



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA AYRLAWN PROGRAM CENTER

FALL 2 2017 PROGRAM OVERVIEW

October 30th, 2017
to
December 22nd, 2017

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on page 2!

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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!

WEATHER HOTLINE 301-530-9622

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	Wednesday	10:15 AM – 10:45 AM	\$85	\$100	Ballet Studio
01702-02	Friday*	10:15 AM – 10:45 AM	\$75	\$90	Ballet Studio

Creative Movement (age 2-3)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-27	Tuesday	10:00 AM – 10:30 AM	\$85	\$100	Mini Gym

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	\$95	\$110	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	\$110	\$130	Ballet Studio
01702-46	Wednesday	3:45 PM – 4:30 PM	\$110	\$130	Ballet Studio

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

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.

Beginner Tap (ages 6-14)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-20	Saturday	9:45 AM- 10:30 AM	\$70/month	\$90/month	Ballet Studio

Intermediate Tap (ages 9-14)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-21	Saturday	10:30 AM- 11:30 AM	\$90/month	\$115/month	Ballet Studio

Pointe

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01702-93	Friday	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	8:00 PM- 8:45 PM	\$90/month	\$115/month	Ballet Studio

*** NEW *** 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	Monday	4:30 PM- 5:30 PM	\$135	\$150	Ballet Studio

Royal Academy of Dance

For levels Pre-Primary through Grade six, 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.

Level	Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
Pre RAD	01702-08	Friday	3:45 PM – 4:30 PM	\$70/month	\$90/month	Kate
Primary	01702-07	Tues/Thurs	3:45 PM – 4:30 PM	\$125/month	\$140/month	Kate
Grade 1	01702-09	Tues/Thurs	4:30 PM – 5:15 PM	\$125/month	\$140/month	Kate
Grade 2	01702-11	Friday Saturday	4:30 PM – 5:45 PM 3:00 PM – 4:15 PM	\$140/month	\$155/month	Kate
Grade 3	01702-12	Mon/Wed	4:30 PM – 5:45 PM	\$140/month	\$155/month	Kate
Grade 4	01702-13	Mon/Fri	5:45 PM – 7:00 PM	\$155/month	\$175/month	Kate
Grade 5	01702-48	Wed Fri	5:45 PM – 7:00 PM 7:00 PM – 8:15 PM	\$155/month	\$175/month	Kate
Inter. Found.	01702-74	Tue/Thurs	5:30 PM – 6:45PM	\$190/month	\$210/month	Kate
Intermediate (Exam Class)	01702-73	Tue/Thurs	6:45 PM -8:00 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
Jr. Company	01702-72	Saturday	1:30 PM-3:00 PM	RAD- \$100/month Non RAD \$175/month	RAD- \$125 Non RAD \$225	Kate/A'anne', Marissa
Sr. Company	01702-71	Saturday	11:30 AM-2:00 PM	RAD- \$145/month Non RAD \$200/month	RAD- \$160 Non RAD \$200	Kate/A'anne', Marissa

Adult Dance Programs

Adult Ballet (ages 18 and up)

Adult (18+ years) aimed at all levels of experience, whether it be beginner, adults who danced as children and wish to continue development as an adult, or more advanced. The foundations of classical ballet will be revisited with barre work leading into center work. The purpose of the class will be to work on core, proper alignment and understanding of positions.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
01701-16	Thursday*	8:00 PM- 9:00 PM	\$120	\$135	Ballet Studio

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
08101-07	Wednesday	10:00 AM – 10:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-65	Thursday**	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
08101-18	Wednesday	11:00 AM – 11:45 AM	\$105	\$120	Ayrlawn Mini-Gym
08101-20	Wednesday	4:00 PM - 4:45 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-22	Thursday*	11:00 AM – 11:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-72	Thursday*	3:30 PM - 4:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-23	Saturday*	10:00 AM – 10:45 AM	\$80	\$95	Ayrlawn Mini-Gym

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	12:30 PM – 1:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-27	Monday	3:30 PM – 4:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-32	Wednesday	12:30 PM – 1:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-30	Wednesday	3:00 PM – 3:45 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-52	Thursday*	12:30 PM – 1:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-33	Saturday*	10:45 AM – 11:30 AM	\$80	\$95	Ayrlawn Mini-Gym

Preschool Gymnastics continued...

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	Tuesday	4:30 PM – 5:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-39	Thursday*	4:30 PM – 5:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-34	Saturday*	11:30 AM – 12:15 PM	\$80	\$95	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	\$150	Ayrlawn Big-Gym
08201-08	Wednesday	3:45 PM – 4:45 PM	\$130	\$150	Ayrlawn Big-Gym
08201-03	Wednesday	4:45 PM – 5:45 PM	\$130	\$150	Ayrlawn Big-Gym
08201-04	Friday*	4:00 PM – 5:00 PM	\$115	\$135	Ayrlawn Big-Gym
08201-05	Sunday**	1:30 PM – 2:30 PM	\$100	\$115	Ayrlawn Big-Gym

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	3:45 PM – 5:00 PM	\$15 5	\$175	Ayrlawn Big-Gym
08201-13	Wednesday	3:45 PM – 5:00 PM	\$155	\$175	Ayrlawn Big-Gym
08201-14	Thursday*	3:45 PM – 5:00 PM	\$135	\$155	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	\$155	\$175	Ayrlawn Big-Gym
08201-25	Thursday*	3:45 PM – 5:00 PM	\$135	\$155	Ayrlawn Big-Gym
08201-26	Sunday**	3:45 PM – 5:00 PM	\$120	\$140	Ayrlawn Big-Gym

School Age Gymnastics continued...

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	\$150	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.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08301-03	Tuesday	4:30 PM – 6:30 PM	\$300	\$325	Coaches
	Thursday	4:30 PM – 6:15 PM			

Competitive Girls Team (ages 6-17)

Girls on the competitive team will compete within the Mason Dixon Gymnastics League throughout the state of Maryland. Please contact Keisha Thompson for information on tryouts at 301-530-8500 or 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.

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.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
05001-61	Monday-Friday	30 minute lessons	\$160	\$180	Karl

October 30th – December 24th, 2017

Piano (ages 4-99)

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 Nick Knauer for more information at 301-530-8500 or nick.knauer@ymcadc.org.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
We look forward to returning piano lessons into our schedule later this fall. Email Nick Kanuer to be added to the email list.					

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 Christy Rumpf for more information on Creative Arts at 301-530-8500 or Christine.Rumpf@ymcadc.org.

***** NEW *** Preschool**

Oodles of Noodles (ages 2-3)

Does your little one have an active noodle and a passion for art? We'll put it to work in a new noodle inspired arts lesson every week!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-30	Thursday	10:00 AM -10:45 AM	\$55	\$65	Room 14

Let’s Make a Mess (ages 4)

Everything is more fun when it’s messy! Wear clothes that can get messy for this ooey and gooey arts class!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-31	Friday	9:30 AM -10:15 AM	\$55	\$65	Room 14

Goop & Magical Solutions (ages 2-3)

Join us in a wacky adventure through all kinds of cool and crazy chemical reactions! Add in messy games sor a slimy, grimy, and goopy experience! Wear appropriate clothing that can get a little messy.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-32	Friday	10:30 AM 1:15 AM	\$55	\$65	Room 14

Imagineers (ages 4)

Your imagination is the limit in this enringengineering class! We'll do challenges and build all kinds of amazing feats of engineering out of everyday objects-- you'll never look at spaghetti the same after this class!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-33	Friday	12:30 AM – 1:15 PM	\$55	\$65	Room 14

Music Around the World (ages 2-4)

Celebrate the magic of music with us! Sing and dance while we learn about the traditional songs amd musical games from all over the world!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-34	Friday	11:30 AM- 12:15 PM	\$55	\$65	Room 14

***** NEW *** School-Age**

Choose Kind (ages 8-12)

The Y is on a mission to spread kindness! Come with us as we learn new ways to spread kindness-- within our walls and outside them! We'll create and inspire all of our friends to pass kindness on and change the world, one community at a time. This service learning club will organize a fundraiser and may include a short field trip.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-35	Wednesday	4:30 PM – 5:30 PM	\$65	\$80	Room 14

Meet the Masters (ages 5-12)

Meet a famous artist every week and learn how they masterest their craft! Paint starry nights with Van Gogh, watercolor with Georgia O'Keeffe, explore movement in mobiles with Calder, and learn more about your own unique art style.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-36	Thursday	4:30 PM – 5:30 PM	\$65	\$80	Room 14

Mystery Bag (ages 5-12)

Test your problem solving skills with a new mystery STEM challenge every week! Work together with friends or by yourself for an additional challenge to solve an engineering puzzle.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
05001-37	Friday	4:30 PM – 5:30 PM	\$65	\$80	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 or contact Christy at Christine.Rumpf@ymcadc.org more details. **Registration for Friday Night Kids Club closes at 9:00pm on the Thursday prior to the Friday event.**

Code	Date	Theme	Cost (No membership required)	Additional Children
09001-01	November 10	Indoor Swim @ B-CC	\$30	\$25
09001-02	December 1	Classic Movie Night	\$30	\$25
09001-03	December 15	Winter Olympics 2017	\$30	\$25

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 Nick Knauer for more information at 301-530-8500 or nick.knauer@ymcadc.org or stop by one of our meetings.

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

***** Contact Nick for program launch information. *****

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!

Winter Basketball League:

Join us for an active Saturday afternoon, learning and playing basketball. Program is hosted at the National Center for Children and Families center (6301 Greentree Road, Bethesda MD 20817). Winners and champions divisions will spend about half an hour practicing and half an hour playing a scrimmage.

Ages	Game Day	Game Times	Level	Season
4-5	Saturday	9:30 AM - 10:15 AM	Minis Division	January 6 – March 3
6-7	Saturday	10:30 AM - 11:30 AM	Rookies Division	** Schedule change may include optional practice prior to holiday break but league is set to run during the above dates.
7-9	Saturday	11:45 AM - 12:45 PM	Winners Division	
9-12	Saturday	1:00 PM - 2:00 PM	Champions Division	

We are aiming to take our basketball league to the next level this season with a weeknight evening practice and solely games on Saturdays (instead of practice/scrimmage on Saturdays). Updates will be shared via our email group or those who have submitted registration forms. Please email Kevin.Shober@ymcadc.org for more information or to be added to the email list.

Spring Soccer League:

Teams are organized based on the scheduling of parents/guardians and volunteer coaches. Participants are registered based on age and skill level into one of three or four levels. Field sizes and game lengths increase as the ages/levels increase. All games are held at YMCA Bethesda-Chevy Chase. Pick up a registration form today for more information or to sign up!

Ages	Game Day	Game Times	Level	Season
4-5 (Pre-K)	Saturday	9:00 AM - 9:45 AM	Minis Division	March '18 to June '18
5-6 (K-1 st)	Saturday	10:00 AM - 10:45 AM	Rookies Division	*Dates may vary as we get closer to Spring season. Spring Season Kick-off Event will occur prior to practices beginning.
8-9 (2 nd - 3 rd)	Saturday	11:00 AM - 12:00 PM	Winners Division	
10-13 (4 th -6 th)	Saturday	12:15 PM - 1:15 PM	Champions Division	

Email kevin.shober@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 Aylawn Program Center.

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).**

T-Ball and Baseball

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!

Mini T-Ball (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03402-01	Tuesday	12:30 PM – 1:15 PM	\$65	\$80	Field/Big Gym
03402-06	Friday	3:00 PM – 3:45 PM	\$65	\$80	Field/Mini Gym

---Tuesday's class is for 3-4 year olds and Friday's class is for 4-5 year olds.---

Rookies T-ball/Baseball (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03402-02	Tuesday	4:00 PM – 4:45 PM	\$65	\$80	Ayrilawn Field

Basketball

In our basketball classes, participants will learn and practice basketball fundamentals: dribbling, passing and shooting while developing a wider understanding of how the game operates. We'll discuss strategies or advanced aspects of the game including fast breaks, improved ball handling and shooting from distance as we progress.

Mini Basketball (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03401-04	Thursday*	12:30 PM – 1:15 PM	\$57	\$70	Court/Big Gym
03401-01	Friday*	11:00 AM – 11:45 AM	\$57	\$70	Court/Big Gym

---Thursdays class is for 4-5 year olds; Friday's class is for 3-4 year olds.---

Rookies Basketball (ages 5/Kinder-8)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03401-02	Thursday*	4:00 PM – 4:45 PM	\$57	\$70	Outdoor Court

***** NEW *** Y-Fit**

Exercise is an essential component in the battle against childhood obesity and diabetes. These programs offer child-friendly environments where they are encouraged to learn and practice various exercising techniques; as well as improve footwork, hand eye coordination, and other important motor skills needed for sports.

***** NEW! *** Mini Y-Fit (ages 3-5)**

Youngsters LOVE to run! This class will engage children in running activities with focus on running at different speeds (think: slow like a turtle or fast like a cheetah), running around obstacles (we will use hurdles and cones to make running fun) and consist of fun games including sharks and minnows and several varieties of everyone’s favorite game, tag!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-29	Thursday*	11:00 AM – 11:45 AM	\$57	\$70	Mini Gym/Field
03701-30	Friday*	3:00 PM – 3:45 PM	\$57	\$70	Mini Gym/Field

***** NEW! *** Rookies Y-Fit (ages 5-7)**

In our Rookies level class we will push our Y-Fitters to be better on their feet. We’ll develop stronger legs with faster reaction time by playing fun games (i.e. sharks and minnows) while improving endurance and stamina.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-31	Monday	5:30 PM – 6:15 PM	\$65	\$80	Big Gym/Field

***** NEW! *** Winners Y-Fit (ages 7-9)**

Take your offseason workout to the next level with our Y-Fit program. Class is for athletes and newcomers as we will work to push each child to their next level. Focus will be on fine motor skills and finesse of movement.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-32	Monday	6:30 PM – 7:30 PM	\$80	\$95	Big Gym/Field

***** NEW! *** Champions Y-Fit (ages 10-12)**

Take your offseason workout to the next level with our Y-Fit program. Class is for athletes and newcomers as we will work to push each child to their next level. Focus will be on fine motor skills and finesse of movement.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-33	Wednesday	7:00 PM – 8:00 PM	\$80	\$95	Big Gym/Field

Bicycling

Join us in learning how to balance, pedal and steer! Balance bikes will be the primary tool utilized in these classes as we focus on teaching how to balance on a bicycle. By the end of the class the aim is to have your child riding their own bicycle (no training wheels!). Class sizes are capped at 2 or 3 students to ensure low teacher: student ratios as we work closely with students and maintain a safe learning environment. Please bring your own helmet and bike, if you have one!

Mini Biking (ages 3-4)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-39	Tuesday	10:00 AM – 10:45 AM	\$80	\$95	Ayrlawn
03701-40	Friday*	10:00 AM – 10:45 AM	\$70	\$84	Ayrlawn

Kid Runners

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.

Kid Runners (ages 6-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-28	Friday*	4:00 PM – 5:00 PM	\$70	\$84	Ayrlawn Field

***** NEW*** GAGA LEAGUE**

Come join our first ever Gaga league! This is a huge YMCA favorite, it is a child friendly version of dodgeball. 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!

Rookies Gaga (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-50	Friday*	4:45 PM – 5:30 PM	\$57	\$70	Mini Gym

Winners Gaga (ages 8-10)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-51	Tuesday	5:45 PM – 6:30 PM	\$65	\$80	Mini Gym

Flag Football

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.

Rookies Football (ages 5/Kinder-6)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-18	Thursday*	4:00 PM – 4:45 PM	\$57	\$70	Ayrlawn Field

Winners Football (ages 7-9)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-19	Monday	4:00 PM – 4:45 PM	\$65	\$80	Ayrlawn Field

Soccer

From Parent/Child to Champions Soccer, we offer many different levels and classes. We offer classes during the day, after-school and on weekends! From the age of 2 years old, the YMCA Ayrlawn Program Center has been teaching youth of all ages how to play one of the most popular sports in the world. If your child is ready for the next step after taking some soccer classes please check our out upcoming soccer league information above. 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.

Parent Child Soccer (ages 2-3)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-02	Saturday*	9:00 AM – 9:30 AM	\$40	\$50	Ayrlawn Field

Two-Year Old Soccer (ages 2-3) *NOTE: 3/5 spaces in this class are reserved for Ayrlawn’s Early Learning students.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-03	Thursday*	10:00 AM – 10:30 AM	\$48	\$60	Field/Gym

Mini Soccer (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-01	Monday	3:00 PM – 3:45 PM	\$65	\$80	Ayrlawn Field
03403-07	Tuesday	11:00 – 11:45 AM	\$65	\$80	Field/Big Gym
03403-09	Friday*	12:30 PM – 1:15 PM	\$57	\$70	Ayrlawn Field
03403-23	Saturday**	10:00 AM – 10:45 AM	\$49	\$60	Ayrlawn Field

Rookies Soccer (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-10	Monday	4:00 PM – 4:45 PM	\$65	\$80	Ayrlawn Field
03403-11	Saturday**	11:00 AM – 11:45 AM	\$49	\$60	Ayrlawn Field

Winners/Champions Soccer (ages 8-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-04	Wednesday	4:00 PM – 5:00 PM	\$80	\$95	Ayrlawn Field

Adult Sports Programs

At YMCA Ayrilawn Program Center and YMCA Bethesda-Chevy Chase we know sports aren't just for the youngsters. We are excited to provide opportunities for anyone age 18 and older to be active and join us for adult pick-up games or leagues. Each season we are working to create more opportunities and expand our existing programs. Please let us know if there is a sport you would like to see for adults.

We are excited to expand our Adult Sports Pick-Up Games and launch Adult Sports Leagues!

Please contact Kevin to be placed on the email list for the sports you are interested in and we will share updates as they become available. Please note that leagues will only operate if there is enough interest. In the event interest is minimal we will look to incorporate the league into pick-up game opportunities.

Pick-Up Games

Healthy lifestyles and exercise are a focal point of our Adult Sports Programs. Come join us for some fun and competition in a welcoming atmosphere. Players of all skill levels are welcome, 18 years old and up. Contact kevin.shober@ymcadc.org or 301-530-8500 for more information.

Sport	Game Day/Time	Location	Starting
Basketball	TBD	TBD	Winter 2017-2018
Soccer	TBD	YMCA B-CC	Spring 2018

Leagues

Sportsmanship and teamwork are always emphasized in our Adult Sports Leagues. Players of all skill levels are welcome, 18 years old and up. Register a team or sign up as a Free Agent and we'll find a team for you to join. Check with the front desk today to see what's on the horizon or shoot an e-mail to kevin.shober@ymcadc.org for a more information! The leagues below are in preliminary planning but we are anxious to launch them.

Sport	Location	Starting
Soccer	YMCA B-CC	Summer 2018
Basketball	TBD	Summer 2018

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/Intermediate Karate (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-01	Wednesday	6:00 PM – 6:45 PM	\$95	\$125	Rabi
03101-02	Saturday**	12:30 PM – 1:15 PM	\$72	\$94	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	\$84	\$110	Rabi
03101-05	Saturday**	1:30 PM – 2:30 PM	\$72	\$94	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	Location
03101-08	Thursday*	5:30 PM – 6:15 PM	\$84	\$110	Mini Gym

Beginner (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-10	Thursday*	7:30 PM – 9:00 PM	\$84	\$110	Big Gym
03101-13	Saturday**	10:30 AM – 11:45 AM	\$72	\$94	Big Gym

Intermediate (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03010-09	Thursday*	6:15 PM – 7:30 PM	\$84	\$110	Big Gym
03101-12	Saturday**	9:15 AM – 10:30 AM	\$72	\$94	Big Gym

Intermediate / Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-07	Monday	7:45 PM – 9:00PM	\$95	\$125	Big Gym

Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-11	Saturday**	8:00 AM – 9:15 AM	\$72	\$94	Big Gym

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 Ayr lawn 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

5650 Oakmont Avenue, Bethesda, MD 20817
301-530-8500 www.ymcadc.org/ayrlawn

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

Contact us today for more information or to schedule a tour!
ayrlawnemail@ymcadc.org



Find us on Facebook:

facebook.com/YMCAayrlawn



FOR YOUTH DEVELOPMENT®
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YMCA Ayr lawn Program Center

Child Care – Camps – Programs