

SKIES *Unlimited*

Building 121, 761st Tank Battalion Ave., 254-287-4592

ART



Art at Apache Arts & Crafts

Date: Check CYS Online for up-to-date schedule.

Cost: \$15 per class

Age Group: 5-18 years old

Location: Apache Arts & Crafts

Description: Come check out all the creative workshops going on at Apache Arts & Crafts! Different workshops are offered every month in things like ceramics, tie dye t-shirts, painting, soap making, candle making & more. Check online for this month's project.

Creative Crafts

Date: Check CYS Online for up-to-date schedule.

Cost: \$10 per month

Age Group: 6-18 years old

Location: TBD

Description: Look what I made! Your child will have fun learning valuable skills such as sewing, origami, mosaics, cross stitch and other hand crafts to create objects that they will cherish. A different focus each quarter!

Arts & Crafts

Date: Check CYS Online for up-to-date schedule.

Cost: \$55-\$60 per month

Age Group: 3-18 years old

Location: TBD

Description: Create amazing arts and crafts projects by Drawing, Painting, and 3-Dimensional crafts that stimulate imagination and promote creativity.

Mommy and Me Masterpiece

Date: Check CYS Online for up-to-date schedule.

Cost: \$55 per month

Age Group: 18 months-3 years old

Location: TBD

Description: Create a masterpiece with your little artist! Art class helps children develop their creative skills, and it keeps the mess away from your house! Smocks are provided but dress to get messy!



CHEER

Cheerleading 101

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month Extreme / \$65 Texas Tumblers

Age Group: 5-18 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: Go Team! This introductory class teaches the fundamentals of cheerleading including motions and jumps.

Cheer & Tumble

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month Extreme

Age Group: 7-18 years old

Location: Extreme Gymnastics

Description: Give me a C-H-E-E-R! This introductory class teaches the fundamentals of cheerleading including motions, jumps, tumbling and age appropriate group stunting.

GYMNASTICS

Gymnastics - Male

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month Extreme / \$65 Texas Tumblers

Age Group: 5-18 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: Get ready to go for Olympic Gold! This class is designed to teach the fundamentals of gymnastics. Practice vault, bars, beam, floor and trampoline along with stretching and conditioning.

Kids Gym Tumbling - Preschool

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month Extreme / \$65 Texas Tumblers

Age Group: 3-4 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: Burn off some of that preschool energy! Children will build basic strength and coordination skills through balancing, hanging, jumping and rolling on equipment scaled to their size.

Pre-Level 1 Gymnastics

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month

Age Group: 4-5 years old

Location: Extreme Gymnastics

Description: Children will build basic strength and coordination skills through balancing, hanging, jumping and rolling on equipment in preparation to advance to the USAG curriculum.

Gymnastics - Beginner Girls

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month Extreme / \$65 Texas Tumblers

Age Group: 5-18 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: Get ready to go for Olympic Gold! These classes follow the USA Gymnastics Women's Junior Olympic Program on bars, beam, floor & vault in skill level 1 & 2.

Gymnastics - Intermediate

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month Extreme / \$65 Texas Tumblers

Age Group: 5-18 years old

Location: Extreme Gymnastics/Texas Tumblers

Prerequisite: Must have prior gymnastics experience

Description: Get ready to go for Olympic Gold! These classes follow the USA Gymnastics Women's Junior Olympic Program on bars, beam, floor & vault. Once the student has passed the required skills in level 1 & 2, they can be moved to the level 2 & 3 classes where they are challenged even more.

Power Tumbling

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month Extreme / \$65 Texas Tumblers

Age Group: 5-18 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: You'll flip for our tumbling class! This class will teach tumbling fundamentals including lead up drills and progressions for to teach round-offs, standing back handsprings, and round-off back handsprings.

Tiny Tots Tumbling - Parent and Child

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month Extreme / \$60 Texas Tumblers

Age Group: 1-2 years old

Location: Extreme Gymnastics/Texas Tumblers

Description: Climb, jump and play along with your little one.

Children will build basic strength and coordination skills through balancing, hanging, jumping and rolling on equipment scaled to their size.



MUSIC

I love
CYS

Piano Lessons

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month

Age Group: 5-18 years old

Location: High Chaparral/Montague YC

Description: Is your child a budding virtuoso? This one-on-one instruction emphasizes the fundamentals of piano while fostering an interest and appreciation for music of all styles. Learning to play the piano can aid in the ability to master music reading for all instruments.

Guitar Lessons

Date: Check CYS Online for up-to-date schedule.

Cost: \$65 per month

Age Group: 8-18 years old

Location: High Chaparral/Montague YC

Description: Learn to play your favorite songs on your acoustic or electric guitar! Students learn the fundamentals of guitar while fostering an interest and appreciation for music of all styles. Students must provide their own guitar.

Instrument Lessons

Date: Check CYS Online for up-to-date schedule.

Cost: \$75 per month

Age Group: 11-18 years old

Location: High Chaparral/Montague YC

Description: Need additional practice or want to work one on one with an instructor to become the best at your instrument? Our instructor can teach any brass or woodwind instrument.

Voice Lessons

Date: Check CYS Online for up-to-date schedule.

Cost: \$75 per month

Age Group: 5-18 years old

Location: High Chaparral/Montague YC

Description: Does your child dream of being a music star?

One-on-one instruction with a trained vocal coach teaches students how to master the use of their voice. Students will learn to improve pitch, tone, diction, breath control and range.

Kindermusik

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month

Age Group: 6 weeks - 6 years old

Location: Kindermusik with Danielle

Description: Share your love of music with your little one! Learn simple songs, lullabies, drum/clapping/tapping songs, finger plays, and circle songs. There is a significant link between early music instruction and cognitive growth in areas such as math, memory and pattern recognition skills. Students receive a CD with a different theme each month so they can enjoy the same songs and games at home.



DANCE

Ballet

Date: Check CYS Online for up-to-date schedule and pricing.

Cost: \$55-\$60 per month

Age Group: 3-18 years old

Location: TBD

Description: Arabesque, plie', pirouette, bow, applause! Ballet teaches grace and poise and is the foundation of all dance disciplines. Learn the basics of ballet including positions, musicality and flexibility. Creative activities enhance the development of fine and gross motor skills. Instruction is focused on balance and coordination. Students will be introduced to basic ballet fundamentals including body alignment, vocabulary, and basic positions of the feet and arms.

Creative Movement

Date: Check CYS Online for up-to-date schedule and pricing.

Cost: \$50 per month

Age Group: 1-3 years old (must be walking)

Location: TBD

Description: Dance with me! Introduce your little one to the fun of dance with this Parent & Child class. Children will dance to Movement Music where the words tell them what to do (I'm a Little Teapot, etc.) so they can easily follow along and burn off some of that boundless energy!

Hip Hop

Date: Check CYS Online for up-to-date schedule and pricing.

Cost: \$60 per month

Age Group: 6-18 years old

Location: TBD

Description: Dance like your favorite pop star! High-energy dance instruction will introduce students to the basics of hip-hop including the latest hip-hop trends. All movement will be modest and age appropriate.

LIFE SKILLS

CYSitter Course

Date: Check CYS Online for up-to-date schedule.

Cost: No cost for youth enrolled with CYS.

Age Group: 12-18 years old

Location: TBA

Description: Your teen can earn extra money with our CYSitter Training! This course includes: child and infant CPR and first aid instruction, as well as basic child care information. Upon completion of the course and a satisfactory background check, students 13+ may register on the Fort Hood Babysitter List at Parent Central Services.

Fishing 101

Date: Check CYS Online for up-to-date schedule.

Age: 8 to 18 years old - Year 'round / 5 to 18 years old - May to September only

Cost: 1 Child - \$165, 2 Children - \$180, 3 Children - \$220, 4 Children - \$265.

Location: Belton Lake or Stillhouse Hollow Reservoir

Description: Let's go fishing! Children fish by boat with licensed, professional fishing guide Bob Maindelle in pursuit of sunfish, white bass, hybrid striped bass, catfish, and more. Kids are introduced to all aspects of boating and fishing. This 4 hour catch & release fishing trip comes complete with digital photos and an electronic summary of the trip sent to parents. All equipment provided. Parents welcome to attend as non-anglers.

Cooking Class

Date: Check CYS Online for up-to-date schedule and pricing

Cost: TBD - one day workshop

Age Group: 6-12 years old

Location: TBD

Description: Have fun exploring the world of cooking and baking with Chef Cicil! Kids will get hands on experience in the kitchen baking, cooking and decorating their creations. A different recipe every class.



Teen Driving Course

Date: This Online course takes approximately 6 months, students can start at anytime

Cost: \$80 plus fees to Texas Department of Public Safety

Age Group: 15-18 years old

Location: Online

Description: This Online Parent Taught Driver Education program provides students with both the classroom and behind-the-wheel training under the supervision of a parent or legal guardian at their own pace. There is a \$20 fee for verifying the driving record of the adult instructor paid to TXDPS prior to enrollment in class.

Princess Class

Date: Check CYS Online for up-to-date schedule and pricing

Cost: TBD - one day workshop

Age Group: 3-5 & 6-12 years old

Location: TBD

Description: Wear your favorite princess dress and come to the Princess Tea Party! We'll learn to walk, sit, speak and eat like a princess while we enjoy our tea with assorted appetizers. Prince Charming is welcome to attend as well!

American Red Cross Swim Levels 1-6

Date: Check CYS Online for up-to-date schedule

Cost: \$55 for 8 lessons

Age Group: 5-18 years old

Location: TBD

Description: Continue your swim instruction year round. Lessons will follow the American Red Cross curriculum with certified instructors. Lessons are offered in levels from 1-6, depending on how skilled your little swimmer wants to become.

Private Swim

Date: Check CYS Online for up-to-date schedule

Cost: \$75 for 4 lessons

Age Group: 3-18 years old

Location: TBD

Description: Instruction is based on individual child's level for those who need one on one attention.

Archery

Date: Check CYS Online for up-to-date schedule

Cost: \$50 per month

Age Group: 8-18 years old

Location: TBD

Description: Learn how to shoot like Katniss and the Arrow! Learn the exciting sport of Archery with our Certified Instructor! We provide the bows and arrows and our instructor will teach your child in the safety of the indoor range at the old Warrior Way PX (bldg. 87030).





IMPORTANT

All class schedules are subject to change
Please check CYS Online for new classes and up-to-date
schedules! <https://webtrac.mwr.army.mil/webtrac/hood-cyms.html>

Call SKIESUnlimited 254-287-4592 for details or
sign-up at CYS Online at: <https://webtrac.mwr.army.mil/webtrac/hoodcyms.html> or at Parent Central Services.
Bldg 121, corner of TJ Mills and 761st Tank Bn.
For more information on accessing your online account, call
254-287-8029.

In accordance with DoD/DA Fee Policy requirements, refunds will not be granted for SKIESUnlimited classes with the exception of PCS or Family emergency prior to the start date of the class.

MARTIAL ARTS

Shotokan Karate

Date: Check CYS Online for up-to-date schedule and pricing.

Cost: \$55 monthly for one day a week/\$60 for two days

Age Group: 4-18 years old

Location: TBD

Description: Kiai! (pronounced key-eye) Students learn fundamental moves incorporating forms, learning how to fall, and basic sparring. This class concentrates on basic techniques (Kihon), sparring (Kumite) and forms (Kata) as well as self defense. Advanced class is held twice a week. Students who excel may elect to participate in local tournaments.

ACADEMICS

Academic Tutoring

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month

Age Group: 6-18 years old

Location: TBD

Description: Give your child the extra help they need to succeed in school this year! One-on-one tutoring is available for any subject your child needs assistance with from an experienced teacher.

Wee Discover Reading-Early Literacy

Date: Check CYS Online for up-to-date schedule.

Cost: \$50 per month

Age Group: 18m-4 years old

Location: TBD

Description: Our hands on literacy classes bring reading to life. Wee Discover the World introduces children to vocabulary building, oral language skill and comprehension.

Discover the World-S.T.E.M

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month

Age Group: 7-12 years old

Location: Kouma CDC

Description: Discover the World through fun, challenging activities designed to enrich academic STEM (Science, Technology, Engineering, Math) skills through exciting hands-on activities! Activities include Rockets, Balloon Cars, Bridges, Volcanoes, Slime, and Chemistry. Subject changes monthly.

Little Explorers - Parent and Child

Date: Check CYS Online for up-to-date schedule

Cost: \$55 per month

Age Group: 18 months-5 years old

Location: TBA

Description: Hiking, exploring and adventure fun! Please bring your strollers and have your walking shoes on as we touch, smell and investigate nature in our backyard. Look at plants, birds and animals and create crafts with nature items.

FITNESS

Personal Fitness Trainer

Date: Check CYS Online for up-to-date schedule.

Cost: \$45 per hour

Age: 11 - 18 years old

Location: TBD

Description: One on one fitness training at your child's level designed specifically for them! Our Certified Fitness Trainer will help your child to set up a routine where they can get the daily 60 minutes of exercise recommended for children. Give your child the solid foundation for a healthy, fit lifestyle which will follow them into adulthood by learning how to make exercise fun!

Paws for Fitness

Date: Check CYS Online for up-to-date schedule.

Cost: \$25 per session

Age: 6 - 18 years old

Location: TBD

Description: Train with man's best friend! Our personal fitness trainer will show your child how to include your Family dog into their fitness routine. Kids will have fun and are encouraged to stick with the routine when they exercise with a friend.

Get Fit with Baby

Date: Check CYS Online for up-to-date schedule.

Cost: \$60 per month

Age Group: 6 weeks - 4 years old

Location: TBD

Description: Learn fun and effective ways of getting fit while you have the little one around!

Have fun doing cardio, gymnastics, and dance moves while incorporating baby into your workout to get you back in shape and instill a love of fitness in your child which will last a lifetime!





WHAT GOES IN THE BLUE BIN?



CARDBOARD

Cereal Boxes
Food Boxes
Pizza Boxes
Packing Boxes



PLASTIC

Plastics 1-7
Jugs
Bottles
Styrofoam #6



METAL

Soda Cans
Tin Cans
Steel Cans
Energy Drink Cans
Aluminum Cans



PAPER

Magazines
Newspapers
Phone Books
Office Paper
Catalogs
Books
Junk Mail



GLASS

Bottles
Jars



**NO PLASTIC BAGS, FILM,
AND WRAPPERS IN THE
RECYCLING CONTAINERS!**



To prevent equipment damage and help Fort Hood increase its recycling, **plastic bags, film, and wrappers** must come directly to the Recycle Center.

**NO SORTING!
RECYCLING JUST GOT EASIER!**

FORT HOOD RECYCLE

Bldg. 4626, 72nd St. and Railhead Dr.
254-287-2336

Monday - Friday
7:30 - 11:30 a.m. and 12:30 - 4:30 p.m.

ADDITIONAL SERVICES

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Shredding Services Available:**
8 - 11:30 a.m. and 12:30 - 4 p.m.

**Classified Secret Documents
Destruction Available:**
254-248-5447

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