



BALLET AND TAP

Sept 2-Nov 18 12 sessions Wednesdays
Program #09FG156

Children age 6-8 years (BY 8/1/09) study ballet posture/alignment, with emphasis on strength in the torso/back. The study of rhythm and movement continues, and the classical ballet concepts required for the first technique class are introduced. Students study turnout, the use of feet/head/arms, placement of torso and body alignment. Elementary barre exercises are learned on the floor, more complex rhythms and steps are learned in the center and across the floor. Student should wear a black leotard, pink tights, pink ballet slippers; hair should be worn in a bun. **No early bird discount.** Instructor: Carroll County Dance Center
TIME: 6-7pm FEE: \$108
LOCATION: Taneytown Senior Center

BALLET

Sept 5-Nov 21 (no 9/19, 10/17) 10 sessions Saturdays
Program #09FG157

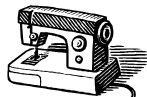
Children age 3-5 years (BY 8/1/09) will learn to listen and move to rhythm, practice simple floor exercises, begin to study the fundamentals of ballet. Movement and music are explored through creativity and imagery. Children begin to work independently in exercises across the floor, and learn sequences of steps. Most students will attend this level for 1-2 years. Students should wear a pink leotard, pink tights, pink ballet slippers; hair should be worn in a bun. **No early bird discount.** Instructor: Carroll County Dance Center staff
TIME: 10:45-11:30am FEE: \$68
LOCATION: Mt. Airy Middle School, cafeteria



SOCCER CLINIC - SHOOTING STARS

Sept 10-Oct 29 8 sessions Thursdays
Program #09FG158

A developmental clinic designed for young emerging players of all abilities. The shooting stars program will focus on developing the fundamentals needed to play the game at a higher level and is intended to increase the player's performance, understanding and appreciation of the game. The program is ideal for players of all levels looking to improve their skill and performance level in a "funtastic" environment. Players will be grouped according to age and/or ability. Maryland Soccer Academy Instructors: Anthony Karber and Phillip Gyau
TIME: 4:30-5:30pm FEE: \$65
LOCATION: Kate Wagner Field, Westminster



SEWING FOR FUN!

Sept 11-Oct 2 OR Oct 16-Nov 6 4 sessions Fridays

Program #09FG159 9/11-10/2 (lounge pants project)
Program #09FG160 10/16-11/6 (handbag project)

Kids GRADES 5-8 can join this class to learn to sew in a fun environment! All are welcome - no experience necessary. Learn the basics of using a sewing machine and fabrics. (Projects: Sept classes will sew lounge/pajama pants; Oct classes will sew a handbag) First night of class, the parent & child will meet at fabric store w/instructor to purchase your own fabric/pattern, etc. (a materials fee of approx. \$12-\$15 is needed). Bring your own sewing machine or use one we provide. Instructor: Bobbi Ward
TIME: 6:30-8:30pm FEE: \$45
LOCATION: Westminster High School, Room #E-123

TENNIS ADV. BEGINNER/INTERMEDIATE

Sept 14-Oct 19 6 sessions Mondays
Program #09FG161

A tennis program perfect for advanced beginners to intermediate participants ages 11-16. This course will help develop tennis strokes and perfect technique. Equipment provided. No refunds for weather cancellations or rescheduling. **No early bird discount.** Instructor: Christi Fewster
TIME: 5:30-6:30pm FEE: \$65
LOCATION: Westminster City Park, tennis courts



TENNIS - BEGINNER

Sept 16-Oct 21 6 sessions Wednesdays
Program #09FG162

A program perfect for beginners ages 7-11. This course will help children new to the sport of tennis develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will also learn scoring and boundaries for both singles and doubles play. Equipment provided. No refunds for weather cancellations or rescheduling. **No early bird discount.** Instr.: Christi Fewster
TIME: 6-7pm FEE: \$65
LOCATION: Westminster City Park, tennis courts

TENNIS - JUNIOR LEAGUE PLAY

Sept 15-Oct 20 6 sessions Tuesdays
Program #09FG163

Youth age 11-16 will play matches against other junior players in preparation for higher level play. No instruction will be given. **No early bird discount.** Coordinator: Christi Fewster
TIME: 5pm-until FEE: \$25
LOCATION: Westminster City Park, tennis courts

YOGA KIDS

Sept 16-Nov 4 8 sessions Wednesdays
Program #09FG164

Yoga builds strength and flexibility, aids relaxation and stress reduction, promotes mental focus, and increases body awareness, self respect, and self confidence. Through a playful practice that includes poses, games, music and relaxation techniques, kids have a fun time while soaking in all the benefits of yoga. Grades K-5. Instructor: Liz Clark
TIME: 3:45-4:45pm FEE: \$65
LOCATION: Piney Ridge Elementary school



MGMODELS - MODEL I

Sept 17-Nov 5 8 sessions Thursdays
Program #09FG165

Ever wonder what it takes to be a model or actor? Do you hear all of the radio ads and wonder what if? Join in on the Real Deal of the industry! Taught by industry professionals, you will learn what it takes to break into the industry safely and successfully. Including photographs, marketing materials, training, finding an agent, auditions, bookings, the financial investment and much more! This is a great course for the beginner talent exposing them to the many opportunities the industry can offer in TV and print. Girls and guys, age 4-25. Includes mini photoshoot. Instructors: Megan Graybeal & Courtney Hejl
TIME: 4:30-5:30pm FEE: \$149
LOCATION: MGModels/Savage Dance Co., 20-D Liberty Road, Sykesville

AMERICAN RED CROSS BABYSITTER TRAINING

Sept 19 OR Nov 7 1 session Saturday
Program #09FG166 September 19 - Oklahoma Road Middle, cafe
Program #09FG167 November 7 - West Middle School, cafe

Babysitters need to be prepared for anything. This American Red Cross Babysitter's Training course features many interactive activities that help students learn the prevention, preparation and emergency skills every good babysitter needs. Subjects covered include: leadership, safety and safe play, basic care, first aid and professionalism. For ages 11-15 (you must be 13 in order to babysit for a child under the age of 8 in the state of Maryland). Bring pen and paper, and a bag lunch. Participants will receive the Red Cross babysitter's handbook, babysitting notepad and a certificate of attendance. Class fills quickly-SIGN UP EARLY! **No early bird or senior discount.** Instructor: ARC staff
TIME: 9am-4pm FEE: \$85
LOCATION: Choose above

"FALL" INTO CHINESE FUN

Sept 29-March 2 (no 11/24, 12/29, 2/16) 20 sessions Tuesdays
Program #09FG168

Want to learn Chinese language that's fun, and learn Chinese culture without opening the big book? Then fall into Chinese fun this Fall! While having fun singing traditional Chinese children's songs, listening to interesting stories about Chinese culture, playing traditional Chinese games, making fascinating crafts, and having conversations with a native Chinese instructor, students will gradually build a solid Chinese language and culture foundation. This in-depth program consists of 20 sessions and is open to K-6 graders interested in Mandarin Chinese. Instructor: Cheng Chen
TIME: 4-4:50pm FEE: \$240
LOCATION: Carrolltowne Elementary



FRENCH IS FUN!

September 29-December 8 (no 11/24) 10 sessions Tuesdays
Program #09FG169

Youth grades K-5, come sing, dance and learn French! Students will learn basic French vocabulary and greetings through games, songs and fun. By the end of the course students will be able to greet each other, say their birthday, age, favorite color, as well as other phrases! Some other vocabulary topics covered include family, numbers, weather, days of the week, and months of the year. Instructor: Megan Porter
TIME: 4-4:50pm FEE: \$120
LOCATION: Carrolltowne Elementary



YOUTH & TEEN



LEARN SPANISH NOW

Sept 29-Mar 2 (no 11/24, 12/29, 2/16) 20 sessions Tuesdays

Program #09FG170

Hola!! Learn ESPANOL PARA NINOS as a way to share this beautiful language and culture. A fun and entertaining program that engages children in a multiple learning environment. Children have the great capacity to absorb and learn almost anything they see and hear. By making Spanish a part of your child's world they can improve overall cognitive abilities, acquire improved communication skills, and increase their ability to compete in the global economy. Instructor: Chuza Bolger

TIME: 4-4:50pm FEE: \$240

LOCATION: Carrolltowne Elementary



TEEN SCRAPBOOKING

Sept 30 OR Oct 28 1 session Wednesday

Program #09FG171 9/30

Program #09FG172 10/28

Make 4 12x12 scrapbook pages using exclusive rubber stamps, cardstock, ink, designer papers, embellishments. Then, at home, add your pictures and pages in your scrapbook. A \$20 material fee due to instructor at beg. of class. Age 14-20. **No early bird or senior discount.** Instructor: Adrian Mondy

TIME: 7-9pm FEE: \$10

LOCATION: Westminster High School, Room #E-111

YO-YO FUN!

Oct 5-Oct 19 3 sessions Mondays

Program #09FG173 9-10:30am, for ages 8-10 years

Program #09FG174 10:30am-12pm, for ages 11-adult

A fun introductory course rediscovering the art of yo-yoing – not just a great past-time from days gone by! Learn the basics from a 1999 world champion! Get "fitted" for your yo-yo, then learn basic tricks like "gravity pull," "forward pass," "sleeper," "break-away" and progress to "eat spaghetti and pizza!" using a yo-yo! Not just for kids – **adults are welcome, too!** A \$5 materials fee is due to instructor at first class. Instructor: Chuck Pribulick

TIME: Choose above FEE: \$25

LOCATION: Robert Moton Center



PASS THE PEAS, PLEASE

Oct 5-Oct 26 4 sessions Mondays

Program #09FG175

An excellent class for those kids who want to "gobble up" all there is to know about dining situations (formal & informal). Learn about acting as a good host/hostess while dining, behavior at the table, mealtime manners, posture, conversation and so much more! The final class will be a mini-meal to show off all that you have learned. At the family dinner table, your favorite family restaurant or a special occasion meal, skills gained will be put to use every day! Age 8-11; see www.etiquetteforeveryday.com. Instructor: Kelly Frager

TIME: 6:30-7:30pm FEE: \$65

LOCATION: South Carroll Senior Center

SPORTS PERFORMANCE TRAINING

Oct 6-Oct 22 6 sessions Tuesdays AND Thursdays

Program #09FG176 High School students, 6-7pm

Program #09FG177 Middle School students, 5-6pm

Program #09FG178 Youth, 4-5pm

Athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength and flexibility. Focus on core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics, ladder drills and resistance training. After completing the program, athletes are stronger, faster and more explosive. **No early bird or senior discount.** Instructor: TZ Sports staff

TIME: See above FEE: \$95

LOCATION: TZ Sports, 6400 Ridge Road, Suite 206, Eldersburg

COMMUNICATION 101

Nov 2-Nov 23 4 sessions Mondays

Program #09FG179

A class designed to give middle schoolers the tools for effective communication and increased confidence. We'll review greetings and introductions, first impressions and image, conversation skills, listening skills, public speaking, telephone texting and on-line etiquette, and thank you notes. All topics are presented in fun, interactive ways that engage students! Age 11-14; see www.etiquetteforeveryday.com. Instructor: Kelly Frager

TIME: 3:30-4:30pm FEE: \$60

LOCATION: Oklahoma Road Middle School



carroll gymnastics center

All classes/camps listed below are held at the Carroll Gymnastics Center, located in the Four Seasons Sports Complex, at 2710 Hampstead-Mexico Road, in Hampstead (Rt.

482). Carroll Gymnastics is a full service gymnastics facility sponsored by Carroll County Recreation and Parks. Classes are offered for children ages 18 months through adult. The highly trained CGC staff will make your experience fun while learning new skills in a positive, safe and caring environment. For more info, please call 410-374-8655.

FALL SESSION 1: SEPTEMBER 4 - OCTOBER 23

FALL SESSION 2: OCTOBER 30 - DECEMBER 18

All programs are FRIDAYS for 8 sessions

KINDERGARTEN GYMNASTICS (age 5 years)

Program #09FG180 FALL 1

Program #09FG181 FALL 2

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1.

TIME: 9:30-10:15am FEE: \$90

MOMMY & ME GYMNASTICS (age 18 months-3 years)

Program #09FG182 FALL 1

Program #09FG183 FALL 2

Designed for the younger child, with parental assistance, to learn beginning movements and activities in a structured environment. Student/instructor ratio 7:1.

TIME: 10:15-11:00am FEE: \$90

PRESCHOOL GYMNASTICS (age 3 & 4 years)

Program #09FG184 FALL 1

Program #09FG185 FALL 2

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1.

TIME: 11-11:45am FEE: \$90

HOMESCHOOL GIRLS GYMNASTICS (age 6 years & up)

Program #09FG186 FALL 1

Program #09FG187 FALL 2

Designed for the beginning gymnast. Students will learn basic skills on all gymnastics equipment and trampoline. Student/instructor ratio 8:1.

TIME: 11:45am-12:45pm FEE: \$110

HOMESCHOOL BOYS GYMNASTICS (age 6 years & up)

Program #09FG188 FALL 1

Program #09FG189 FALL 2

Designed for the beginning gymnast. Students will learn basic skills on all gymnastics equipment and trampoline. Student/instructor ratio 8:1.

TIME: 11:45am-12:45pm FEE: \$110

HOMESCHOOL RUN 'N FUN CARDIO (age 6 years & up)

Program #09FG190 FALL 1

Program #09FG191 FALL 2

Designed as a fast paced class utilizing races and other activities to work the cardiovascular system. Student/instructor ratio 8:1.

TIME: 1:15-2pm FEE: \$90