

# Central Carroll Recreation Council Registration Form

Participant's Name \_\_\_\_\_  
 If minor, Parent's Names \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Work \_\_\_\_\_  
 Email Address \_\_\_\_\_ Birth date \_\_\_\_-\_\_\_\_-\_\_\_\_  
 Age \_\_\_\_ Grade in at START of program \_\_\_\_ Male \_\_\_\_ Female \_\_\_\_  
 Emergency Contact & Phone # \_\_\_\_\_

Please explain any medical or behavioral problems \_\_\_\_\_

I release the Central Carroll Recreation Council and the Carroll County Government from any and all claims or liability arising from the program, the instructor or any other person participating in the program. I also agree to comply with the Carroll County Department of Recreation and Parks Youth Sports Standards posted at Sandymount Elementary School & Mechanicsville Elementary School.

Signature (Parent or Guardian if minor) \_\_\_\_\_

Sports programs ONLY: Uniform Shirt Size - circle one (shirts run small)

YM (10-12) YL(14-16) AS(34-36) AM(38-40) AL(42-44) AXL(46+)

Prior Experience? Yes \_\_\_\_ No \_\_\_\_ # of seasons \_\_\_\_\_

Have you played Travel Soccer or Basketball previously? \_\_\_\_ Yes \_\_\_\_ No If so, when \_\_\_\_\_

Evenings participant is not available \_\_\_\_\_

WE NEED VOLUNTEERS! (please circle one): Coach Asst. Coach Referee/Umpire Fundraising Concessions

Program Name you are registering for:	Program #	Fee

**Please note: You are able to register online for most of our programs through Stone Alley. It is fast, secure, and easy. Give it a try.**

**MAIL WITH CHECK** payable to **Central Carroll Recreation Council** to:

CCRC, P.O. Box 658, Finksburg, MD 21048

(You may contact us at 410-871-1020)

# Central Carroll Recreation Council

Winter 2011

P.O. Box 658, Finksburg 21048

410 871-1020

<http://www.centralcarrollrec.org>



CCRC is an organization of volunteers that operates in cooperation with the Carroll County Department of Recreation and Parks to provide recreation opportunities in the Finksburg area. **WE NEED VOLUNTEERS! (please circle one): Coach, Asst. Coach, Referee, Fundraising, Concessions, Field Preparation**

**Who may participate in the programs?**

Everyone is welcome! You do not need to live in the area to participate or volunteer.

**How do I register for a program?**

For THESE WINTER PROGRAMS - Just fill out the enclosed registration form and mail along with the registration fee(s) to: Central Carroll Recreation Council, P.O. Box 658, Finksburg, MD 21048. Or register online at Stone Alley.

**When does the Council meet?**

The council will meet at 7:00pm, on the second Tuesday of the following months: Feb., April, May, August, Sept. & Nov., at Mechanicsville Elementary School during the school year. Changes to these dates will be posted on the website.

**Where do I get additional information?**

CCRC has a voice messaging system at: **410 871-1020** to receive updated information on programs/activities, or you may leave a message. Visit our site at: [www.centralcarrollrec.org](http://www.centralcarrollrec.org) where you can obtain additional registration forms and program information.

Carroll County Department of Recreation and Parks website:  
<http://ccgovernment.carr.org/recreation>

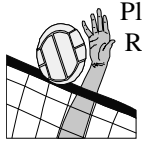


ADA STATEMENT: Accessibility Notice: The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. If you have questions, suggestions, or complaints, please contact Jolene Sullivan, the Carroll County Government Americans with Disabilities Act Coordinator, at 410-386-3600, and MD Relay 7-1-1/800-735-2258. The mailing address is 10 Distillery Drive, 1st Floor, Suite 101, Westminster, Maryland, 21157.

## ADULT VOLLEYBALL

Adult Volleyball  
Wednesday nights, 8-10pm  
Sandymount Elementary School Gymnasium

Fee: \$20 per school year



Please call Theresa Saunders @ 410-751-7053 for more information about the program.  
Registration is closed, program is full.

## SANDYMOUNT KARATE

Fee: \$20



Thursdays, 7-8pm, OR 8-9pm, ages 8 and Up  
Sandymount Elementary School cafeteria, begins December 1st  
Program #KAR112 (designate time on registration form)

A modern scientific style of Japanese Karate which develops your body and mind to work as one. Learn a martial art that includes self defense, physical fitness, and discipline while gaining self confidence. Students are to wear loose fitting clothes. Uniforms are NOT required for Beginners.

Instructor: Sheldon Topolsky, 4th Degree.

## Traditional Arts & Crafts for Kids

Tuesdays 6-7:30 p.m. 5 weeks Feb. 28—Mar 27, 2012  
Fee: \$48.00 Program # ART112  
Location: Mechanicsville Elementary School



Creative Kids! Make beautiful art work for Spring while learning the basics of drawing & painting. A fun craft project will also be explored with instructor, Darlene Jones, a local artist with BFA from Maryland Institute College of Art, Children 8 yrs to 13 yrs old are welcome. Students must bring to class: pencil, big white eraser, black sharpies (fine and extra fine points) Elmers white glue, scissors and a smock or old shirt. Instructor Darlene Jones, will provide all other supplies.

To register, please call Darlene first at 410-833-8583 Don't Delay...Don't delay...class size is limited!

Please call for availability...dates may change due to CCPS calendar

Arnis Tae Kwon Do

Instructor: Wayne R. Leppo

Phone: 410-239-6420



Call for information, space availability, and registration information

Instructor: Wayne R. Leppo

Phone: 410-239-6420

Call for information, space availability, and registration information

Learn the Korean art of Tae Kwon Do by Instructor, Wayne Leppo, a 8th Degree Tae Kwon Do Black Belt and a 1st Degree Instructor in Arnis (Filipino Martial Art). Grand Master Leppo has 36 years Martial Arts experience. He is also a special education teacher with the Carroll County Board of Education for 39 years and has been a Scoutmaster for 22 years. The classes are held at Mechanicsville Elementary School in the gym and/or cafeteria.

**Beginners ONLY** - (5 to 7 yrs. old) Wednesday 6:00 - 7:00 p.m.  
Fee: **\$40.00 / 11 weeks**

**WINTER Classes to start on Wednesday, December 7**

**LIMITED ENROLLMENT**, please call.

**Children / Intermediate** (experienced students only)

(6 to 8 yrs. old) Monday & Friday 6:00 - 7:00 p.m.

Fee: **\$55.00 / 11 weeks**

**WINTER Classes to start on Monday, December 5**

**8 yrs old to adults:** Coed - Beginners to Black Belt

Monday - Wednesday - Friday 7:00 - 8:30 p.m.

Fee: **\$75.00 / 11 weeks**

**WINTER Classes to start on Monday, December 5**

**Ballet, Tap, & Hip-Hop**  
**Winter/Spring 2012 Dance Schedule**  
 (Sponsored by: Central Carroll Recreation Council)  
 Classes held at Mechanicsville Elementary School

Why dance? Dancing builds self esteem, coordination, and promotes a healthy life style. Let your child have the opportunity to dance. Join us for another exciting dance season. Dancers will attend 8 weeks of classes to learn new choreography weekly and participate in a recital on 3/17 at 11:00AM. Dance classes will be held on the following Saturdays: January 21, 28; February 4, 11, 18; March 3, 10, 17. T-shirts and/or other accessories for the recital are included in the class cost. Leotards, tights, & ballet slippers/tap shoes are suggested for ballet/tap. Shorts/pants, and shirts/tanks are suggested for hip hop. Street shoes or black jazz sneakers may be used in Hip-Hop.

<b>Class</b>	<b>Saturdays/Time</b>	<b>Ages</b>	<b>Cost</b>
Ballet I	8:00a.m. -8:30a.m.	3-4	\$60
Ballet II	8:30a.m. -9:00a.m.	5-8	\$60
Tap	9:00a.m. -9:30a.m.	5-8	\$60
Hip Hop I	9:30a.m. -10:00a.m.	7-8	\$60
Hip Hop II	10:00a.m. -11:00a.m.	9 -14	\$75

Any Questions? Call Christine @ 410-259-8849 or email dancingchick86@yahoo.com  
 You may register for classes online through StoneAlley. To do so visit <http://centralcarrollrec.org/>

**Spring 2012 Dance Registration Form**

Dancer's Name: \_\_\_\_\_  
 School/Grade: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/Town: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_ (To receive dance announcements)



**Register for class(es):** (CIRCLE)  
 Ballet I      Ballet II Tap      Hip Hop I      Hip Hop II

**Fee enclosed: \$ \_\_\_\_\_ Make checks payable to Central Carroll Recreation Council**

Mail the registration form to: CCRC, PO Box 658, Finksburg, MD 21048

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**Waiver of Liability:** By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation programs, that Carroll County Bureau of Recreation does not provide any registrant medical or hospitalization insurance whatsoever, and therefore, I hold Carroll County Commissioners and their agents harmless from all claims of injury, damage, or loss which may result from my, or my children's participation in the programs listed below.

**Authorization for Use of Photographic Likeness:** I agree to allow Carroll County Bureau of Recreation to take and utilize photographic images of the registered individual/s for the purpose of promotion and publicizing of the bureau's programs and or events. If I prefer to not allow the above registrant to be photographed, I will call 410-386-2103 to register my request.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Program # DAN112



ZUMBA is a Latin-inspired, dance fitness class that incorporates Latin, international, pop music and dance movements which create a dynamic, exciting and effective fitness system. It's combined with fast and slow rhythms and cardio dance moves that are easy to follow steps which target body areas to reshape all of your body, including the arms, hips, thighs, and abs, heart and MIND! You'll feel better physically and emotionally! Zumba is "exercise in disguise". You have so much fun that you don't feel like you're exercising. It's the type of exercise people want to do everyday! You do not have to know how to dance to succeed at Zumba. It's a free party environment! Anyone can adjust their intensity to fit their particular fitness level, beginners to advanced, kids to elder adults. So.....Let's ZUMBA!

ZUMBA TONING PROGRAM Program # ZUMTONE112  
 Location: SANDYMOUNT ELEMENTARY Day: Wednesday Time: 6:45-7:45 PM  
 Session: (8 WEEKS) JAN 11- MAR 7, 2012 (Must be 16 years old to register with consent)  
 Fee: \$50.00 for 8 weeks (Discount taking Wed/Thurs classes \$90.00)

Benefits of Zumba Toning @ Fitness Program

Next Level Zumba! Take your workout up a few notches with the addition of lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs.  
 Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.  
 Raise the bar and add another dimension to the original Zumba dance fitness party.  
 Zumba Toning sticks weigh approximately 1.5lb and are filled with sand to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs.  
 The perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!!

ZUMBA FITNESS PROGRAM Program # ZUMFIT112  
 Location: MECHANICSVILLE ELEMENTARY Day: Thursday Time: 6:30-7:30 PM  
 Session: (9 WEEKS) JAN 12-MAR 8, 2012 (1 FREE CLASS) ( Must be 14 years old to register with consent)  
 Fee: \$48.00 for 8 weeks (Discount taking both Wed/Thurs classes \$90.00)

Benefits of Zumba@ Fitness Program

There Are Many & They Are Important! Zumba@ can leave a person with a "feel good" sensation by using easy to follow dance steps coupled with infectious music to create a truly fun and party-like atmosphere.  
 Zumba@ is a fantastic core workout. It uses moves during the workout that target the abs and back to increase agility and strength with the potential to tone and sculpt the torso.  
 Zumba@ also has the potential to reshape all parts of the body, including the arms, hips, heart, and MIND!  
 Zumba@ is a great fat burning workout. Calories burned will differ from person to person depending on their fitness level, age, weight, and intensity put forth. Calories burned during one hour of Zumba have been estimated to be anywhere from 600 to 1,000.  
 Zumba@ workout provides for a fantastic sweat without even realizing you are exercising.

If you have any questions, please feel free to contract Helen Jennings at 443-465-9503 or email: [zumbawithhelen@gmail.com](mailto:zumbawithhelen@gmail.com)

Certified Instructor, Zumba Fitness, Zumba Gold, Zumba Toning (weights), Zumbatomics (Kids), CPR/AED certified.

Please complete the CCRC registration form. Make your check payable to Central Carroll Recreation Council and mail your check and registration to Helen Jennings P.O. Box 267, Finksburg, MD 21048.

## Field Hockey Clinic

For both novice and experienced field hockey players  
Friday evenings from 6:00 until 7:00pm in May 2012.

Contact Kelly Snyder for more information at:  
kasnyde@k12.carr.org or call at 410-857-1761



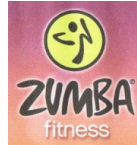
Spring registration for lacrosse is open November 1st.

Go to [www.gamberlax.org](http://www.gamberlax.org) and register on line at Stone Alley!

## ADULT FITNESS

Exercise and get it all!

Toning/Zumba/Aerobics/Strength Training/Pilates and Yoga all in one workout!



Join Instructor Karen Roberts, Certified with Aerobics and Fitness Association of America for an awesome jam packed fitness class that includes: An invigorating warm up of all muscle groups and then into toning, balance and flexibility with the exercise stick. Next we bring it up with the new craze everyone is talking about Zumba dance! We will also add in strength training/interval aerobics with hand weights throughout the class. Last, but not least, is an array of floor exercises that target your entire body and then we incorporate beginner to intermediate pilates and yoga to get those long lean muscles and great wellbeing. This is the one stop shop for total fitness! This class will have you looking and feeling at your very best!

The session will run on Tuesday evenings at Mechanicsville Elementary off of Route 32 across from the Gamber Fire Station from 6:45 to 8:00 pm. Class session runs from January 10<sup>th</sup> through March 6th (no class on February 14th). The cost for each session is \$46.00.

Please bring an exercise mat, hand weights (1 to 5 lbs recommended) and a water bottle. Exercise sticks are provided. If you do not have weights let Karen know and she can bring some for you.

Make your check payable to Central Carroll Recreation Council and mail your check and registration to Karen Roberts 475 Hammerstone Drive, Westminster, MD 21157. If you have any questions contact Karen Roberts at (410) 857-7651.

Program # FITS121

## Central Carroll Soccer Club (Travel)

Fall 2012 Travel Soccer Registration

Registration: April/May 2012

Tryouts: May/June 2012

Ages: Players 8 and up are invited to register.

The Central Carroll Soccer Club is seeking players and coaches for the Fall 2012 season. The Central Carroll Soccer Club has boy's and girl's teams playing in competitive leagues and regional tournaments. Players ages 8 and up are invited to register. The Central Carroll Soccer Club is looking for highly motivated individuals to help coach and help form new travel teams.

For more information please visit our web-site: [www.centralcarrollsoccerclub.org](http://www.centralcarrollsoccerclub.org). The Central Carroll Soccer Club is affiliated with the Central Carroll Recreation Council in cooperation with Carroll County Department of Recreation and Parks.



## Central Carroll Soccer (In-House)

SPRING SOCCER 2012 Fee \$45 (\$55 after February 15<sup>th</sup>)

REGISTRATION DEADLINE: March 4, 2012

Co-ed, Grades K-8

Team groups are: Grades K-1, grades 2-3, grades 4-5, grades 6-8

This is an In-House, co-ed instructional league with emphasis placed on the participants learning to play soccer, making new friends, and having fun. Coaches strive for equal playing time and to rotate the players so they have the opportunity to play all of the positions on the field. Coaches are all volunteers and they try their best to set a good example and create a fun filled environment.

A coaches' meeting will be held in mid-March. Team practices begin at the end of March. Practices are held once a week for one hour at Sandymount Park. Games are played on Saturdays at Sandymount Park starting in April and running through June.

We use stonealley.com to manage our database. All paper registrations are entered into the Stone Alley database by volunteers. Therefore we ask that everyone register online at <http://www.stonealley.com/program/CentralCarroll/group/SpringRecSoccer>. There is an option to pay by check or credit card when you register online.

**REGISTER EARLY**, as there is no guarantee of placement after the registration deadline.