



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH ACTIVITIES

Classes will begin on Wednesday, January 3!

January

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



Classes will begin on Wednesday, January 3!

Look for new classes to be added in February!



COLOR KEY CODE & (STUDENT: INSTRUCTOR RATIO)	
Value Added (Free Classes)*	
Tumbling*	(8:1)
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)

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	4:30-5:30PM	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

## 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
Rhythmic Gymnastics	5-10	\$43 / \$59 / \$119

### SPORTS

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

### 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



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.**