



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 – 11:00am Teen Strength Training (03) F
	10:15 – 11:00am Miniastics (01) A Ages 3 – 5	10:15 – 11:00am Sports Mix (01) A Ages 3 – 5	10:15 – 11:00am Kinder Kicks (02) A	10:15 – 11:00am Creative Kids (01) A		10:15 – 11:00am Sports Mix (03) A Ages 3 – 5
	11:15am – 12:00pm Music and Movement Ages 3 – 5 (01) A	11:15am – 12:00pm Music and Movement Ages 3 – 5 (02) A		11:15am – 12:00pm Gym Games (02)		11:15am – 12:00pm Sports Mix (04) A Ages 6 – 8
			12:00 – 2:00pm Home School P.E. (01) A			
			2:15 – 3:15pm Home School Art (01) C			
	4:00 – 5:00pm Teen Strength Training (01) F					<b>Stay and Play</b> Stay and Play is open and free to members ages 6 weeks to 10 years old. Parents are allowed to leave children in our care for 90 minutes per day and they must stay in the Center.  <b>Mon-Fri</b> 8:45am – 1:00pm 5:00pm – 8:00pm  <b>Sat</b> 8:45am – 1:00pm
	5:15 – 6:00pm Youth Basketball Skills (01) A	5:15 – 6:00pm Gym Games (01) A	5:15 – 6:00pm Kids Yoga (01)A Ages 6-10	5:15 – 6:00pm Kinder Kicks (01) A		
	6:00 – 7:00pm Youth Fitness Challenge (01) A		6:15 – 7:00pm Kids Cardio (01) A	6:15 – 7:00pm Youth Football Skills (01) A	6:00 – 7:00pm Teen Strength Training (02) A	
<b>Location Key:</b> Activity Room – A Conference Room – C Fitness Center – F Studio – S				7:00 – 10:00pm Adult Co-ed Dodgeball		
	7:30 – 8:30pm Shinobudo Karate (01) A		7:30 – 8:30pm Shinobudo Karate (02) A			

### Youth, Teen and Family Program Fees

Program Code	Class Name	Ages	Family Member Rate	Youth Member Rate	Open Rate
14405	Adult Co-ed Dodgeball	18+ yrs	\$50	NA	\$87
03319	Creative Kids	3 - 5 yrs	\$35	\$50	\$60
02109	Gym Games	3 - 5 yrs	\$35	\$50	\$61
14103	Home School P.E.	6 - 10 yrs	\$35	\$50	\$61
03810	Home School Art	6 - 10 yrs	\$35	\$50	\$60
02257	Kids Cardio	7 - 11 yrs	\$35	\$50	\$61
02232	Kids Yoga	6 - 10 yrs	FREE	FREE	FREE
14324	Kinder Kicks	3 - 5 yrs	\$35	\$50	\$61
02269	Music and Movement	3 - 5 yrs	\$30	\$45	\$60
02118	Shinobudo Karate (1/wk)	8+ yrs	\$45	\$60	\$90
	(2/wk)		\$60	\$75	\$120
14322	Sports Mix	3 - 5 yrs	\$35	\$50	\$61
14322	Sports Mix	6 - 8 yrs	\$35	\$50	\$61
02250	Teen Strength Training	11 - 15 yrs	\$35	\$50	\$70
14356	Youth Basketball Skills	6 - 10 yrs	\$35	\$50	\$61
02255	Youth Fitness Challenge (1x/wk)	11 - 15 yrs	\$55	\$70	\$110
14357	Youth Football Skills	7 - 11 yrs	\$35	\$50	\$61

#### Youth Fitness Challenge (02255)

This **10-week fitness program** places emphasis on proper eating habits and a regimented (yet fun) exercise plan to help participants reach their fitness goals. Each class session includes an educational component about nutrition and a fitness component providing proper tools needed to make behavior changes through on-going support and accountability. **Registration begins March 8th and the session will start April 2nd.** For more information contact Matthew Rhodes 410-529-1999 ext:104 or MatthewRhodes@ymaryland.org

#### Perry Hall Family Center Age Policy:

- The fitness center and group exercise classes are for members ages 16 and over.
- Members ages 11-15 must have passed the Teen Strength Training Class or be accompanied by an adult in order to use the fitness center.
- Members must be 16 to use the free weight equipment.
- Members ages 11-15, may participate in group exercise classes when accompanied by an adult.

PLEASE NOTE: All programs operate on a 7 week cycle, week 8 is designated for a make-up class, if needed. For more information, contact Matthew Rhodes, Program Director at 410-529-1999x104 or MatthewRhodes@ymaryland.org.

Schedules subject to change without notice.



### Family Programs

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#### Birthday Parties

Have your birthday party at the Y! Party options include sports, Gym Games, and tumbling. Contact Matthew Rhodes at 410-529-1999 ext: 104 for information about rates and available dates.

#### Eggstravaganza

Please Register 48 hours in advance.

**Date:** March 31, 2012

**Time:** 1:30 – 3:00pm

**Fee:** FREE (Members Only)

#### Family Scrapbooking (03854)

Ages 10+ yrs

Bring your scrapbooking supplies and a few of your favorite photos for a fun night of cropping! Includes free make-n-take projects, various vendors, snacks, and giveaways!

**Date:** Friday, April 20

**Time:** 6:00 – 9:00pm

**Fee:** Member Family Rate: \$20 Open Rate: \$40

*\*Rates include 1 adult and 1 child; each additional child will be \$5*

#### Parents Night Out (03808)

Ages 2 – 11 yrs

Parents enjoy a night out while your children enjoy an evening at the Y!

The evening will include a variety of crafts, games, movie and snacks!

Children must be potty trained.

**Dates:** (05) March 9

(06) March 23

(07) April 13

**Time:** 6:00 – 9:00pm

**Fee:** Family Member \$10/child Youth Member \$20/child Open Rate \$30/child

#### Adult Co-ed Dodgeball League (14405)

The Perry Hall Family Center Y is introducing Adult Coed Dodgeball for players 18 years +. Be part of the new, exciting season this spring on Thursday nights between 7-10pm! Have all the fun of dodgeball without having to worry about the sting involved, we will be using gator skin foam balls. Teams of six will be playing a ten week schedule beginning March 8th. A Team T-Shirt is included in Price. Sign up as a team and get \$10 off your registration fee. For more information contact our Program Director: Matthew Rhodes 410-529-1999 ext:104 or MatthewRhodes@ymaryland.org.

**Save the Date**  
**for Healthy Kids Day**  
**Saturday April 28, 2012**



### **Creative Kids (03319)**

Ages 3 – 5 yrs

This seven week series will allow children to create a different craft project each week. Fun and exciting projects using glue, glitter, paint and much more!

### **Gym Games (02109)**

Ages 3 – 5 yrs

This pre-school aged class will introduce participants to a variety of activities and games that will help them prepare for kindergarten gym.

### **Home School Art (03810)**

Ages 6 – 10 yrs

The Y provides an art program to children who are not enrolled in the public school system. Participants will be building upon basic drawing and painting skills.

### **Home School P.E. (14103)**

Ages 6 – 10 yrs

The Y provides a physical education program to children who are not enrolled in the public school system. Participants will spend their time playing soccer, kickball, basketball and many other games in a fun and relaxed setting.

### **Kids Cardio (02257)**

Ages 7 – 11 yrs

Cardio, flexibility, and strength exercises for youth in a fun and educational setting. Class will include a variety of fitness related games.

### **Kids Yoga (02232)**

Ages 6 – 10 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.

### **Kinder Kicks (14324)**

Ages 3 – 5 yrs

This pre-school aged class is designed to cover the skills needed to begin learning and developing soccer skills. Classes within the session will cover dribbling, shooting, passing, and defensive footwork as well as field position and character development. Participants will learn through drills and game play.

### **Music and Movement (02269)**

Ages 3 – 5 yrs

Incorporates music (singing/instruments for kids to participate) with physical activity for kids to do insync with the music.

### **Shinobudo Karate (02118)**

Ages 8+ yrs

Karate instills self-confidence, discipline and self-defense. Skills include kicks, blocks and punches, and may also include kata, sparring and board breaking. Classes are broken into Beginner- White Belts and Advanced-Blue Belts and above.

### **Sports Mix (14322)**

Ages 3 – 5 yrs

This pre-school aged class is designed to let participants try a variety of sports including but not limited to, soccer, basketball, lacrosse, baseball, and football. Participants learn through drills and game play.

### **Sports Mix (14322)**

Ages 6 – 8 yrs

This coed class is designed to introduce kids to a variety of sports games including but not limited to, soccer, basketball, lacrosse, baseball and football. Kids will learn skills through fun activities and game play.

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

### **Youth Basketball Skills (14356)**

Ages 6 – 10 yrs

Participants will develop skills in dribbling, passing, shooting, ball control, footwork and defense.

### **Youth Football Skills (14357)**

Ages 7 – 11 yrs

Participants will learn the skills needed to play football. Classes will cover passing, catching, kicking, field positioning and offensive and defensive awareness. Participants will learn through drills and game play.

#### **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 Miyoshi Muhammad at 443-844-1663 or [miyoshimuhammad@ymaryland.org](mailto:miyoshimuhammad@ymaryland.org).