

CHILDREN AND YOUTH



AMAZING ATHLETES

Tuesdays

September 6-December 13

(No class November 22)

2:35-3:20 PM

Age: 3-6

Cost: \$220 (includes t-shirt)

Location: Gym

Contact: 713-385-6864;
amazingathletesinc.com

Notes: Escort from Yellow School available

This fun-filled program supports brain development, gross motor skills, hand-eye coordination, and muscle tone. Every action-packed class is filled with a variety of sports and games, with a weekly focus on the fundamentals of two of nine sports (soccer, hockey, football, basketball, baseball, volleyball, golf, tennis, lacrosse). In addition to physical fitness, kids will develop self-confidence, sportsmanship, and team pride!

Jami Brown (Owner, Amazing Athletes of West Houston) is a licensed Occupational Therapist specializing in Pediatrics. Jami uses playful activity to help children improve both gross and fine motor skills. She believes it is never too early to expose children to a healthy and active lifestyle.

BALLET, TAP, AND JAZZ

Thursdays

September 8-December 15

(No class November 24)

Pre-Ballet and Creative Dance (No Tap)***

2:45-3:30 PM

Age: 3-5

Cost: \$161

Ballet and Tap*

3:40-4:35 PM

Age: Kindergarten-1st Grade**

Cost: \$168

Ballet, Tap, and Jazz*

3:40-4:35 PM

Age: 1st**-3rd Grade

Cost: \$168

Dance with Attitude*

(Jazz, Hip Hop Basics, Drill Team Dance)

4:45-5:35 PM

Age: 3rd-5th Grade

Cost: \$175

Location: Rooms 171-172

Notes: * These classes may be combined
**Ballet instructor may change class placement
***Escort available from Yellow School and CDI

Students will learn dance basics, correct body posture, and the mechanics of more advanced combinations and dance styles. Beginning dance at an early age promotes self-esteem, discipline, confidence, and a stronger body.

Uniform (age 3-4): Black leotard, pink tights, pink leather ballet shoes, any color ballet skirt.

Uniform (school age): Black leotard, black jazz pants, pink leather ballet shoes, black tap shoes; jazz shoes required for *Dance with Attitude*.

Recital proposed in May 2012. Participation is optional, but encouraged. Additional costume fee for recital.

Susan Bates has taught dance since 1979. She has a BS in Education and organized the **Superstar Dance** program to have the highest educational values. Classes are taught by instructors devoted to a Christ-centered life, and the materials and dance moves presented reflect this view. In order to be the best child educators, the teachers are always learning, keeping classes challenging and fun!



BASKETBALL CO-ED HOOPS SCHOOL

Mondays

Session I: September 12-October 10

Session II: October 17-November 14

6:00-7:30 PM

Age: 7-13 (Boys and Girls)

Cost: \$100 One 5-week session

\$190 Both Sessions

Location: Gym

*Sibling Discount: 25% off; register in the REACH office to receive discount

Kids are drilled on the fundamentals of basketball at all positions of the game, including precision techniques on shooting, dribbling, passing, rebounding, defense, and offense. Coaching is done in a Christ-centered environment, stressing the importance of hard work, sportsmanship, discipline, and honesty.

Heidi Burge Horton played in the WNBA for the Los Angeles Sparks and Washington Mystics, and for six seasons in Europe. Her collegiate career was at the University of Virginia, where she was an Academic All-American. She speaks six languages and specializes in teaching post play. The 2002 Disney movie *Double Teamed* is based on the lives of Heidi and her twin sister, Heather Burge.



CAMEO: THE CONFIDENCE COURSE

Mondays

September 12-December 12

(No class November 21)

Beginners: 5:00-6:00 PM

Advanced: 6:00-7:00 PM

Age: 9-14

Cost: \$200

Location: Rooms 171-172

In this fun and exciting class, students learn about poise (posture, gracefulness, how to take good pictures), grooming (skin, hair, and nail care), wardrobe (how to shop, dress to express yourself, line, colors), manners (dining etiquette, thank you notes, conversational arts), and more. The courses aim is to build polish, confidence, and self-worth. We will even have a photo shoot at the end of the semester!

Joann Reine-Lewis has over twenty-five years of professional modeling and teaching experience. She had her own segment on Houston's CBS affiliate for the original *Morning Show*, and has judged many local and national beauty contests, from Junior Miss to Miss Universe. Joann is a former director of three John Robert Powers Modeling Schools and now owns her own Cameo Modeling Schools in several Houston locations.



COOKING

Wednesdays

September 7-December 14

(No class November 23)

2:30-3:30 PM*

Ages: 4-6

4:00-5:00 PM

Ages: 5-10

Cost: \$238

Location: Room 206

Notes: *Escort available from Yellow School

Let your child discover the joy of cooking in this fast-paced, hands-on class. Students learn cooking techniques while developing math and science skills, with a few lessons on manners thrown in, too. Each week we will make all sorts of goodies, try things we never thought we would, make some messes – and of course learn how to clean them up!

Chris McClurkin is the owner of Catering to Kids. While teaching, she decided to give catering a try, making lunches for children in many area schools. This evolved into the Catering to Kids Cooking School, which has been teaching children cooking for almost ten years.

DANCE WITH VANESSA

Tuesdays

September 6-December 13

(No class November 22)

2:45-3:30 PM

Ages: 3-5

Cost: \$161

Location: Room 171-172

Notes: Escort available from CDI and Yellow School
Parents allowed viewing in room on visitors' day only (last day of semester)

Beginning ballet technique and rhythm tap steps, especially designed for three to five year-olds. The primary emphasis is on developing rhythm, basic motor skills, attention span, self-discipline, and self-expression through song and dance.

Uniform: Pink or black leotard, pink tights, pink leather ballet shoes, black tap shoes, any color ballet skirt.

Vanessa Brown is an assistant director of Allegro Ballet of Houston and has been on the faculty at Allegro Academy of Dance since 1982. She majored in Ballet on a dance scholarship at the University of Oklahoma and has been awarded many scholarships to continue her study. She is co-director of Young Tanzsommer/Austria and Assistant Director of the Glenda Brown Choreography Conference.



GINGERBREAD HOUSE EVENT

Saturday, December 3

10:00 AM-12:00 PM

Cost: \$30

Location: Fellowship Hall

Come enjoy two hours of creativity and fellowship while designing a masterpiece for the holidays! A snowstorm of icing and huge candy buffet will help your family create your own special gingerbread house. To further inspire you, watch MDPC's Chef Michael design his own piece, which often receives the highest bid at the annual Children's Museum Gingerbread House Bash auction! *Early registration is highly recommended; only a limited number of preordered houses will be available.*

Chef Michael Lieb has always loved cooking and teaching. He attended San Jacinto College for culinary arts and honed his craft working for several Houston fine dining restaurants.



TGA GOLF

Tuesdays

September 6-October 25

4:00-5:00 PM

Ages: 5 years-8th grade

Cost: \$190

(includes equipment and goodie bag)

Location: Gym

Contact: David at dbergeron@golftga.com or 281-298-0084

The Texas Golf Association Junior Golf Class focuses on putting, chipping, swings, and course management. Students also learn life values like respect, responsibility, integrity, and sportsmanship. TGA provides all equipment; students may bring their own clubs if they wish.

David Bergeron, TGA Territory Director and owner of TGA of West Houston, has been a Head Golf Professional and Junior Golf advocate for over thirteen years. Each TGA coach has a PGA, LPGA, or TGA certification. They have been trained in age-appropriate golf skills specific for K through 8th grade and bring six to fifteen years of experience teaching golf to kids.





MANNERS MATTER!

Meet, Greet & Say Good-Bye

Tuesdays and Thursdays

September 6, 8, 13, 15

1, 2, 3 Let's Eat!

Tuesdays and Thursdays

September 20, 22, 27, 29

3:45-4:45 PM

Ages: 4-7

Cost: \$60

Location: Room 206

Catherine the Mannerly Cat hand puppet helps children learn the basics of introduction, such as greeting, eye contact, and handshaking. The class curriculum is play-nourished activities from the Protocol School of Washington, with lessons for the student to take home and practice with the parent. Children will learn social skills to last a lifetime.

Lesli Westfall owns *Manners Matter!*, an etiquette program for children. Her goal is to draw out the best character of each child and teach them to show goodness towards others. She has degrees in Respiratory Therapy and Health Care Administration, and enjoys spending time with her family and being involved at her church.

PIANO LESSONS

Wednesdays

September 7-December 14

(No class November 23)

Ages: 3 and up

Cost: \$107 (Four 30-minute lessons)

Location: Room 210

Notes: Extended times available
Make-ups by appointment only
Termination requires 30-day notice

Contact: John at czerny32@sbcglobal.net or
832-978-6566

John Ford has been teaching piano full-time since 1988. He is a member of the Katy Music Teachers Association and Past President of the Houston Music Teachers Association. He teaches acoustic piano, digital keyboard, duets, jazz, classical, pop, and ragtime. He combines games, theory, recitals, and guild auditions in piano lessons.



POTTERY

Sundays

November 6, 13, 20

2:00-5:00 PM

Ages: 11 and up
(younger with instructor approval)

Cost: \$110

Location: Room 206

Notes: Must register by October 28

Free tuition is offered to grandparents who accompany their grand kids and work on a project together.

Students learn the basics of clay sculpture using hand-building techniques to produce their own masterpieces. We'll discuss the properties of clays, and differences in construction techniques and glazing will be demonstrated. Dishes and utensils we make from stoneware are oven and dishwasher-safe; supplies included in tuition.

Elizabeth Braun, an active participant in the life of MDPC, brings her passion for pottery to teaching the basics of art and encouraging others to realize their creative talents.



MINI-STARS SOCCER

Wednesdays

September 7-December 14

(No class November 23)

2:35-3:25 PM

Ages: 3-6

Cost: \$234 (soccer ball included)

Location: Gym

Notes: Escort available from Yellow School and CDI

Contact: Luis at 281-865-6031

Children work on coordination and develop a new skill in each class. Each student has their own ball at all times, allowing them to practice and play at the appropriate level. The challenge of the skills games keeps learning fun. At the end of each class, every child is awarded a prize. Students will decorate a soccer ball to take home at the end of the program!

Luis Labastida, the Director of the Mini-Stars program, has played professional soccer internationally for many years. He coaches extensively at the youth level, club soccer, and Olympic Development Program.





SOCIAL MOTION SKILLS

Saturday Bond Club

Saturdays

September 24-December 17

(No class November 26)

11:00 AM-12:55 PM (Bring a sack lunch)

Age: 3rd Grade-High School

Location: Rooms 171-172

Contact Social Motion Skills to register:

socialmotionskills.org or
713-705-6851

A half hour of social skill interaction followed by one and a half hours of LEGO robotics. Join the fun and build projects and friendships! Classes are for any child who functions at grade-level, but experiences social integration difficulties. Some participants have a formal diagnosis, others do not. To determine if your child could benefit, complete the Social Skills Survey at www.socialmotionskills.org.

All **Social Motion Skills** teachers are degreed, certified, and/or experienced in working with high-functioning autism spectrum disorders, Asperger's, PDD-NOS, ADHD/ADD, language and learning differences, and gifted and talented.

TUMBLING AND GYMNASTICS

Mondays

September 12-December 12

(No class November 21)

2:30-3:15 PM*

Ages: Almost 3s- Kindergarten

3:30-4:20 PM*

Ages: Almost 5s & Elementary ages
More focus on tumbling skills

4:20-5:20 PM

Grades: K-5th Grade

Cost: \$155

Location: Gym

Notes: *Escort from Yellow School and CDI available
Class are separated into age groups
In-class demo on December 12

Contact: Coach Robbie at 713-335-3500

Since 1976, the Tumbling Company of Houston has offered children success-oriented, positive learning experiences in a non-competitive, athletic setting. Class activities include age-appropriate groupings and well-supervised practice of floor tumbling, vaulting, balance beam, simplified bars, obstacle courses, and movement games.

Robbie Hirst (Coach Robbie) directs the Tumbling Company and enjoys "encouraging children through movement." Robbie is a committed follower of Christ, devoted to his wife and their five children, and holds a BS in mechanical engineering from Texas A&M. In 2001 he migrated from the engineering world of objects in motion to the developmental instruction world of children in motion.



VOICE LESSONS

Wednesdays

September 7-December 7

(No class November 23)

2:00-6:30 PM

Ages: 6 and up

Cost: \$120 (Four 30-minute lessons)
\$240 (Four 60-minute lessons)

Location: Room 214

Contact Shannon to schedule or for information:
shannonlangman@gmail.com
or 607-232-0781

Enhance your singing talent through private voice lessons with personalized goal setting and vocal training at your own rate and level. If you want to sing better in choir or as a soloist, or just to find out what you can really do, voice lessons are for you.

Shannon Langman Smith has sung oratorio, light opera, and musical theater roles professionally around the globe. As an instructor, she focuses on each individual's goals to ensure positive results. Shannon is on voice faculty at Lee College and at Berry Miller Junior High, teaching a wide age-range of students. She holds a BMus in Vocal Performance and an MMus in Opera Performance.

WOODWORKING

Tuesdays

September 13-December 6

(No class November 22)

Woodworking I*

2:30-3:30 PM

Ages: 4-6

Advanced

(with instructor permission; must have taken WWII)

3:30-4:30 PM or 4:30-5:30 PM

Ages: 5-9

WOODWORKING cont'd

Thursdays

September 15-December 8

(No class November 24)

Woodworking I Lunch Bunch

Please bring a lunch (No peanut or nuts, please)

12:15-1:45 PM

Ages: 4-6

Woodworking I*

2:30-3:30 PM

Ages: 4-6

Advanced

(with instructor permission; must have taken WWII)

3:30-4:30 PM or 4:30-5:30 PM

Ages: 5-9

Cost: \$255; WWI Lunch Bunch \$275

Location: Room 119

Notes: *Escort from yellow school available

Contact: Linda at
woodworkingforyoungchildren@gmail.com

Priority enrollment for current students; waiting list available.

Boys and girls learn basic woodworking skills while building small projects (no kits). They learn to safely use hand tools as they progress through these leveled classes.

Linda Engelland has a BS in Education with a minor in Psychology and is an AMS (pre-primary) Montessori-certified teacher. She has taught woodworking for children since 1993.



ADULT CLASSES



ART AND YOGA FOR ADULTS WITH DISABILITIES

Mondays

September 12-December 12

(No class November 21)

9:30-11:30 AM

Location: Rooms 102-103

Contact Erin Hauder to register or volunteer:

ehauder@eastersealshouston.org

or 713-838-9050

An opportunity for adults with disabilities to socialize and have some fun with yoga, exciting art projects, bingo, and life skills activities. Lunch is provided after class.

Volunteer Opportunity

As a volunteer you will help clients participate in activities, get their tray at lunch, and socialize. Volunteers only need to commit one Monday at a time.

Easter Seals of Greater Houston is a non-profit corporation established to provide comprehensive services to individuals with disabilities and their families. For more information visit www.eastersealshouston.org.



ART

Wednesdays

September 7-December 7

(No class November 23)

11:00 AM-2:00 PM

Cost: \$230

Location: Room 170

This class teaches painting using oils and acrylics. Beginning students will learn the basics of color theory, composition, and shading. Intermediate students will be encouraged through class exercises and their individual projects. Instruction includes lessons, demonstration, and one-on-one guidance. This is for first-time art students, as well as those who are looking for a safe, supportive place to paint.

Bridget Wolk's love of art began in childhood and led to training in fine art, illustration, and graphic design. She has exhibited in many art shows, including a spotlight on alumni show at the Art Institute of Houston. She is an avid painter and member of the Prism Painter's Society, HAS, and HCAA.



CORE STRENGTH TRAINING

Tuesdays and Thursdays

September 6-December 15

(No class November 22, 24, and two dates TBD)

11:45 AM-12:30 PM

Cost: \$130 (1/day week)
\$260 (2/day week)

Location: Rooms 171-172

Strength training increases lean muscle mass and metabolism, and core stability training is essential for daily living and injury prevention. Each class will begin with a 5-10 minute warm up, and end with 5 minutes of stretching and relaxation. Suitable for men and women of all ages. Bring water bottle to class.

Kathryn White was a dancer for over 11 years and is a certified aerobics instructor as well as a certified Zumba fitness instructor. She has taught fitness classes since 1990 with the YMCA, 24 Hour Fitness, Texas Instruments, and private fitness centers. Kathryn is MDPC's Director of Music and Organist



KNITTING

Wednesdays

September 14-November 2

Beginners' Class

9:30-11:30 AM

Techniques Class

1:00-3:00 PM

Cost: \$120

Location: Room 126

Beginners' Class is great for first-time knitters, but all levels are welcome! Students will learn basics while knitting a scarf. Resources will be available to inspire you to try other types of yarn, stitches, and projects. A supply list is available at reach.mdpc.org and in the Reach office.

Techniques Class is for advanced beginners and up. We are going to make a sampler that incorporates many knitting techniques useful in a variety of projects and situations.

Becky Weatherall has been knitting since high school, and accompanied her mother to the knit shop for years prior. The result of this long-time exposure has imbued her with an insatiable love for textiles. Becky is always looking for opportunities to pass along her love for the craft. Becky will be available one Friday morning a month for extra help if needed.



MAH JONGG

Mondays

October 17-November 21

10:00 AM-12:00 PM

Cost: \$185 (plus \$7 for Mah Jongg card)

Location: Room 170

Learn the basic skills and rules of Mah Jongg. Mah Jongg is a fascinating rummy-like game, played with tiles rather than cards. It originated in China in the time of Confucius and remains the most popular game in the Orient. This class is perfect for players at all levels. The Mah Jongg set will be provided.

Sally Pehr has been teaching Mah Jongg for many years and has played in national tournaments. She still plays several times a week using her mother's set and looks forward to teaching you this fascinating game!

YOGA

Mondays, Wednesdays, Fridays
September 2-December 16

(No class Sept. 5, Nov. 21, 23, 25)

9:30-10:30 AM

Cost: \$10/class
\$90/10-class card
(card expires after 3 months)

Location: Rooms 171-172

Tone the body and tune the mind! Increase your strength, stamina, balance, and flexibility through Yoga. This 5,000-year-old tradition links breath with movement and leaves you energized, refreshed, and relaxed. Participants must bring a mat.

