

Parent Child Class

Ages 6-36 months

Mon • 10-10:45am • Supreme Sports

Wed • 10-10:45am • Supreme Sports

KidSpace Mbrs, Free

All Others, \$8

No registration required

Free Play Fine motor skills, light tumbling, hand/eye coordination, preschool cognitive development through matching, colors and shapes.

Circle Time Rhythm, group participation/ singing, books, puppets.

Activity Time Parents guide and motivate, encourage social, mental and physical development through instruments, props and dancing.

Zumba Atomic® For Kids

Mon • 5-5:45pm • Columbia Gym • 6+

Mon • 5:15-6pm • Supreme Sports • 7+

Fri • 4:45-5:30pm • Athletic Club • 4+

Sat • 10-10:45am • Columbia Gym • 6+

Sat • 10-10:45am • Supreme Sports • 7+

Call one week in advance to register.

KidSpace Mbrs, Free

All Others, \$8 per child

An exciting way for kids to move and have fun while learning to dance. Zumba combines Latin music with dance movements to create a festive atmosphere for exercise.

Kids Introductory Yoga

Ages 5-9 yrs

Tue, 5-5:45pm • Columbia Athletic Club

6-week sessions begin week of Sep 13, Nov 1

Registration is required

KidSpace/PPP Mbrs, \$48 per child

Club Mbrs, \$56 per child

CA Resident Non-Mbrs, \$62 per child

Classes designed to introduce children to yoga. Yoga is a fun and natural way to help keep kids fit, happy and healthy in a non-competitive environment. Learn yoga postures in a fun-filled and playful way through music, magic, use of props, storytelling, singing, chanting, creative movement and games. Improve self-confidence, self acceptance, focus and relaxation. Enhance strength, coordination, posture and flexibility.

New! Aqua Fit N'Fun Water Aerobics for Kids

Ages 7+

Sun • 10:30-11:15am Columbia Gym

6 week sessions begin Sep 12, Oct 31

KidSpace/PPP Mbrs, \$50

Club Mbrs, \$60

CA Resident Non-Mbrs, \$70

Call one week in advance to register.

This class offers the benefits of aerobic exercise in the pool environment. Participants will have fun while improving balance, core and muscle strength and flexibility through movement and games.

Ultimate Recess

Ages 8-13 years

Thu, 4-5:30pm • Athletic Club

Call one week in advance to register.

KidSpace Mbrs, Free

All Others, \$8 per child

Ultimate Recess will provide your child with the opportunity to participate in playground and recess inspired games and activities led by one of the KidSpace attendants.

Youth Workout

Ages 8-13

Tue • 5-6pm • Columbia Gym

Wed • 5-6pm • Supreme Sports Club

6-week sessions begin week of Sep 13, Nov 1

KidSpace/PPP Mbrs, \$50

Club Mbrs, \$60

CA Resident Non-Mbrs, \$70

Enjoy an hour of structured activities using jump ropes, cones, and ladders, that will help you build strength, endurance and more. Led by a certified trainer.

Pre-Teen Introductory Yoga

Ages 10-13yrs

Thu • 4-5pm • Supreme Sports Club

6-week sessions begin week of Sep 13, Nov 1

Registration required

KidSpace/PPP Mbrs, \$48 per child

Club Mbrs, \$56 per child

CA Resident Non-Mbrs, \$62 per child

These classes are especially designed to introduce pre-teen to yoga. Yoga is a fun and natural way to help keep kids fit, happy and healthy in a non-competitive environment. The classes will focus on enhancing: core strength and flexibility, posture, body alignment and overall body awareness, self confidence, resistance to peer pressure, ability to relax, motivation and respectful attitudes.

Central MD Youth Ballet

14-week session, Columbia Gym

Begins week of Sep 6

Pre-Ballet Ages 3-5

Dance with an emphasis upon creativity, balletic vocabulary, posture and motor movement skills.

Beginning Ballet Ages 5-7

Basic ballet technique, alignment, stretching and musicality.

Ballet I-II-III-IV Ages 7-13

Strong emphasis upon ballet technique, alignment, stretching and musicality.

Adult Ballet Teen to adult

Designed to challenge the beginner through experienced dancer. Emphasis on ballet technique, alignment and stretching.