

YOUTH PROGRAMS

SPLISH SPLASH POOL PARTY

Ages 6+

Plan your next birthday using the YMCA's indoor pool! We provide the pool and party room while you provide the food and the activities! Parties are held on Saturday evenings from 5-9:30 p.m. Call 301-530-3725, extension 2818, for reservations.

Fees (B Pool, per hour): \$120 Full Priv.; \$165 Program; \$190 Limited
Fees (Wellness Annex, per hour): \$70 Full Priv.; \$110 Program; \$120 Limited

Fees (Pirate Ship Inflatable): \$100 per hour
 *Does not include the "Leave it to Us Party Package"

SESSION DATES

Winter: Jan. 2-Feb. 24

Spring I: Feb. 25-Apr. 27 (No classes March 24-28)

Spring II: Apr. 28-June 15 (No classes Monday, May 26)

*Welcome
to the YMCA Bethesda-
Chevy Chase
Adult Programs!*

Dance

ADULT BALLET FOR BEGINNERS

Ages 18 and older

Location: YMCA Ayr lawn

CLASS FEES

DAY	FULL PRIV.	PRGM.
T/TH	\$360	\$460

DAY	TIME	CODE
T/TH - Feb. 4-May 29	10-11:30 a.m.	0170263

the YMCA is open to all.
 Questions? Call 301.530.3725

Check the gray box for days & class fees

Martial Arts/Self Defense

Program Director: 301-530-8500, ext. 2413

TAE KWON DO

Ages 5-adult

Location: YMCA Ayr lawn

Instructor: John Holloway, Team Leader, Sydney Olympic Team 2001
 Great family activity! As a form of self-defense, this martial art form is unsurpassed. It promotes self-confidence, wellness and self-control through a strong emphasis on discipline. Testing, uniforms and other equipment are available through the instructor for an additional cost. Adults welcome in any class.

CLASS FEES - WINTER/SPRING I/SPRING II

DAY	FULL PRIV.	PRGM.
M, TH or SAT - Win./Spr. I	\$115	\$139
MON - Spr. II	\$91	\$113
TH or SAT - Spr. II	\$101	\$123

DAY	TIME	CODE
MON (Int./Adv.)	7:30-8:45 p.m.	0310111
THUR (Intro for age 5)	5:30-6:15 p.m.	0310108
THUR (Beg.)	6:15-7:30 p.m.	0310112
THUR (Beg. Yth/Adult)	7:30-8:45 p.m.	0310109
SAT (Beg.)	10:30-11:45 a.m.	0310114
SAT (Int. Yth)	9:15-10:30 a.m.	0310115
SAT (Adv. Yth/Adult)	8-9:15 a.m.	0310113

KARATE

Ages 5-adult

Location: YMCA Ayr lawn

Instructor: Shiro Shintaku, 9th Degree Black Belt

Karate is a physical art of protection developed in Okinawa and China. The teaching of Karate is based on a respect for life and a desire for world peace. Character building, physical wellness, and the development of a peaceful mind are some of the benefits of this martial art. Uniforms are available through the instructor for an additional cost.

CLASS FEES - WINTER/SPRING I/SPRING II

DAY	FULL PRIV.	PRGM.
FRI - Win./Spr. I	\$99	\$123
FRI - Spr. II	\$87	\$108

DAY	TIME	CODE
FRI (ages 5-7)	4:15-5 p.m.	0310101
FRI (ages 5-7)	5:15-6 p.m.	0310120
FRI (ages 8-11)	6:15-7:15 p.m.	0310102
FRI (12+, Beg./Int.)	7:30-8:30 p.m.	0310121