



FALL 2
OCT. 28 – DEC. 22

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: Oct. 14 | Program Members: Oct. 21

*NO classes Nov. 25-29 for THANKSGIVING HOLIDAY
Last updated 10/10/24



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CLASS NAME	CLASS DESCRIPTION/INSTRUCTORS	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	FULL MEMBER	PROGRAM MEMBER
SPORTS CLASSES									
Junior Basketball	Introduces children to the basketball fundamentals including shooting, passing and dribbling, while building positive development and confidence. Game play is introduced during the session.	5	8	Ayrlawn Court	1:00 pm	45 min	Sat	\$95	\$120
Senior Basketball	Continues the development of basketball skills by teaching new abilities through drills. The program is focused on game play and knowledge of the game through modified and full-court action.	8	12	Ayrlawn Court	2:00 pm	45 min	Sat	\$95	\$120
Mini Soccer	Introduces children to basic soccer skills. Dribbling, passing, shooting and field position are taught in a positive, nurturing environment.	3	5	B-CC Field	9:15 am	30 min	Sat	\$80	\$95
Junior Soccer	Focuses on improving the necessary skills to start game action. The class introduces team work drills and sportsmanship.	5	9	B-CC Field	10:00 am	45 min	Sat	\$95	\$120
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	B-CC Field	11:00 am	45 min	Sat	\$95	\$120
		8	12	B-CC Field	11:45 am	45 min	Sat	\$95	\$120

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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 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	\$105	\$125
Beginner/Intermediate	Class instructed by Masters	6	99	Ayrlawn Big Gym	5:10 pm	60 min	Tue	\$120	\$145
Intermediate/Advanced	Class instructed by Masters	6	99	Ayrlawn Big Gym	6:15 pm	1hr 15min	Thu	\$140	\$160
Adult	Class instructed by Masters	16	99	Ayrlawn Big Gym	6:15 pm	1hr 15min	Tue	\$140	\$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 Keisha.Thompson@ymcadc.org for more information or to schedule a class today!	8	99	Ayrlawn Music Room	**	30 min	T-Th, Sun.	\$195	\$235
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 for music! Contact Keisha.Thompson@ymcadc.org for more information or to schedule a class today.	4	99	Ayrlawn Music Room	**	30 min	T-Th, Sun.	\$195	\$235
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.	6	99	Ayrlawn Music Room	**	30 min	T-Th, Sun.	\$195	\$235

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

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ENRICHMENT CLASSES

Tiny Chefs	Is your child constantly following you around in the kitchen? In this class we'll learn basic cooking skills and tricks so that these mini chefs can make their own snacks.	4	5	Room 5	11:00 am	45 min	Wed	\$95	\$105
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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	3:15 pm	30 min	Tue	\$85	\$100
		3	3	Dance Studio	3:15 pm	30 min	Thu	\$85	\$100
Mini Ballet		4	5	Dance Studio	4:00 pm	45 min	Tue	\$95	\$110
		4	5	Dance Studio	4:00 pm	45 min	Thu	\$95	\$110

NEW YOUTH DANCE

Contemporary	Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.	8	12	Dance Studio	6:00pm	45 min	Mon	\$130	\$155
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.	6	12	Dance Studio	6:00 pm	45 min	Wed	\$130	\$155

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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 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.	5	6	Dance Studio	5:00 pm	45 min	Tue	\$130	\$155
		5	6	Dance Studio	5:00 pm	45 min	Thu	\$130	\$155
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	10	Dance Studio	6:00 pm	60 min	Tue	\$145	\$170
		7	10	Dance Studio	6:00 pm	60 min	Thu	\$145	\$170

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	Wed	\$95	\$105
		3	3	Ayrlawn Mini Gym	4:00 pm	45 min	Mon	\$95	\$105
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	\$95	\$105
		4	5	Ayrlawn Mini Gym	5:00 pm	45 min	Wed	\$95	\$105
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	\$95	\$105
		5	6	Ayrlawn Mini Gym	5:00 pm	45 min	Mon	\$95	\$105

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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	\$135	\$155
		6	12	Ayrlawn Big Gym	5:00 pm	60 min	Wed	\$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	Mon	\$155	\$175
		6	12	Ayrlawn Big Gym	4:00 pm	75 min	Wed	\$155	\$175
		6	12	Ayrlawn Big Gym	5:00 pm	75 min	Fri	\$155	\$175

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. SKILLS REQUIRED FOR ENTRY: Pullover on bars, handstand forward roll, back bend kick over	6	12	Ayrlawn Big Gym	5:00 pm	75 min	Wed	\$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	\$185	\$210
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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