



BUS TRIPS (Continued)

(NO early bird or senior discounts apply for bus trips)
For more info, call 410-386-2604

COASTAL MAINE

Sept 7-Sept 11
5 days Tuesday-Saturday
Program #10BT19



This tour of Coastal Maine includes Cape Neddick, Rockland, Mt. Battie, Bar Harbor, Freeport, Acadia National Park & Portland. Enjoy one night in Portsmouth NH at the Anchorage Inn; 2 nights in Bar Harbor, ME at the ocean-front Bar Harbor Inn (where you can live like the rich and famous!); one night in Portland, ME at Holiday Inn by the Bay; 4 full breakfasts; 4 dinners including 2 with lobster choices (at the Bar Harbor Inn-you can order anything on the menu for your two breakfasts and one dinner in the Reading Room Restaurant); shopping in Portland and visit to Portland Head Light; a visit to Cape Neddick-Maine's southernmost lighthouse; lunch and free time in Rockland-the lobster capital of the world; Freeport lunch on your own and outlet shopping; tour of Bar Harbor-one of Maine's most majestic cities offering one of a kind shopping and a wide variety of restaurants "famous for its steamed lobsters and Acadia National park-a rugged rock-bound shore line offering granite cliffs, glacier carved mountains and dense evergreen forests"; Boothbay Harbor Cruise-aboard the Margaret Todd, one of Coastal Maine's most scenic areas offering exceptional views including Burnt Island Lighthouse (watch for the seals); gift shop coupon for use in the hotel gift shop; tour services of The Maine Tour Connection; motor coach transportation; baggage handling; hotel taxes; and driver, guide and meal gratuities.

TIME: 7am Tuesday-7pm Saturday
FEE: \$734/pp-Double Occupancy
\$699/pp-Seniors in Action member-Double Occupancy
(must call to register)
LOCATION: bus departs from Carroll County Farm Museum

HOME & GARDEN



GARDENING WITH NATIVE PLANTS

June 7-June 28 4 sessions Mondays
Program #10SM52

Interested in native plants? Then THIS class is for you! Learn all about native plants, their characteristics and how their use benefits our environment. See natives up close and personal and learn how to use them in your landscape. You will also learn how natives attract butterflies and wildlife, especially bluebirds! Age: 12-adult. Instructor: Frank Vleck



TIME: 6-8pm FEE: \$65
LOCATION: Wakefield Valley Nursery, 1690 Wakefield Valley Road, New Windsor

HEALTH & WELLNESS



YOGA

Dates vary (see below)
8 sessions Tuesdays AND Thursdays
Program #10SM53 5/25-6/15
Program #10SM54 6/22-7/15
Program #10SM55 7/20-8/12
Program #10SM56 8/17-9/9



Join Jo-ga, 4 Seasons' Yoga guru, in a traditional yoga class. A total mind/body workout that will strengthen and stretch you and leave you feeling relaxed and fit. Instructor: Joe Legge
TIME: 7:30-8:30pm FEE: \$80
LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road, Hampstead

PERSONAL TRAINING & 30-DAY MEMBERSHIP

Begins June 1st (can register anytime through 8/31) 30 days
Program #10SM57
Get a short term 30-day membership at 4 Seasons Sports Complex with 3 Personal Training sessions included! Once registered, call the gym to schedule the time best for you with your personal trainer (personal training must be used in the 30-day membership time frame). Club Hours: Mon-Thurs 4:30am-10pm, Fri 4:30am-9pm, Sat 6:30am-6pm, and Sun 7am-6pm. A schedule is available at the complex. Also, take advantage of our Fitness Daycare while you work out (hours: Mon-Thurs 9-11:30am and 5-8:30pm, Fri 9-11:30am and 5:30-8:15pm, Sat 8:45-11:30am). Instructor: varies per class.
TIME: Varies (see schedule at gym) FEE: \$165
LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road, Hampstead

ZUMBA FITNESS!

Jun 14-Jul 26 OR Jul 15-Aug 19 OR Aug 16-Sept 27
(no class 7/5) (no 9/6)

6 sessions Mondays OR Thursdays
Program #10SM58 6/14-7/26 (no 7/5), Mondays
Program #10SM59 7/15-8/19, Thursdays
Program #10SM60 8/16-9/27 (no 9/6), Mondays



Mambo - Calypso - Merengue - Salsa! Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Easy to follow - all abilities welcome! The most fun you'll ever have working out! Ditch the workout - join the party - its exercise in disguise! Age: 13-adult. No early bird or senior discount. Instructor: Yvette Castillo
TIME: 7:30-8:30pm FEE: \$24
LOCATION: Taneytown Senior Center



HEALTH & WELLNESS

(Continued)



LES MILLS GROUP FITNESS FLEX PACK

June 20-Aug 14 OR Aug 15-Oct 9
16 sessions classes & times vary throughout week

Program #10SM61 6/20-8/14

Program #10SM62 8/15-10/9

Descriptions:

BodyJam: A cardio dance workout. An addictive fusion of the latest dance moves and hot music, have fun and break a sweat!

Times: Tuesday 5:15-6pm; Thursday 9:30-10:30am; Sunday 8:30-9:30am.

BodyFlow: A Yoga/Tai Chi/Pilates workout that builds flexibility and strength. Sure to leave you feeling centered and calm. Times: Thursday 10:30-11:30am; Sunday 9:30-10:30am.

BodyCombat: A highly energetic cardio workout that is inspired by the martial arts. Prepare to strike, punch, kick and kata your way through calories to superior cardio fitness. Times: Wednesday 6-7pm.

Instructors: 4 Seasons staff

TIME: Varies per class FEE: \$150

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



BODY COMBAT

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

Program #10SM73 6/23-8/11

Program #10SM74 8/18-10/6

A highly energetic Les Mills cardio workout that is inspired by the martial arts. Prepare to strike, punch, kick and kata your way through calories to superior cardio fitness. Instructor: 4 Seasons staff

TIME: 6-7pm FEE: \$80

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

BODY JAM

June 20-Aug 12 OR Aug 15-Oct 7 8 sessions Days vary

Program #10SM63 Sundays, 8:30-9:30am 6/20-8/8

Program #10SM64 Tuesdays, 5:15-6pm 6/22-8/10

Program #10SM65 Thursdays, 9:30-10:30am 6/24-8/12

Program #10SM66 Sundays, 8:30-9:30am 8/15-10/3

Program #10SM67 Tuesdays, 5:15-6pm 8/17-10/5

Program #10SM68 Thursdays, 9:30-10:30am 8/19-10/7

A Les Mills cardio dance workout! An addictive fusion of the latest dance moves and hot music, have fun and break a sweat! Instructor: 4 Seasons staff

TIME: Choose above FEE: \$80

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

BODY FLOW

June 20-Aug 12 OR Aug 15-Oct 7 8 sessions Days vary

Program #10SM69 Sundays, 9:30-10:30am 6/20-8/8

Program #10SM70 Thursdays, 10:30-11:30am 6/24-8/12

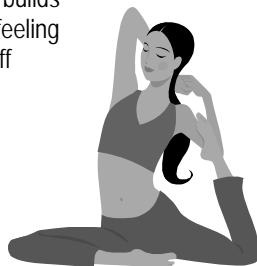
Program #10SM71 Sundays, 9:30-10:30am 8/15-10/3

Program #10SM72 Thursdays, 10:30-11:30am 8/19-10/7

A Les Mills Yoga/Tai Chi/Pilates workout that builds flexibility and strength; sure to leave you feeling centered and calm. Instructor: 4 Seasons staff

TIME: Choose above FEE: \$80

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



ZUMBA FITNESS!

June 22-July 20 (no 7/6) 4 sessions Tuesdays

Program #10SM75

Join the fitness party that has swept over 30 countries - a multi-cultural dance-exercise experience that fuses Latin dance moves together with energizing original music for an awesome fat-burning, core-conditioning workout! Easy to follow - all abilities are welcome! The most fun you'll ever have working out!

Ditch the workout - join the party - its exercise in

disguise! Age: 10+ (under 13 must be accompanied by a paying adult).

No early bird or senior discount. Instructor: Lynette Stupi

TIME: 7-8pm FEE: \$20

LOCATION: Westminster Senior Center, 125 Stoner Avenue



MEN'S BASKETBALL LEAGUE 3v3

June 21-August 16

Mondays

Program #10SM76

Looking for a way to be active over the summer? Join the HoopEd summer league for an outdoor 3on3 basketball league. Age: 14-adult. Director: Shane Stem

TIME: 6:30-8pm FEE: \$25

LOCATION: Westminster City Park



SUNRISE YOGA

June 30-Aug 18 OR Aug 25-Oct 13

8 sessions Wednesdays

Program #10SM77 6/30-8/18

Program #10SM78 8/25-10/13

Wake up with Jo-ga, 4 Seasons' Yoga guru. A total mind/body workout that will strengthen and stretch you and leave you feeling relaxed, fit and ready for your day. Instructor: Joe Legge

TIME: 6-7am FEE: \$80

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





HEALTH & WELLNESS

(Continued)



WOMEN'S RUNNING/WALKING GROUP

July 10-Oct 16 14 weeks
Wednesdays & Saturdays
Program #10SM79

Calling All Women!Westminster's First Women's Running Group forming summer 2010 following the Baltimore Women's Training Program!* (See page 21 for details.) Do you want to challenge yourself in a new way, get fit and have fun with other women in our community? Do you want to improve your current fitness or performance goals or just accomplish a new goal along with the support from other women? Then this group will be what you need to get started. Our mission is to unite runners/walkers of every level of ability and interest, promoting good health, friendship, camaraderie, and training ideas while encouraging participation in all types of running events throughout our community. We will practice on Wednesdays and walk/run a mapped course on Saturday mornings. An orientation meeting will be held at the Robert Moton Center on Wednesday, June 23, at 6:30pm. *Participation in the Baltimore

Women's Training program is not required in order to participate in this program.

TIME: 6:30-7:30pm Wednesdays at Westminster High School track
7:30am Saturdays

FEE: \$40

LOCATION: varies throughout Westminster



TENNIS - ADULT BEGINNER

July 12-August 16 6 sessions Mondays
Program #10SM80

A tennis program perfect for adult beginners age 17+. This course will help those 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 refunds for weather cancellations or rescheduling. **No early bird or senior discount.** Instructor: Christi Fewster

TIME: 6:30-7:30pm FEE: \$65

LOCATION: Westminster City Park courts

PRESCHOOL



SPORTS SQUIRTS CAMP

July 12-July 16 5 sessions Monday-Friday
Program #10SM81

This program introduces children to a variety of sports such as soccer, t-ball, basketball, lacrosse and hockey, all taking place in a safe and structured environment ensuring learning in a fun, cohesive atmosphere. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin or capture Jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance, and most important fun, fun, fun – don't wait, sign your budding athlete up today! Age: 3-5years. **No early bird discount.** Instructor: US Sports Institute staff

TIME: 4-5:30pm FEE: \$99

LOCATION: Kate Wagner field, 1100 Gist Road, Westminster



SOCCER SQUIRTS CAMP

July 26-July 30 5 sessions Monday-Friday
Program #10SM82

A great way to introduce young children to soccer in a short camp format of fun games and activities. This popular program involves soccer based activities, promotes the development of motor skills, encourages group interaction and is an excellent form of exercise. The Squirts camp format includes a range of soccer themes. Short breaks for drinks and snacks incorporated. Bring plenty of water! The emphasis is on FUN and more FUN! Age: 3-5 years. **No early bird discount.** Instructor: US Sports Institute staff

TIME: 5:30-7pm FEE: \$99

LOCATION: Kate Wagner field, 1100 Gist Road, Westminster

BROADWAY BABIES

July 19-July 23 5 sessions Monday-Friday
Program #10SM83

Drama camp for preschoolers! Students will have lots of fun learning to sing, dance and act on stage. Class culminates in a short showcase performance on the last day where parents/family can see their stars on stage – don't miss out!. Costumes/materials are provided. Students must be bathroom trained to participate. Age: 3-5 years. Instructor: Drama Learning Center staff.

TIME: 9:30-11:30am FEE: \$95

LOCATION: Sandymount Elementary School, gymnasium



PRINCESS BALLET CAMP

July 19-23 OR July 26-30 5 sessions Monday-Friday
Program #10SM84 7/19-7/23
Program #10SM85 7/26-7/30

It is the party your little PRINCESS has always dreamed about - at Princess Ballet Camp your little girl will become royalty! Come to learn the fundamentals of ballet and learn a princess dance. Each day you will create your very own royal accessories from tiaras to jewelry to wands, hear a princess story, and play dress up with accessories provided. On Friday, come dressed as your favorite princess (must provide your own costume) and invite your family and friends to come and watch you perform your "Princess Ballet." Campers should bring a small snack day; wear a leotard and tights with shorts or comfortable clothing, and tennis shoes-don't forget to bring your ballet shoes! Appropriate for princesses age 4-6. Instructor: Christine Street

TIME: 8:30-11:30am FEE: \$115

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