



YOUTH & TEEN



BALLET AND TAP

Dec 2-Feb 17 (no class 12/23, 12/30) 10 sessions Wednesdays

Program #09WG112

Children age 6-8 years (BY 8/1/09) study ballet posture and alignment, with emphasis on strength in the torso and 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 the feet, head and arms, placement of the torso and body alignment. Elementary barre exercises are learned on the floor and more complex rhythms and steps are learned in the center and across the floor. Student should wear a black leotard, pink tights and pink ballet slippers; hair should be worn in a bun. **No early bird discount.** Instructor: Carroll County Dance Center staff

TIME: 6-7pm

FEE: \$90

LOCATION: Taneytown Senior Center



YOGA KIDS

Jan 13-Mar 3 8 sessions

Wednesdays

Program #09WG113

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



SEWING FOR FUN!

Jan 8-Jan 29 OR Feb 5-Feb 26 4 sessions Fridays

Program #09WG114 1/8-1/29 (loungewear project)

Program #09WG115 2/5-2/26 (handbag project)

Kids GRADE 5-8 can join this class to learn to sew in a fun environment! No experience necessary. Learn the basics of using a sewing machine and fabrics. (Projects: January class will sew lounge/pajama pants; February class will sew a handbag.) First night of class, the student and their parent will need meet at a fabric store w/ instructor to choose and 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

FUN WITH MANNERS JR.

Feb 1-Mar 1 (no 2/15) 4 sessions

Mondays

Program #09WG116

An enjoyable look at good manners and behaviors through story books, role playing and activities designed to engage young learners. We'll have fun exploring the "magic words", greeting and introductions, telephone manners, helpful behaviors, and how to be a great host or guest during a play date or birthday party. The last class will allow the kids to showcase their fantastic manners with a special celebration. This program offers a fun way for kids to continue their learning of these important life skills! Age 5-7. See www.EtiquetteForEveryday.com. Instructor: Kelly Frager

TIME: 6:30-7:30pm

FEE: \$65

LOCATION: South Carroll Senior Center



BASEBALL TRAINING CAMP

Dec 1-Dec 17 6 sessions Tuesdays & Thursdays

Program #09WG117

This baseball program is designed to improve the athlete's overall performance, as well as increase speed, agility, quickness, strength, flexibility and endurance. This program focuses on specific baseball drills, skills and exercises targeting the muscles necessary to become a better baseball player. After completing the program athletes are stronger, faster, and more explosive. Age: Middle and High Schoolers. **No early bird discount.** Instructor: TZ Sports staff

TIME: 4-5pm

FEE: \$95

LOCATION: TZ Sports, Eldersburg



LACROSSE TRAINING CAMP

Dec 1-Dec 17 6 sessions

Tuesdays & Thursdays

Program #09WG118

Designed to improve the athlete's overall performance, as well as increase speed, agility, quickness, strength, flexibility and endurance. This program focuses on specific lacrosse drills, skills and exercises targeting the muscles necessary to become a better lacrosse player. After completing the program athletes are stronger, faster, and more explosive. Age: Middle and High Schoolers. **No early bird discount.** Instructor: TZ Sports staff

TIME: 5-6pm

FEE: \$95

LOCATION: TZ Sports, Eldersburg

TRACK & FIELD TRAINING CAMP

Dec 1-Dec 17 6 sessions

Tuesdays & Thursdays

Program #09WG119

Designed to improve the athlete's overall performance, as well as increase speed, agility, quickness, strength, flexibility and endurance. This program focuses on specific lacrosse drills, skills and exercises targeting the muscles necessary to become a better track and field athlete. After completing the program athletes are stronger, faster, and more explosive. Age: Middle and High Schoolers. **No early bird discount.** Instructor: TZ Sports staff

TIME: 6-7pm

FEE: \$95

LOCATION: TZ Sports, Eldersburg

MGMODELS - MODEL I

Jan 14-Mar 4

8 sessions Thursdays

Program #09WG120

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: \$120

LOCATION: South Carroll Senior Center



YOUTH & TEEN

(Continued)



AMERICAN RED CROSS BABYSITTER TRAINING

January 9 OR February 20 1 session Saturday

Program #09WG121 1/9 - East Middle School, cafe

Program #09WG122 2/20 - Oklahoma 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 discount.** Instructor: ARC staff

TIME: 9am-4pm FEE: \$85

LOCATION: Choose above



FRENCH IS FUN!

Dec 22-Mar 9 (no 12/29, 2/16) 10 sessions Tuesdays

Program #09WG123

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



TENNIS - BEGINNER

Jan 6-Feb 10 6 sessions Wednesdays

Program #09WG124

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 early bird discount.** Instructor: Christi Fewster

TIME: 6-7pm FEE: \$65

LOCATION: Robert Moton Center, 300 S. Center Street



WINTER-BREAK ART CAMP

Dec 28-Jan 1 5 sessions Monday-Friday

Program #09WG125 (all 5 sessions)

Program #09WG126 (2 days of your choice- please designate which days)

Come for the whole week or just two days. This will be a craft camp full of fun! Clay, glass fusing, painting, paint your own pottery, you will be amazed at all we will do! This will be exciting and fun! All materials included in fee. Age: 7-15. Instructor: Abigail Dion

TIME: 9am-12pm FEE: \$150 Mon-Fri / \$70 two days only

LOCATION: Glazed to Perfection, 2030 Liberty Road, Eldersburg



carroll gymnastics center

All classes 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.

JANUARY 8 - FEBRUARY 26

All programs are FRIDAYS for 8 sessions

KINDERGARTEN GYMNASTICS (age 5 years)

Program #09WG127

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: \$95

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

Program #09WG128

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: \$95

PRESCHOOL GYMNASTICS (age 3 & 4 years)

Program #09WG129

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: \$95

HOMESCHOOL GIRLS GYMNASTICS

Program #09WG130

Designed for the beginning gymnast. Students will learn basic skills on all gymnastics equipment and trampoline. Age: 6 years and older. Student/instructor ratio 8:1.

TIME: 11:45am-12:45pm FEE: \$115

HOMESCHOOL BOYS GYMNASTICS

Program #09WG131

Designed for the beginning gymnast. Students will learn basic skills on all gymnastics equipment and trampoline. Age: 6 years and older. Student/instructor ratio 8:1.

TIME: 11:45am-12:45pm FEE: \$115

HOMESCHOOL RUN 'N FUN CARDIO

Program #09WG132

Designed as a fast paced class utilizing races and other activities to work the cardiovascular system. Age: 6 years and older. Student/instructor ratio 8:1.

TIME: 1:15-2pm

FEE: \$95