



HEALTH & WELLNESS

PICKLEBALL OPEN GYM

September – November 2018

#18FG44 **Sept 5–Nov 30 @ NCHS (Mon/Wed/Fri)**

#18FG45 **Sept 9–Nov 18 @ RMC (Sundays)**

Looking for gym time to play one of the fastest growing sports? Recreation and Parks is offering open pickleball time for a nominal fee - just register for either one of the locations, or if you really want to play, register for both! You must provide your own paddle and balls. "Special pricing offer for Seniors age 60+" - receive a \$5 discount when registering. Be sure you provide "good" contact info for cancelation notices. Reminder: we follow school closings for poor weather conditions. Two locations currently available (additional locations may be added at a later date) - you must register and participate by location. Coordinator-Rec & Parks staff

• Mon/Wed/Fri 1-4pm, on Sept 4-Nov 30 @ NCHS

• Sundays 7-10pm, on Sept 9-Nov 18 @ RMC

16–Adult / multiple sessions / choose your location

\$10 (Special \$5 senior discount), No early bird discount

YOGA FIT

Tuesdays, 6–7pm

#18FG46 **Sept 4–Oct 9**

#18FG47 **Oct 16–Nov 20**

Designed as an introduction to the practice of yoga; slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. With a focus on breath, these classes draw from a range of yoga traditions. Together, we come into the breath and quiet the mind as we find steadiness in asana. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try! Bring a mat. Instructor-t/b/a

16–Adult / 6 sessions / RMC

\$42

STRONG by Zumba™

Wednesdays, 6:30–7:30pm

#18FG48 **Sept 5–Oct 10**

#18FG49 **Oct 24–Dec 12 (no 10/31 & 11/21)**

Mondays, 6:30–7:30pm

#18FG50 **Sept 10–Oct 15**

#18FG51 **Oct 29–Dec 3**

This is a High Intensity Interval Training (HIIT) program using more traditional fitness moves for a more athletic, conditioning-style workout. You will use your own body weight as resistance to achieve muscle definition. Challenge yourself and let this music-driven class show you how STRONG you are! This program can be modified or progressed to fit individual fitness levels. Bring a mat and water bottle. Instructor-Yvette Castillo

16–Adult / 6 sessions / TSC

\$45, No early bird or senior discount

QIGONG

Thursdays, Beginner 6:30pm / Advanced 7:30pm

#18FG52-B Beginner: **Sept 6–Oct 11**

#18FG52-A Advanced:

#18FG53-B Beginner: **Oct 18–Dec 6 (no 11/8 & 11/22)**

#18FG53-A Advanced:

An exercise of energy cultivation that has brought many people into true mental and physical health. It is enjoying a revival around the world, attracting people interested in its healing power, its graceful motions, and its incredible physical feats. Centered on the three essential components of qigong (body, mind and breath), this program is offering the quickest and most effective way to experience physical and mental benefits of each routine, such as improving posture, strengthening body, and reducing tension. Learn to put together an effective qigong flow and combine routines to address your health and fitness. Instructor-Peter Chen

16–Adult / 6 sessions / RMC

\$49

FENCING

#18FG54 **Fri, Sept 7–Oct 26 (no 9/28), 7–9pm**

#18FG55 **Fri, Nov 2–Dec 21 (no 11/23), 7–9pm**

Have you ever wanted to learn how to sword fight? If so, this is the class for you! Students learn the skills of this exciting sport, from the basics to the precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent. Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! No experience required - all levels welcome. Students are responsible for providing their own equipment (mask, jacket, gloves, weapon). Information on where/how to purchase items will be provided upon registration. Instructor-Ben Backe

12–Adult / 7 sessions / RMC

\$72 (+estimated initial equipment cost of \$115)

30/30 IN THE CIRCUIT

Sundays 3–4pm

#18FG56 **Sept 9–Oct 14**

#18FG57 **Oct 28–Dec 2**

Zumba Fitness PLUS Strong by Zumba - two classes in one! We will do 30 minutes of exhilarating Zumba, and then be lead and motivated to challenge yourself through 30 minutes of a variety-packed workout focusing on strength, interval/cardio, core and flexibility circuit training. It will leave you wanting more! Bring a mat and water bottle. Instructor-Yvette Castillo

16–Adult / 6 sessions / TSC

\$40, No early bird or senior discount

TENNIS - ADULT BEGINNER

#18FG58 **Mon, Sept 10–Oct 15, 6:30–7:30pm**

A program for those new to the sport to develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will learn scoring and boundaries for singles and doubles play; equipment is provided. No refunds for weather cancelations or rescheduling conflicts. Instructor-Christi Spencer

17–Adult / 6 sessions / Westminster City Park

\$69

CLOGGING

Mondays, Sept 10–Nov 5 (no 10/8 & 11/12)

#18FG59-B Beginner **7–7:30pm**

#18FG59-I Intermediate **5–6pm**

#18FG59-A Advanced **6–7pm**

A fun contemporary American Folk dance for all to enjoy! The Beginner level requires no experience-students will learn basic fundamentals working on basic form, movement, sounds/steps, and combining into simple dance routine(s). Wear a thin-soled shoe (leather sole works best). The Intermediate level requires 3+ years of experience, and the Advanced level is for the well-experienced clogger: wear white clogging shoes with jingle taps; learn new routines/steps and work on team form, accuracy and precision; sessions include some free dance time. Instructor-Becky Morehouse

8–Adult / 8 sessions / RMC

\$42–Beginner (+\$16 material fee for taps, if needed)

\$57–Intermediate/Advanced

No early bird or senior discount





HEALTH & WELLNESS

BALLROOM DANCE

Wednesdays, Sept 12–Nov 7 (no 10/31)

#18FG60-B Beginner **6–7pm**

#18FG60-I Intermediate (1+ yrs) **7–8pm**

#18FG60-A Advanced (3+ yrs) **8–9:15pm**

Grab your partner, friend or spouse, dance as a couple, and join the fun learning the basic steps to various ballroom dances such as the Foxtrot, Cha-Cha, Waltz, Rumba, and more. A wonderful opportunity for couples to learn or improve in the art of ballroom dance without paying costly studio fees! Instructor-Stacey Welsh

Adult / 8 sessions / WSC

\$62 per couple, No senior discount

TAI CHI CHUAN & QIGONG

Saturdays, Beginner 9:30am / Advanced 10:30am

#18FG61-B Beginner:

Sept 15–Oct 27 (no 10/20)

#18FG61-A Advanced:

#18FG62-B Beginner:

Nov 3–Dec 15 (no 11/24)

#18FG62-A Advanced:

Roughly referred to as “internal martial arts,” has achieved popularity in China and beyond. Performed in a slow, relaxed, continuous and graceful manner, emphasizing relaxation, meditation, and harmony of both mind and body. White Crane Qigong is traditional Chinese exercise that imitates the movements of cranes with breathing techniques. Instr.-Peter Chen

16–Adult / 6 sessions / WSC

\$49

FIT FOR LIFE

#18FG63 **Mon, Sept 17–Oct 29 (no 10/8), 10–11am**

Start moving and feeling better today! Experience standing, low-impact movements alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and exercises can be adapted depending on your skill. This is a medium to low intensity strength and balance circuit that will help you improve your ability to move in your daily life. Instructor-Chris Abell

16–Adult / 6 sessions / RMC

\$42, No senior discount

Come enjoy our ...



Saturday, October 6, 5:30–8:30pm

#18FG63-s **Single registrant**

#18FG63-d **Couple**

There will be Dinner and Dancing ... a King and Queen will be crowned! Come out and enjoy a wonderful evening and please encourage friends to register, too.

Age 55 and Grander / 1 session / SCSC

\$25/person, \$40/couple, No senior discount

REGISTRATION DEADLINE is Oct 1st

MARTIAL ARTS

#18FG64 **Wed, Sept 19–Oct 10, 6:30–7:30pm**

Filipino Martial Arts - Arnis, Eskrima and Kali are Filipino martial arts. Practitioners learn to defend themselves against weapons such as swords, knives, sticks, staffs, projective, flexible, improvised weapons and empty hand fighting by training with a rattan or padded stick. Youth must be accompanied by a parent/guardian at all sessions. Instructor-Ken Mamaril

11–Adult / 4 sessions / NCSC

\$27, No early bird or senior discount



North Carroll High School

1400 Panther Drive, Hampstead

November 9, 10, 11

MORE INFO: 1carroll@ccg.carr.org

**Men's & Co-ed
SOFTBALL
LEAGUES
start August**



Carroll County Recreation & Parks

410-386-2103

1carroll@ccg.carr.org

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. Anyone requiring an auxiliary aid or service for effective communication, or who has a complaint should contact the Department of Citizen Services, 410.386.3600 or 1.888.302.8978, or MD Relay 7-1-1/1.800.735.2258, as soon as possible, but no later than 72 hours before the scheduled event.