



Child & Youth Services



Lake Activities

Fishing

Team Challenge Course

Paintball

Camping

Pavilions

Mountain Biking

Belton Lake Outdoor Recreation Area

Explore
BLORA

Hood.ArmyMWR.com



YOUTH VOLUNTEER COACHES ARE NEEDED NOW!



REGISTER NOW!

Volunteer hours can be used
for promotion points and
volunteer services awards.

Anyone age 18 and older can apply.

- **Tennis**
- **Flag Football**
- **Cheerleading**
- **Soccer**
- **Baseball**
- **Run Club**
- **Wrestling**

The Youth Sports And Fitness Office
254-288-3770
Bldg 6602
27th and Tank Destroyer
and 254-553-7661
Bldg 70020 Clement Drive
West Fort Hood



UNITED STATES ARMY
CHILD & YOUTH SERVICES



Child & Youth Services

SKIES *Unlimited*.....

Building 36000, Darnall Loop, 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: \$65 per month

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: \$65 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

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 USA Gymnastics curriculum.

Gymnastics - Beginner Girls

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

Cost: \$65 per month

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

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

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.

Gymnastics - Aerial Silks

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

Cost: \$65 per month

Age Group: 11-18 years old

Location: Texas Tumblers

Description: NEW CLASS! Learn how to twirl gracefully like the acrobats at Cirque de Soleil on beautiful Aerial Silk Fabric. Try out this new sport which combines beauty and strength. This beginner class builds upper body and core strength as well as leg and shoulder flexibility. Learn basic aerial moves and vocabulary.

Gymnastics - Ninja Class

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

Cost: \$65 per month

Age Group: 5-18 years old

Location: Texas Tumblers

Description: NEW CLASS! Ninja class is all the rage! This class combines gymnastics and martial arts and burns lots of energy! Have fun going through the obstacle course while you build strength and agility as you become a ninja warrior!





Child & Youth Services

MUSIC



Piano Lessons

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

Cost: \$65 per month

Age Group: 5-18 years old

Location: High Chaparral 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.

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.

Rhythm & Moves

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

Cost: \$55 per month

Age Group: 1 - 4 years old

Location: TBD

Description: Expose your little ones to the classics! This music appreciation class will focus on listening to the music of famous composers. We will explore the works of Beethoven, Bach, Mozart and others in a fun, kid friendly way. Studies show a strong correlation between music and language development.



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

Princess Class

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

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!

Cooking Class

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

Cost: TBD

Age Group: 6-12 years old

Location: TBD

Description: Have fun exploring the world of cooking and baking with Chef Cici! 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.

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.

Modeling 101

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

Cost: TBD

Age Group: 5-12 years old

Location: TBD

Description: Be a fashion diva! Learn fashion photography, grooming, perfect poise, fun fashion & runway. Ms. Ciera has successfully modeled for years before becoming a military spouse and mother and can show you all the proper techniques. We'll see you on the stage!

Fishing 101

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

Age: 8-18 yrs old - Year 'round / 5-18 yrs old - May to Sep. 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.

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 an indoor range.





Child & Youth Services



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 36000, Darnall Loop.
For more information on accessing your online account, call
254-287-8029.

In accordance with DoD/DA Fee Policy require-
ments, 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 fun-
damental 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.

Tae Kwon Do

Date: Tuesdays & Thursdays

Cost: \$55 per month, instructor guarantees 6 lessons

Age Group: 5-18 years old

Location: TBD

Description: Hi-Yah! Tae Kwon Do is a modern Korean martial
art program that offers self-defense training, physical exercise,
and discipline. Tae Kwon Do literally translates to "the art of
kicking and punching". Beginner, intermediate and advanced
classes are available. Students advance at teacher's discretion.



ACADEMICS

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: TBD

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: TBD

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!



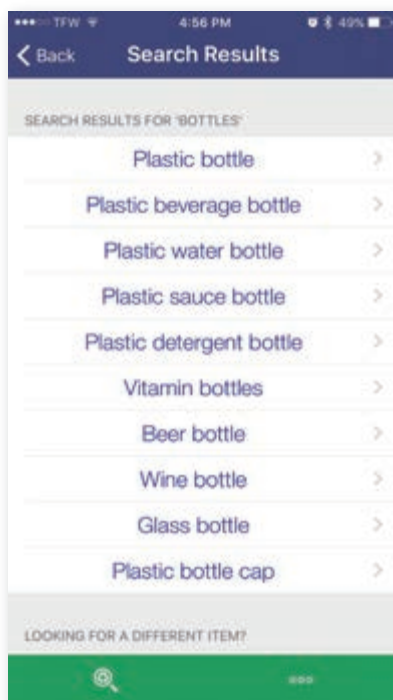
INTRODUCING THE FORT HOOD RECYCLE APP

The Fort Hood Recycle App is a search engine that allows you to look up what materials can and cannot be recycled.

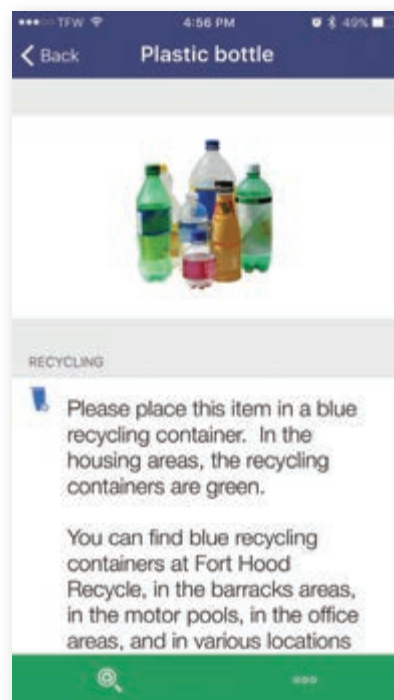
Search "Fort Hood Recycle" on your iOS or Android phone's app store to download today!



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