

KIDS CELEBRATIONS AT YMCA ANTHONY BOWEN CULINARY STUDIO!

We want to make sure that your birthday is just what you have dreamed of, so we will be working with you each step of the way. Parties can range from hands-on cooking to demos, and can accommodate any dietary restriction. Parties are open to a maximum of 15 participants.

CHOOSE FROM THE FOLLOWING THEMES FOR YOUR PARTY:

CULINARY STUDIO POLICIES

WE CARE ABOUT YOUR BODY: We care about our local community and strive to use food products from nearby farmers as often as possible. We are an organically conscious group of people that care about the planet and your health.

WHAT TO WEAR: If you are participating in cooking, we recommend that you wear loose or comfortable clothing, including closed toes shoes.

ALLERGIES BEWARE: Sometimes food products may contain or be processed in factories containing tree nuts or other products that cause an allergic reaction.

MATERIALS PROVIDED: The YMCA Anthony Bowen will provide equipment necessary for a successful party!

LEFTOVERS: Leftover food can be taken home at the discretion of the class instructor at YMCA Anthony Bowen.

ORDER A CAKE!
Want to order a beautiful and decadent birthday cake? We can bake and create a homemade cake just for the occasion.
PRICE: Additional \$40



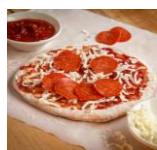
IRON CHEF PARTY

Time to bring out your inner chef! Challenge your friends to cook the best dish. Each dish will be judged on creativity, taste, and teamwork!
\$50 per child



CREATIVE CUPCAKES

Get together with all your friends to brainstorm the perfect cupcake. Cook and decorate each one differently!
\$42 per child



BUILD YOUR OWN PIZZA

Ever wanted all the toppings? Now you get the chance to build your own personal pizza with whatever toppings you like!
\$38 per child



SCI-FI SCIENCE

Ever wondered how food is cooked? Learn the science behind the secret of delicious food!
\$25 per child



BLEND YOUR OWN SMOOTHIES

What can you put in your smoothies? It's time to find out! Create and blend your own delicious and nutritious smoothies!
\$50 per child



SUSHI – LET THE GOOD TIMES ROLL

Learn to make the perfect sushi roll from scratch! Pick and choose what goes into each sushi to make your dream roll.
\$42 per child



BREAKFAST BONANZA

Ever wanted to breakfast for dinner? Now you can breakfast anytime you want! Learn to make delicious breakfast foods!
\$38 per child



TEA PARTY

There's always time for tea! Enjoy and create a refreshing beverage with light snacks as you get together to par-TEA!
\$25 per child

For questions or to plan your party, please email Tessa.Mork@ymcadc.org

YMCA Anthony Bowen's team building

programs are designed to help build better communication, work as a team, build trust and help cope with problems that occur in daily life. Participants work with our trained culinary instructor towards a specific goal.

The Y's commitment is that you find our culinary studio to be a great place to foster new relationships, strengthen old ones, and create a healthier work environment – all the while cooking, eating and having fun!



YMCA OF METROPOLITAN WASHINGTON

YMCA Anthony Bowen
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Check out www.ymcadc.org
for more information.

 www.facebook.com/YMetroDC

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CULINARY STUDIO

YMCA Anthony Bowen



Mission Statement

The YMCA of Metropolitan Washington fosters the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

The YMCA of Metropolitan Washington is an inclusive organization and defines inclusion as the deliberate and conscientious effort to be **knowledgeable about differences, supportive of others, and active in changing structures** to ensure all groups are welcome, with the understanding that everyone brings valuable skills and abilities to the YMCA.

CORPORATE TEAM BUILDING PACKAGES



CHOOSE FROM THE FOLLOWING OPTIONS FOR YOUR EVENT:

TEAM TOP CHEF

This is a different type of deadline than what you are used to! Your group will be divided into teams, and each will be given a mystery basket, 90 minutes, and full access to our kitchen to create and plate their competing dish.

\$100 per person



A TRIP TO FRANCE

Travel to the city of lights and learn the ins and outs of traditional French cooking. We will be making a main course, learning the rich cheeses of various French regions and making dessert for afterwards.

\$110 per person



COOKING THE BOOK

Have a favorite cookbook? We have got quite a few! Bring in your favorite recipes and we will learn them as a class. (We are happy to choose the book for you!)

\$100 per person



HOMEMADE PANTRY

Let's take it back to the kitchen and away from the grocery store and learn to make our own goods. Think homemade ketchups, mustards, pickles and crackers, among many more!

\$90 per person



DESSERTS ONLY

Cookies, cakes, pies galore! Bring that sweet tooth because you will be creating and enjoying lots of treats.

\$80 per person



HEALTHY WEEKNIGHT DINNERS

We will walk you through a nutrition lesson as well as a dinner for you to replicate at home. Great for offices that offer wellness incentives or those that want to promote staff wellness.

\$70 per person



DEMO + SIT-DOWN DINNER

We will do the cooking for you! Sit back and enjoy as we do the roasting, sautéing and mixing while walking you through each step.

\$90 per person
Wine pairing for each course \$130 per person



CULINARY STUDIO POLICY:

WE CARE ABOUT YOUR BODY: We care about our local community and strive to use food products from nearby farmers as often as possible. We are an organically conscious group of people that care about the planet and your health.

WHAT TO WEAR: If you are participating in any of our cooking demonstration classes, we recommend that you wear loose or comfortable clothing, including closed in shoes. No high heels, please.

ALLERGIES BEWARE: Sometimes food products may contain or be processed in factories containing tree nuts or other products that causes allergic reaction. It is up to the contact to inform any culinary instructors of allergy concerns in advance or before class.

MATERIALS PROVIDED: The YMCA Anthony Bowen will provide equipment necessary for a successful learning experience, however, you have the option to bring your own aprons and head wrap for cooking.

LEFTOVERS: Leftover food can only be taken home at the discretion of the class instructor or YMCA Anthony Bowen.

The YMCA Anthony Bowen Culinary Studio also offers monthly classes for individuals interested in specialty programs such as Grocery Store Tours, Culinary Basics, and opportunities to meet local chefs in our various cooking classes.

AMENITIES AND USEFUL INFORMATION

- Seating is for 12, with room capacity for 15
- Island offers a close view of prep at gas burners, prep sink and plating
- All meals are prepared with foods and ingredients from local farmers and market



ARRIVALS

- All participants must check-in at the front desk upon entering the Y
- Handicap accessible building

TRANSPORTATION

- Street and nearby garage parking available
- Taxis available
- Metro Station within 5 blocks
- Metrobus stop within block
- Bikeshare stations within 2 blocks

Call **YMCA Anthony Bowen** at **202.232.6936** for scheduling information for Team Building programs in the Culinary Studio or go to **www.ymcadc.org** for other Y classes and programs.