

FALL 2011-NEWSLETTER

LUTHERVILLE-TIMONIUM RECREATION COUNCIL

BALTIMORE COUNTY DEPARTMENT OF RECREATION AND PARKS

121 E. RIDGELY ROAD, LUTHERVILLE, MD 21093

WEEKDAYS 10 AM-2 PM, REC OFFICE: 410-887-7684, FAX: 410-252-2599, WWW.LTRC.ORG



MARTIAL ARTS— Learn self-defense, develop self-confidence and improve balance and coordination. Classes for adults and children, ages 4 ½ and up, are held on Saturdays throughout the year, in the Ridgely Middle, in the activity room.

Register for 6-week Self Defense class on Saturday, September 10, 2011 from 9:00 am – 10:00 am in RMS Activity Room. Class #1 will begin Sept 17th.

T'AI CHI— is the traditional & ancient Chinese art of moving meditation that has numerous health benefits & will enhance your life with improved essential breathing, coordination, balance, flexibility & focus. It has been shown to help with back pain, arthritis & increasing range of motion. So, revitalize the joints & exercise your brain with this gentle, low-impact, stretching exercise which helps strengthen the immune system & body alignment along with reduction of stress & anxiety. The class is designed using both seated & standing exercises.



Classes for ages 9 thru adults, families & seniors, are held Monday evenings in the Ridgely Café from 7—9pm. Register at the first class on Monday Sept 12, 2011.

Call David Huya, for more information, at 410-661-7368.

YOGA

For children & adults. Classes are offered Mon & Tues nights, in the activity room at Ridgely Middle.

See the LTRC website for details.

Contact: yogadave@comcast.net , for more information, or to register.



HEALTH MANIACS

Join a fun, relaxed environment to learn health tips, taste new recipes & improve your overall health. Classes held at RMS, Rm 120, at 7pm, for adults & children 10+. Register for one or all of the classes at: www.ltrc.org.

Sept 26th—Smoothie Madness for Energy, Detox & Weight Loss—Start your day with a powerful shot of energy by learning 3 super food smoothie recipes.

Oct 24th—Food Cravings Controlled Quickly— Learn to understand cravings, turn them into your friend instead of your enemy.

Nov 14th—Turn Your Picky Eater into a Health Maniac—Understand the possible causes, learn how to introduce fun, easy nutritious foods.

Instructor Jolie McShane is a Certified Health Coach. Call her at 410-299-3032.



FALL AEROBICS

4 PM class: Mondays/Thursdays - in St. Paul's Lutheran Church (Spangler Hall) on Kurtz Ave. in Historic Lutherville.

First class will be held on Sept 12th.

Register 15 minutes before class.

7pm class: Tuesdays/Thursdays – Ridgely Middle School Cafe. Exercise at your own pace. First class will be held on Sept 13th, with registration 15 minutes before class.

\$50.00 per session. Fall session ends Dec 8th.

Call Karen Yeagle at 410-321-6399, or email: kbyeagle@verizon.net.



YOUTH BASKETBALL

Walk in registration, for Boys & Girls, ages 7-14, will be held on Saturday Sept 10th and Sept 17th, at Ridgely Middle School, in the gym lobby, from 9:30- 11:30am.

Online registration is available at www.ltrc.org. Click on "Boys" or "Girls" under the Basketball heading. Deadline for online registration is October 1st. Questions?

Boys: Contact Eric Kihn: ekihn@verizon.net.

Girls: Contact Preston Turner at prestonturner@verizon.net.

BEGINNING FENCING

Introduction to fencing, co-ed for ages 8-18. Equipment is provided. For more information, contact Ray Gordon, at rgfencing@aol.com, or 410-532-7445.



BALLET

Classes for ages 4 yrs. and up, in the Timonium Elem cafe.

Registration will take place Wed, Sept 21st, from 6pm-8pm, in the lobby of Timonium Elem. Call Anna Marie Scharbeck, at 410-252-8797, for more information.

TAP & JAZZ

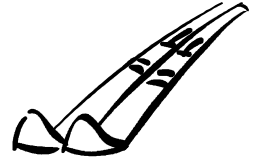
Classes are offered to kids & adults, ages 4 & up. Register on:

Wed Sep 7th, 4-6:30pm, Lutherville Act Rm
Tues Sep 13th, 6-8pm, Timonium Gym Lobby
Thurs Sep 15th, 6:30-8pm, Pinewood Cafe

Call Val Hippen at 410-733-2188, or visit www.ltrc.org/tapandjazz, for more info.

Snow Club

Join fellow Ridgely Middle School students interested in skiing or snowboarding on Tuesdays after school, starting January 3rd.



Six Ski Liberty and **one** Whitetail trip are planned, all departing from Ridgely Middle School parking lot, at 3 PM and returning at 9:30 PM.

"Night Club Cards" purchased through this program are valid every evening at all three local ski areas. Registration is Monday, Oct 3rd (6:30 - 8:30 PM), Tuesday, Oct 4th (6:30 - 8:30 PM) and Monday, Oct 10th (6:30 - 8:30 PM) at the Cockeysville Library. Please bring a non-returnable photo. Fees to be determined. For more information see www.ltrc.org, access Snow Club.

TENNIS

Baltimore Tennis Patrons offers tennis lessons for ages 4 to adult. Held at Pinewood Elementary and Ridgely Middle, September & October. Fee varies with class. Call 410-296-2100 to register.

The **LTRC General Council meetings** are held on alternate months, the 4th Tuesday, at 7 PM, at Ridgely Middle School room #123, located at 121 E. Ridgely Road.

Dates:
September 27th
November 22nd
January 24th
March 27th
May 22nd

The public is invited and encouraged to attend. We value your support and input.

You are invited to become involved with the Rec. Council as a coach, age group commissioner, chairperson, board member, council member, participant or spectator. Please contact the Rec. office if you are interested in volunteering.

Should you require special accommodations (i.e. sign language interpreter, large print, etc.) please give as much notice as possible, by calling the Therapeutic Office at: 410-887-5370 (Voice) or 887-5319(TT/Deaf).



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