



FAMILY

CHINESE LANGUAGE & CULTURE FOR CHILDREN

February 14–April 4 8 sessions Saturdays
Program #09SG45

A fun and interesting celebration of Chinese language and culture for children ages 3-8. Your child will study Mandarin Chinese and experience elements of Chinese culture such as dance, crafts and songs. One half hour is devoted to group activity time, with the second half hour broken down by 3-5 and 6-8 age groups for language instruction tailored to each age group. Parent involvement is encouraged, but not required. Come learn together! **No early bird discount.** Instructor: Rosy Huang, a native of Tian jin, China.

TIME: 10:30-11:30am FEE: \$108/child

LOCATION: Sykesville Middle School

COMMUNITY YARD SALE

May 16 (rain date 5/23) 1 session Saturday
Program #09SG46

Join your community yard sale featuring many local residents and vendors in one convenient location. Get your space which includes one long rectangular table. Call Jessica at 410-239-3366 for more details.

TIME: 8am-2pm FEE: \$25

LOCATION: 4Seasons Sports Complex



EATING HEALTHY FROM CHILD TO TEEN

February 21 1 session Saturday
Program #09SG47

A parent's guide to eating healthy from child to teen from a Registered Dietitian and working mom of two children. Learn tips and trends for healthy eating and proper nutrition for age specific needs. Learn how to teach nutrition to children, dispelling myths. Question/Answer time included. Instructor: Judith Feola Gordon, RD, LDN

TIME: 11am-12:30pm FEE: \$25

LOCATION: Westminster High School, Room #E-124

FAIRY HOUSE BUILDING - MOTHER'S DAY

May 3 1 session Sunday
Program #09SG48

Celebrate Mother's Day with Mom and make her a gift to invite fairies into her garden. Build a beautiful woodland fairy house using all kinds of elements from nature, making a wonderfully inviting miniature house that any fairy would love to call home (mounted on solid oak disk). Workshop is complete with a nature hike and storytelling! Children under 10 must be accompanied by adult. Instructor: Melissa Lizmi

TIME: 1-3pm FEE: \$34/family (1 fairy house only)

LOCATION: Piney Run Park, pavilion 5

MAKE A CONCRETE BIRDBATH!

June 5 & June 7 2 sessions Friday AND Sunday
Program #09SG49

Create a beautiful leaf-shaped birdbath using a few simple tools, concrete and real leaves as our forms. Our first session will consist of a short hike to locate our modeling leaf, sand-casting your leaf and spreading the concrete. Once the concrete has cured, we will meet again to remove the leaf from the concrete, seat it and add concrete washes for color.

This fun activity is suitable for all ages; children under 8 must be accompanied by adult. Siblings are welcome to work together on one birdbath! There will be a \$5 materials fee due to the instructor the first class. Instructor: Melissa Lizmi

TIME: 4:30-5:30pm Friday, 3:30-4:30pm Sunday FEE: \$30/per bath

LOCATION: Piney Run Park

MOTHER/DAUGHTER PRINCESS COOKING FUN & TEA TIME

May 9 1 session Saturday
Program #09SG50

If your little Princess is interested in learning how to make some tasty snacks and then enjoying them with some new friends at a "royal" tea party, then sign her up for this fun event! Perfect mother/daughter (or father/daughter, or grandmother/granddaughter) outing. Children ages 6-9 will have loads of fun creating some easy, tasty snacks and then participating in a princess dress-up party to enjoy their goodies. Don't forget to bring your favorite dress-up outfit! A parent/guardian is required to attend. Instructor: Janet Maranto

TIME: 10am-12noon FEE: \$25/child

LOCATION: Westminster High School, Room #E-125

HEALTH & WELLNESS



AEROBIC DANCING

April 15–June 3 (no 5/25) 14 sessions Mondays AND Wednesdays
Program #09SG51

Aerobic Dancing by Jackie Sorenson is an international program dating back to 1967, and has been professionally offered in Carroll County for over 30 years. It is an aerobic fitness sport which combines the health and figure benefits of jogging with the fun of dancing. You can exercise at your own level as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and have fun socializing with friends. Bring floor mats, hand and leg weights if desired. **No early bird or senior discount.** Instructor: Paulette Greenwalt

TIME: 7-8pm FEE: \$42

LOCATION: Piney Ridge Elementary School, cafeteria

INTERNATIONAL MARTIAL ARTS & BOXING

February 4–May 6 (no 2/11, 3/11, 3/18, 4/8) 10 sessions Wednesdays
Program #09SG52

Tired of training in the same old karate class? Looking for something new to do? Why not try one of the most comprehensive and functional programs in Maryland. Muay Thai Kickboxing from Thailand, Jiu Jitsu from Brazil and Japan, the weapons art of Eskrima from the Philippines, and the personal martial art of Bruce Lee (Jeet Kune Do) are blended together to form a complete approach to martial arts. Age 10 and up. Instructor: Kevin Lumsden

TIME: 7-8pm FEE: \$50

LOCATION: Liberty High School

INTRODUCTION TO FENCING

March 5–April 30 (no 4/9) 8 sessions Thursdays
Program #09SG53

Fencing is one of the oldest and most fascinating sports in the world. The skill and timing that are involved in the successful execution of quick movements is astonishing. The precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent make this an extremely exciting sport! Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! Class is limited to 10 registrants and is open to ages 12+, all levels welcome. Students will be responsible for providing their own equipment (should not exceed \$110, however, some used equipment may be available on loan or for purchase at low cost). Instructor: Katie McPeak

TIME: 7-9pm FEE: \$75

LOCATION: Mount Airy Middle School

INTRODUCTION TO REIKI

March 30 1 session Monday
Program #09SG54

An informal class that introduces students to the concept of energy light in various forms such as auras and chakras. Students will be directed through a "hands on" exercise to become aware of universal energy and the ability to direct energy to oneself or another person without depleting your own energy. Instructor: Linda Kalb

TIME: 6:30-7:30pm FEE: \$20

LOCATION: Westminster Senior Center

JUMP-START WEIGHT LOSS - A BEGINNER'S GUIDE

March 5–April 16 (no 3/12 & 4/9) 5 sessions Thursdays
Program #09SG55

Jump-start your weight loss by learning the basics and knowing the facts. A Registered Dietitian teaches this beginner's guide. Learn effective methods for sustainable weight loss. Better food choices, cooking methods, and exercise importance. Understanding the implications of external and internal factors. Program is behavior based that includes calorie counting and food log. There will be group discussion time. REGISTRATION DEADLINE: 2/25/09. Instructor: Judith Feola Gordon, RD, LDN

TIME: 6:30-7:45pm FEE: \$135

LOCATION: Westminster Senior Center