



# YOUTH ACTIVITIES

December



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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 <sup>nd</sup> floor)
CR - Club Room (3 <sup>rd</sup> floor)
Gym - Gymnasium
GC - Gymnastics Center (3 <sup>rd</sup> floor)
RS - Ray Sence (1 <sup>st</sup> floor)
RC - Racquetball Court (1 <sup>st</sup> floor)
LS - Lifestyle Studio (2 <sup>nd</sup> 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.**