

KIDS CLASSES AT CMC

Kids learn the fundamentals of Martial Arts while building confidence & having fun!

RULES & EXPECTATIONS

- Students must wear class uniform (CMC Shirt, Shorts & Belt) & have class gear (gloves, shin guards, mouth guard) to participate each time
- No food, drinks or shoes allowed on the mats
- Students are expected to show respect to the Instructor & their fellow classmates at all times
- **PARENTS** We would like to continue with our open-door policy & invite you to observe your child's classes. Your cooperation with the following requests is greatly appreciated:
 - ** Please keep extra kids off the 'black mat' exercise area, off the cardio equipment, and out of the weight room
 - ** Please clean up after your kids (wrappers, crumbs, etc) to keep our facility tidy for our other classes & gym Members

Little Ninjas

Ages 4 - 6
Tuesday & Thursday
5:30 - 6:15pm

Young Jedi

Ages 7 - 12 BEGINNERS
Monday 5:30 - 6:15pm
Tuesday 6:15 - 7:00pm
Wednesday 5:30 - 6:15pm
Thursday 6:15 - 7:00pm
Saturday 11 - 11:45am

Young Gladiators

Ages 7 - 12 ADVANCED
Monday 6:15 - 7:00pm
Wednesday 6:15 - 7:00pm
Friday 5:30 - 6:15pm
Saturday 11 - 11:45am



BELT TESTING & TOURNAMENTS

- These are not mandatory but are strongly recommended for all students
- Belt Testing & Tournament opportunities will be offered throughout the year for kids to sharpen their skills & challenge themselves

Class Fees

\$80 /month *or*
Prepay for 12 Months \$880

\$160 Equipment Fee
includes CMC shirt, Fight Shorts, 6 or 8oz Gloves, Shinguards, Mouth Guard & White Belt

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm to 6:15pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 5:30 - 6:15pm	LITTLE NINJAS (Ages 4 - 6) 5:30 - 6:15pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 5:30 - 6:15pm	LITTLE NINJAS (Ages 4 - 6) 5:30 - 6:15pm	YOUNG GLADIATORS Advanced Youth (Ages 7 - 12) 5:30 - 6:15pm	FOUNDATIONS CLASS All Youth (Ages 7 - 12) 11am - 11:45am
6:15pm to 7:00pm	YOUNG GLADIATORS Advanced Youth (Ages 7 - 12) 6:15 - 7pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 6:15 - 7pm	YOUNG GLADIATORS Advanced Youth (Ages 7 - 12) 6:15 - 7pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 6:15 - 7pm		 WWW.CMCMMA.COM January 2018