

YOUTH PROGRAMS

ARTS

Comic Cartoons for Kids | Ages 8-16

\$37

ARTZ 1000 10 HRS

Using a step-by-step approach, create funny comic characters, write and draw comic strips, and finish them off in ink. Students are encouraged to use their imaginations and create an original "world" for their characters. Students are also exposed to the artists and history of cartooning. Bring an 11" x 14" sketch pad and two HB pencils to the first class. Additional supply list will be given.

62001 9:30am - 12:00pm MTWR 3/10 - 3/13 MVC

Create Your Own Manga Comics | Ages 8-16

\$37

ARTZ 1000 10 HRS

Japanese comics, or Manga, are the favorites of today's young people. Students write and draw their own Manga comic book and learn inking techniques. Students also gain knowledge of composition and layout. Bring an 11" x 14" sketch pad and two HB pencils to the first class. Additional supply list will be given.

62101 12:30pm - 3:00pm MTWR 3/10 - 3/13 MVC
62102 9:00am - 11:00am S 4/5 - 5/3 MVC

Guitar For Youth | Ages 8-13

\$40

MUAZ 1000 12 HRS

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies and a variety of chords and strumming patterns. Guitar required.

63301 10:00am - 11:30am S 3/29 - 5/17 MVC

DANCE

Ballet | Beginning

\$50

CHLZ 1000 5 HRS

Ballet can improve a child's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians are invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

(Ages 3-4)
60502 11:15am - 11:45am S 1/26 - 4/12 MVC

(Ages 5-6)
60202 1:30pm - 2:00pm S 1/26 - 4/12 MVC

(Ages 7-9)
63802 2:05pm - 2:50pm S 1/26 - 4/12 MVC

Tap | Beginning

\$50

CHLZ 1000 5 HRS

Young children are introduced to the basic tap steps. Emphasis is on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians are invited in class the fifth and last lessons. Tap shoes, dance leotard and footed dance tights are required.

(Ages 3-4)
60302 11:50am - 12:20pm S 1/26 - 4/12 MVC

(Ages 5-6)
60402 12:25pm - 1:05pm S 1/26 - 4/12 MVC

Tap/Hip Hop, Beginning | Ages 7-9

\$50

CHLZ 1000 8 HRS

Young children are introduced to the basic tap steps. Emphasis is on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians are invited in class the fifth and last lessons. Tap shoes, dance leotard and footed dance tights are required.

63902 2:55pm - 3:40pm S 1/26 - 4/12 MVC

GYMNASTICS

Gymnastics, Tumbling | Ages 3-4

\$45

CHLZ 1000 5 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

60901 2:00pm - 2:30pm S 1/26 - 4/12 MVC
60902 2:35pm - 3:05pm S 1/26 - 4/12 MVC

Gymnastics | Introduction

\$45

CHLZ 1000 5 HRS

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

(Ages 5-6)
60601 3:10pm - 3:40pm S 1/26 - 4/12 MVC
60602 3:45pm - 4:15pm S 1/26 - 4/12 MVC

(Ages 7-9)
60701 4:20pm - 4:50pm S 1/26 - 4/12 MVC

RECREATION

Golf | Beginning & Intermediate (Ages 16 & Up)

\$50

PHEZ 1000 12 HRS

Learn the proper grip, stance, drive approach shots and putting, as well as the rules and etiquette of golf. Special emphasis is on taking advantage of each person's particular strengths and understanding the philosophy of the game. The first meeting is in a classroom with the remainder of the class meeting at Sunset Golf Club, 4906 E. Main Street, Grand Prairie. Students must furnish their own golf balls and equipment. Please bring an iron club #7, #8 or #9 to the first class.

61306 8:00am - 10:00am S 4/5 - 5/10 MVC
61305 10:00am - 12:00pm S 4/5 - 5/10 MVC

Martial Arts | Ages 7-15

\$45

PHEZ 1000 12 HRS

Utilize martial arts techniques to obtain basic fitness. Topics include: stretching, warm-up, kicking techniques, hand attack techniques, stances, blocking attacks, attack formations, one-step sparring, as well as speed, power and stamina drills.

61705 12:30pm - 2:00pm S 2/9 - 4/12 MVC

Tennis | Beginning & Intermediate (Ages 10 & Up)

\$42

PHEZ 1000 9 HRS

Students learn the fundamentals of the game. Topics include: terminology, rules and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overheads and lobs, serves and volleys, and scoring. Competitive drills and activities are included for proper footwork. Students must bring two new cans of Wilson tennis balls to the first day of class, along with their own racquet.

60703 10:00am - 11:30am S 3/29 - 5/3 MVC
60704 12:00pm - 1:30pm S 3/29 - 5/3 MVC

Tennis | Intermediate & Advanced (Ages 14 & Up)

\$42

PHEZ 1000 9 HRS

Students learn on-court strategies of the game for singles and doubles play. Intense drill work to cover forehands and backhands and refinement of all other basic strokes of the game. Footwork skills teach students how to cover the court from all angles with use of specialty shots. Competitive match play for singles and doubles are included. Students must furnish their own racquet and two new unopened cans of Wilson match play tennis balls. Prerequisite: Must have taken beginning class or had previous experience with permission from instructor.

60803 10:00am - 11:30am U 3/30 - 5/4 MVC
60804 12:00pm - 1:30pm U 3/30 - 5/4 MVC