tumbling Gymnastics Center JESSICA				

***Please note that for the month of December, the last day of Youth Activities classes will be December 18th. Classes will resume on Saturday, January 5th, 2019. Thank you for your cooperation.**

Have a wonderful holiday season!

COLOR KEY CODE & (STUDENT: INSTRUCTOR RATIO)	
Value Added (Free Classes)*	
Youth & Government*	
Tumbling* (8:1)	
Martial Arts (10:1)	
Performing & Visual Arts* (10:1)	
Sports* (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)	

For more information contact:
818-845-8551



PROGRESSIVE TUMBLING

Day	Time	Class Name	Age	Room
TUE	3:15-4:00PM	Rookie Tumbling	3-4	GC
TUE	4:00-5:00PM	Beg Tumbling	5-12	GC
TUE	5:00-6:00PM	Inter Tumbling	6-12	GC
TUE	6:00-7:00PM	Adv Tumbling	7-12	GC

Day	Time	Class Name	Age	Room
THU	4:00-5:00PM	Beg Tumbling	5-12	GC
THU	5:00-6:00PM	Inter. Tumbling	6-12	GC
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	4:00-4:45PM	Art/Textiles	5-10	Chapel
TUE	4:00-4:45PM	Art/Textiles	5-10	Chapel
WED	4:00-4:45PM	Art/Textiles	5-10	Chapel
THU	4:00-4:45PM	Art/Textiles	5-10	Chapel

YOUTH & GOVERNMENT

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

SPORTS

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

PROGRAM PRICING:

TUMBLING

	Age	Family / Youth / Program
Rookie Tumbling	3-4	\$48 / \$64 / \$128
Beg/Int/Adv Tumbling	5-12	\$51 / \$67 / \$135
Parkour	6-10	\$43 / \$59 / \$119

MARTIAL ARTS

Day	Time	Class Name	Age	Room
THU	4:00-4:30pm	Rookie Martial Arts	3-4	RS
THU	4:30-5:30pm	Martial Arts	5-12	RS
FRI	4:30-5:30pm	Martial Arts	5-12	CR

SPORTS

	Age	Family / Youth / Program
Rookie Basketball	3-4	\$39 / \$55 / \$109

MARTIAL ARTS

	Age	Family / Youth / Program
Rookie Martial Arts	3-4	\$39/\$55/\$109
Martial Arts	5-12	\$48 / \$64 / \$128

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.