



Winter

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: Dec. 18 | Program Members: Dec. 25

*NO classes MON. Jan. 19 for MLK day and
2/19 for President's Day
Last updated 12/15/23



Winter

JAN. 8 – FEB. 25

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	Wed	\$75	\$90
Junior Basketball League	**Please see our NEW Basketball Leagues on the next page**	5	8	NCCF (Greentree)				\$165	\$190
Senior Basketball League	**Please see our NEW Basketball Leagues on the next page**	8	12	NCCF (Greentree)				\$165	\$190
Mini Soccer	Introduces children to basic soccer skills. Dribbling, passing, shooting and field position are taught in a positive, nurturing environment.	3	5	Ayrlawn Field	3:30 pm	30 min	Tue	\$70	\$95
Junior Soccer	Focuses on improving the necessary skills to start game action. The class introduces team work drills and sportsmanship.	5	9	Ayrlawn Field	4:15 pm	45 min	Tue	\$85	\$105
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.	5	7	Ayrlawn Field	4:15pm	45 min	Thu	\$85	\$105
		8	10	Ayrlawn Field	4:15pm	45 min	Thu	\$85	\$105

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NEW BASKETBALL LEAGUE

Join us for Wednesday afternoon practices with Saturday games. The goal is learning and playing basketball as part of a team. Program will be held at the National Center for Children and Families center (6301 Greentree Road, Bethesda MD 20817). All participants will receive a reversible team jersey.

Ages	Practice Day	Practice Time	Game Day	Game Time	Full member	Prog. Member	Season
5-8	Wed.	4:45 - 5:30 pm	Saturday	10:00 am	\$165	\$190	Jan. 17 – Feb. 25
8-12	Wed.	5:45 - 6:30 pm	Saturday	11:00 am	\$165	\$190	

NEW 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 get loose, gain confidence, socialize and follow directions.

Bitty Ballet		3	3	Dance Studio	3:30 pm	30 min	T	\$85	\$100
		3	3	Dance Studio	3:30 pm	30 min	Th	\$85	\$100
Mini Ballet		4	5	Dance Studio	4:15 pm	45 min	T	\$95	\$110
		4	5	Dance Studio	4:15 pm	45 min	Th	\$95	\$110

NEW YOUTH DANCE

Hip Hop	Calling all boys and girls for this fun high-energy hip hop dance class that enables boys to be boys and girls to let loose. Dancers develop musicality, creativity, listening skills and coordination.	8	10	Dance Studio	5:00 pm	45 min	W	\$130	\$150
		10	14	Dance Studio	6:00 pm	45 min	W	\$130	\$150
Pre-Level 1 Ballet	Traveling movements learned previously are given more complexity with the addition of skips forward, backward and simple jump combinations. Expression and musical awareness are taught	5	6	Dance Studio	5:00 pm	60 min	Tue	\$145	\$160
		5	6	Dance Studio	5:00 pm	60 min	Thu	\$145	\$160

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	through free movement, mime and storytelling. Primary level students have now developed the ability to retain basic movement combinations and can now perform short dances in solo form.								
Level 1 Ballet	Level 1 introduces students to the foundations of barre work to develop proper alignment and classical technique. Students continue to work on traveling steps with an introduction to grand allegro.	7	9	Dance Studio	6:15 pm	60 min	Tue	\$145	\$160
		7	9	Dance Studio	6:15 pm	60 min	Thu	\$145	\$160
ENRICHMENT PROGRAMS									
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	**	\$195	\$230
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	**	\$195	\$230
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	**	\$195	\$230

***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.

Youth Beginner	Class instructed by Masters	5	6	Ayrlawn Big Gym	4:15pm	45 min	Tu	\$105	\$130
Beginner/Intermediate	Class instructed by Masters	6	99	Ayrlawn Room 13	5:10pm	60 min	Tu	\$125	\$145
	Class instructed by Masters	6	99	Ayrlawn Room 13	5:10 pm	60 min	Thu	\$125	\$145
Intermediate/Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	6:15pm	1hr 15min	Th	\$140	\$160
Adult	Class instructed by Masters	16	99	Ayrlawn Big Gym	6:15pm	1hr 15min	Tu	\$140	\$160

PRESCHOOL GYMNASTICS

Tiny Tumblers	In this class, 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.	3	3	Ayrlawn Mini Gym	4:00 pm	45 min	W	\$70	\$85
		3	3	Ayrlawn Mini Gym	4:00 pm	45 min	Th	\$70	\$85
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	Tu	\$85	\$100
		4	5	Ayrlawn Mini Gym	5:00 pm	45 min	W	\$85	\$100
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	\$85	\$100
		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	\$135	\$155
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*	\$120	\$140
		6	12	Ayrlawn Big Gym	4:00 pm	75 min	W	\$155	\$175
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri	\$155	\$175
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	\$175
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri	\$155	\$175

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	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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