



AQUATICS

RED CROSS SWIM LESSONS

Mar 1-Mar 26 OR Apr 5-Apr 29

8 sessions 2 times per week (see DAYS below)

Program #10SG01 3/1-3/26

Program #10SG02 4/5-4/29

All participants must be screened at least one week prior to the start of class (Screening times are Monday – Wednesday 5-6pm and does not need to be scheduled with an instructor.) Class dates and times are separated by participant's age and ability. Monday/Wednesday: ages 6 months–6 years old (Beginner 1-3 & Parent & ME); Tuesday/Thursday: ages 7–14 years old (Levels 1-5). Classes are taught by certified/trained instructors. Instructor: 4 Seasons staff



TIME: Tues/Thurs 9-10:30am (all ages and levels) FEE: \$90

Mon/Wed 5-6:30pm

Tues/Thurs 5-6:30pm

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

SILVER SWIMMERS - FITNESS FOR SENIORS

Mar 3-Apr 21 OR Apr 28-June 16 8 sessions Wednesdays

Program #10SG03 3/3-4/21

Program #10SG04 4/28-6/16

Have fun while you boogie to the music from the 50's, 60's, & 70's. This class is a low to medium intensity workout. Swimming skills are not required. Don't "sweat" it if you miss a class, registrants of this program will have the opportunity to complete their 8 sessions over a 9 week time period. Age: adult. Instructor: Christy Yingling

TIME: 10:15 -11am FEE: \$50

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

WATER FITNESS FLEX-PACK

Apr 25-June 10 8 OR 16 sessions Mon, Tues, Thurs

Program #10SG05 8 class flex-pack

Program #10SG06 16 class flex-pack

Early bird or night owl, busy schedule, can't commit? This flexible water fitness program can help you reach your fitness goals. Registrants of this program will have the opportunity to attend 8 or 16 classes over a 9-week period whenever it suits your schedule-WOW! Grab your swimsuit and get geared up for a workout that will get your heart rate going. Classes will use a variety of equipment such as water weights, noodles, hula hoops, kickboards and more! Carroll County Recreation & Parks will issue you a punch card for your sessions. Age: adult. Instructors: Peggy Tingley, Valerie Wittstadt, Kristy Toney & Debbie Temple

TIME: Mondays & Thursdays 8:30-9:30am

Tuesdays & Thursdays 6:30-7:30pm

FEE: 8 Class Fitness Flex-Pack \$50

16 Class Fitness Flex-Pack \$95

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

ARTS & CRAFTS for YOUTH & ADULTS



RUBBER STAMPING TECHNIQUES

Mar 1-Apr 19 (no 3/15, 4/5) 6 sessions Mondays

Program #10SG07

For all levels - this class will focus on techniques, learning 2 or 3 different types each week you will have an opportunity to practice what you have learned and make a card using each technique. You will then create a sample book with instructions in a 6x6 linen book including page protectors. You may wish to bring your favorite adhesive and basic stamping/scrapbooking tools if you have them. A \$65 materials fee is due to instructor first night of class. Age: 16-adult. Instructor: Mary Grauel

TIME: 7-9pm FEE: \$25

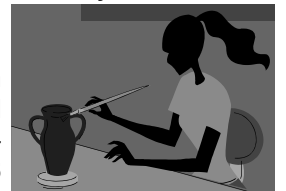
LOCATION: Freedom Elementary School

HAND-TO-HAND FRIENDSHIP POTTERY WORKSHOP

Mar 2-Mar 9 2 sessions Tuesdays

Program #10SG08

Discover the magic of colorful clay inlay while fashioning friendship pottery with a "heart in hand" or floral motif. Make one for yourself and one to give to a special friend or family member. Wear comfortable, old clothing. Age: 8 and up. Instructor: Terry Whye



TIME: 5-7pm FEE: \$58

LOCATION: Whye Clay Works Pottery, 941 Wesley Road, Finksburg

PENCIL POWER!

Mar 4-Apr 8 6 sessions Thursdays

Program #10SG09



Learn to illustrate in a variety of pencil mediums, including graphite, colored pencils, pastel pencils, charcoal & watercolor pencils. Subject matter will include landscapes, still life, animals and a portrait collage. Color theory and drawing in perspective will be explored. Creative projects will be interspersed with technique study to develop many areas of expression. A \$20 materials fee is due to instructor on the first day of

class. Age: 8-16. Instructor: Vivian Davis

TIME: 4:15-5:30pm FEE: \$55

LOCATION: Robert Moton Center, 300 S. Center Street

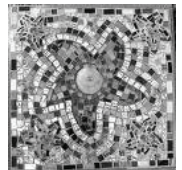
MOSAIC WORKSHOP

Mar 5-Mar 12 OR Apr 9-Apr 16

2 sessions Fridays

Program #09SG10 3/5-3/12

Program #09SG11 4/9-4/16



Want to learn to create images of decorative art using small pieces of colored glass and tiles to create a pattern or picture? We will introduce you to the joy of creating art and learning a new way to express yourself. Students at all skills levels are welcome. All materials included. Age: 10-adult. **No early bird or senior discount.** Instructor: The Pottery Loft staff

TIME: 6-8pm FEE: \$30

LOCATION: The Pottery Loft, 25 E. Main Street, Westminster