



# AQUATICS



## WATER FITNESS FLEX-PACK

June 4-Aug 19 OR Aug 23-Oct 21

8 or 16 sessions Mondays, Tuesdays, Thursdays

Program #10SM01 6/14-8/19 8-class flex-pack

Program #10SM02 6/14-8/19 16-class flex-pack

Program #10SM03 8/23-10/21 8-class flex-pack

Program #10SM04 8/23-10/21 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 will have the opportunity to attend either 8 or 16 classes over a 9-10 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. Use a variety of equipment such as water weights, noodles, hula hoops, kickboards and more! Carroll County Recreation and Parks will issue you a punch card for your 8 or 16 class session. 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, Hampstead

## SWIM LESSONS

Dates vary (see below)

10 sessions Monday-Friday

Program #10SM05 6/14-6/25

Program #10SM06 6/28-7/9

Program #10SM07 7/12-7/23

Program #10SM08 7/26-8/6

Program #10SM09 8/9-8/20



Our goal is to introduce young swimmers to the many benefits of swimming and aquatic safety in a fun and energetic environment. All participants must be screened at least 1 week prior to the start of class-does not need to be scheduled with an instructor. Screening times are Mon-Wed 5-6pm. Class dates/times are then separated by age and ability, ages 6 months-6 years old (Beginner 1-3 & Parent & ME), and ages 7-14 years old (Levels 1-5). The time frames below are set in 30min. intervals for each class providing ten 30min. classes

within each session. We guarantee 8 classes in each session due to weather. Classes are taught by certified/trained instructors. Visit [www.carrollaquatics.com](http://www.carrollaquatics.com) or [www.4seasonssportscomplex.com](http://www.4seasonssportscomplex.com) for more information. Instructor: Carroll Aquatics staff

TIME: Monday-Friday 8-11am & 5-8pm (all ages & levels) FEE: \$90

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

## DEVELOPMENTAL SWIM LESSONS

Dates vary (see below) 10 sessions Monday-Friday

Program #10SM10 6/14-6/25

Program #10SM11 6/28-7/9

Program #10SM12 7/12-7/23

Program #10SM13 7/26-8/6

Program #10SM14 8/9-8/20

Give your child the gift of lifetime fitness and fun by learning to swim! The goal of this program is to introduce young swimmers to the many benefits of swimming and aquatic safety in a fun and energetic environment. Swimmers may have the opportunity to participate in a real swim meet, as part of the CATS swim team, if they are interested (no prior meet experience is necessary). Learn the 4 competitive swimming strokes: freestyle, back stroke, breast stroke, and butterfly! Classes will be held daily. We guarantee 8 classes in each session due to weather. Visit [www.carrollaquatics.com](http://www.carrollaquatics.com) or [www.4seasonssportscomplex.com](http://www.4seasonssportscomplex.com) for more information. Age: 4-12 years. Instructor: Carroll Aquatics staff

TIME: Monday-Friday 9:15-9:45am FEE: \$100

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

## SILVER SWIMMERS- FITNESS FOR SENIORS

June 23-Aug 11 OR Aug 18-Oct 6 8 sessions Wednesdays

Program #10SM15 6/23-8/11

Program #10SM16 8/18-10/6

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. Instructor: Christy Yingling

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

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

# ARTS & CRAFTS FOR YOUTH & ADULTS



## PEARL AND SILVER NECKLACE

June 10 1 session Thursday

Program #10SM17

Make a simple pearl and silver necklace using flat bead disks, large jump rings and wrapped loop pearls. This short necklace is finished with a front toggle closure and key pendant. A \$9 material fee is due to instructor at beginning of class. Age: 16-adult. **No early bird or senior discount.** Instructor: Coral Kipe

TIME: 6:30-8:30pm FEE: \$20

LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

## PUNCH ART CRITTERS & THINGS CAMP

June 14-June 18 5 sessions Monday-Friday

Program #10SM18

For children who like to work with paper to create things. Come see how to make lions, bears, crabs, and other things with punches that won't get you in trouble! Included is a linen book (6x6) with page protectors to mount the samples that you make each day. On the last day, try your hand at making creatures of your own and use your designs to create pictures and other projects. A \$60 materials fee is due to instructor at first day of camp. Age: 8 & up. Instructor: Mary Grauel

TIME: 9-11am FEE: \$20

LOCATION: West Middle School, cafeteria