



## Hill Family Center Y

Spring I: 2/27/12 – 4/22/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See our special family events on the reverse side of this page.						
		10:15 – 11:45 am Kids Club (17)				10:00 – 10:35 am Miniastics (01) S
		10:55 – 11:25 am Fit-n-Fun (01) G	10:55 – 11:25 am Fit-n-Fun (02) G	10:55 – 11:25 am Fit-n-Fun (04) G		
		11:35am – 12:05pm Toddler Time (10) G	11:35am – 12:05pm Toddler Time (12) G	11:35am – 12:05pm Toddler Time (11) G		
11:00am – 12:00pm Teen Strength Trng. (05)(06) WC						
						1:00 – 2:00pm Teen Strength Trng. (03)(04) WC
<b>KEY</b> Youth & Teen programs will take place in one of the following locations: G = Gym S = Studio PR = Program Room CS = Cycle Studio WC = Wellness Center		3:00 – 4:00pm Teen Cycle(10) CS		3:00 – 4:00pm Teen Cycle(10) CS		
		4:15 – 5:15pm Y Girls Empowered(01) PR		4:15 – 5:15pm Y Girls Empowered(01) PR	5:30 – 6:15pm Kid's Yoga (02) S 4 – 6 yrs	
		5:30 – 6:15pm ZumbAtomic (01) PR	5:30 – 6:05pm Miniastics (02) S		5:30 – 6:15pm Kid's Yoga (01) PR 7 – 9 yrs	<b>Inclement Weather:</b> For weather related closings, tune into WTRR AM 1470.
		6:30 – 7:15pm Adventure Challenge (01) G	6:30 – 7:30pm Teen Strength Trng. (01)(02) WC			

## Youth, Teen and Family Program Fees

Program Code	Class Name	Ages	Member	Youth Member	Open Rate
14201	Adventure Challenge	8 – 12 yrs	FREE	\$15	\$30
02254	Fit-n-Fun	3 – 5 yrs	FREE	FREE	NA
03810	Kids Club	3 – 5 yrs	\$30	\$40	\$50
02232	Kid's Yoga	4 – 6, 7 – 9 yrs	FREE	FREE	NA
14451	Miniastics	3 – 5 yrs	\$35	\$45	\$55
02167	Teen Cycle	11 – 18 yrs	FREE	FREE	NA
02250	Teen Strength Training	11 – 15 yrs	\$40	\$55	\$80
02261	Toddler Time	3 mos. – 3 yrs	FREE	\$15	\$35
02270	Y Girls Empowered	6th – 8th graders	\$150	\$165	\$190
02268	ZumbAtomic	7 – 13 yrs	\$25	\$50	\$100

### 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 Candice Jacobs at 410-848-3660 or candicejacobs@ymaryland.org.

## Family Programs

### Youth Nights:

The first Saturday of every month.

Time: 7:00 – 9:30pm

#### Ages 3 – 7

Enjoy yourself while your children participate in: sports games, crafts, movie time, Wii Games and much much more.

Fee: \$5.00 or \$7.00 with pizza & drink

#### Grades 2 – 7

Enjoy yourself while your children participate in: sports games, swimming (starts at 7:15), & Wii Games. Pizza, snacks and drinks will be available for purchase.

Fee: \$5.00

These two age groups will be kept separate throughout the evening.

### Walking /Jogging Trail

Enjoy a relaxing walk or an outdoor run to your workout on our half mile gravel trail. The trail extends around the Y property. It is pet friendly but we ask you clean up after your pet.



### Y Girls Empowered

Y Girls Empowered is a 10 week running program for girls sixth through eighth grade that builds endurance and self-esteem, through physical and educational lessons. Girls will work together to motivate one another to develop the whole self and have the ability to complete a 5k event. This program is led by two "Y" running coaches and meets on Tuesdays and Thursdays. Girls will receive a t-shirt, water bottle and participation in a 5K event.

Schedules subject to change without notice.

Online Registration Available • ymaryland.org



## Family Programs

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### Stay and Play

The playroom is open to family members ages 6 weeks – 10 years old. Parents may leave their children for a maximum of 1 1/2 hours and must remain in the center.

Mon - Thur 8:00am – 12:00pm, 4:15 – 8:30pm  
Fri 8:30am – 12:00pm, 4:15 – 7:30pm  
Sat 8:00am – 12:30pm

*These hours are subject to change.*

### Stay and Play Extensions

Stay and Play will be offering extensions on Monday and Thursday evenings (6:30 – 7:30pm) for kids ages 6 – 10 yrs. On Monday, kids can go to the conference room for 1 hour of lego fun. On Thursday evening kids can go to the conference room for an hour and play fun Wii games.

### Healthy Kids Day

The Y Healthy Kids Day is nationwide celebration of youth and family health and fitness that is FREE to the whole community. Activities geared towards kids and adults are both fun and educational.

Date: April 28  
Time: 11:00am – 2:00pm

### Spring Eggstravaganza (03810)

Parents and children will enjoy a continental breakfast while visiting with the Easter Bunny. Children will play games, make an Easter craft, and participate in an Egg Hunt. Bring your camera- the Bunny will be available for photos!

Date: Saturday, March 31  
Time: 10:00am – 12:00pm  
Fee: Members: FREE Open Rate: \$5  
Nonmember Family \$10

## Teen Programs

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### Teen Strength Training Schedule

Wednesdays, Saturdays and Sundays/4 week sessions  
(TST requirement is 4 weeks, one class per week).

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## Youth Teen & Family Program Descriptions

### Adventure Challenge (14201)

(Ages 8 – 12 yrs)

Variety of exciting activities for your son or daughter. Activities and games will engage the whole body in an exciting workout for 45 minutes.

### Fit-n-Fun (02254)

(Ages 3 – 5 yrs)

Exercise program for children that includes a variety of games and activities. Registration will now take place the day of each class with a ticket system. Class is limited to 12 participants each day.

### Kid's Yoga (02232)

(Ages 4 – 6 yrs, 7 – 9 yrs)

A creative yoga adventure for children! A fun and creative class that improves health, concentration and well being. Your child will benefit from increases in self-esteem, body awareness, flexibility and coordination while role playing in this imaginative program.

### Kid's Club (03810-17)

(Ages 3 – 5 yrs)

Come join us every week for a new themed adventure with stories, crafts, music, games, and a snack. (All children must be potty trained)

### Miniastics (14451)

(Ages 3 – 5 yrs)

Miniastics is a coed class designed for children to develop their skills in a non-parent participation class. Children will expand their gymnastics, listening and learning skills by the use of an obstacle course and age-appropriate gymnastics equipment will be used to improve motor skills, balance and coordination.

### Teen Strength Training (02250)

(Ages 11 – 15 yrs)

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 FitLinxx ID# and a card allowing access to the fitness center.

### Toddler Time (02261)

(Ages 10 mos. – 3 yrs)

Parent/child program designed to increase infant or toddler activity and parent interaction.

### Y Girls Empowered (02270)

Y Girls Empowered is a 10 week running program for girls sixth through eighth grade that builds endurance and self-esteem, through physical and educational lessons. Girls will work together to motivate one another to develop the whole self and have the ability to complete a 5k event. This program is led by two "Y" running coaches and meets on Tuesdays and Thursdays. Girls will receive a t-shirt, water bottle and participation in a 5K event.

### ZumbAtomic (02268-01)

(Ages 7 – 13 yrs)

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? This class fuses the Zumba program's exciting formula with the psychology and physiology relevant to teaching kids with modified Zumba moves to get optimal results!