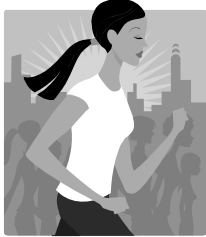




HEALTH & WELLNESS

(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



PRESCHOOL

(Continued)



"TOT SIGNS" WORKSHOP

July 17 OR August 14 1 session Saturday
Program #10SM86 7/17
Program #10SM87 8/14

Wouldn't you love to be able to communicate with your baby *before* he/she can talk? This one-day workshop is based on the award-winning Sign2Me program. Bring your child in as we discuss the benefits of signing with baby and help you get started with basic signs and activities you can do to incorporate signs at home. Age: 0 months-3 years with a parent/caregiver. Instructor: Jennifer Diehl

TIME: 10-11:30am FEE: \$40

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



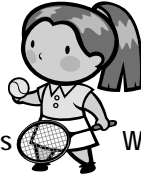
SIGN LANGUAGE FOR YOUNG CHILDREN

Aug 25-Sept 29 6 sessions Wednesdays
Program #10SM88

Learn to communicate with your baby before he/she can talk! Classes are based on the award winning Sign2Me program. Bring your child in each week as we cover different themes such as food, family, playtime, daily activities and animals while using a variety of games, songs rhymes, books and other activities to make learning fun! Age: 0 months-3 years with a parent/caregiver. Instructor: Jennifer Diehl

TIME: 10-10:45am FEE: \$65

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



TENNIS TOTS

July 14-August 18 6 sessions Wednesdays
Program #10SM89

A tennis program designed specifically for children ages 4-6; develop basic racket handling skills and court movement. A perfect way to introduce your tots to tennis! Parental supervision required. Equipment provided. No refunds for weather cancellations or rescheduling. **No early bird discount.** Instructor: Christi Fewster

TIME: 5:30-6pm FEE: \$48

LOCATION: Westminster City Park courts

OOPS!

"We cancelled it because you didn't register!"

Sometimes excellent programs with super instructors are cancelled when too many people wait until the last minute.

Our classes are self-supporting which means we need a minimum number of participants before a class will run. If a program looks interesting, don't hesitate —

Register TODAY!!



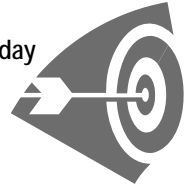
YOUTH & TEEN



ARCHERY - BEGINNER

May 24 OR June 7 1 session
Program #10SM90 5/24 - 4:30pm
Program #10SM91 5/24 - 6pm
Program #10SM92 6/7 - 4:30pm
Program #10SM93 6/7 - 6pm

Monday



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. Tie back long hair and wear athletic shoes. This course is REQUIRED in order to participate in the summer ARCHERY CLUB. Age: 8-adult. **No early bird or senior discount.** Instructor: Tina Shupp, NFAA certified

TIME: Choose above FEE: \$6

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

BASKETBALL LEAGUE 3on3

June 14 - August 19 Mon/Wed OR Tues/Thurs

Program #10SM94 Mon/Wed - Sykesville Middle

Program #10SM95 Tue/Thurs - Jaycee Park, Westminster

Looking for a way to be active over the summer? Join the HoopEd summer league for a fun outdoor 3on3 basketball league. Two leagues are available in separate parts of the county. Come out and have some fun learning the game and playing with friends. Good sportsmanship and fair play will be enforced. Leagues include 5 weeks of fundamentals and 5 weeks of games. Each participant gets a t-shirt and leagues will end with a family fun night. Age: children entering 1st-8th grade, co-ed. Director: Shane Stem

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

LOCATION: Choose above

BASKETBALL CAMP

Dates vary 5 sessions Monday-Friday

Program #10SM96 6/21-6/25 Mechanicsville Elementary

Program #10SM97 7/6-7/9 Manchester Elementary

Program #10SM98 7/12-7/16 Northwest Middle

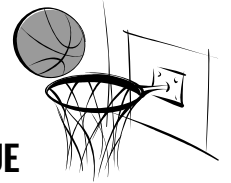
Program #10SM99 8/2-8/6 Manchester Elementary

Program #10SM100 8/9-8/13 Northwest Middle

There will be numerous HoopEd basketball camps throughout the county all summer long. These camps are geared towards learning and playing basketball the way it was meant to be played – as a game! We will learn and develop the skills needed to play the game as well as give campers opportunities to play games. We chart personal and group development throughout the camp. Age: children entering 1st-8th grade, co-ed. Director: Shane Stem

TIME: 9am-3pm FEE: \$175

LOCATION: varies by week, see above



GIRL'S BASKETBALL MINI LEAGUE

June 8-July 30 8 games + clinics Monday-Friday

Program #10SM101

This summer league consists of fundamental clinics, and 8 one-hour games. Teams will be selected and games will be played once a week.

Age: Grades 4th-8th. Instructor: Jerry Georgiana

TIME: 6-9pm FEE: \$50

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