



SEWING FOR ABSOLUTE BEGINNERS

Mar 1-May 17 (no 4/5, 4/26)
10 sessions **Mondays**
Program #10SG159

If you want to learn how to sew and don't know where to begin, this is the perfect program for you! This comprehensive course is chock full of tips, tricks, and techniques. We will cover the sewing machine, its accessories, features, and settings. Then we will demystify needle, thread and fabric selection. You will make a sampler and a project demonstrating what you have learned. A \$15 materials fee is due to instructor first night of class. Sewing machines are available or bring your own (in good working order & with manual). A great program for parent and child to learn together – pay only one fee if you work together on same machine/projects! Age: 8-adult (under 12 must be accompanied by an adult). Instructor: Michelle Umlauf
TIME: 6:30-8:30pm **FEE:** \$85
LOCATION: New Windsor Middle School

MGMODELS – MODEL I

Mar 5-Apr 30 (no 4/2) **8 sessions** **Fridays**
Program #10SG160

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: MGModels/Savage Dance Co., 20-D Liberty Rd, Sykesville

DANCE: BALLET & TAP (age 6 by August 1, 2009)

Mar 10-May 26 **12 sessions** **Wednesdays**
Program #10SG161

Children ages 6-8 years 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
TIME: 6-7pm **FEE:** \$108
LOCATION: Taneytown Senior Center

BATON TWIRLING - BEGINNER

Mar 10-June 2 (no 5/26) **12 sessions** **Wednesdays**
Program #09SG162

For the beginner twirler, this program offers quality instruction featuring small classes with lots of individual instruction in baton skills with basic dance steps which increase coordination and gracefulness using a fun aerobic routine. Age: 5-12. A materials fee of \$12.50 is due to instructor the first night of class. **No early bird discount.** Instructor: Sandy Behe, w/Kelly Morgan
TIME: 6:30-7:30pm **FEE:** \$65
LOCATION: Eldersburg Elementary School, cafeteria



BATON TWIRLING

Mar 10-June 2 (no 5/26)
12 sessions **Wednesdays**
Program #09SG163

For the experienced twirler, this program offers quality instruction featuring small classes with lots of individual instruction in baton skills with basic dance steps which increase coordination and gracefulness using a fun aerobic routine. Youth age: 5+. A baton fee of \$12.50 is due to instructor first night of class, if needed. **No early bird discount.** Instructor: Sandy Behe, w/Kelly Morgan
TIME: 7-8pm **FEE:** \$65
LOCATION: Eldersburg Elementary School, cafeteria

SEWING FOR FUN!

Mar 19-Apr 16 (no 4/2) **OR Apr 30-May 21**
4 sessions **Fridays**

Program #10SG164 3/19-4/16 (lounge pants project)
Program #10SG165 4/30-5/21 (handbag project)

Kids GRADE 5-8 can join this program to learn to sew in a fun environment! No experience necessary. Learn the basics of using a sewing machine and fabrics. (Projects: March class will sew lounge/pajama pants – April class will sew a handbag.) First night of class the student and their parent will need to meet at a fabric store w/instructor to choose and purchase your own fabric/pattern, etc. - a materials fee of approx. \$12-\$15 will be 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



TUMBLEKICKS - KIDS ON THE MOVE

Mar 20-May 1 (no 4/3) **OR May 8-June 5** (no 5/29)
4 OR 6 sessions **Saturdays**

Program #10SG166 3/20-5/1 – 6 sessions (no class 4/3)
Program #10SG167 5/8-6/5 – 4 sessions (no class 5/29)

Through individual, group and partner activities, kids will get moving to music while working on increasing strength, balance and endurance. Have fun using lots of props such as jump ropes, balls, scarves, hula hoops, mini trampoline, and more! Enjoy being introduced to various sports without the competition. Age: 4-7 years. Instructor: Shareen Scibek
TIME: 10:30-11:15am **FEE:** \$30 (4sessions) / \$45 (6sessions)
LOCATION: Cranberry Station Elementary School, cafeteria



ARCHERY!!!!

BEGINNER ARCHERY – AFTER SCHOOL

March 23 1 session **Tuesday**

Program #10SG168 4:30pm

Program #10SG169 6pm

We have moved in town and indoors! Try your skill with a simple recurve bow and wooden arrows with an NFAA certified instructor; no experience necessary. Learn safety precautions and proper technique for shooting at targets. Please tie back long hair and wear athletic shoes. This course is REQUIRED in order to participate in the AFTER SCHOOL ARCHERY CLUB. Age: 8-adult. **No early bird or senior discount.** Instructor: Tina Shupp

TIME: Choose above **FEE:** \$6

LOCATION: Robert Moton Center, 300 S. Center Street

ARCHERY CLUB – AFTER SCHOOL

Mar 30–May 25 (no class 4/13, 5/11)

7 sessions **Tuesdays**

Program #10SG170 4:30pm

Program #10SG171 6pm

We have moved in town and indoors! You must have attended one of our “Beginner Archery” classes to join the club. Club fee covers your six visits, one “competition” (held on last session day), NFAA certified instruction, equipment use, and any awards or certificates earned. You must use our bows and arrows. Advancement is by the instructor’s discretion and depends on age, skill, and equipment availability. Age: 8-adult. Instructor: Tina Shupp

TIME: Choose above **FEE:** \$40

LOCATION: Robert Moton Center, 300 S. Center Street

AMERICAN RED CROSS BABYSITTER TRAINING

Mar 20 OR Apr 17 OR May 15 1 session **Saturday**

Program #10SG172 3/20 – East Middle School

Program #10SG173 4/17 – Oklahoma Middle School

Program #10SG174 5/15 – West Middle School

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

LEARN SPANISH NOW – Continuing Language

Mar 23-June 2 (no 5/11, 5/12) 10 sessions **Tues OR Weds**

Program #10SG175 3/23-6/1 (no 5/11), Tuesdays – Grades K-1st

Program #10SG176 3/24-6/2 (no 5/12), Wednesdays – Grades 2nd-5th

This program is designed for those students who have previously participated in the Learn Spanish Now beginners program. Always a fun and entertaining program that engages children in a multiple learning environment. By making Spanish a continuing 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. Grades K-6. Instructor: Chuza Bolger

TIME: 4-4:50pm **FEE:** \$120

LOCATION: Carrolltowne Elementary School

LEARN SPANISH NOW - Beginners

Mar 25-June 4 (no 4/1, 4/2) 10 sessions **Thurs OR Fridays**

Program #10SG177 3/25-6/3 (no 4/1), Thursdays – Grades K-1st

Program #10SG178 3/26-6/4 (no 4/2), Fridays – Grades 2nd-5th

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. Grades K-6. Instr.: Chuza Bolger

TIME: 4-4:50pm **FEE:** \$120

LOCATION: Carrolltowne Elementary School



*Interested in Donating
Land for a
Future Park?*

If you are interested in exploring the financial, tax, and humanitarian benefits of a land donation for a park, please contact:

Carroll County Department of
Recreation & Parks
300 South Center Street
Westminster, Maryland 21157
410-386-2103



YOUTH & TEEN

(Continued)



ATHLETIC TRAINING: YOUTH ATHLETES

Apr 13-Apr 29 6 sessions Tues AND Thursdays
Program #10SG179

Youth athletes age 8-10 years will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength, and flexibility. This program focuses on specific drills and exercises to bring the athlete to the next level. After completing the program, athletes are stronger, faster, and more explosive. Instructor: TZ Sports staff

TIME: 4-5pm FEE: \$95

LOCATION: TZ Sports, 6400 Ridge Road, Eldersburg

ATHLETIC TRAINING: MIDDLE SCHOOL ATHLETES

Apr 13-Apr 29 6 sessions Tues AND Thursdays
Program #10SG180

Middle School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength and flexibility. This program focuses on specific drills and exercises to bring the athlete to the next level. After completing the program, athletes are stronger, faster, and more explosive. Instructor: TZ Sports staff

TIME: 5-6pm FEE: \$95

LOCATION: TZ Sports, 6400 Ridge Road, Eldersburg

ATHLETIC TRAINING: HIGH SCHOOL ATHLETES

Apr 13-Apr 29 6 sessions Tues AND Thursdays
Program #10SG181

High School athletes will improve their athletic performance through training programs designed to enhance speed, agility, quickness, strength and flexibility. This program focuses on drills and exercises to bring the athlete to the next level. After completing the program, athletes are stronger, faster and more explosive. Instructor: TZ Sports staff

TIME: 6-7pm FEE: \$95

LOCATION: TZ Sports, 6400 Ridge Road, Eldersburg

TENNIS ADV. BEGINNER/INTERMEDIATE

May 17-June 28 (no 5/31) 6 sessions Mondays
Program #10SG182

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 courts



TENNIS - BEGINNER

May 19-June 23 6 sessions Wednesdays
Program #09SG183

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: Westminster City Park courts



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.

All programs are **FRIDAYS** for 7 sessions

KINDERGARTEN GYMNASTICS

Program #10SG184 3/5-4/23 (no class 4/2)

Program #10SG185 4/30-6/11

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1. Age: 5 years.

TIME: 9:30-10:15am FEE: \$95

MOMMY & ME GYMNASTICS

Program #10SG186 3/5-4/23 (no class 4/2)

Program #10SG187 4/30-6/11

Designed for the younger child with parental assistance, to learn beginning movements and activities in a structured environment. Student/instructor ratio 7:1. Age: 18 months-3 years.

TIME: 10:15-11am FEE: \$95

PRESCHOOL GYMNASTICS

Program #10SG188 3/5-4/23 (no class 4/2)

Program #10SG189 4/30-6/11

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1. Age: 3-4 years.

TIME: 11-11:45am FEE: \$95

HOMESCHOOL GIRLS GYMNASTICS

Program #10SG190 3/5-4/23 (no class 4/2)

Program #10SG191 4/30-6/11

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

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

HOMESCHOOL BOYS GYMNASTICS

Program #10SG192 3/5-4/23 (no class 4/2)

Program #10SG193 4/30-6/11

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

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

HOMESCHOOL RUN 'n FUN CARDIO

Program #10SG194 3/5-4/23 (no class 4/2)

Program #10SG195 4/30-6/11

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

TIME: 1:15-2pm FEE: \$95