

Winter 2019

PROGRAM GUIDE

SEVERNA PARK
COMMUNITY CENTER

Gather. Play. Grow. Thrive.

UPDATES

AQUATICS

ADDED CLASSES ▶

WATER WELLNESS FOR FIBROMYALGIA (pg 5)

Fee: \$60/session

WED: 11:45am – 12:45pm

Jan 11 – 15; Feb 22 – Mar 29

HOMESCHOOL SWIM TEAM PRACTICE (pg 8)

Fee: \$120/session

MON/WED: 1:00 – 2:00pm

Jan 8 – Feb 14; Feb 19 – Mar 28

CLARIFICATION ▶

LIFEGUARD AND CPR/AED RECERTIFICATION (pg 10)

Session 1: Mar 9 9:00am – 5:00pm;

Mar 10 12:00 – 8:00pm

Session 2: May 18 9:00am – 5:00pm;

May 19 12:00 – 8:00pm

CPR/AED FOR THE PROFESSIONAL RESCUER (pg 10)

Session 1: Jan 4 5:00 – 9:00pm

Session 2: Feb 15 5:00 – 9:00pm

Session 3: Mar 15 5:00 – 9:00pm

DANCE

CLARIFICATION ▶

PRE TEEN/TEEN HIP HOP (pg 14)

Studio B

CREATIVE MOVEMENT (pg 14)

appropriate for 4-5 year olds

FLEXIBILITY TRAINING AND CONDITIONING FOR DANCERS (pg 14)

Session 1: Jan 3 – Feb 21

Session 2: Mar 7 – May 2 (no class 4/18)

For more information on these programs, please see our full program guide on our website,
or pick up a copy today at the Severna Park Community Center.

www.spcommunitycenter.org

623 Baltimore Annapolis Blvd | Severna Park, MD 21146 | 410.647.5843

FITNESS

ADDED CLASSES ▶

YOGA WITH DANA (pg 17)

MON: 9:30 – 10:30am

Holy Grounds

ZUMBA WITH PAULA (pg 17)

THURS: 10:30 – 11:30am

Studio C

BASIC BARRE FOR BEGINNERS AND NOVICES

WITH DANA (pg 17)

FRI: 10:40 – 11:40am

Studio B

CLARIFICATION ▶

YOGA WITH JULIE (pg 17)

WED: 5:45 – 6:45pm

M3, not Holy Grounds

YOGA WITH WENDY (pg 17)

THURS: 9:45 – 10:45am

Holy Grounds

◀ SCHEDULE ▶

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 – 10:30am Yoga (Dana) Holy Grounds	9:30 – 10:30am Pilates Mat (Cathy) Room M3	9:30 – 10:30am Yoga (Dana) Holy Grounds	6:30 – 7:30am Yoga (Julie) Room M3	9:30 – 10:30am WELL FIT - Fitness for Stability, Balance, Strength (Dana) Fitness Center	7:30 – 8:30am Yoga (Wendy) Holy Grounds
			9:45 – 10:45am Yoga (Wendy) Holy Grounds	10:40 – 11:40am Basic Barre (Dana) Studio B	
		10:30 – 11:30am WELL FIT - Fitness for Stability, Balance, Strength (Dana) Fitness Center	10:30 – 11:30am ZUMBA (Paula) Studio C		
		5:45 – 6:45pm Yoga (Julie) M3			

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