



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Location Key:</b> Studio – S Fitness Center – FC Gym – G Childwatch – C	9:00am – 1:00pm Active Older Adult Y-Time (01)	9:00am – 1:00pm Active Older Adult Y-Time (01)	9:00am – 1:00pm Active Older Adult Y-Time (01)	9:00am – 1:00pm Active Older Adult Y-Time (01)	9:00am – 1:00pm Active Older Adult Y-Time (01)	8:00 – 8:45am Dance (02)
						12:00 – 1:00pm Art and Drawing I (01) Ages 3 - 5
						1:00 – 2:00pm Art and Drawing I (02) Ages 6 - 8
	3:00 – 6:00pm Y-Achievers (01)	3:00 – 6:00pm Y-Achievers (01)	3:00 – 6:00pm Y-Achievers (01)	3:00 – 6:00pm Y-Achievers (01)	3:00 – 6:00pm Y-Achievers (01)	2:00 – 3:00pm Art and Drawing I (03) Ages 9 - 12
		4:00 – 5:00pm Teen Strength (01) FC		4:00 – 5:00pm Teen Strength (01) FC		
		6:30 – 7:30pm Kids Spanish (01)		6:30 – 7:30pm Kids Spanish (01)		
<b>Childwatch Hours:</b> <u>Mon-Fri</u> 8:30am – 1:00pm 5:00 – 8:00pm <u>Sat</u> 9:00am – 12:30pm		7:00 – 8:15pm Martial Arts I (01)		7:00 – 8:15pm Martial Arts I (01)		
	7:30 – 8:30pm Sports Gaming Tournament (01)	7:30 – 8:30pm Spanish I (02)	7:30 – 8:30pm Sports Gaming Tournament (01)	7:30 – 8:30pm Spanish I (02)		
			8:15 – 9:30pm Martial Arts II (02)		8:15 – 9:30pm Martial Arts II (02)	

### Youth, Teen and Family Program Fees

Program Code	Class Name	Ages	Family Member Rate	Youth Member Rate	Open Rate
03879	Active Older Adult Y-Time	50+ yrs	FREE	N/A	N/A
03319	Art and Drawing	3 – 12 yrs	\$20	\$30	\$40
02134 (01)	Martial Arts I	8 yrs & up	\$30	\$45	\$60
02134 (02)	Martial Arts II	12 yrs & up	\$30	\$45	\$60
03816 (01)	Kids Spanish	3 - 5 yrs, 6 - 8 yrs	\$45	N/A	\$90
03816 (02)	Spanish I	9 yrs & up	\$45	N/A	\$90
03326	Sports Gaming Tournaments	8 – 18 yrs	FREE	FREE	FREE
02250	Teen Strength Training	11 – 15 yrs	\$40	\$55	N/A
03804	Y-Achievers	11 – 18 yrs	FREE	FREE	FREE

PLEASE NOTE: All programs operate on a 7 week cycle, week 8 is designated for make-up classes, if needed.

### 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 at 443-303-7493 or careyandrews@ymaryland.org.

### Family Programs

#### Spring Eggtravaganza

Weekend of March 31st.  
Enjoy fun games, crafts, and more!  
Call 410-889-9622 for exact date and details.

#### Healthy Kids Weekend

*Healthy Kids Day*  
Get your kids more active and healthy at the Y's annual Healthy Kids Day! Enjoy wholesome family fun! Call 410-889-9622 for more information.

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

#### University of Maryland Sports Clinics

April 29th.  
Bring your kids out to get a taste of all your favorite sports and some you may've never tried. Hosted by the University of Maryland Athletic Department. Call 410-889-9622 for more information.

### Teen Strength Training

Session A	Starts week of 2/27
Session B	Starts week of 3/12
Session C	Starts week of 3/26
Session D	Starts week of 4/9
Session E	Starts week of 4/23

This class is two nights per week, Tuesday & Thursday from 4:00pm to 5:00pm for two weeks. This is a total of four classes to complete the training.

Schedules subject to change without notice.



### Family Programs

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#### Birthdays Parties

Contact Alexis Perkins for more information at 410-889-9622 x2136

#### Parents Night Out (03130)

Ages 1 – 9 yrs

Once a month on a determined Friday (see front desk for details), kids ages 1 – 9 can enjoy free swim, arts and crafts, games, G-rated films, pizza, healthy snack, and fun interactions with Y staff!

#### Members Only:

\$20 (\$10 for each additional sibling; up to 3 add'l)

### Teen Clubs & Activities

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#### 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 a written and practical exam, participants will be issued a FitLinxx ID#.

#### Y Achievers (03804)

Ages 11 – 18 yrs

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. Contact Alexis Perkins at 410-889-9622 x2136 or alexisperkins@ymaryland.org for more information.

## Youth, Teen and Family Descriptions

#### Active Older Adult Y-Time (03879)

Join AOA Volunteer and Coordinator Lorraine Bell most days of the week in enjoyable activities and fellowship with other Active Older Adults, along with intergenerational activities intended to facilitate connections between young people and active older adults.

#### Art & Drawing (03319)

- (01) Ages 3 - 5 Have fun while learning the basic principles of art and drawing. Parent interaction welcome.
- (02) Ages 6 - 8 Building upon basic art and drawing skill with exposure to different forms of art.
- (03) Ages 9 - 12 Develop relative mastery of art and drawing techniques.

#### Martial Arts I (02134)

Ages 8 yrs & up

Educational karate program for youth and teens ages 8+ yrs.

#### Martial Arts II (02134)

Ages 12 yrs & up

More advanced karate program for adults and more advanced participants ages 12+yrs.

#### Spanish I (03816)

Ages 9 yrs & up

This class is for participants that never studied the language before and will cover the basics starting with introductions, basic vocabulary (Alphabet sounds, colors, numbers, days of the week, basic verb conjugation, etc.)

#### Kids Spanish (03816)

Ages 3 - 5 yrs, 6-8 yrs

Learning another language is a rewarding and possibly life-changing experience! Our classes are taught by native-level speakers and are an immersion experience for the children. We will also provide materials for you to support your child's budding language skills at home.

#### Sports Gaming Tournament (03326)

Ages 11 - 18 yrs

Enjoy sports gaming tournaments on cutting-edge gaming platforms like the Wii and the Xbox 360! Battle other members in college football, pro football, basketball, soccer and more!