



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 – 4:00pm Adult Martial Arts (01)						
		6:00 – 7:30pm Youth Martial Arts (01)		6:00 – 7:30pm Youth Martial Arts (01)		
	6:30 – 7:15pm Teen Strength Training (01) (Fitness Center)					

Youth, Teen and Family Program Fees

Program Code	Class Name	Ages	Family Member Rate	Youth Member Rate	Open Rate
02134-01	Youth Martial Arts	8+ yrs	\$30	\$45	\$60
02134-02	Adult Martial Arts	13+ yrs	\$30	\$45	\$60
02250	Teen Strength Training	11 – 15 yrs	\$25	\$40	\$50

Family Activities

Stay and Play

Ages: 1 – 10 yrs

The playroom is open to Y members and participants.

Parents must remain in the building.

Time: Mon – Thr 5:00 – 8:00pm
Saturday 9:00am – 11:30am

Birthday Parties/Facility Rentals

Have your next birthday party or event at the Y!

Contact Sharon Johnson for more information at 410-728-1600.

Teen Clubs & Activities

Y Achievers

Grades: 6 – 12

A national program whose primary purpose is to motivate youth to set and pursue high educational and career goals by fostering an ongoing interaction between youth and adult role models. Program exposes students in grades 6 – 12 to adult achievers and community volunteers who serve as mentors and career educators. Young people are able to challenge themselves, set goals and work towards a positive future. Call 410-728-1600 for details or to sign up!

Youth, Teen and Family Program Descriptions

Youth/Adult Martial Arts (02134)

Martial Arts training, designed to develop physical fitness, coordination and muscular strength. Students learn self-control, discipline, improved confidence and self-defense.

Teen Strength Training (02250)

Fitness class teaches how to properly use the Cybex Circuit and cardio equipment, fitness center etiquette and safety procedures. Upon successful completion of both written and practical exam, participant will be issued a FitLinxx® ID#.

Y Building Futures Mentoring Program

Now more than ever, youth are in desperate need of positive role models; someone to support them, guide them, and let them know they matter. You can be that someone. BE A MENTOR. For information about volunteering as an adult mentor or to recommend a youth for mentoring, contact Rhea Butler at 410-615-6522 or rheabutler@ymaryland.org.

Call 410-728-1600 for information on teen programs.