



Meadow Mill Athletic Club

Toddler/Youth Fitness Class Descriptions and Fees

Martial Arts

This 45-minute class includes self-defense skills with an emphasis on non-confrontation, physical fitness, self-confidence and awareness. Classes will begin in the spring, 2010.

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+. Begins January, 2010. Classes are ongoing, and the fees are \$6 for members and \$8 for non members.

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 +. Begins January, 2010. Classes are ongoing, and the fees are \$6 for members and \$8 for non members.

Kids' Yoga

Nancy Wolf, YogaFit® certified, will explore ways to move, stretch and relax. Ages 5-9; From February 10 - March 31, 2010. Wednesdays at 4:15 pm. Fees are \$75 for members and \$90 for non members.

Ballet

Ballet Beginners is taught by Sharon Calvano who introduces the basic movements of ballet to children ages 3 & 4 at 9:15 am. **Ballet Experienced** on Saturday at 10:00 am is for children ages 5+ who have some ballet experience. Fees are \$150 for members and \$175 for non members. Begins January 9 - March 27, 2010. Registration form online.

Junior Squash Clinics

Ongoing Junior squash clinics are available on Saturday for children of all abilities. Beginners 5+ at 10 am, Intermediate at 11 am and Advanced at 12 pm. 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