



# Spring 2

APR. 14 – JUN. 8

# 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: April 7 | Program Members: Apr. 14

\*There will be NO CLASSES May 24-26<sup>th</sup> for Memorial Day Wknd\*

Last updated 04/04/2025



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## SPORTS CLASSES

Mini Soccer	Introduces children to basic soccer skills.	3	5	Ayrlawn Field	9:15 am	30 min	Wed	\$80	\$95
	Dribbling, passing, shooting and field position are taught in a positive, nurturing environment.	3	5	Ayrlawn Field	9:15 am	30 min	Sat*	\$70	\$85
Junior Soccer	Focuses on improving the necessary skills to start game action. The class introduces team work drills and sportsmanship.	5	9	Ayrlawn Field	10:00 am	45 min	Wed	\$105	\$120
		5	9	Ayrlawn Field	4:45 pm	45 min	Sat*	\$95	\$110

## TAEKWONDO CLASSES

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 workout. 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.

Youth Beginner	Class instructed by Masters	5	6	Ayrlawn Big Gym	4:15 pm	45 min	Tue	\$120	\$145
Beginner/Intermediate	Class instructed by Masters	6	99	Ayrlawn Big Gym	5:10 pm	60 min	Tue	\$140	\$165
Intermediate/Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	6:15 pm	75 min	Thu	\$160	\$180
Adult	Class instructed by Masters	16	99	Ayrlawn Big Gym	6:15 pm	75 min	Tue	\$160	\$180

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<b>ENRICHMENT PROGRAMS</b>									
<b>Guitar Lessons</b>	Our Guitar Lessons are for all levels, from beginner to advanced—we teach it! Each lesson is tailored to your specific child. Contact <a href="mailto:Keisha.Thompson@ymcadc.org">Keisha.Thompson@ymcadc.org</a> for more information or to schedule a class today!	8	99	Ayrlawn Music Room	**	30 min	Wed, Sun	\$225	\$260
<b>Piano Lessons</b>	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 for music! Contact <a href="mailto:Keisha.Thompson@ymcadc.org">Keisha.Thompson@ymcadc.org</a> for more information or to schedule a class today.	4	99	Ayrlawn Music Room	**	30 min	Wed, Sun	\$225	\$260
<b>Viola/Violin Lessons</b>	Students will learn proper technique and note-reading to improve their overall memory and dexterity while they learn to play this classic instrument. Contact <a href="mailto:Keisha.Thompson@ymcadc.org">Keisha.Thompson@ymcadc.org</a> for more information or to schedule a class today.	6	99	Ayrlawn Music Room	**	30 min	Wed, Sun	\$225	\$260

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

## **\*\*NEW\*\* PRESCHOOL DANCE**

This group is by invitation only, please contact Keisha Thompson at [keisha.thompson@ymcadc.org](mailto: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.

<b>Bitty Ballet</b>	This half hour class introduces little ones to the basics of ballet in a fun and playful way. Through imaginative exercises, children will develop coordination, balance, and rhythm while learning simple ballet movements to the songs of their favorite characters	3	3	Dance Studio	3:45 pm	30 min	Mon*	\$70	\$85
<b>Mini Ballet</b>	This fun and energetic class introduces kids to the exciting world of hip hop dance. Dancers will learn basic moves, rhythm, and grooves while progressing to more advanced steps and routines. The class emphasizes creativity, confidence, and self-expression.	4	5	Dance Studio	4:00 pm	45 min	Thu	\$95	\$110

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<b>**NEW** YOUTH DANCE</b>									
Hip Hop	This fun and energetic class introduces kids to the exciting world of hip hop dance. Dancers will learn basic moves, rhythm, and grooves while progressing to more advanced steps and routines. The class emphasizes creativity, confidence, and self-expression in a lively, supportive environment	5	7	Dance Studio	5:00 pm	45 min	Wed	\$130	\$160
		8	12	Dance Studio	6:00 pm	45 min	Wed	\$130	\$160
Ballet/Tap Combo	This class is an introductory dance class that combines the foundational principles of both ballet and tap dancing, allowing students to learn basic ballet technique alongside tap rhythms and footwork, typically focusing on developing coordination, balance, and musicality through a mix of barre exercises, across-the-floor movements, and tap patterns, suitable for beginners with little to no prior dance experience	5	7	Dance Studio	5:00 pm	60 min	Tu/Th	\$195	\$220
		8	12	Dance Studio	6:15 pm	60 min	Tu/Th	\$195	\$220
Beginner/Intermediate Jazz Dance	This high-energy class combines upbeat music with jazz dance techniques to keep dancers engaged and excited. Students will learn a variety of technical steps, improve coordination, and build strength while dancing to fun and entertaining tunes.	7	12	Dance Studio	5:00 pm	60 min	Mon*	\$130	\$150
Ayrilawn Dance Company	A step up from our recreational dance program; the Dance Company is for those passionate dancers looking to improve their technique and performance skills. With a focus on classical ballet, members will train in various styles and learn 2-3 choreographed routines for performance opportunities. This program builds strength, artistry, and confidence in a supportive environment. Open to dedicated dancers ready to level up	5	7	Dance Studio	4:30 pm	60 min	Fri	\$155	\$175
		8	12	Dance Studio	5:45 pm	60 min	Fri	\$155	\$175

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<b>PRESCHOOL GYMNASTICS</b>									
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	3:30 pm	45 min	Fri	\$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	Ayrlawn Mini Gym	4:00 pm	45 min	Tue	\$105	\$120
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	Tue	\$105	\$120
KinderBeginner	These kids are getting ready for the Big Gym! They are continuing to work on the basics, as well as some transitional skills needed for our school age program in a <b>more structured format</b> .	6	6	Ayrlawn Mini Gym	6:00 pm	45 min	Tue	\$105	\$120

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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	Wed	\$155	\$175
		6	12	Ayrlawn Big Gym	5:00 pm	60 min	Wed	\$155	\$175
		6	12	Ayrlawn Big Gym	4:00 pm	60 min	Fri	\$155	\$175
Intermediate Co-Ed	This class is for students needing more of a challenge. More difficult skills and combinations will be taught in this class. <b>SKILLS REQUIRED FOR ENTRY:</b> Strong handstands, cartwheels, bridges, and steady walks on high beam.	6	12	Ayrlawn Big Gym	4:00 pm	75 min	Mon*	\$150	\$170
		6	12	Ayrlawn Big Gym	4:00 pm	75 min	Wed	\$175	\$195
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri	\$175	\$195
Advanced Co-Ed	Geared towards the more experienced gymnasts, this class will work on more difficult skills and combinations as well as the self-discipline needed to progress to our team programs. <b>SKILLS REQUIRED FOR ENTRY:</b> Pullover on bars, handstand forward roll, back bend kick over	6	12	Ayrlawn Big Gym	5:00 pm	75 min	Wed	\$175	\$195
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri	\$175	\$195

## COMPETITIVE GYMNASTICS

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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	90 min	M/Thu	\$210	\$240
Competitive Girls Team	Girls on the competitive team will compete within USA Gymnastics' XCEL program.	7	17	Ayrlawn Big Gym	TBD	TBD	TBD	\$315/mo	\$375/mo

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