

YOUTH & TEEN

BEGINNER TUMBLING

#17FG68 **Tues, Sept 5–Oct 10, 6–7pm**

#17FG69 **Tues, Oct 24–Dec 5 (no 10/31), 6–7pm**

For those with little/no experience; a "try it out" to see if tumbling is an activity you would like to continue. Learn and practice skills such as rolls, handstands, cartwheels, backbends, kick-overs, and more.

Youth age 6+ / 6 sessions / MD Allstar Athletics \$96

TENNIS - BEGINNER

#17FG70 **Wed, Sept 6–Oct 11, 6–7pm**

This program will help children new to the sport develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will also learn scoring and boundaries for both singles & doubles play. Equipment is provided. No refunds for weather cancellations or rescheduling conflicts. Instructor-Christi Spencer

7–13 years / 6 sessions / Westminster City Park \$67

MINI TUMBLERS

#17FG71 **Thur, Sept 7–Oct 12, 5:30–6:30pm**

#17FG72 **Thur, Oct 26–Dec 7 (no 11/23), 5:30–6:30pm**

Emphasis placed on perfecting basic tumbling skills and working strength, flexibility, coordination, self-confidence. Fundamental gymnastics skills (rolls, headstands, handstands, cartwheels) are taught. At this level, self-discipline and internal motivation become emerging benefits.

5–7 years / 6 sessions / MD Allstar Athletics \$96

NINJA WARRIOR TRAINING

#17FG73 **Sat, Sept 9–Oct 14, 10–11am**

#17FG74 **Sat, Oct 28–Dec 9 (no 11/25), 10–11am**

BOYS and GIRLS- this diverse and challenging set of obstacle courses will encourage fitness through movement, agility, and balance. Participants will use their bodies to their full potential building strength, balance, agility and spacial awareness.

6–10 years / 6 sessions / MD Allstar Athletics \$80

HOOPS FUNDamentals

Age 5–8 runs 5–6pm / Age 9–13 runs 6–7pm

#17FG75 **Sun, Sept 10–Oct 15**

Learn the fundamentals of the game of basketball in a small and intimate environment where each participant receives hands-on coaching. No experience needed. Each week will focus on new skills and contain a review of previous sessions. We will stress work ethic, team concepts, and the mental approach to the game. Turn your weaknesses into strengths! Must indicate which age group when registering. Instructor-Transform U

5–13 years / 6 sessions / RMC \$70

BASKETBALL - Handling & Finishing

#17FG76 **Sun, Sept 10–Sept 24, 7–8pm**

A course created for players that are experienced and are motivated to take their footwork, ball handling, and finishing to the next level. Each session will involve challenging ball handling, agility work, and drills for finishing at the rim in various ways. Space is extremely limited. Instructor-Transform U

11–17 years / 3 sessions / RMC \$75

BALLET/TAP COMBO II

#17FG77 **Mon, Sept 11–Nov 13, 5–5:50pm**

An exciting introduction including posture and alignment. The focus will be on giving your child a positive introduction to dance with a focus on rhythm and movement. All levels welcome-no experience is necessary. Family and friends are invited to attend the end of the last session as the children showcase a brief dance combining techniques they have learned-bring your camera! Wear pink leotard, pink tights, pink ballet slippers, black tap shoes; wear hair in a bun. Students may need some parental help changing their shoes in class each week. Instructor-Katherine Snyder

5–7 years / 10 sessions / WSC \$55

TENNIS - ADV. BEGINNER/INTERMD.

#17FG78 **Mon, Sept 11–Oct 16, 5:30–6:30pm**

A program designed for the older or the advanced beginner to intermediate level player. This course will help develop tennis strokes and perfect technique; equipment is provided. No refunds for weather cancellations or rescheduling conflicts. Instructor-Christi Spencer

11–16 years / 6 sessions / Westminster City Park \$67

BATON

#17FG79 **Tue, Sept 12–Nov 7 (no 10/31), 6:30–7:30pm**

No experience necessary - beginners and experienced welcome. Come join the fun learning how to twirl a baton or increase your skill sets with new tricks and challenges. Beginners learn basic baton skill sets, basic marching skills and dance steps while increasing your ambidexterity and coordination. Baton purchase is available from instructor at first session if needed (apprx. \$19). Instructor-Sandy Behe

Youth age 5+ / 8 sessions / RMES \$47

INTENSIVE HOOPS TRAINING

#17FG80 **Wed, Sept 13–Oct 18, 6:30–7:45pm**

For the experienced basketball player - prepare for the upcoming season circuit. Sessions include drills and skills work at a brisk pace with constant coaching. The curriculum will challenge you with new drills and concepts that will push you to improve. Focus is on individual skills and advanced thinking on leadership, training, practices and personal growth. Leave with the necessary tools to continue to improve and advance your skills to your desired level. Instructor-Transform U

10–15 years / 6 sessions / WMS \$120

BABYSITTER TRAINING - ARC

Saturday 8:30am–3:30pm

#17FG81 **September 16, held @ RMC (Westminster)**

#17FG82 **November 4, held @ LSCR (Sykesville)**

Babysitters need to be prepared for anything. This American Red Cross instructor-led course features hands-on interactive activities that provide youth the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants 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 (in the state of Maryland, youth must be age 13 in order to babysit for a child under the age of 8). Bring pen, paper, and a bag lunch. Receive the American Red Cross certificate of attendance.

11–15 years / 1 session / locations listed above \$75

DRAMA - Aladdin

#17FG83 **Wednesdays*, Sept 20–Dec 7* (no 11/22), 6–8pm**

Aladdin is a street urchin who lives in a large and busy town long ago with his faithful monkey friend Abu. Under the orders of the evil Jafar (the sultan's advisor), Aladdin is thrown in jail and becomes caught up in Jafar's plot to rule the land with the aid of a mysterious lamp...

No experience necessary; there are tryouts and everyone gets a part! Students learn singing/dancing/acting working together as a team to put on the performance. Practice music is provided; students will need to help put together their costume pieces. *TECH WEEK (location to be announcement) is Mon-Thur, Dec 4-7 (no absences, please). Family and friends are invited to the performance on the evening of *Thursday, December 7th. Instructor-Robert Miller

GRADES 1st–8th / 14 sessions / RMC, RMES \$168

ARCHERY CLUB

Thurs, Sept 21–Nov 2 (no 10/19)

#17FG84 **4:30–5:30pm**

#17FG85 **6–7pm**

No experience is necessary. This "club" now includes on the first day the beginner "lesson" and the rules/instructions to be followed during shooting times. Try your skill with a Genesis bow and "target" arrows. Learn safety precautions and proper technique for shooting at targets. You must use our bows and arrows unless you have GENESIS equipment. Please tie back long hair and wear athletic shoes. Fee includes six visits with one "competition," certified instruction, equipment use, and a practice string bow. Advancement is by the instructor's discretion and depends upon age, skill, and equipment availability. Certified NFAA/NASP Instructor-Tina Shupp

8–Adult / 6 sessions / RMC \$50

SOCIAL GRACES

#17FG86 **Thur, Sept 21–Oct 26, 6–7pm**

"Excuse me, May I, Please, Thank you, Ma'am, Sir..." Have you forgotten what this sounds like from a young child? Well now is the time to bring back our social graces by reintroducing them to today's youth. As technology becomes more and more a part of their everyday lives, human interaction is becoming more removed. This program will provide a fun and interactive setting with some of the following activities: stories, role playing, worksheets, and real world conversations and experiences. Instructor-Suelyn Rivera

5–9 years / 6 sessions / WWES \$40

LEGO® WORKSHOP FUN

#17FG87 **Friday, September 22, 9am–12pm**

SCHOOL'S OUT today - come in for some FUN! Bring your engineering and creative thinking skills as we create some awesome motorized creations using LEGO®! Participants will apply real-world concepts in physics, engineering, and architecture. Design and build as never before and explore your craziest ideas in a supportive environment. Instructor: Play-Well TEKologies

6–10 years / 1 session / RMC \$25, No early bird discount

BASKETBALL - Shooting Clinic

#17FG88 **Sun, Oct 1–Oct 15, 7–8pm**

This course will focus on proper shooting form, footwork, and all things shooting. Each session participants will be put through various drills to help with their form, speed, and production. Instructor-Transform U

11–17 years / 3 sessions / RMC \$75

