

## SPRING BREAK CAMPS

### **Ultimate Sports & Games Camp**

**8-13 yrs / 1 wk, starting Apr 5 / \$149**

Do you want to have the ULTIMATE spring break? Using the games approach, you will develop your skills in basketball, flag football, kickball, lacrosse, touch rugby, wiffle ball, soccer, tennis, disc games and much more in this co-rec camp. Campers rotate in age and skill-appropriate groups. The focus is on having fun, staying fit, building character and boosting self-esteem. Instructors are American Sport Education Program certified coaches. Activities can take place both outdoors and indoors, so camp runs rain or shine. Enjoy the finest playing conditions around at our NEW Meadowbrook Athletic Complex. Fee includes a tee shirt. An extended camp option is available (See 7005.701 below).

**7001.701 Meadowbrook Ath Comp 9am-3pm M-F**

### **Ultimate Sports & Games Extended Camp**

**8-13 yrs / 1 wk, starting Apr 5 / \$89**

Extend your day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers must also be enrolled in the Ultimate Sports and Games Spring Break Camp, 7001.701. Camp runs rain or shine.

**7005.701 Meadowbrook Ath Comp 3-6pm M-F**

### **Flag Football League Camp**

**7-12 yrs / 4 days, starting Apr 5 / \$109**

Love playing football? You will enjoy your day learning and playing league style non-contact flag football. Whether you've played the game before or are a newcomer to the sport, it's all about fun. Camp will take place on field turf, one of the finest playing surfaces around. Fee includes a tee shirt. Bring a mouth guard. Friday is reserved as a rain make-up.

**7051.701 Cedar Lane Pk West 9am-1pm M-Th**

### **QUESTIONS / INFORMATION**

#### **Instructional Sports Programs & Camps**

Matthew Knoerlein, 410-313-4705  
mknoerlein@howardcountymd.gov

#### **Preschool Sports Programs**

Pam Honaker, 410-313-1694  
phonaker@howardcountymd.gov

#### **Lacrosse Programs**

Patrick McGinnis, 410-313-1689  
pmcginnis@howardcountymd.gov



**Howard County**  
RECREATION & PARKS

# Instructional Sports



Winter 2010 Instructional Sports

# Winter 2010

[www.howardcountymd.gov/rap](http://www.howardcountymd.gov/rap)

**Howard County**  
RECREATION & PARKS



7120 Oakland Mills Road, Columbia, MD 21046

## PRE-SCHOOL SPORTS

### Jump Bunch Kids

**Ages and start dates below / 6 wks / \$62**

This structured sports and fitness program geared to young children helps build healthy bodies, self-esteem, and a life-long love of sports and fitness. A wide variety of activities will help develop eye-hand coordination, muscle tone, and body balance in a non-competitive setting.

#### St. Johns Lane ES

6313.601 2-3 yrs Jan 16 9-9:45am Sa

6313.602 2-3 yrs Jan 16 10-10:45am Sa

6313.603 3-5 yrs Jan 16 11-11:45am Sa

#### Cedar Lane Rec Ctr

6313.604 2-4 yrs Jan 11 11-11:45am M

6313.605 3-5 yrs Jan 11 12-12:45pm M

#### Meadowbrook Ath Comp

6313.606 2-3 yrs Jan 13 11:15am-12pm W

6313.607 3-5 yrs Jan 13 12:15-1pm W

### Learn-N-Play Sports

**Ages 3-5 / 6 wks, start dates below / \$62**

Together, parents and children can learn and play various sports while practicing fundamental motor skills designed specifically for the young child. Groups will be guided through skill stations and games featuring throwing, catching, kicking and batting. Program is based on the national "Start Smart" sports program developed by Lifetime Sports & Fitness for Youth.

#### Meadowbrook Ath Comp

6970.604 Jan 12 9:30-10:15am Tu

6970.605 Jan 12 10:30-11:15am Tu

6970.606 Jan 12 11:30-12:15pm Tu

6970.607 Jan 14 9:30-10:15am Th

6970.608 Jan 14 10:30-11:15am Th

6970.609 Jan 14 11:30am-12:15pm Th

#### Hollifield Station ES

6970.601 Jan 19 9-9:45am Sa

6970.602 Jan 19 10-10:45am Sa

6970.603 Jan 19 11-11:45am Sa

### Little Kickers

**Ages 3, 4 / 6 wks, starting Jan 11 / \$77**

Is your child full of energy and ready to play soccer? This parent-child program focuses on gross motor skills such as balance, spatial awareness, rhythm and coordination.

#### Meadowbrook Ath Comp

6705.601 9:30-10:15am M

6705.602 10:30-11:15am M

6705.603 11:30am-12:15pm M

### Little Big Shots

**Ages 3-4 yrs / 6 wks, starting Jan 13 / \$77**

Is your child full of energy and ready to play sports? This parent-child program is designed to introduce your child to a variety of sports. You and your child will spend 2 weeks on each sport learning the fundamentals of basketball, soccer and tee ball.

#### Glenwood Comm Ctr

6314.601 9:30-10:15am W

6314.602 10:30-11:15am W

6314.603 11:30am-12:15pm W

### Tiny Tykes Tee Ball

**Ages 3-4 yrs / 6 wks, start dates below / \$77**

In this parent-child program your "little slugger" can get an introduction to catching, base running and hitting skills using age-appropriate activities.

#### Meadowbrook Ath Comp

6053.601 Jan 15 9:30-10:15am F

6053.602 Jan 15 10:30-11:15am F

6053.603 Jan 15 11:30am-12:15pm F

#### Glenwood Com Ctr

6053.604 Jan 12 12:30-1:15pm Tu

### Little Tykes Hoops

**Ages 3, 4 / 6 wks, starting Jan 14 / \$72**

Is your child ready for hoops? This parent-child program is geared for active children. Experienced instructors introduce basic basketball skills such as dribbling, catching, passing and shooting using age-appropriate games and activities.

#### Glenwood Comm Ctr

6086.601 9:30-10:15am Th

6086.602 10:30-11:15am Th

## INSTRUCTIONAL SPORTS

### Instructional Basketball League

Designed for first-time players or those wanting to improve fundamentals, this program includes basic skill development through drills and scrimmages. Practice for four weeks, and play four games against teams from other sites (schedule TBD). Fee includes a tee shirt. Meet in gym.

**Ages below / 8 wks, starting Jan 23 / 1 hr / \$72**

#### • Ages 6-7 (6082)

For beginning players.

##### Guilford Elem

Sat 9am (601)

##### Jeffers Hill Elem

Sat 9am (602)

##### Meadowbrook Ath Comp

Sat 9am (603)

##### Pointers Run Elem

Sat 9am (604)

##### Swansfield Elem

Sat 9am (605)

#### • Ages 8.5-10 (6084)

For 8.5-year-old advanced players through 10-year-old players.

##### Guilford Elem

Sat 11:30am (601)

##### Jeffers Hill Elem

Sat 11:30am (602)

##### Meadowbrook Ath Comp

Sat 11:30am (603)

##### Pointers Run Elem

Sat 11:30am (604)

##### Swansfield Elem

Sat 11:30am (605)

#### • Ages 7-9.5 (6083)

For 7-year-old advanced players through 9.5-year-old beginners.

##### Guilford Elem

Sat 10:15am (601)

##### Jeffers Hill Elem

Sat 10:15am (602)

##### Meadowbrook Ath Comp

Sat 10:15am (603)

##### Pointers Run Elem

Sat 10:15am (604)

##### Swansfield Elem

Sat 10:15am (605)



### Go to the Hoop

**Ages below / 6 wks, starting Feb 7 / 1.5 hrs / \$72**

Hoops anyone? Girls and boys will have fun while working on their basketball fundamentals. Coaches will help children advance their basic skills through a variety of drills, exercises and games. Emphasis is on dribbling, passing, shooting, offensive and defensive positioning and the importance of teamwork. Basic basketball knowledge and some playing experience are preferred. Fee includes a tee shirt. Meet in gym.

#### Hammond High

6085.601 / Ages 8-10 / 1:30-3pm / Su

6085.611 / Ages 11-13 / 3:15-4:45pm / Su

### After-School Basketball (6081)

**Ages 7-8 / 6 wks, start dates below / 1 hr / \$44**

First-time players or those wanting to improve skills can focus on the fundamentals of basketball, including dribbling, passing, shooting, defense and team play. Our coaches will use a variety of drills and games to help you elevate your game. Meet in gym.

#### Atholton Elem

Tues 4pm / Jan 19 (601)

#### Bollman Bridge Elem

Wed 3:10pm / Jan 20 (602)

#### Bushy Park Elem

Thurs 4pm / Jan 21 (603)

#### Clemens Crossing Elem

Wed 4pm / Jan 20 (605)

#### Dayton Oaks Elem

Tues 3:35pm / Jan 19 (606)

#### Forest Ridge Elem

Thurs 4pm / Jan 21 (607)

#### Fulton Elem

Thurs 4pm / Jan 21 (608)

#### Gorman Crossing Elem

Mon 4pm / Feb 22 (609)

#### Hollifield Station Elem

Tues 3:20pm / Jan 19 (610)

#### Phelps Luck Elem

Mon 3:20pm / Feb 1 (611)

#### Pointers Run Elem

Wed 4pm / Jan 20 (612)

#### Rockburn Elem

Thurs 3:20pm / Jan 21 (613)

#### St. John's Lane Elem

Mon 3:20pm / Feb 1 (614)

#### Waverly Elem

Mon 3:50pm / Feb 1 (615)

#### West Friendship Elem

Wed 4pm / Jan 20 (616)

#### Meadowbrook Ath Comp

Mon 4pm / Feb 1 (617)

### Kiddie Basketball (6080)

**Ages 5-6 / 6 wks, start dates below / 1 hr / \$44**

Ready to play? Children will learn and develop the fundamental skills of dribbling, passing, shooting, defense and overall team play, all in a fun and encouraging environment. Meet in gym.

#### Atholton Elem

Tues 5pm / Jan 19 (601)

#### Bollman Bridge Elem

Wed 4:15pm / Jan 20 (602)

#### Bushy Park Elem

Thurs 5pm / Jan 21 (603)

#### Clemens Crossing Elem

Wed 5pm / Jan 20 (605)

#### Dayton Oaks Elem

Tues 4:45pm / Jan 19 (606)

#### Forest Ridge Elem

Thurs 5pm / Jan 21 (607)

#### Fulton Elem

Thurs 5pm / Jan 21 (608)

#### Gorman Crossing Elem

Mon 5pm / Feb 22 (609)

#### Hollifield Station Elem

Tues 4:30pm / Jan 19 (610)

#### Phelps Luck Elem

Mon 4:30pm / Feb 1 (611)

#### Pointers Run Elem

Wed 5pm / Jan 20 (612)

#### Rockburn Elem

Thurs 4:30pm / Jan 21 (613)

#### St. John's Lane Elem

Mon 4:30pm / Feb 1 (614)

#### Waverly Elem

Mon 5pm / Feb 1 (615)

#### West Friendship Elem

Wed 5pm / Jan 20 (616)

#### Meadowbrook Ath Comp

Mon 5pm / Feb 1 (617)

## INSTRUCTIONAL SPORTS, continued

**\*\*Shin guards are required for all soccer programs\*\***

### U.K. Elite Petite Soccer (6710)

**3-5 yrs / 6 wks, start dates below / 1 hr / \$95**

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having FUN with a soccer ball. Parent-involvement might be encouraged at times. For more information, please call Matthew Knoerlein at 410-313-4705.

#### Glenwood Comm Ctr

Tues 9:30am / Feb 2 (601)

Tues 10:30am / Feb 2 (602)

#### Meadowbrook Ath Comp

Thurs 9:30am / Feb 4 (603)

Thurs 10:30am / Feb 4 (604)

Fri 3:45pm / Feb 5 (605)

Fri 4:45pm / Feb 5 (606)

### Instructional Indoor Soccer League

**See ages below / 8 wks, starting Jan 23 / 1 hr / \$72**

First-time players or those wanting to have fun and improve fundamentals can play small-sided games in this instructional league. Focus on skill development through drills, game rules and scrimmages. Practice for four weeks and then play four games against teams from the other sites (schedule TBD). Fee includes tee shirt. Register by location. Meet in gym.

#### • Ages 5 & 6 (6702)

##### Fulton Elem

Sat 1pm (601)

##### Guilford Elem

Sat 1pm (602)

##### Phelps Luck Elem

Sat 1pm (603)

##### Swansfield Elem

Sat 1pm (604)

#### • Ages 6.5-8.5 (6703)

##### Fulton Elem

Sat 2:15pm (601)

##### Guilford Elem

Sat 2:15pm (602)

##### Phelps Luck Elem

Sat 2:15pm (603)

##### Swansfield Elem

Sat 2:15pm (604)

#### • Ages 8-10 (6704)

##### Fulton Elem

Sat 3:30pm / Jan 16 (601)

##### Guilford Elem

Sat 3:30pm / Jan 16 (602)

##### Phelps Luck Elem

Sat 3:30pm / Jan 16 (603)

##### Swansfield Elem

Sat 3:30pm / Jan 16 (604)



### After-School Soccer (6701)

**Ages 7-8 / 6 wks, start dates below / 1 hr / \$44**

Boys and girls will learn and improve basic skills such as dribbling, trapping, shooting, passing, defense and team play, all in a fun and exciting environment. Meet in gym.

#### Atholton Elem

Mon 4pm / Feb 1 (601)

#### Clemens Crossing Elem

Tues 4pm / Jan 19 (602)

#### Dayton Oaks Elem

Wed 3:35pm / Jan 20 (603)

#### Elkridge Elem

Wed 4pm / Jan 20 (604)

#### Hammond Elem

Thurs 3:35pm / Jan 21 (605)

#### Northfield Elem

Tues 3:15pm / Jan 19 (607)

#### Thunder Hill Elem

Mon 4pm / Feb 1 (608)

#### Meadowbrook Ath Comp

Wed 4pm / Jan 20 (609)



### Kiddie Soccer (6700)

**Ages 5-6 / 6 wks, start dates below / 1 hr / \$44**

Ready to play? Children can learn basic skills such as dribbling, trapping, shooting, passing and team play, all in a fun and encouraging environment. Meet in gym.

#### Atholton Elem

Mon 5pm / Feb 1 (601)

#### Clemens Crossing Elem

Tues 5pm / Jan 19 (602)

#### Dayton Oaks Elem

Wed 4:45pm / Jan 20 (603)

#### Elkridge Elem

Wed 5pm / Jan 20 (604)

#### Northfield Elem

Tues 4:15pm / Jan 19 (607)

#### Meadowbrook Ath Comp

Wed 5pm / Jan 20 (609)

### NEW! After-School Volleyball

**Ages 9-10 / 6 wks, starting Jan 14 / \$59**

Volleyball anyone? Girls and boys will have fun while learning this exciting team sport. Join a High School Coach as he helps you learn the basic skills and fundamentals through a variety of drills, exercises and games. Meet in gym.

**6020.601 Jeffers Hill ES 3:35-4:50pm Th**

Looking for a fun and fit experience? Check out our **jump rope classes with the Kangaroo Kids!** All classes are offered at our NEW Meadowbrook Athletic Complex! For more info, contact Tessa Hurd at 410-313-4637 or [thurd@howardcountymd.gov](mailto:thurd@howardcountymd.gov)

### Kiddie Floor Hockey

**Ages 5-7 / 6 wks, start dates below / 1 hr / \$44**

This class is designed for first-time or beginner level players and involves no checking. Players can learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in gym. Shin guards are recommended.

**6265.602 / Lisbon ES / Jan 21 / 4:15-5:15pm / Th**

**6265.603 / Northfield ES / Jan 20 / 4:15-5:15pm / W**

**6265.604 / Waterloo ES / Jan 19 / 5-6pm / Tu**

### After-School Floor Hockey

**Ages 8-10 / 6 wks, start dates below / 1 hr / \$44**

This class is designed for beginner or intermediate level players and involves no checking. Players can learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in gym. Shin guards are recommended

**6263.601 Fulton ES Feb 1 4-5pm M**

**6263.602 Lisbon ES Jan 21 3:15-4:15pm Th**

**6263.603 Northfield ES Jan 20 3:15-4:15pm W**

**6263.604 Waterloo ES Jan 19 4-5pm Tu**

### Kiddie Indoor Tennis

**5-7 yrs / 7 wks, start dates below / \$44**

Have fun while you learn and practice basic tennis skills in this introductory program. Classes include a variety of exercises and drills, as well as a multitude of fun, small-sided games. Meet coaches in gym.

**6870.601 / Jeffers Hill ES / Jan 20 / 4:30-5:20pm / W**

**6870.602 / Manor Woods ES / Feb 1 / 4:25-5:15pm / M**

**6870.603 / Meadowbrook Ath Comp / Jan 21 / 5:05-5:50pm / Th**

**6870.604 / Triadelphia Ridge ES / Jan 19 / 4:25-5:15pm / Tu**

### After-School Indoor Tennis

**8-10 yrs / 7 wks, start dates below / \$44**

Have fun while you learn the basics or fine-tune your tennis skills in this program taught by our experienced coaches. Classes include a variety of drills and games, as well as an introduction to match play. Meet in gym.

**6871.601 / Jeffers Hill ES / Jan 20 / 3:35-4:25pm / W**

**6871.602 / Manor Woods ES / Feb 1 / 3:35-4:25pm / M**

**6871.603 / Meadowbrook Ath Comp / Jan 21 / 4:10-5pm / Th**

**6871.604 / Triadelphia Ridge ES / Jan 19 / 3:30-4:20pm / Tu**

### NEW! Indoor Instructional Tee Ball

**4 yrs 6 mos-6 yrs 6 mos / 6 wks, starting Jan 19 / \$44**

You don't have to wait until spring to play tee ball. Focus on tee ball fundamentals such as batting, base running, catching, throwing and team play. Enjoy drills and small-sided practice games. Bring a glove and water bottle. Meet in gym.

**6050.601 / Meadowbrook Ath Comp / 3:45-4:45pm / Tu**

### NEW! Indoor Instructional Coach-Pitch

**6-7 yrs / 6 wks, starting Jan 19 / \$44**

You don't have to wait until spring to play baseball. Focus on baseball fundamentals such as batting, base running, catching, throwing and team play. Enjoy drills and small-sided practice games. Bring a glove and water bottle. Meet in gym.

**6057.601 / Meadowbrook Ath Comp / 4:50-5:50pm / Tu**

## Introduction to Lacrosse

**Ages below / 6 wks, starting Jan 10 / 1 hr / \$75**

First-time players or those wishing to improve skills can focus on lacrosse fundamentals. Curriculum includes: stick work, shooting, ground balls, and basic lacrosse concepts. Equipment provided. Bring mouth guard and water bottle. Fee includes tee shirt.

Meadowbrook Ath Comp

### Boys (6505)

Helmet, arm pads, shoulder pads, stick, and gloves provided.

### Ages 5, 6

Sun 9-10am (601)

### Ages 7, 8

Sun 10:15-11:15am (602)

### Ages 9, 10

Sun 11:30am-12:30pm (603)

### Girls (6506)

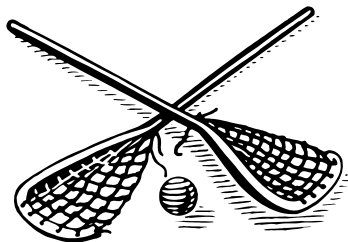
Stick and protective eyewear provided.

### Ages 5, 6

Sun 9-10am (611)

### Ages 7, 8

Sun 10:15-11:15am (612)



## ONE-DAY WINTER SPORTS CAMPS

### NEW! School's Out Sports Camp

**8-13 yrs / 1 day, dates below / \$55**

School is out and we're open for play! Campers will develop their skills in basketball, soccer, tennis, court hockey and volleyball. An emphasis will be placed on game play, teamwork and sportsmanship. The Meadowbrook Athletic Complex is a fantastic new facility offering the finest playing conditions around.

#### Meadowbrook Ath Comp

7007.601 Jan 25 8:30am-6pm M

7007.602 Feb 12 8:30am-6pm F

### NEW! School's Out Junior Sports Camp

**5-7 yrs / 1 day, dates below / \$29**

School is out and we're open for play! Young athletes will develop their skills in three of the following sports: basketball, kickball, tee ball, soccer, tennis or court hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills.

#### Meadowbrook Ath Comp

7008.601 Jan 25 8:30am-12:30pm M

7008.602 Feb 12 8:30am-12:30pm F

**HCRP Summer Camp  
registration opens online at  
6pm on Wednesday  
February 3, 2010.**

## Instructional Sports Winter 2010

- This flier reflects program changes since the Winter Activity Guide went to press.

### For More Information:

#### Instructional Sports Programs & Camps

Matthew Knoerlein, 410-313-4705  
mknoerlein@howardcountymd.gov

#### Preschool Sports Programs

Pam Honaker, 410-313-1694  
phonaker@howardcountymd.gov

#### Lacrosse Programs

Patrick McGinnis, 410-313-1689  
pmcginnis@howardcountymd.gov

- To register, complete the registration form and return it with a check for the fee (payable to the Director of Finance) or credit card information to: Howard County Department of Recreation and Parks, 7120 Oakland Mills Road, Columbia, MD 21046-1677. The finance office will add a \$35 charge for any returned check.

- Credit card users (MasterCard, Visa, American Express, Discover) can also register by:

**Phone:** 410-313-7275, Mon—Fri, 8 a.m.—4:30 p.m.

**Fax:** 410-313-4660

**Internet:** www.howardcountymd.gov/rap

- A Minimum 20% administrative fee applies to refund requests.



**Howard County**  
RECREATION & PARKS

## Registration Form: Winter 2010

Course #	Section#	Location
Fee Enclosed		
Name of Registrant		
Date of Birth	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		
City	State/Zip	
Email Address		
Home Phone	Work Phone	Cell Phone
Allergy, disability or health problems/ Special Accommodations needed		
I agree to abide by all Rules and Regulations of the Howard County Department of Recreation and Parks. I agree to hold Howard County, its employees, officials and agents harmless from any and all claims for damages unless due to the sole negligence of the County, its employees or agents.		
Signature	Date	
<b>Credit Card Payment:</b> Exp. Date / /		
VISA , MasterCard, American Express, Discover (please circle one)		
# / / /		
Signature of cardholder:		
For official use only: Date rec'd : Amount rec'd: Initials:		