



# YOUTH PROGRAMS

## KIDS-N-KANVAS HOLIDAY EDITION

Are you ready to find your inner Picasso? Participants are guided through easy step-by-step instructions to paint a canvas with acrylics. Each class features a new and different piece of original artwork that is simple to create and fun to show off to family and friends. All art supplies are included and no art experience needed. Pre-registration required three days prior to each class. **Age: 8-14**

Day	Date	Time	Fee	Location
Th	Dec 13	5-6:30 pm	\$25 D, \$30 ND	RC

## JUNIOR TRAINERS

Children learn how to use weight and cardio room equipment, proper weight room etiquette, and basic human anatomy. Participation in class is required for access to weight and cardio rooms with adult supervision. Register at [www.cvprd.com](http://www.cvprd.com). **Age: 13-14**

**Select one of the following training dates:** January 8, 22, February 5, 19, March 5, 19, April 2, 16

Time	Fee	Location
6:15-7:15 pm	\$10 D, \$15 ND	RC

## KARATE (4-6 YEARS OLD)

Concentrate on karate basics through fun drills that develop coordination, discipline and exercise. Students learn to count and say basic phrases in Japanese used for class. This program has its own ranking system and its purpose is to prepare younger students for the Youth/Adult karate class. **Age: 4-6**

Day	Time	Fee	Location
Sa	10-10:30 am	\$40 D, \$50 ND	RC

### Session Dates

January 5-26	February 2-23	March 2-23
April 6-27	May 4-25	

## KARATE (7+ YEARS OLD)

Students work on etiquette, discipline, communication skills, and teamwork. Classes focus on form, kicking and punching drills, prearranged fighting drills and technical application. This class is intended for students 7 years and above, adults, seniors, and families. Both entry level and advanced drills and exercises will be used to challenge and engage students of all ability levels. It is recommended to attend both classes but once a week is optional. **Extra fees may apply for uniforms, testing, and membership. Age: 7+**

Day	Time	Fee	Location
Th	6:30-7:45 pm	\$45 D, \$55 ND	RC
Sa	10:30-11:45 am	\$45 D, \$55 ND	RC

Both Thursday and Saturday class fee is \$55 D, \$65 ND.

### Session Dates

January 5-31	February 2-28	March 2-28
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