



FALL 2

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: Oct. 17 | Program Members: Oct. 24

***NO classes Thurs-Fri, Nov 22-23 – for Thanksgiving**

Last updated 10/13/22



FALL 2

OCT. 31 – DEC. 23

CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
SPORTS CLASSES									
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	11:30am	30 min	Fri*	\$55	\$70
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.	6	12	Ayrlawn Field	4:15 pm	60 min	Tue	\$90	\$105

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
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ENRICHMENT CLASSES									
Mindful Music	Introducing your toddler to instruments and musical patterns. Using sounds and songs to help soothe the children and prepare them for their day.	2	3	Room 14	10:30 am	30 min	W	\$75	\$90
Petite Picasso	Explore your creative side in Petite Picasso. Students will express art through different mediums and learn new skills in each class.	2	3	Room 14	3:00 pm	30 min	W	\$75	\$90
		4	6	Room 14	4:00 pm	30 min	W	\$75	\$90
Tiny Chefs	Is your child constantly following you around in the kitchen? In this class we'll learn basic cooking skills and tricks so that these mini chefs can make their own snacks.	3	4	Room 14	10:00 am	45 min	Fri*	\$80	\$95
		5	6	Room 14	4:00 pm	45 min	Fri*	\$80	\$95
Young Yoga Masters	Your child will be introduced to age appropriate yoga poses, breathing and relaxation techniques and mindful meditation to better grow their body awareness.	2	3	Room 13	10:00 am	45 min	M	\$90	\$105
		4	5	Room 13	3:00 pm	45 min	M	\$90	\$105
		5	6	Room 13	4:00 pm	45 min	M	\$90	\$105

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MUSIC INSTRUCTION									
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	Tu/Th	\$195	\$225
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 keisha.thompson@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	4	99	Ayrlawn Music Room	**	30 min	Mon-Thu	\$195	\$225
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 keisha.thompson@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	6	99	Ayrlawn Music Room	**	30 min	Mon-Wed	\$195	\$225
Drum 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 keisha.thompson@ymcadc.org for more information or to schedule a class today. <i>Registration Form Required.</i>	6	99	Ayrlawn Music Room	**	30 min	Mon-Wed	\$195	\$225

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

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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, and concentration and discipline.									
Beginner/Intermediate	Class instructed by Masters	6	99	Ayrlawn Room 13	4:30pm	60 min	Tu	\$120	\$150
	Class instructed by Masters	6	99	Ayrlawn Room 13	4:30 pm	60 min	Th*	\$105	\$130
Intermediate/Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	5:45pm	1hr 15min	Th*	\$130	\$155
Adult	Class instructed by Masters	16	99	Ayrlawn Big Gym	5:45pm	1hr 15min	Tu	\$145	\$170

PRESCHOOL GYMNASTICS									
Mini Movers	From those first steps through toddlerhood, this class promotes early motor development, while they explore the gymnastics events. These mostly unstructured classes encourage free play using age-appropriate gymnastics equipment. **This class is for Ayrlawn Preschool Students ONLY**	2	3	Ayrlawn Mini Gym	3:45pm	30 mins	Tu	\$75	\$90
Tiny Tumblers	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	Ayrlawn Mini Gym	3:45 pm	45 min	M	\$95	\$110
		3	3	Ayrlawn Mini Gym	4:00pm	45 min	Th*	\$85	\$100
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	Ayrlawn Mini Gym	4:45 pm	45 min	M	\$95	\$110
		4	5	Ayrlawn Mini Gym	4:00 pm	45 min	W	\$95	\$110
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	5:00 pm	45 min	Tu	\$95	\$110
		5	6	Ayrlawn Mini Gym	5:00 pm	45 min	W	\$95	\$110
		5	6	Ayrlawn Mini Gym	5:00 pm	45 min	Th*	\$85	\$100

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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	W	\$135	\$155
		6	12	Ayrlawn Big Gym	5:00 pm	60 min	W	\$135	\$155
		6	12	Ayrlawn Big Gym	4:00 pm	60 min	Fri*	\$120	\$135
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	\$155	\$180
		6	12	Ayrlawn Big Gym	4:00 pm	75 min	W	\$155	\$180
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri*	\$135	\$160
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	5:00 pm	75 min	W	\$155	\$180
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri*	\$135	\$160

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	4:00 pm	120 min	Mon	\$225	\$260
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

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