



## Towson Family Center Y

Spring I: 2/27/12 – 4/22/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 – 10:15am Toddler Time (02) AR		9:30 – 10:15am Toddler Time (01) AR		9:00 – 10:30am Ju Jitsu (02) PAS
						10:45 – 11:15am PeeWee Dance (04) AR 2 – 4 yrs
						11:20 – 11:50am Ballet/Tap (02) AR 4 – 6 yrs
		4:45 – 5:30pm Tn Strength Trng. (01) WC		4:45 – 5:30pm Tn Strength Trng. (02) WC		
			5:10 – 5:40pm PeeWee Dance (02) PAS 2 – 4 yrs			To help you find the programs that are right for you and your family. The Towson Family Center Y has categorized our current youth/teen/family classes and our new family-friendly programs into holistic, spirit-mind-body categories.
			5:50 – 6:20pm Ballet/Tap (01) PAS 4 – 6 yrs		6:00 – 6:45pm Yth Budo-shin JuJitsu (02) GR* - <i>Offsite</i>	
		7:00 – 8:00pm Beg-Intrm. Karate (02) PAS		7:00 – 8:00pm Beg-Intrm. Karate (02) PAS		
	7:00 – 8:30pm Ju Jitsu (01) PAS	7:00 – 9:00pm Intrm-Adv. Karate (02) PAS		7:00 – 9:00pm Intrm-Adv. Karate (02) PAS		
					7:45 – 9:15pm Adult Budo-shin JuJitsu (03) GR* - <i>Offsite</i>	
					8:15 – 9:15pm Chin-na Karate (01) GR* <i>Offsite</i>	

## Youth, Teen and Family Program Fees

Div.	Program Code	Class Name	Ages	Member Rate	Youth Member Rate	Open Rate
SPIRIT	03303	Ballet/Tap	4 - 6 yrs	\$40	\$55	\$80
	03102	PeeWee Dance	2 - 3 yrs	\$40	\$55	\$80
			4 - 5 yrs	\$40	\$55	\$80
MIND	02127	Budo-shin Youth JuJitsu	6 - 14 yrs	\$45	\$60	\$80
	02127	Budo-shin Adult JuJitsu	15 - adult	\$45	\$60	\$80
	02117	Chin-na Karate	14 - adult	\$45	\$60	\$80
	02125	Ju Jitsu	10 - 17 yrs	\$68	\$83	\$119
			18+ yrs	\$80	\$95	\$140
02115	Karate (2x/wk)	10 - 17 yrs 18+ yrs	\$68 \$80	\$83 \$95	\$119 \$140	
BODY	02250	Teen Strength Training	11 - 15 yrs	\$40 (1x/wk)	\$55 (1x/wk)	\$80 (1x/wk)
	02259	Toddler Time	1 - 3 yrs	\$40	\$60	\$80

**KEY:** Youth & teen programs will take place in one of the following locations:

AR = Activity Room  
 PAS = Physical Arts Studio  
 G = Gymnasium  
 WC = WellnessCenter

**\*WHITE MARSH PROGRAMS**

GR = The Gribbon Center  
 9317 Bel Air Rd.  
 Nottingham, MD

*Please Note:* All paid programs operate on a 7 week cycle with the 8th week scheduled for make-up classes if needed.

**Additional Family and Teen programs on the reverse side**



### SPIRIT

#### **Ballet/Tap (03303)** Ages 4 - 6 yrs

This level one class will emphasize proper body alignment. Warm ups, barre work and across the floor exercise will help the dancers develop strength, flexibility, poise and musicality. We will also learn dance history and ballet terminology.

#### **PeeWee Dance (03102)** Ages 2 - 3 yrs, Ages 3 - 4 yrs

This class incorporates the music and stories of your child's favorite characters into beginning ballet steps, barre work and dances. We learn that dancing is telling a story. Creative expression is emphasized. Leotard, tights and leather ballet shoes required. *(Please, no soft slippers).*

### MIND

#### **Budo-shin Jujitsu (02127)** Ages 6 - 14 yrs, 15 - Adult

Skills learned are reality based. Specializes in striking, takedowns, controls and throws.

#### **Chin-na Karate (02117)** Ages 14+ yrs

Karate instills self-confidence, discipline and self-defense. Skills include kicks, blocks and punches, and may also include kata, sparring and board breaking.

#### **Ju-Jitsu (02125)** Ages 10 - 17 yrs, 18+ yrs

Skills learned are reality based. Specializes in striking, takedowns, controls and throws.

#### **Karate (02115)** Ages 10 - 17 yrs, 18+ yrs

Karate instills self-confidence, discipline and self-defense. Focuses on kicks, blocks and punches, and may include kata, sparring and board breaking.

### BODY

#### **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 FitLinx® ID# and a card allowing access to the fitness center. Participants attend class one day a week, either Tuesday or Thursday.

#### **Toddler Time (02259)** Ages 1 - 3 yrs

Parent/Child program designed to increase infant or toddler activity with parent interaction.

### 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 Carey Andrews 410-823-8870 ex 305, [careyandrews@ymaryland.org](mailto:careyandrews@ymaryland.org).



### Family Programs

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#### Birthday Parties

Come celebrate your Birthday with us!! You have the option of having a Sports, Hobbs, or Pool Party. Parties are available Saturdays from 2:00 - 4:00 pm or 4:30 - 6:30 pm. Please contact Jeff Anderson, 410-823-8870 ext. 235.

#### 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 - Fri                    8:30am – 1:00pm  
Mon - Fri                    4:30pm – 8:00pm  
Sat                            8:30am – 2:00pm

#### Healthy Kids Day (03810-01)

**Date:**        April 28  
**Time:**        11:00am – 2:00pm  
**Location:**   Gym  
**Fee:**         Member: FREE,   Open Rate: \$5,   Open Family: \$10

#### Spring Eggstravaganza (03810-03)

Call 410-823-8870 for details.  
**Date:**        March 31  
**Location:**   Gym  
**Fee:**         Member: FREE,   Open Rate: \$5,   Open Family: \$10

#### Kids Night Out

Kids come to the Y for a good time; parents enjoy time off!  
**Time:**        5:00 – 9:00pm  
**Dates:**       Last Friday of every month  
**Fee:**         \$25 for 1st child, \$10 for second child