



## MULTI SPORTS CAMP

July 13-17 5 sessions Monday-Friday

Program #09SM83 for ages 5-7, 9am-1pm

Program #09SM84 for ages 8-14, 9am-3pm

Experience over 15 different sports from around the world in one week. All activities take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all fun! Campers receive technical instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition. Sports include bocce, flag football, lacrosse, baseball, soccer, volleyball, parachute games and more! Cost of camp includes a t-shirt and a completion certificate. Don't wait - help your child find their sports niche - sign up today! **No early bird discount.** Instructor: US Sports Institute

TIME: Choose above FEE: \$149 ages 5-7 / \$169 ages 8-14

LOCATION: Kate Wagner field

## SPORTS PERFORMANCE TRAINING:

### MIDDLE/HIGH SCHOOL

5 sessions Monday-Friday

Program #09SM85 July 6-10

Program #09SM86 July 13-17

Program #09SM87 July 20-24

Program #09SM88 July 27-31

Program #09SM89 August 3-7

Program #09SM90 August 10-14



Middle School and High School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength, and flexibility. This program focuses on fun and challenging activities to enhance core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics. After completing the program, athletes are stronger, faster, and more explosive. **No early bird discount.** Instructor: TZ Staff

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TIME: 2-4pm FEE: \$150

LOCATION: TZ Sports, Eldersburg

## SPORTS PERFORMANCE TRAINING:

### YOUTH/MIDDLE SCHOOL

5 sessions Monday-Friday

Program #09SM91 July 6-10

Program #09SM92 July 13-17

Program #09SM93 July 20-24

Program #09SM94 July 27-31

Program #09SM95 August 3-7

Program #09SM96 August 10-14

Youth athletes age 8+ and Middle School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength, and flexibility. This program focuses on fun and challenging activities to enhance core and neuromuscular conditioning, re-engineering of movement mechanics, and rapid-response plyometrics. After completing the program, athletes are stronger, faster, and more explosive. **No early bird discount.** Instructor: TZ Staff

TIME: 10am-12pm FEE: \$150

LOCATION: TZ Sports, Eldersburg

## TUMBLEKICKS - KIDS ON THE MOVE

July 6-10 OR August 3-7

5 sessions Monday-Friday

Program #09SM97 7/6-7/10

Program #09SM98 8/3-8/7



This camp is for kids only (parents/caregivers get a break)! Children age 5-10 are welcome to come and be active while having lots of fun. In our gymnasium, get moving while working on increasing strength, balance, and endurance. Have fun using lots of props such as jump ropes, balls, scarves, mini trampoline, hula hoops and more while exercising! We will play partner and group games. Wear sneakers and comfortable clothing, and bring a labeled drink (non-sugar) and a snack each day. Instructor: Shareen Scibek

TIME: 12:30pm-3:30pm FEE: \$100

TIME: 12:30pm-3:30pm FEE: \$100

LOCATION: Robert Moton Center, 300 S. Center Street

## UNCOMMON CENTS: FINANCIAL LITERACY

August 3-7 5 sessions Monday-Friday

Program #09SM99

A fun and inventive program which encourages audience participation discussing the difference between needs and wants, and why it is important to set money aside for emergencies. It is demonstrated that, by saving money, we can purchase things that we would like to have, and the usefulness of saving money in a savings bank so that it can grow by using compound interest. Like magic, and by using magic, children see how their money can multiply by saving it on a consistent basis. Students learn about the concepts of saving, spending and sharing or donating money. Age 6-10. Instructor: David Felzenberg, Bubbles the Clown



TIME: 10:30-11:30am FEE: \$50

LOCATION: Robert Moton Center, 300 S. Center Street

## YO YO INSTRUCTION

June 22-July 6 3 sessions Mondays

Program #09SM100 9-10:30am for age 8-10 years

Program #09SM101 10:30am-12pm for age 11-14 years



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! Class will begin with the "fitting" of your yo-yo specifically for you. Participants will learn the basic tricks like "gravity pull," "forward pass," "sleeper" and "bread-away." Progress into learning how to "eat spaghetti and pizza!" using a yo-yo!

A materials fee of \$5 will be due to the instructor the first class. Instructor: Chuck Pribulick

TIME: Choose above FEE: \$25

LOCATION: Robert Moton Center, 300 S. Center Street



# YOUTH & TEEN



## WESTMINSTER ISLAND GREEN JUNIOR GOLF CAMP

3 sessions **Monday-Wednesday**  
**Program #09SM102** June 22-June 24  
**Program #09SM103** June 29-July 1  
**Program #09SM104** July 6-July 8  
**Program #09SM105** July 13-July 15  
**Program #09SM106** July 20-July 22  
**Program #09SM107** July 27-July 29  
**Program #09SM108** August 3-August 5  
**Program #09SM109** August 10-August 12  
**Program #09SM110** August 17-August 19



Learn all the golf basics. We will teach the full swing through the short game. Students will learn the proper grip, stance, posture and alignment as well as a proper swinging motion. Camp is designed for "Juniors" age 7-16. We offer a 5:1 student/teacher ratio in a fun, safe environment. Golf clubs can be provided, or bring your own; and a pizza lunch is included each day! Instructor is a former Mount Saint Mary's women's golf coach! Instructor: Bud Nason

**TIME:** 10am-1pm **FEE:** \$100

**LOCATION:** Westminster Island Green, 1199 S. Pleasant Valley Road

## WORLD CUP SOCCER CAMP

**July 27-31** 5 sessions **Monday-Friday**  
**Program #09SM111**

"A World of Fun at Your Feet," this soccer camp pushes the fun factor for children age 5-12. Each day players will enjoy learning soccer skills from around the world, while putting them to the test in fun challenges and games. Countries will face off against each other in daily soccer matches where the emphasis is on the excitement of playing soccer. Our British soccer coaches make sure the instruction, learning and fun go hand-in-hand. **No early bird discount.** Instructor: US Sports Institute

**TIME:** 9am-1pm **FEE:** \$149

**LOCATION:** Kate Wagner field



## MOMMY & ME (ages 18 mos - 3 yrs)

**June 16-July 30** 7 sessions **Tuesdays**  
**Program #09SM112**

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

**TIME:** 10:15-11am **FEE:** \$82

## KINDERGARTEN GYMNASTICS (age 5)

**June 16-July 30** 7 sessions **Tuesdays**  
**Program #09SM113**

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:** \$82



## carroll gymnastics center

All classes/camps listed below are held at 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.

## GIRLS BASIC GYMNASTICS (ages 6yrs & older)

**June 16-July 30** 7 sessions **Tuesdays**  
**Program #09SM114**

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

**TIME:** 11am-12pm **FEE:** \$100

## BOYS BASIC GYMNASTICS (ages 6 yrs & older)

**June 16-July 30** 7 sessions **Tuesdays**  
**Program #09SM115**

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

**TIME:** 11am-12pm **FEE:** \$100

## RUN 'N FUN CARDIO (ages 6 yrs & older)

**June 16-July 30** 7 sessions **Tuesdays**  
**Program #09SM116**

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

**TIME:** 12-1pm **FEE:** \$100

## PRESCHOOL GYMNASTICS CAMP

**August 10-14** 5 sessions **Monday-Friday**  
**Program #09SM117**

Designed for the younger child ages 3-5 years. Students will rotate through stations to learn basic skills on vault, bars, balance beam, mini tramp, tumble track, floor tumbling and trampoline. Snacks will be provided.

**TIME:** 9am-12pm **FEE:** \$140

## GYMNASTICS FULL DAY CAMP

**August 10-14** 5 sessions **Monday-Friday**  
**Program #09SM118**

Designed for the school-age gymnast ages 6 years & older. Students will be grouped by ability and learn basic skills on vault, bars, balance beam, mini tramp, tumble track, floor tumbling and trampoline. Swimming opportunities available at complex. Students must bring a bagged lunch.

**TIME:** 9am-4pm **FEE:** \$275

## CHEER TUMBLING CAMP

**August 10-14** 5 sessions **Monday-Friday**  
**Program #09SM119**

Designed for the school-age cheerleader age 6 years & older. Students will be grouped by ability and will work on tumbling skills using the trampoline, tumble track, mini tramp and floor tumbling.

**TIME:** 1-4pm **FEE:** \$140