

# 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 QUIET & 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

## BELT TESTING & TOURNAMENTS

- Belt Stripes are awarded based on class attendance. After 6 Stripes earned, a Student may test for their next Belt color promotion
- Tournament opportunities are offered throughout the year for kids to sharpen their skills & challenge themselves. Participation is not mandatory but is strongly encouraged.

## Little Ninjas

Ages 4 - 6

Monday thru Thursday  
5pm - 5:30pm

## Young Jedi

Ages 7 - 9

Monday thru Friday  
5:30pm - 6:15pm

## Young Gladiators

Ages 10 - 12

Monday thru Friday  
6:15pm - 7pm

## Teen Titans

Ages 13 - 15

Mon & Wed 5pm - 5:45pm  
Tues & Thurs 7pm - 7:45pm

## Class Fees

\$80 /month *or*

Prepay for 12 Months \$880

## \$160 Equipment Fee

includes CMC shirt, Fight Shorts, 6oz or 8oz Boxing Gloves, Shinguards, Mouth Guard & White Belt

MON		TUES		WED		THURS		FRI	
LITTLE NINJAS (Ages 4 - 6) 5 - 5:30pm	TEEN TITANS (Ages 13 - 15) 5 - 5:45pm	LITTLE NINJAS (Ages 4 - 6) 5 - 5:30pm	YOGA (Teens & Adults) 5 - 5:45pm	LITTLE NINJAS (Ages 4 - 6) 5 - 5:30pm	TEEN TITANS (Ages 13 - 15) 5 - 5:45pm	LITTLE NINJAS (Ages 4 - 6) 5 - 5:30pm	YOGA (Teens & Adults) 5 - 5:45pm		
YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm		YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm		YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm		YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm		YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm	YOUNG JEDI (Ages 7 - 9) 5:30 - 6:15pm
YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm		YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm		YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm		YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm		YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm	YOUNG GLADIATORS (Ages 10 - 12) 6:15 - 7pm
		TEEN TITANS (Ages 13 - 15) 7 - 7:45pm				TEEN TITANS (Ages 13 - 15) 7 - 7:45pm			