

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

Parent Child Class

Ages 6-36 months, No registration required

Mon, 10-10:45am • Supreme Sports Club

Tue, 10-10:45am • Columbia Gym

Wed, 10-10:45am • Columbia Athletic Club

Wed, 10-10:45am • Supreme Sports Club

KidSpace Mbrs, 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.

ZumbAtomic® 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.

Recess and Results®

Supreme Sports Club

Tue, 10-10:45am • for 3-5yr

Wed, 5-5:45pm • for 6-11yr

Wed, 5:30-6:15pm • for 3-5yr

Columbia Gym

Wed, 9:45-10:30am • for 3-5yr

Thu, 5:30-6:15pm • for 6-11yr

Columbia Athletic Club

Mon, 9:45-10:30am • for 3-5yr

Tue, 5-5:45pm • for 6-11yr

Pre-registration required.

8-week sessions begin week of Jan 16, Mar 19

KidSpace/PPP Mbr, \$48

Package Plan/Facility Mbr, \$56

CA Resident and Non-Mbr, \$64

Recess and Results® strives to leave a lasting positive impact through entertaining and fun wellness activities in a safe and inspiring environment. Kids learn the importance of an active lifestyle and whole food based diet through play and establish healthy lifestyle patterns at an early age. Led by a certified fitness trainer.

New! Boot Camp for Kids

Ages 9-12

Mon • 4-4:45pm • Columbia Athletic Club

4 week sessions begin Jan 9, Feb 13, Mar 19

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.

New! Hip Hop for Kids

Ages 5-9yrs

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.

Central MD Youth Ballet

Columbia Gym

20 week sessions

Begins week of Jan 10

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.