



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **YMCA AYRLAWN PROGRAM CENTER**

## **2018 SUMMER 1 & 2 PROGRAM OVERVIEW**

**Summer 1 Session Dates  
June 18<sup>th</sup> 2018 to July 22<sup>rd</sup> 2018**

**Summer 2 Session Dates  
July 23<sup>th</sup> 2017 to August 26<sup>th</sup> 2018**

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## **Weather Policy:**

Due to scheduling constraints, make-up classes due to weather cancellations are not guaranteed. During times of bad weather, please call the **YMCA B-CC/Ayrlawn Weather Hotline at 301-530-9622** to hear information about opening times, delays or cancellations for child care and programs at both locations. Thank you!

# Youth Dance Programs

## Preschool and School Age Dance

Getting your Preschool student involved in dance at this early age is a playful activity that helps build other important skills. In addition to refining motor skills, kids will also learn to let loose, gain confidence, socialize and follow directions.

### Two-Year Old Ballet (age2)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-02	Monday	4:00 PM – 4:30 PM	\$55	\$65	Session 1

### Bitty Ballet (age 3-4)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-85	Tuesday	4:00 PM – 4:30 PM	\$55	\$65	Session 1
01702-84	Friday	4:00 PM – 4:30 PM	\$55	\$65	Session 1

### Mini Ballet (age 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-88	Tuesday	4:30 PM – 5:15 PM	\$65	\$75	Session 1

### Tap (age 6 and up)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-21	Wednesday*	6:00 PM – 7:00 PM	\$95	\$115	Session 1
01702-21	Wednesday	6:00 PM – 7:00 PM	\$110	\$130	Session 2

### Jazz (age 9 and up)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-22	Monday	5:30 PM – 6:30 PM	\$110	\$130	Session 1

### Progressing Ballet Technique (age 9 and up)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
01702-94	Monday	4:30 PM – 5:30 PM	\$110	\$130	Session 1

## Royal Academy of Dance

For levels Pre-Primary through Grade six, we provide the Royal Academy of Dance curriculum for students who desire a quality dance education. The levels are carefully designed for young growing children who are beginning dance. Grades one through eight also incorporate Character dance, a stylized dance based on east European folk dance, into their ballet studies. Character is an integral part of classical ballet repertoire. Royal Academy of Dance examinations are held annually each spring. Students advance to the next grade upon approval of their instructor or completion of their exam. For more information, please contact Keisha Thompson at (301)530-8500 or [keisha.thompson@ymcadc.org](mailto:keisha.thompson@ymcadc.org).

Level	Code	Day	Time	Full Member Cost	Program Member Cost	Session
PreRAD/Primary	01702-95	Tuesday	5:15 PM – 6:00 PM	\$90	\$105	Session 1
Grade 1 & 2	01702-96	Thursday	4:00 PM – 5:00 PM	\$110	\$130	Session 1
Grade 3 & 4	01702-97	Thursday	5:00 PM – 6:00 PM	\$110	\$130	Session 1
Grade 5/Inter. Found.	01702-92	Thursday	6:00 PM – 7:00 PM	\$110	\$130	Session 1
Intermediate /Adv. Found.	01702-98	Friday	4:30 PM – 6:00 PM	\$125	\$150	Session 2
Pointe	01702-93	Tuesday	6:00 PM – 7:00 PM	\$110	\$130	Session 1
<b>Company</b>	<b>01702-71</b>	<b>Wednesday*</b>	<b>4:00 PM - 6:00 PM</b>	<b>\$145</b>	<b>\$170</b>	<b>Session 1</b>
Company	01702-71	Wednesday	4:00 PM – 6:00 PM	\$165	\$190	Session 2

# Youth Gymnastics Programs

## Preschool Gymnastics:

At this stage, they are ready to be out on their own and to take on more skills! Children in this group will work on gaining strength and flexibility, gymnastics and gross motor skill development, as well as learning how to take turns, share and how to be a part of a group.

### Tiny Tumblers (age 3-4)

This is the first of our independent classes. Kids in this group will learn basic skills on the bars, beam, ring, vault, and floor.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08101-66	Wednesday*	4:30 PM – 5:15 PM	\$50	\$65	Summer Session 1
08101-68	Saturday	10:00 AM – 10:45 AM	\$60	\$75	Summer Session 1
08101-66	Wednesday	4:30 PM – 5:15 PM	\$60	\$75	Summer Session 2
08101-68	Saturday	10:00 AM – 10:45 AM	\$60	\$75	Summer Session 2

### Gym Tots (ages 4-5)

We are moving on up! This class is focused on increasing motor skill development and basic gymnastics fundamentals such as rolls and simple body positions.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08101-78	Saturday	10:45 AM – 11:30 AM	\$60	\$75	Summer Session 1
08101-78	Saturday	10:45 AM – 11:30 AM	\$60	\$75	Summer Session 2

### Kindergym (ages 5-6)

These kids are getting ready for the Big Gym! They are continuing work on the basics, as well as some transitional skills needed for our school age program.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08101-88	Wednesday*	5:30 PM – 6:15 PM	\$50	\$65	Summer Session 1
08101-89	Saturday	11:30 AM – 12:15 PM	\$60	\$75	Summer Session 1
08101-88	Wednesday	5:30 PM – 6:15 PM	\$60	\$75	Summer Session 2
08101-89	Saturday	11:30 AM – 12:15 PM	\$60	\$75	Summer Session 2

## School Age Gymnastics

The goal of the school age program is to instill a strong gymnastics foundation as well as creating healthy habits and a lasting love of fitness. Kids in this program advance according to skill level rather than by age. Beginner, Intermediate and Advanced classes are designed to develop the gymnast’s natural ability and allow them to progress at their own pace.

### Beginner Co-Ed Gymnastics (ages 6-12)

The emphasis in this class is to teach solid basic skills while improving strength, flexibility and balance. They will learn basic skills and gymnastics concepts on all four events; beam, bars, vault, and floor.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08201-41	Tuesday	4:30 PM – 5:30 PM	\$75	\$85	Summer Session 1
08201-43	Saturday	12:30 PM – 1:30 PM	\$75	\$85	Summer Session 1
08201-41	Tuesday	4:30 PM – 5:30 PM	\$75	\$85	Summer Session 2
08201-43	Saturday	12:30 PM – 1:30 PM	\$75	\$85	Summer Session 2

### Intermediate Co-Ed Gymnastics (ages 6-12)

This class is for students needing more of a challenge. More difficult skills and combinations will be taught in this class.

Skills required for entry: Strong handstands, cartwheels, bridges, and steady walks on high beam.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08201-50	Tuesday	5:30 PM – 6:45 PM	\$90	\$105	Summer Session 1
08201-51	Saturday	1:30 PM – 2:45 PM	\$90	\$105	Summer Session 1
08201-50	Tuesday	4:30 PM – 5:45 PM	\$90	\$105	Summer Session 2
08201-51	Saturday	1:30 PM – 2:45 PM	\$90	\$105	Summer Session 2

### Advanced Co-Ed Gymnastics (ages 6-12)

Geared towards the more experienced gymnast, this class will work on more difficult skills and combinations as well as increasing strength, flexibility and self-discipline needed to progress to our team programs.

Skills required for entry: Pullover on bars, Side handstand on low beam, Cartwheels on left and right sides, Handstand forward roll.

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08201-60	Tuesday	5:30 PM – 6:45 PM	\$90	\$105	Summer Session 1
08201-61	Saturday	2:45 PM – 4:00 PM	\$90	\$105	Summer Session 1
08201-60	Tuesday	5:30 PM – 6:45 PM	\$90	\$105	Summer Session 2
08201-61	Saturday	1:30 PM – 2:45 PM	\$90	\$105	Summer Session 2

## Competitive Gymnastics

This group is by invitation only, please contact Keisha Thompson if interested in joining. Gymnasts have mastered their basic skills and are ready to begin putting together complex combinations and routines.

### Pre-Team (ages 5-17)

Gymnasts will begin learning how to put skills together into combinations. Continued emphasis is on gaining strength and flexibility while working on walkovers, handsprings, front hip circles on bars, cartwheels and handstands on high beam.

Please contact Keisha Thompson for information on tryouts at 301-530-8500 or [keisha.thompson@ymcadc.org](mailto:keisha.thompson@ymcadc.org).

Code	Day	Time	Full Member Cost	Program Member Cost	Session
08301-04	Thursday	4:15 PM – 6:15 PM	\$115	\$160	Summer 1
08301-04	Thursday	4:15 PM – 6:15 PM	\$115	\$160	Summer 2

### Competitive Girls Team (ages 6-17)

Girls on the competitive team will compete within the USA Gymnastics' XCEL Program throughout the state of Maryland.

Please contact Keisha Thompson for information on tryouts at 301-530-8500 or [keisha.thompson@ymcadc.org](mailto:keisha.thompson@ymcadc.org).

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08301-15	Monday, Wednesday, Friday	TBD	\$165/session	\$200/session	Coaches
08301-16	Monday, Wednesday, Friday	TBD	\$165/session	\$200/session	Coaches
08301-17	Monday, Wednesday, Friday	TBD	\$165/session	\$200/session	Coaches
08301-18	Monday, Wednesday, Friday	TBD	\$165/session	\$200/session	Coaches
08301-19	Monday, Wednesday, Friday	TBD	\$165/session	\$200/session	Coaches

# Enrichment Programs

## Private Music Lessons:

Our lessons are for all levels, from beginner to advanced – we teach it!! Each lesson is tailored to you. Lesson times are scheduled directly with our instructors to ensure lesson times are convenient for your family.

### Guitar (ages 8-99)

Our lessons are for all levels, from beginner to advanced – we teach it!! Each lesson is tailored to your specific child. Please contact Karl Harger for more information at 301-530-8500 or [karl.harger@ymcadc.org](mailto:karl.harger@ymcadc.org).

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
05001-61	Mon-Tue & Thur-Fri	30 minute lessons	\$120	\$160	Karl
05001-61	<b>Wednesday*</b>	30 minute lessons	\$100	\$130	Karl

Summer 2 classes will follow same schedule but all classes will be \$120/\$160 rates. (Summer 1 there are only 4 Wednesday classes due to Independence Day on Wednesday, July 4<sup>th</sup>.)

### Piano (ages 4-99)

Learning how to play the piano can be frustrating but in our brand new piano program, we are making it easier! WE will discover the basics of piano so each child will be able to become the next Mozart. From reading music to placement on keys and learning music in a fun way, this is a great class to start your child’s music passion. Please contact the branch for more information at 301-530-8500.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
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\*New piano class information TBA



# Youth Sports Leagues and Clinics

## Youth Sports Leagues

Given our investment in the community and children, we know that leagues are some of the best ways to advance youth sports in our community, promote friendship, exercise, teamwork, respect, responsibility, caring and honesty. Participants get assigned to a team based on the scheduling of parents/guardians and volunteer coaches. Players receive their own jersey and the satisfaction of being a part of something that they will remember for years to come. Sportsmanship and teamwork are always emphasized!

### Summer Soccer Clinic:

**Please see information below under Youth Sports Classes.**

Each player must have his/her own shin guards and water bottle for each practice. Focus will be on skill development while gaining a better understanding of the game in a fun, engaging setting. Each session will be a blend of activity games, skill focused drills and a small-sided scrimmage.

### Fall '18 Soccer League:

Teams are organized based on the scheduling of parents/guardians and volunteer coaches. Participants are registered based on age and skill level into one of three levels. If a parent wants to move up or down a division that is possible, the child may try a practice and a game but YMCA staff has the final say whether it is a good fit or not. Field sizes and game lengths increase as the ages/levels increase. All games are held at YMCA Bethesda-Chevy Chase. Pick up a registration form today for more information or to sign up!

Ages	Game Day	Game Times	Level	Season
4-5 (Pre-K)	Saturday	9:30 AM - 10:15 AM	Minis United	<b>Sept 8th to Nov 3rd</b>
6-7 (K-1 <sup>st</sup> )	Saturday	10:30 AM - 11:30 AM	Ayrlawn Kickers	Season kick-off 9/8
8-11 (2 <sup>nd</sup> - 5 <sup>th</sup> )	Saturday	11:45 AM - 12:45 PM	Champions League	Afternoon games 10/20 End of Season Banquet 11/3

### Winter '19 Basketball League:

Join us for an active Saturday learning and playing basketball. Program is hosted at the National Center for Children and Families center (6301 Greentree Road, Bethesda MD 20817). Winners and champions divisions will spend about half an hour practicing and half an hour playing a scrimmage. **PLEASE NOTE: TIMES HAVE CHANGED FROM WINTER 2017 SEASON.**

Ages/Grade	Game Day	Game Times	Level	Season (*tentative)
4-5 / Preschool	Saturday	9:30 AM - 10:15 AM	Minis Division	Season dates will be shared later in the fall of 2018.
5-6 / K-1 <sup>st</sup>	Saturday	10:30 AM - 11:30 AM	Rookies Division	
7-9 / 2 <sup>nd</sup> -3 <sup>rd</sup>	Saturday	11:45 AM - 12:45 PM	Winners Division	Season runs January - March.
10-13 / 4 <sup>th</sup> - 6 <sup>th</sup>	Saturday	11:45 AM - 12:45 PM	Champions Division	

Email [ayrlawnemail@ymcadc.org](mailto:ayrlawnemail@ymcadc.org) for more information or to be added to one of our youth sports league email lists. Registration materials are available at YMCA Bethesda-Chevy Chase and YMCA Ayrlawn Program Center.

# Youth Sports Classes

At YMCA Ayrilawn Program Center we understand that your young athlete may find a different sport interesting for a few weeks at a time. We offer a wide variety of sports classes which enable your budding superstar to experience a sport in a shortened season, or continue from season to season if they love the game. Our sports lessons introduce the basics and refine fundamentals in younger levels and teach strategies and build stamina and endurance in advanced classes. We'll focus on teamwork and good sportsmanship while ensuring everyone is playing the sport in safe, fun atmosphere. Class sizes are capped to ensure low student to coach ratios as this allows us to advance each child's development at an appropriate pace for them. **Sports classes are held outdoors unless otherwise noted; please dress your athlete accordingly (we attempt to offer makeup classes for excessive cancellations due to weather but they are not guaranteed).** YMCA B-CC/Ayrilawn Weather Hotline 301-530-9622.

## Soccer Clinic Program runs July 14<sup>th</sup> to August 18<sup>th</sup> @ YMCA Bethesda-Chevy Chase

From Parent/Child to Champions Soccer, we offer many different levels and classes. We offer classes during the day, after-school and on weekends! From the age of 2 years old, the YMCA Ayrilawn Program Center has been teaching youth of all ages how to play one of the most popular sports in the world. \*\*\*Please note this program is structured around Coach Megan's availability to help ensure as much continuity as possible for the participants.

### Saturday Youth Soccer Clinic

Code	Group	Time	Full Member	Program Member	Age Group
03403-02	Parent/Child	9:30 AM – 10:00 AM	\$60	\$85	2-3 y.o.
<i>(The 9:30-10:00am group requires 1 adult to participate with child)</i>					
03403-12	Minis	10:15 AM – 11:00 AM	\$75	\$100	4-5 y.o. Pre-K
03403-13	Rookies	11:15 AM – 12:00 PM	\$75	\$100	6-8 y.o. K – 3 <sup>rd</sup>
03403-14	Winners	12:15 PM – 1:15 PM	\$75	\$100	9-12 y.o. 3 <sup>rd</sup> -5 <sup>th</sup>

Each player must have his/her own shin guards and water bottle for each practice. Focus will be on skill development while gaining a better understanding of the game in a fun, engaging setting. Each session will be a blend of activity games, skill development and a small-sided scrimmage.

If your child is ready for the next step after taking some soccer classes please check our out upcoming soccer league information above. Our league is a great community where we emphasize our players continuing to develop their skills in a team environment while having fun playing games on Saturdays right here in Bethesda.

# Adult Sports Programs

At YMCA Ayrilawn Program Center and YMCA Bethesda-Chevy Chase we know sports aren't just for the youngsters. We are excited to provide opportunities for anyone age 18 and older to be active and join us for adult pick-up games or leagues. Each season we are working to create more opportunities and expand our existing programs. Please let us know if there is a sport you would like to see for adults.

## Adult Pick-Up Games

Healthy lifestyles and exercise are a focal point of our Adult Sports Programs. Come join us for some fun and competition in a welcoming atmosphere. Players of all skill levels are welcome, 18 years old and up. Contact our team at 301-530-8500 for more information.

Sport	Game Day/Time	Location	Starting
Soccer	Thursdays	YMCA B-CC	Active

Please note that Adult Sport Leagues will be launched when there is interest from the community. We will continue to utilize pick-up games for anyone interested in being active and playing the game and will use this group for our league launch as participation increases.

# Martial Arts Programs

## Karate

Karate at YMCA Ayrilawn Program center incorporates many of the foundations of the martial art. Our classes allow children of various ages to begin a focused, regimented curriculum, in which they'll expand their concentration and focus, learn self-discipline and analyze Karate's various aspects.

### Beginner to Advanced Karate (ages 5-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
03101-04	Wednesday*	7:00 PM – 8:00 PM	\$55	\$75	Session 1
03101-04	Wednesday	7:00 PM – 8:00 PM	\$70	\$95	Session 2

## Tae Kwon Do

Want to try an activity that the whole family can do together? Tae Kwon Do classes provide a unique and challenging opportunity for all individuals to have fun while getting a good, physical work-out. Tae Kwon Do is a Korean Martial Art that promotes a healthy mind and body through vigorous mental and physical exercise. Classes help students develop flexibility, strength and endurance, while also focusing on increasing self-esteem, respect, concentration and discipline.

### Beginner (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Session(s)
03101-10	Thursday	7:45 PM – 9:00 PM	\$55	\$75	Summer 1
03101-13	Saturday	10:30 AM – 11:45 PM	\$55	\$75	Summer 1 & 2

### Beginner/Intermediate (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Session
03101-06	Thursday	7:00 PM – 8:15 PM	\$55	\$75	Summer 2

### Intermediate (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101- 09	Thursday	6:30 PM – 7:45 PM	\$55	\$75	Summer 1
03101-12	Saturday	9:15 AM – 10: 30 AM	\$55	\$75	Summer 1 & 2

### Intermediate / Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-07	Monday	7:45 PM – 9:00 PM	\$55	\$75	Summer 1 & 2

## **Thank you for your time and participation in our programs!**

– YMCA AYRLAWN PROGRAM STAFF –

Interested in an activity or hobby that isn't listed? Please let us know so we may try to add it. Have suggestions or concerns? Please share them with us so we may continue tailoring programs towards you!



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Did you know that at  
YMCA Ayrlawn Program Center  
we offer:

**Summer Camp; Youth Sports Leagues;  
Early Learning; Gymnastics; Enrichment;  
No-School Day Camps; Sports Classes;  
Birthday Parties; School-Age Child  
Care; Ballet & Dance; Martial Arts;  
Friday Night Kids Club; Rock Climbing**

**and more!!!**



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## Early Learning:

- ~ [Jaslynn.Laurence@ymcadc.org](mailto:Jaslynn.Laurence@ymcadc.org)
  - ~ Ages 2 through 5
  - ~ 6:30 AM to 6:30 PM hours
  - ~ Half day and Full day options
    - ~ Creative Curriculum
    - ~ Catered meals
  - ~ Enrichment programs

## Summer Camps:

- ~ [AYR.CAMP@ymcadc.org](mailto:AYR.CAMP@ymcadc.org)
  - ~ American Camp Association (ACA)  
ACCREDITED
  - ~ Traditional, Sports, Gymnastics, Specialty, Dance, Travel, Leadership, Aquatics, Tennis Camps and more!
    - ~ Weekly and bi-weekly options
    - ~ Blend of indoor and outdoor time

## School-Age Child Care: Before and Aftercare:

- ~ [AYR.SACC@ymcadc.org](mailto:AYR.SACC@ymcadc.org)
  - ~ Kindergarten through 5<sup>th</sup> Grade
  - ~ AM: 6:30am to bus departure
  - ~ PM: bus arrival to 6:30pm
    - ~ Grouped by grade level
    - ~ Afternoon snack provided
- ~ Service for several public and private schools in the greater Bethesda area
- ~ Child-led activities with support from staff
- ~ Daily activities: physical activity, academic enrichment, character development
- ~ Weekly stations: your child is in the driver's seat for what they do each day!
- ~ MCPS No School, Inclement Weather, Winter/Spring Break day programs included

## Enrichment and Sports programs

- ~ [AyrlawnEmail@ymcadc.org](mailto:AyrlawnEmail@ymcadc.org)
  - ~ Over 80+ weekly enrichment activities offered during the academic year
  - ~ Soccer, t-ball/baseball, basketball, martial arts, running, biking and more
    - ~ Science, art, cooking, piano, guitar, Youth & Government and more
  - ~ Gymnastics and dance for beginners, intermediates and advanced levels

## Teams, Companies and Leagues:

- ~ Team gymnastics compete in USA Gymnastics and YMCA Nationals meets
  - ~ Royal Academy of Dance ballet program with certified exams
- ~ Dance recitals throughout the year encompassing a variety of styles
- ~ Spring & Fall Soccer Leagues; Summer Soccer Clinic; Winter Bkball League