



# P R E S C H O O L

## DANCE: PARENT & CHILD

Sept 2-Nov 18 12 sessions Wednesdays  
Program #09FG118

Classes designed with a special theme to introduce very young boys and girls, age 2-3 years (BY 8/1/09), to dance and movement through familiar and creative images. Students are introduced to a group class setting with the comfort and assistance of a nearby parent/caregiver. Students should wear a pink leotard, pink tights and pink ballet slippers. Parent/caregiver are not required to wear ballet slippers. Hair should be worn in a ponytail. **No early bird discount.** Instructor: Carroll County Dance Center staff  
TIME: 4:15-5pm FEE: \$81  
LOCATION: Taneytown Senior Center



## DANCE: PRE-BALLET AND TAP

Sept 2-Nov 18 12 sessions Wednesdays  
Program #09FG119

Children age 3-5 years (BY 8/1/09) will learn to listen and move to rhythm, practice simple floor exercises, and begin to study the fundamentals of ballet and tap. Movement and music are explored through creativity and imagery. Children begin to work independently in exercises across the floor, and begin to learn step sequences. Students should wear a pink leotard, pink tights, pink ballet slippers and black tap shoes. Hair should be worn in a bun. **No early bird discount.** Instructor: Carroll County Dance Center staff  
TIME: 5-6pm FEE: \$108  
LOCATION: Taneytown Senior Center

## INTRODUCTION TO TINY TIGERS - MARTIAL ARTS

Sept 9-Sept 23 OR Sept 30-Oct 14 OR Oct 21-Nov 4  
3 sessions Wednesdays

Program #09FG120 9/9-9/23  
Program #09FG121 9/30-10/14  
Program #09FG122 10/21-11/4

Are you looking for an opportunity for your preschooler to interact with others while having a great time? Do you have a preschooler that needs to burn off some energy? Maybe your child needs help learning how to take turns. This introductory, age-appropriate program is just what the 3 to 4-1/2 year old needs! We utilize beginning martial arts activities and a variety of games to help children develop gross and fine motor skills while working on social skills such as taking turns, following directions, teamwork, and gaining self confidence. Instructor: Master Bun Huor  
TIME: 12:30-1pm FEE: \$25  
LOCATION: Sykesville Tae Kwon Do Academy, 1532 Liberty Road

## KIDACTIVE TOTS PRESCHOOL GYM

Sept 9-Oct 30 8 sessions Wednesdays OR Fridays

Program #09FG123 Wed. 9/9-10/28 @ Linton Springs Community Room  
Program #09FG124 Fri. 9/11-10/30 @ Rec & Parks, Robert Moton Center  
Children age 2-3 years will be introduced to balance and coordination skills along with gaining self confidence and socialization through fun/play. Parent participation is required. **No early bird discount.** Instructor: Pam Beall  
TIME: 9:30-10:15am FEE: \$70 each  
LOCATION: Choose above

## KIDACTIVE PALS PRESCHOOL GYM

Sept 9-Oct 30 8 sessions Wednesdays OR Fridays

Program #09FG125 Wed. 9/9-10/28 @ Linton Springs Community Room  
Program #09FG126 Fri. 9/11-10/30 @ Rec & Parks, Robert Moton Center  
Children age 3-5 years will learn to play as a group with games, relays, and planned activities that work on the muscles that help strengthen coordination and balance. **No early bird discount.** Instructor: Pam Beall  
TIME: 10:30-11:15am FEE: \$70 each  
LOCATION: Choose above



## TUMBLEKICKS: CAREGIVER & ME

Sept 9-Oct 28 8 sessions Wednesdays  
Program #09FG127

Children (walkers) age 15 mo. To 2-1/2 yrs are invited to participate with their Caregiver. Props (i.e., parachute, hoops, bean bags, etc.) and music are used to work on all areas of development while having lots of fun! There will be free play and structured activities each session. We will also use sports equipment and simple gymnastic equipment in class. Instructor: Tumblekicks staff  
TIME: 5:15-6pm FEE: \$60  
LOCATION: Westminster Family Center, 3<sup>rd</sup> floor

## TUMBLEKICKS: JUST ME

Sept 12-Oct 17 OR Oct 24-Dec 5 6 sessions Saturdays  
Program #09FG128 9/12-10/17  
Program #09FG129 10/24-12/5

Children ages 2-5 years have the opportunity to exercise and socialize without their caregiver. A variety of props and music will be used to explore movement and get fit in a fun environment. Participants will be introduced to basic tumbling, and pre-sports skills. Don't miss out on the fun! Instructor: Tumblekicks staff  
TIME: 9:30-10:15am FEE: \$45  
LOCATION: Westminster Senior Center

## TUMBLEKICKS: CAREGIVER & ME

Sept 12-Oct 17 OR Oct 24-Dec 5 6 sessions Saturdays  
Program #09FG130 9/12-10/17  
Program #09FG131 10/24-12/5 (no class 11/28)

All walkers between the ages of 15 months and 2-1/2 years are invited to participate in this program with their caregiver. A variety of props (i.e., parachute, hoops, bean bags, etc.) and music will be used to work on all areas of development while having lots of fun! There will be free play and structured activities each session. We will also use sports equipment and simple gymnastic equipment in class. Instructor: Tumblekicks staff  
TIME: 10:30-11:15am FEE: \$45  
LOCATION: Westminster Senior Center

## TUMBLEKICKS: JUST ME

Sept 14-Nov 2 8 sessions Mondays  
Program #09FG132

(Please see full description above.)  
TIME: 7-7:45pm FEE: \$60  
LOCATION: Westminster Family Center, 3<sup>rd</sup> floor



## TENNIS TOTS

Sept 16-Oct 21 6 sessions Wednesdays  
Program #09FG133

A tennis program designed specifically for children ages 4-6; develop basic racket handling skills and court movement. A perfect way to introduce your tots to tennis! Parental supervision required. Equipment provided. No refunds for weather cancellations or rescheduling. **No early bird discount.** Instructor: Christi Fewster  
TIME: 5:30-6pm FEE: \$48  
LOCATION: Westminster City Park, tennis courts

## TINY HANDS CRAFTS

Choose dates below 4 sessions Thursdays OR Fridays

Program #09FG134 Thursdays, Sept 17-Oct 8  
Program #09FG135 Fridays, Sept 18-Oct 9  
Program #09FG136 Thursdays, Oct 29-Nov 19  
Program #09FG137 Fridays, Oct 30-Nov 20

Come see what tiny hands can do! A 'hands-on' class encouraging kids to be creative, get messy, have fun with paint, glue, glitter, foam, fabric, wood items & more. Children will make at least 2 projects per class; bring a smock! A perfect class for siblings to enjoy together! A materials fee of \$22 is due to the instructor at first class. Adult participation is required. Age 2-6. Instructor: Glazed to Perfection staff  
TIME: 10-11am FEE: \$40/child  
LOCATION: Thursdays @ Robert Moton Center, 300 S. Center Street  
Fridays @ Glazed to Perfection, 2030 Liberty Road

## MESSY PLAYTIME!

October 19 1 session Monday  
Program #09FG138

Dress for mess! A fun time with art and activities specifically designed for age 9-24 months. This class will allow your child to explore their creative side while creating art that you can treasure for years to come. We will explore the world of paint. There is a \$2/child supply fee due to instructor at beginning of class; parent/caregiver required to participate. Instructor: Tiffany Hicks  
TIME: 10-11am FEE: \$12  
LOCATION: Robert Moton Center



## KIDACTIVE TOTS PRESCHOOL GYM

Nov 4-Dec 18 (no 11/25 & 11/27) 6 sessions Weds. OR Fridays  
Program #09FG139 Wed. 11/4-12/16 @ Linton Springs Community Room  
Program #09FG140 Fri. 11/6-12/18 @ Rec & Parks, Robert Moton Center  
(Please see full description on previous page.)  
TIME: 9:30-10:15am FEE: \$54 each  
LOCATION: Choose above

## KIDACTIVE PALS PRESCHOOL GYM

Nov 4-Dec 18 (no 11/25 & 11/27) 6 sessions Weds OR Fridays  
Program #09FG141 Wed. 11/4-12/16 @ Linton Springs Community Room  
Program #09FG142 Fri. 11/6-12/18 @ Rec & Parks, Robert Moton Center  
(Please see full description on previous page.)  
TIME: 10:30-11:15am FEE: \$54 each  
LOCATION: Choose above

# SPECIALS



## BECOME THE ORGANIZED FAMILY MANAGER

Sept 9 OR Sept 23 1 session Wednesday  
Program #09FG143 10am-12pm, 9/9, Robert Moton Center  
Program #09FG144 7-9pm, 9/23, Westminster Sr. Center  
This workshop for busy Moms will guide you in creating a Family Management Center for your busy home. This center becomes the "go to" place for any active family, and can include your calendars, schedules, quick access files (incoming and outgoing papers and communications), meal plans, cleaning schedule, home management notebook and launching pad. Learn to adapt these general ideas to your specific household needs and functions. This can be the first step in living a more organized life as you take control of your time, your calendar and the endless stream of paperwork coming and going in your home. Instructor: Cheryl Osterhouse  
TIME: Choose above FEE: \$30  
LOCATION: Choose above

## A.H.A. HEARTSAVER FIRST AID W/CPR AND AED

September 12 1 session Saturday  
Program #09FG145  
This American Heart Association course teaches how to manage illness and injuries, adult/child/infant CPR, managing airway obstructions, environmental emergency recognition and treatment, and AED use for adult/child victims. Geared towards those who need formal certification in CPR and First Aid skills (lifeguard, teacher, healthcare professional, public safety official, etc.) Age 14+. Instructor: Dan Egan, AHA certified  
TIME: 9am-4pm FEE: \$60  
LOCATION: Robert Moton Center



## BASIC COMPUTER INSTRUCTION

Sept 15-Oct 6 4 sessions Tuesdays  
Program #09FG146  
Learn about the basics of your computer's operating system. We will also discover shortcuts to make using your computer easier as well as exploring techniques in word processing. Instructor: Ellen Arvin  
TIME: 4-6pm FEE: \$45  
LOCATION: Cranberry Station Elementary School

## POETRY WRITING WORKSHOP

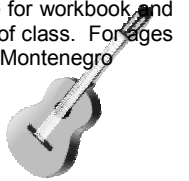
Sept 16-Oct 21 6 sessions Wednesdays  
Program #09FG147  
A supportive class where participants will explore aspects of craft and technique, use contemporary poems as inspiration, and discuss your poems in a writer's workshop. You can be a seasoned writer or just starting out - the group will embrace all levels. Study material included in program. Instructor: Katherine McCord  
TIME: 6:30-8:30pm FEE: \$65  
LOCATION: South Carroll Senior Center



## GUITAR FOR HOPELESSLY BUSY ADULTS & TEENS

October 6 1 session Tuesday  
Program #09FG148

Do you want to learn the guitar but simply find it difficult to find the time? In just a few short hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons! This crash course will teach you some basic chords and get you playing along with your favorite songs. Topics: how chords work in a song, tuning, basic strumming patterns, buying a good guitar, playing along with simple tunes. Bring your acoustic guitar. A \$29 materials fee for workbook and practice DVD will be due to the instructor at the beginning of class. For ages 13 to adult; visit [instantguitarnow.com](http://instantguitarnow.com). Instructor: Marcos Montenegro  
TIME: 6:30-9pm FEE: \$25  
LOCATION: Sandymount Elementary School, cafeteria



## ORGANIZING FOR THE HOLIDAYS

Oct 15 OR Oct 29 1 session Thursday  
Program #09FG149 10am-12pm, 10/15, Robert Moton Center  
Program #09FG150 7-9pm, 10/29, Westminster Senior Center  
Does the month of December find you hurried and harried rather than joyful and jubilant? We'll help you cruise through the holidays in organized fashion as you recapture some of that energy and joy that is so often lost in the details of the days. We'll discuss time saving strategies and ways to simplify your holiday plans that you can use year after year. We will talk about expectations, gift giving, cleaning and decorating, holiday meal planning, and the creation of a wrapping center! Instructor: Cheryl Osterhouse  
TIME: Choose above FEE: \$30  
LOCATION: Choose above

## A.H.A. BLS FOR HEALTHCARE PROVIDERS

October 24 1 session Saturday  
Program #09FG151  
An American Heart Association course for healthcare providers (EMS providers, doctors, dentists) who require cert. in CPR and related skills as a part of their job. Includes adult/child/infant CPR certification, breathing emergencies and airway obstructions, two-rescuer CPR, bag valve mask and barrier device use, and AED adult/child certification. Age 16+. Cert. Instr.: Dan Egan  
TIME: 9am-2pm FEE: \$60  
LOCATION: Robert Moton Center



## DINNER IS ON THE TABLE!

Oct 27 OR Nov 10 1 session Tuesday  
Program #09FG152 10am-12pm, 10/27, Robert Moton Center  
Program #09FG153 7-9pm, 11/10, Westminster Senior Center  
The dinner hour is fast approaching and, once again your anxiety level rises as you anticipate another trip to the grocery store or another trip through the drive through. Let this workshop help you keep your sanity through it all. Learn practical skills, tricks and techniques to meal planning, organizing your kitchen and pantry for maximum efficiency, and how to actually get those meals on the table, day by day! Instructor: Cheryl Osterhouse  
TIME: Choose above FEE: \$30  
LOCATION: Choose above

## A.H.A. PEDIATRIC FIRST AID W/CPR

November 14 1 session Saturday  
Program #09FG154  
An American Heart Association class for age 14+ involved in child care or who may have reason to respond to a pediatric medical emergency due to a job requirement. The focus is response and mitigation of pediatric medical emergencies. Course topics: adult/child/infant CPR and choking, basic first aid, medical and injury emergencies, environmental emergencies. CPR with AED skills certification included. Instructor: Dan Egan, AHA certified  
TIME: 9am-4pm FEE: \$60  
LOCATION: Robert Moton Center

## THE WAR YEARS - 1941-1945

December 7 1 session Monday  
Program #09FG155  
The "Greatest Generation" of Americans worked together for 4 long years to defeat tyranny and win freedom for people all across the world. We honor their sacrifice by taking time to celebrate their lives and the patriotism that led to Victory in World War II. We will remember the music, humor, rationing, sacrifices and victories. World War II veterans will be recognized as an honored guest - please call us to let us know you will be attending free of charge. Light refreshments; all ages. No early bird or senior discount.  
TIME: 7-8:30pm FEE: \$5  
LOCATION: Westminster Senior Center

