



## HS - GIRLS/BOYS GYMNASTICS

Girls 11am-12pm / Boys 12:30-1:30pm

#18SG19 **Thur, Mar 1-Apr 19** (8 sessions)

#18SG20 **Thur, Apr 26-Jun 7** (7 sessions)

Designed for the beginner gymnast; students will learn basic skills on all gymnastics equipment and trampoline. Student/instructor ratio 8:1. Please indicate "girls" or "boys" program upon registration.

**6+ years / 8 sessions / Carroll Gymnastics**

**\$155 (8 sessions), \$145 (7 sessions)**

## HS - BABYSITTER TRAINING & PEDIATRIC FIRST AID/CPR/AED

#18SG21 **Tue, Mar 20-Apr 3, 10am-1pm**

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. The babysitter 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), and receive the American Red Cross certificate of attendance. The 1st Aid/CPR/AED training is designed to complement the Babysitter Training course which students must complete first. You will have the opportunity to learn from and interact with the instructor who will guide you through hands-on practice of lifesaving skills. Successful students will receive a certificate of Pediatric First Aid/CPR/AED valid for two years. Bring a snack & drink, and paper and pen each session.

**11-17 years / 3 sessions / RMC**

**\$95, No early bird discount**

## HS - HAND BUILDING WITH CLAY - Mexican Folk Art

#18SG22 **Wed, Apr 4-May 9, 10-11:30am**

A youth and adult program - it is great fun and easy to learn how to make things out of clay! Students will learn how to make small clay animals, small animal candle holders, fanciful animal masks, and also brightly colored tiles and platters. A little background will be presented and many examples will be shown, but everyone is free to create their own version for each project. Bring plastic bags to keep your work moist and a box (shoe box size or larger) to carry home your work in between sessions. Instructor-Suzanne Brault

**7-Adult / 6 sessions / RMC**

**\$66 (+\$25 material fee due to instructor)**

## PARENT & TOT GYMNASTICS

Thursdays, 9:30-10:15am

#18SG23 **Mar 1-Apr 19** (8 sessions)

#18SG24 **Apr 26-Jun 7** (7 sessions)

Designed for the younger child, with parental assistance, to learn beginning movements and activities in a structured environment. Student/instructor ratio 7:1.

**18 months-3 years / 7 or 8 sessions / Carroll Gymnastics**  
**\$135 (8 sessions), \$125 (7 sessions)**

## PRESCHOOL GYMNASTICS

Thursdays, 10:15-11am

#18SG25 **Mar 1-Apr 19** (8 sessions)

#18SG26 **Apr 26-Jun 7** (7 sessions)

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1.

**3-4 years / 7 or 8 sessions / Carroll Gymnastics**

**\$135 (8 sessions), \$125 (7 sessions)**

## KINDERGARTEN GYMNASTICS

Thursdays, 4:45-5:30pm

#18SG27 **Mar 1-Apr 19** (8 sessions)

#18SG28 **Apr 26-Jun 7** (7 sessions)

Designed to develop basic movement, balance and listening skills through structured gymnastics activities. Teacher directed without a parent. Student/instructor ratio 6:1.

**5 years / 7 or 8 sessions / Carroll Gymnastics**

**\$135 (8 sessions), \$125 (7 sessions)**

## BALLET/TAP COMBO I

#18SG29 **Mon, Mar 5-May 7, 4-4:50pm**

An exciting introduction to ballet, tap and creative movement. The focus will be on having fun and giving your child a positive intro to dance. No experience is necessary, all levels welcome. 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! Students need to wear pink leotard, pink tights, pink ballet slippers, black tap shoes; wear hair in a bun. Students must be independent enough to participate in the program activities without a parent but will need their help with the changing of their shoes during each session. Instructor-t/b/a

**3-5 years / 10 sessions / WSC**

**\$55**

## MOMMY & ME TUMBLING

Wednesdays, 10-10:45am

#18SG30 **Mar 7-Apr 11**

#18SG31 **Apr 18-May 23**

An exploration based program with a semi-structured format making physical skills top priority. Parental involvement is gradually decreased thru inviting activities. The children soon take pride in being treated like "big kids."

**1-2.5 years / 6 sessions / MD Allstar Athletics**

**\$90**

## TINY TUMBLERS

Wednesdays, 11-11:45am

#18SG32 **Mar 7-Apr 11**

#18SG33 **Apr 18-May 23**

Emphasis is 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.

**3-5 years / 6 sessions / MD Allstar Athletics**

**\$90**

## SIGN WITH BABY

**NEW!!!**

#18SG34 **Sat, Mar 10-May 5 (no 3/31)**

**9:30-10:30am**

Attention all babies! Bring your mom, dad, aunt, uncle, or grandparent and learn to communicate using your hands together! This course will teach functional vocabulary to provide little ones with a practical means of communicating needs and wants, thus strengthening their foundation for language development! Instructor-Laurel Nalepa

**1.5-4 years (w/adult) / 8 sessions / NCSC**

**\$40**

## PARENT & ME YOGA

Tuesdays, 3-3:45pm

#18SG35 **Mar 13-Apr 17**

#18SG36 **Apr 24-May 29**

**NEW!!!**

Are you curious how to use yoga with your young child at home? Come learn some ways to use yoga as a physical and mental outlet for your child-no experience necessary. Have a fun, light-hearted practice each week focused around introducing yoga in a child-friendly way. Bring mats, a sense of humor and a willingness to learn! Best suited for children who can follow simple directions. Instructor-Ginny Beazley

**3-5 years (w/adult) / 6 sessions / FVES**

**\$38**

## SUPERHERO TRAINING

Saturdays, 11am-12pm

#18SG37 **Mar 24-May 5 (no 3/31)**

#18SG38 **May 12-Jun 16**

Boys ... learn to fly, jump, climb and tumble in this action-packed program!

**3-8 years / 6 sessions / MD Allstar Athletics**

**\$80**

## TENNIS TOTS

#18SG39 **Wed, May 16-Jun 20, 5:30-6pm**

Designed specifically for young children to develop basic racquet handling skills and court movement; equipment provided. A perfect way to introduce your tots to tennis! Parental supervision is required. No refunds for weather cancellations or rescheduling conflicts. Instructor-Christi Spencer

**4-6 years / 6 sessions / Westminster City Park**

**\$50**

