



FALL 1
SEPT. 2 – OCT. 27

YMCA AYRLAWN PROGRAM CENTER PROGRAM OVERVIEW

*NOTE ON WEATHER POLICY: Due to scheduling constraints, make-up classes due to weather cancellations are not guaranteed and refunds are not issued for classes cancelled due to circumstances out of the YMCA's control. 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 for your understanding!*

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY
updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
SPORTS CLASSES									
Mini T-Ball	Teaches the basics of hitting, throwing and catching, as well as the fundamentals of the sport	3	5	Ayrlawn Field	11:15am	30 min	Th	\$55	\$70
Mini Basketball	Start the little ones early. Smaller basketballs and hoops, but the same skills make this class perfect for younger children. Shooting, passing and dribbling are the focus in many fun and run games to keep them engaged in learning the sport invented by the YMCA!	3	5	Ayrlawn Court	11:15am	30 min	Th	\$55	\$70
		3	5	Ayrlawn Court	10:30am	30 min	Tu	\$55	\$70
Junior Basketball	Introduces children to the basketball fundamentals including shooting, passing and dribbling, while building positive development and confidence. Game play is introduced during the session.	5	8	Ayrlawn Court	4:15pm	45 min	W	\$70	\$85
Senior Basketball	Continues the development of basketball skills by teaching new abilities through drills. The program is focused on game play and knowledge of the game through modified and full-court action.	8	12	Ayrlawn Court	4:15pm	45 min	F	\$70	\$85
Flag Football	Introduces children to football essentials including throwing, catching and the rules of the game. They'll have fun being active and building self-esteem.	5	9	Ayrlawn Field	5:15pm	45 min	Tu	\$70	\$85
		5	9	Ayrlawn Field	5:15pm	45 min	Th	\$70	\$85
Minis Soccer	Introduces children to basic soccer skills. Dribbling, passing, shooting and field position are taught in a positive, nurturing environment.	3	5	Ayrlawn Field	10:30am	30 min	Tu	\$55	\$70
		3	5	Ayrlawn Field	4:15pm	30 min	W	\$55	\$70
		3	5	Ayrlawn Field	1:00pm	30 min	Th	\$55	\$70
Junior Soccer	Focuses on improving the necessary skills to start game action. The class introduces team work drills and sportsmanship.	5	8	Ayrlawn Field	4:15pm	45 min	Tu	\$70	\$85
		5	8	Ayrlawn Field	5:15pm	45 min	W	\$70	\$85
Senior Soccer	A program focused on game play, kids will develop skills and knowledge of the game through full field action.	8	12	Ayrlawn Field	5:15pm	45 min	Tu	\$70	\$85
Youth Track Clinic	We'll work on our explosive starts, 3 step skips, hurdles, and more as we workshop the skills you need to unleash your inner track star!	6	12	Ayrlawn Field	5:15pm	45 min	F	\$70	\$85

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
Lacrosse	Learn how to cradle, pass & shoot, and receive ground balls in this fun introduction to lacrosse!	6	9	Ayrlawn Field	5:15pm	45 min	W	\$70	\$85
Archery	Learn the fundamentals of Archery, safety on the range, and practice your technique & aim in this 8-week session of Archery FUN!	8	12	Rear Ayrlawn Field	5:15pm	45 min	F	\$80	\$95

SPORTS LEAGUES

Fall Soccer League	An 8 Week long developmental league, we are excited to build a lifelong love of a sport together! GAME times & locations listed here. Teams are organized and practice schedules are based on the scheduling of parents/guardians and volunteer coaches. Participants are registered based on age and skill level into one of three levels. Pick up a Registration Form for more info!	4	5	YMCA BCC Field	9:30am		Sat	\$110	\$125
		5	7	YMCA BCC Field	10:30am		Sat	\$110	\$125
		7	9	YMCA BCC Field	12noon		Sat	\$110	\$125
		Winter Basketball League MORE INFO COMING FALL 2!							

TEEN PROGRAMMING

Youth & Government	The YMCA Y&G program empowers youth to become critical ethical leaders and responsible citizens through training in the theory and practice of making public policy. Teens who participate in our program will take part in weekly meetings with Staff advisors with a background in civic engagement. Students will be responsible for drafting bills to address their issues of choice, which could be presented to the District of Columbia Mayor and City Council for review. Contact us at ayrlawnemail@ymcadc.org for launch info!	14	18	YMCA Ayrlawn Conference Room				n/a	n/a
--------------------	---	----	----	------------------------------	--	--	--	-----	-----

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
ENRICHMENT PROGRAMS									
Guitar Lessons	Our Guitar Lessons are for all levels, from beginner to advanced—we teach it! Each lesson is tailored to your specific child. Contact Karl.Harger@ymcadc.org for more information or to schedule a class today! <i>Registration Form Required.</i>	8	99	Ayrlawn Music Room	**	30 min	**	\$95/mo	\$115/mo
Piano Lessons	Discover the basics of piano, from reading music to placement on keys; we will learn music in a fun way to inspire your child's passion in music! Contact Nicole.Colasito@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	3	99	Ayrlawn Music Room	**	30 min	**	\$95/mo	\$115/mo
Viola/Violin Lessons	Students will learn proper technique and note reading to improve their overall memory and dexterity while they learn to play this classic instrument. Contact Nicole.Colasito@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	6	99	Ayrlawn Music Room	**	30 min	**	\$95/mo	\$115/mo
Ukulele Lessons	From beginners to professionals, ukulele is a fun instrument to learn! Our one-on-one lessons help to improve coordination, memory, and dexterity. Contact Nicole.Colasito@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	6	99	Ayrlawn Music Room	**	30 min	**	\$95/mo	\$115/mo

***ALL Music Lesson time & day dependent on instructor availability. Reach out to an instructor today for inquiries!*

KARATE

Karate at the YMCA Ayrlawn 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 Karate	Instructor: Rabi	5	7	Ayrlawn Mini Gym	6:00pm	45 min	W	\$85	\$125
Intermediate/Advanced Karate	Instructor: Rabi	7	12	Ayrlawn Mini Gym	7:00pm	1 hour	F	\$95	\$135

TAE KWON DO

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
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, and concentration and discipline.									
Intro to Youth	Class instructed by Masters	5	8	Ayrlawn Mini Gym	5:30pm	45 min	Th	\$50/mo	\$65/mo
Beginner	Class instructed by Masters	6	99	Ayrlawn Big Gym	7:30pm	1hr 15min	Th	\$60/mo	\$75/mo
	Class instructed by Masters	6	99	Ayrlawn Big Gym	9:15am	1hr 15min	Sat	\$60/mo	\$75/mo
Intermediate	Class instructed by Masters	6	99	Ayrlawn Big Gym	6:15pm	1hr 15min	Th	\$60/mo	\$75/mo
	Class instructed by Masters	6	99	Ayrlawn Big Gym	9:15am	1hr 15min	Sat	\$60/mo	\$75/mo
Intermediate/Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	7:45pm	1hr 15min	M*	\$60/mo	\$75/mo
Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	8:00am	1hr 15min	Sat	\$60/mo	\$75/mo

PRESCHOOL 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 get loose, gain confidence, socialize and follow directions.

Two Year Old Ballet	Instructor: Mrs. Kate	2	2	Dance Studio	10:15am	30 mins	Tu	\$85	\$100
		2	2	Dance Studio	9:15 am	30 mins	Sat	\$85	\$100
Bitty Ballet	Instructor: Mrs. Kate	3	3	Dance Studio	3:00 pm	30 mins	M*	\$85	\$100
	Instructor: Mrs. Kate	3	3	Dance Studio	3:00 pm	30 mins	W	\$95	\$110
Mini Ballet	Instructor: Mrs. Kate	4	5	Dance Studio	3:45 pm	45 mins	M*	\$95	\$110
	Instructor: Mrs. Kate	4	5	Dance Studio	3:45 pm	45 mins	W	\$110	\$130
Ballet/Gymnastics	Not sure if your child would like dance or gymnastics? Try both in our combo class. Participants will do 30 minutes of ballet and 30 minutes of gymnastics, getting the best of both!	4	5	Dance Studio	11:00am	60 mins	Tu	\$135	\$150

YOUTH DANCE

Intermed/Advanced Tap	Instructor: Mrs. A'ne *Instructor approval REQUIRED*	9	17	Dance Studio	8:15 pm	45 mins	Tu	\$95/mo	\$115/mo
Jazz Dance	Jazz is sharp and fluid movements to create a visually technical dance style done to popular music	8	15	Ayrlawn Mini Gym	4:30 pm	60 mins	Tu	\$75/mo	\$90/mo

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
Contemporary	Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.	8	15	Ayrlawn Mini Gym	5:30 pm	60 min	Tu	\$75/mo	\$90/mo
Progressing Ballet Technique (PBT)	Progressing Ballet Technique is an innovative program developed for students to understand the depth of training muscle memory in achieving their personal best in classical ballet. The students work with Thera-bands and different sized yoga balls to help the students identify different muscle groups and fully understand their body alignment, posture, weight placement, and core. *Students must be enrolled in our Ballet Program*	9	16	Dance Studio	9:45 am	45 min	Sat	\$95/mo	\$125/mo
Beginner Pointe	Instructor: Mrs. Kate *Students must be enrolled in our Ballet Program*	10	16	Dance Studio	10:30 am	45 min	Sat	\$95/mo	\$125/mo
Advanced Pointe	Instructor: Mrs. Kate *Students must be enrolled in our Ballet Program*	10	18	Dance Studio	8:15 9m	45 min	Th	\$95/mo	\$125/mo

ROYAL ACADEMY OF DANCE

Pre-RAD	Instructor: Mrs. Kate	5	5	Dance Studio	4:00 pm	45 mins	Fri	\$75/mo	\$95/mo
Primary	Instructor: Mrs. Kate	6	6	Dance Studio	4:00 pm	45 mins	T/Th	\$130/mo	\$145/mo
Grade 1	Instructor: Mrs. Kate	7	7	Dance Studio	4:45 pm	60 mins	T/Th	\$130/mo	\$145/mo
Grade 2	Instructor: Mrs. Kate	8	9	Dance Studio	4:45 pm 3:00 pm	75 min 75 mins	Fri Sat	\$145/mo	\$160/mo
Grade 3	Instructor: Mrs. Kate	9	10	Dance Studio	4:30 pm	75 mins	M/W	\$160/mo	\$180/mo
Grade 4	Instructor: Mrs. Kate	10	11	Dance Studio	5:45 pm 6:00 pm	75 mins 75 mins	Mon Fri	\$160/mo	\$180/mo
Grade 5	Instructor: Mrs. Kate	11	12	Dance Studio	5:45 pm 7:15 pm	75 mins 75 mins	Wed Fri	\$160/mo	\$180/mo
Intermediate	Instructor: Mrs. Kate	12	16	Dance Studio	5:45 pm	75 min	T/Th	\$195/mo	\$215/mo

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
Advanced Foundations (Exam Class)	Instructor: Mrs. Kate	13	16	Dance Studio	7:00 pm	75 min	T/Th	\$195/mo	\$215/mo
Advanced (Non-Exam)	Instructor: Mrs. Kate	12	16	Dance Studio	7:00 pm	75 min	M/W	\$165/mo	\$185/mo
Jr. Company	For audition information please contact Keisha Thompson at keisha.thompson@ymcadc.org	8	16	Dance Studio	1:30 pm	90 min	Sat	\$110/mo	\$130/mo
Sr. Company	For audition information please contact Keisha Thompson at keisha.thompson@ymcadc.org	10	16	Dance Studio	11:15am	135 min	Sat	\$165/mo	\$185/mo

PRESCHOOL GYMNASTICS

Mini Movers	From those first steps through toddlerhood, our Parent/Child classes promote early motor development, while they explore the gymnastics events. These mostly unstructured classes encourage free play using age-appropriate gymnastics equipment. Parents get to join in the fun as their little one explores their new mobility as they climb, hop, balance and swing. **Thursday's class is for Ayrilawn Preschool Students ONLY**	2	3	Ayrilawn Mini Gym	10:00am	30 mins	M*	\$70	\$85
		2	3	Ayrilawn Mini Gym	10:00am	30 mins	Th	\$80	\$95
Tiny Tumblers	In this class, 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.	3	3	Ayrilawn Mini Gym	11:00am	45 mins	M*	\$90	\$105
		3	3	Ayrilawn Mini Gym	3:30 pm	45 mins	Tu	\$105	\$120
		3	3	Ayrilawn Mini Gym	4:00 pm	45 mins	W	\$105	\$120
		3	3	Ayrilawn Mini Gym	11:00am	45 mins	Th	\$105	\$120
		3	3	Ayrilawn Mini Gym	3:30 pm	45 mins	Th	\$105	\$120
		3	3	Ayrilawn Mini Gym	10:00am	45 mins	Sat	\$105	\$120
Gym Tots	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.	4	5	Ayrilawn Mini Gym	1:00 pm	45 mins	M*	\$90	\$105
		4	5	Ayrilawn Mini Gym	3:30 pm	45 mins	M*	\$90	\$105
		4	5	Ayrilawn Mini Gym	3:00 pm	45 mins	W	\$105	\$120
		4	5	Ayrilawn Mini Gym	12:00pm	45 mins	Th	\$105	\$120
		4	5	Ayrilawn Mini Gym	10:45am	45 mins	Sat	\$105	\$120

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
Kindergym	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.	5	6	Ayrlawn Mini Gym	4:30 pm	45 mins	M*	\$90	\$105
		5	6	Ayrlawn Mini Gym	4:30 pm	45 mins	Th	\$105	\$120
		5	6	Ayrlawn Mini Gym	11:30am	45 mins	Sat	\$105	\$120

YOUTH 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	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	6	12	Ayrlawn Big Gym	4:00 pm	60 min	Tu	\$130	\$155
		6	12	Ayrlawn Big Gym	3:45 pm	60 min	W	\$130	\$155
		6	12	Ayrlawn Big Gym	4:45 pm	60 min	W	\$130	\$155
		6	12	Ayrlawn Big Gym	4:00 pm	60 min	F	\$130	\$155
		6	12	Ayrlawn Big Gym	1:30 pm	60 min	Sun	\$130	\$155
Intermediate Co-Ed	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.	6	12	Ayrlawn Big Gym	4:00 pm	75 min	M*	\$135	\$160
		6	12	Ayrlawn Big Gym	3:30 pm	75 min	W	\$155	\$180
		6	12	Ayrlawn Big Gym	4:00 pm	75 min	Th	\$155	\$180
		6	12	Ayrlawn Big Gym	11:00am	75 min	Sun	\$155	\$180
Advanced Co-Ed	Geared towards the more experienced gymnast, this class will work on more difficult skills and combinations as well as self-discipline needed to progress to our team programs. SKILLS REQUIRED FOR ENTRY: Pullover on bars, handstand forward roll, back bend kick over	6	12	Ayrlawn Big Gym	4:45 pm	75 min	W	\$155	\$180
		6	12	Ayrlawn Big Gym	3:45 pm	75 min	Th	\$155	\$180
		6	12	Ayrlawn Big Gym	3:45 pm	75 min	Sun	\$155	\$180
Boy's Gymnastics	No girls allowed! This is a beginner through intermediate level class in which they will focus on building strength, and tumbling skills while having fun.	6	12	Ayrlawn Big Gym	4:00 pm	60 mins	Tu	\$130	\$155

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019



FALL 1

SEPT. 2 – OCT. 27

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN AGE	MAX AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
------------	-------------------------------	---------	---------	----------	------	----------	-----	-------------	----------------

COMPETITIVE GYMNASTICS

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

Pre-Team	Gymnasts will begin putting skills together into combinations. Continued emphasis is on gaining strength and flexibility and self-discipline.	5	16	Ayrlawn Big Gym	4:30 pm 4:30 pm	120 min 105 min	Tu Th	\$155/mo	\$175/mo
Competitive Girls Team	Girls on the competitive team will compete within USA Gymnastics' XCEL program throughout the state of Maryland.	7	17	Ayrlawn Big Gym	TBD	TBD	TBD	\$315/mo	\$375/mo

FRIDAY NIGHT KIDS CLUB

Enjoy a night out while the kids stay in! Dinner is provided for an active night filled with fun & friends! Please advise the front desk about dietary restrictions at least 24 hours in advance. NOTE: Registration closes at 6:30pm the Thursday before the event—if minimum registration has not been met, Friday Night Kids Club may be cancelled.

****PROGRAM OPEN TO NON-MEMBERS; non-member rate \$65** Second child discount: \$10 off**

Movie & Game Night	September 20 th	4	12	Room 5	6:30 pm	3 hours	F	\$45	\$55
	October 4 th	4	12	Room 5	6:30 pm	3 hours	F	\$45	\$55
	October 18 th	4	12	Room 5	6:30 pm	3 hours	F	\$45	\$55

BIRTHDAY PARTIES

Host your birthday party at the Y! Let the Y do everything for your child's special day. The Birthday Party Team will ensure a fun-filled celebration with decorations, games, activities, and much more. All you need to do is sit back, relax, and enjoy! Our parties include a Party Host, awesome activities, basic decorations, ¼ sheet personalized cake, ½ gallon of ice cream, juice & water, and paper products for up to 20 friends. Email ayrlawnemail@ymcadc.org for inquiries.

Non-member pricing available upon request.

Classic Party	This party has all the favorites: relay races, musical chairs, and more!	2	99	Room 5	**	1.5 hours	Sat, Sun	\$250	\$275
Gymnastics Party	Burn off some energy before the cake & ice cream in an awesome gymnastics obstacle course!	2	99	Room 5	**	1.5 hours	Sat, Sun	\$300	\$325
Choose Your Own Theme Party	Work with us to design a birthday party your child will love! Sample themes include: Superhero, Ooey Goey Science, Arts & Crafts, Sports, Princess, etc.	2	99	Room 5	**	1.5 hours	Sat, Sun	\$300	\$325

***ALL Birthday Party times dependent on type of party and availability. Call ahead for availability and details today!*

YMCA AYRLAWN PROGRAM CENTER | 301-530-8500 | ymcadc.org

Registration: Full Members: Aug. 12 | Program Members: Aug. 19

*NO classes Monday Sept 2nd for LABOR DAY

updated 8/14/2019