

YOUTH & TEEN



~ TEENS ON THE GO! ~

Monday-Thursday, 8:30am-4pm*

Join us for another summer of fun-filled, exciting activities! Camp is rain or shine - dress for activities and the weather, no flip-flops unless swimming, wear sunscreen, pack your lunch (non-perishable, no peanuts) and water bottle each day. Teens must be dropped off and picked up on time each day (camp counselors cannot wait for late arrivals or late pickups, and some destinations require specific arrival times) - please be very punctual! When registering, please indicate your adult t-shirt size (SM-MD-LG-XL).

*CAMP runs 8:30am-4pm, however each week will have a day or even two which is longer and will require an earlier drop-off and/or later pick-up time (i.e., Hersheypark 7pm pickup) - a schedule will be provided.

Entering GRADES 6th-10th in Fall 2018 only / 4 sessions / RMC (drop-off & pick-up)

WEEK 1 #18SM01 June 18-June 21

Teens will spend their time this week with swimming, mini golf, and other activities at 4 Seasons Sports Complex. We will also go tubing at River & Trail in Knoxville, go rock climbing at Earth Treks in Columbia, and will close out this adventurous week with a trip to Hershey Park! **\$180 (+spending money), No early bird discount**

WEEK 2 #18SM02 June 25-June 28

This week will feature a trip to RoundTop, Stratosphere Trampoline Park, as well as Escape Adventures. We will also enjoy hanging out in the trees at Sandy Spring Adventure Park! There will be a sweet ending this week as we visit Turkey Hill and Utz factories. **\$215 (+spending money), No early bird discount**

WEEK 3 #18SM03 July 9-July 12

Kick off the week with a fun-filled day at Guppy Gulch, an outdoor water park! Teens will be able to go rock climbing in Timonium, and then bounce around at Skyzone Trampoline Park. We will finish out this adventurous week with a trip to Six Flags America - don't miss the fun! **\$190 (+spending money), No early bird discount**

WEEK 4 #18SM04 July 16-July 19

Teens will begin their week high in the trees at Terrapin Adventures Ropes Course in Savage, MD. Then head to the beach before getting wet and wild while white water rafting at River and Trail Outfitters. We will finish this fun week with a trip to Hershey Park! **\$245 (+spending money), No early bird discount**



SUMMER SKIN

Program #18SM12 Mon, June 18, 10am-12pm
Want to beat the battle of dry skin from the summer heat? Start your summer off with some fun making your own all natural body butter, and body and lip scrubs. Explore the benefits of the natural ingredients and scenting these to your own personal liking. Take home all the products we create in presentable containers along with directions to make it again on your own when you run out! Makes a great gift for someone special. Sign up with a friend for even more fun! Instructor-Vicki Sweet
12-17 years / 1 session / RMC
\$10 (+\$10 material fee due to instructor)
No early bird discount

STRENGTH & AGILITY TRAINING

Monday-Thursday, Jun 18-Aug 2 (no 7/4)
Program #18SM13 Grades 12+, 7-8am
Program #18SM14 Grades 11-12, 8-9am
Program #18SM15 Grades 6-10, 10-11am
For students not playing high school football this coming year. We will prepare young student athletes for their upcoming fall sports season as well as introduce concepts of fitness, nutrition, and technique. Participants will be given sport specific strength and speed training instruction. Sessions will focus on strength gain through core lifts, speed training and developing the cardiovascular system in order to best prepare them for peak performances in their fall season. Coordinator-Tom Goretzas
GRADES 6-12+ / 27 sessions / MVHS
\$55

4SEASONS SUMMER CAMP

#18SM16 Weekly Camps run Monday-Friday* 8:30am-4pm, Jun 18-Aug 31 (no 7/4*)
Your child will have fun enjoying pool time every day, mini golf, inflatables, crafts, sports and other activities. Campers will be placed in groups according to age and participate in activities all week long following the theme of that week. They won't just be sitting around, they will be active, safe and having a ton of fun!! **The week of 7/23-7/27 includes a field trip for an additional fee of \$15 due to 4Seasons on or before 7/23. ALSO: Before and After Care, as early as 6:30am and as late as 6pm, is available for additional \$15/week paid directly to 4Seasons. UPON REGISTRATION you must indicate your week(s) of camp; please note that the Rec & Parks 10-day prior notice of cancellation applies to the start date of each week.
4-16 years / 5 (or 4*) sessions
held at 4 Seasons Sports Complex
\$199 ** (additional \$15 field trip fee for week of 7/23 only, due to 4Seasons)

SAY IT IN SIGN (ASL)

Program #18SM17 Wed, Jun 20-Aug 15 (no 7/4), 6-8pm
Have fun in this "hands-on" beginner's course that will allow you to establish the foundation necessary to communicate effectively with Deaf and hard of hearing people. Students will learn functional vocabulary and the basics of American Sign Language (ASL) grammar. Instructor-Laurel Nalepa
8-12 years / 8 sessions / NCSC
\$65

BEGINNER TUMBLING

Tuesdays, 6-7pm

#18SM05 Jun 5-Jul 10

#18SM06 Jul 17-Aug 21

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

COUNTY 7 on 7 PASSING LEAGUE

#18SM07 Wed, Jun 6-Jun 27, 6-7:30pm

Teams are being formed for this 7v7 high school level touch football league, for youth entering grades 10th-12th, Fall 2018. See your high school coach for further details. Be sure to include an adult t-shirt size upon registration. Coordinator-Matthew Miller

GRADES 10th-12th / 4 sessions / WMHS
\$10, No early bird discount

MINI TUMBLERS

Thursdays, 5:30-6:30pm

#18SM08 Jun 7-Jul 12

#18SM09 Jul 19-Aug 23

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

STRENGTH & CONDITIONING

Monday-Thursday, Jun 18-Aug 2 (no 7/4)

Program #18SM10 Grades 11-12, 9-11am

Program #18SM11 Grades 8-10, 10am-12pm

We will prepare young student athletes for their upcoming fall football season as well as introduce concepts of fitness, nutrition, and technique. Participants will be given sport specific strength and speed training instruction. Sessions will focus on strength gain through core lifts, speed training and developing the cardiovascular system in order to best prepare them for peak performances in their fall season. Coordinator-Bernie Koontz

GRADES 8-12 / 27 sessions / MVHS
\$55



YOUTH & TEEN

GIRLS / BOYS BASIC GYMNASTICS

GIRLS 10–11am or 5:30–6:30pm
BOYS 9–10am or 5:30–6:30pm
 #18SM18 **Thurs, Jun 21–Jul 12**
 #18SM19 **Thurs, Jul 19–Aug 9**

Designed for the beginning gymnast. Students will learn basic skills on all gymnastics equipment and trampoline. Student/instructor ratio 8:1. When registering, please indicate Girls or Boys and AM or PM program.

**6+ years / 4 sessions / Carroll Gymnastics
\$105**

NINJA WARRIOR TRAINING

Saturdays, 10–11am
 #18SM20 **Jun 23–Jul 28**
 #18SM21 **Aug 4–Sept 15 (no 9/1)**

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 spatial awareness.

**6–10 years / 6 sessions / MD Allstar Athletics
\$90**

BABYSITTER TRAINING & PEDIATRIC FIRST AID/CPR/AED

Saturday 8:30am–3:30pm
AND Sunday 8:30am–12:30pm
 #18SM22 **June 23 & 24 @ SCSC (Bingo Rm)**
 #18SM23 **August 4 & 5 @ RMC**

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 bag lunch Saturday and a snack on Sunday; and paper and pen for notes.

**11–17 years / 1 session /
locations are listed above
\$95, No early bird discount**

“EVERY KID IN A PARK” National Program

#18SM25 **June 23, 10am–4pm**
 #18SM26 **July 14, 10am–4pm**
 #18SM27 **August 11, 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 approx. 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, Fort McHenry or any other National facility in our area. Fun activities each morning before we depart on our adventure. Pack a bag lunch & water bottles, wear sunscreen, and dress for hiking and the weather. Bring additional money as some trips may have additional costs for snack/souvenirs. Instructor-Rec & Parks staff

**4th Graders ONLY (in 2017/2018 school year) /
1 session / meet at RMC**

\$25 (+snack or souvenir money, varies by trip)

ARCHERY CAMP

Monday–Friday, 9:30am–3:30pm
 #18SM28 **June 25–June 29**
 #18SM29 **July 16–July 20**

For those with no experience or those who have attended previous archery programs. Either way, make sure you like to shoot a lot! We will emphasize form and mechanics in the morning, have lunch outside, take a short break in the gym, then finish with small group stations, shoot a 300 round and play other fun bow and arrow games. Participants should be sincere about learning/improving their archery skills. You must use our equipment, unless previously approved (no sights, no releases) - bow type and size is up to instructor's discretion. Camp rules must be followed at all times - no refund if your child is dismissed due to poor behavior - safety is our highest concern. Pack a lunch and drink, tie back long hair and wear athletic clothing/shoes (in layers, sometimes gym is chilly). NFAA & NASP Certified Instructor-Tina Shupp

**10–12 years / 5 sessions / RMC
\$180**

ARCHERY MINI CAMP

Monday–Friday, 9:30am–12:30pm
 #18SM30 **June 25–June 29**
 #18SM31 **July 16–July 20**

For those with no experience or those who have attended previous archery programs. Either way, make sure you like to shoot a lot! Early in the week we will emphasize form and mechanics and by the last day students should be able to complete a 300 round! Depending on time and progression, we will include small group stations and play some fun bow and arrow games. Participants should be sincere about learning/improving their archery skills. You must use our equipment, unless previously approved (no sights, no releases) - bow type and size is up to instructor's discretion. Camp rules must be followed at all times - no refund if your child is dismissed due to poor behavior - safety is our highest concern. Tie back long hair and wear athletic clothing/shoes (in layers, sometimes gym is chilly). NFAA & NASP Certified Instructor-Tina Shupp

**8–10 years / 5 sessions / RMC
\$95**

JUNIOR GOLF CLINIC

Monday-Wednesday, 9am–12pm (*except wk of 7/23)
 #18SM32-a **Jun 25–Jun 27**
 #18SM32-b **Jul 9–Jul 11**
 #18SM32-c **Jul 23–Jul 25 (5:30-8:30pm)***
 #18SM32-d **Aug 6–Aug 8**
 #18SM32-e **Aug 20–Aug 22**

Join us for some great summer fun! Each clinic includes 3 days of golf training with 1:5 instructor/student ratio. We will cover fundamentals of the golf swing, life values, and etiquette. Lunch is provided. BONUS... included in your registration is 1 free bucket of balls per day for the rest of the year to improve beyond our clinics.

**7–15 years / 3 sessions /
Island Green Family Fun Center
\$149**

PLEIN AIR PAINTING

Monday AND Tuesday, 6–8:30pm
 #18SM33-a **July 2 & 3 @ WC Pond**
 #18SM33-b **July 9 & 10 @ LH**
 #18SM33-c **July 16 & 17 @ DP, pav #1**
 #18SM33-d **July 23 & 24 @ FP**

Meet at a park, find a view you like, and paint! Enjoy art outdoors while you learn the techniques of mixing colors and the handling of the brushes, and learn about composition. Participants can decide between acrylics or watercolors (please indicate when registering). Fun for all! Instructor-Suzanne Brault

**6–Adult / 2 sessions / locations listed above
\$36 (+\$8 material fee due to instructor at 1st session)**

IMAGINATION ADVENTURE ART CAMP

#18SM34 **Mon–Fri, July 9–13, 10am–12:30pm**

Let your imagination take off at this summer camp! We will make crazy surprise pop-up cards! And we will try out new ways of painting - try the intricate bizarre patterns of ancient Celtic illuminations and then something completely different - adding your own details on top of bold free color washes. Other projects include constructing outrageous bugs or dazzling butterflies out of paper and wire, and various odds and ends like fur and sequins; and also making long-legged goofy bird marionettes. Loads of art fun! Instructor-Suzanne Brault

**6–12 years / 5 sessions / FES
\$90 (+\$10 material fee due to instructor at 1st session)**

TENNIS-ADVANCED BEGINNER /INTERMEDIATE

#18SM35 **Mon, Jul 9–Aug 13, 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**



YOUTH & TEEN

GYMNASTICS SUMMER CAMP

#18SM36 **Weekly Camps run July 9–August 24**
Monday–Friday 9am–3:30pm

Each day includes at least 90 minutes of practice in gymnastics, tumbling and acrobatics, a variety of crafts, games, physical challenges and plenty of time for plain old play! A special movement theme each week - Skyview Ninjas, Going for Gold, Super Humans, Under the Big Top, Christmas in July, Animal Kingdoms, Brains and Brawn - provides a unique focus for movement activities - hours of fun on the beam, bars, rings, rope, trampolines, and Tumbler-Trak, or scrambling in the foam pit. Snack and Lunchtime are bring your own, so don't forget to pack each day (no peanuts please). UPON REGISTRATION you must indicate your week of camp; please note that our 10-day prior notice of cancellation applies to each week chosen.

6–16 years / 5 sessions / Skyview Gymnastics
\$300/week

GYMNASTICS

#18SM37 **Tue, Jul 10–Aug 14, 4:30–5:50pm**

No experience is needed - level evaluation must be completed at Skyview approx. 10 days prior to the start of this program. Participants will learn skills and have fun on the mats, beam, bars, rings, rope and trampolines. Students develop body and spatial awareness, coordination, strength, flexibility and balance. Once you complete your registration with Rec & Parks, you must call Skyview (301-829-7998) to make an eval. appointment, providing them with your receipt number.

6–16 years / 6 sessions / Skyview Gymnastics
\$115

TENNIS BEGINNER

#18SM38 **Wed, Jul 11–Aug 15, 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 and 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

CHEER & TUMBLE CAMP

Monday-Friday, 9am–12noon

#18SM39-a **Jul 16–Jul 20**

#18SM39-b **Any 3 days (7/16-7/20)**

This camp is perfect for those new to cheerleading as well as Recreational and All Star cheerleaders up through level 2. Curriculum will consist of 1.5 hours of tumbling instruction and 1.5 hours of cheer instruction per day. Campers will improve basic cheerleading skills (jumps, stunts, motions, and dance). Campers will perfect existing tumbling skills and progress to new skills as appropriate. There will be a parent performance at the end of the week. If registering for the 3-day camp, please indicate your days.

5+ years / 5 (or 3) sessions / MD Allstar Athletics
\$175 - full week / \$135 - 3 days

CARING TEENS RESPITE CARE TRAINING

#18SM40 **Saturday, July 21, 10am–4pm**

Caring Teens Wanted! This day-long program prepares teens to offer first-rate care for children who have mild to moderate disabilities and/or to enter the field of special education someday. Unlike families of typical children who can hire a neighborhood teenager to babysit when they need a night out, respite care requires someone with training and confidence to tend to the child's needs. This is an interactive hands-on training especially designed for this age group. Training topics include disability awareness, communication, behavior management, safety, assistive/adaptive equipment, and more. Participants receive a certificate of attendance. Includes snack and beverage; pack a bag lunch. Instructor-Caring Communities staff

13–19 years / 1 session / RMC
\$99

SOCIAL GRACES

#18SM41 **Mon–Wed, Jul 23–Jul 25**
9–11:15am

Do you feel as though children today need a little social graces for times and places? Look no further. The curriculum for this program offers fun and interactive activities which include all of the etiquette necessary for our 21st century children. There will be instruction on manners, digital citizenship, public speaking, introductions, and more. Sign up today, the outcome will be great! Bring a peanut-free snack each day for a 15 minute break-time. Instructor-Sueilyn Rivera

7–10 years / 3 sessions / RMC
\$45

TUMBLING CAMP

#18SM42 **M–F, Aug 13–Aug 17, 1–4pm**

This half-day camp is designed for the older student interested in learning tumbling skills. Campers will use the spring floor, tumble track, block pit and trampoline. Campers will be grouped by age and ability. In addition to gymnastics instruction, the schedule will include a drink/snack break (provided). Be sure to bring a water bottle.

6+ years / 5 sessions / Carroll Gymnastics
\$165

GYMNASTICS CAMP

#18SM43 **Monday–Friday, August 13–17**
9am–4pm

This full day camp is designed for the older gymnast. Campers will be grouped by age and ability, and will work on a variety of equipment including the spring floor, bars, balance beam, tumble track and trampoline. In addition to gymnastics instruction, the schedule will include lunch, outside recreation and snack/juice breaks. Be sure to pack lunch (no peanuts); snacks are provided.

6+ years / 5 sessions / Carroll Gymnastics
\$300

STEM ENGINEERING WITH LEGO®

Monday–Friday, August 13th–17th

#18SM44-a **9am–12pm (age 5-7)**

#18SM44-p **1pm–4pm (age 7-11)**

#18SM44-x **R&P offers \$5/hour**
Aftercare 4-6pm

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as trains, helicopters, tree-houses, and beam bridges for the younger group; or gear cars, castles, airplanes and scissor lifts for the older group. Design and build as never before, and explore your craziest ideas in a supportive environment. New and returning students will be challenged to the next level! AM/PM sessions will be combined to one time frame if registration counts are lower than needed-you will be notified. EXTRA Camp time! Enjoy a full day of camp by joining the Art program (below), bring your lunch and stay for a full day of fun! We will eat lunch then enjoy some break-time outside. In addition, an Aftercare with R&P staff is available if needed (see Program #18SM44-x). Instructor: Play-Well TEKnologies

5–11 years / 5 sessions / RMC
\$175

ART FUN WEEK!

Monday–Friday, August 13th–17th

#18SM45-a **9am–12pm (age 7-11)**

#18SM45-p **1pm–4pm (age 5-7)**

#18SM44-x **R&P offers \$5/hour**
Aftercare 4-6pm

Do you love to paint and draw and make things? Well, don't sit at home this summer, spend the week enjoying varied art project fun! Try out new ways of painting and drawing - make large bright paintings inspired by stained glass windows, and make big drawings with brush and ink. Make vividly colored collages with cut out paper images and patterns. Design and then construct a puppet animal or monster, complete with fur and big crazy ping-pong ball eyes. These are just some of the fun projects in store for you to do during this week of art fun! **Better yet**, make it a full camp day of fun by joining the LEGO program (above). Pack your lunch and stay for a full day of fun! We will eat lunch then enjoy some break-time outside. The AM/PM sessions may be combined to one time frame if registration counts are lower than needed-you will be notified. In addition, an Aftercare with R&P staff is available if needed (see Program #18SM44-x). Instructor: Suzanne Brault

5–11 years / 5 sessions / RMC
\$95 (+\$10 material fee due to instructor at 1st session)

CROCHET CAMP

#18SM46 **Mon-Fri, Aug 20–24, 9:30–11:30am**

Want to learn to crochet? We will start with a simple project learning the basics of this art, and how to read and follow simple patterns.. By the end of the week, you should have a project or two completed and well on your way to enjoying your new talent! Bring a snack and water bottle each day. Parents are welcome to register to participate, too. Students should purchase an "H" hook before first class. Basic instruction booklet provided along with initial yarn for practice, and list of yarn options to purchase for the week. Instructor-Deb Long

10–17 years / 5 sessions / RMC
\$50 (+yarn & needle you purchase for camp)

