

PROGRAMS - TEENS

Class	Age	Session	Day	Dates	Time	Fee
Advanced Fencing	12+	01	THURS/FRI	JAN 24th—MAR 15th	7:00PM—9:00PM	\$140/\$168
Advanced Fencing	12+	02	THURS/FRI	APR 4th—MAY 24th	7:00PM—9:00PM	\$140/\$168
A Culinary Trip Around The World	6—14	01	FRI	JAN 18th—MAR 8th	3:00PM—4:00PM	\$160/\$192
A Culinary Trip Around The World	6—14	02	FRI	MAY 3rd—MAY 31st	3:00PM—4:00PM	\$100/\$120
Drawing & Painting Class	13—18	01	MON	JAN 14th—MAR 18th	6:00PM—8:30PM	\$216/\$260
Drawing & Painting Class	13—18	02	MON	APR 1st—MAY 20th	6:00PM—8:30PM	\$216/\$260
Dollar, Cents and More Sense!	6—14	01	THURS	JAN 17th—MAR 7th	4:30PM—6:00PM	\$126/\$151
Dollar, Cents and More Sense!	6—14	02	THURS	MAY 2nd—MAY 31st	4:30PM—6:00PM	\$90/\$108
Edible Science	6—14	01	MON	JAN 14th—MAR 4th	5:00PM—6:00PM	\$120/\$144
Edible Science	6—14	02	MON	APR 29th—MAY 20th	5:00PM—6:00PM	\$80/\$96
Goal Setting and DREAM/Vision Boards	9—14	01	TUES	JAN 15th—MAR 5th	3:00PM—4:00PM	\$144/\$173
Goal Setting and DREAM/Vision Boards	9—14	02	TUES	APR 30th—MAY 28th	3:00PM—4:00PM	\$90/\$108
Introduction to Fencing	12+	01	THURS	JAN 24th—MAR 14th	6:00PM—7:00PM	\$120/\$144
Introduction to Fencing	12+	02	THURS	APR 4th—MAY 23rd	6:00PM—7:00PM	\$120/\$144
Introduction to Fencing	12+	01	FRI	JAN 25th—MAR 15th	6:00PM—7:00PM	\$120/\$144
Introduction to Fencing	12+	02	FRI	APR 5th—MAY 24th	6:00PM—7:00PM	\$120/\$144
Japanese Style Ju-Jitsu & Eskrima	10—18+	01	WED/SAT	Monthly	6:00PM—8:00PM 9:00AM—12:00PM	\$125/\$150*
Kingdom Basketball Training	12—16	01	THURS	JAN 17th—MAR 21st	6:00PM—7:00PM	\$180/\$216
Kingdom Basketball Training	12—16	02	THURS	APR 4th—MAY 23rd	6:00PM—7:00PM	\$144/\$173
Kingdom Basketball Training	12—16	01	SAT	JAN 19th—MAR 23rd	9:00AM—10:00AM	\$180/\$216
Kingdom Basketball Training	12—16	02	SAT	APR 6th—MAY 25th	9:00AM—10:00AM	\$144/\$173
Rising Starz Performing Arts	11—16	01	FRI	JAN 18th—MAR 22nd	6:30PM—7:30PM	\$158/\$190
Rising Starz Performing Arts	11—16	02	FRI	APR 5th—MAY 24th	6:30PM—7:30PM	\$123/\$148
Self Defense Class	14—18+	01	SAT	JAN 19th—MAR 23rd	8:00AM—9:00AM	\$190/\$228
Self Defense Class	14—18+	02	SAT	APR 6th—MAY 25th	8:00AM—9:00AM	\$152/\$183
Stronger Girls Together	8—14	01	THURS	JAN 17th—MAR 21st	3:30PM—4:30PM	\$150/\$180
Stronger Girls Together	8—14	02	THURS	APR 4th—MAY 23rd	3:30PM—4:30PM	\$120/\$144
Volleyball Fundamentals	12—16	01	MON/WED	FEB 4th—FEB 27th	7:00PM—8:00PM	\$100/\$200
Volleyball League	12—16	02	MON/WED	MAR 4th—MAY 8th	7:00PM—8:00PM	\$200/\$240

## A Culinary Trip Around the World

Hola! Ciao! Ni-hao! Introduce yourself to different cultures through a culinary trip around the world - Children will sharpen their cooking skills and broaden their palates through preparations of multicultural dishes to dig into and discuss. Step out of your comfort zone and find your new favorite food from the other side of the world.

## Advanced Fencing

This class will cater to the more advanced fencing player. Participants will practice fencing techniques and have the opportunity to fence with other students working on similar levels of play.

**NO CLASS 3/22, 4/19 & 5/17**

## Drawing & Painting Class

These classes are designed to discover, improve and master your own artistic abilities. Whether you are simply having fun, finding relief from a stressful day or expanding your artistic skills. Our classes are range from beginner to advanced arts. **\*\$30 set up and supply fee due to instructor first day of class.**

**NO CLASS 1/21, 2/18 & 5/27**

## Dollar, Cents and More Sense!

An excellent way to prepare your child for life is giving them the knowledge of creating a budget or "A Budget That Makes Sense and More Cents." An allowance for a job well done is not only challenging, but fun. And don't forget to have a purpose on how much will be saved and spent, a great way to avoid debt in the future.

## Edible Science

Now finally you can EAT your experiments. This class is designed to transform the kitchen into a science lab. By incorporating the following life science, biology, chemistry, solar system exploration and earth sciences into these simple experiments. Where science and food meets. Students will eat them up!

**NO CLASS 1/21, 2/18, & 5/27**

## Goal Setting and DREAM / Vision Board

Students will master the art of setting goals, embrace action plans, set priorities and other skills it takes to achieve goals. By combining goal setting with Dream / Vision Boards, it is a fun and visual way for students to express their dreams and inspire them to pursue them.

## Introduction to Fencing

This class will introduce the sport of fencing to those with no fencing experience; as well as, offer an opportunity to those with varying levels of fencing experience to continue to learn. All participants must pay an annual fee of \$10 to become a member of the United States Fencing Association. Fencing equipment will be available for participant use during class time.

**NO CLASS 3/22, 4/19 & 5/17**



## Japanese Style Ju-Jitsu & Eskrima

Become a well-rounded martial artist. Learn to kick, punch, throw, sweep, grapple, and successfully defend yourself against stick and knife attacks. Blended classes make this the perfect activity for the family to do together. \*Uniform purchase required. See instructor for details.

**NO CLASS 5/18**

## Kingdom Training Elite Basketball

Come learn the game of basketball and develop your skills in a session created to help give you maximum results. Sign up today to train with real coaches and learn real skills from our highly qualified staff of current and former basketball players.

**NO CLASS 5/18**

## Rising Starz Performing Arts

Exceptional Performance Coaching with a focus on vocal expression, stage presence, choreography & microphone technique. Learn how to perform and keep them wanting more. Our students have appeared on X-Factor, The Voice, Broadway & Primetime TV.

**NO CLASS 3/22, 4/19 & 5/17**

## Self Defense Class

Being bullied at school? Going away for college? Learn awareness strategies and basic effective techniques that can be used under stress to keep yourself safe when nobody else is around to protect you. \*Class t-shirt included for all newly-registered students.

**NO CLASS 5/18**

## Stronger Girls Together

Our weekly gatherings aim to empower girls ages 8 -14 through hands-on experiences like art, yoga, nature, culturally-relevant conversations and community projects and service.

## Volleyball

This class will include instruction in the basic skills of serving, passing, setting, attacking, and blocking. The class will also cover tactical skills of basic volleyball offensive and defensive play as well as practice games. Includes dri-fit shirt.

**NO CLASS 1/21, 2/18 & 5/27**