

contents find what you're looking for



Dear Friends,

As many of us are gearing up for the summer, I'm sure some of you are looking forward to spending more time outside. One of the ways

Columbia Association (CA) encourages outdoor fitness and recreation is by maintaining more than 93 miles of pathways around Columbia.

We know that many residents enjoy using CA pathways for recreation, fitness and transportation purposes. Over the past few months, CA has been working on the Connecting Columbia project to develop an Active Transportation Action Agenda to create a connected and comprehensive pathway system that will encourage Columbians to bike and walk around town more.

CA hired the Toole Design Group, nationally recognized experts in pedestrian and bicycle planning and design, as the consultants for this project. As part of the project, the Toole Design Group will be making recommendations for improvements to the pathways in addition to documenting roadway connections that are needed to create a more usable, convenient and safe bicycling and walking system.

As with our other large-scale projects, we have been diligent in engaging residents in the process. I'd like to take this time to thank all of the community members who served on the Connecting Columbia Task Force, attended the public meetings and submitted surveys online. We appreciate your input and we thank you for taking the time to share your opinions and suggestions on improvements to the pathway system.

The Connecting Columbia project will culminate in an implementable action agenda that establishes priorities for improvements to CA's bicycling and pedestrian pathway network. The project is anticipated to be completed this summer.

You can learn even more about the project at ColumbiaAssociation.org/ConnectingColumbia.

Sincerely,

Phillip L. Nelson President/CEO Columbia Association

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do more stuff!



Maggie J. Brown Welcome Center Membership Service Center Corporate Wellness

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-730-1801, Fax: 410-997-8193
Email: MSC@ColumbiaAssociation.com

Summer Hours

Mon-Sat 10am-7:30pm
Sun Closed
Mon, May 28 • Memorial Day Closed
Wed, July 4 Closed

CA Administrative Offices

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-3000, Fax: 410-715-3043

Assessment Office 410-715-3137

Before and After Care 410-715-3164

Summer Camps 410-715-3165

Hours

Mon-Fri 8:30am-5pm

Contacts

For a complete listing of Columbia Association Service Bureau Directors, please go to ColumbiaAssociation.org, click on Contact Us.

Columbia Archives

10227 Wincopin Circle (American City Bldg)
Columbia, MD 21044
Phone: 410-715-3103
Email: Columbia.Archives@ColumbiaAssociation.org
ColumbiaArchives.org

Hours

Mon-Fri ... 9am-5pm, Special hours by appointment.

Aquatics Office

9450 Gerwig Lane, Columbia, MD 21046
Phone: 410-312-6332, Fax: 410-312-6320
ColumbiaPools.org
Columbia Clippers: 410-381-0020

Summer Hours

Mon-Fri 9am-5pm
Sat from May 26-July 28 10am-2pm

Columbia Art Center

6100 Foreland Garth, Columbia, MD 21045
Phone: 410-730-0075
Fax: 410-997-2902
Email: Art.Staff@ColumbiaAssociation.org
ColumbiaArtCenter.org

Hours

Mon-Thu 9:30am-9:30pm
Fri*-Sat 9:30am-5pm
Sun 12-5pm

* Evening hours 5-9pm will be in effect for special Friday night programming.

Columbia Athletic Club

5435 Beaverkill Rd, Columbia, MD 21044
Phone: 410-730-6744, Fax: 410-992-3443

Closed for Summer Shutdown Aug 20-26

Summer Hours

Mon-Thu 5:15am-11pm
Fri 5:15am-9pm
Sat 6am-6pm
Sun 7am-7pm

Through May 20, Sunday hours are 7am to 9pm.

KidSpace Hours 410-730-6755

Mon-Fri 9am-9pm
Sat-Sun 8:30am-4pm

KidSpace Birthday Parties 410-715-3169

Hot Water Therapy Pool

Mon-Fri 7am-8pm
Sat-Sun 7am-5pm

See schedule on page 55.

Columbia Gym

6151 Daylong Ln, Clarksville, MD 21029
Phone: 410-531-0800, Fax: 410-531-8958

Closed for Summer Shutdown June 4-10

Summer Hours (Club)

Mon-Thu 5:30am-10pm
Fri 5:30am-9pm
Sat 7am-7pm
Sun 7am-5pm

KidSpace Hours 410-531-8984

Mon-Fri 9am-9pm
Sat 8am-4pm
Sun 8:30am-4pm

KidSpace Birthday Parties 410-715-3169

See Columbia Gym front desk for pool and arena hours. Pool schedule on page 56.

Columbia Association Camps

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-3165, Fax: 410-715-3061
Email: Camps@ColumbiaAssociation.org
ColumbiaCamps.org

Columbia Community Exchange

A member of TimeBanks, USA
Oakland Mills Village Center, The Barn
5853 Robert Oliver Place
Columbia, MD 21045
Phone: 410-884-6121
Email: CommunityExchange@ColumbiaAssociation.org

Columbia Horse Center

10400 Gorman Rd, Laurel, MD 20723
Phone: 301-776-5850, Fax: 301-604-5227

Summer Hours

Mon-Fri 9am-8:30pm
Sat/Sun 8:30am-4:30pm

Columbia Ice Rink

5876 Thunderhill Rd
Columbia, MD 21045
Phone: 410-730-0321, Fax: 410-992-0605
Learn to Skate: 410-730-2269 or 0322
ColumbialceRink.net

Closed for Summer Shutdown Jun 10-Aug 12

Summer Public Session Hours May 1-Jun 9, Aug 13-31

Mon-Thu 12-2pm
Fri 3:30-5:30pm, 8-10pm
Sat 2-4pm
Sun 1:15-3:15pm, 7:30-9:30pm

For figure skating/hockey schedules, see page 34.

Public sessions subject to change.

Columbia Open Space

9450 Gerwig Lane, Columbia, MD 21046
Phone: 410-312-6330
Fax: 410-312-6327

Summer Hours

Mon-Fri 8:30am-5pm

Columbia RV Park Rental Office

9450 Gerwig Lane, Columbia, MD 21046
Phone: 410-381-0384
Fax: 410-381-8178
Email: RV.Park@ColumbiaAssociation.com

Office Hours

Mon-Fri 8:30am-5pm

Columbia SportsPark & SkatePark

5453 Harper's Farm Rd
Columbia, MD 21044
Phone: 410-715-3054
See page 42 for detailed schedule and BMX sessions. Schedules subject to change.

Summer Hours SkatePark

Schedule subject to change, go online for updates.

May 1-June 11

Mon-Thu 3-8pm
Fri 3-10pm
Sat Noon-10pm
Sun Noon-8pm

June 12-August 26

Mon-Sat Noon-10pm
Sun Noon-8pm

August 27-September 30

Mon-Fri 3-8pm
Sat/Sun Noon-8pm

Summer Hours SportsPark Schedule subject to change, please call 410-715-3054 for updates.

May 1-June 11

Mon-Thu 3-8pm
Fri 3-10pm
Sat/Sun Please call/go online

June 12-August 26

Mon-Fri 10am-10pm
Sat/Sun Please call/go online

August 27-September 30

Mon-Fri 3-8pm
Sat/Sun Please call/go online



Columbia Swim Center & SplashDown

10400 Cross Fox Ln, Columbia, MD 21044
Phone: 410-730-7000
Fax: 410-997-4384 • ColumbiaPools.org
Columbia Clippers: 410-381-0020
Closed for Summer Shutdown Aug 3-12
Summer Hours

Please see schedules on page 57.

KidSpace 410-730-7000

Mon-Fri (through Jun 11)9am-Noon
Mon, Wed, Fri (Jun 13-Jul 27)9am-Noon
Closes Jul 27, reopens Sep 4

SplashDown See description on page 57.

Sat (until May 19)1-6pm
Sun (until May 20)Noon-4pm
Fri (Jun 1-29)7-9pm

Columbia Teen Center

Oakland Mills Village Center in the Barn
5853 Robert Oliver Pl, Columbia, MD 21045
Phone: 410-992-3726
Email: CATeens@
ColumbiaAssociation.org

Open Drop-In Recreation Program

School Year

Mon-Fri2:30-6pm

Summer Jun 25-Aug 17

Mon, Wed, Fri2-7pm

Columbia Teen and Middle School Advisory Committees

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-5523
Email: CATeens@
ColumbiaAssociation.org

Fairway Hills Golf Club

5100 Columbia Rd, Columbia, MD 21044
410-730-1112 • Fax: 410-730-1178

Summer Hours for Course

Mon-Fri7:30am-Dusk
Sat/Sun7am-Dusk

Pro Shop

Mon-Fri7am-9pm
Sat-Sun6:30am-9pm

Hobbit's Glen Golf Club

11130 Willowbottom Drive
Columbia, MD 21044
410-730-5980 • Fax: 410-730-3927

Summer Hours for Course

Mon-Fri7:30am-Dusk
Sat-Sun6:30am-Dusk

Pro Shop

Mon-Fri7am-7pm
Sat/Sun6am-7pm

International Exchange and Multicultural Programs

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-3162, Fax: 410-715-3043
International@ColumbiaAssociation.org

Lake Elkhorn Pavilion

Village of Owen Brown, Lake Elkhorn Park
Broken Land Parkway Entrance
Call 410-715-3161 for information.

School Age Services

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-3164
Fax: 410-715-0845
Email: SAS@ColumbiaAssociation.org

Supreme Sports Club

7080 Deepage Drive
Columbia, MD 21045
Phone: 410-381-5355; 301-596-2733
Fax: 410-381-3723

Closed for Summer Shutdown Aug 27-Sep 3

Summer Hours (Club)

Mon-Sun24 hours

Package Plan Plus Room 410-381-5355

Mon-Sun24 hours

Women's Gym 410-381-5355

Mon-Sun24 hours

Racquetball Courts 410-381-5355

Mon-Sun24 hours
See front desk for schedules.

KidSpace 410-381-7559

Mon-Fri9am-9pm
Sat-Sun8:30am-4pm

KidSpace Birthday Parties 410-715-3169

Arena/Skate Birthday Parties

and Rentals 410-381-5355, Ext 2628

Arena Open Gym Times See schedule on page 44.

Pool See schedule on page 58.

Mon-Thu5am-10pm

Fri5am-9pm

Sat7am-7pm

Sun7am-5pm

Skate Arena at Supreme Sports Club

Inline/Roller Skating 410-381-5355

May-June

Fri7-10pm

Sat1-4pm and 7-10pm

Sun1-4pm

School's Out Skate • May 181-4pm

Visit ColumbiaSkateArena.org for more information. Skate Arena closed on May 13, May 28 and June 17. See page 34 for more details regarding hours. School's Out Skate is held when Howard County public schools are scheduled to be closed for a full day. Public sessions are subject to change.

Tennis

Indoor Tennis at the Columbia Athletic Club

5435 Beaverkill Rd, Columbia, MD 21044
Phone: 410-720-0149
Fax: 410-992-3443

Closed for Summer Shutdown Aug 20-26

Summer Hours

Mon-Thu5:30am-11pm

Fri5:30am-9pm

Sat6am-7pm

Sun7am-7pm

Owen Brown Tennis Club and Bubble

7150 Cradlerock Way
Columbia, MD 21045
Phone: 410-381-7255
Fax: 410-312-6319

Closed for Summer Shutdown Aug 26-Sep 3

Summer Hours

Mon-Fri8:30am-11pm

Sat-Sun8am-8pm

The Racquet Club at Hobbit's Glen

11130 Willowbottom Drive
Columbia, MD 21044
Phone: 410-715-3080

Summer Hours

Apr 25-May 25

Mon-Fri4:30pm-Dark

Sat-Sun9am-Dark

May 26-Aug 19

Mon-Fri9am-12:30pm, 4:30pm-Dark

Sat-Sun8:30am-Dark

Aug 20-Sep 3

Mon-Fri4:30pm-Dark

Sat-Sun9am-Dark

Wilde Lake Tennis Club

10499 Cross Fox Lane
Columbia, MD 21044
Phone: 410-730-3767

Summer Hours Clubhouse

Apr 1-May 25

Mon-Fri4-10:30pm

Sat-Sun8am-8pm

May 26-Aug 19

Mon-Fri8:30am-1pm, 4:30-10pm

Sat-Sun8am-9pm

Aug 20-Sep 3

Mon-Fri5:30-8pm

Sat-Sun8am-6pm

Sep 4-Sep 23

Sat-Sun only9am-5pm

Volunteer Center Serving Howard County

10221 Wincopin Circle, Suite 100
Columbia, MD 21044
Phone: 410-715-3172
VolunteerHoward.org
Info@VolunteerHoward.org

Hours

Mon-Fri9am-5pm



Inside this Guide

You'll find the best that Columbia offers. Before starting your journey of discovery, here are some tips to help you navigate.

Package Plan Plus Members

Receive free or discounted use of all fitness and recreational facilities, programs, classes and services.

Package Plan/Facility Members

Receive free or discounted use of specific facilities, programs, classes and services.

CA Resident

Persons who live on property protected by the covenants but do not have memberships may pay "as you go" for reduced daily admission and programs, by obtaining a free Columbia Card. Columbia Card holders do not have guest privileges except at the outdoor pools. To receive the Columbia Card, simply visit the Membership Service Center (downtown Columbia on the lake-front) and show your driver's license or imprinted personal check, and your dependent children's birth certificates to verify your CA residency. Family members must be present to receive Columbia Cards. Show the Columbia Card to the front desk attendant and pay the appropriate admission fee to gain admission to the pools or clubs. In order to receive the CA Resident price, you must present a Columbia Card when visiting CA facilities. For more information, please call 410-730-1801.

Non-Members

Persons who do not have a Columbia Card or live on property protected by the covenants are welcome to become members or are welcome to accompany members a maximum of six times per fiscal year per household to all facilities combined at the guest fee price (see guests procedures below). Non-Members can also enjoy the fitness and recreational facilities at non-member daily admission prices.

KidSpace Members

KidSpace offers fun and fitness programs for children (6 weeks-13 years). KidSpace membership must be added to individual gym or Package Plan membership. Some fees and restrictions apply. To join KidSpace, contact the Membership Service Center at 410-730-1801. Drop-in fee for non-KidSpace members who are members of the club is \$8.

Guests

Persons who live within 25 miles of Columbia are limited to six visits per fiscal year per household to all facilities combined as the guest of a member. Guests must present their driver's license and accompany a member. Members may purchase discounted books of electronic guest passes at the Membership Service Center (410-730-1801); phone charges are accepted. A single guest admission fee can also be paid at the front desk. Guests must comply with CA's guest admission procedures. Members are responsible for the behavior of their guests. Please call the specific facility for details (see directory, page 2-3).

Prices, dates and times are subject to change.

NOTE *These procedures are necessary to ensure that your CA facilities are enjoyed by paying members, CA Residents and guests. We appreciate your cooperation. For more information about any activity, please call the appropriate facility. Phone numbers, locations and hours of operation are listed in the directory on pages 2 and 3. For membership information, please refer to page 6.*



Dr. Harry Oken Columbia Association Medical Director



Dr. Harry Oken
Columbia Association's
Medical Director
since 2007

Dr. Oken, clinical professor of medicine at the University of Maryland, provides CA with general consultation regarding CA's facilities, programs and services; hosts a medical fitness spot on CA's TV show, *Columbia Matters*, and contributes medical fitness columns in CA's monthly newsletter *CA Monthly*.

Dr. Oken also assists CA in the continued development of medically-based programs to which physicians will be

comfortable sending their patients. To date, more than 200 physicians have referred their patients to either the Fit Beginnings program or to the Columbia Optimal Health program.

Fit Beginnings is a 60-day program of fun and fitness in which Fitness Professionals guide each participant during two sessions per week to help them achieve their fitness goals. Participants also meet one-on-one with a nutrition counselor. Fit Beginnings is available to non-CA members with a physician referral. More than 800 people have benefitted from Fit Beginnings since the start of the program.

Columbia Optimal Health is a comprehensive wellness program designed for those who are serious about changing their health patterns. Participants work with a CA Personal Trainer, meet with a nutrition counselor and learn from a behavior life coach during the eight-week program. More than 60 CA members and non-CA members have benefitted from this program which addresses all aspects of optimal health. A referral from your physician is necessary to participate in Columbia Optimal Health.

Please visit ColumbiaAssociationNewU.org or call *Shawni Paraska* at 410-715-3128 for more information on any of these programs.

Columbia Association's Medical Advisory BOARD

Harry A. Oken, MD
Columbia Association Medical Director
Charter Internal Medicine, 410-910-2300

Richard Andorsky, MD
Digestive Disease Associates, P.A., 410-992-9797

Merrill Ansher, MD
Neurology Physicians, 410-884-0191

Russel V Antico, DC, CCSP
Howard County Chiropractic Spine
and Sports Rehabilitation, 443-259-0235

Cheryl D. Bansal, MD
Medical & Aesthetic Dermatology, LLC
443-542-0505

Kevin Bishoff Carlson, MD
Charter Internal Medicine, 410-910-2300

Fernando De Leon, MD
Pulmonary Disease and Critical Care Associates, P.A.
410-997-5944

Steve Gaeng, PhD
Crossroads Psychological Associates
410-964-0425

Sean T. Gloth, MD
ISIM, Inc., 410-715-0108

Jared Goldstein, MPT
Chesapeake Physical and Aquatic Therapy
410-381-7000

Mary P. Hogan, MD
Drs. Posposito, Mayer, Hogan and Associates
410-997-0580

Joseph M. Layug, MD
Orthopedic Solutions, LLP, 410-740-7030

Patty Liszewski, MD
Parnes, May, McKay, and Lee, 410-992-9339

Wendell McKay, MD
Parnes, May, McKay, and Lee, 410-992-9339

Mike McNerney, PT
Violand and McNerney, P.A., 410-740-1047

Daryl C. Osbahr, MD
Union Memorial Orthopedics and Sports Medicine
410-554-2270

John Pollock, RN
Laurel Regional Hospital, 301-497-7940

Arlene Ross, PT
River Hill Wellness Center, 410-715-0200

Michael E Silverman, MD
Cardiovascular Specialists of Central Maryland
410-997-7979



YouthFit & KidFit are two new physician referral programs, coming soon! These family-oriented programs will include fun games, fitness activities, nutrition counseling and life coach guidance over an 8-week period.

Stay tuned for more information!



Columbia Association Web Sites

CA4Business.org

Promotes CA's facilities, programs and services for businesses in and around Columbia

CAMemberAdvantage.org

Offers discounts on entertainment and movie tickets, dining out and much more

CAmonthly.org

Online edition of the *CA Monthly* newsletter

ColumbiaArchives.org

Explores the history of Columbia, Maryland

ColumbiaArtCenter.org

Promotes classes, exhibits, theme parties and rentals

ColumbiaAssociation.org

CA's main web site

ColumbiaAssociationNewU.org

Physician referral programs

ColumbiaCalendar.org

Promotes events in and around Columbia

ColumbiaCamps.org

Provides information on CA Summer Camps

ColumbiaFit.org

Advertises CA fitness membership opportunities

ColumbiaGolf.net

Promotes Fairway Hills and Hobbit's Glen Golf Clubs

ColumbiaMartialArts.org

Promotes CA's Martial Arts Program

ColumbiaMatters.org

CA's online TV show

ColumbiaPools.org

Provides pool information about CA's 23 outdoor pools, indoor facilities and programs

ColumbiaSkateArena.org

Promotes the Skate Arena at Supreme Sports Club

ColumbiaSportsPark.org

Promotes Columbia SportsPark and SkatePark

ColumbiaWatershed.org

Educates on protecting and restoring Columbia's waters

FairwayHillsGolfClub.org

Promotes Fairway Hills Golf Club

FitBeginnings.org

Promotes CA's physician referral exercise program

HobbitsGlenGolfClub.org

Promotes Hobbit's Glen Golf Club

WhyIPayCA.org

Learn how your annual charge helps CA provide and maintain its wide variety of offerings, programs and services.

Giving You Our Personal Best

Step into a CA fitness facility and you'll feel our uncommon commitment to quality. The front-desk attendant knows you by name. The housekeeping crew works all night to keep the locker rooms spotless. The KidSpace attendant engages your children so much they won't want to leave. Most important, you'll meet other people like yourself — the nicest people we know.

Everyone is welcome to join and CA Residents receive substantially discounted prices on the many different types of memberships available. CA Residents who choose not to join may receive a card to use the facilities for a daily fee. (*See admission procedures, page 4 for details or call 410-730-1801*).

Visit the Membership Service Center (downtown Columbia on the lakefront) to speak with a representative about the membership that best meets your needs. Hours: Monday through Saturday, 10am-7pm. For more information, call 410-730-1801 or visit ColumbiaFit.org for the latest offer.

Payment Plans

Memberships may be paid in full or via interest-free electronic monthly deduction from checking accounts at many area banks.

Wellness in the Workplace

More than 81% of America's businesses with 50 or more employees offer wellness programs because medical costs can consume half of corporate profits or more. Employers offer such programs because they think the benefits outweigh the costs.

To find out about Columbia Association Corporate Wellness Programs, contact CA's Corporate Relations representative at 410-715-3118.

— Data from a publication of Wellness Councils of America

We would like to thank the local employers who have recognized the importance of wellness in the workplace.

- Ascend One Corporation
- Arbitron
- Bowles Fluidics
- Columbia Builders
- Environmental Systems Associates
- Exeter
- HealthStream
- L B and B Associates
- Lifespan
- Sandy Spring National Bank



Package Plan

Voted Columbia's Best Bargain in *Columbia Magazine's* Annual Reader's Poll, **Package Plan** is great for the family and great for you. It has so much to offer that when you join, you are matched with a dedicated professional whose only job is to welcome you and help you access everything that is available to you and your family (see *Sport and Fitness Specialist Program on this page*). In addition to all of the fitness, recreational facilities and services available to you (see page 9).

Package Plan members also have the **Member Advantage (MA)**, which gives you savings when dining out, taking lessons, shopping for everyday needs or when going to the movies, amusement parks, the theatre and sporting events. See page 9 for details.

Package Plan Plus

Everything in Package Plan ... Plus the little extras that make a big difference. For a complete listing of all that Package Plan Plus offers, see page 9.

Facility Memberships

Individuals with specialized interests will find it most economical to join the club of their choice. See page 9.

To Join

To join **Package Plan**, **Package Plan Plus**, Outdoor Pools or an individual facility, call or visit the Membership Service Center (410-730-1801) downtown Columbia on the lakefront.

Membership Cards

Each member is given one free ID card. Lost, damaged or aging cards can be replaced for \$5.

Assistance Programs

There are discounts and Earn-A-Membership assistance for CA Residents whose household income falls within certain income guidelines. Residents must verify income and dependents every year by providing an official IRS computer generated transcript of their most recent tax return. The anniversary date for members receiving assistance will be in

November of the following year. This discount cannot be used with any other discount or offer.

Earn-A-Membership

Eligible residents earn a membership in exchange for their time working at a CA facility or village office for a specified number of hours. There are programs for adults/families and teens. Call 410-715-3161 for details.

Sport and Fitness Specialist Program

As a new member, you are entitled at no cost to CA's proprietary Sport and Fitness Specialist Program, developed solely to help you orient yourself quickly and easily to all of the services available to you. Your personal Sport and Fitness specialist will meet with you shortly after you have joined to learn about your goals, answer your questions and help you make the connections you need to get the most value from your membership. If use of fitness equipment is one of your goals, your specialist will teach you how to use it safely. Your specialist stays in contact with you until you feel comfortable

with the membership you have purchased. Normally this takes a few months. Furthermore, all members, new and old, can ask Sport and Fitness specialists for assistance any time during their membership.

ESN Reciprocal Use Program

Columbia Association is a member of the Elite SportsClub Network (ESN), which provides Package Plan Plus members up to three free visits each month to the Arena Club, Merritt Athletic Clubs, Maryland Athletic Clubs and the LifeBridge Health & Fitness Clubs. This added value gives members who work outside Columbia the convenience to work out where they work, while they continue to play close to home. Call the Membership Service Center 410-730-1801 for details or visit ESNclubs.com.

Policies and Procedures

In addition to the information provided here, an expanded listing of Policies and Procedures is available at each club.

We want to hear from you!

Phillip Nelson, Columbia Association's president, wants to hear from Columbia residents about what is on their minds. Send your ideas, issues or concerns. Attach additional pages if necessary.

Please get back to me on this issue.

Name

Address

Phone Number, Email

Please send your concerns, issues or questions to:

Phillip Nelson, Columbia Association, 10221 Wincopin Circle, Columbia, MD 21044

Email: Phillip.Nelson@ColumbiaAssociation.com or Solutions.ColumbiaAssociation.org.



Definition of Family and Adult Children

A family is up to two adults and his/her tax dependent children under the age of 23 living at the same address. Children of renewing members who are age 23-28 and reside at the family address may remain on the membership for a surcharge of half of the individual new member price. The only exceptions to this are:

1. Elderly parents who live with the family and who are claimed as dependents. Verification required.
2. Disabled children who live with the family and who are claimed as dependents. Verification required.

Changes in Your Membership Data

Please notify the Membership Service Center (410-730-1801, downtown Columbia on the lakefront) immediately if your address, bank or other membership data changes. By keeping us informed, you will be better served and will avoid service charges or other fees. (See *Renewal, Early Resignation and Default Provisions for more details.*)

Early Resignation

Outdoor Tennis, Hobbit's Glen Annual, Hobbit's Glen Weekday and Fairway Hills Annual memberships cannot be cancelled prior to anniversary date for any reason. You can resign from other memberships prior to your anniversary date provided that you move at least 25 miles away from Columbia's boundaries (New Town district) or for medical reasons. In either case, you must provide the Membership Service Center (410-730-1801, downtown Columbia on the lakefront) with CA-approved verification, pay a cancellation fee and turn in your membership cards. The cancellation fee will vary according to type of membership plan. Non use does not relieve you of your payment obligation.

Default Provisions

Defaults due to insufficient funds, closed accounts, bank account changes or outstanding assessment fees require payment of the default plus a service charge. Until the default is remedied, membership privileges are withheld from all members listed on the membership. If your card is collected, it can be reclaimed when the default is paid. As soon as the bank notifies CA of a default, an invoice including the service charge is mailed. (The default cannot be recaptured electronically). If the next monthly deduction is also in default, automatic payment privileges are revoked and the member is billed in full plus a service charge. Balances due past 90 days are sent for collection.

Renewal

Memberships are renewed in annual increments, unless you notify CA in writing of your intent to terminate and return your membership cards 35 days prior to your anniversary date. You will receive a renewal notice in the mail approximately 45 days prior to your anniversary date.

Inclement Weather Policy

When Howard County Schools are delayed or closed, there will be no classes or programs (i.e., Group Fitness Classes, Studio Cycling, Lessons, etc.) before 10:45am; however, if instructors have already arrived at the club before the notification has gone out, the classes may be held at the instructors' discretion. When Howard County Schools are closed, please call the CA Inclement Weather Hot Line (410-715-3154) after 10am regarding classes and programs held after 10:45am. KidSpace will make every effort to open at 9am or at the same time that the facilities reopen. We ask that you call the KidSpace program before bringing your children to the Club to insure that we are properly staffed. This is especially important for parents/guardians bringing infants to KidSpace. Should the weather deteriorate during the day, please call before coming to the club. Before and After School Age program will also have

delayed openings equal to the amount of time the Howard County School System is delayed. If the schools are closed, the Before and After programs will be cancelled. Notifications also posted on CA's Website and CA's Facebook page; and sent out via text message and/or e-mail to CA Urgent Notification subscribers. To subscribe go to columbiaassociation.org/notify. See pages 46 and 47 for outdoor pools inclement weather policies.

Electronic Guest Passes

Package Plan Plus members, Package Plan members and Outdoor Pool/Swim Center members receive electronic guest passes upon joining or renewing. Members with Member Advantage may purchase additional discounted electronic guest passes at the Membership Service Center (410-730-1801, downtown Columbia on the lakefront), or at any other year-round facility. Guests who live within 25 miles of Columbia are limited to six visits per fiscal year (beginning May 1) per house-hold to all facilities combined as the guest of a member. Guests must present their driver's license, accompany a member and comply with CA's guest admission procedures. There are no refunds or transferring of guest passes. Free guest passes must be used within the membership year. They do not accumulate.

Guest Membership

Package Plan members may purchase a guest membership, valid for a maximum of two months, for guests who reside more than 25 miles outside Columbia's boundaries and who are staying in the member's home. Such memberships can be purchased at the Membership Service Center (410-730-1801). A driver's license to verify residency of the guest is required.

Privileges

Membership privileges can be revoked for inappropriate, abusive behavior or payment default. Tampering with a membership card or allowing it to be used improperly is illegal and subject to revocation of membership privileges and litigation.



memberinformation

CA memberships give you lots of opportunities and benefits. The facilities are awesome in their variety, and they offer a large range of lessons, social gatherings, programs, classes and leagues that everyone — from the very young to the mature adult — will enjoy. All fitness facilities have free lockers, family changing rooms, free towels, free hair dryers, whirlpools, saunas and a Sport and Fitness Specialist Program to get you started right. Other amenities specific to each membership are listed here:

Package Plan

Membership in Outdoor Pools

23 outdoor pools, each with a wading pool and a bathhouse, of which 2 are mini WaterParks with large slides and SplashPads — a computerized, splashing aquatic playground
6 with play structures in the wading pools
5 with beach entries and spray-and-play features
5 with water slides
7 with whirlpools
7 with snack bars
Sand volleyball courts
Many pools have adjacent basketball courts, fields and tot lots

Membership in Columbia Athletic Club

4 racquetball courts (free court time)
1 squash court (free court time)
Hot water therapy/recreational pool
Men's and women's sauna
100s of pieces of cardiovascular and Cybex strength equipment
Tons of free weights and resistance strength equipment
3 group fitness studios
4 indoor tennis courts (court fee extra)
Whirlpool
1 yoga studio
1 boxing studio
1 Pilates studio (fee required)
KidSpace for children 6 wks to 13 yrs (fee required)
(Excludes Package Plan Plus Room, Yoga Studio and specialty classes)

Membership in Supreme Sports Club

6 racquetball courts (free court time)
Indoor track
100s of pieces of cardiovascular and strength equipment
Tons of free weights and resistance strength equipment
3 group fitness studios
1 yoga studio
3 basketball and 2 volleyball courts (free drop-in time)
8 lane 25 yard indoor pool, wading pool with play feature and whirlpool
Skate Arena in-line/roller skating
(regular and in-line skate rental fee required)
KidSpace for children 6 wks to 13 yrs (fee required)
(Excludes Package Plan Plus Room, Yoga Studio, Women's Gym, and specialty classes)

Membership in Columbia Gym

100s of pieces of cardiovascular and strength equipment
Tons of free weights and resistance strength equipment
3 group fitness studios
4-lane 25 yard indoor pool with zero depth entrance in the children's area, sunning patio and whirlpool
1 adult arena for basketball
Youth Arena, Internet Café and Conference Room
KidSpace for children 6 wks to 13 yrs (fee required)
(Excludes Package Plan Plus Room, Women's Gym and specialty classes)

Membership in Columbia SkatePark

15,000 square feet of fun and excitement. See page 42 for details.

Membership in Columbia Swim Center

Large wading pool
5-lane, 25-yard program pool
6-lane, 25-yard main pool
SplashDown and Sauna
KidSpace for children 6 mos to 6 yrs (fee required)

Membership in Columbia Tennis Clubs

7 lighted courts at Owen Brown, large observation deck
11 lighted courts at Wilde Lake
6 Har-Tru courts at the Racquet Club at Hobbit's Glen, beautiful viewing patio (court fees extra)
5 bubbled courts at Owen Brown (court fees extra)

Membership in Hobbit's Glen Golf Club

 (not available to Package Plan Ltd Members)

18-hole championship course (greens fees extra)

27-tee driving range open to the public.

New weekday annual memberships available.

An option which includes greens fees is available.

Membership in Fairway Hills Golf Club

 (not available to Package Plan Ltd Members)

18-hole regulation course open to the public (greens fees extra)

Driving range open to the public

An option which includes greens fees can be added to Hobbit's Annual.

Membership in Columbia Ice Rink

17,000-square-foot indoor ice surface, figure skating and hockey clubs, instructional hockey program, locker rooms, snack bar and skate rental available

Member Advantage (MA) — Formerly DBS

 (CAMemberAdvantage.org)

discounts on lessons, sporting events, dining out and everyday needs.

Sport and Fitness Specialist See page 7 for details.

Four Free Guest Passes

Package Plan Plus

All the facilities and amenities in Package Plan, PLUS

Free SplashDown, 720 feet of twisting, turning fun at the Columbia Swim Center, Yoga, Ai Chi, Tai Chi, Body Pump™, Body Vive™, Body Step™, Studio Cycling, Core Conditioning, Basic Training, ABS and Women, Weights and Osteoporosis

Visit ColumbiaAssociation.org or call in to reserve your spot in Yoga, Ai Chi, Tai Chi, Body Pump™, Body Vive™, Body Step™ and Studio Cycling classes

Free Deep Water Fitness classes at Columbia Swim Center

Free use of Har-Tru courts at the Racquet Club at Hobbit's Glen

Free use of mini golf at the SportsPark

Membership in the Women's Gyms

(located in the Columbia Gym and Supreme Sports Club)

Private workout studios

Personal assistance

Treadmills with individual TVs and personalized sound system

State-of-the-art cardio equipment, private free-weight area

Membership in the Package Plan Plus Studios

(located in the Columbia Gym, Columbia Athletic Club and Supreme Sports Club, equipment may vary)

Treadmills with individual TVs

Personal assistance

Cardio equipment, Elliptical Trainers, Stairmasters, Internet bikes and more FitLinxx (Columbia Athletic Club, Columbia Gym and Supreme Sports Club)

Membership in Columbia SportsPark & SkatePark

Sport and Fitness Specialist (See page 7 for details.)

Six Free Guest Passes

ESN (Elite Sports Club Network) (See page 7 for details.)

member information



Specific facility memberships are available!

Outdoor Pools and Columbia Swim Center

See page 9. "Membership in Outdoor Pools and Columbia Swim Center." Member Advantage is included.

Columbia Athletic Club

See page 9. "Membership in Columbia Athletic Club." Member Advantage is included.

Columbia Gym

See page 9. "Membership in The Columbia Gym." Member Advantage is included.

Supreme Sports Club

See page 9. "Membership in Supreme Sports Club." Member Advantage is included.

Columbia Tennis Clubs with Bubble

See page 9. "Membership in Columbia Tennis Clubs and Owen Brown Bubble." Member Advantage is included.

Columbia Ice Rink

See page 9. Season passes available for purchase at facility.

Columbia SportsPark & SkatePark

Miniature golf, batting cages, and skate ramps. Season passes available for purchase at facility.

Hobbit's Glen Golf Club

See page 9. "Membership in Hobbit's Glen Golf Club." Member Advantage is included.

Fairway Hills Golf Club

See page 9. "Membership in Fairway Hills Golf Club." Member Advantage is included.
Package Plan Memberships without golf are also available.

KidSpace

KidSpace is a drop in child care program for children ages 6 weeks to 13 years of age. KidSpace can be found at Columbia Athletic Club, Columbia Gym, Supreme Sports Club and on a limited basis at Columbia Swim Center. Child care is provided while parents are utilizing these facilities. Amenities, which are tailored to each facility may include: kid-sized arenas, a computer room, a rock wall, climbing ropes, state-of-the-art games and equipment. A variety of activities are offered daily that may include art, music, dramatic play and various physical activities and games. Families with KidSpace may utilize up to two hours per day per family. KidSpace memberships must be added to individual gym or all Package Plan type memberships. Some fees and restrictions apply.

Youth Members

Your youngsters' safety is our top priority. That's why members must be 14 or older to use free weight equipment and exercise classes. Members between the ages of 11 and 13 (*and 4'11" tall*) may complete a complimentary Youth Certification Clinic (*see page 39 for details*) and be accompanied by a parent or guardian or be participating in a camp or clinic if they wish to use the fitness areas.

Financial Assistance Programs

Columbia Association encourages everyone to be part of it. Discounts are available, and earn-a-membership opportunities are available to income-qualified CA residents and teens. If your income and family size fall within the guidelines listed below, you may be eligible for a discount on your membership. For more membership information, please call the Membership Service Center at 410-730-1801 (located downtown Columbia on the lakefront). A representative will be happy to talk with you.

Columbia Association Income Guidelines

Columbia Association Low/Moderate Income Guidelines are based on federal guidelines developed by HUD. Reduce rate off new member price and can not be combined with any other discount or offers. Valid until 4/30/13.

Family Size	Gross Income <i>For 50% discount on all Memberships and 75% discount on Outdoor Pool Columbia Swim Center Memberships</i>	Gross Income <i>For 40% discount on all Memberships</i>
1.....	\$45,500	\$52,000
2.....	\$52,000	\$58,500
3.....	\$58,500	\$65,000
4.....	\$65,000	\$70,300
5.....	\$70,200	\$75,450
6.....	\$75,400	\$80,650
7.....	\$80,600	\$85,900
8.....	\$85,800	\$91,500



In CAse you didn't know, it's thanks to you that Columbia is all that it is.
To learn how your CAfee is used go to

WHYIPAYCA.ORG.

ColumbiaAssociation

DO MORE STUFF.

Columbia Art Center & Gallery Shop

6100 Foreland Garth • Columbia, 21045

Columbia Art Center offers a wide variety of art classes and workshops, exhibitions in the galleries showcasing the talents of local and regional artists, community events and a gift shop. *For a brochure or more information, call 410-730-0075, visit ColumbiaArtCenter.org or email Art.Staff@ColumbiaAssociation.org.*

E Gallery Shows

Monthly exhibitions (Sep-Jun) by local, regional and national artists are held in Columbia Art Center galleries.

The Sketchbook Project

Main and Window Galleries

Jun 7-30

Reception: TBA

An exhibition featuring theme inspired sketchbooks created by artists and community residents of all ages.

Held in conjunction with Howard Community College and Columbia Festival of the Arts.

E Gallery Shop

Unique gift shop features a variety of one-of-a-kind handcrafted and affordable art work created by instructors and students of Columbia Art Center. Ideal for gift-giving and home collections.

E Rentals

Studios and Japanese garden are available for both business and social rentals. Kitchen is available. Gallery is free of charge for viewing. Rooms and garden can accommodate groups up to 50. *Call 410-730-0075 for information and prices or go to ColumbiaArtCenter.org.*

A Adult Classes and Workshops

A wide variety of classes are offered in a variety of art mediums such as: calligraphy, ceramics, collage, digital arts, colored pencil drawing, painting, encaustics, floral design, fused and stained glass, jewelry and printmaking.

E Art Center Birthday Parties

Have your next party with us! Choose from crafts, jewelry or Wear-A-Doodle. Call for more information. *Additional parties listed on pages 36 and 37.*

A M Girls Night Out to Create

Fri, 6:30-8:30pm • \$30 per session
 Jun 8, Jul 27, Aug 17

Back by popular demand! Enjoy an evening of fun for you and your girlfriends one Friday each month. Every month features a fun DIY project or wearable art project. Come socialize and take home your own personalized creation! Feel free to bring your own snacks and beverages! Relax and have fun creating with your gal pals! *Registrations accepted up to 5 days before class starts. Call 410-730-0075 to register or for more information.*

Y Scout Badge Projects

Bring your scout troop to the Art Center to fulfill art badge requirements. Workshops can be developed to meet desired badge criteria.

Y T Youth and Teen Classes

A variety of classes are offered including ceramics, culinary arts, alternative fashion design, drawing and painting, art appreciation, portfolio development, homeschool programs, and parent and child classes.

Columbia Art Center Summer Ceramics for Teens/Youth

Y Kids and Clay with Megan Trail

Ages 6-11

Residents, \$100 • Non-Residents, \$110

Mon • 4:30-6pm • Jul 9-Aug 27

8 Sessions

In a fun and relaxing atmosphere, learn the basic techniques of hand-building (coil, pinch, slab) to express individuality and creativity. Projects will be colorful and creative relating to the seasons, literature, music and more.

Y Teen Wheel Throwing Daily Workshop with Joe Vitek

Ages 12-17

Residents, \$150 • Non-Residents, \$160

Weekdays • 2-4pm • Jul 16-30

11 Sessions

This daily ceramics teen workshop is designed for students who wish to learn the fundamental skills involved with making pottery on the wheel. All the basics from clay preparation, throwing techniques, and glazing will be taught. Students can expect to learn how to make vases, bowls and plates.

Y Teen Wheel with Joe Vitek

Ages 12-17

Residents, \$120 • Non-Residents, \$130

Thursdays • 2-4pm • Aug 2-30

5 Sessions

For the total beginner and those with clay experience. Class is a great follow-up to Teen Wheel Camp. All basics from clay preparation, throwing techniques, and glazing will be taught as well as opportunities for some hand-building. Students can expect to learn how to make bowls, mugs, vases and plates, as well as other forms according to ability and desire.

FYI

For a current brochure or more information on these and other programs offered at Columbia Art Center, call 410-730-0075 or visit ColumbiaArtCenter.org.

Like us on Facebook facebook.com/ColumbiaArtCenter

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

camps&schoolageservices

CA offers a variety of programs for youth when school is scheduled to be closed at the following locations — Columbia Art Center, Columbia Teen Center, KidSpace and School Age Services.

Please note programs with large asterisk.

Y KidSpace School's Out Fun and Field Trips

Grades K-6

Offered on days when Howard County public schools are out.

7am-6pm • \$48 per child

Columbia Gym, 410-531-8984

Supreme Sports Club, 410-381-7559

Athletic Club, 410-730-6755

Come join us for a fun filled day of games, activities, and field trips offered thru School Age Services.

Call any of the KidSpace facilities for more information.

Y School's Out Artsy Fun Day

Grades 1-8 • Jun 14, 15, 18, 19, 20

Columbia Art Center, 410-730-0075

Main program held 9am-3:30pm. Before and After Care cost included in price.

Full-Day • 7:30am-5:30pm • \$50 per child

Half-Day • 7:30am-noon • \$25 per child
Early registration and multiple day discounts available.

Kick off the summer with creative fun! Go home with cool art projects. Come with a friend and make new friends. Bring a bag lunch; beverage provided.

Y School Age Services

Before and After School Care

Grades K-8

Registration for the 2012-2013 school year will begin in June 2012.

Costs below are per child and per month.

7am to start of school, \$155

End of school to 6pm, \$210

Call 410-715-3164 for more information.

Reduced rates available based on income guidelines. Purchase of care through the Maryland Department of Social Services is accepted. MSDE licensed childcare in a safe environment. Games, crafts, snack and physical activities each day.

Elementary School Programs are held at the elementary school the child attends:

- Atholton
- Centennial
- Clemens Crossing
- Guilford
- Jeffers Hill
- Northfield
- Running Brook
- Swansfield
- Thunderhill
- Worthington
- Bryant Woods
- Clarksville
- Cradlerock
- Hammond
- Longfellow
- Phelps Luck
- Stevens Forest
- Talbot Springs
- Waterloo

Middle School Programs (PM ONLY) for Cradlerock, Harper's Choice, Wilde Lake and Oakland Mills are held at Cradlerock; for Dunloggin and Burleigh Manor at Dunloggin Middle; and for Hammond at Hammond. *Please call 410-715-3164 or email sas@columbiaassociation.org.*

Y School Age Services

School's Closed Programs

Grades K-8

Full-Day • 7am-6pm • \$50 per child

Remove the worry of school holidays. Children can attend all-day sessions on school holidays. Includes field trips/projects. Children not participating in School Age Services Before and After Care can register for these programs. *Call 410-715-3164 for more information.*

2012 Columbia Association

Summer Camps

COME TO OUR
OPEN HOUSE

Sat, May 19
11am-2pm
Wilde Lake Park

Camp Open House

Come ask questions, learn more about camp and meet the directors. Enjoy refreshments, drawings and entertainment.

Questions?

Email Camps@
ColumbiaAssociation.org.

Camps Offered

June 18-August 24
9am-3:30pm

Extended Care Available
7-9am & 3:30-6pm

More than 20 different camps across Howard County –

SPECIALTY

Canoeing, Sailing, Rock Climbing, Archery, Sleep Away, Educational

SPORTS

Basketball, Baseball, Football, Soccer, Lacrosse, Skateboarding, Tennis

SWIMMING

Lessons and Recreational

FIELD TRIPS

Amusement Parks, Beaches, State Parks, Enrichment

SO MUCH MORE

Nature, Art, Overnights, Hiking, Tubing, Computer/Robotics
See our web site for more!

- Full Day Programs for Preschool thru High School
- American Camp Association (ACA) Accredited
- Regulated by the State of Maryland Department of Health and Mental Hygiene

For more information, go to
ColumbiaCamps.org, or call
410-715-3165.

Columbia Association offers

Programs and Resources for Homeschooler's

at several Columbia Association facilities. Certificates of participation awarded. *For more information call 410-715-3000, Ext 2114 or email Monica.Herber@ColumbiaAssociation.org.*

communityassociations

6 Weeks-12 Years **Youth** **Y**
13-17 Years **Teen** **T**
18 Years+ **Adult** **A**
55 Years+ **Mature** **M**
Everyone **E**

Residents of Columbia live in one of nine villages or Town Center, commonly referred to as 10 villages, each striving to create its own sense of community. Within each village are neighborhoods with names drawn from history or literature. Each village and Town Center has a community association, formed exclusively to promote common good and welfare. In the community centers you will find classes for children to mature adults and space to rent for meetings, parties and special events. The community associations sponsor free seminars, political forums, fairs and holiday parties. Most events are open to all residents of Columbia, regardless of the village in which you live. *For more information, please go to ColumbiaVillages.org or ColumbiaCalendar.org.*

Dorsey's Search

Neighborhoods: Dorsey Hall and Fairway Hills Located in Linden Hall, 4765 Dorsey Hall Dr, Ellicott City 21042. Manager, Jackie Felker, 410-730-4005, fax 410-730-4008. Covenant Advisor, Ingrid Hatz. The 5,000-square-foot Linden Hall hosts board, architectural and community meetings. Space is available for meetings, business conferences and social gatherings. Call about our special events.

Harper's Choice

Neighborhoods: Longfellow, Swansfield and Hobbit's Glen Located in Kahler Hall, 5440 Old Tucker Row, Columbia 21044. Manager, Wendy Tzucker, 410-730-3888. Covenant Advisor, Debbie Nix. Lovely renovated formal ballroom holds 220. The Marchand Room seats 40, the Community Room 100, the Corner Room 30.

Red Ribbon Yard Sale

Sat, May 12 • 8am-12pm

Family Game Nights Thu, 7pm • July 5, 12, 19

National Night Out Tue, Aug 7 • 6pm

Hickory Ridge

Neighborhoods: Hawthorn, Clary's Forest and Clemens Crossing Located in the Hawthorn Center, 6175 Sunny Spring, Columbia 21044. Manager, Jessamine Duvall. 410-730-7327, fax 410-992-5843.

Covenant Advisors, Anne Kulesza and Carole MacPhee. The Hawthorn Center, which can accommodate 100 people, is available for socials and meetings.

Ice Cream Social

Fri, Jun 8 • 7-8:30pm

Build your own sundae.

\$2 per person or \$5 per family

Visit our website for more events at hickoryridgevillage.org.

Kings Contrivance

Neighborhoods: Macgill's Common (including Macgill's North), Huntington (including Huntington East) and Dickinson

Located in Amherst House, 7251 Eden Brook Drive, Columbia 21046. Manager, Anne Brinker, 410-381-9600. Covenant Advisor, Stephanie Moore. Amherst House, a 4,300-sq-ft, building, contains a reception area and working fireplace. There are meeting rooms and a small kitchen area for rental.

Yoga Thu, 5:30-6:45pm

Pilates Intermediate • Mon, 6:45-7:45pm

Beginners • Mon, 7:45-8:45pm

All Levels • Sat, 10:15-11:15am

Zumba Mon • am and pm

Belly Dance Mon, 7:15-8:30pm

Blis Moves Wed, 10-11am

Yoga, Martial Arts, Latin Dance, Meditation

Lango Spanish Lessons

Mon am • Ages 3-5 • Sat am • Ages 6-10

Princess Ballet Mon am • Ages 3-5

My Partner and Me Dance

Mon am • Ages 2-5 with parent

Senior's Lunch Jul • Date TBD

Free lunch/entertainment for KC seniors.

Annual Pool Party

Aug TBD • 6:30-9pm

Free tickets available in July.

Long Reach

Neighborhoods: Jeffers Hill, Kendall Ridge, Locust Park and Phelps Luck Located in Stonehouse, 8775 Cloudleap Court, Columbia 21045. Manager, Sarah Uphouse, 410-730-8113 or 301-596-3265. Covenant Advisor, Darlene Brown and Maryann Cohea. Stonehouse, the site of village meetings. Rental space is available for day care, meetings and social events. Call 410-730-8113 for rental, event or class information.

Ballet

Ongoing
6, 8 and 12-wk sessions • Ages 3-Adult
Classes in First Steps, pre-ballet, combination classes, classical ballet, jazz, tap, pointe, hip-hop and modern. Class hours are weekday, afternoons and evenings, and Wed and Sat mornings.

Hip Hop Line Dancing

with Kelly Furr • Ongoing • Mon, 7-8pm

Chicago Style Dancing

with Dawn Anderson • Mon, 7-8:30pm

Spanish Classes for Children

Sat, 9:30-11:30am • Ages 4-6

Plant Swap Sat, May 5 • 9am-12pm

Village Yard Sale Sat, May 19

Camp Oasis

Ages 4-12

Session 1Jun 25-Jul 13

Session 2Jul 16-Aug 3

Cindee Velle Dance Camp

Session 1Jul 30-Aug 3

Session 2Aug 6-10

Session 3Aug 13-17

Oakland Mills

Neighborhoods: Thunder Hill, Talbott Springs and Stevens Forest Located in the Other Barn, 5851 Robert Oliver Place, Columbia 21045. Manager, Sandy Cederbaum, 410-730-4610. Covenant Advisor, Debbie Bach. Email: omca@columbiavillages.org. Web site: OaklandMills.org. The Other Barn seats up to 220 and features a large hardwood dance floor in the Loft. The main level meeting/reception room is ideal for up to 65. A flower-filled private courtyard and distinctive touches throughout retain the rustic charm of this former dairy barn.

1001 Worms Wed, May 16 • 6:30pm

Ages 5-11

Community Pool Party Date TBD

Farmers Market Sun, 9am-1pm

Cultural Arts Festival Seeking vendors for Oct 6 event.

Ongoing Classes Stamping and Drum Circle • Call for dates and times.

Music and Art Events Sundays • Call for dates.

TAKE NOTE

For additional and up-to-date information on CA events, go to ColumbiaCalendar.org.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

communityassociations

Owen Brown

Neighborhoods: Dasher Green, Elkhorn, Hopewell
 Located in the Owen Brown Community Center, 6800 Cradlerock Way, Columbia 21045. Manager, Nancy Thomas 410-381-0202, fax 410-381-0235. Covenant Advisor, Gordon Mac Phee. Facility has five rooms (accommodating 25-150), can be rented for meetings/socials. Special rates for children's parties/adult afternoon socials. Call or email obevents@columbiavillages.org to find out more.

Village Wide Yard Sale Sat, May 5 • 8am-3pm
 Register your street and pick up a ribbon at OBCC.

Spring Carnival

Sat, May 19 • 1-5pm • Owen Brown Community carnival. Please call 410-381-0202 for tickets and more info.

50+ BBQ and Bingo

Thu, Jul 19 • 11:30am-1:30pm
 Enjoy a BBQ on our outside patio and play bingo! \$5/person.

Annual National Night Out/Pool Party

Tue, Aug 7 • 6-9pm • Dasher Green Pool Games, food, music, fun for the entire family. Call OBCC for more info.

River Hill

Neighborhoods: Pheasant Ridge and Pointer's Run Located in Claret Hall, 6020 Daybreak Circle, Clarksville 21029. Manager, Susan Smith, 410-531-1749, fax 410-531-1259. Covenant Advisor, Evamarie Lambright. Claret Hall, a 5,000 sq. ft. facility is available to rent for meetings and social events. The last of Columbia's villages to be developed, more than 50% of River Hill's 1,745 acres is open space. This includes the 900 acres of the Middle Patuxent Environmental Area.

Flea Market Sun, May 20 • 10am

Independence Day Parade

Wed, Jul 4 • 9am

National Night Out Celebration

Tue, Aug 7 • 6:30pm

ONGOING CLASSES —

Araya Dance Academy 240-421-0020

Central MD Ballet 443-472-7772

Combattitude www.combattitude.com

Easy Method Driver Ed 410-461-9090

Lango Spanish www.langoHoCo.com

Music Together with Miri 301-758-0304

Persian Language School 410-442-5009

Tien Shan Kung Fu 410-381-9077

Visit villageofriverhill.org for more event information.

Town Center

Neighborhoods: Vantage Point, Banneker, Amesbury, Creighton's Run, Lakefront and Warfield Triangle Located in Historic Oakland, 5430 Vantage Point Road, Columbia 21044. Manager, Patricia Laidig, 410-730-4744, Covenant Advisor, Patricia Loeber. Historic Oakland Manor is the community center for Town Center residents and serves as a charming rental facility. For five years in a row, it has been voted "Best Place to Rent for Special Occasions" by the readers of *Howard Magazine*.

Parents and Tots Play Groups

CA Res • \$20, Non-CA Res • \$22
 8-wk session • Jul 10-Aug 30

Afternoon Teas at Historic Oakland

Thu • 4:30-6pm • Jun 28
 Cost • \$22 plus tax per person. For reservations or information, please call 410-730-4801.

Family Pool Party

Jul date • TBD

National Night Out Ice Cream Social

Tue, Aug 7 • 6-8pm
 Town Center residents only.

Wilde Lake

Neighborhoods: Bryant Woods, Faulkner Ridge and Running Brook (The Birches is in Running Brook) Wilde Lake Village Green, 10400 Cross Fox Lane, Columbia 21044. Manager, Kristin Shulder, 410-730-3987. Covenant Advisor, Carl McKinney. Slayton House, Columbia's first community center was built in 1967 and has a 240-seat theater with stage, rental space for social receptions, business functions, a dance studio and rehearsal hall.

Classes Bellydance, Barre Fusion, Yoga

Rainbow Theatre

Sep-Apr • 10am • \$5

National Night Out

Tue, Aug 7 • Please call for more info.

Family Pool Party

July date • Please call for more info.

Bernice Kish Gallery at Slayton House

Monthly exhibits and receptions.

May 3-May 26

Kay Sandler and Deborah Maklowski

Reception: Sun, May 6 • 3-5pm

May 31-Aug 10

Sunburst Studio

Reception: Sun, Jun 3 • 3-5pm

SUMMER VILLAGE WIDE EVENTS

Columbia Home Tour

Sunday, June 3
 11am-5pm

A self-guided home tour featuring five distinct homes located in the Columbia villages of Kings Contrivance, Oakland Mills, River Hill and Wilde Lake.

LISTING of VILLAGE WEBSITES

- ColumbiaVillages.org Portal to all village websites
- DorseysSearch.ColumbiaVillages.org
- HarpersChoiceCommunityAssociation.org
- HickoryRidgeVillage.org
- KingsContrivanceCommunityAssociation.org
- LongReach.org
- OaklandMills.org
- OwenBrownCommunityAssociation.org
- VillageofRiverHill.org
- TownCenter.ColumbiaVillages.org
- WildeLake.org

T A International Exchange & Multicultural Programs

Culture Cafés and other multicultural events for youth and adults are planned to celebrate the diverse cultures that make up Columbia and promote international and cultural understanding throughout the community.

Sister Cities Summer High School Exchange

with Columbia's two European Sister Cities: Cergy-Pontoise and Tres Cantos (*see page 38*).

International Book Club meets second Wed of month, 7:30-9pm at CA headquarters.

New! Tema (Ghana) Sister City Committee develops exchanges and activities.

International and Multicultural Advisory Committee

meets monthly to help develop new programs. New members welcome for both committees. *For information, call 410-715-3162 or please email International@ColumbiaAssociation.org.*

T A M Columbia Community Exchange A Member of TimeBanks USA

Columbia Community Exchange, Howard County's Time Banking Program, is a community building program that fosters neighborliness every day. Time Banking values everyone's contributions equally. Membership is free and the concept is simple: members barter services. Spend an hour doing something for a fellow member and you earn a Time Dollar. Then you have a Time Dollar to buy an hour of another member's time or service. This simple concept weaves stronger communities, forges friendships and strengthens the daily fabric of life. *To learn how to join, please visit ColumbiaAssociation.org/Timebanks, call 410-884-6121 or email CommunityExchange@ColumbiaAssociation.org.*

E KidsDay

Sat, Jun 23 • 12-3pm • Free
Hopewell Mini-WaterPark

Entertainment, games, food and water fun! What more could a kid want? Enjoy a fun-filled afternoon for the whole family. *Call 410-715-3104 or visit ColumbiaCalendar.org for details.*

T A M Volunteer Center Serving Howard County

Are you interested in making a difference in our community? The Volunteer Center Serving Howard County connects individuals, youth, families, groups and businesses with volunteer opportunities, ranging from one-time events to ongoing programs. Contact us to learn more about *Camp Make a Difference* open to middle and high school students in summer 2012. Also learn how to be an effective disaster volunteer, before and after disaster strikes. *For information, please call 410-715-3172, email info@volunteerhoward.org or visit volunteerhoward.org.*

E Columbia Archives

10227 Wincopin Circle, American City Bldg
Call 410-715-3103 for information or please email Columbia.Archives@ColumbiaAssociation.org.
Mon-Fri, 9am-5pm or by appointment
Community resource and a research facility. Researchers at all levels are encouraged to explore the resources. Residents and visitors can trace the built environment of Columbia, as well as the cultural, athletic, religious, educational and civic development that define the community. For urban planners, scholars and others interested in the growth of cities and suburbs, Columbia and the work of James Rouse continue to offer answers to many of today's development questions. Custom designed presentations and tours for schools and small groups.

E Columbia WalkAlong

Sat, May 12 • 10am

Explore the history of Columbia. Choose from one of three itineraries to learn about Oakland Mills, Town Center or Wilde Lake. The 90-minute walking tours are led by a trained tour guide. Discover the architectural detail as well as the institutions and individuals that are part of the fascinating story of Columbia. *For more information, go to ColumbiaArchives.org or contact Columbia Archives at 410-715-6781 or email ColumbiaArchives@ColumbiaAssociation.org.*

A Columbia RV Park

Office: 9450 Gerwig Ln, Columbia MD 21046
Park: 8711 Elias Howe Dr
Columbia Association RV Park is a security-gated recreational vehicle storage facility. Each user has a unique security code for entering and exiting the park. *Please call 410-381-0384 to receive rates or check availability or email RV.Park@ColumbiaAssociation.com.*

E Lakefront Wednesdays

Wed 12-2pm • May 2 through Jun 27
Town Center Lakefront
Free lunchtime concerts featuring various Baltimore-Washington area artists. *Call 410-715-3104 for details or visit ColumbiaCalendar.org.*

E Lakefront Summer Festival Town Center Lakefront

Free entertainment every night. Complete schedule printed in June edition of *CA Monthly*. *For more information, call 410-715-3161 or visit lakefrontfestival.com.*

Concerts Jun 19-Aug 19
Tue, Wed, Thu, Sat • 8pm
Sun • 6:30pm

Movies

Mon, Fri • 8:30pm • Jun 18-Aug 24
Fri, Sat • 8:30pm • Aug 24-Sep 15

Dancin' Under the People Tree

Fri • 6:30-8pm • Jun 22-Sep 14
Free dance instruction by Tatia Zack.

E Columbia's 45th Birthday

Sat, Jun 23 • 3-10pm
Town Center Lakefront • Free admission
Celebrate Columbia's 45th birthday. Enjoy music, entertainment, food, community booths, children's activities and cake cutting. *For more information, please call 410-715-3161 or go to ColumbiaCalendar.org.*

M Seniors Events Shuttle

A free curb-to-curb evening and weekend transportation shuttle to cultural events throughout Howard County for groups of 4 or more seniors ages 60 and over. Sponsored by the Senior Advisory Committee. *To request or cancel a ride, please call 410-715-3087.*

M Senior Advisory Committee

The goals of this committee are to advise CA on the needs, interests and concerns of Columbia's senior residents. *For more information and to become involved, call 410-715-3161.*

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

consultations

A M Eight Most Common Sports/Gym Injuries

What, Why, and How to Avoid Them

Free to CA Members

Columbia Gym • Wed, Jun 1 • 7:45pm
 Supreme Sports Club • Tue, Jul 26 • 7:45pm
 Call **Dr. Antico** to register, 443-259-0235.

Informal discussion with **Dr. Russel Antico** to review the most common injuries experienced by active individuals. Common sprains and strains to more specific conditions affecting the shoulder, hips, knees and feet are discussed. Signs and symptoms, treatment and prevention will all be discussed. Time for questions and answers.

A M Chiropractic Consultations

Free to CA Members

Supreme Sports Club, 410-381-5355
 1st Mon every month, 7:30-8:30pm
 Columbia Athletic Club, 410-730-6744
 2nd Tue every month, 7:30-8:30pm
 Columbia Gym, 410-531-0800
 3rd Tue every month, 7:30-8:30pm
 Call **Dr. Antico** to register, 443-259-0235.

A M Acupuncture Consultations

Mbrs, FREE

20-minute sessions

Supreme Sports Club, 410-531-5355
 Second Tue of the month, 10:30am-noon
 Columbia Athletic Club, 410-730-6744
 Second Wed of the month, 10:30am-noon
 Columbia Gym, 410-531-0800
 Third Wed of the month, 10:30am-noon
 No consults in August.

Register two weeks in advance by calling the club of your choice. Learn how acupuncture can help you with pain, sleep issues, digestive disorders, menstrual problems, infertility, headaches, menopause and stress. Join Acupuncturist **Janet Althen, M. Ac., L. Ac.**, of The Women's Acupuncture Center.

A M Nutrition Consulting by Cara Zaller, C.N.C.

30-Minute Sessions at Columbia Gym
 PPP and Club Mbrs, \$50

CA Res Non-Mbrs, \$65

To register, call 410-531-0800.

Nutrition sessions enable you to achieve optimal health through making healthy choices, monitoring your eating habits and maintaining your individual goals. Body measurements taken and body fat calculated. Add a nutrition session to any Personal Training package. Mbrs \$45, CA Resident Non-Mbrs \$55.

A M Common Running/Walking Injuries

Free to CA Members

Athletic Club • Wed, Jun 15 • 7:45pm
 Columbia Gym • Wed, May 25 • 7:45pm
 Call **Dr. Antico** to register, 443-259-0235.

Walkers and runners expose themselves to many "repetitive stress" injuries. This workshop with **Dr. Russel Antico** will discuss the various injuries common to this large population of exercisers. Focus will be placed on common causes, prevention, symptoms and treatment options. Participants will be led through a comprehensive exercise routine including flexibility, strengthening and stability.

A M Living Well Exercise, Nutrition, Rest

Free to CA Members

Supreme Sports Club, 410-381-5355

Tue, May 24

Call **Dr. Antico** to register, 443-259-0235.

In today's world of go, go, go, many of us forget to practice small but important habits that can be the difference between a healthy, active lifestyle and a lifestyle plagued with fatigue, health issues and stress. Informal lecture focuses on small practices we can incorporate into our lives to strike a balance between wellness and everything else. Topics include exercise, nutritional advice and tips for better relaxation.

A M Neck and Back Pain The Whole Story of Why You Are In Pain

Free to CA Members

Supreme Sports Club, 410-381-5355
 Wed, May 4 • 7:45pm

Columbia Athletic Club, 410-730-6744
 Tue, Jun 7 • 7:45pm

Columbia Gym, 410-531-0800
 Wed, Jul 13 • 7:45pm

Call **Dr. Antico** to register, 443-259-0235.

Understand how the neck and back are supposed to function. Discussion includes the typical breakdown in this function and how it leads to pain. Short review of anatomy. Common symptoms, treatment and prevention are also discussed. Participants provided and/or led through a complete flexibility routine to begin immediately!

A M Nutrition Consultations with Courtney Carpenter, MS of David's Natural Market

Free to CA Members, 20-minute sessions

Columbia Athletic Club • 410-730-6744
 Second Mon of the month • 9:30-10:10am

Supreme Sports Club • 410-381-5355
 Second Tue of the month • 5:30-6:50pm

Columbia Gym • 410-531-0800
 First Thu of the month • 6-7:30pm

No consults in July or August.

Annual

BikeAbout

SAVE THE DATE!

September 15, 9am

Columbia Town Center Lakefront

For more information, call **410-715-6781** or visit **ColumbiaArchives.org**

consultations

6 Weeks-12 Years **Youth** **Y**

13-17 Years **Teen** **T**

18 Years+ **Adult** **A**

55 Years+ **Mature** **M**

Everyone **E**

T A M Body Composition Testing

All Mbrs, \$15

CA Resident and Non-Mbr, \$20

Supreme Sports Club, 410-381-5355

Reducing body fat reduces risk for diseases and it improves your appearance. Analyze your body make up with a Body Fat Analysis Scale. *Please visit ColumbiaFitness.org/PersonalTraining to submit a request for these services and more information.*

T A M Bod Pod Metabolic and Body Composition Testing

Columbia Athletic Club 410-730-6744

Sat, May 12 from 8am-1pm

Columbia Gym 410-531-0800

Sat, Jul 7 from 8am-1pm

Call club of your choice to schedule test.

One Test, \$55 • Two Test Package, \$100

Add to any Personal Training Package:

One Test, \$50 • Two Test Package, \$90

Detailed information about your unique "Metabolic Engine." Data given for calories burned and calories needed. Assesses your lean mass vs fat mass. Progress is tracked by lean mass gained, not just pounds lost. *For more information, please go to BeFitTest.com or email your inquiries to PersonalTraining@ColumbiaAssociation.com.*

A M Chesapeake Physical and Aquatic Therapy

Pelvic Pain and Women's Health Issues

Treatment Options

Tue, May 15 • 7pm

Chesapeake Physical and Aquatic Therapy

at Supreme Sports Club • 410-381-7000

Running Injuries: Common Injuries and Prevention of Those Injuries

Tue, Jun 12 • 7pm

Chesapeake Physical and Aquatic Therapy

at Columbia Gym • 410-531-2525

Shoulder Injuries: Common Shoulder Injuries and Prevention of Those Injuries

Tue, Jul 10 • 7pm

Chesapeake Physical and Aquatic Therapy

at Columbia Gym • 410-531-2525

Knee Injuries: Common Knee Injuries and Prevention of Those Injuries

Tue, Aug 7 • 7pm

Chesapeake Physical and Aquatic Therapy

at Supreme Sports Club • 410-381-7000

Look what's going on @
town center
lakefront
for free this summer!



Lakefront Wednesdays

Wednesday, 12-2pm • May 2 through June 27

Lunchtime concerts featuring various Balt-Wash area artists.

For more info, please call 410-715-3104.

Columbia WalkAlong

Saturday, 10am • May 12

90-minute walking tours led by a trained tour guide.

For more info, please see page 16 or call 410-715-6781.

Lakefront Festival Concerts and Movies

June 19 through September 15

Enjoy Free Entertainment Every Night of the Week

Live Music on Tue, Wed, Thu, Sat, Sun through Aug 19

Family Movies on Mon and Fri, June through August 24,

Fri and Sat, August 24 through September 15

Schedules available at most CA facilities or visit lakefrontfestival.com.

Dancin' Under the People Tree

Friday, 6:30-8pm • June 22 through September 14

Free dance instruction by Tatia Zack, Fun for beginners and those with experience!

Columbia Birthday

Saturday, June 23 • 3-10pm

Celebrate Columbia's 45th birthday. Enjoy music, entertainment, children's activities and cake cutting.

For more information, please call **410-715-3161** or check ColumbiaCalendar.org.

Y Youth 6 Weeks-12 Years

T Teen 13-17 Years

A Adult 18 Years +

M Mature 55 Years +

E Everyone

fitness

A M Core Conditioning

Columbia Athletic Club 410-730-6744

Package Plan Plus Mbr, Free
Package Plan/Facility Mbr, \$36
CA Resident, \$45
Non-Mbr, \$54

4-week sessions, one day per week

Mon • 7-7:45am

May 7, Jun 4, Jul 2, Jul 30, Aug 27

Wed • 5:45-6:30am

Jun 6, Jul 4, Aug 1, Aug 29

Thu • 7-7:45am

May 17, Jun 14, Jul 12, Aug 9

with Emily Leffel

Columbia Gym 410-531-0800

Package Plan Plus Mbr, Free
Package Plan/Facility Mbr, \$48
CA Resident, \$60
Non-Mbr, \$74

4-week sessions, two days per week

Tue/Thu • 7:50-8:20am

May 1, May 29, Jul 3, Aug 7

with Stella Fanzone

Core conditioning uses the latest exercise techniques and stability training tools to strengthen/tone your mid-section.

A M TABS with Rebecca Spain

6-week sessions begin Jun 5, Jul 17

Supreme Sports Club

Package Plan Plus Mbr, Free

Club Mbr, \$62.50

Non-Mbr, \$93.75

Tue/Thu • 5:30-6:30am, Studio 1

Strengthen, tone and shape with personal trainer.

A M Basic Training

Package Plan Plus

Package Plan Plus Mbr, Free

Package Plan/Facility Mbr, \$120

CA Resident, \$150

Non-Mbr, \$180

Call club of your choice to register.

Columbia Athletic Club 410-730-6744

8-week sessions begin Jun 11, Aug 6

MWF, 6-7am with George Alston

Columbia Gym 410-531-0800

8-week sessions begin May 21, Jul 16

MWF, 6-7am with Rick Spedden

Supreme Sports Club 410-381-5355

8-week sessions begin Jun 4, Aug 6

MWF, 5:45-6:45am with Joyce Adams

Challenge yourself in this intense military-style workout with endurance and interval running, calisthenics, agility and flexibility training, while

building camaraderie with fellow participants. *Not recommended for people with chronic back and knee problems.*

A M Boot Camp

Athletic Club Day Boot Camp

Package Plan Plus Mbr, \$126

Package Plan/Facility Mbr, \$144

CA Resident, \$180

Non-Mbr, \$216

8-week session, 3 times per week

Mon/Wed/Fri, 9:30-10:30am

Sessions begin May 14, Jul 9

Columbia Gym Evening Boot Camp

Package Plan Plus Mbr, \$84

Package Plan/Facility Mbr, \$96

CA Resident, \$120

Non-Member, \$144

8-week session, 2 times per week

Mon/Wed, 6-7pm

Session begins May 15, Jul 10

Military-style training in a smaller group setting, quicker intervals, implementation of more gym toys.

A M ZUMBA® Circuit

Package Plan Plus Mbr, \$70

Package Plan/Facility Mbr, \$90

CA Resident, \$110

Non-Mbr, \$135

Columbia Athletic Club 410-730-6744

Tue • 9:30am

6-week session begins May 8, Jul 10

Free class • May 1

Columbia Gym 410-531-0800

Fri • 9:35am

6-week session begins May 11, Jul 13

Free class • May 4, Jul 6

Register one week prior to start date for free class and for 6-week session.

Taught by one Zumba® instructor and one Personal Trainer, class alternates between dance fitness and strength training using a variety of equipment. Minimum of 10 participants required.

A M ZUMBA® Under the Stars

Package Plan Plus Mbr, \$8

Package Plan/Facility Mbr, \$10

Non Mbr, \$12

Walk-in pricing (less than 24-hours before event) cash/check only at pool

Package Plan Plus Mbr, \$10

Package Plan Mbr, \$12

Non-Mbr, \$14

Held at Swansfield Pool

Pre-register by calling 410-730-6744.

Sun, Jun 3, Jul 15, Aug 12 • 7-8:30pm

Rain dates Sun, Jun 10, Jul 22, Aug 19

Get your workout and enjoy the out-

doors at this after hours Zumba® fest.

A 40-minute land class followed by Aqua Zumba® in the heated pool.

A M SharQui™ Bellydance

Package Plan Plus Mbr, \$50

Package Plan/Facility Mbr, \$60

CA Resident, \$75

Non-Mbr, \$85

Columbia Gym • 410-531-0800

Thu • 5:30-6:15pm

6-week session begins May 10

Free class • May 3

Register one week prior to start date for free class and 6-week session.

SharQui™ method is a women's only belly dance class that will help you gain strength, stamina and isolation while working the entire body.

A M Intro to Heart Rate Training for Cyclists

Package Plan Plus Mbr, \$25

Package Plan/Facility Mbr, \$30

CA Resident and Non-Mbr, \$35

Columbia Gym 410-531-0800

Sat, May 12, Aug 11 • 10:45am-12:15pm

Min 4 participants. Heart monitor required.

Register at least 24 hours prior to class.

Learn the benefits of Zone Training, set personal zone training numbers, learn how to use a heart rate monitor to reach your goals. Indoor group testing on studio bikes. Session includes 30-minute lecture and 60-minute Sub Max Test and ride.

A M Sub Max Testing for Cyclists and Runners

Groups of 3-6 Cyclists

\$20 Mbr, \$35 Non-Mbr

Groups of 2 Cyclists

\$30 Mbr, \$45 Non-Mbr

Private Session for Cyclist or Runner

\$60 per person. \$75 Non-Mbr

By appointment only

For more information, call 410-531-0800

or please email Judy Reese, Certified

Heart Zones trainer at Judy.Reese@

ColumbiaAssociation.com.

Set personal zone training numbers, learn how to use a heart rate monitor to reach your goals. Indoor testing on studio bikes and treadmills.

A M Women, Weights and Osteoporosis

Package Plan Plus Mbr, Free
 Package Plan/Facility Mbr, \$45
 CA Resident, \$65
 Non-Mbr, \$75

Thu • 12-12:45pm

6-week sessions begin May 31, Jul 19
 Columbia Athletic Club • 410-730-6744

Register one week prior to start date at the front desk.

Learn how to use free-weights and how to incorporate them into your strength-training program.

A M Arthritis Program

All Members, Free
 CA Resident and Non-Mbr, \$9/class
 Mon, 11:45am-12:40pm • May
 Mon, 12:15-1:10pm • Jun through Aug
 Ongoing, Columbia Athletic Club
 Register by calling 410-730-6744.

Increase your mobility and function and decrease pain and stiffness.

A M WINN When If Not Now

Package Plan Plus Mbr, \$79
 Package Plan/Facility Mbr, \$99
 CA Resident, \$129
 Non-Mbr, \$229

Call WINN coordinator, Pamela Officer-Greco at 410-730-6744, Ext 2433 for more information.

An 8-week program tailored for those 45 and over offering five individual coaching sessions and unlimited use of Package Plan Plus amenities.

A M Zumba® and Tae Bo® Punch Card

CA Resident and Non-Mbr, \$88 for 8 classes
Supreme Sports Arena 410-381-5355
Zumba®

Wed • 5:45pm, Sat • 12-12:45pm

Tae Bo®

Tue • 7pm, Thu • 7pm, Sat • 11am

Registration begins 30 min before class.

Non-members can purchase cards to Zumba® and Tae Bo® fitness classes in Arena at Supreme only.

A M Hip Hop Line Dancing

Package Plan Plus Mbr, \$30
 Package Plan/Facility Mbr, \$35
 CA Resident, \$50
 Non-Mbr, \$60

Supreme Sports Club 410-381-5355

6-week sessions begins May 10

Free class • May 3

Thu • 7:45pm

Register one week prior to start date for free class and for 6-week session.

Learn the latest line dances, choreographed dances with repeated sequence of steps, while burning calories.

A M willPower & grace®

Package Plan Plus Mbr, Free
 Package Plan/Facility Mbr, \$45
 CA Resident, \$67.50
 Non-Mbr, \$80

Supreme Sports Club 410-381-5355

6-week session begins May 2, Jun 20

Wed • 9:30-10:20am

with Pat Stewart

Columbia Athletic Club 410-730-6744

6-week session begins May 1, Jul 10

Tue • 10:45-11:35am

with Megan Cooperman

A formatted fusion of postures and drills, willPower & grace® is the high-energy, cardiovascular solution that blends yoga, Pilates and fitness. This easy to follow, barefoot workout is appropriate for students of all fitness levels and incorporates foot-fitness conditioning. 50-minute class.

A M Jump Fit

Package Plan Plus Mbr, \$31.50
 Package Plan/Facility Mbr, \$36
 CA Resident and Non-Mbr, \$72
 Tue • 5-5:45pm, Studio 2

4-week sessions begin May 8, Jun 19

Register by calling the Supreme Sports Club, 410-381-5355.

Jump into fitness with jump rope instructor **Liz Butterfield**. Increase cardio-respiratory endurance, balance, coordination and agility, all with the use of a jump rope!

M Practical Strength and Balance for Seniors

Package Plan Plus Mbr, \$84
 Package Plan/Facility Mbr, \$96
 CA Resident, \$120
 Non-Mbr, \$144

Supreme Sports Club 410-381-5355

8-weeks, once a week

60-min sessions begin Jun 4

Mon • 8am

Register at the Supreme Sports Club front desk. For more information, please email PersonalTraining@ColumbiaAssociation.com.

This class will train seniors to be more confident and strong in activities of daily life. By training balance, reaction time, and postural strength, seniors will re-train their muscles to react to uneven surfaces, recover from trips and slips, and see improved posture and overall fitness. In addition, the class will work on stretching and range of motion activities that benefit joint fitness and muscle function. This class is for those who feel they need to improve their balance and posture, and those wishing to improve their strength and range of motion prior to increasing their levels of activity. Minimum number of participants for a class is 10.

A M New! Cypher Kinetics

Package Plan Plus Mbr, \$40
 Package Plan/Facility Mbr, \$50
 CA Resident, \$60
 Non-Mbrs, \$75

4-week sessions (offered year-round)
 Sat 8-9am

Open House first Sat of each month
 Columbia Gym • 410-531-0800.

Join this fun and revolutionary new exercise program that utilizes circular motion and “protective fitness” to improve balance, flexibility, and coordination while learning a few self-defense techniques.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

T A Broadway Dance Ages 11+
with Kearsha Saxon

Package Plan Plus Mbr, \$9
 Package Plan/Facility Mbr, \$11
 CA Resident, \$13
 Non-Mbr, \$18
 Columbia Gym • 410-531-0800
 Sat, Jun 16 • 12-12:45pm
 Register one week in advance.
 Learn the basics to Broadway and musical theater dance in this new workshop.

T A New! National Dance Day
Ages 14+

CA Mbrs, Free
 Non-Mbrs, \$10*
 Supreme Sports Club Arena
 Sat, Jul 28 • 12-1pm
 Registration begins at 11:15am at Supreme Sports Club skating entrance.
 *Make checks payable to "Coalition for a Healthy Maryland." Additional donations to the Coalition are welcome.
 Celebrate National Dance Day with CA instructors. Learn the latest Zumba® and National Dance Day routines while supporting the Coalition for a Healthy Maryland.

Under Age 14

Package Plan Plus Mbrs, Free
 Package Plan Mbrs, \$8 per child
 CA Resident & Non-Mbrs, \$10 per child
 Supreme Sports Club KidSpace
 Pre-register by calling 410-381-7559.
 ZumbAtomic® is a fun exciting way to move, have fun and learn to dance to Latin music for kids.

A M Intro to Yoga with Chuck Parvis

Package Plan Plus Mbr, \$20
 Package Plan/Facility Mbr, \$25
 CA Resident, \$30
 Non-Mbr, \$35
 Columbia Athletic Club • 410-730-6744
 Sat, Jun 2 • 2-4pm
 Register by May 29 (after, as space allows)
 Basic introductory class especially good for participants seeking guidance on attending classes and choosing a style most suitable for their needs.

A M Intro to Pilates
with Dawn Wilson

Package Plan Plus Mbr, \$20
 Package Plan/Facility Mbr, \$25
 CA Resident, \$30
 Non-Mbr, \$35
 Columbia Athletic Club • 410-730-6744
 Sat, May 12 • 2-4pm
 Register by May 5 (after, as space allows)
 Get simple insight and a sample class about the system of doing Pilates to provide a strong foundation.

A M Intro to Belly Dancing
with Anita Baxter

Package Plan Plus Mbr, \$12
 Package Plan/Facility Mbr, \$14
 CA Resident, \$18
 Non-Mbr, \$20
 Columbia Gym, 410-531-0800
 Sun, Jun 17 • 12-1pm
 Register by Jun 13 (after, as space allows)
 For women only.
 Learn basic belly dance techniques, including knee shimmy, snake arms, hip drops and shoulder shimmy. Learn combinations and a mini choreography.

A M Ballroom Technique and DanceSport Endurance (DSE)
with Laurie Meer

Package Plan Plus Mbr, \$12
 Package Plan/Facility Mbr, \$14
 CA Resident, \$20
 Non-Mbr, \$24
 Columbia Gym • 410-531-0800
 Sun, May 6 • 10:15-11:10am
 Register one week in advance (after, as space allows)
 Learn basic ballroom technique, including hip action, rise and fall, spot turns, lock steps, and topline. No partners necessary.



Slow the Flow

Help reduce Columbia stormwater runoff by installing your own

RAIN GARDEN

Get instructions on how to build a rain garden on CA's watershed web site, ColumbiaWatershed.org.



And if you live in Long Reach or Owen Brown, you can participate in CA's Rain Garden Cost Share Program and

PAY ONLY 25% Of The Total Installation Cost For A Rain Garden to be built in your yard.

Contact CA's Watershed Manager, John McCoy, for more information at John.McCoy@ColumbiaAssociation.com or 410-312-6336.



fitnessclassdescriptions

All classes are 55 minutes unless otherwise noted.

◆ Free for PPP Members only

Preregistration required. Check in at front desk required 10 min before BodyPump®, 5 minutes before all other PPP classes.

Ai Chi Gentle mind and body exercises in warm water. (45 minutes)

BodyPump® Weight training set to motivating music, using barbells with changeable weights for all fitness levels.

BodyVive® Low impact workout at various intensities plus strengthening, balance, and core exercises.

Gentle Yoga Focus on stress reduction and flexibility, using slow, conscious movements.

Power Flow Yoga A more athletic based flow style yoga, with props as needed. Offered in various levels.

Qigong A less complex form of Tai Chi. Great for beginners.

Raja Yoga Traditional warm-up followed by a challenging practice of poses held for full effect.

Tai Chi Ancient Chinese discipline tones muscles, relaxes nerves without overtaxing heart or joints.

Yoga I For beginning students with focus on basic postures.

Yoga I/II For experienced students building on basic postures/poses.

Yoga II Adding revolved, seated and some inversions.

Yoga II/III More emphasis on inversions, backbends and arm balances.

Zumba® Toning Zumba® fitness with toning sticks for added light-weight resistance. (45 minutes)

▲ Free for PPP, PP Drop-in

Priority registration for PPP Members. Check in at front desk required at least 5 minutes before all cycle classes.

Express Cycling Experience all the hills, flats and drills of Studio Cycling in only 30 minutes.

Studio Cycling Experience hills, flats, interval and endurance work fueled by motivating music. (45, 60 or 75 minutes)

● Fee

Fee for all Members. Register at front desk.

Aikido Ancient, yet modern Japanese Martial arts involving throws and joint locks. Focus is on self-defense, physical fitness, piece of mind. Call the front desk for more information.

Judo Learn to fall safely, throw opponents, grapple for control. Goal is maximum efficiency with minimal effort. Call the front desk for more information.

Pilates Mat Learn classical sequences of Pilates routine on a floor mat. Offered in various levels.

Pilates Mat/Tower A class that combines movements on both the mat and tower.

Pilates Reformer Experience Pilates movements on reformer, a specialized piece of Pilates apparatus using springs for assistance and resistance. Offered in various levels. Check out the current Activities Guide or go online at ColumbiaAssociation.com for current schedules.

Zumba® Circuit Incorporate Zumba® dance fitness intervals and weight/strength training.

■ Free Drop-in

Open to all Members. Check in at front desk required 5 minutes before all classes.

Aqua Arthritis Gentle exercises to help decrease pain and stiffness. (45 minutes)

Aqua Arthritis Plus Gentle exercises to help decrease pain and stiffness with an increased endurance phase. (45 minutes)

Arthritis Exercise Gentle exercises to help decrease pain and stiffness.

Basic Aerobics Varying intensity, low impact aerobics and some muscle conditioning.

Cardio, Core & More Cardio training, strength building, and core conditioning

Dance Works Creative aerobic dance combinations to the latest top music.

Express Zumba® Gold A 45-minute Zumba® Gold class.

Tae Bo® Total body workout combining self-awareness, marital arts and boxing.

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves.

Zumba® Gold A modified lower impact, beginning version of Zumba®.

* Free for PPP, Fee for PP

Register at front desk.

Basic Training Intense military style workout with running, calisthenics, agility and flexibility training. (60 minutes)

Core Conditioning Uses the latest techniques and tools to strengthen and tone your mid-section. (30-45 minutes)

willPower & grace® Barefoot training that blends mind and body disciplines with cardiovascular exercise. (50 minutes)

Women, Weights & Osteoporosis Learn to use free weights. Balance and core work included. (45 minutes)

★ Fee Kids Classes

Fee for all Members unless noted. Register at front desk unless noted.

Beg-Adv Tae Kwon Do A popular form of Martial Arts to improve strength and coordination, relieve stress and self defense for ages 7+. (45 minutes)

Boot Camp for Kids Outdoor exercise class mixing traditional calisthenics with interval and strength training. (45 minutes)

Hip Hop for Kids Learn new creative dance skills while having fun. Free to KidSpace members. Register in KidSpace. (45 minutes)

Lil' Dragons Learn discipline, cooperation and respect through Martial Arts for ages 4-6. Register at Columbia Gym, 410-531-0800. (30 minutes)

Recess & Results® National youth movement program involving fun, games and fitness activities. Register in KidSpace. (45 minutes)

Zumbatomic® Fun exciting way to move, have fun and learn to dance to Latin music. Free for KidSpace Members. Register in KidSpace. (45 minutes)

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone



Hobbit's Glen Golf Club
Howard County's Best Golf Experience

This par 72 championship course has a full-service clubhouse, locker rooms, Coho Grill restaurant (non-members welcome), competitively-priced, well-stocked pro shop, practice range and green, cart rental, tournaments, corporate outings and lessons. Call 410-730-5980 for more information or go to HobbitsGlenGolfClub.com.

Fairway Hills Golf Club
Howard County's Best Golf Value!

A par 70 regulation course, clubhouse, snack bar, pro shop, practice range and green, cart rental, outings and lessons. Call 410-730-1112 for more information or go to FairwayHillsGolfClub.com.

New! Fairway Hills Annual Membership

By popular request, an annual (green fee inclusive) membership is available at Fairway Hills! A weekday only option is also available. Call the CA Membership Service Center for special offers as we launch this new membership option at 410-730-1801.

E How to Reserve a Tee Time

See page 24 for more information.

Y T Greens Fees

For Junior/Youth Greens Fees, see page 25.

A M Introduction to Golf

Open to everyone
Mbrs, \$110 • Non-Mbrs, \$125
5-week sessions begin on —
Mon, 5pm • Jul 9
Tue, 4:30pm • Jul 10
Wed, 4:30pm • Jul 11
Thu, 4:30pm • Jul 12
Sat, 9am • Jul 14
Call 410-730-1112 to register.
Use of clubs, balls, driving range, putting green and 5 hours of professional instruction to give you the skills you need to begin playing.

A M Improving Your Short Game

Open to everyone
Mbrs, \$110 • Non-Mbrs, \$125
5-week sessions begin on —
Mon, 6:15am • Jul 9
Sat, 10:30am • Jul 19
Call 410-730-1112 to register.
Improve your game from 50 yards

and in. Five hours of professional instruction (two review lessons and two on-the-course lessons).

A M Golf Practical

Open to everyone
Mbrs, \$110 • Non-Mbrs, \$125
6 one-hour sessions, Fairway Hills
Tue, 6pm
Sun, 2:30pm
5-week sessions begin May 1, Jul 10, Jul 15
Call 410-730-1112 to register.
Four hours of professional instruction on the course. Golf course etiquette, ready golf, basic rules and course management are topics included.

A M Fairway Hills Schamble League

Open to everyone
Mbrs, \$125 • Non-Mbr, \$150
5 classes per session
Mon, 5:30pm • Jul 9
League includes 30 minutes of instruction followed by two hours on the course with an instructor, playing a scramble format. League is designed for graduates of PGC classes, who would like more instruction while actually being on the course. \$10 fee each week for golf and cart. Call 410-730-1112 for information.

A M Green League

Mbrs, \$65
Non-Mbrs, \$85
Wed, 5:30pm • Jul 11
6 classes per session
Designed for graduates of PGC classes who would like to take their new golf skills on the golf course with other novice golfers. Topics such as "ready golf," etiquette, basic rules and course management will be covered on the course. \$10 fee each week for golf and cart. Please call 410-730-1112 for information.

E Driving Ranges and Practice Greens

Open to the public, until one hour before dark. (Driving ranges are open 7:30am to dusk. On Sunday, the Hobbit's Glen range closes two hours before dark). At Hobbit's Glen, there are 24 driving tees, two lesson tees, and two practice greens for chipping, sand shots and putting. At Fairway Hills, there are 23 range tees, a putting green and practice sand trap. Range ball debit keys can be bought at both clubs. Call Hobbit's Glen 410-730-5980 or Fairway Hills 410-730-1112.

Greens Fees

Fairway Hills Golf Club • 410-730-1112
Hobbit's Glen Golf Club • 410-730-5980

	Mbrs		CA Resident Non-Mbrs and Guests of Mbrs		Non-Resident Non-Mbrs
	Hobbit's Glen	Fairway Hills	Hobbit's Glen	Fairway Hills	Fairway Hills Only
Adult Weekday					
Monday-Thursday					
9-Holes	\$24	\$17	\$30	\$19	\$20
18-Holes	\$46	\$29	\$60	\$34	\$35
Adult Weekend					
Friday, Saturday, Sunday					
9-Holes	\$28	\$20	\$38	\$23	\$24
18-Holes	\$54	\$33	\$75	\$39	\$41

GOLF CART FEES

1-Person Cart Fee

9-Holes	\$8
18-Holes	\$16

2-Person Cart Fee

9-Holes	\$16
18-Holes	\$32

Mbrs, CA Resident Non-Mbrs and Guests of Mbrs

Hobbit's Glen and Fairway Hills

Hobbit's Glen and Fairway Hills

T **New! High School Golf Prep Academy**

Hobbit's Glen Golf Club

Four Week Session

CA Mbrs, \$120 • Non-Mbrs, \$135

Mon/Wed • 8-10am

Jul 9, 11, 16, 18

Three Week Session

CA Mbrs, \$80 • Non-Mbrs, \$100

Tue/Wed/Thu • 3-5pm

Aug 7, 8, 9

Instruction covering all aspects of the golf game including special strategies for high school golfers playing in Howard County. Coached by **Diane Caporaletti**, teacher at Wilde Lake High School since 2005, coach of Wilde Lake High School's golf team (county champions in 2010 and 2011), coach of the 2011 MD high school golf state champion.

A M **New! Developing the Full Swing**

CA Mbr, \$110 • Non-Mbrs, \$125

5-week session, Fairway Hills

Thu • 6pm, May 3, Jul 12

Sun • 12pm, Apr 29, Jul 15

Improve on the fundamentals of the full swing.

A M **Individual Lessons at Fairway Hills and Hobbit's Glen Golf Clubs**

One Private Half-Hour Lesson

All Mbrs, \$55

CA Resident and Non-Mbr, \$60

Four Half-Hour Private Lessons

All Mbrs, \$200

CA Resident and Non-Mbr, \$220

Group Lessons • Open to Everyone

All Mbrs, \$140

CA Resident and Non-Mbr, \$160

Per four 45-minute lessons

(form your own group of 3 or more).

Call Hobbit's Glen 410-730-5980 or

Fairway Hills 410-730-1112.

A M **Athlete's Edge Golf Fitness Programs With John Foelber**

Programs provide a wide variety of golf-specific exercises and drills to help you play better golf by making you stronger, improving balance, improving joint mobility and more! Learn what to do and what not to do when warming up, working out, and when you're on the golf course.

For pricing or to set up an appointment, please call Supreme Sports Club at 410-381-5355, Ext 2455, or email John Foelber at John.Foelber@ColumbiaAssociation.com.

A M **Reserving a Tee Time**

Fairway Hills Golf Club 410-730-1112

Package Plan Mbrs,

Fairway Hills Annual and Daily Mbrs,

and Hobbit's Glen Daily Mbrs

may reserve tee times 8 days in advance.

CA Residents and Non-Mbrs

may reserve tee times 7 days in advance.

Hobbit's Glen Golf Club 410-730-5980

Only members may reserve tee times.

Members may call one week in advance

for starting times Mon-Fri. (*Ex: call Mon*

for any weekday time through the fol-

lowing Mon). Annual members may submit

a request one week in advance to be

entered in a lottery for weekend times

and eight days in advance for weekday

tee times. All other members may

reserve weekend tee times by calling on

Tue at 7:30am.

A M **Corporate Outings**

Hobbit's Glen Golf Club and Fairway

Hills Golf Club can accommodate

from 8 to 148 golfers. Large outing

dates are available at Hobbit's Glen

on Mon and at Fairway Hills on Mon

and Wed. Morning or afternoon shot-

gun start tournaments, catered food,

fees, carts and range are included. *For*

more information on Fairway Hills,

call Don Van Deusen at 410-730-1112

or call Joan Lovelace at Hobbit's Glen,

410-730-5980.

pro shops & welcome center shop

Hobbit's Glen Golf Club 410-730-5980 • **Fairway Hills Golf Club** 410-730-1112

Both clubs offer Pro Shops to meet your golfing needs at competitive prices.

Columbia Swim Center 410-730-7000

Need goggles, earplugs, shampoo or other swimming accessories? Come see us.

Columbia Ice Rink 410-730-0322

Columbia Ice Rink offers skate sharpening service for hockey and recreational skates, and limited hockey accessories.

Wilde Lake Tennis Club 410-730-3767 **Owen Brown Tennis Club** 410-381-7255

Indoor Tennis Club 410-720-0149

Fully stocked with clothes, bags, accessories and racquets. Watch for monthly sales!

Maggie J. Brown Welcome Center 410-730-1801

People Tree emblazoned shirts, mugs and pins, as well as note cards, books and other items celebrating the spirit of Columbia are available during regular Welcome Center hours. The *Celebrate Columbia*, *Creating a New City* and *Images of Columbia* books are discounted 15-20%.

Many items in the Pro Shops are available at a discount to Package Plan Plus and Member Advantage members.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Golf Leagues

A M Women's Twilight League

For women golfers who want to play a recreational round of golf with a regular schedule. *For additional information, please call 410-730-5980 (Hobbit's Glen) or 410-730-1112 (Fairway Hills).*

A M Ladies 9-Hole League

Wide range of skill levels. Fun-filled play. Tuesday mornings at Hobbit's Glen and Thursday mornings at Fairway Hills.

For additional information, please call 410-730-5980 (Hobbit's Glen) or 410-730-1112 (Fairway Hills).

A M Ladies' 18-Hole League

For women of all ages. Handicaps ranging from 8-38. Wednesday mornings. *For additional information, please call 410-730-5980 (Hobbit's Glen).*

A M Men's Senior Group

Play and meet other golfers in a pleasant and relaxed atmosphere. Many social tournaments. *For additional information, please call 410-730-5980 (Thursday at Hobbit's Glen) or 410-730-1112 (Tuesday Fairway Hills).*

A M Fairway Hills Green League

Mbrs, \$65
Non-Mbrs, \$85
6 classes per session
Sessions held Wed • Jul 11 • 5:30pm
Designed for graduates of PGC classes who would like to take their new golf skills on the golf course with other novice golfers. Topics such as "ready golf," etiquette, basic rules and course management will be covered on the course. There is a \$10 fee each week for golf and cart. *For information, please call 410-730-1112.*

M Men's Thursday Twilight League

For male golfers who want to play a recreational round of golf with a regular schedule at Fairway Hills. Tee times begin at 5:30pm. *For information, please call 410-730-1112.*

A M Get Golf Ready

Tue/Wed • 2-3:30pm
\$120/participant at Hobbits Glen Golf Club
Get golf ready with topics on "How to Play" on the course taught by Joan Lovelace, LPGA/PGA Golf Professional. Covers all aspects of the game in a 4-session clinic. *For more information, please call Joan Lovelace at 410-730-5980.*

Y T Monday Junior Golf League Advanced to Intermediate

Fairway Hills Golf Club Only

\$50 Mbrs; \$75 Non-Mbrs
Jun 25

To register and for schedule information at Fairway Hills, call 410-730-1112.

Must have experience to join. League fee includes clinics with topics covering play ready golf, etiquette, rules, course management and prizes at the end of the season tournament. Green fees of \$6 are not included in registration fee and must be paid with each round of attendance.

Y T Beginner Golf Clinics

Fairway Hills Golf Club

\$100 Mbrs; \$125 Non-Mbrs

Jun 25-29, Jul 9-13, Aug 6-10

To register and for schedule information at Fairway Hills, call 410-730-1112.

Choose one of three sessions held on Monday through Friday from 9-11am at Fairway Hills.

Hobbit's Glen Golf Club

\$100 Mbrs; \$130 Non-Mbrs

Jul 23-25, Aug 20-22

To register and for schedule information at Hobbit's Glen, call 410-730-5980.

Choose one of three sessions held on Mon, Tue and Wed from 8-11am at Hobbit's Glen.

Fees at both clubs include range balls, play on course, prizes, instruction, juice and doughnuts.

Junior Golfer Greens Fees

Fairway Hills Golf Club • 410-730-1112 • Hobbit's Glen • 410-730-5980

	All Members		CA Resident		Non-Mbr and or Guest	
	Hobbit's Glen	Fairway Hills	Hobbit's Glen	Fairway Hills	Hobbit's Glen	Fairway Hills
Junior Weekday						
Monday-Thursday						
9 Holes	\$13	\$8	\$10	\$10	\$12	\$14
18 Holes	\$17	\$14	\$16	\$16	\$18	\$20
Junior Weekend						
Friday, Saturday, Sunday						
9 Holes	\$15	\$10	\$12	\$12	\$14	\$14
18 Holes	\$19	\$18	\$20	\$20	\$22	\$22

The First Tee participants with ID cards receive a \$2 discount.

Fees apply during weekday hours and after 12pm on holidays and weekends at Fairway Hills/Hobbit's Glen.

A Junior Golfer is anyone between the ages of 8 and 17 who has successfully completed CA's golf clinic, the First Tee Par Level or instructional series (or is approved for play by a professional staff member). *For information, call 410-730-1112.*

For more information on Fairway Hills and Hobbit's Glen Golf Clubs, visit FairwayHillsGolfClub.com or HobbitsGlenGolfClub.com.
For the latest golf offers, visit ColumbiaFit.org.

Fairway Hills

May

Fri, May 4 1pm Ryerson Soccer Outing

Mon, May 21 9am . . . NAACP Golf Tournament

June

Mon, Jun 4 1pm . . Maryland Football Coaches

Wed, Jun 6 9am MISGA League

Fri, Jun 8 1pm Atholton Boosters Outing

Sun, Jun 10 8am Busch League

Wed, Jun 13 Noon CAI Outing

Fri, Jun 15 1pm Lions Club Outing

Mon, Jun 18 1:30pm Joey V Memorial

Fri, Jun 22 1pm . . Marquis Foundation Outing

July

Sat, Jul 7 9am Match Play Championship

Sun, Jul 8 9am Match Play Championship

Sat, Jul 14 9am Match Play Championship

Sun, Jul 15 8:30am . . Match Play Championship

Wed, Jul 18 9am MISGA Event

August

Wed, Aug 8 12:30pm . . . The First Tee Outing

Sat, Aug 11 9am Anglewood Golf Club

Wed, Aug 15 9am MISGA Event

Wed, Aug 29 4:30pm . . 3rd Green League Outing

Hobbit's Glen

May

Tue, May 1 8:30am Ladies 9 Hole (Front)

Wed, May 2 8:15am Ladies 18 Hole

Thu, May 3 9-11:30am . . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Sat, May 5 8am . Individual Handicap Tournament

Tue, May 8 8:30am Ladies 9 Hole

Wed, May 9 8:15am Ladies 18 Hole

Thu, May 10 9am-2pm . . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Mon, May 14 8:30am-2pm . . Private Outing

Tue, May 15 8:30am . . . Ladies 9 Hole (Front)

Wed, May 16 8:15am Ladies 18 Hole
with Nine Hole Ladies

Thu, May 17 9-11:30am . . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Sat, May 19 8am Barker Two Player
Gross and Net

Sun, May 20 8am Barker Two Player
Gross and Net

Mon, May 21 12-5pm Private Outing

Tue, May 22 8:30am Ladies 9 Hole

Wed, May 23 9am Ladies 18 Hole
(Shotgun with Senior Men)

Thu, May 24 8:30-10:30am WMGA
4:30-5:30pm . . . Ladies' Twilight League

Tue, May 29 8:30am Ladies 9-Hole

Wed, May 30 8:15am Ladies 18 Hole
Joan Lovelace Tournament

Thu, May 31 9-11:30am . . Men's Senior Assoc
4:30-5:30pm . . . Ladies Twilight League

June

Sun, Jun 3 3pm Couples Scramble

Mon, Jun 4 9am-1pm Private Outing

Tue, Jun 5 8am Ladies 9 Hole (Back)

Wed, Jun 6 8:15am Ladies 18 Hole

Thu, Jun 7 8:30am-2:30pm . . . MISGA Event

Mon, Jun 11 8:30am-2pm . . . Private Outing

Tue, Jun 12 8:30am . . . Ladies 9 Hole (Front)

Wed, Jun 13 8:15am Ladies 18 Hole

Thu, Jun 14 8:30-11:30am Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Mon, Jun 18 8:30am-2pm . . . Private Outing

Tue, Jun 19 8am Ladies 9 Hole (Back)

Wed, Jun 20 8:15am Ladies 18 Hole

Thu, Jun 21 9am . Mens Senior Member Guest

Mon, Jun 25 8am-5pm . . . Ladies Invitational

Tue, Jun 26 8:30am . . . Ladies 9 Hole (Front)

Wed, Jun 27 8:30am Ladies 18 Hole

Thu, Jun 28 8:30-11:30am . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Sat, Jun 30 8am . Club Championship Medal Play

July

Sun, Jul 1 8am . Club Championship Medal Play

Tue, Jul 3 8am Ladies 9 Hole (Back)

Thu, Jul 5 8:30am Men's Senior Golf

Sat, Jul 7 3pm Couples Tournament

Tue, Jul 10 8:30am Ladies 9 Hole (Front)

Wed, Jul 11 8:15am Ladies 18 Hole

Thu, Jul 12 8:30-11:30am . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Tue, Jul 17 8am Ladies 9 Hole (Front)

Wed, Jul 18 8:15am Ladies 18 Hole
Men's Senior (Shotgun)

Thu, Jul 19 9am MISGA

Tue, Jul 24 8:30am Ladies 9 Hole (Back)

Wed, Jul 25 8:15am Ladies 18 Hole

Thu, Jul 26 8:30am-2:30pm . Mens Senior Golf
4:30-5:30pm . . . Ladies' Twilight League

Tue, Jul 31 8am Ladies 9 Hole (Back)

August

Wed, Aug 1 8:15am Ladies 18 Hole

Thu, Aug 2 8:30-11:30am . Men's Senior Assoc

Sat, Aug 4 8am Club Championship
(Match Play)

Sun, Aug 5 8am Club Championship
(Match Play)

Mon, Aug 6 7am-4pm . . Young Amateur Tourn

Tue, Aug 7 8:30am Ladies 9 Hole (Front)

Wed, Aug 8 8:15am Ladies 18 Hole

Thu, Aug 9 8:30-11:30am . Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Sat, Aug 11 8am Club Championship
(Match Play)

Sun, Aug 12 8am Club Championship
(Match Play)

Mon, Aug 13 All Day . Green Aerification Week

Tue, Aug 14 8-9:30am . . Ladies 9 Hole (Back)

Wed, Aug 15 8:15am Ladies 18 Hole

Thu, Aug 16 8:30am-2:30pm . . Men's Senior
Assoc MISGA

Tue, Aug 21 8:30am . . . Ladies 9 Hole (Front)

Wed, Aug 22 8:15am Ladies 18 Hole
CA Tournament

Thu, Aug 23 9am Men's Senior Assoc
4:30-5:30pm . . . Ladies' Twilight League

Sat, Aug 25 8am . Senior Club Championship

Tue, Aug 28 8am Ladies 9 Hole (Back)
Shotgun Member Guest

Wed, Aug 29 8:30am Ladies 18 Hole

Thu, Aug 30 8:30-11:30am . . . Men's Senior

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Martial Arts

Pride, skills, power, strength and grace —

Some 100 million people throughout the world practice Martial Arts for a variety of reasons, including self-defense, physical fitness, mental tranquility and competition. Among the many benefits are improved concentration, confidence, self-esteem and self-discipline. Children enjoy Columbia Association's Martial Arts program because it's fun. Parents have found that it helps instill discipline, self-respect and character development.

For more information and to register, please call John Bannon 410-531-8927 or visit ColumbiaMartialArts.org.

A M Judo

PPP Mbr, \$30
 Club Mbr, \$35
 CA Res Non-Mbr, \$50
 Columbia Athletic Club
 4-week sessions, ongoing
 Sat, 12:30-1:30pm
 Register at the front desk or call 410-730-6744.

Learn how to fall safely, throw opponents and grapple for control. The training is maximum efficiency with minimal effort. The senior instructor is a sixth-degree black belt with the U.S. Judo Association. No experience needed.

A M Aikido

Once Weekly	Up to Three Times Weekly
\$80.....	\$95 for PPP Mbr
\$80.....	\$95 Club Mbr
\$90.....	\$105 Non-Mbr

On-going, join anytime.
 Tue, 8:30-10pm, Thu, 8:30-10pm
 Sat, 11am-12:30pm
 8-week sessions at Columbia Athletic Club
 Register by calling 410-730-6744.

Aikido, an ancient yet modern Japanese martial art, is practiced by men and women for self-defense, as well as physical fitness. Senior instructor **Dr. Yoji Kondo** is a sixth-degree black belt. No experience needed.

Y T Martial Arts Beginner Class

Please call for pricing.
 Family discounts apply.
 Columbia Gym, ongoing,
 Mon, 6-6:45pm, Thu, 6:30-7:15pm
 Athletic Club, ongoing, Wed, 6-6:45pm
 A fun and progress-oriented experience to instill a positive attitude, build confidence and self-esteem, promote the desire to learn, improve motivation and concentration, and teach self-discipline and respect.

Advanced and Intermediate

Includes safety skills.

E Family Class

Ongoing 4-week sessions
 Columbia Gym, Thu, 7:15-8pm
 Try this fun martial arts class with your child. *Ask about our free class!*

Y Lil' Dragon Program Ages 4-6 Years **Half-Hour Session, Ongoing**

Please call for pricing.
 Family discounts apply.
 4-week sessions
 The Columbia Gym
 Mon, 5:30-6pm, 6:45-7:15pm
 Sat, 10-10:30am
 Columbia Athletic Club • Wed, 5:30-6pm
 Your children will learn discipline, cooperation and respect. Parents and siblings are invited to participate to provide a comfortable family atmosphere. *For more information, call 410-531-8927.*

Y Tiny Dragons Ages 2-3 Years

Please call for pricing.
 Family discounts apply.
 Columbia Gym, ongoing • Mon 5-5:30pm
 Focuses on balance, coordination, basic listening and motor skills through fun drills, games and activities.

Y T Chinese Kung Fu Martial Arts

PPP Mbr, \$50 per month
 Club Mbr, \$55 per month
 CA Res Non Mbr, \$60 per month
 4 week session, ongoing
 Fri, 6:30pm • Columbia Gym
 Call 410-531-8927 for more information.
 Fun and enriching classes designed for youth of all levels (first-time, beginner and intermediate) to develop coordination, balance, flexibility, strength, speed, discipline and self-confidence.

see
 what's
 for
 sale!

*at the
 Columbia Association
 Membership
 Service Center*

tickets
 are available for
movies,
concerts &
sporting
events
gift certificates
 to area restaurants
 and **more**

*come to the
 Membership Service Center
 at 10221 Wincopin Circle
 or call 410-730-1801*

for more information.

NOTE Schedules and fees subject to change. Please visit MartialArts.org for more information. Call 410-531-8927 for prices and to register.

Class Descriptions

Aikido Aikido is an ancient, yet modern Japanese Martial Art that involves some throws and joint locks. Aikido focuses not on punches or kicks, but on using an opponents own energy against them. Positive aspects include self-defense, physical fitness and piece of mind. Senior instructor Dr. Yoji Kondo is a sixth-degree black belt. No experience necessary.

Chinese Kung Fu Fun and enriching classes designed for youth of all levels (first time, beginner and intermediate). Develop coordination, balance, flexibility, strength, speed, discipline and self-confidence through learning Chinese martial arts skills.

Karate-Tae Kwon Do Learn Tae Kwon Do, a popular form of Martial Arts, to improve your strength and coordination, build you confidence level, relieve stress and just give you an all around good workout. Self defense is an important part of this class. All levels welcome; expertise ranging from beginner to advanced. We also offer a fun family class that a parent and child can take together. Ask about monthly deduction plans.

Family Class Try this fun Martial Arts class with your child.

Intermediate and Advanced A fun, progress-oriented experience that will instill a positive attitude, build confidence, develop character and teach safety skills.

Judo Learn how to fall safely, throw opponents and grapple for control. The goal of Judo training is maximum efficiency with minimal effort. Senior instructor Dr. Yoji Kondo is a sixth-degree black belt. No experience necessary.

Lil' Dragons Programs Lil' Dragons Martial Arts program is for 4 to 6 year olds. Children will learn discipline, cooperation and respect. Parents and siblings are invited to participate to provide their children with a comfortable family atmosphere.

Tae Kwon Do for Kids Traditional Korean Martial Art known for it's flying and spinning kicks. Tae Kwon Do provides a fun and progress-oriented experience that will instill positive attitude, build confidence and self-esteem, develop character, promote the desire to learn, improve motivation and concentration and teach self-discipline and respect. These classes are taught in a safe and friendly environment. Classes are great for kids and adults alike. Classes are available for beginner through advanced levels.

Tiny Dragons Programs Tiny Dragons Martial Arts program is for 2 and 3 year olds. Program focuses on balance, coordination, basic listening and motor skills through fun drills, games and activities.

Day	Time	Club	Class
Monday	5-5:30pm	Col Gym	Tiny Dragons
	5:30-6pm	Col Gym	Lil' Dragons
	6-6:45pm	Col Gym	Kids Beg/Int Tae Kwon Do
	6:45-7:15pm	Col Gym	Lil' Dragons
	7:15-8pm	Col Gym	Intermediate/Advanced
Tuesday	8:30-10pm	Athletic Club	Aikido
Wednesday	5:30-6pm	Athletic Club	Lil' Dragons
	6-6:45pm	Athletic Club	Kids Beg-Adv Tae Kwon Do
	7-7:45pm	Col Gym	Beginner Advanced
Thursday	6:30-7:15pm	Col Gym	Beginner/Intermediate
	7:15-8pm	Col Gym	Family Tae Kwon Do
	8:30-10pm	Athletic Club	Aikido
Friday	6:30-7:15pm	Col Gym	Kung Fu
Saturday	9-10am	Col Gym	Sparring or Kicking
	10-10:30am	Col Gym	Lil' Dragons
	11am-12:30pm	Athletic Club	Aikido
	12:30-1:30pm	Athletic Club	Judo

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

personal&grouptraining

Personal Training

Get fitness results faster with effective, challenging, safe and fun training sessions.

We design your program with your specific goals, needs and challenges.

The knowledge, experience and motivation a trainer provides leads to lifelong exercise adherence and overall lifestyle improvement.

Columbia Association provides two levels of Personal Trainers: Elite and Professional. Session packages and small group training are also available, allowing you to choose which option best fits your needs and budget. Go to ColumbiaFitness.org/PersonalTraining

for more information, to select a personal trainer, or to set up a one-on-one Personal Training consultation!

CA Residents and Non-Members are also welcome. *For specific questions, email PersonalTraining@ColumbiaAssociation.com.*

Check out the inside back cover ad for a first-time Personal Training client special offer.

Personal Training Pricing

Per session prices are valid only if total number of sessions are purchased at one time.

Professional Personal Trainer

Number of Sessions	Cost Per Session All Mbrs
1\$70
3\$60
6\$52
12\$49
24\$47

Small Group Training Packages

(2-3 participants per group/split price)

Professional Personal Trainer with Group

Number of Sessions	Cost Per Session All Mbrs
3\$74
6\$70

Elite Personal Trainer

Number of Sessions	Cost Per Session All Mbrs
1\$80
3\$69
6\$60
12\$58
24\$55

Small Group Training Packages

(2-3 participants per group/split price)

Elite Personal Trainer with Group

Number of Sessions	Cost Per Session All Mbrs
3\$84
6\$78

CA Resident/Non-Mbr Rate • Add \$10 per session, per Non-Member, with a Professional or Elite Trainer for individual and small group sessions.

- All sessions are up to 60 minutes in length.
- 30 minute sessions are available.

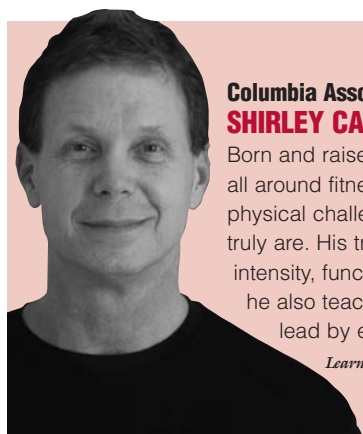
FREE SOIL TEST ANALYSIS

Reduce unnecessary fertilizer application and help clean up our lakes!

TEST YOUR LAWN

Pick up your soil sample bags at your village community association.

Please contact CA's Watershed Manager, John McCoy, for details at John.McCoy@ColumbiaAssociation.com or call **410-312-6336**.



Columbia Association Professional Personal Trainer

SHIRLEY CALLIS Shirley.Callis@ColumbiaAssociation.com

Born and raised in Virginia Beach, VA, Shirley is a lifelong surfer and all around fitness enthusiast. He feels that the greater the variety of physical challenges an individual can perform well, the fitter they truly are. His training technique focuses on "constantly varied, high intensity, functional movements." In addition to personal training, he also teaches yoga and studio cycling for CA. "A trainer must lead by example."

Learn about all of CA's personal trainers at ColumbiaFitness.org/PersonalTraining.

A M Gravity® Personal Training Classes

All Mbrs, \$160

CA Resident, \$200

Non-Mbr, \$240

4-week sessions • Starting in Feb

Two 45-minute workouts per week

Courtside at Supreme Sports Club

Tue/Thu, 6pm with Denise Jenkins

Registration ongoing. Call 410-381-5355.

Minimum of 5 participants needed for class to be held.

A fun and innovative program that provides full body conditioning through resistance training. Certified Gravity® personal trainer leads you or a small group through a fabulous workout that produces incredible results. Gravity® Small Group Training provides two 45-minute workouts per week for 4 weeks.

T A M Small Group Training Four Participants

8-week programs available at each fitness facility, unless otherwise noted.

Columbia Athletic Club 410-730-6744

Columbia Gym 410-531-0800

Supreme Sports Club 410-381-5355

1-hour sessions

Mbr, 1 time per week, \$184/person

Mbr, 2 times per week, \$349/person

Non-Mbr, 1 time per week, \$259/person

Non-Mbr, 2 times per week, \$499/person

30-minute sessions

Mbr, 1 time per week, \$99/person

Mbr, 2 times per week, \$184/person

Non-Mbr, 1 time per week, \$159/person

Non-Mbr, 2 times per week, \$299/person

Prices based on groups of four. One-on-one and groups of two-three participants are also available at current Personal Training pricing. Help available to create a group. *For registration and information, please go to PersonalTraining@ColumbiaAssociation.com or call Sam Yurko at 410-715-5509.*

Express Workout

30-minute sessions

8-week programs

1 time/week, \$99/CA member

2 times/week, \$184/CA member

Longer is not necessarily better. Increase stamina, strength, and core stability in only 30 minutes. *For more information, please e-mail PersonalTraining@ColumbiaAssociation.com.*

T A M Group Training Classes Six to Ten Participants

Eight 60-minute sessions

All Mbrs, \$160

CA Resident, \$200

Non-Mbr, \$240

To register, call club of your choice.

Columbia Athletic Club 410-730-6744

Columbia Gym 410-531-0800

Supreme Sports Club 410-381-5355

Participate in these small group specialty classes and get the intensive training you desire with the attention you deserve. Classes are held with a minimum of 6 and a maximum of 10.

Please register at the facility of your choice or for more information, please send emails to PersonalTraining@ColumbiaAssociation.com.

TRX Suspension Training

Challenge your body using suspension straps and body weight.

Columbia Athletic Club • 1 time per week

TRX with Emily

Tue, 9:30am • May 8, Jul 10

Wed, 7am • May 9, Jul 11

TRX with Lauraine

Fri, 6:30pm • May 4, Jul 6

Fri, 7:30pm • May 4, Jul 6

Sat, 6:30am • May 5, Jul 7

Columbia Gym with Bonnie

Mon, 8am • May 7, Jul 9

Wed, 12:30pm • May 9, Jul 11

Sun, 11:30am • May 13, Jul 15

Supreme Sports Club with William

One time per week

Mon, 9:30am • May 7, Jul 2

Russian Kettlebell Training

Increase core/functional strength.

Columbia Athletic Club 410-730-6744

2 times per week for 4 weeks with Stanislav

Mon/Wed, 7:30pm

May 7, Jun 4, Jul 2, Aug 6

Fri, 5:30pm/Sat, 10am

May 4, Jun 1, Jul 6, Aug 3

Supreme Sports Club 410-381-5355

1 time per week with William

Mon, 9:30am • May 7, Jul 2

Columbia Gym 410-531-0800

8 weeks, 1 time per week with Stanislav

Mon/Wed, 9am

May 7, Jun 4, Jul 9, Aug 6

Tue/Thu, 9:30am

May 8, Jun 5, Jul 10, Aug 7

Extreme Aeroboxing with Darrell

4-week session, 2 times per week

Tue/Sat, 6:30am

Columbia Athletic Club, 410-730-6744

May 8, Jun 5, Jul 3, Jul 31

Intense boxing/martial arts interval and agility training using, heavy bags, focus mitts, thai pads, medicine balls and jump ropes.

Extreme Boot Camp

4-week session, 2 times per week

Tue/Thu, 9:30am

Columbia Athletic Club

May 8, Jun 5, Jul 3, Jul 31

Short/interval runs, speed, agility, quickness, tires, battle ropes, medicine balls and calisthenics.

Stretching Practice and Principles

Supreme Sports Club 410-381-5355

8 weeks, one time per week

Mon, Jun 4 • 7am

Columbia Athletic Club 410-730-6744

Wed, Jun 6 • 8pm

The class will focus on Active Isolated Stretching technique, but also teach principles of active/athletic and static stretching.

Hardcore

1 time per week, 8 weeks

All Mbrs, \$160

CA Resident, \$200

Non-Mbr, \$240

Tue, 6pm • May 24

Columbia Gym, 410-531-0800

Training the core requires an exercise regime that goes beyond a simple “abs and back” workout. A strong base of support at the core of the body allows for better transfer of forces to the extremities. The human kinetic chain is able to transfer load optimally because of the relationships of two functionally integrated musculoskeletal groups known as the inner unit and outer unit. The inner core muscles assist in stabilizing the spine and pelvis, whereas the outer core muscles are the movers of the spine. Learn to train your entire kinetic chain optimally on all levels in all planes in Hardcore!

Y Youth 6 Weeks-12 Years

T Teen 13-17 Years

A Adult 18 Years +

M Mature 55 Years +

E Everyone

T A M Personal Training Consultations

All Members, Free

Supreme Sports Club 410-381-5355

with John Foelber, PT Supervisor

John.Foelber@ColumbiaAssociation.org

Columbia Athletic Club 410-730-6744

with Lauraine Sanders, PT Liaison

Lauraine.Sanders@ColumbiaAssociation.org

Columbia Gym 410-531-0800

with Dena Taylor, PT Supervisor

Dena.Taylor@ColumbiaAssociation.com

Register by emailing PT supervisor of your choice.

CA Personal Trainers discuss why personal training might be right for you.

The 15-minute consultation focuses on explaining training options to meet personal health, fitness and performance goals and provide simple informational tips to improve your current fitness regimen. Personal training supervisors

John Foelber, Lauraine Sanders and

Dena Taylor will determine which CA trainer is the right match for your needs.

A M Hydro-Training Program

One-on-One and Small Group Training,
2 to 3 people

For pricing, please see page 29.

Learn to train aerobically and anaerobically and without injury. Use of dumbbells and other aqua resistance tools will be utilized. *Training available at all three fitness facilities and Columbia Swim Center. Sessions conducted by either Dena Taylor, Elite or Alice Judd, Professional. Visit ColumbiaFitness.org/PersonalTraining to submit a request to be contacted by a HydroTrainer.*

A M Dare To Lose

Package Plan Plus Mbr, \$320

Package Plan/Facility Mbr, \$340

Columbia Gym

Free Intro Session • Mon, May 7 • 7pm

Classes begin Mon, May 14 • 7pm

Burn fat and build muscle while learning a fresh approach to healthy living. Program is taught by certified personal trainers and lifestyle coaches, and includes easy to follow meal plans, group personal training, weekly meetings and educational materials, and stress management. **New this year ...**

Shape Up for Kids. A separate class may be added based on demand. *Please call Bonnie Pace at 410-531-0800, Ext 2303.*

personal & group training

see
what's
for
sale!

at
Columbia Association
Membership Service Center

tickets
are available for
**movies,
concerts &
sporting
events**
gift certificates
to area restaurants
and **more**

*Columbia Association
Membership Service Center
10221 Wincopin Circle
Call 410-730-1801 or go to
CAmemberadvantage.org for more information.*

Pilates

Pilates is a system of exercises designed by Joseph Pilates to work the deep core muscles of the body increasing performance in athletics and daily life. Brilliantly, it can flatten your abs, shape your buttocks and legs, increase strength, invigorate the mind, and improve posture, balance and coordination.

CLASS DESCRIPTIONS

Mat Learn classical sequences of a Pilates routine on a floor mat.

Reformer Experience Pilates movements on equipment with springs for resistance.

Mat/Tower A class that combines movements on both mat and tower.

Members may take private or individual sessions, or arrange their own small groups of duets, trios or quads with an available instructor. *For all your Pilates needs or questions, please call 410-730-6744, Ext 2364 or email Pat Stewart at Pat.Stewart@ColumbiaAssociation.com.*

Pilates Schedule Summer 2012

Please call the listed facility to register: Columbia Athletic Club (AC) 410-730-6744
 Columbia Gym (CG) 410-531-0800 • Supreme Sports Club (SSC) 410-381-5355

Class	Time	Commitment	Cost	Prerequisite
Mat	.45 min	.6 wk	All Mbrs, \$85/Non-Mbrs, \$115	None
Mat	.45 min	.1 wk	All Mbrs, \$16/Non-Mbrs, \$21	None
Reformer	.60 min	.6 or 12 wk	See Pilates Reformer Sessions pricing on next pg	3 Private or 6 Wk Mat
Mat/Tower Trio	.55 min	.6 wk	All Mbrs, \$180/Non-Mbrs, \$240	None

MONDAY				
*10:45am	Mat I/II	SSC	Pilates/Yoga Studio	Vicki 6 Week • May 14
*7pm	Mat I/II	CG	Studio 3	Pat 6 week • May 14, Jul 9
TUESDAY				
*7am	Mat I	AC	Studio 2	Dawn 6 Week • May 15, Jul 10
*6:15pm	Mat I/II	SSC	Pilates/Yoga Studio	Susan 6 Week • May 15, Jul 10
6:30pm	Reformer I/II	AC	Pilates Studio	Pat 12 Week • May 15
7:30pm	Reformer II/III	AC	Pilates Studio	Pat 12 Week • May 15
WEDNESDAY				
*9:15am	Mat I/II/III	SSC	Pilates/Yoga Studio	Karen 6 Week • May 16, Jul 11
*10:30am	Reformer I	SSC	Pilates/Yoga Studio	Karen 6 Week • May 16, Jul 11
*12pm	Mat/Tower	AC	Pilates Studio	Pat 6 Week • May 16, Jul 11
*5:30pm	Reformer I	AC	Pilates Studio	Dawn 6 Week • May 16, Jul 11
6:30pm	Reformer I/II	AC	Pilates Studio	Karen 6 Week • May 16, Jul 11
7:45pm	Mat I/II/III	AC	Pilates Studio	Karen 6 Week • May 16, Jul 11
THURSDAY				
5:30am	Reformer I/II	AC	Pilates Studio	Pat 12 Week • May 17
*6:45am	Reformer I	AC	Pilates Studio	Dawn 6 Week • May 17, Jul 12
*8am	Mat I/II/III	SSC	Pilates/Yoga Studio	Susan 6 Week • May 17, Jul 12
*9:30am	Mat I/II	AC	Studio 2	Vicki 6 Week • May 17, Jul 12
6pm	Mat I/II/III	SSC	Yoga Studio	Karen 6 Week • May 17, Jul 12
6:30pm	Reformer I	AC	Pilates Studio	Pat 12 Week • May 17
7:30pm	Ref for Couples	AC	Pilates Studio	Pat 12 Week • May 17
FRIDAY				
7:15am	Reformer I/II	AC	Pilates Studio	Pat 12 Week • May 18
10:30am	Reformer I	AC	Pilates Studio	Vicki 6 Week • May 18, Jul 13
SATURDAY				
*8am	Reformer I	AC	Pilates Studio	Vicki 6 Week • May 19, Jul 14
*9am	Reformer I/II	AC	Pilates Studio	Vicki 6 Week • May 19, Jul 14
SUNDAY				
*9am	Reformer I	AC	Pilates Studio	Susan 6 Week • May 20, Jul 15

* Notates free class week of May 7.
 Call hosting facility to register in advance. Space is limited.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years +
- M** Mature 55 Years +
- E** Everyone

Pilates Private Training

T A M Members may request any of our highly trained instructors for one-on-one private sessions in yoga or Pilates. Reasons for choosing a private training session might be to:

- prepare for participation in a class setting
- focus on a particular area of exercise or postures
- find solutions for adapting the exercises or posture to suit your specific needs
- enhance or deepen the level of participation
- benefit those who prefer to learn through private instruction

T A M Pilates Private Mat Training

All Mbrs,
 \$65/1 session
 \$185/3 sessions
 \$360/6 sessions
 \$660/12 sessions
CA Resident and Non-Mbr,
 \$75/per session
 55-minute sessions

For more information or to arrange private Pilates mat training, call 410-730-6744, Ext 2364 or email Pat Stewart at Pat.Stewart@ColumbiaAssociation.com

Yoga Private Training

T A M All Members,
 \$65 for 55 minutes
 \$35 for 30 minutes
CA Resident and Non-Mbr,
 \$75 for 55 minutes
 \$45 for 30 minutes

For more information or to arrange private yoga training, please call Vicki Burns at 410-730-6744, Ext 2407 or email Vicki.Burns@ColumbiaAssociation.com.

T A M Pilates Reformer Sessions

Prices are per person for All Members. CA Resident and Non-Member \$10 more per session. Prerequisite: 6-week mat class or 3 private mat sessions. Offered at Columbia Athletic Club and Supreme Sports Club.

PRIVATE	PROFESSIONAL INSTRUCTOR	ELITE INSTRUCTOR	MASTER INSTRUCTOR
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$210	\$225	\$240
6.....	\$390	\$420	\$450
12.....	\$720	\$780	\$840
DUET			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$165	\$180	\$195
6.....	\$300	\$330	\$360
12.....	\$540	\$600	\$660
TRIO			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$135	\$150	\$165
6.....	\$240	\$270	\$300
12.....	\$420	\$480	\$540
QUAD			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$105	\$120	\$135
6.....	\$180	\$210	\$240
12.....	\$300	\$360	\$420

Columbia Association Pilates Instructor Qualifications

The Columbia Association offers three levels of instructors: Professional, Elite and Master.

Professional Instructor

These instructors have completed Peak Pilates training Levels I and/ or II including a minimum of 160 hours of training instruction, observation, and practice for Level I and a minimum of 385 hours for Level II.

Elite Instructor

These instructors have completed Peak Pilates training Level III totaling a minimum of 450 hours of instruction, observation, and practice. Additional training includes mat, reformer, chair, barrel, and other Pilates apparatus.

Master Instructor

These instructors have completed the Comprehensive Exam set forth by Peak Pilates and have a minimum of 1,500 hours teaching Pilates.

Please visit columbiafitness.org/personaltraining/pilates.html for more information.

E Ice Skating • Columbia Ice Rink

5876 Thunderhill Road, Columbia, MD 21045
 410-730-0321 • email: ice.rink@columbiaassociation.com
 ColumbiaIceRink.net

Everyone is invited. Daily public sessions, skate rental, pro shop, snack bar, lessons, hourly rentals, birthday parties, figure skating, ice shows and hockey. **It is highly recommended that children age 6 and under wear helmets while skating.**

Package Plan members skate for free (excludes skate rentals) at public sessions — fall, winter and spring. An Ice Rink season pass is available. For details and prices, please call 410-730-0321 or visit Columbia Ice Rink.

ADMISSION	Mbrs	Res Non-Mbr	Non-Res Non-Mbr
Adult	free with ID\$7\$8
Child	free with ID\$7\$8
Senior Citizens	free with ID\$7\$8
Skate Rental\$3\$3\$3
Skate & Save (Weekdays)	free\$6\$7
Family Session (Sun Nights)\$6 (skate rental)\$20\$25

(Skate and Save is held on Mon, Tue, Wed, Thu, Noon-2pm and Fri, 3:30-5:30pm, regular price when school's out).

Family Sessions on Sunday 7:30-9:30pm. The cost for Family Nights is for a family of four, for each additional family member beyond four the cost is \$5 each, Wednesday Home School, 12-2pm except when Howard County Public Schools are scheduled to be closed for a full day, \$6 per person including skates.

PUBLIC SESSIONS Until Jun 9. Resume after shutdown on Aug 13.

Monday-Thursday	Noon-2pm
Friday	3:30-5:30pm, 8-10pm
Saturday2-4pm
Sunday1:15-3:15pm, 7:30-9:30pm
Family SessionSun, 7:30-9:30pm

Important Information about using the Columbia Ice Rink

The rink may be closed because of inclement weather. Call for details about Adult and Youth Ice Hockey Leagues. For birthday party information, see page 37. *Class and program schedules, as well as dates and availability of all public sessions and classes, are subject to change and or cancellation. Please visit ColumbiaIceRink.net or call the Ice Rink directly for time changes and cancellations at 410-730-0322.*

Y Brandon Ladue Youth Hockey (Free Loaner Equipment Provided)

Members \$108; Non-Mbrs \$117.

Session 5 (7 classes)begins Apr 14

E US Figure Skating Learn to Skate

Mbrs \$108, Non Mbrs \$117

Session 5 (7 classes)begins Apr 10

For private lessons, please call the Chesapeake Skating School at 410-730-2269.

Y Summer Intensive Ice Skating

Aug 20-Aug 24 Mon-Fri, 9-11:45am or 2:15-5pm

Please call 410-730-0322 to register.

E In-Line/Roller Skating Skate Arena at Supreme Sports Club

7080 Deepage Dr, Columbia, MD 21045, 410-381-5355, Ext 2628

Supreme Sports Club

Great for school functions, fundraisers, scouts, reunions, office/block parties, bar/bat mitzvahs and church groups. Rental for private roller skating includes greeters, guards and DJ!

For more information, please call 410-381-5355, Ext. 2628 or visit ColumbiaSkateArena.org.

HOURS

May-Jun

Fridays7-10pm
Saturdays1-4pm and 7-10pm
Sundays1-4pm

May 18

Schools Out Skate1-4pm
 Skate Arena closed on May 13, May 28 and Jun 17. Schools Out Skate is held when Howard County Public Schools are scheduled to be closed for a full day. Public sessions are subject to change.

Jul 1-Aug 24

Fridays12-3pm and 7-10pm
 No public skating on Sat/Sun during Jul 1-Aug 24.

September

Fridays7-10pm

ADMISSION	Mbrs	Res Non-Mbr	Non-Res Non-Mbr
Adult	free with ID\$7\$8
Child	free with ID\$7\$8
Ages 5 and under, \$5 (includes admission, and roller skating rental)			
Roller Rental\$3\$3\$3
In-Line Rental\$4\$4\$4

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years +
- M** Mature 55 Years +
- E** Everyone

KidSpace Activities

Registration is required and begins one month before each event and closes two days prior to the event. Payment is due at the time of registration.

Fee programs are not part of your KidSpace time. Prices may vary for different events. Minimum participation required. Events will not be held with less than five participants.

Columbia Athletic Club, 410-730-6755
Columbia Gym, 410-531-8984
Supreme Sports Club, 410-381-7559

Y Parent Child Class

Ages 6-36 months, No registration required
Tue, 10-10:45am • Columbia Gym
Wed, 10-10:45am • Supreme Sports Club
KidSpace Mbr, Free
All Others, \$8

Free Play Fine motor skills, light tumbling, hand/eye coordination, preschool cognitive development through matching, colors and shapes.

Circle Time Rhythm, group participation/singing, books, puppets.

Activity Time Parents guide and motivate, encourage social, mental and physical development through instruments, props and dancing.

Y New! Summer Kick-Off Dance

Grades 6-8 • 7-10pm
Sat, Jun 2 • Columbia Gym
Everyone • \$6 per child in advance
Everyone • \$8 per child at the door
Say good-bye to the school year and kick off summer dancing the night away with friends. Refreshments will be available to purchase. *Register at any KidSpace location.*

Y Fun Friday

Ages 4+, 6-9pm
2nd & 4th Fri, Columbia Gym
KidSpace/PPP Mbr, \$10 per child
Package Plan/Facility Mbr, \$12 per child
CA Resident and Non-Mbr, \$14 per child
Parents enjoy a night out while your children have fun swimming and playing games in the youth arena with their favorite KidSpace staff. Pizza included.

Y ZumbaAtomic® For Kids

Mon, 5:15-6pm • Supreme Sports • Gr K-5
Fri, 4:45-5:30pm • Athletic Club • Gr K-8
Sat, 10-10:45am • Columbia Gym • Gr K-8
Sat, 12-12:45pm • Supreme Sports • Gr 6-8
Call one week in advance to register.

KidSpace Mbr, Free

All Others, \$8 per child

An exciting way for kids to move and have fun while learning to dance.

Zumba® combines Latin music with dance movements to create a festive atmosphere for exercise.

Y Hip-Hop for Kids

Ages 5-9

Tue, 4-4:45pm • Columbia Athletic Club
KidSpace Mbr, Free

All Others, \$8 per child

Are your kids hip and ready to hop?

Led by a dance instructor, class provides new creative dance skills and can be beneficial for self esteem, making friends and having fun.

Y Boot Camp for Kids

Ages 9-12

Mon • 4-4:45pm • Columbia Athletic Club
4 week sessions begin week of Apr 30,
Jun 4, Jul 9

KidSpace/PPP Mbr, \$21 per child

Package Plan/Facility Mbr, \$24 per child

CA Resident and Non-Mbr, \$36 per child

An outdoor group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. The program provides a safe and compassionate haven for empowering kids with the skills and knowledge to accomplish a healthy way of living. Led by a certified fitness trainer.

E Central MD Youth Ballet

3, 4 and 7 week sessions, Columbia Gym
Begins week of Jun 11

Pre-Ballet Ages 3-5

Dance with an emphasis upon creativity, balletic vocabulary, posture and motor movement skills.

Beginning Ballet Ages 5-7

Basic ballet technique, alignment, stretching and musicality.

Ballet I-II-III-IV Ages 7-13

Strong emphasis upon ballet technique, alignment, stretching and musicality.

Adult Ballet Teen to Adult

Challenges the beginner through experienced dancer. Emphasis on ballet technique, alignment and stretching.

Y New! KidSpace Adventure Day

Grades K-6

Offered on days when Howard County public schools are out.

May 18, Jun 12-15 at 3 fitness facilities

Aug 20-24 Columbia Gym and Supreme only
7am-6pm • \$48 per child

Columbia Athletic Club, 410-730-6755

Columbia Gym, 410-531-8984

Supreme Sports Club, 410-381-7559

When Howard County schools are out come join us for a fun filled day of games, arts and crafts, swimming, skating, field trips and much more. Pizza lunch included. *Register at any KidSpace location.*

Y Movie Night

Ages 4+, 6-9pm

1st Sat, Supreme Sports Club

2nd Sat, Columbia Athletic Club

3rd Sat, Columbia Gym

KidSpace/PPP Mbr, \$10 per child

Package Plan/Facility Mbr, \$12 per child

CA Resident and Non-Mbr, \$14 per child

Join the staff for fun activities, and top it off with a movie. Pizza included.

twitter 

be the
first to
KNOW

about events happening in and around Columbia by following
@Columbia_Events
on Twitter!

Happy birthday the CA way!

With a Columbia Association birthday party, you leave the details to us. We have something planned for everyone! Please reserve early; parties book quickly.

If you don't see your favorite, contact us — we can create the perfect party for you.

For additional information and party prices contact the facility or visit

ColumbiaAssociation.org/BdayParties.

PARTIES INCLUDE:

- Unless noted, parties are 60 minutes of activity and 30 minutes of celebration.
- Set up and routine clean up of food and paper products
- Birthday cake with child's name
- Food and beverage
- Invitations
- Paper products
- Private party area (\$40 for Ice Skating parties)

On these two pages are listed some of our more popular and new parties. If you don't see your favorite, contact us — we will create the perfect party for your child.

For additional information and party prices contact the facility or visit

ColumbiaAssociation.org/bdayparties.

CA members* receive discounted party pricing that starts as low as \$129 for parties with up to 10 children. Additional guests may be added for an additional per person fee.

**Party pricing is based on membership status of the birthday child.*

Y WeeSpace Party

Ages 1-4

Columbia Gym or Columbia Athletic Club

Athletic Club parties held only on Sat at 4:30pm

Call 410-715-3169 to book your party.

Choose from a variety of age-appropriate activities such as musical games, dancing movements, circle time, parachute games and more.

Y Dinosaur Party

Ages 3-6

Supreme Sports Club, 410-715-3169

Get ready for some prehistoric fun!

Kids will become junior paleontologists as they conquer obstacles hunting for dinosaur eggs, race to rescue baby dinos and try not to become extinct.

15 child maximum.

Y Princess Party

Ages 4-8

Supreme Sports Club, 410-715-3169

A celebration that's nothing short of a personal fairy tale. Create a magical craft, play princess games, and have a tea party. 15 child maximum.

Y KidSpace Party

Ages 5-12

Columbia Athletic Club, Columbia Gym, Supreme Sports Club

Call 410-715-3169 to book your party.

Choose from a variety of age appropriate physical activities, such as relay races, parachute and scooter races.

Y Indoor Moon Bounce Party

Ages 5-10

Columbia Athletic Club

Call 410-715-3169 to book your party.

Weather won't hinder our jumping good time. Choose from fun house, castle, moon bounce/slide combo, moon bounce with basket hoops or inflatable obstacle course.

Y T Indoor Courtyard Party

Ages 5-13

Supreme Sports Club, 410-715-3169

Challenge your friends on the rock wall, swing on the trapeze and ropes, play a game of hoops, scooter hockey and more. Bring your favorite CDs and tapes. Roller skating can be added for \$7 per participant.

Y Magic & Carnival Games Party

Ages 5+

Columbia Gym or Supreme Sports Club

Call 410-715-3169 to book your party.

Make your child the star of a fun-filled age-appropriate magic show packed with audience participation. Follow it up with carnival games. Each child wins prizes and Balloon animals during celebration time. 15 child minimum.

Y T Glamour Party

Ages 5-13

Columbia Athletic Club, 410-715-3169

Nail decorating, temporary tattoos, face painting, and making a craft accessory. 15 child maximum.

Y T Gym and Swim

Ages 5-13, Columbia Gym

Ages 3-5, Supreme Sports Club

Call 410-715-3169 to book your party.

Games, sports and recreational swim time. Non-swimmers must be supervised by an adult.

Y Pirate Party

Ages 6-8

Supreme Sports Club

Call 410-715-3169 to book your party.

Have some swashbuckling fun. Treasure hunt, swinging over the "islands" and lots more! 15 child maximum.

Y Party with Arty

Ages 5-12

Fri, 5-8:30pm • Sat-Sun, 1-5pm

Columbia Art Center

Call 410-715-3169 to book your party.

Hands-on creative and festive activities make this party unique! Includes: art instruction, supplies and decorated party room. Enjoy a collaborative group project and choose from specialized projects including mask-decorating, journals/sketchbooks, costume wings, shadow puppets and more!

Y Wear-A-Doodle Party

Ages 5-12

Fri, 5-8:30pm • Sat-Sun, 1-5pm

Columbia Art Center

Call 410-715-3169 to book your party.

Make an impression! Imprint your art work on a t-shirt, tote bag, cinch bag, mouse pad, place mats or tea towels and take it home with you. 90 min craft, 30 min celebration.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years +
- M** Mature 55 Years +
- E** Everyone

birthday parties **sports&recreation**

Y Jewelry Party

Ages 5-12
 Fri, 5-8:30pm • Sat-Sun, 1-5pm
 Columbia Art Center
 Call 410-715-3169 to book your party.
 Enjoy making jewelry to take home. Select your project; either a memory wire bracelet or a basic beading two-piece jewelry set. 90 min craft, 30 min celebration.

Y iDance Party

Ages 7-13
 Supreme Sports Club, 410-715-3169
 One of the coolest dance concepts ever! iDance is an interactive dance game where whole groups can play and compete with each other simultaneously. iDance is fun, exciting, and a great workout. If you enjoy DDR (Dance Dance Revolution) then iDance is a must!

Y T Extreme Sports Party

Ages 7-13
 Columbia Gym or Supreme Sports Club
 Call 410-715-3169 to book your party.
 Choose one or two of your favorite sports from basketball, soccer, flag football, kickball or swim. Skating can be added for \$7 per participant at Supreme Sports.

Y Zumba® Party

Ages 7+
 Call 410-715-3169 to book your party.
 Columbia Athletic Club, Columbia Gym, or Supreme Sports Club
 Call 410-715-3169 to book your party.
 Rhythm, movement and creativity combined for a fun filled Zumba dance and games party. Activities lead by a certified Zumba instructor.

Y Magic Workshop Party

Ages 8+
 Columbia Athletic Club, Columbia Gym or Supreme Sports Club
 Call 410-715-3169 to book your party.
 Let your child and their friends enjoy a magic show and learn the secrets of magic in a fun filled, interactive way, from a professional magician. Have your child put on a magic show and amaze everyone with their skills. All guests get to keep the magic tricks taught at the party. 15 child minimum.

Y T Laser Tag Party

Ages 8+
 Columbia Athletic Club, Columbia Gym, or Supreme Sports Club
 Call 410-715-3169 to book your party.
 Be prepared for a high energy party with lots of adventures. Party coordinator will lead participants through a multitude of team games while building team spirit. 15 child minimum.

Y T Super Teen Parties

Ages 13-18
 Columbia Teen Center 410-992-3726
 Unique birthday parties, customized just for your day. Go elegant, go festive. Themes you select. We make it happen. Arrange a consultation with our Super Teen organizer.

Y Indoor Swimming Party

SplashDown Party 42" height requirement.
 Columbia Swim Center, 410-730-7000
 Fri, 7-9pm • Jun 1-29
 Sat, 1-6pm & Sun, 12-4pm • Ends May 20
 Minimum 10

Part water slide, part flume ride, part swimming and entirely fun. Cake, hot-dogs, free refills of sodas, ice cream, theme cake, invitations, all supplies and novelty gift. *1 hour and 45 minutes for table reservation, but party members can use SplashDown all day.*

Little Splashes Party Ages 1-6

Minimum 10, maximum 20
 Sat, 1-6pm & Sun, 12-4pm • Ends May 20
 Columbia Swim Center, 410-730-7000
 Splashing fun in the baby pool.
1 hour and 45 minutes table reservation.

E Outdoor Pools

Jun 12-Aug 26 • 2 hrs
 Includes party table
 Shade structure, \$50 Mbr, \$75 Non-Mbr
 Plus, Non-Mbr pays daily admission fee.
 20 maximum. Call pool of your choice (see page 46 for pool phone numbers) or Aquatics Office at 410-312-6332.
See outdoor pool amenities listings, page 48.

Y T Ice Skating Party

Ages 3+
 Columbia Ice Rink, 410-730-0322
 ColumbialceRink.net
 Skate rental included. Group instruction is optional. Instruction cost is \$60 for 30-minutes for a maximum of 10 children. Parties held during public skate sessions. Two hours.

E Roller Skating Party

Ages 5+
 Skate Arena at Supreme Sports Club,
 410-381-5355, ColumbiaSkateArena.org
 Roller skate rental included (In-line upgrade, 50¢ each). Parties held during public skate sessions.

Y T Create Your Own Supreme Party

Ages 8+ • Supreme Sports, 410-381-5355
 Choose from basketball, volleyball, racquetball, swimming, roller skating, private movie screening and more. Availability based on facility programming.

Y T Outdoor Moon Bounce Party

Ages 8 and under
 Columbia SportsPark, 410-715-3054
 ColumbiaSportsPark.org
 Add miniature golf for \$50. 2 hours.

E Miniature Golf Party

All ages • ColumbiaSportsPark.org
 Columbia SportsPark, 410-715-3054
 20 guest maximum. 1 round of miniature golf. Add batting cages for \$20. 2 hours.

Y T Baseball Party

Ages 8+ • ColumbiaSportsPark.org
 Columbia SportsPark, 410-715-3054
 20 child max. Includes batting cage tokens. Add mini-golf for \$20. 2 hours.

Y T Skateboarding/BMX Party

Ages 8+ • ColumbiaSportsPark.org
 Columbia SkatePark, 410-715-3054
 Participants must wear protective gear and have valid waiver forms.
 20 child max. 2 hrs private rental.

E "Do It Yourself" Party

All ages • Columbia SportsPark
 410-715-3054 • ColumbiaSportsPark.org
 20 guest max. One or two activities. Bring your own food/decoration. 2 hours.

NEW!
Party Coordinator
 Book your party for any
 KidSpace location
 or Columbia Art Center
 by calling
410-715-3169.

Columbia Teen Center

5853 Robert Oliver Place
 Oakland Mills Village Center in The Barn
 Hanging out at Columbia Teen Center is a fun, safe way for teens and pre-teens to socialize and participate in recreational programs including a computer lab, billiard tables, air hockey, board games and much more. Call 410-992-3726, email CATeens@ColumbiaAssociation.org or check out ColumbiaAssociation.org/TeenCenter for monthly activity calendar and more.

Y T THE Drop-In

An Open Recreation and Enrichment Program for Youth and Teens
School Year

Mon-Fri 2:30-6pm
Summer Hours • Jun 25-Aug 17
 Mon, Wed, Fri 2-7pm
 Registration required for THE Drop-In
 Registration fee • \$25

Serving all of Howard County and Columbia. The program operates year round after school, during the summer and some weekends. Recreational and educational programs are designed to promote self-esteem and develop relevant life skills. Open to registered Teen Center participants 9-18 years old.

Y T 4-H Community Club @ the Teen Center

Register now for Fall 2012!
 Meets 2nd Friday of the month 3:30-5:30pm
 Join now! Be a part of 4-H and learn valuable life skills through informal hands on education. Workshops, special interest activities such as arts and crafts, photography, entrepreneur education and more!

Y T Art Attack

Register now for Fall 2012!
 After School Enrichment Program creative art projects brought to you by the Columbia Art Center
 1st and 2nd Mondays of the month
 Registration fee • \$10 per class

Y T Super Teen Birthday Parties For Teens, ages 13-18!

Unique birthday parties, customized just for your day. Go elegant, go festive. Themes you select. We make it happen. Arrange a consultation with our Super Teen organizer.

Y T Extreme Youth and Teens

For youth in grades 5-12
 Tue/Thu, Jul 5-Aug 2
 CA Resident, \$400 • Non-Resident, \$475
 Summer fun has begun! Ten exciting excursions (TBA). Includes transportation, entrance fees and some meals.
Registration deadline Jun 22. Space limited.

CA Teen and Middle School Advisory Committees

Make a difference, get involved, be an integral part of the solution all while having fun and making new friends! These two committees get young people involved in their community by planning, organizing and implementing positive programs and activities.

T Teen Advisory Committee

Ages 13-19
 Meets every other Thu 6:30-7:30pm at CA headquarters and for events.

Y Middle School Advisory Committee

Ages 11-13
 Meets once a month, Wed 6:30-7:30pm at CA headquarters and for events.

For more information, please email CATeens@ColumbiaAssociation.org or call 410-715-5523. To learn more about upcoming events, please check out ColumbiaAssociation.org/Teens.

T International Exchange and Multicultural Programs

Sister Cities Summer High School Exchange

Each year during July, high school students with three years of French or Spanish language study, can participate in a month long exchange with one of Columbia's two European Sister Cities: Cergy-Pontoise, France or Tres Cantos, Spain. Howard County teens live with a family in France or Spain for two weeks. The French and Spanish teens then live with their American hosts here during the last two weeks of July.

For more information please visit ColumbiaAssociation.org/teenexchange.

International Youth Coalition

For teens interested in other countries, languages and Columbia's varied international cultures, help plan Culture Cafés and other multicultural projects.

Sister Cities Teen Advisory Committee

For teen alumni of the Sister Cities High School Student Exchange, who help plan and promote next year's program. *For more information on any of these programs, please email International@ColumbiaAssociation.com or call 410-715-3162.*

T Columbia Community Exchange

Sign up now! Join our community Time Bank and help weave stronger community connections by helping neighbors with everyday tasks. No registration fee. *Learn more at ColumbiaAssociation.org/TimeBanks, email CommunityExchange@ColumbiaAssociation.org or call 410-884-6121.*

T Volunteer Center Serving Howard County

Are you interested in making a difference in our community? Volunteer Center Serving Howard County connects young people and families with exciting volunteer opportunities. Contact us to learn more about *Camp Make a Difference* open to middle and high school students in the summer of 2012. *For more information, please call 410-715-3172, email Info@VolunteerHoward.org or visit VolunteerHoward.org.*

SAVE THE DATE!

Sunday, October 14

10th Annual Hear My Voice Teen Day and Columbia Teen Idol Competition

For Youth Ages 11-18

Preliminary audition rounds begin in September.

Please call 410-992-3726 for dates and locations.

Like the CA teen Facebook page at Facebook.com/CA.ColumbiaTeens.

Y Youth 6 Weeks-12 Years

T Teen 13-17 Years

A Adult 18 Years +

M Mature 55 Years +

E Everyone

Y T Youth Certification Clinic

**Mbrs, FREE for group clinic or
Mbrs, \$50 for one-on-one 90-minute
clinic with a personal trainer.**

To schedule with trainer, call the club of your choice. Ages 12-13, or age 11 and at least 4 feet, 11 inches tall. No height requirement for ages 12 and above. Ages above 13 are welcome.

Columbia Athletic Club 410-730-6744
1:30-3:30pm • 1st and 2nd Sat of the month

Columbia Gym 410-531-0080
5-7pm • 1st and 2nd Sat of the month
7-9pm • Every Thu, one-time session

Supreme Sports Club 410-381-5355
1-3pm • 3rd and 4th Sat of each month
7-9pm • 3rd and 4th Thu of each month
Registration and permission form required.
In-person sign-up preferred.

Strength training and cardiovascular equipment basics and etiquette. Once certified, youth members may use the Package Plan areas of the club (as well as the PPP area if they have that membership). Parents must actively supervise their children. Free-weight area of all clubs is excluded until age 14.

T Racquetball Clinic

Ages 8-17 years

All Mbrs, \$70

CA Resident and Non-Mbr, \$100

Supreme Sports Club • 410-381-5355

Wed, 5:30-6:30pm

8-week session begins Jun 13

Focus on new skill instruction, fun drills for forehand and backhand, service and return service, offensive and defensive technique and court positioning. Mini tournament includes a 30-minute end-of-clinic celebration.

Y T A Athletes Edge

Columbia Association's Athlete's Edge (AE) Conditioning Program is designed to assist in improving an athlete's performance on the court, field, track or pool.

AE programs are led by professional certified personal trainers and conditioning specialists with current or prior experience participating in or coaching athletes. Group Classes and Individual or Small Group Conditioning Coaching sessions are available for specific sport development or general physical movement improvement. All group programs are designed to progressively challenge the athlete week by week so it is very important to start at the first session. AE provides the athlete with coaching and tools that the professionals use. Program dates and times can be offered on other days and times per the availability of the conditioning coach.

For more information, please email AthletesEdge@ColumbiaAssociation.com.

Y T A Athletes Edge **Basketball One-On-One**

For beginner to collegiate
Supreme Sports Club • 410-381-5355
Columbia Athletic Club • 410-730-6744
Columbia Gym • 410-531-0800

Whether you want to improve your skills and game or get ready for the next level or season, Basketball One-On-One is for you. Individual or small group sessions focus on all aspects of the game; including specific drills, disciplines and philosophies to improve ball handling, shooting, rebounding, offense, defense and how to think when you are on the court.

With David Dupree In his professional career of 35 years, David has worked closely with and learned from top coaches, players, referees and personal trainers of the NBA. *Refer to page 29 for pricing (see Personal Training Pricing). Please email AthletesEdge@ColumbiaAssociation.com to get started.*

With Kyle Sullivan Sports and More camp director and local high school coach, Kyle Sullivan is a leading high school and college player who continues to work towards playing professionally. *Refer to page 29 for pricing (see Personal Training Pricing). Please email AthletesEdge@ColumbiaAssociation.com to get started.*

Y T A Athletes Edge **Conditioning Coaching**

One-on-One or Small Group (2-3 individuals)
Athletic Club, 410-730-6744
Columbia Gym, 410-531-0800
Supreme Sports Club, 410-381-5355
Prices based on number of sessions and level of Columbia Association personal trainer. *Refer to page 29 for pricing. Please call the Columbia Athletic Club, Columbia Gym or Supreme Sports Club for more information.*

T A M Racquetball Leagues

Columbia Athletic Club
Members only. On-going registration. All skill levels welcome. *Call 410-730-6744 for more information.*

Supreme Sports Club
Package Plan Plus Mbr, \$36
Package Plan/Facility Mbr, \$45
CA Resident and Non-Mbr, \$110
10 week sessions
Thu, 6:30-8:30pm
For more information, please e-mail SSCarena@ColumbiaAssociation.com or call 410-381-5355.



FREE kids day

Hopewell Mini-WaterPark

Saturday, June 23 • 12-3pm
Details on ColumbiaCalendar.org!

Bring the kids out for an afternoon filled with free family fun, games, entertainment & activities for all ages. Don't forget your swimsuit!

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Y T A Columbia SportsPark Skateboarding Lessons

Package Plan Plus Mbr, \$90
 Package Plan/Facility Mbr, \$95
 CA Resident and Non-Mbr, \$100
 4-week sessions
 Sat, 10am or 11am
 Ages 6 through adult
 55 minute classes

Private lessons available!

Call 410-715-3054 for more information on start date and to register.

Beginning skaters learn the fundamentals of aggressive skateboarding, in a safe and fun environment. Lessons are taught by highly experienced skateboard instructors who love the sport.

A signed waiver form is required for all participants. All classes include loaner protective equipment (helmet, knee pads, elbow pads) as well as free skate practice passes to practice at the SkatePark. Loaner skateboards are available on a first-come first-serve basis and will be assessed a \$10 repair/maintenance fee.

For more information, please visit ColumbiaSportsPark.org or call 410-715-3054.

E Horseback Riding Lessons

Columbia Horse Center • 301-776-5850
 10400 Gorman Rd • Laurel, MD 20723
ColumbiaHorseCenter.com

New lessons starting now. Free introductory lesson on Saturdays at 1pm. Columbia Horse Center is a complete equestrian facility offering lessons in Hunt Seat, Dressage, Eventing, and Balance Seat for children and adults, beginner through advanced. In addition to our lesson program, we offer the Equi-Lease Program, camps, boarding, horse sales, and more. A safe and friendly environment to ride, with a family atmosphere that provides adults a break from the real world.

T A M Adult Ballet

Columbia Gym • Ages 15 yrs or older
 3, 4 and 7 week sessions begin week of Jun 11

Designed to challenge the beginner through experienced dancer. Ballet technique, alignment and stretch. *Please call 410-531-8984 for more information and pricing.*

Y T A New! Soccer Fitness

Package Plan Plus Mbr, \$63
 Package Plan/Facility Mbr, \$72
 CA Resident, \$108
 Non-Mbr, \$144
 Supreme Sports Club
 To register, call 410-381-5355.
 One-hour session, 6-week program

Ages 8-14

Fri, 4:30pm • Begins May 18, Jun 29

Ages 15 and up

Fri, 5:30pm • Begins May 18, Jun 29

Learn ball skills while increasing cardiovascular conditioning. Great for parents who want to keep up with their little soccer player or for anyone looking to gain athletic strength, endurance, and improve coordination. Come join this total body workout with a twist! You'll be sure to gain soccer skills and much more. *Help available to create a group. Please call Rebecca Spain at 410-381-5355, Ext 2649.*

Y T Sure Shot Basketball Week with Buzz Braman

CA Res \$325
 Non-Res \$365
 Ages 8-16 Boys and Girls
 Columbia Gym • 410-531-0800
 Aug 20-24 • 9am-3:30pm
 Extended Care available, space is limited
 The world's #1 basketball shooting coach, **Buzz Braman**, brings his technique back to the Columbia Gym for an exceptional one week session this summer! Buzz has successfully taught NBA and college stars like Chris Webber, Steve Francis, Penny Hardaway and many more. He has coached shooting for the Washington Wizards, Philadelphia 76ers, Orlando Magic and Maryland Terps. He's made 246 out of 250 3-pointers and 738 consecutive free throws at live events. Participants will enjoy instructional clinics, shooting and offensive moves skills development, team games, contests and daily swimming. Snacks and reversible practice jersey provided. Plus, look for special appearances at the camp by current and former players who attribute much of their success on the court to the "Shot Doctor"!

Connect with Columbia Association!

It's easier than ever to find us!



ColumbiaAssociation.org

[Facebook.com/CA.ColumbiaAssociation](https://www.facebook.com/CA.ColumbiaAssociation)

[Issuu.com/CA-ColumbiaAssociation](https://www.issuu.com/CA-ColumbiaAssociation)

[Twitter.com/CA_intheNews](https://twitter.com/CA_intheNews) and [Twitter.com/Columbia_Events](https://twitter.com/Columbia_Events)

[YouTube.com/CATVchannel](https://www.youtube.com/CATVchannel)

E Columbia SportsPark

5453 Harpers Farm Road, Columbia, MD 21044
 Phone: 410-715-3054 • ColumbiaSportsPark.org

May 1-Jun 11	Miniature Golf	All You Can Bat
Monday-Thursday	3-8pm	6-8pm
Friday	3-10pm	6-8pm
Saturday/Sunday	Please call/go online	Please call/go online

Jun 12-Aug 26	Miniature Golf	All You Can Bat
Monday-Thursday	10am-10pm	6-8pm
Friday	10am-10pm	6-8pm
Saturday/Sunday	Please call/go online	Please call/go online

Aug 27-Sep 30	Miniature Golf	All You Can Bat
Monday-Friday	3-8pm	6-8pm
Saturday/Sunday	Please call/go online	Please call/go online

Season passes are available. Please call 410-715-3054 for more information.

SportsPark will usually open at Noon on days when Howard County Schools close early. Please call/go online for hours. **Group and Team Batting Cage Rentals** are available for \$20/hr per cage during regularly scheduled hours and by special rental during all other hours. **Schedule subject to change.**

The SportsPark is open to the public and has an 18-hole miniature golf course, ten batting cages with softball and hardball at different speeds, two 600 square foot pavilions for parties or large gatherings, a clubhouse with snack bar, a patio, an outdoor playground, in a beautiful, natural setting! *Located behind Harper's Choice Village Center.*

Open House

National Mini Golf Day • May 12 • 12-4pm
 Go Skate Day • June 21 • 12-5pm
Learn more at ColumbiaSportsPark.org/OpenHouse.

Full Day Summer Camps

Baseball Camp • Beginner and Intermediate • Ages 7-12
 Skate and More Camp • Grades 1-5
 SkatePark Tour Travel Camp • Grades 6-10
Learn more at ColumbiaCamps.org

Group and Private Skateboarding Lessons

Ages 6 and above. No prior skateboarding experience required.
Learn more at ColumbiaSportsPark.org.

Rentals

Rent the SportsPark for your next party, family reunion or corporate outing. *Please see page 43 for details.*

Birthdays

Mini Golf, Batting, Moon Bounce, and SkatePark! *Learn more on page 37 or visit ColumbiaSportsPark.org to see our "Do It Yourself" packages, which start at \$99.*

E Columbia SkatePark

5453 Harpers Farm Road, Columbia, MD 21044
 Phone: 410-715-3054 • ColumbiaSkatePark.org

May 1-Jun 21	Session 1	Session 2
Mon-Thurs	3-8pm	N/A
Friday	3-10pm	N/A
Saturday	Noon-5pm	5-10pm
Sunday	Noon-4pm	4-8pm

Jun 12-Aug 26	Session 1	Session 2
Monday-Saturday	Noon-5pm	5-10pm
Sunday	Noon-4pm	4-8pm

Aug 27-Sep 30	Session 1	Session 2
Monday-Friday	3-8pm	N/A
Saturday/Sunday	Noon-4pm	4-8pm

BMX Only Sessions

May 1-Sep 30 • Wed, 3-8pm • Sat 10-12pm

SkatePark will usually open at Noon with 2 sessions on days when Howard County Schools close early. Please call/go online for hours. **Schedule subject to change.** The SkatePark, located immediately adjacent to the SportsPark, features 15,000 square feet of ramps, and includes a combination of elements found in both street and vert courses. The park includes a 1.5ft and 2ft high box, a 20ft straight rail, a 4ft spine, two 5ft quarter pipes, two 5ft banks, a bank to wall ride, a 3ft quarter pipe, a fun box with hubbas, a pyramid with hips, which includes 5 stairs and a fly box featuring 4ft and 2.5ft quarter pipes, an 8ft quarter pipe, a 3ft mini half pipe, a 6 ft half pipe and a 10 ft vert wall. A waiver form and helmet are required to use the SkatePark.

Admission	Package Plan Plus Mbrs	Package Plan Mbrs	CA Resident w/Columbia Card	Non-Mbrs
Miniature Golf	Free	\$6	\$6	\$.7
Batting Cages	\$.1 Per Token \$5 for 7 Tokens	\$.1 Per Token \$5 for 7 Tokens	\$.1 Per Token \$5 for 7 Tokens	\$.1 Per Token \$5 for 6
16 pitches per token	Free All You Can Bat Sessions	\$6 All You Can Bat Sessions	\$6 All You Can Bat Sessions	\$7 All You Can Bat Sessions
SkatePark	Free	Free	\$.5	\$.7

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone



with private rentals

Open to everyone

Parties, weddings, picnics, outings, meetings, reunions, proms and more. Conveniently located, well maintained and reasonably priced.

Columbia Athletic Club

Organizations can enjoy a private class or rent the entire club. Full and partial rentals available for teams, corporate outings, post-prom, post graduation and more. *Call 410-730-6744 for more information.*

Columbia Art Center

Studios and Japanese garden are available for both business and social rentals. Kitchen is available. Gallery is free of charge for viewing. Rooms and garden can accommodate up to 50 people. *Call 410-730-0075 for information and prices, or go to ColumbiaArtCenter.org.*

Swim Center

Rentals available. *For reservations and information, call 410-730-7000. See page 47 for more information.*

Hobbit's Glen Golf Club

Join the many corporations, associations, clubs, and private groups who have chosen the perfect golf outing or tournament! Accommodations for small to large groups. *Please call Joan Lovelace at 410-730-5980 for information about our \$95 outing package.*

Columbia Ice Rink

Available for private rentals, corporate outings and school events. *Call 410-730-0322 or visit ColumbiaIceRink.net.*

Columbia SportsPark

Enjoy 4 hours of unlimited miniature golf, batting cages, SkatePark, tug-of-war rope, horse shoes, volleyball and a tot lot playground for the little ones! Enjoy additional amenities such as pony rides, baseball fields, rock climbing wall, a dunking booth, and a moon bounce for an additional fee. Special arrangements can be made for any size group. Rates start at \$10 per person. *For more information, please visit ColumbiaSportsPark.org or call 410-715-3054.*

Columbia SkatePark

Columbia SkatePark can be rented for rates starting at \$149 for 2 hours. A two-hour minimum is required and reservations can be made up to 2 weeks in advance. Waiver forms and helmets are required for all participants. *For more info, email Sports.Park@ColumbiaAssociation.com or call 410-715-3054.*

Teen Center

Oakland Mills Village Center
Call 410-992-3726 for information.
Available for teen birthday parties or for teen organizations needing meeting space. The Teen Center team will assist you in customizing your special event. *Ask about Super Teen Birthday Parties, unique customized birthday parties for teens age 13-18 years.* Meeting space is offered free to youth groups (restrictions apply). *The Teen Center does not rent to individuals who host profit-making events, regardless of whether such events are teen related.*

Supreme Sports Club Arena

Availability based on current programming. Arena, full court with Courtside Café – \$300 per hour, 2-hour minimum
Individual courts – \$75/hour
Rent the Arena for reunions or private meetings. Enjoy basketball, volleyball, in-line and roller skating and dancing, DJ and staff are provided. *Call 410-381-5355, Ext 2628 for info or email SSCevents@ColumbiaAssociation.com.*

Skate Arena at Supreme Sports Club In-Line/Roller Skating Rental

Sat and Sun.....4:30-6:30pm
Additional afternoon rental times available July through September.
Skate Arena...\$300/hr, includes Courtside Great for school functions, fundraisers, scouts, reunions, office/block parties, bar/bat mitzvahs and church groups. Rental includes greeters, guards, DJ and open Cafe. *Email ColumbiaSkateArena.org or call 410-381-5355, Ext 2628 for more information.*

Courtside at Supreme Sports Club

Perfect rental space for parties, meetings or just hanging out. Courtside features wireless internet access, 46 inch flat screen TVs with state-of-the-art sound systems. Catering available!
Fee \$75 per hour, 2 hour minimum
Capacity Up to 100
Call 410-381-5355, Ext 2628 or email SSCevents@ColumbiaAssociation.com.

Columbia Gym

Need meeting space? Rent the Columbia Gym! It is a great place to hold corporate events, parties, team practices, overnight activities, and many other possibilities. The facility includes basketball courts, group fitness studios, game rooms, a large pool, a conference room and a spacious atrium, so the potential is endless. *Please call the Columbia Gym at 410-531-0800, Ext 2313 for information.*

Tennis Clubs

All clubs may be rented for parties and special events.
Indoor Tennis at Columbia Athletic Club, 410-720-0149
The Bubble at Owen Brown, 410-381-7255
Racquet Club at Hobbit's Glen, 410-715-3080
Wilde Lake Tennis Club, 410-730-3767

Outdoor Pools

Day and evening rentals available. *Call 410-312-6332 for information.*

sports&recreation supreme sports arena

Effective May 1, 2012 at 5am. Open Gym 24-hour/day except where indicated.

Note Schedules subject to change based on programming needs, rentals, and special events.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am						O P E N G Y M	OPEN GYM 7am-12:30pm Please Note: basketball parties may be on one court between 10:30am-12:30pm		
6:00am	Basic Training 5:45-6:45am		Basic Training 5:45-6:45am		Basic Training 5:45-6:45am				
7:00am									
8:00am									
9:00am	BEFORE CARE 7-9am CAMPS June 18-August 24, 2012 9am-3:30pm • Monday through Friday AFTER CARE 3:30-6pm					Closed 10:45am-11am			
10:00am									
11:30am						Tae Bo 11am-11:55am			
Noon									
12:30pm						Zumba 12-12:45pm			
1:00pm						Closed 12:45-1pm	Closed 12:30-1pm		
1:30pm							O P E N S K A T E 1-4pm beginning Jul 1 through Aug 24	OPEN SKATE 1-4pm No Sat sessions Jul, Aug, Sep Reopens Oct 1	O P E N S K A T E 1-4pm No Sun sessions Jul, Aug, Sep Reopens Oct 1
2:00pm									
2:30pm									
3:00pm									
3:30pm									
4:00pm									
4:30pm	FAMILY TIME DROP-IN We encourage member families to utilize the Arena during these peak hours. Court 3 will be reserved for this explicit purpose.					Closed 4-4:30pm	Closed 4-4:30pm		
5:00pm									
5:30pm									
6:00pm			Closed 5:30-5:45pm			ARENA RENTALS 4:30-6:30pm	OPEN GYM		
6:30pm		Zumba 5:45-6:45pm		Closed 6:30-6:50pm	Closed 6:30-7pm				
7:00pm		Closed 6:45-7pm				Closed 6:30-7pm	4:30-10pm		
7:30pm	Closed 7:15-7:30pm	Tae Bo 7-8pm	OPEN GYM 6:45-10pm	Tae Bo 6:50-7:50pm					
8:00pm					OPEN SKATE 7-10pm No Sat sessions Jul, Aug, Sep Reopens Oct 1	OPEN SKATE 7-10pm No Sat sessions Jul, Aug, Sep Reopens Oct 1	Subject to change if rental scheduled		
8:30pm	OPEN VOLLEYBALL 7:30-10pm	OPEN GYM 8:30pm		OPEN VOLLEYBALL 8-10pm					
9:00pm						Closed 10-10:30pm	OPEN GYM		
9:30pm					Closed 10-10:30pm				
10:00pm to 4:00am	OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM		

STAY COOL by the Pool

We have 23 outdoor pools, including 2 mini WaterParks for your enjoyment. Each outdoor aquatic facility has lounge chairs, umbrellas, a grassy area, wading pools and showers. Other amenities which vary from pool to pool, include: sand volleyball, half-court basketball, beach entries, spas, snack bars, covered picnic tables, water slides and play features. Steven's Forest and Swansfield pools are heated for your comfort. Find additional information at **ColumbiaPools.org**.

See next page for closure schedule, Adult Only/Early Bird/Senior Swim/Wading Pool schedules and pool abbreviations.
* Most pools are closed one day/week.

May 26-Jun 11 Subject to change based on Ho Co school schedule.

All pools open 12-7 on weekends
**Please Note opening schedules for the pools to allow for better swimming opportunities at the open pools and better CNSL practices at the closed pools M-F.
SW Mon-Sun 11am-7pm (slide opens at 3:30pm)
SF Mon-Sun 12-7pm
No closed days until school's out

BW, CF, DI, DH, HW, Mon-Fri 3:30-7pm & Sat-Sun 12-7pm
KR, PL, RH¹
No closed days until schools out
¹ RH will open at 12:30pm on Saturdays 6/16 through 7/21 due to swim meets

**CC, DG, FR, HA, HG, HU, Sat-Sun 12-7pm
JH, LP, LF, MC, RB, TS, TH
Closed for swim teams and other special programming Mon-Fri

DH and RH Open at 1pm on the last 3 days of school
All pools will be open Memorial Day • Monday, May 28 • 12-7pm.

Jun 12*-Aug 12 Subject to change based on Ho Co school schedule.

DI, DH, HA Mon-Sat* 12-8:45pm & Sun 11am-7:30pm
KR, RH¹
¹ RH will open at 12:30pm on Saturdays 6/16 through 7/21 due to swim meets

CF, HW Mon-Fri* 12-8:30pm
Sat 10:30am-8:30pm
Sun 12pm-7:30pm

DG, SW Mon-Sat* 12-8:30pm
Sun 12pm-7:30pm

BW², CC, FR, HU², Mon-Sat* 12-8pm & Sun 12-7pm
JH, LF, MC, PL, RB, SF, TS, TH
² Please note that BW will close Fridays at 7pm and HU will close at 7pm on Saturdays for Adult Nights. See page 46 for Adult Night information.

HG Mon, Thu, Fri, Sat 11am-8pm
Tue, Sun 11am-7pm

LP Mon, Wed 10:30am-7pm
Tue, Thu, Sat 10:30am-8pm
Sun 12pm-7pm

All pools open Wed, Jul 4 • 12-7pm. Regularly scheduled AM activities will be held.

All schedules are subject to change. See page 46 for pool abbreviations.
*Most pools are closed one day/week.

Aug 13-Aug 26

DH, HW, KR, RH ... Mon-Sat 12-8pm & Sun 11am-7pm
CC, CF, DG, FR, ... Mon-Sat* 12-7:30pm & Sun 12-7pm
HU, LF, MC, RB, SF, SW, TH
JH Mon-Fri 10:30am-7pm
Sat 12-7:30pm
Sun 12-7pm

BW, DI, HA, HG, LP, Closed for the season
PL, TS

Aug 27-Sep 3

SW Mon-Sun 12-7pm No closed day (slide opens at 3:30pm)
Labor Day 12-7pm

DH, HW, KR, RH ... Mon-Fri 3:30-6:30pm No closed day
Sat-Sun 12-6:30pm
Labor Day 12-6pm

CC, HU, SF, TH ... Mon-Fri Closed
Sat-Sun 12-6:30pm
Labor Day 12-6pm

BW, CF, DI, DG, FR, HA, HG, JH, LP, LF, MC, PL, RB, TS
Closed for the season

Sep 8, 9, 15, 16

SF, SW Sat-Sun 12-6pm
All other pools ... Closed for the season

When thunder roars

GO INDOORS

The outdoor pool facilities will close in the event of lightning and/or thunder and will remain closed for 30 minutes after the last report of either. For other weather related policies, see pages 8 and 47.



Daily Admission *CA Residents must bring Columbia Cards*

	Adult (16 years and older)	Child (15 years and under)
Mbrs	Free	Free
CA Resident Non-Mbrs w/card	\$8	\$5
Non-CA Resident Non-Mbrs	\$20	\$15

Discounted Admission Rate For CA Resident Non-Mbrs with Columbia Card a discounted admission is available at **FR, JH, MC, RB and TS** Adult \$4, Child \$2

Adult Only Hours *Wading Pool Closed* **June 15-August 11** Daily admission rates apply.

Bryant Woods (BW)	Fri	7-10pm
Huntington (HU)	Sat	7-10pm

Senior Swim *Wading Pool Closed* **June 12-August 10** Daily admission rates apply.

Dasher Green (DG)	Tue	12-3pm, ends Aug 7
Hobbit's Glen (HG)	Wed	12-3pm, ends Aug 8
Locust Park (LP)	Fri	10:30am-1pm, ends Aug 10

Morning Wading Pool Hours **June 12-August 10** Daily admission rates apply.

DH, DI, HW, KR, RH, SW	Mon-Fri	10am-12pm, except on closed day
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Early Bird Lap Swim *Wading Pool Closed* **June 13-August 24** Daily admission rates apply.

Locust Park (LP)	M/W/F	7-9am Moves to JH Aug 13.
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The Masters Swim Team practices from 5:30-7am. See info on page 57.

Lap Swimming **June 12-August 24** Daily admission rates apply.

Jeffers Hill (JH)	Mon/Tue/Wed/Fri	4:45pm-Closing
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*Four to five lanes will be reserved for lap swimming.
 All schedules are subject to change based on Ho Co school release schedule.*

Inclement Weather Guidelines

Normal Operations Sunny summer days. Pools open as usual.

Limited Operations When it's cold and dreary with light rain or thunder showers predicted. The following pools will remain open (except on their closed days) Dorsey Hall, Hopewell, Kendall Ridge, River Hill, Steven's Forest and Swansfield.

Inclement Operations Rainy, inclement days, Steven's Forest and Swansfield remain open (unless very inclement or on their closed day). All other pools are closed.

Outdoor Pool Listings *Closed Day Last Day*

Bryant Woods (BW)	410-730-5326	Tuesday	Aug 12
Clary's Forest (CF)*	410-964-0805	Monday	Aug 26
Clemens Crossing (CC)	410-997-4214	Tuesday	Sep 3
Dasher Green (DG)*	410-381-1461	Tuesday	Aug 26
Dickinson (DI)*	410-381-3080	Thursday	Aug 12
Dorsey Hall (DH)*	410-461-1481	—	Sep 3
Faulkner Ridge (FR)	410-730-5292	Wednesday	Aug 26
Hawthorn (HA)*	410-730-0943	Wednesday	Aug 12
Hobbit's Glen (HG)	410-730-6770	Wednesday	Aug 12
Hopewell (HW)	410-381-1460	Wednesday	Sep 3
Huntington (HU)*	301-490-3310	Monday	Sep 3
Jeffers Hill (JH)	410-730-1220	Thursday	Aug 26
Kendall Ridge (KR)*	410-715-3074	Tuesday	Sep 3
Locust Park (LP)	410-730-5621	Friday	Aug 12
Longfellow (LF)	410-730-4978	Monday	Aug 26
Macgill's Common (MC)	410-730-5995	Tuesday	Aug 26
Phelps Luck (PL)	410-730-5765	Wednesday	Aug 12
River Hill (RH)*	410-531-0191	—	Sep 3
Running Brook (RB)	410-730-5293	Thursday	Aug 26
Steven's Forest (SF)	410-730-5452	Monday	Sep 16
Swansfield (SW)	410-730-3180	Thursday	Sep 16
Talbott Springs (TS)	410-730-5421	Wednesday	Aug 12
Thunder Hill (TH)	410-730-5563	Tuesday	Sep 3

Aquatics Office

410-312-6332
 9450 Gerwig Lane, Columbia, MD 21046
 email: aquatics@columbiaassociation.com
 ColumbiaPools.org

**Special provisions for handicap access. Call the Aquatics Office for information.
 Please call 410-715-3154 for weather related operations and updates.
 See pages 8 and 45 for additional information.*

Second Sunday Swim

CA residents* will be offered the opportunity to visit CA's 23 outdoor pools for free three days this summer on the second Sunday of each month (June 10, July 8 and August 12).

*** Residents must have a Columbia Card to enjoy "Second Sunday Swim".**

Columbia Cards can be obtained at Maggie J. Brown Welcome Center, located at CA Headquarters, 10221 Wincopin Circle at no cost. Address verification in the form of a driver's license or imprinted personal check and dependent children's birth certificates are required to obtain the free Columbia Card. For more information, please call 410-730-1801.

Adult Programs

Early Bird Lap Swim and Adult Only Hours

Mbrs, FREE

CA Resident Non-Mbrs,
\$8 Daily Admission Rate w/ Columbia Card
Non-CA Residents/Non-Mbrs, \$20
Please refer to Outdoor Pool
Schedule, page 46.

Adult Aquatic Fitness Program

Mbrs, FREE

CA Resident Non-Mbrs,
\$8 Daily Admission Rate w/ Columbia Card
Non-CA Residents/Non-Mbrs, \$20

Shallow water fitness program for swimmers and non-swimmers. Designed to improve your aerobic capacity, flexibility and lose inches. Duration: 55 minutes. See page 57 for schedule.

Senior Outdoor Swim

Mbrs, FREE

CA Resident Non-Mbrs, \$8 per class
Non-CA Residents/Non-Mbrs, \$20
Ongoing at the Columbia Swim Center
Ends Jun 6 • Mon/Wed 2:30-3:30pm
Summer Schedule, Jun 12-Aug 10
Dasher Green • Tue, 12-3pm
Hobbit's Glen • Wed, 12-3pm
Locust Park • Fri, 10:30am-1pm
For information, go to ColumbiaPools.org.

Columbia Swims Learn to Swim

Mbrs and Columbia Card holders, \$2
Talbot Springs • Tue 6-7pm • Sat 5-6pm
Faulkner Ridge • Mon 6-7pm • Sun 5-6pm
Begins Sat, Jun 16 until Tue, Aug 7
Must pre-register by calling 410-312-6332.
CA wants to ensure that all Columbia residents have the opportunity to be safe around water. Program is for ages 6-80+ (under 13 must be accompanied by an adult). There will be a variety of skill stations at each class including; water acclimation, basic skills to feel safe in/around water, how to respond to an aquatic emergency and more. Each station stop will be about 15 minutes in length. Participants may attend multiple classes. *For more information, go to ColumbiaPools.org*

Other Important Information About Using Your Outdoor Pool — We Put Your Safety First

Parental Supervision of Children — Columbia Association provides lifeguards at each of our pools, however, no one can watch your child as well as you can. Our lifeguards are on duty to enforce rules and regulations, respond to emergencies, and prevent as many problems as possible, **but you are ultimately responsible for the safety of your child. There is no substitution for close, active parental supervision.**

Unsupervised Children's Policy — Members and Columbia Card holders between the ages of 8 and 12 who are not supervised by a "responsible person" must pass *Safety First* to be admitted to the pool alone. A "responsible person" is someone 14 years or older who visits the pool solely to watch the children (ages 12 and under) he/she brings. One person may watch no more than four children under age 8 or ten children total, and non-swimmers must be accompanied in the main pool on a one-to-one ratio. *Safety First* is given during Adult Swims. Upon passing, children receive a decal to be placed on the front of their membership card. The test includes swimming continuously and in a strong fashion, 25 yards on their front and 25 yards on their back and treading water for 1 minute. Please go to ColumbiaPools.org for more information.

Guest Policy — Members and Columbia Card holders must be 16 years old or older to bring a guest.

Children's Rest Periods (Adult Swim) — 15-minute rest periods are called at a quarter of each hour (including the last hour). Children 15 and under are required to take a break. Adults may take one child, 6 years of age or under into the main pool.

Non-Swimmers — Non-swimmers should never go into the water further than chest-deep and are not permitted to use the diving board or deep water slides. Parents of non-swimmers are not permitted in the diving well to "catch" their non-swimmer children. For your safety only, United States Coast Guard approved personal floatation (life preservers) may be used in the pool. Persons using such devices are required to be accompanied within arms reach by a responsible supervisor.

Staff Training — Each Columbia Association lifeguard completes approximately 24 hours of training in state-of-the-art rescue technology as well as CPR and first aid before the season begins. During the summer, lifeguards participate in a minimum of 4 hours a month of in-service training to insure that their skills remain "rescue-ready" at all times. The Columbia Association lifeguard staff is consistently audited and recognized by the Aquatic Safety consulting firm of Ellis and Associates. Each pool is supervised by a certified pool operator who has received an additional 16 hours of training.

Inclement Weather — If there is thunder or lightning, the facility will be cleared and remain closed for at least 1/2 hour after the last lightning sighting or thunder. During extended periods of inclement weather, pools may be closed for the day. Stevens Forest and Swansfield will usually remain open except during electrical storms or extended periods of severe weather. *See Inclement Weather Guidelines on page 45.*

Language — Use of profane language will not be tolerated.

Hygiene — Non-toilet trained children must wear snug-fitting rubber pants or swim diapers in the pools. Anyone with diarrhea should never use the pool. The pools are closed due to fecal contamination from 30 minutes to 30 hours depending on severity.

Groups — Groups of 10 or more must make reservations. Participants, including members, must abide by group rules. A copy is available in the Aquatics Office and online at ColumbiaPools.org.

Food and Beverages — Glass containers are prohibited. Alcohol is permitted only at special functions.

Breath Holding — The Aquatic Department restricts the dangerous practice of extended underwater breath holding and other hypoxic workouts.

swim outdoor pool amenities

Welcome to the Columbia Association

Outdoor Pools. Listed below are the special features of each pool. All of the pools have a main pool and a children's wading pool. All of the pools are furnished with lounges, regular chairs, tables and umbrellas, as well as bathrooms, changing areas and birthday party areas. *For additional information, log onto ColumbiaPools.org.*

Bryant Woods

- 5-lane main pool
- adjacent tot lot and basketball courts
- hot tub
- many shaded areas

Clary's Forest

- 6-lane main pool
- beach entry
- hot tub
- sand volleyball
- mushroom fountain in beach entry
- snack bar
- handicap accessible
- shade structures

Clemens Crossing

- 8-lane main pool
- snack bar
- adjacent softball and soccer field
- large slide in main pool
- shade structures

Dasher Green

- 8-lane main pool
- sand volleyball
- hot tub
- shade structures

Dickinson

- 6-lane main pool
- beach entry
- sand volleyball
- snack bar
- mushroom feature in beach entry
- bubble fountain in baby pool
- handicap accessible
- twin slides in main pool
- shade structures

Dorsey Hall

- 8-lane main pool
- sand volleyball
- snack bar
- adjacent tot lot and basketball courts
- many shaded areas and shade structures

Faulkner Ridge

- 6-lane main pool (meters)
- teeter totter in baby pool
- many shaded areas

Hawthorn

- 6-lane main pool
- beach entry
- hot tub
- snack bar
- mushroom fountain in beach entry
- adjacent tot lot and basketball courts
- shade structures

Hobbit's Glen

- 6-lane main pool
- adjacent to golf course
- adjacent basketball & tennis courts
- no deep end/maximum depth 5 feet
- shade structures

Hopewell Mini WaterPark

- large slide and spray ground
- 8-lane main pool
- adjacent field and tot lot
- shade structures

Huntington

- 8-lane main pool
- hot tub
- large deck area
- frog slide in baby pool
- shade structures

Jeffers Hill

- 8-lane main pool
- sand volleyball
- shade structures
- adjacent tot lot

Kendall Ridge

- 8-lane main pool
- beach entry
- snack bar
- hot tub
- sand volleyball
- play structure in beach entry
- mushroom in baby pool
- shade structures

Locust Park

- 8-lane main pool
- adjacent basketball and tennis courts
- adjacent tot lot
- shade trees

Longfellow

- 6-lane main pool (meters)
- small frog slide in baby pool
- shade trees
- adjacent basketball courts

Macgill's Common

- 6-lane main pool
- adjacent tot lot
- nearby basketball courts
- volleyball (grass)
- shade structures

Phelps Luck

- 8-lane main pool
- volleyball (grass)
- shade structures

River Hill

- 8-lane main pool
- beach entry
- snack bar
- hot tub
- play structure in beach entry
- mushroom in baby pool
- picnic tables
- shade structures

Running Brook

- 6-lane main pool (meters)
- shade structures

Steven's Forest

- 8-lane main pool
- heated main pool
- grass volleyball
- shade structures
- upgraded bathrooms

Swansfield Mini WaterPark

- large slide and spray ground
- 6-lane main pool (meters)
- adjacent basketball courts and tot lot
- landscaped plaza
- heated main pool
- many shaded areas
- new bath house and family changing room

Talbott Springs

- 8-lane main pool
- basketball court
- shade and picnic structures

Thunder Hill

- 6-lane main pool (meters)
- volleyball
- adjacent to tot lot
- many shaded areas



New Member, Early Bird Special

Save \$24 off the price of an Outdoor Pool and Columbia Swim Center membership when you join by May 31.*

CA Resident	Regular Price	Your Mail-in Price	Down Payment	11 Electronic Monthly Deductions
Family\$326\$302\$25.13\$25.17/monthly
2-Member\$316\$292\$24.37\$24.33/monthly
Individual\$215\$191\$15.88\$15.92/monthly

Non-CA Resident**	Regular Price	Your Mail-in Price	Down Payment	11 Electronic Monthly Deductions
Family\$615\$591\$49.25\$49.25/monthly
2-Member\$577\$553\$46.12\$46.08/monthly
Individual\$456\$432\$36.00\$36.00/monthly

To join, simply circle the discounted price shown above, complete the bottom part of this application, and mail to: Columbia Association Membership Service Center, 10221 Wincopin Circle, Columbia, MD 21044. To get the CA Resident price you must also include a copy of the driver's license of each of the adults who are included on your membership. *(You are entitled to include 2 adults and your tax dependent children under the age of 23 on your family membership. All family members must live at the same address. If children have different last name than adults on membership, birth certificate is required.) Income Qualified 75% discount also available to CA resident. See page 10 for CA income guidelines.*

Applicant Names

Birth Date

_____	_____
_____	_____
_____	_____
_____	_____

Phone (Day) _____ (Evening) _____

Address _____
City Zip

Email Address _____

If you are paying in full, enclose a check for the full amount shown above. To spread your payments over 12 months using the interest free electronic monthly deduction plan, complete this section and enclose a check for the first monthly payment (down payment) and a voided check from the account to be deducted.

I hereby authorize the Columbia Association and _____ (your bank) to deduct the balance due on my Outdoor Pool and Columbia Swim Center membership beginning in June 2012 until the entire fee is paid in full.

I understand I am paying no finance charge for the credit provided but that a service charge will be assessed if my account is ever in arrears or if I fail to notify CA of banking changes in the month prior to the change. I understand this payment procedure will apply to the renewal of this membership unless I notify CA in writing of my intent to terminate 30 days prior to my anniversary date. This membership cannot be cancelled before the anniversary date.

Signature _____ Date _____

**Offer cannot be combined with any other offer, valid 5/1/12 through 5/31/12. Allow 2 weeks for processing, then visit the Membership Service Center for your photo ID's. All forms must be postmarked no later than May 31, 2012.*

** If you work full-time on CA assessed property, call 410-730-1801 to inquire about our Associate prices.

Please Note: If you are also completing the CNSL Registration on the reverse side, your CNSL Registration will be forwarded to the Outdoor Pools Office after your membership is processed by the Membership Service Center.

swim 2012 columbia neighborhood swim league (cnsl)

registration form

Additional information, schedules, rules and regulations can be found online at ColumbiaPools.org or CNSLswimming.org.

Registration Information Please print.	Swimmer #1	Swimmer #2	Swimmer #3			
Swimmers' Last Name <i>Print last name in box at right.</i>						
Swimmers' First Name <i>Print first name in box at right.</i>						
Swimmers' Date of Birth MM/DD/YYYY <i>Print in box at right.</i>						
Swimmers' Age as of 6/1/2012 <i>Print age in box at right.</i>						
Swimmers' Gender M/F <i>Print gender in box at right.</i>						
Disability A. Legally blind/visually impaired C. Physical disability List A, B, C or D B. Deaf or hard of hearing D. Cognitive disability						
Membership Status Check appropriate box below, then enter each swimmers' membership ID # at right. Required. Example: 12345.1 <input type="checkbox"/> Members (PPP, PP or Outdoor Pools) <input type="checkbox"/> Columbia Cardholder <input type="checkbox"/> Non-Member Proof of residency required.	CA Membership ID # Write membership number in this box.	CA Membership ID # Write membership number in this box.	CA Membership ID # Write membership number in this box.			
N • New to Team R • Returning to Same Team.....						
Howard County Elementary School District...						
Columbia Neighborhood <i>Print neighborhood in box at right.</i>						
CNSL Team <i>Print CNSL team in box at right.</i>						
Number of prior years in CNSL <i>Please print in box at right.</i>						
Parents/Guardian <i>First and last name. Please print in box at right.</i>						
Mailing Street Address <i>Print street address in box at right.</i>						
City, State, Zip <i>Print city, state, zip in box at right.</i>						
Parent/Guardian Email Address <i>Email address at right.</i>						
Phone Numbers <i>Print phone numbers in box at right.</i>	Home	Work	Cell			
Parent/Guardian Signature Signature indicates my permission for our family to participate. We will abide by CNSL policies available for review @ CNSLswimming.org.						
CNSL Fees Calculate cost for each swimmer at right. Fee varies based on membership, discount, status and date payment is received.	Members PPP, PP or Outdoor Pools		Columbia Cardholder		Non-Member	
	Postmarked May 1-31 \$110 Per Swimmer	Postmarked After May 31 \$125 Per Swimmer	Postmarked May 1-31 \$195 Per Swimmer	Postmarked After May 31 \$210 Per Swimmer	Postmarked May 1-31 \$400 Per Swimmer	Postmarked After May 31 \$415 Per Swimmer
CNSL Fee Discounts <i>Check box to indicate any discounts.</i> <input type="checkbox"/> CA Income Qualified 50% (See page 7 and 10 for more info) <input type="checkbox"/> CNSL Team Manager \$25 Per Family <input type="checkbox"/> CA Staff \$25 Per Swimmer Facility Name _____ <input type="checkbox"/> Clippers Swimmer 50% Group _____	Total Fees <i>For all swimmers registering on this form.</i> _____					
Check box to indicate payment type. <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard Payment by cash or credit card must be completed at the Aquatics Office • Mon-Fri, 9am-5pm or Sat, 10am-2pm. Payment by check: complete form and send with check payable to "Columbia Association." Drop off at Aquatics Office or mail to: Columbia Association Aquatics Office • 9450 Gerwig Lane • Columbia, MD • 21046						

Office Use Only Date Received in Aquatics Office _____ Entered Into System _____ Receipt Number _____

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years +
- M** Mature 55 Years +
- E** Everyone

Swimming Lessons

CA is committed to providing quality swimming lessons for members and residents. Lessons are available at Columbia Swim Center, Columbia Gym and various outdoor pools. We hope that your experience will be beneficial and rewarding to you and your child.

Y Waterbabies Ages 6 months to 3 years
Parent participation is required and is an integral part of this learning experience. Emphasis is on water adjustment through group interaction and individual attention in this 30-minute class.

Y Preschool and Parent Ages 3-5 years
Parent/caregiver participation is required and is an integral part of this learning experience. Goals in this 30-minute class include: water adjustment, front and back floating and the ability to swim a distance on the front and back.

Y Preschool Level I Ages 3-5 years
For those who are ready to be in a group setting without a parent/caregiver and have the ability and willingness to follow directions from the instructor. Goals in this 30-minute class include: front and back floating and the ability to swim a coordinated stroke on the front and back.

Y School-Age Level 1 Ages 5-12 years
For those children who are not yet able to confidently swim 20 yards of each of the following strokes: Freestyle and Backstroke. Goals in this 30-minute class include: water adjustment, front and back floating and the ability to swim a coordinated stroke on the front and back. This class will include a significant amount of time spent in deep water.

Y School-Age Level 2 Ages 5-12 years
For those children who are able to swim a minimum of 20 yards of each of the following strokes: Freestyle and Backstroke. Goals in this 30-minute class include: Introduction of Breaststroke, Butterfly and Diving. This class will include a significant amount of time spent in deep water.

Y T Intermediate Stroke Technique Ages 6-14

For those who can demonstrate an ability to swim a minimum of 25 yards of both freestyle and backstroke. Goals in this 30-minute class include stroke improvement and an introduction to the Breaststroke and Butterfly.

Y T Stroke Clinic Ages 6-14 years
For those who can demonstrate an ability to swim a minimum of 50 yards of each of the following strokes: Freestyle, Backstroke, Breaststroke, as well as a basic familiarity of Butterfly. Goals in this 45-minute class include: starts and turns, stroke improvement and endurance.

T A M Adult Lessons Ages 13 and up
This 30-minute class is geared toward the true beginner as well as the adult who wishes to improve stroke techniques.
Indoors only.

E One-On-One Lessons Ages 3 and up
Tailored for each individual, based on age and goals. These lessons are available in 10-minute increments.

A Private Swimming Training
30-minute one-on-one lessons with a qualified instructor. Designed for adult triathletes, fitness swimmers and beginners.
Contact Columbia Swim Center at 410-730-7000 for information on private lessons.

Indoor Registration and Schedules

Registration will be held at the Columbia Swim Center beginning at 7am for both the Swim Center and Columbia Gym. See sessions for dates. Schedules available at the Swim Center, Columbia Gym and online at www.ColumbiaPools.org.

Indoor Summer Session
June 11-July 26

Once a week for 6 weeks
Registration begins Sat, June 2 at 7am at the Columbia Swim Center. No classes July 2-5.

Indoor Mini Session
Aug 13-23

Twice a week for 2 weeks
Will be held Mondays and Wednesdays for 2 weeks at the Columbia Gym
Will be held Tuesdays & Thursdays for 2 weeks at the Columbia Swim Center
Registration begins Sat, Aug 4 at 7am at the Columbia Swim Center.

Group Lesson Fees	Mini Session	Summer Session
PPP.....	\$43.....	\$62
Member	\$50.....	\$71
Resident, Non-Mbr	\$70.....	\$101
Non-Mbr, Non-Resident.....	\$85.....	\$120

One-On-One Lesson Fees	Mini Session	Summer Session
PPP.....	\$55.....	\$80
Member	\$67.....	\$98
Resident, Non-Mbr	\$93.....	\$135
Non-Mbr, Non-Resident.....	\$112.....	\$165

Indoor Fall Session

Classes begin on Tue, Sep 4
For Members, registration begins Sat, Aug 18 at 7am.
For Non-Mbrs, registration begins Sat, Aug 25 at 7am.

Outdoor Registration and Schedules

Registrations begin at each lesson site on Saturday, June 9 at Noon and continues throughout the summer. Classes meet 4 times a week for 2 weeks. The morning lesson sites are: DH, DI, HW, KR, RH, SW and are held between 10am and Noon. The Outdoor Pools also offer Evening Lessons which are held twice a week for 2 weeks. These one-on-one lessons are held on Tuesday and Thursday nights, 4-7pm at LP or HG or on Monday and Wednesday nights, 4-7pm at TH. Sessions begin Jun 18, Jul 2, Jul 16, Jul 30.

Outdoor Morning Group Lesson Fees*

PPP/PP Mbrs.....	\$50
Outdoor Pool or Regular Mbrs.....	\$60
CA Resident Non-Mbrs.....	\$70
Non-Mbrs, Non-Res	\$100

Outdoor Morning One-On-One Fees*

PPP/PP Mbrs.....	\$65
Outdoor Pool or Regular Mbrs.....	\$75
CA Resident Non-Mbrs.....	\$85
Non-Mbrs, Non-Res	\$105

Outdoor Evening One-On-One Fees*

PPP/PP Mbrs.....	\$45
Outdoor Pool or Regular Mbrs.....	\$55
CA Resident Non-Mbrs.....	\$65
Non-Mbrs, Non-Res	\$95

***Prices have been reduced to encourage more children to learn how to swim.**

E SplashDown

Columbia Swim Center • 410-730-7000
 PPP Mbrs, FREE
 Club Mbrs, \$8
 CA Res, Non-Mbrs, \$12
 Non-Mbrs, \$14
 SplashDown is open to the public and has 720 feet of twisting, turning, wet and wild fun. Must be at least 42" tall. Also available are snack bar, rope swing, diving board and recreational swimming.
 Friday from June 1-297-9pm
 Saturday until May 191-6pm
 Sunday until May 20Noon-4pm

A M Shallow Water Fitness

See aquatic exercise class descriptions on page 58. *Current monthly schedules available at fitness facilities front desk or online at ColumbiaAssociation.org. click on Classes.*

A M Indoor Senior Swim (50+)

Mbrs, FREE
 CA Res Non-Mbrs, \$8 per hour
 Mon/Wed, 2:30-3:30pm • Ends Jun 6
 Columbia Swim Center, 410-730-7000
 Columbia Swim Center is open exclusively to adults ages 50 and older for one hour of lap or recreational swimming. Handicapped lift and elevator are available. Enjoy warm water temperatures. *Check schedule on page 57 or call 410-730-7000. See page 46 for Outdoor Senior Swim schedule.*

A M Deep Water Fitness

Package Plan Plus Mbrs **FREE**

Number of Punches	Club Member	Resident Card Holder
5-punch card\$12\$65
10-punch card\$18\$110
20-punch card\$30\$200
6-month card\$90N/A

Call 410-730-7000 for information.
 Columbia Swim Center
 Days/times/location vary, see page 57.
 Build your cardiovascular conditioning, muscle strength and flexibility in an innovative deep water program. Flotation belts provided.

A M Masters Swim Programs

Must become USMS members (fee extra)
 Club Members, \$40/month,
 3 months for \$105
 or 5 Practice Punch Card
 CA Resident Non-Mbrs, \$150/month
Columbia Swim Center 410-730-7000
 Mon/Wed/Fri • 5:30-6:45am, this class moves to outdoor pools in May until 7/28
 Mon through Fri • 10:30-11:45am until 6/11
 Mon/Wed/Fri • 10:30-11:45am until 8/1
Supreme Sports Club 410-381-5355
 Wednesdays • 7:30-9pm*

Adult-oriented swim program combining instruction with competitive training. Great for triathletes, competitive swimmers and fitness swimmers. Dedicated lanes and professional coaching at every practice. All participants must be able to swim a mile in about 30 minutes and become a USMS member. *For more information, go to ColumbiaMastersSwimming.com.*

* Will be held outdoors on Wednesdays beginning in June.

Y T A Columbia Clippers Year-Round Swim Team

Ages 6-19 • Evaluation required
 Must be CA Member/CA Resident to participate. Practices held at Columbia Swim Center and Supreme Sports Club. Fees depend on the level of commitment and number of practices per week.
 Columbia Clippers, the largest competitive swim program in Maryland, serves the novice to national level swimmer. Clippers learn or improve competitive stroke mechanics, build endurance and fitness, and develop skills to help them become well-rounded, lifelong athletes.

Evaluation Dates

Held at Columbia Swim Center
 Swimmers will be evaluated one-on-one with a member of our coaching staff. Tryouts will be held Sundays, July 22 and 29. Swimmers ages 10 and under will be evaluated from 12-2pm, and swimmers 11 and older from 2:30-4:30pm. A swimmer information form will be posted on our website on or about June 1 and swimmers will be evaluated in order received.

Please contact Jeff Scrivener at 410-381-0020, email jeff.scrivener@columbiaassociation.com or go to clippersswim.org for information.

Y Clippers Summer Clinic Series

\$35 per clinic • \$150 for 5 clinics
 CA Mbrs/Columbia Card Holders
 Thursdays, Jun 14-Jul 19 • 3:30-5pm
 Ages 9-13 • Jeffers Hill Pool
 Registration begins May 1 at the CA Aquatics Office.
 Clinics focus on the following —
 Thu, Jun 14 • Freestyle
 Thu, Jun 21 • Backstroke
 Thu, Jul 28 • Breaststroke
 Thu, Jul 12 • Butterfly
 Thu, Jul 19 • Turns
 Please call 410-381-0020 or email jeff.scrivener@columbiaassociation.com.

A M SCUBA

Columbia Swim Center
 Tue/Thu • Classes begin at 8:30pm
 Become certified to dive anywhere in the world. Instruction and certification provided by Columbia SCUBA. *Call 410-381-1994 for more information.*

A M Aqua Arthritis

All Members, Free
 CA Resident and Non-Mbr, \$10 per class (Columbia Card required.)
 Ongoing, Columbia Athletic Club
 Mon and Wed • 6:30-7:15pm
 Tue and Thu • 9:30-10:15am
 Fri • 11-11:45am
 For more information, call 410-730-6744.
 Experience gentle exercises in warm water with the guidance of a trained instructor. Focus is to decrease pain and stiffness.

A M Aqua Arthritis Plus

All Members, Free
 CA Resident and Non-Mbr, \$10 per class
 Ongoing, Columbia Athletic Club
 Mon/Wed • 11-11:45am
 Tue/Thu • 12:30-1:15pm
 Fri • 9:30-10:15am
 Sat • 10-10:45am
 Gentle exercises from the arthritis format, plus increased endurance phase. *To register or for more information, please call 410-730-6744.*

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

T Junior Lifeguard Training Program

\$50, includes cost of course and T-shirt. Classes begin Jun 18. Class times may vary from pool to pool. Speak to head lifeguard for information.

Junior Lifeguarding students receive instruction in water safety, public relations, facility operations, water exercise, teamwork, leadership skills, basic work skills, lifeguarding skills, first aid and CPR. At successful completion of the course, students receive certification as a national Pool and Waterpark Junior Lifeguard. Junior Lifeguards have the opportunity to continue their training through our volunteer program and are encouraged to participate in all staff training. Students (ages 11-14) must pass the Safety First test. *Visit ColumbiaPools.org for more information.*

Y T Pedal and Paddle

Sun, Jul 15 • 7am
Registration 6:45am
\$50 registration fee includes t-shirt
Ride your bike and swim a lap at all 23 outdoor pools to benefit the Ulman Cancer Fund and honor Donna Sunderdick. *For additional information, go to edshulder@yahoo.com or active.com.*

T A M Sprint Triathlon Racing Clinic Ages 13 and up

CA Mbrs, \$50
CA Resident Non-Mbrs, \$65
Annual USAT membership required or purchase a \$12 one-day USAT membership during registration. Registration taken online at Active.com. Listing ID: 2017554
Sun, Jun 3 • Clemens Crossing Pool 6-11:30am • For individuals ages 13 and up
Participants must be able to swim 500 yds, bike 10 miles and run 2 miles.
Outdoor triathlon training for triathletes of all levels to prepare for a sprint triathlon. Emphasis on open water swim practice in a pool and racing techniques for transitions, biking and running. After the clinic portion, there will be a non-competitive sprint triathlon for practice. Approximately 500 yard swim, 10 mile bike and two mile run.
For more information, email CAtriathlon@ColumbiaAssociation.com.

Y T Kids' Triathlon Camp

Clemens Crossing Pool
Sun, Jul 8 • 6:30-11am • Triathlon
CA Mbrs, \$40
CA Resident-Non Mbrs, \$50
Register at www.Active.com • ID:2017556
Must have an annual USAT youth membership (usatriathlon.org/member-services) or purchase a one-day USAT membership for \$10 during registration.

For kids 7-14 years old who want to learn how to do a kids triathlon. Bring your parent with you and have lots of fun ... race your friends to swim buoys, learn how to swim, bike and then run in a practice triathlon, and find out what you need to eat and drink to give you the most energy. Great practice on the same course as the Tri Columbia Kidz Triathlon. *For more information, email catriathlon@columbiaassociation.com.*

Y T Tri Columbia Kidz Triathlon Ages 7-15

**Clemens Crossing Pool and Clemens Crossing Elementary School
Sun, Jul 22**
Swim, bike and run with others in your age group. Start building a healthy lifestyle and learn how much fun you can have getting fit. Come out and "tri". Winning is finishing what you start!
**Mandatory packet pickup/check in
Sat, Jul 21**

Road Runner Sports
6630-C Marie Curie Drive
Elkridge, MD 21075
Parent/guardian must accompany child to pick up packet.
Triathlon entry fee, \$60
Register online only at tricolombia.org/KidsTriathlon/
At packet pickup, each child will be required by USA Triathlon (providers of event insurance) to show proof of an annual USAT membership. Parents can go to usatriathlon.org/member-services to obtain a one-year youth membership for \$15. Participants must obtain USAT membership prior to registering for the race. Without an active membership number, you may not sign up to participate. Participants can purchase a one-day membership for \$10 when registering for the race.
Sponsored by the Columbia Triathlon Association/TriColumbia and CA.

Y T Swim Teams

Columbia Neighborhood Summer Swim League (CNSL)

	Early RegistrationMay 1-31	Regular Registrationafter May 31
Mbrs	\$110	\$125
CA Resident Non-Members with Columbia Card	\$195	\$210
Non-CA Resident, Non-Mbr	\$400	\$415

Forms available at all Outdoor Pools, Columbia Swim Center, the Aquatics Office, on page 50 and online at ColumbiaPools.org.
Have fun, improve skills, and go for your personal best. Practice is held after school June 1 through June 11, mornings and evenings thereafter. Meets start at 8am on Saturdays. Children age 10 and under must be able to swim one pool length on their front and/or one length on their back. Children 8 and under must be supervised at all times by a responsible person age 14 or older. Swimmers ages 11-18 must be able to swim two lengths of the pool. This league is not a substitute for lessons. Time trials will be held on 6/16. There are five dual meets and an *All-City Championship Meet*, Friday, July 27 and Saturday, July 28. *Registration begins May 1. Register by May 31 and save. For more information, please go to ColumbiaPools.org.*

**Lifeguards Needed
Fall 2012 Indoor Pools**

CA's Aquatics Department is looking for quality lifeguards. Training provided. Apply online beginning August 1.
Contact CA Aquatics Office at 410-312-6332 or please visit Jobs.ColumbiaAssociation.org.

Columbia Community **Exchange**

A member of TimeBanks USA

Learn more @ TimeBanks.org!

For more information,

call 410-884-6121,

email [CommunityExchange@](mailto:CommunityExchange@ColumbiaAssociation.org)

ColumbiaAssociation.org

or check out

[ColumbiaAssociation.org/](http://ColumbiaAssociation.org/TimeBanks)

TimeBanks.

CA Monthly

A PUBLICATION OF COLUMBIA ASSOCIATION

See What's Going On

each month with the
Columbia Association
by picking up the
latest edition of the
CA Monthly newsletter!
Read the newsletter online
at [http://issuu.com/
ca-columbiaassociation](http://issuu.com/ca-columbiaassociation).

Columbia Matters

has many convenient
show times on the
following channels.

Comcast Channel 96
Verizon Channel 41

Mondays

11am, 4pm and 7pm

Saturdays

8:30pm

Comcast Channel 98

Tuesdays and Thursdays

10am, 2pm and 6pm

Sundays

10am and 4:30pm

Comcast Channel 99
Verizon Channel 44

Mondays 10:30am

Tuesdays 7:30am

Wednesdays 8am, 7pm

Thursdays 7:30am

Fridays 8am, 7pm

Saturdays 10am

Sundays 11pm

Columbia Matters

A Columbia Association TV Program • Your Connection to Columbia

Learn about CA's programs, initiatives and services
and what's happening around Columbia with the
Columbia Matters TV show!

Watch Columbia Matters online at

ColumbiaMatters.org or

YouTube.com/CATVchannel.

athletic club hot water therapy/recreational pool **swim**

Effective Jun 12, 2012. Schedules are subject to change. Visit facilities or go to **ColumbiaPools.org**. The water temperature of this pool is kept between 90-92 degrees. The pool is scheduled for adult only (14 and older) use with exceptions for physical/ aquatic therapy sessions. Lap or recreational swimming is not allowed during class time. Schedules around group fitness classes may be altered by 5 minutes to allow staff time to set up the pool. Summer shutdown Aug 20-26 – facility closed.

*** Ai Chi class is for Package Plan Plus Members Only.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
7:00 am	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM							
7:30 am														
8:00 am														
8:30 am														
9:00 am														
9:30 am														
10:00 am								Arthritis 9:30-10:15am	Arthritis Plus 11-11:45am	Arthritis 9:30-10:15am	Arthritis Plus 9:30-10:15am	Arthritis Plus 10-10:45am	Ai Chi* 10-10:45am	
10:30 am								Open		Open	Open			
11:00 am								Arthritis Plus 11-11:45am	Open	Arthritis Plus 11-11:45am	Open	Arthritis 11-11:45am	Open	Open
11:30 am														
Noon	Open	Open	Open	Open	Open	Open	Open							
12:30 pm														
1:00 pm								Arthritis Plus 12:30-1:15pm	Arthritis Plus 12:30-1:15pm	Open	Open	Open		
1:30 pm								Open	Open				Open	Open
2:00 pm														
2:30 pm														
3:00 pm														
3:30 pm														
4:00 pm														
4:30 pm														
5:00 pm														
5:30 pm	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM								
6:00 pm														
6:30 pm							Arthritis 6:30-7:15pm	Arthritis 6:30-7:15pm						
7:00 pm							OPEN	OPEN						
7:30 pm														
8:00 pm							POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM		
8:30 pm														
9:00 pm														
9:30 pm														
10:00 pm														

swimcolumbia gym

Effective Jun 12, 2012. Summer shutdown Jun 4-10, 2012. **NOTE:** Schedules are subject to change. Visit facilities or go to **ColumbiaPools.org** and click on "Classes" for updated schedules. Beach entry and cove open whenever the pool is open. Pool closes at 5pm on Sundays. ***No lap swimming during Water Aerobics or Lesson only times.** Schedule subject to change, call 410-531-0800 for details. For your health and safety, children under the age of 3 are required to wear swim diapers. Schedules around group fitness classes may be altered by 5 minutes to allow staff time to set up the pool. Aerobic classes are 55 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Closed	Closed
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Lap Swim 7-9am	Lap Swim 7-11am
8:30 am							
9:00 am							
9:30 am							
10:00 am							
10:30 am	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 9am-7pm	Laps and Rec Swim 11am-5pm
11:00 am							
11:30 am							
Noon							
12:30 pm							
1:00 pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Pool Closes at 5pm	
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm	*Lessons Only 6:30-8:30pm	Laps and Rec Swim 6:30-10pm	*Lessons Only 6:30-8:30pm	*Aqua Fitness 6:30-7:25pm	Laps and Rec Swim 6:30-9pm	Pool Closes at 7pm	
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Laps and Rec Swim 8:30-10pm	Laps and Rec Swim 8:30-10pm	Laps and Rec Swim 8:30-10pm	Laps, Rec Swim 7:30-10pm	Pool Closes at 9pm		
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							

columbia swim center/splashdown **swim**

EFFECTIVE Jun 12, 2012 **Summer Renovations Facility Closed** Aug 3-Aug 12. **NOTE** Schedules are subject to change. Visit facilities or go to ColumbiaPools.org. and click on Classes for updated schedules. Wading pool is open unless noted in black whenever the pool is open.

NOTE MP=Main Pool PP=Program Pool *DWF=Deep Water Fitness. DWF is free to Package Plan Plus Mbrs, additional fee for PP Mbrs and CA Res Non-Mbrs.

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP
5:30am														
6:00am	Lap Swim	Closed	Lap	Closed	Lap Swim	Closed	Lap	Closed	Lap Swim	Closed	Closed	Closed	Closed	Closed
6:30am	6 Lanes		Swim		6 Lanes		Swim		6 Lanes					
7:00am	5:30-7:30am				5:30-7:30am		5:30-9am		5:30-7:30am					
7:30am	1 Lane for DWF* from 7:30-8am	Lap	5:30-9am	Lap	1 Lane for DWF* from 7:30-8am	Lap		Lap	1 Lane for DWF* from 7:30-8am	Lap	Lap Swim			
8:00am		Swim	Swim	Swim		Swim		Swim		Swim	7-9am	Lap Swim		
8:30am	DWF* 8-8:55am	6:45-9am	6:45-9am	6:45-9am	DWF* 8-8:55am	6:45-9am	6:45-9am	6:45-9am	DWF* 8-8:55am	6:45-9am	1 Lane for DWF* from 8-9am	7-10am		
9:00am														
9:30am		Closed				Closed				Closed	DWF* 9-9:55am		Lap Swim	Lap
10:00am	Lessons, Laps and Rec		Lessons, Laps and Rec		Lessons, Laps and Rec		Lessons, Laps and Rec		Lessons, Laps and Rec				9-10:30am	Swim
10:30am	Swim		Swim		Swim		Swim		Swim				Laps and Rec	9am-12pm
11:00am	9am-1pm	Masters 10:30-11:45am	9am-1pm	Closed	9am-1pm	Masters 10:30-11:45am	9am-1pm	Closed	9am-1pm	Masters 10:30-11:45am			10:30-12pm	
11:30am														
Noon														
12:30pm														
1:00pm										Closed	Closed	Closed	Closed	Closed
1:30pm	Camps and Rentals													
2:00pm														
2:30pm														
3:00pm														
3:30pm														
4:00pm														
4:30pm	Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm					
5:00pm														
5:30pm	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim					
6:00pm	5-6:30pm		5-6:30pm		5-6:30pm		5-6:30pm		5-6:30pm		Swim Team			
6:30pm		Swim Team		Swim Team		Swim Team		Swim Team		Swim Team	5-7pm			
7:00pm	Swim Team 6:30-7:30pm	4:30-8:15pm	DWF* 6:30-7:25pm	5-8:15pm	Swim Team 6:30-7:30pm	4:30-8:15pm	DWF* 6:30-7:25pm	5-8:15pm	Swim Team 6:30-7:30pm	4:30-8:15pm	Closed			
7:30pm			Lessons 6:30-8:30pm				Lessons 6:30-8:30pm							
8:00pm									SplashDown 7-9pm 6/1-6/29		Laps/Rec 7-9pm 6/1-6/29		Rentals	
8:30pm														
9:00pm			Scuba Rental				Scuba Rental							
9:30pm	Closed	Closed		Closed	Closed	Closed		Closed	Closed					
10:00pm														

swim supreme sports club

EFFECTIVE Jun 12-Aug 26, 2012 **Summer Shutdown** Aug 27-Sep 3 **NOTE** Schedules are subject to change. Visit facilities or go to **ColumbiaPools.org** and click on Classes for updated schedules. Supreme Sports will normally have some lanes available for lap swimming. The Wading Pool is open, whenever the Main Pool is open. Call 410-381-5355 for details. For your health, children under the age of 3 are required to wear swim diapers. Aerobic classes are 55 minutes. Schedules around aerobic classes may be altered by 5 minutes to give the staff time to set up the pool. * 3 lanes available for lap swimming. If the aerobic class has less than 20 participants, a 4th lap lane will be available for lap swimming.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
5:30 am							
6:00 am	Laps	Laps	Laps	Laps	Laps	Closed	Closed
6:30 am	Only	Only	Only	Only	Only		
7:00 am	5-9am	5-9am	5-9am	5-9am	5-9am		
7:30 am						Laps Only	Laps Only
8:00 am						7-9am	7-10am
8:30 am							
9:00 am							
9:30 am		Laps/Rec Swim 9-10am		Laps/Rec Swim 9-10am		Laps/Rec Swim 9-10am	
10:00 am							
10:30 am		Laps*/Aqua Fit 10-11am		Laps*/Aqua Fit 10-11am		Laps*/Aqua Fit 10-11am	Laps*/Aqua Fit 10-11am
11:00 am							
11:30 am	Laps, Camps		Laps, Camps		Laps, Camps		
Noon	and		and		and		
12:30 pm	Rec Swim	Laps, Camps	Rec Swim	Laps, Camps	Rec Swim	Laps, Rec Swim	Laps and Rec Swim
1:00 pm	9am-4pm	and	9am-5pm	and	9am-4:30pm	11am-7pm	11am-5pm
1:30 pm		Rec Swim		Rec Swim			Pool Closes
2:00 pm		11am-5pm		11am-5pm			5pm
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Laps and Swim Team						
4:30 pm	3-6:30pm						
5:00 pm							
5:30 pm							
6:00 pm		Laps and Swim Team	Laps and Swim Team	Laps and Swim Team	Laps and Swim Team		
6:30 pm		5-8:30pm	5-8pm	5-8:30pm	4:30-9pm		
7:00 pm	Laps						
7:30 pm	6:30-7:30pm						
8:00 pm			Masters Outdoors 7:30-9pm			Closed	Closed
8:30 pm							
9:00 pm	Laps/Rec 7:30-10pm		Laps/Rec 8-10pm				
9:30 pm		Laps and Rec 8:30-10pm		Laps/Rec 8:30-10pm	Closed		
10:00 pm							

Effective: June 12-September 3, schedule subject to change and the Howard County Public School schedule

Day	Time	Club	Class
Monday	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/13</i>
	10am	Hobbit's	Aqua Fitness <i>Ends 8/6</i>
	11am	AC	Aqua Arthritis Plus +
	6:30pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness
Tuesday	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/14</i>
	9:30am	AC	Aqua Arthritis +
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	7pm	Hobbit's	Aqua Fitness <i>Moves to SW 8/14</i>
Wednesday	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/15</i>
	11am	AC	Aqua Arthritis Plus +
	6:30pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness <i>Moves to JH 8/15</i>
Thursday	9:30am	AC	Aqua Arthritis +
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/16</i>
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	6:30pm	CG	Aqua Zumba
Friday	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/17</i>
	9:30am	AC	Aqua Arthritis Plus +
	10am	Hobbit's	Aqua Fitness <i>Ends 8/10</i>
	11am	AC	Aqua Arthritis +
Saturday	9am	SWC	Deep Water Fitness \$
	10am	Hobbit's	Aqua Fitness <i>Moves to SW 8/18</i>
	10am	SSC	Aqua Fitness
	10am	AC	Aqua Arthritis Plus +
Sunday	10am	SSC	Aqua Fitness
	10am	Hobbit's	Aqua Fitness <i>Moves to SW 8/19</i>
	10am	AC	Ai Chi*

Class Descriptions

Ai Chi*

Gentle mind and body exercises in warm water, Package Plan Plus members only, advance registration required.

Aqua Boot Camp

Interval based class with varying intensity and equipment to increase strength and aerobic endurance.

Aqua Fitness

Aerobics, flexibility, and muscle conditioning in shallow water.

Aqua Arthritis +

Gentle exercises to help decrease pain and stiffness. Members free. CA Resident Non-Members with Columbia Card per class fee \$10. Classes are 45 minutes.

Aqua Arthritis Plus +

Gentle exercises from the arthritis format, plus increased endurance phase. Members free. CA Resident Non-Members per class fee \$10 with Columbia Card. Classes are 45-minutes in length.

Aqua Zumba

All the fun of Zumba, the intensity of dance movements, with the support and resistance of the water.

Deep Water Fitness Classes \$

Water exercises in the deep end of the pool. Flotation belts available. Free to Package Plan Plus members. Additional fee for Package Plan and CA Resident Non-Members.

AC — Columbia Athletic Club, 410-730-6744

SWC — Columbia Swim Center, 410-730-7000

SSC — Supreme Sports Club, 410-381-5355

CG — Columbia Gym, 410-531-0800

Aqua Fitness Policies

+ Free to Members, CA Resident Non-Mbrs with Columbia Card, \$10 per class.

\$ Additional fee for Package Plan, Club Mbrs, CA Resident Non-Mbrs. Free to Package Plan Plus Mbrs.

Fees Shallow Water Fitness classes are free to Members and at the Daily Admission Rate for CA Resident, Non-Members. An additional fee is required for Deep Water Fitness Classes. Fees subject to change.

Attendance Consistent attendance of ten or more is required for a class to remain on the schedule. The schedule is subject to change.

Inclement Weather All pool facilities will close for thunder and lightning and will remain closed for 30 minutes after the last report of thunder or lightning. Outdoor classes will not be held in the rain or if the temperature is below 68F. Please call the Weather Information Hotline at 410-715-3154 to check status of class.

Classes are 55 minutes unless noted.

Schedule Notes

- No Columbia Gym classes June 4-10
- Morning classes will be held on Wednesday, July 4
- No Columbia Swim Center classes August 3-13.
- Classes move to different locations beginning August 12
- No Athletic Club classes August 20-26
- No outdoor pool classes after Sunday, August 26**
- No Supreme Sports Club classes August 27-September 3
- Special Memorial Day Class, 11-11:55am, Swansfield
- Special Labor Day Class September 3, 10:30-11:55am, Swansfield (\$10 tax deductible donation to Cancer Fund requested, but not required.)

Fees and schedule subject to change.

Tennis ... For Everyone!

An Outdoor Tennis membership includes three outdoor clubs and the Bubble in the winter. A Bubble membership provides indoor play only at the Bubble from September through April. To play at Columbia Athletic Club indoor courts, you must have a membership at Columbia Athletic Club or one of the Package Plans, Package Plan and Package Plan Plus members automatically have playing privileges at all the outdoor clubs and the Bubble. For more information and prices, please call 410-730-1801 or visit the Membership Service Center. **The Racquet Club at Hobbit's Glen** features 6 Har-Tru courts and a beautiful viewing area; **Owen Brown Tennis Club** has 12 hard-surface lighted courts, a large observation deck, a pro shop and stringing service. Five courts are covered by the Bubble for year-round play. **Wilde Lake Tennis Club** offers 11 hard-surface lighted courts, a pro shop and stringing service. At Columbia Athletic Club there are four air-conditioned courts and a pro shop.

Special Dates

Aug 27

Columbia Athletic Club Block Time begins

Sep 4

Bubble Block Time begins

Sep 13-16, Sep 20-23

Columbia Championships at Wilde Lake

Block Time courts are available for you to reserve at the guaranteed time each week. Please call 410-720-0149 to make your reservation.

E Tennis Private Lessons

One-Hour	Private	Semi-Priv.	Group of 3
Mbr	\$65	\$36	\$28
Non-Mbr	\$69	\$38	\$32

USTA team coaching, Members

\$120 for 1 court for 1.5 hours

A M Cardio Tennis

Package Plan Plus Mbrs, \$14

Package Plan/Facility Mbrs, \$16

CA Resident and Non-Mbrs, \$24

Weekly sessions begin Apr 24

Tue, 6-7am

Columbia Athletic Club Indoor Tennis

Register by calling 410-720-0149.

High-intensity tennis workout; get in shape to play.

A M USA Tennis 1, 2, 3 (Play Tennis America!)

Open to everyone, \$96 for Parts 1 and 2

Session 1 begins Apr 26

Session 2 begins Jun 21

Call 410-720-0149 or 410-381-7255 to register.

An easy way to learn and play tennis.

Part 1: Four hours of innovative professional instruction plus activities and games to give you the full range of skills needed to start playing and enjoying the game.

Part 2: Three hours of supervised play give you the opportunity to play with different partners in round robins while learning court positioning, how to keep score and service rotation. Classes meet once a week.

A M Reservation Procedures

Indoor tennis (Owen Brown and Columbia Athletic Club), Outdoor tennis (Wilde Lake Tennis Club, Owen Brown Tennis Club Outdoor Courts, Racquet Club Hobbit's Glen). You may call one week in advance for court times (i.e., call Monday for any weekday time through the following Monday).

Columbia Athletic Club 410-720-0149

Owen Brown 410-381-7255

Hobbit's Glen 410-715-3080

Wilde Lake 410-730-3767

A M Instructional Tennis Clinics

Open to everyone

Package Plan Plus,

\$126 one hr; \$189 one and 1/2 hours

Package Plan/Facility Mbrs,

\$133 one hr; \$199.50 one and 1/2 hours

CA Resident.

\$168 one hr; \$252 one and 1/2 hours

Session 1 begins Apr 23 • 7 weeks

Session 2 begins Jun 11 • 7 weeks

To register, call 410-381-7255.

Refer to Schedules, page 61, for days and times, 7-week sessions meet 1 day per week.

Play Tennis America Beginner Clinics

Learn to play tennis in just 7 weeks.

Beginner Clinics

2.0 and below rating. Basics of tennis, stroke production and technique.

Advanced Beginner Clinics

2.0 and above rating. Review basics, start competitive play and drills.

Lower Intermediate Clinics

3.0 and above rating.

Upper Intermediate Clinics

4.0 and up rating. All-court game is stressed, plenty of movement.

E Racquet Stringing

Don't forget to get your racquet restrung at the Owen Brown Bubble. Wilson, Prince and Head strings available. Please call 410-381-7255 for more information.

Tennis Admission

	Mbrs	CA Resident*	Non-Member*
Adult	Free	\$16	\$25
Children	Free	\$8	\$15

Special Summer Court Fees Court fees are stated in terms of per person per hour.

Bubble at Owen Brown	Mbrs	CA Resident	
Prime, Doubles	\$6.50	\$8.50	
Prime, Singles	\$13	\$17	
Indoor Tennis at the Columbia Athletic Club	Mbrs	CA Resident	
Prime, Doubles	\$7.50	\$9	
Prime, Singles	\$15	\$18	
Racquet Club at Hobbit's Glen	PPP	Mbrs	CA Resident
Doubles	Free	\$3	\$3*
Singles	Free	\$6	\$6*

* CA Residents and Non-Members pay the admission fee plus court fees.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Columbia Association Junior Development Tennis Academy

**1-week sessions held Monday-Friday beginning June 27 for ages 5-18, 9am-4pm.
Held at Columbia Athletic Club Indoor Tennis facility.**

Full-Day Cost • \$300 Mbrs, \$360 Non-Mbrs

Half-Day Cost • \$150 Mbrs, \$180 Non-Mbrs

Session 1 • June 18-22

Session 2 • June 25-29

Session 3 • July 2-6

Session 4 • July 9-13

Session 5 • July 16-20

Session 6 • July 23-27

Session 7 • July 30-August 3

Session 8 • August 6-10

Session 9 • August 13-17

The focus will be to develop the full potential of a competitive or recreational player. Emphasis will be on stroke production, strategy, match play, footwork, fitness, mental toughness and sportsmanship. *For more information or to sign up, call Columbia Athletic Club at 410-720-0149.*

Y New for 2012

Junior Team Tennis League Play

Columbia Athletic Club

Mon/Wed • 4-6pm • Age 11 and up

Tue/Thu • 4-6pm • Age 10 and under

1-Week Sessions

CA Residents, \$75

Non-CA Residents, \$95

See above. Sessions held Jun 18-Aug 17

To register, please call 410-720-0149.

Quick start league play for 6-10 age group. Juniors will use age-appropriate balls and will be supervised while competing. Juniors 10 and up will play singles and doubles, under supervision, to improve their competitive skills in match play.

E Tennis Socials

Club Mbrs, Free

CA Resident Non-Mbrs, \$10

Wilde Lake Tennis Club

Sat, Jun 16 • 6-9pm • Pot Luck

For more information, call 410-730-3767.

Bring a dish to share. Non-members may not sign up until the morning of the social because of space availability.

A M Tournaments

Spring Fling at Wilde Lake Tennis Club

Wilde Lake Tennis Club

Apr 28

Memorial Day

Wilde Lake Tennis Club

May 29-June 3

Independence Day

Wilde Lake Tennis Club

Jul 5-8

John Graves

2012 Columbia Championship

Wilde Lake Tennis Club

Sep 13-16 • Singles and Doubles

Sep 20-23 • Mixed Doubles

Check Out
Summer
JUNIOR
TENNIS
ACADEMY

CA offers

2

GREAT
Tennis Programs!

**Academy
Skills & Drills**

**Academy
Team Tennis
League Play**

*Please call 410-720-0149
for more information.*

Check Out Drop-In CLINICS @ Owen Brown

Weekly Drop-In Clinics @ Owen Brown held Wednesday and Friday mornings @ **9:30am & 10:30am** from April 25-June 8

Weekly sign up.

Call 410-381-7255 for more information.

A M Outdoor Tennis Clinics

Effective: May-August 2012. **Note:** Schedules change on the first day of each month. Visit facilities or go to columbiaassociation.org and click on Schedules, listed under Quick Links for updated schedules. Schedules subject to change.

	7 Wks	4 Wks	7 Wks	4 Wks
PPP Members	1 hour, \$126 .. \$72	1 hour 30 min., \$189 .. \$108		
PP/Facility Members	1 hour, \$133 .. \$78	1 hour 30 min., \$199.50 .. \$114		
CA Resident Non-Members	1 hour, \$168 .. \$96	1 hour 30 min., \$252 .. \$144		

Session 1 Apr 23-Jun 10 • 7-Week Session

Session 2 Jun 11-Jul 29 • 7-Week Session

Session 3 July 30-Aug 26 • 4-Week Session

Please call clubs directly to enroll.

Hobbit's Glen • 410-715-3080

Owen Brown • 410-381-7255

Wilde Lake • 410-730-3767

Daytime Tennis Clinics

HOBBIT'S GLEN

Beginner.....Friday9:30-11am

Ad BegMonday10:30am-Noon
 Tuesday9-10:30am
 Wednesday10:30am-Noon

Lower/Int I 3.0 ...Monday9-10:30am
 Tuesday10:30am-Noon

Lower/Int I 3.5 ...Thursday9-10:30am
 Friday11am-12:30pm

Upper Int 4.0Wednesday9-10:30am

Evening/Weekend Tennis Clinics

HOBBIT'S GLEN

Ad BegMon6-7:30pm
 Sat.....10-11:30am

Lower/Int.....Tue6-7:30pm
 Wed.....5:30-7pm
 Sat.....11:30am-1pm

Lower/Int II 3.5...Wed.....7-8:30pm
 Sat.....8:30-10am

WILDE LAKE

Ad BegMon6:30-8pm
 Sat.....8-9:30am

Lower/Int 3.0.....Thu.....6:30-8pm
 Sat.....9:30-11am

Lower/Int 3.5.....Tue6:30-8pm
 Tue8-9:30pm

Team Coaching ...Wed.....6:30-8pm



MEMBER ADVANTAGE PROGRAM

Every CA member receives the Member Advantage Program as part of their membership and benefit from **discounts to more than 100 different tickets, gift cards and Preferred Merchants.**

Visit **CAMemberAdvantage.org** today to find out how we can help you save money.

Gift Cards and tickets to most of the entertainment events are purchased at the Membership Service Center, 410-730-1802. You do not have to be a Member Advantage member to purchase tickets; however, only Member Advantage members receive discounts. Sorry, no refunds or exchanges on tickets or gift cards.





RAVENS Lottery

Procedure for
2012
SEASON

Ravens' tickets will be available only to lottery participants on the first day of sale which is always the third Saturday in August. On Saturday, August 18, 2012 tickets will be sold for all games scheduled during the pre-season and regular season. Our ticket prices include a service charge. One postcard entry for the lottery will make you eligible for all games. Should there be a post-season for the Ravens, the names of everyone who was in the lottery and/or who bought tickets during the regular season will automatically be placed in another lottery to determine the order for any post-season games the Ravens play in Baltimore. If CA receives any Super Bowl tickets, another lottery will be held to determine ticket purchase order. **Pre-season Raven's tickets go on sale July 15, 2012. If you are interested, please call the membership Service Center, 410-730-1801.**

1. Only members may enter the lottery.
2. To enter, send a postcard post-marked no later than July 20, 2012 with your membership ID #, name, address and phone number to:
**Columbia Association
Membership Service Center**
Attention: Ravens Lottery
10221 Wincopin Circle, Suite 100
Columbia, MD 21044
3. Only one postcard per membership will be accepted.
4. The ID numbers will be entered into the computer and selected randomly to establish the order in which the tickets will be sold.
5. To allow as many members as possible to purchase tickets, the number of tickets each member may purchase will be determined based upon the total number of entrants. Tickets will be sold in even amounts only (this is to eliminate being left with a single ticket).
6. If your ID number is selected, we will send you a Lottery Card indicating the number of tickets you may purchase and the time to come in to make your purchase.
7. As long as you are in line at your designated time with your Lottery Card and Membership ID card, tickets will not be sold to anyone with a number higher than yours. We recommend that you arrive at least ten minutes prior to the time indicated on your card. If you are not able to attend, you may send a representative who must present your Lottery Card and membership ID card. Please do not call the Membership Service Center on Lottery Day to purchase tickets. No phone sales will be taken the first day of ticket sales.
8. In the event that the Membership Service Center receives more postcards than we have tickets, some members may not be able to purchase tickets. If so, you will be notified by letter stating that your ID number was not chosen.
9. On Monday, August 20, 2012 we will sell remaining tickets to any Member Advantage members, at 10am, you may call or come in person. You will be given a number on the phone or in person. On Tuesday, August 21, 2012, Ravens tickets will go on sale to the general public. We hope these procedures will provide as many Member Advantage members as possible with the opportunity to purchase Ravens tickets.
Columbia Association is not responsible for lost or misdirected mail.
Note *Should the Ravens participate in the post season games at M & T Bank Stadium, lottery participants names will be added to the names of those who purchase tickets during the season for a new lottery number to purchase any tickets we may receive.*