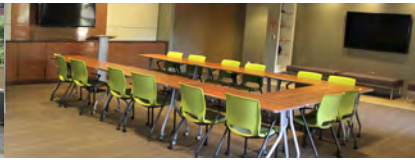
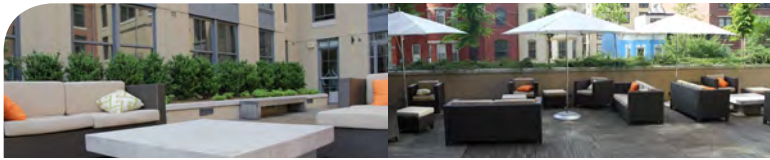




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INSPIRED MEETINGS, CELEBRATIONS AND TEAM BUILDING PROGRAMS

YMCA Anthony Bowen Conference Room and Terrace



THE CONFERENCE ROOM (with Terrace option)

YMCA Anthony Bowen offers a 1,500 sq. foot conference room unlike any other in the Washington metropolitan area. With an inviting design, state-of-the-art technology, an inspired connection to D.C. culture and activities that strengthen mind and body, the Y is the perfect place to host your next meeting or event.

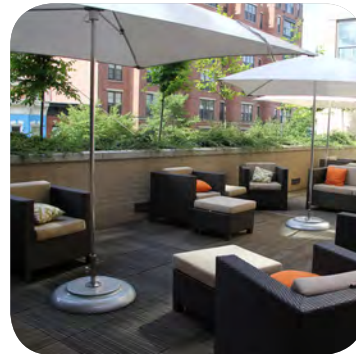
AT NO ADDITIONAL COST THE CONFERENCE ROOM COMES WITH:

- A warming kitchen features a refrigerator, sink, counter space, cabinets, and microwave.
- Advanced audio visual system which includes a 54-inch wall television for presentations or video conference meetings.
- Customized tables perfect for training programs for up to 80 people seated.
- The conference room has the capacity to host up to 120 reception style.
- White boards that can take away the need to transport flip charts.
- Team building programs including culinary and rock climbing activities.
- Passes for guests to utilize the fitness and aquatics facility.

CALL FOR
RATES AND
AVAILABLE
DATES

The **conference room** package can include use of the **terrace** which can host healthy lifestyle classes, team building programs and social events such as corporate celebrations, birthday parties, receptions, baby showers and anniversary celebrations.

Go to www.ymcadc.org for more information.



YMCA Anthony Bowen
1325 W Street, N.W.
Washington, DC 20009
202.232.6936
www.ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CULINARY STUDIO

YMCA Anthony Bowen



CORPORATE TEAM BUILDING PACKAGES



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!

We want to ensure that your private event is just what you have dreamed of, so we will be working with you each step of the way. Classes range from hands-on cooking to demos and can accommodate any dietary restriction. Classes are open to a maximum of 12 participants.

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.

\$99 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.

\$99 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!)

\$99 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

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

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.

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.

