



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH ACTIVITIES

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:30pm Ages 3-4 Rookie Basketball Gymnasium STEPHEN	3:15-4:00pm Ages 3-4 Rookie Tumbling Gymnastics Center JESSICA	10:30-11:15am 9-18 mnth w/parent Roly Poly Play Time** Gymnastics Center WENDY	3:15-4:00pm Ages 3-4 Rookie Tumbling Gymnastics Center JOEY	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 5-12 Gold Medal Games* Gymnasium JOEY	4:00-5:00pm Ages 5-12 Beg. Tumbling Gymnastics Center JESSICA	3:15-4:00pm Ages 3-4 Rookie Tumbling Gymnastics Center JOEY	3:30-4:00pm Ages 3-4 Rookie Ballet* Ray Sence HEATHER	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 5-10 Zumba Kids* Club Room WENDY	4:30-5:30pm Ages 5-9 Textiles* Chapel CHILDREN MENDING HEARTS	3:30-4:00pm Ages 3-4 Rookie Jazz* Ray Sence HEATHER	4:00-4:45pm Ages 5-10 Beg. Ballet Ray Sence HEATHER		11:00-11:45am Ages 3-4 Rookie Tumbling Gymnastics Center EVAN
4:30-5:15pm Ages 5-12 Intro to Soccer Gymnasium JOEY	5:00-6:00pm Ages 6-12 Inter. Tumbling Gymnastics Center JESSICA	4:00-4:45pm Ages 5-10 Beg. Jazz Ray Sence HEATHER	4:00-5:00pm Ages 5-10 Beg. Tumbling Gymnastics Center JOEY		11:00-1:00pm Ages 8+ Family Boxing* Club Room STEVE
4:30-5:30pm Ages 10-14 Photography* Chapel CHILDREN MENDING HEARTS	5:30-6:30pm Ages 8+ Family Zumba** Ray Sence AMY	4:00-5:00pm Ages 6-10 Parkour Gymnastics Center JOEY	4:30-5:30pm Ages 5-9 Fine Arts* Chapel CHILDREN MENDING HEARTS		
5:00-5:45pm Ages 5-10 Rhythmic Gymnastics Gymnastics Center YVONNE	6:00-7:00pm Ages 7-12 Adv. Tumbling Gymnastics Center JESSICA	4:00-4:30pm Ages 3-4 Rookie Kyo-Ku Kids Club Room JEN	4:45-5:30pm Ages 6-10 Inter. Ballet Ray Sence HEATHER		
5:00-5:45pm Ages 5-10 Yoga Discovery* Club Room WENDY		4:30-5:30pm Ages 5-12 Kyo-Ku Kids Club Room JEN	5:00-6:00pm Ages 5-10 Inter. Tumbling Gymnastics Center JOEY		
5:30-6:30pm Ages 4 & up w/ parent Family Zumba** Ray Sence SHAWNA		4:30-5:30pm Ages 10-14 Anime* Chapel CHILDREN MENDING HEARTS	5:00-6:00pm Ages 10-13 Youth Volleyball Gymnasium ELISE		
7:00-9:00pm Ages 8+ Family Boxing* Club Room STEVE		4:45-5:30pm Ages 5-10 Latin Dance Academy Ray Sence YVONNE			
		5:00-5:45pm Ages 10+ Family Cycling** Cycling Studio ELVIA			
		5:30-6:15pm Ages 5-10 Bollywood* Gymnastics Center YVONNE			
		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)



For more information contact:

Erica Adcock, Associate Director of Healthy Lifestyles



PROGRESSIVE TUMBLING

Day	Time	Class Name	Age	Room
MON	5:00-5:45M	Rhythmic Gym.	5-10	GC
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

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	4:00-4:45PM	Beg Jazz	5-10	RS
WED	4:30-5:30PM	Anime	5-10	Chapel
WED	4:45-5:30PM	Latin Dance Academy	5-10	RS
THU	4:00-4:45PM	Beg Ballet	5-10	RS
THU	4:30-5:30PM	Fine Arts	5-10	Chapel
THU	4:45-5:30PM	Inter Ballet	6-10	RS

PROGRAM PRICING:

TUMBLING

	Age	Family / Youth / Program
Wiggle Worms (Parent-Tot)	18-36 months	\$30 / \$30 / \$46
Rookie Tumbling	3-4	\$48 / \$64 / \$128
Beg/Int/Adv Tumbling	5-12	\$51 / \$67 / \$135
Parkour	6-10	\$43 / \$59 / \$119
Rhythmic Gymnastics	5-10	\$43 / \$59 / \$119

KYO-KU KIDS (Karate)

	Age	Family / Youth / Program
Rookie Kyo-Ku Kids	3-4	\$39 / \$55 / \$109
Kyo-Ku Kids	5-12	\$48 / \$64 / \$128

Day	Time	Class Name	Age	Room
WED	3:15-4:00pm	Rookie Tumbling	3-4	GC
WED	4:00-5:00PM	Parkour	6-10	GC
THU	3:15-4:00pm	Rookie Tumbling	3-4	GC
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

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

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
MON	4:30-5:15pm	Intro to Soccer	5-12	GYM
THU	5:00-6:00pm	Youth Volleyball	10-13	GYM

PERFORMING & VISUAL ARTS

	Age	Family / Youth / Program
Beg Ballet/Break Dance/Hip Hop	5-10	\$10 / \$15 / \$50
Inter Ballet	6-14	\$10 / \$15 / \$50

SPORTS

	Age	Family / Youth / Program
Rookie Basketball	3-4	\$39 / \$55 / \$109
Intro to Soccer	5-12	\$10 / \$15 / \$50
Youth Volleyball	10-13	\$30 / \$30 / \$55
		6 weeks (10/26-12-7)

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.**