








**Meadow Mill Athletic Club**  
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 Baltimore MD 21211  
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 www.meadowmill.com  
 410.235.7000

# 2010 Winter Toddler/Youth Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Watch for            Martial Arts            Spring, 2010</b>		<p><b>10:00 am            Toddlercise</b>            Ages 2+            Nancy Wolf            January</p> <p><b>Drop Ins Welcome!</b>  <b>\$6 members \$8 non members</b></p> <p><b>Kids' Yoga            4:15 pm</b>            Ages 5-9            February 10 - March 31            \$75 Members            \$90 Non Members</p>		<p><b>10:00 am            Mini Movers</b>            Ages 18 mos +            Nancy Wolf            January</p> 	<p><b>9:15 am            Ballet</b>            Beginner            Ages 3-4</p>  <p><b>10:00 am</b>            Experienced            Ages 5+            Sharon Calvano            Jan 9 - March 27            \$150 Members            \$175 Non Members</p> <p><b>Squash</b>            Beginners 10 am            Intermediate 11am            Advanced 12 pm            Ongoing Clinics            Peter Heffernan            Wade Johnstone</p> 	

**Check our website for fitness fun when schools are closed!**



**Voted BEST Kids' Room  
 by Baltimore Magazine**



### Birthday Parties



Meadow Mill is a great place to host a birthday party for children of any age. Our party area is available to rent, and we'll provide a party coordinator the day of the party. Additional party activities can include squash, fitness activities, or you can bring in your own entertainment!

**For more information regarding any of these programs contact Nancy Wolf at 410.235.7000 or email at info@meadowmill.com**