



Meadow Mill Athletic Club

Toddler/Youth Fitness Class Descriptions

Please refer to the Program page for start dates, times and fees.

Martial Arts

This 45-minute class includes self-defense skills with an emphasis on non-confrontation, physical fitness, self-confidence and awareness.

Mini Movers

Introduces your little ones to songs, finger plays and activities to help develop coordination in large and small muscles all while having fun! Ages 18 mos+.

Toddlercise

Toddlercise focuses on large and small muscle coordination and skill activities, and is taught by Nancy Wolf who has her Early Childhood Education degree from Towson Univ. Ages 2 years +. Classes are ongoing

Kids' Yoga

Nancy Wolf, YogaFit® certified, will explore ways to move, stretch and relax. Ages 5-9; Wednesdays at 4:15 pm.

Ballet

Beginners is taught by Sharon Calvano who introduces the basic movements of ballet to children ages 3 & 4 at 9:15 am. **Experienced** on Saturday at 10:00 am is for children ages 5+ who have some ballet experience. Registration form online.

Junior Squash Clinics

Junior squash clinics are available on Saturday for children of all abilities. Beginners 5+ at 10 am and Intermediate at 11 am. Contact Peter Heffernan at peterh@meadowmill.com or Wade Johnstone at seppo_9@hotmail.com.

Contact Nancy Wolf for more
information at 410.235.7000 or
info@meadowmill.com

Meadow Mill Athletic Club voted
BEST Place to Work Out for Adults too!
Check out our website.
www.meadowmill.com