



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **YMCA AYRLAWN PROGRAM CENTER**

## **SPRING 1 2019 PROGRAM OVERVIEW**

**February 25<sup>th</sup>, 2019  
To  
April 21<sup>st</sup>, 2019**

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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 for your understanding!

## Youth Dance Programs

### 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 let loose, gain confidence, socialize and follow directions.

#### Two Year-Old Ballet (age 2)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-01	Tuesday	10:15 AM – 10:45 AM	\$85	\$100	Ballet Studio
01702-02	Friday*	10:15 AM – 10:45 AM	\$75	\$90	Ballet Studio

#### Bitty Ballet (age 3)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-41	Monday	3:00 PM – 3:30 PM	\$95	\$110	Ballet Studio
01702-42	Wednesday*	3:00 PM – 3:30 PM	\$85	\$100	Ballet Studio
01702-44	Friday*	3:00 PM – 3:30 PM	\$85	\$100	Ballet Studio

#### Mini Ballet (age 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-45	Monday	3:45 PM – 4:30 PM	\$250	\$285	Ballet Studio
01702-46	Wednesday	3:45 PM – 4:30 PM	\$250	\$285	Ballet Studio

**\*\*This class will be a double session – Spring 1 and Spring 2 in preparation for our Spring Recital. Class fees include costume purchase\*\***

#### Mini Jazz (age 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-29	Tuesday	12:15 PM – 1:00 PM	\$100	\$115	Mini Gym

#### Ballet/Gymnastics Combo (age 4-5)

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!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01701-20	Tuesday	11:00 AM - 12:00 PM	\$135	\$150	Mini Gym
01701-11	Friday*	11:00 AM - 12:00 PM	\$120	\$130	Mini Gym

## Spring 1 Program Overview

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### School Age Dance

#### Tap

The focus of each tap class is to improve the student's sound clarity, rhythm and musicality, timing and phrasing. Classes are structured in the traditional tap format; warm-up exercises, technique and progressive movements, combination or dance routine.

#### Intermediate Tap (ages 9-14)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-21	Saturday	10:30 AM- 11:30 AM	\$95/month	\$120/month	Ballet Studio

#### Pointe

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-93	Thursday	8:15 PM- 9:00 PM	\$95/month	\$125/month	Ballet Studio

#### Progressing Ballet Technique

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-94	Tuesday	8:15 PM- 9:00 PM	\$95/month	\$125/month	Ballet Studio

#### Jazz Dance Class

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolations, stretch, turning, leaping and technical steps are taught in this class

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-22	Tuesday	4:30 PM- 5:30 PM	\$265	\$290	Mini Gym

**\*\*This class will be a double session – Spring 1 and Spring 2 in preparation for our Spring Recital. Class fees include costume purchase\*\***

#### **\*NEW\* Contemporary Dance Class**

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-25	Friday*	5:30 PM- 6:45 PM	\$265	\$290	Mini Gym

**\*\*This class will be a double session – Spring 1 and Spring 2 in preparation for our Spring Recital. Class fees include costume purchase\*\***

## Spring 1 Program Overview

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### \*NEW\* Latin Dance Class

This class is an introduction to the principles of authentic Latin dancing. The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata and Cha-Cha-Cha. We will cover the fundamentals of leading and following, as well as introduce you to dance patterns for each Latin dance style

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-26	Wednesday*	8:00 PM- 9:00 PM	\$140	\$160	Mini Gym

### Royal Academy of Dance

For levels Pre-Primary through Advanced Foundations, 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	Instructor
Pre RAD	01702-08	Friday	4:00 PM– 4:45 PM	\$70/month	\$90/month	Kate
Primary	01702-07	Tues/Thurs	4:00 PM– 4:45 PM	\$125/month	\$140/month	Kate
Grade 1	01702-09	Tues/Thurs	4:45 PM– 5:45 PM	\$125/month	\$140/month	Kate
Grade 2	01702-11	Friday/ Saturday	4:45 PM–6:00 PM 3:00 PM–4:15 PM	\$140/month	\$155/month	Kate
Grade 3	01702-12	Mon/Wed	4:30 PM–5:45 PM	\$155/month	\$175/month	Kate
Grade 4	01702-13	Monday/ Friday	5:45 PM–7:00 PM 6:00 PM–7:15 PM	\$155/month	\$175/month	Kate
Grade 5	01702-48	Wed Fri	5:45 PM–7:00 PM 7:15 PM–8:30 PM	\$155/month	\$175/month	Kate
Intermediate (Exam Class)	01702-73	Tue/Thurs	5:45 PM -7:00 PM	\$190/month	\$210/month	Kate
Inter. (Non-Exam Class)	01702-70	Mon/Wed	7:00 PM -8:30 PM	\$175/month	\$200/month	Kate
Advanced Foundation	01702-74	Tue/Thurs	7:00 PM – 8:15PM	\$190/month	\$210/month	Kate
Jr. Company	01702-72	Saturday	1:30 PM-3:00 PM	RAD- \$100/month Non RAD \$175/mo	RAD- \$125 Non RAD \$225	A'nné, Marissa, Kate
Sr. Company	01702-71	Saturday	11:30 AM-2:00 PM	RAD- \$155/month Non RAD \$220/mo	RAD- \$170 Non RAD \$250	Kate/A'nné, Marissa

## Youth Gymnastics Programs

### Parent Child Gymnastics

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!

#### Mini Movers (ages 2-3)

This class is a 45-minute class for both parent and child (2 to 3 years old) to develop strength and motor skills. Parents use games, playful exercises, and gymnastics equipment to develop your child's motor skills, coordination, and physical strength. Objectives of this class include for your child to have pride in physical achievement, develop a positive attitude toward exercise, and learn skills such as sequential motor planning. At least one (1) adult must be in class per child.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08101-11	Monday	10:00 AM – 10:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-65	<b>Thursday**</b>	10:00 AM – 10:45 AM	\$80	\$95	Ayrlawn Mini-Gym

**\*\*Thursday's Class is for our YMCA Ayrlawn Preschool students ONLY\*\***

### 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)

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	Location
08101-15	Monday	11:00 AM – 11:45 AM	\$105	\$120	Ayrlawn Mini-Gym
08101-19	Tuesday	3:30 PM – 4:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-32	<b>Wednesday*</b>	1:00 PM – 1:45 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-20	<b>Wednesday*</b>	4:00 PM – 4:45 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-22	<b>Thursday*</b>	11:00 AM – 11:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-72	<b>Thursday*</b>	3:30 PM – 4:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-23	<b>Saturday*</b>	10:00 AM – 10:45 AM	\$90	\$105	Ayrlawn Mini-Gym

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### Preschool Gymnastics continued...

#### 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	Location
08101-26	Monday	1:00 PM – 1:45 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-27	Monday	3:30 PM – 4:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-30	<b>Wednesday*</b>	3:00 PM – 3:45 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-52	<b>Thursday*</b>	12:30 PM – 1:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-33	<b>Saturday*</b>	10:45 AM – 11:30 AM	\$90	\$105	Ayrlawn Mini-Gym

#### 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	Location
08101-85	Monday	4:30 PM – 5:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-39	<b>Thursday*</b>	4:30 PM – 5:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-34	<b>Saturday*</b>	11:30 AM – 12:15 PM	\$90	\$105	Ayrlawn Mini-Gym

### 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	Location
08201-02	Tuesday	4:00 PM – 5:00 PM	\$130	\$155	Ayrlawn Big-Gym
08201-08	<b>Wednesday*</b>	3:45 PM – 4:45 PM	\$115	\$135	Ayrlawn Big-Gym
08201-03	<b>Wednesday*</b>	4:45 PM – 5:45 PM	\$115	\$135	Ayrlawn Big-Gym
08201-04	<b>Friday *</b>	4:00 PM – 5:00 PM	\$115	\$135	Ayrlawn Big-Gym
08201-05	<b>Sunday **</b>	1:30 PM – 2:30 PM	<b>\$100</b>	<b>\$120</b>	Ayrlawn Big-Gym

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## 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	Location
08201-12	Monday	4:00 PM – 5:15 PM	\$155	\$180	Ayrlawn Big-Gym
08201-13	Wednesday*	3:45 PM – 5:00 PM	\$135	\$160	Ayrlawn Big-Gym
08201-14	Thursday*	3:45 PM – 5:00 PM	\$135	\$160	Ayrlawn Big-Gym
08201-16	Sunday**	2:30 PM – 3:45 PM	\$120	\$140	Ayrlawn Big-Gym

## 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, Back walkover on floor, Handstand bridge.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08201-24	Wednesday*	4:45 PM – 6:00 PM	\$135	\$160	Ayrlawn Big-Gym
08201-25	Thursday*	3:45 PM – 5:00 PM	\$135	\$160	Ayrlawn Big-Gym
08201-26	Sunday**	3:45 PM – 5:00 PM	\$120	\$140	Ayrlawn Big-Gym

## Boy's Gymnastics (ages 6-12)

No girls allowed! This is a beginner through intermediate class in which they will focus on building strength, and tumbling skills while making gymnastics fun.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08101-56	Tuesday	4:00 PM – 5:00 PM	\$130	\$155	Ayrlawn Big-Gym

## 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	Instructor
08301-03	Tuesday Thursday*	4:30 PM – 6:30 PM 4:30 PM – 6:15 PM	\$315	\$355	Coaches

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

Girls on the competitive team will compete within USA Gymnastics' XCEL 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
08301-01	TBD	TBD	\$315/month	\$375/month	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.

#### All Lessons are held at our Ayrilawn Location

##### 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
05001-62	Monday-Tuesday	30 minute lessons	\$160	\$180	Karl
05001-63	Wednesday-Friday	30 minute lessons	\$120	\$157.50	Karl

##### Piano (ages 5-99)

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 Nicole Colasito for more information at 301-530-8500 or [nicole.colasito@ymcadc.org](mailto:nicole.colasito@ymcadc.org).

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
05001-58	Monday-Tuesday	30 minute lessons	\$160	\$180	Nicole
05001-59	Wednesday-Friday	30 minute lessons	\$120	\$157.50	Nicole

##### \*NEW\* Violin/Viola (ages 6-99)

Our violin lessons are one on one and are for all skill levels! Students will learn proper technique and note reading that will improve their overall memory and dexterity. Please contact Nicole Colasito for more information at 301-530-8500 or [nicole.colasito@ymcadc.org](mailto:nicole.colasito@ymcadc.org).

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
05001-60	Monday-Tuesday	30 minute lessons	\$160	\$180	Nicole
05001-61	Wednesday-Friday	30 minute lessons	\$120	\$157.50	Nicole

# Spring 1 Program Overview

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## Creative Arts

Here at YMCA Ayrilawn we know that learning outside of the structured classroom environment is essential to development. Our enrichment classes offer additional learning experiences for kids to further their understanding of concepts by utilizing hands on approach in a smaller class size. Instructors are able to focus on each child's grasp of a project or problem solving abilities as we continue to teach each other in a less formal setting. Please contact the front desk for more information on Creative Arts at 301-530-8500 or [carl.parker@ymcdc.org](mailto:carl.parker@ymcdc.org).

### Tasty Treats (ages 5-10)

Learn how to work with healthy basics to create fabulously simple Tasty Treats to wow your friends and family. Learn basic cooking skills while creating your own desserts.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-19	Wednesday	5:30 PM-6:15 PM	\$52.50	\$61.25	Room 14

## Friday Night Kids Club (potty trained 3 Year Olds – 12):

Want a night out while the kids stay in?! Dinner is provided and your child will have a fun-filled night of activities to match our theme. We'll play games and make crafts and have a blast while keeping your kids entertained from 6:30 PM to 10:00 PM. Don't forget to ask about our second child discount! Please note: Friday Night Kids Club Trip nights may be limited to 6 to 12 year olds. Ask the Front Desk for more details. **Registration for Friday Night Kids Club closes at 9:00pm on the Thursday prior to the Friday event.**

Code	Date	Theme	Full Member Cost	Program Member Cost	Non-Member Cost
09001-21	March 15	St. Patty's Day	\$35	\$45	\$55
09001-22	March 29	Spring is HERE!!	\$35	\$45	\$55
09001-23	April 12	I Love the 80's	\$35	\$45	\$55

## Teen Programs

### Youth & Government (ages 14-18):

The Bethesda chapter of the YMCA DC Youth & Government Program (YAG) welcomes you. The YMCA-YAG program empowers youth to become critical ethical leaders and responsible citizens through training in the theory and practice of making public policy. Students who participate in our program will partake in thoughtful discussions on issues affecting their communities. These discussions will occur in weekly meetings with YAG advisors and volunteers who have a background in government and civic engagement. Students will be responsible for drafting bills to address their issues of choice, which could ultimately be presented to the District of Columbia Mayor and City Council for review. Please contact us for more information at 301-530-8500 or [carl.parker@ymcadc.org](mailto:carl.parker@ymcadc.org) or stop by one of our meetings.

Day	Time	Full Member Cost	Program Member Cost	Instructor
TBA	TBA	Free	Free	Udoka

\*\*\* Contact us for program details \*\*\*

## Youth Sports Leagues

### 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!

### COMING SOON: Spring Soccer League

Email [carl.parker@ymcadc.org](mailto:carl.parker@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 Ayrilawn Program Center.

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# 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.

## Gaga (ages 8-11)

Come join our Gaga league! This child friendly version of dodge ball is a huge YMCA favorite. This league is a round robin style tournament; a new bracket is picked every week. Come see if you have what it takes to be the next YMCA Gaga Champion!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-53	Friday	6:00 PM – 6:45 PM	\$70	\$83	Mini Gym/Field

## Y-Run Club (ages 6-12)

Get up and run like you've never run before! We'll train to improve overall stamina and agility as well as learn how to pace ourselves for shorter and longer runs.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-28	Friday	4:15 PM – 5:15 PM	\$70	\$80	Ayrilawn Field

## Mini Sports Festival (ages 4-6)

These classes are designed to develop and improve the skills of players from Pre-School in an atmosphere of good sportsmanship and fun. Each class will cover a different sport each day. We will teach them things such as basketball, track and field, and a multitude of other sports.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
	Tuesday	11:00-11:45 PM	\$55	\$70	Ayrilawn Field

## Flag Football (ages 6-10)

Punt, kick and pass your way to fun! Learn the basics or improve your skills as you practice throwing, catching, kicking, running and playing the game of football. Participants will also learn basic knowledge of the game, rules, offensive and defensive positions and terminology.

Code	Day	Time	Full Member	Program Member	Location
03701-18	Wednesday	4:30 PM – 5:15 PM	\$61	\$74	Ayrilawn Field

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## T-Ball (ages 4-6)

Are you ready to play ball? These classes are designed to develop and improve the skills of players from Pre-School to Winners in an atmosphere of good sportsmanship and fun. We'll cover the basics and work to learning strategies of the game while improving our technique. If you have your own glove, bring it!

Code	Day	Time	Full Member Cost	Program Member Cost	Age
03402-01	Wednesday	3:00-4:15 PM	\$61	\$74	4-6

## Kickball (ages 6-10)

Are you ready to play ball? These classes are designed to develop and improve the skills of players in our School Age Programs in an atmosphere of good sportsmanship and fun. We'll cover the basics and work to learning strategies of the game while improving our technique.

Code	Day	Time	Full Member Cost	Program Member Cost	Age
	Tuesday	4:30-5:15 PM	\$70	\$85	6-10

## Soccer

We offer many different levels of soccer instruction for our young stars both during the day and after-school! From the age of 3 years old, the YMCA Ayrilawn Program Center is committed to teaching youth of all ages how to play one of the most popular sports in the world.

### Mini Soccer (ages 3-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-07	Monday	11:00 – 11:45 AM	\$70	\$85	Field/Big Gym

### Rookies Soccer (ages 5-6)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-10	Monday	4:30 PM – 5:15 PM	\$70	\$85	Ayrilawn Field

### Winners Soccer (ages 7-9)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-04	Monday	5:30 PM – 6:15 PM	\$80	\$95	Ayrilawn Field

If your child is ready for the next step after taking some soccer classes please check out our soccer league offered in the Fall & Spring. 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.

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# 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 Karate (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-01	Wednesday	6:00 PM – 6:45 PM	\$85	\$125	Rabi

### Intermediate Karate (ages 7-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-03	Wednesday	7:00 PM – 8:00 PM	\$83	\$119	Rabi

### Intermediate/Advanced Karate (ages 7-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-03	Friday	7:00 PM – 8:00 PM	\$83	\$119	Rabi

## 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.

### Intro to Youth (ages 5-8)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-08	Thursday	5:30 PM – 6:15 PM	\$77	\$112	Masters

### Beginner (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-10	Thursday	7:30 PM – 9:00 PM	\$91	\$119	Masters
03101-13	Saturday	10:30 AM – 11:45 AM	\$91	\$119	Masters

### Intermediate (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03010-09	Thursday	6:15 PM – 7:30 PM	\$91	\$119	Masters
03101-12	Saturday	9:15 AM – 10:30 AM	\$91	\$119	Masters

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

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-07	Monday**	7:45 PM – 9:00PM	\$85	\$115	Masters

### Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-11	Saturday	8:00 AM – 9:15 AM	\$91	\$115	Masters

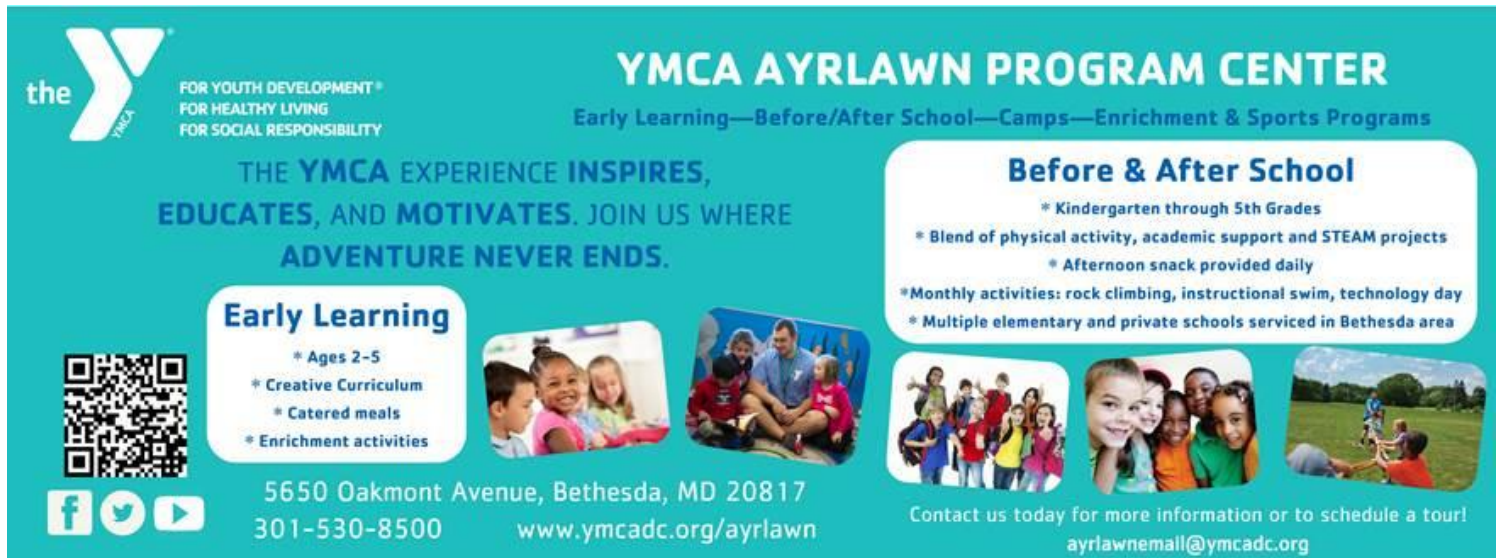
# Thank you for your time and participation in our programs!

– YMCA AYRLAWN PROGRAM STAFF –

Interested in an activity or hobby that we don't seem to offer? 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!

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; Rock Climbing and more!!!**



**the Y** FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA AYRLAWN PROGRAM CENTER**  
Early Learning—Before/After School—Camps—Enrichment & Sports Programs

THE **YMCA** EXPERIENCE **INSPIRES,**  
**EDUCATES, AND MOTIVATES. JOIN US WHERE**  
**ADVENTURE NEVER ENDS.**

**Early Learning**  
\* Ages 2-5  
\* Creative Curriculum  
\* Catered meals  
\* Enrichment activities

**Before & After School**  
\* Kindergarten through 5th Grades  
\* Blend of physical activity, academic support and STEAM projects  
\* Afternoon snack provided daily  
\* Monthly activities: rock climbing, instructional swim, technology day  
\* Multiple elementary and private schools serviced in Bethesda area

5650 Oakmont Avenue, Bethesda, MD 20817  
301-530-8500 [www.ymcadc.org/ayrlawn](http://www.ymcadc.org/ayrlawn)

Contact us today for more information or to schedule a tour!  
[ayrlawnemail@ymcadc.org](mailto:ayrlawnemail@ymcadc.org)



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