



HEALTH & WELLNESS

ZUMBA® FITNESS

Mondays, 6:30-7:30pm

#18SG40 Mar 5-Apr 9

#18SG41 Apr 23-Jun 4 (no 5/28)

Mambo - Calypso - Merengue - Salsa! A multi-cultural dance exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Energetic fun! Instructor-Yvette Castillo

13-Adult / 6 sessions / TSC

\$35, No early bird or senior discount

YOGA FIT

Tuesdays, 6-7pm

#18SG42 Mar 6-Apr 10

#18SG43 Apr 24-May 29

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. In addition to asana (poses), classes include opportunities for meditation. 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-l/b/a

16-Adult / 6 sessions / RMC

\$42

NXS BOOTCAMP

NEW!!!

Tuesdays AND Fridays 4:30-5:30pm

#18SG44 Mar 6-Apr 13

Get 2018 on the right track! Try this "no excuses" (NXS) bootcamp providing a fun unique fitness experience for all fitness levels. We will incorporate strength, cardio and core in a circuit-style workout. This unique workout can burn up to 1,000 calories in an hour!

Adult / 12 sessions / Anytime Fitness

\$99

QIGONG

Thursdays, 7-8pm

#18SG45 Mar 8-Apr 12*

#18SG46 Apr 26-May 31

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. Instr.-Peter Chen

16-Adult / 6 sessions / WSC *(RMC in March only)

\$47

TAI CHI CHUAN & QIGONG

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

#18SG47-B Beginner: Mar 10-Apr 14

#18SG47-A Advanced: Mar 10-Apr 14

#18SG48-B Beginner: Apr 28-Jun 2

#18SG48-A Advanced: Apr 28-Jun 2

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. Program runs 1 hour in length. Instructor-Peter Chen

16-Adult / 6 sessions / WSC

\$47

BARRE FITNESS

Tuesdays, 6:10-7pm

#18SG49 Mar 13-Apr 24 (no 3/27)

#18SG50 May 1-Jun 5

Raise the 'barre' on your health! Barre fitness (pronounced "bar") blends strengthening exercises used by dancers along with toning and flexibility work from the world of Pilates. Set to energizing music, barre is easily adapted to any fitness level. This non-impact, "no-dancing" dancer's workout uses body-weighted exercises and optional light hand weights to burn fat: improve posture and build a stronger core and longer, leaner muscles. Bring a mat and an optional pair of hand-weights if desired (1 or 2lb); class may be done barefoot or in yoga socks. Instructor-Lynette Stupi

16-Adult / 6 sessions / RMC

\$42

HI/LO CARDIO

NEW!!!

Tuesdays, 7:10-7:55pm

#18SG51 Mar 13-Apr 24 (no 3/27)

#18SG52 May 1-Jun 5

NEW!! Optional level cardio conditioning workout that fuses traditional aerobics with contemporary athletic drills. Energizing music, heart strengthening moves and a dash of core work at the end will leave you feeling strong from head-to-toe! Challenging yet fun, this program offers easy adapt moves to your choice of intensity and impact. Please bring a mat. Instructor-Lynette Stupi

16-Adult / 6 sessions / RMC

\$39

NEW!!!

ADULT SOCCER 7v7

#18SG53 Tues AND Thurs, begins March 13

Get your friends together for some spring time fun in this NEW outdoor 7v7 Adult Soccer League. A men's, women's and co-ed league will be formed with a minimum of four teams required to run. Team registration only, with a maximum of 20 players; completed roster required by first game. Call the Rec & Parks office for deadline to register and for more information, or to sign up as a "free agent." Teams must provide own shirts. Coordinator-Matt Decker, R&P staff

Adult / 5 weeks / CCSC

\$400/team, No early bird or senior discount

30/30 IN THE CIRCUIT

Wednesdays, 6:30-7:30pm

#18SG54 Mar 14-Apr 18

#18SG55 May 2-Jun 6

Zumba Fitness PLUS strength/core/flexibility - 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 training. It will leave you wanting more! Bring a mat. Instructor-Yvette Castillo

16-Adult / 6 sessions / TSC

\$40, No early bird or senior discount

VINYASA FLOW YOGA

Wednesdays, 7-8pm

#18SG56 Mar 14-Apr 25 (no 4/4)

#18SG57 May 16-Jun 27 (no 6/6)

Designed as an introduction, focus is on safe alignment in foundational poses with attention and focus on the breath. Vinyasa yoga draws from a range of traditions and the primary focus is linking breath with asana (postures) which lends to this "flow" like quality of movement during practice. The practice builds heat within the body, effective in strengthening one's endurance, increasing flexibility and creating overall body awareness while holding space for calm and quieting of the mind. Bring a mat and blocks if you have them. Instructor-Laurel Brennan

16-Adult / 6 sessions / NWCR

\$42

BALLROOM DANCE

Wednesdays, March 21-May 16 (no 5/9)

#18SG58-B Beginner 6-7pm

#18SG58-I Intermediate (1+ yrs) 7-8pm

#18SG58-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. *NOTE: 3/21 & 3/28 will be at West Middle School. Instructor-Stacey Welsh

Adult / 8 sessions / WSC, WMS*

\$59/couple, No senior discount

FENCING

#18SG59 Fri, Mar 23-May 25 (no 3/30 & 4/13)

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 / 8 sessions / RMC

\$80 (+estimated initial equipment cost of \$115)





CLOGGING

Mondays, Apr 9–Jun 11 (no 4/30 & 5/28)

#18SG60–B **Beginner 7–7:30pm**

#18SG60–I **Intermediate 5–6pm**

#18SG60–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). Intermediate requires 3+ yrs' experience, and Advanced is for the well-experienced clogger: wear white clogging shoes with jingle taps; learn new routines/steps and work on team form and accuracy; sessions include some free dance time. Instr.-Footnotes, Becky Morehouse

8–Adult / 8 sessions / RMC

\$40–Beginner (+\$16 material fee for taps, if needed)

\$55–Intermediate/Advanced

No early bird or senior discount

PICKLEBALL OPEN GYM

NEW!!!

#18SG61 **May 2–August 31**

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

- Sundays 7-10pm on May 6-Aug 26 @ RMC
- Mon/Wed/Fri 1-4pm on May 2-Aug 31 @ NCHS

16–Adult / multiple sessions / locations listed above

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

TENNIS - ADULT BEGINNER

#18SG62 **Mon, May 14–Jun 25 (no 5/28), 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 cancellations or rescheduling conflicts. Instructor-Christi Spencer

17–Adult / 6 sessions / Westminster City Park

\$67

CINCO de MAYO MUD RUN

Saturday, May 5th, Carroll County Sports Complex

SAVE THE DATE and check back with us for more information!!

Men's, Coe-ed and Church SOFTBALL



contact Matt Purkins

410-857-4832

mpurkins@ccg.carr.org

DRAMA: Seussical, Jr.

Thursdays, 6–8pm

#18SG63 **Mar 1–May 10***

Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton must protect the Whos from the world of naysayers and dangers, and he must also guard an abandoned egg that has been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger and a trial, the intrepid Gertrud McFuzz never loses faith in him. Ultimately the powers of friendship, loyalty, family and community are challenged and emerge triumphant!

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 (Carroll County location is tentatively the former North Carroll High School auditorium and will be held Mon-Thur, May 7-10 (no absences, please). Family and friends are invited to the performance on the evening of *Thursday, May 10th. Instructor-Robert Miller

Grades 1st-8th / 14 sessions / RMES

\$173

(Tech Week times will vary)

BALLET/TAP COMBO II

#18SG64 **Mon, Mar 5–May 7, 5–5:50pm**

An exciting introduction including posture and alignment. The focus will be on giving your child a positive intro 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! Students need to 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-l/b/a

5–7 years / 10 sessions / WSC

\$55

X-SPORT CONDITIONING

Mondays 6–7pm AND Wednesdays 5:30–6:30pm

#18SG65 **Mar 5–Apr 11**

Want to gain a competitive edge? Then this program is the right fit! Using our equipment, each athlete will receive a program designed to improve speed, agility and quickness. We look forward to helping you with the X-factor!

10–14 years / 12 sessions / Anytime Fitness

\$99

BEGINNER TUMBLING

Tuesdays, 6–7pm

#18SG66 **Mar 13–Apr 17**

#18SG67 **Apr 24–May 29**

For those with little or no experience; a great way to "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.

6+ years / 6 sessions / MD Allstar Athletics

\$96

MINI TUMBLERS

Thursdays, 5:30–6:30pm

#18SG68 **Mar 15–Apr 19**

#18SG69 **Apr 26–May 31**

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

"EVERY KID IN A PARK"

National Program

NEW!!!

#18SG70 **Saturdays 3/24, 4/7 & 5/12, 10am–4pm**

A National Parks program in place for the third year which offers each student a FREE Park Pass for the whole family good through 8/31/18, which can be used at many National Parks. We will provide you the pass and will use it each session to attend a different park within 50 miles of Westminster. Counselor-led program where transportation is provided. As a group we will take a one-day trip each month to a different location; options may include a Protected Animals facility, Great Falls, Sandy Point State Park or Catoctin Mountain Park. Fun activities each morning before we depart on our adventure. Pack a bag lunch and dress for hiking and the weather. Instructor-Rec & Parks staff

4th Graders ONLY (in 2017/2018 school year) /

3 sessions / meet at RMC

\$20, No early bird discount

NINJA WARRIOR TRAINING

Saturdays, 10–11am

#18SG71 **Mar 24–May 5 (no 3/31)**

#18SG72 **May 12–Jun 16**

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

LEGO® WORKSHOP FUN!

#18SG73 **Monday, April 2, 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. (See program below for a full day of fun!) Instructor: Play-Well TEKologies

6–10 years / 1 session / RMC

\$25, No early bird discount

LEGO & ART CAMP DAY

#18SG74 **Monday, April 2, 9am–4pm**

#18SG74-a R&P offers \$5/hour Aftercare 4-6pm*

This is both the LEGO Workshop Fun! program (above) AND the Art Fun! program (below), combined for a great price. Pack a lunch; includes some "recess" time, too. *NOTE: If you choose to use the "Aftercare Program" with RMC staff mentioned above, a snack will be provided during that time-

6–10 years / 1 session / RMC

\$50 (all materials included!), No early bird discount

