

YOUTH AND TEEN

Summer Scientists Camp (Ages 5-7) (5 classes)

Children will have fun investigating the world around them through hands-on science activities.

Dates: Mon.-Fri., 1-3:30 p.m., June 28-July 2

Location: Friendship Center, Room 106

Fee: \$76R/\$82NR/\$61M (#11688)

Intro to Tae Kwon Do (Ages 6-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., June 22-July 27

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#11707)

Magic Passing (Ages 5-14) (8 classes) w/Findaballer

Work on your passing skills.

Dates: Mons., 6-7:30 p.m., June 14-Aug. 9

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11766)

All Star Dribbling (Ages 5-14) (8 classes) w/Findaballer

Become a great dribbler.

Dates: Sat., 11:30-1 p.m., June 19-Aug. 7

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11765)

Sharp Shooters (Ages 5-14) (8 classes) w/Findaballer

Work on basketball shooting techniques.

Dates: Sun., 4:30-6 p.m., June 13-Aug. 8

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M (#11761)

Gymnastics for Youth w/Harrisburg Gymnastics (Ages 6-10) (6 classes)

Many activities including vault, balance beam, and tumbling. Children will improve coordination, strength and flexibility.

Dates: Wed., 10:30-11:15 a.m., June 23-July 28

Location: Friendship Center, Gym #2

Fee: \$60R/\$63NR/\$48M (#11807)

UK Soccer Stars Camp w/Ricardo (Ages 7-8) (4 classes)

Take your game to the next level. Outdoor training designed for intermediate/advanced players.

Dates: Tues./Thurs., 6:55-7:45 p.m., July 20-29 (#11732)

Location: Brightbill Park

Fee: \$65R/\$68NR

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Mon., Wed., Thurs., Fri., 6-9 p.m., July 26, 28, 29, 30 (#11689) Room 106

B. Tues., Wed., Thurs., Fri., 9 a.m.-noon, Aug. 3, 4, 5, 6 (#11690) Room 106

Location: Friendship Center, Room 106

Fee: \$52R/\$58NR/\$44M

In-Line Hockey League

A seven week instructional league. Games on Sunday and practice on Mon., Tues., or Wed. Begins Aug. 22-Opening day, come ready to play.

Divisions:

11 & Under: August 22-Oct 17, Sunday 2:30 p.m. (#11764)

17 & Under: August 22-Oct 17, Sunday 4:30 p.m. (#11763)

Location: George Park In-Line Hockey

Fee: \$75R/\$80NR

Learn to Skate (Ages 5-9)

Four weeks of practice emphasizing fun and skill development for the beginning hockey player. Equipment required-great starting class.

Dates: Sept. 2-25, Thurs., 5 p.m. and Sat. 10 a.m.

Location: George Park In-Line Hockey

Fee: \$35R/\$40NR (#11762)

Biddy Basketball (Ages 5-7) (8 classes) (register as of 5/23)

An instructional program with mini-games each week.

Dates: Tues., 6 p.m., June 15-Aug. 3 (#11782)

-OR- Tues., 7 p.m., June 15-Aug. 3 (#11783)

Location: Friendship Center, Gym #3

Fee: \$50R/\$55NR/\$45M (Includes shirt)

Individual Basketball Instruction w/Findaballer (6-40 minute lessons)

Instructors available to provide individual or group personal instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$190R/\$195NR/\$165M per person (#11808)

***Semi-Private (max two):** \$135R/\$140NR/\$115M per person (#11810)

***Group-Private (class of 3-4):** \$84R/\$87NR/\$70M per person (#11811) (*must register as group.)

YOUTH AND TEEN (CONT.)

Strikers Soccer w/Ricardo (Ages 7-10) (4 classes)

Covers ball control, passing, shooting, goalkeeping and basic rules in an energized environment.

Dates: Tues./Thurs., 6:55-7:40 p.m., June 8-17 (#11396)

Tues./Thurs., 6:55-7:40 p.m., June 29-July 8 (#11397)

Location: Friendship Center, Gym #2

Fee: \$56R/\$59NR/\$46M

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety and equipment. Give it a try w/Ron Willis.

Date: Sunday, 1-3 p.m., June 13

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11704)

Basic Skills Bowling Camp (Ages 6-12) (3 classes)

Basics of bowling along with fun games and paint your own pin.

Dates: Wed., Thurs., Fri., 10 a.m.-12 p.m., July 14, 15, 16 (#11771)

Wed., Thurs., Fri., 10 a.m.-12 p.m., July 21, 22, 23 (#11772)

Location: ABC Bowling Lanes, Locust Lane

Fee: \$40R/\$45NR

Youth Stars Basketball Camp w/Advanced Hoops (Ages 6-12)

Designed to build the confidence/skill level of participants. Includes ball handling, passing, shooting and agility drills. Players will learn offensive/defensive concepts of game settings. Includes instructional packet/fun.

Dates: Mon-Fri., 9 a.m.-12 p.m., August 10-14

Location: Friendship Center, Gym #3

Fee: \$114R/\$117NR/\$95M (#11768)

UK Youth Soccer Camp (Ages 7-14) (5 classes)

Have fun while learning the fundamental techniques to play the game. Focused on individual skill development with a curriculum specific to age and ability. Bring shin guards and water bottle. Includes UK Camp shirt, ball, and evaluation. Please designate shirt size.

Dates: Mon.-Fri., 9 a.m.-1 p.m., July 19-23

Location: Brightbill Park

Fee: \$115R/\$120NR (#11754)

Kids Spinning (Ages 11-16) (10 classes)

This fabulous 45 minute ride geared towards the unique needs of youth. Excellent cardiovascular workout. Good for athletic training, general fitness or weight loss.

Dates: Thurs., June 24-Aug. 26, 6-6:45 p.m.

Location: Friendship Center, Room 115

Fee: \$40R/\$43NR/\$32M (#11820)

Summer Junior Tennis Camp (4 classes) (Ages 5-7)

Dates: Mon.-Thurs.

June 28-July 1, 9:15-10 a.m. (#11315)

July 19-July 22, 9:15-10 a.m. (#11316)

Aug. 16-19, 9:15-10 a.m. (#11317)

Location: Brightbill Park (rain make-ups on Fridays)

Fee: \$32R/\$36NR

Junior Golf (Ages 8-17) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Thurs., 4-5 p.m., June 17-July 8 (#11568)

Sun., 4-5 p.m., July 11-Aug. 1 (#11569)

Sat., 11 a.m.-12 p.m., Aug. 7-Aug. 28 (#11570)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Jr. Beginner Tennis w/CPTS (Ages 8-14) (4 classes)

Dates: Sat., 10-11 a.m., June 5-26 (#11334)

Sat., 10-11 a.m., July 10-31 (#11335)

Sat., 10-11 a.m., Aug. 7-28 (#11336)

Location: Brightbill Park

Fee: \$36R/\$39NR

Junior Beginner Tennis Camp (4 classes) (Ages 8-14)

Dates: Mon.-Thurs.

June 28-July 1, 10-11 a.m. (#11327)

July 19-22, 10-11 a.m. (#11328)

Aug. 16-19, 10-11 a.m. (#11329)

Location: Brightbill Park

Fee: \$36R/\$39NR (rain make-ups on Fridays)

Jr. Advanced Tennis w/CPTS (Ages 10-15) (4 classes)

Dates: Sat., 11-12 p.m., June 5-26 (#11340)

Sat., 11-12 p.m., July 10-31 (#11341)

Sat., 11-12 p.m., Aug. 7-28 (#11342)

Location: Brightbill Park

Fee: \$36R/\$39NR

Junior Advanced Beginner Tennis Camp (4 classes) (Ages 10-15)

Dates: Mon.-Thurs.

June 28-July 1, 11 a.m.-12 p.m. (#11321)

July 19-22, 11 a.m.-12 p.m. (#11322)

Aug. 16-19, 11 a.m.-12 p.m. (#11323)

Fee: \$36R/\$39NR

Location: Brightbill Park (rain make-up on Fridays)

YOUTH/TEEN (CONT.)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album. Great gift for Father's Day!

Date: Wednesday, June 16, 9-11:30 a.m.

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11787)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, August 21, 9 a.m.-12:45 p.m. (#11760)

Location: Friendship Center, Room 109

Fee: \$5R/\$8NR/Free to Members! Must pre-register!

Introduction to Cartooning w/Jimmy Gownley (Ages 11+) (5 classes)

Learn the basics of creating your own comic book or comic strip with award winning cartoonist of Amelia Rules! Book Series. Participants must bring 9 x 12 drawing tablet, ruler and pencils.

Date: Mon.-Fri., Aug. 9-13, 11 a.m.-12:30 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53R/\$40M (#11780)

Fitness, Food and Fun w/Montgomery Wheel of Life (Ages 10-17) (4 classes)

The Youth NutriFMT® Program is designed to help young adults improve their overall fitness and health. Children will receive functional movement training, nutritional knowledge for making better life-time food choices and a foundation towards a healthier lifestyle. Individualized nutritional guidelines and workouts for each specific client. (ages separated accordingly).

Dates: Mon.-Fri., June 14-17, 10 a.m.-12 p.m. (#11812)

Mon.-Fri., June 21-24, 10 a.m.-12 p.m. (#11813)

Mon.-Fri., Aug. 16-19, 10 a.m.-12 p.m. (#11814)

Mon.-Fri., Aug. 23-26, 10 a.m.-12 p.m. (#11815)

Location: Friendship Center, Conference Room

Fee: \$95R/\$98R/\$85M

BODY PUMP/ZUMBA

Body Pump™ (Ages 16+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-50-60 min.)

Mon., 5:40-6:30 a.m., June 21-Sept. 13 (#11717) (MJ)

*Mon., 7-8 p.m., June 21-Sept. 13 (#11715) (MJ)

**Fri., 9:30-10:30 a.m., June 25-Aug. 27 (#11710) (MJ)

Fri., 5:40-6:30 a.m., June 25-Aug. 27 (#11709) (MJ)

Sat., 9:15-10:15 a.m., June 26-Aug. 28 (#11711) (MJ)

Location: Friendship Center, Room 118 (*East Annex) (**Room 112)

Fee: 1/week (45-60 mins.) — \$45R/\$48NR/\$35M

Dates: (2 days per week) (20 classes-60 min.)

Mon./Wed., 9:30-10:30 a.m., June 21-Sept. 8 (#11714) (MJ)

Mon./Wed., 4:30-5:30 p.m., June 21-Sept. 8 (#11713) (MJ)

Location: Friendship Center, Room 118

Fee: 2/week (60 mins.) — \$90R/\$96NR/\$70M

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Date: Mon., June 21-Sept. 13, 10:30-11:15 a.m. (#11738) (M)

*Tues., June 22-Aug. 24, 6:30-7:15 p.m. (#11736) (M)

*Thurs., June 24-Aug. 26, 5:30-6:15 p.m. (#11740) (M)

*Thurs., June 24-Aug. 26, 6:15-7 p.m. (#11737) (M)

Location: Friendship Center, Room 118/*East Annex

Fee: \$32/\$35NR/\$24M (45 minute)

Date: *Mon., June 21-Sept. 13, 5-6 p.m. (#11746) (C)

Tues., June 22-Aug. 24, 9:15-10:15 a.m. (#11816) (Mer)

Wed., June 23-Aug. 25, 10:30-11:30 a.m. (#11742) (J)

Wed., June 23-Aug. 25, 4:30-5:30 p.m. (#11741) (C)

*Wed., June 23-Aug. 25, 7-8 p.m. (#11745) (Me)

Thurs., June 24-Aug. 26, 9-10 a.m. (#11739) (J)

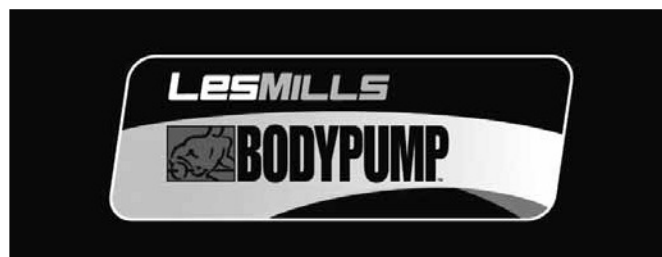
Fri., June 25-Aug. 27, 9-10 a.m. (#11743) (Mer)

Sat., June 26-Aug. 28, 8:15-9:15 a.m. (#11744) (TBA)

Location: Friendship Center, Room 118/*East Annex

Fee: \$40R/\$43NR/\$32M (60 minute)

Instructor Code: (M) Monica, (A) Alicia, (C) Carol, (J) Joanie, (CS) Chelsea, (Me) Megan, (Mer) Meredith



KIDS ZUMBA

(See Page 7 for Details!)