activities

working every day in hundreds of ways to make Columbia an even better place to live, work and play

let’s make ART at Columbia Art Center
Dear Friends,

Columbia Association (CA) provides options for all ages and for varying interests — whether you want to get fit and stay fit; have fun indoors or outdoors; love arts and culture; or want to help out by giving time to our community.

CA’s three fitness clubs — Columbia Athletic Club, Columbia Gym, and Supreme Sports Club — of course include cardiovascular equipment, strength equipment and free weights, but they also have group fitness studios, personal training, racquetball and basketball courts, and pools, and KidSpace is available so that your kids can have fun while you work out.

Haven on the Lake, our mind body wellness retreat in Downtown Columbia, includes mind body movement classes and healing environments. Haven also boasts the only aqua-bikes in the area, and one-on-one therapies like Watsu®.

CA offers two golf clubs, 33 tennis courts (with six more opening in the first quarter of 2018), an ice rink, mini-golf, batting cages, a skate park, a skate arena, 23 outdoor pools, an indoor swim center with SplashDown’s exciting water slides, and martial arts classes for kids and adults.

There are opportunities for creativity and cultural enrichment through Columbia Art Center, plus a packed schedule of concerts, movies, talks and literary events. We highlight the values of diversity and inclusiveness through our international exchange and multicultural programs. We provide avenues for community involvement through the Volunteer Center Serving Howard County, the Columbia Community Exchange timebank, and committees that advise CA’s Board of Directors and staff. We help ensure that students have safe and productive places to be when not in class, thanks to our Before and After School Care program, summer camps, and the Youth and Teen Center.

There is so much to do in Columbia. CA’s mission statement — working every day in hundreds of ways to make Columbia a better place to live, work and play — is truly embodied within the pages of this Activities Guide.

Sincerely,

Milton W. Matthews Columbia Association President/CEO

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Get a JumpStart!

Get the most out of your membership with a tailored fitness program. For more information, see page 8.
You’ll find the best that Columbia Association offers, and you can register for much of it online!

Online Registration Instructions

Online registration for classes and programs identified with the @ icon will begin at 7am on Friday, December 1 for CA members and Columbia Cardholders only. Registration will also be available in person at the facility where the program will be held and can be completed by using computers located at any of CA’s three fitness clubs. If you are not a CA member and want to register for classes or programs online, you must set up a guest account. Please visit ColumbiaAssociation.org/login and click “Become a Guest” to set up your account.

CA members and Columbia Cardholders should establish online credentials before Friday, December 1 to register for classes online, programs or events. If you are not a CA member and want to register for classes or events online, you must set up a guest account. Please visit ColumbiaAssociation.org/login and click “Become a Guest” to set up your account.

For online credentials, go to ColumbiaAssociation.org/login. You must enter a valid email address in the system in order to set up your online credentials. A screen will pop up for your login information. Below the login fields will be a link: “Don’t have a login?” Click on the link and a screen will come up asking you for your account credentials, you can obtain assistance by calling 410-730-1801.

Once you’ve established your own login and password, go to the home screen. There are five large icons for you to choose from, including My Account, Programs and Classes. Most classes are available through the Programs or Classes icons. Click one and select “Change Facility” and select the facility of choice.

Customer and Member Service Center is the default facility, but there are no classes there. Continue through the screens to checkout. The My Account icon includes your membership data, such as a copy of your contract. You can also view your class reservations and transactions.

If you have specific questions regarding a class, contact the facility where the class is held. If you have difficulty establishing your account credentials, you can obtain assistance by calling 410-730-1801.

Step into a CA fitness club and you’ll feel our commitment to our members!

The front desk attendant knows you by name. The housekeeping crew works all night to keep the locker rooms spotless. KidSpace is so engaging your children won’t want to leave. And you’ll meet other people like yourself — the nicest people we know. Everyone is welcome to join CA, and Columbia residents (those who live on CA-assessed property) receive substantially discounted prices on the range of memberships available. Columbia residents who choose not to join may obtain a Columbia Card to use the facilities for a daily fee and to receive discounts on some programs — a list is available at ColumbiaAssociation.org/columbiacard. See admission procedures on pages 8-11.

CA offers a range of membership plans to meet a range of interests. Visit the Customer and Member Service Center (6310 Hillside Court, off Stevens Forest Road and Broken Land Parkway) to speak with a representative about the membership that best meets your needs. The hours are 9am-6pm on Monday through Friday and 9am-4pm on Saturday. You may also call 410-730-1801 to speak with a representative immediately or visit ColumbiaAssociation.org/membership to purchase a membership online.

Visit ColumbiaFit.org to view CA’s most current promotional offer.
CA offers SIX membership plans! These membership plans each offer a unique mix of activities and options. Please take a minute to read through them and understand the opportunities associated with each plan.

Questions? A Customer and Member Service representative will be happy to clarify and assist you. Just call 410-730-1801 or visit the Customer and Member Service Center at 6310 Hillside Court, off Stevens Forest Road and Broken Land Parkway. Information is also available on Columbia Association’s website at ColumbiaAssociation.org/membership.

### Membership Plans

**CA Fit&Play** offers the most variety and value for you and your family. It provides so many options at multiple facilities that when you join, you are matched with a dedicated professional whose only job is to welcome you and familiarize you with everything that is available to you and your family. See “JumpStart Your Membership”, on page 8.

**1Fit**
When you have a 1Fit membership, you have access to everything within the particular club you choose to join. If you can meet your needs for equipment, amenities and particular classes within one CA club, you will find this option to be the most economical.

**Play**
This membership was designed for families whose focus is primarily on recreational activities. It provides access to all outdoor pools and Columbia Swim Center, Columbia SportsPark, Columbia SkatePark, Columbia Ice Rink, and indoor and outdoor tennis courts. Additional fees may apply to specific activities.

**5Day Golf&Play**
For those who enjoy golf in addition to other recreational activities, the 5Day Golf&Play membership combines the benefits of the Play membership and also includes eight-day advanced reservations, handicap fees, unlimited green fees on weekdays at Hobbit’s Glen Golf Club and unlimited green fees every day at Fairway Hills Golf Club.

**7Day Golf**
Individuals who just want to focus on golf will find this the ideal membership. It includes eight-day advance reservations, unlimited green fees every day at both Hobbit’s Glen Golf Club and Fairway Hills Golf Club, and handicap fees.

**Golf Fit&Play**
This is CA’s premium membership, offering everything in fitness, recreation and golf. It includes the privileges of 7Day Golf and CA Fit&Play as well as free KidSpace at applicable facilities.

### Summary of Memberships

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<td><strong>3Fit</strong></td>
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<td><strong>4Fit</strong></td>
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<tr>
<td><strong>Golf Fit&amp;Play</strong></td>
<td>Eight-day advance reservations</td>
<td></td>
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*Extra fees for programs and facility services may apply.*
Columbia Cardholders
Individuals who live on property protected by the covenants but who are not Columbia Association members may pay-as-you-go for reduced daily admission and programs at CA outdoor pools and Sport and Fitness facilities by obtaining a free Columbia Card.

To receive the Columbia Card, visit the Customer and Member Service Center (6310 Hillside Court) and present your driver’s license or imprinted personal check, and your dependent children’s birth certificates to verify you live on CA assessed property. Family members must be present to receive a Columbia Card.

Show the Columbia Card to the front desk attendant and pay the appropriate fee to gain admission to programs, the pools, or sport and fitness facilities. To receive the Columbia Cardholder price, you must present a Columbia Card at CA facilities prior to gaining entry. For more information, call 410-730-1801.

Non-members
Individuals who do not have a Columbia Card or who do not live on property protected by CA covenants are welcome to become members or accompany members a maximum of six times per fiscal year, per household, to all facilities combined at the guest visit price. CA covenants are protective of CA residents only and are not extended to non-members.

Individuals who do not have a Columbia Card or who do not live on property protected by CA covenants are welcome to become members or accompany members a maximum of six times per fiscal year, per household, to all facilities combined at the guest visit price. CA covenants are protective of CA residents only and are not extended to non-members.

To gain entry, for more information, call 410-730-1801.

Non-members can also enjoy the fitness and recreational facilities at non-member daily admission prices.

KidSpace Members
KidSpace offers recreational programs for children (6 weeks-13 years). Your KidSpace membership is an additional fee for all memberships except Golf Fit&Play and must be added to your membership plan. Some fees and restrictions apply. To join KidSpace, contact the Customer and Member Service Center at 410-730-1801.

A single guest admission fee can also be paid at the front desk of the facility. Non-members pay a higher daily admission fee. CA team members are required to enter guest information into our online system for security purposes. Please plan ahead and be patient as this takes a few minutes when you arrive.

To become a CA Member
To join any CA membership plan, call 410-730-1801 or visit the Customer and Member Service Center at 6310 Hillside Court, off Stevens Forest Road and Broken Land Parkway. You may also join at CA’s fitness clubs or online at ColumbiaAssociation.org/membership.

Membership Cards
Each member is given one free ID card. Lost, damaged or aging cards can be replaced for $5.

Assistance Programs
There are discounts for CA residents whose household income falls within certain income guidelines. Residents must verify income and dependents every year by providing an official IRS computer-generated transcript of their most recent tax return. The anniversary date for members receiving assistance will be one year from the date of sign-up. This discount cannot be used with any other discount or offer.

JumpStart Your Membership
Your success is our mission, and CA’s team is ready to help new members become quickly and easily oriented with all the facilities and services available. Our JumpStart program is complimentary and designed to create a community of support built upon a foundation of innovative and personalized services. The JumpStart team at the fitness club of your choosing will meet with you shortly after you have joined for a Coaching Session to discover more about you and your goals, answer your questions, and help you make the connections you need to best use your membership.

Note: This procedure is necessary to ensure that CA facilities are enjoyed by paying members, CA residents and guests. We appreciate your cooperation. For more information about any activity, please call the appropriate facility. Phone numbers, locations and hours of operation are listed in the directory on pages 2 and 3. For membership information, please refer to pages 5-13. Classes may be canceled due to lack of enrollment.

Prices, dates and times are subject to change.

At Haven on the Lake, we have everything you need to relax, restore and rejuvenate your mind, body and soul. Strengthen your core and tone your body with our low-impact, results-oriented classes — including barre, yoga, TRX® and aqua spin. Calm your mind in our warm water relaxation pool and the serenity area that features a crystal salt therapy room, steam bath and sauna. Plus, with our KidSpace area, you don’t have to worry about finding childcare. We will keep your kids safe, entertained and happy while you enjoy some much deserved time to yourself.

Join today and start the path to a happier and more relaxed you!

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Join today and start the path to a happier and more relaxed you!
For Howard County high school students, French or Spanish, Level III and above. Financial assistance/scholarships available.

**Deadline:** February 16, 2018

**ColumbiaAssociation.org/teenexchange**

For more information or to receive an application.

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**Information Sessions**

1st Period: Tue, Dec 5 - Thu, Jan 11 - Wed, Jan 17

2nd Period: Tue, Feb 6 - Thu, Feb 22 - Wed, Feb 28

All sessions are at 7-9pm at Columbia Association 6310 Hillside Ct, Columbia, 21046

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**Early Termination of Contract**

Early termination does not apply to 5-Day GoldPlays, 7-Day Golf, or month-to-month memberships. If you are still in contract for one or multiple years and you wish to terminate your contract for medical or other reasons, you may pay a cancellation fee and turn in your membership cards. The cancellation fee will vary according to your type of membership plan and the remaining term of your contract. Contact the Customer and Member Service Center at 410-730-1801 or visit 6310 Hillside Court, off Stevenson Forest Road and Broken Land Parkway, to speak with a representative who will tell you the cost for early termination of your membership. Non-use does not relieve you of your payment obligation.

**Default Provisions**

Defaults due to insufficient funds, closed accounts, bank account or credit card changes or outstanding assessment fees require payment of the default plus a service charge. Until the default is remedied, membership privileges are withheld from all members listed on the membership. If a past-due amount is identified on your account, that past-due amount will be deducted during the monthly EFF (electronic funds transfer), plus the amount due for the current month. Your membership privileges will be suspended until your account is current.

**Renewal**

Memberships are renewed on month-to-month increments (except for those who have paid in full) and prices are subject to change with a month-to-month status. Please notify CA in writing of your intent to terminate 35 days prior to your desired cancellation date.

**Severe Weather Policy**

In case of severe weather, please call CA’s Severe Weather Hotline at 410-715-3154 for up-to-date information on Sport and Fitness facilities, classes and programs.

When Howard County schools are delayed or closed, KidSpace will make every effort to open at 9am or at the same time that the facilities reopen. Call the KidSpace program before bringing your children to the club to ensure that we are properly staffed. This is especially important for parents/guardians bringing infants to KidSpace. Should the weather deteriorate during the day, please call before coming to the club.

The Before and After School program will also have delayed openings equal to the amount of time the Howard County Public School System is delayed. If schools are closed, Before and After programs will be canceled. Notifications will also be posted on CA’s website and CA’s Facebook page and sent out via text message and/or email to CA Urgent Notification subscribers. To subscribe, visit ColumbiaAssociation.org/notify.

*CA reserves the right to update or change this policy.*

**Guest Visits and Electronic Passes**

CA Fri/Plays and Golf Fri/Plays members receive two guest visits each month, Play, FriFit, 5-Day GoldPlays, and 7-Day Golf members receive one guest visit each month. Passes for guest visits do not accumulate from month to month. Members may purchase additional electronic guest passes for their guests at the Customer and Member Service Center by calling 410-730-1801 or by visiting 6310 Hillside Court (off Stevens Forest Road and Broken Land Parkway) or any other year-round CA facility. Guests who live within 25 miles of Columbia are limited to six visits per year, per household to all facilities combined as the guest of a member. Guests must present their driver’s license, accompany a member and comply with CA’s guest admission procedures. There are no refunds or transfers of guest passes. Guest passes are valid until midnight of the date of issue. Visitors who are not guests of members may purchase a non-member day pass for $25 per person over 16 years of age; it is valid for one calendar day.

**Privileges**

Membership privileges may be revoked for inappropriate, threatening or abusive behavior, or payment default. Tampering with a membership card or allowing it to be used improperly is illegal and subject to revocation of membership privileges and litigation.
CA memberships provide a range of opportunities and benefits. The facilities offer an incredible variety of lessons, social gatherings, programs, classes and leagues that everyone — from the very young to the mature adult — will enjoy. All fitness clubs provide free lockers, family changing rooms, free towels, free hair dryers, whirlpools, saunas and our commitment to help you gain the most from your membership. For current promotional offers, please visit ColumbiaFit.org.

Visit ColumbiaAssociation.org/schedules or use CA’s Columbia Association: Registration app on iOS or Android to reserve your spot in classes.

**Facility Amenities**

*Please refer to your specific membership type to understand which amenities may require additional fees or which have restrictions.*

### Columbia Athletic Club
- 4 racquetball courts
- 1 squash court
- Hot water therapy/recreational pool
- Mini’s and women’s sauna
- Hundreds of pieces of cardiovascular and Cybes strength equipment
- Tons of free weights and resistance strength equipment
- Access to Group Fitness classes (fee required)
- KidSpace for children 6 weeks to 13 years
- Youth Arena, internet cafe and conference room
- 4-in-1 gymnasium, group fitness center, and basketball courts

### Columbia Tennis Clubs
- See page 46 for details
- 7 lighted courts at Owen Brown
- 5 lighted courts at Owen Brown (court fee extra)
- 11 lighted courts at Wilde Lake
- 6 Har-Tru courts at The Racquet Club at Hobbit’s Glen, beautiful viewing patio
- 4 indoor courts at Columbia Athletic Club (court fee extra)

### Hobbii’s Glen Golf Club
- See page 25 for details
- 18 hole championship course (green fee extra)
- 27 tee driving range open to the public
- Clubhouse, pro shop, restaurant and bar

### Fairways Hills Golf Club
- See page 25 for details
- 18 hole regulation course open to the public
- Driving range open to the public

### Columbia Ice Rink
- See page 47 for details
- 17,000-square-foot indoor ice surface
- Figure skating and hockey clubs
- Instructional hockey program
- Locker room
- Snack bar and skate rental available

### Columbia SportsPark
- See page 51 for details
- Mini-golf and bungee bounces
- SkatePark admission

### Columbia Swim Center
- Your Columbia Association pool for more information
- Shallow and Deep Water Fitness classes
- Wading pool
- 5-lane, 25-yard program pool
- 6-lane, 25-yard main pool
- SplashDown (must be at least 6 feet tall)
- Sauna

### Outdoor Pools
- 23 outdoor pools, each with a wading pool and a bathhouse, of which 2 are mini Waterparks with large slides and SplashPads — a computerized, splashing aquatic playground
- 4 main pools with smaller water slides
- 5 ADA-compliant wading pools with beach entries and water features
- 4 ADA-compliant pool facilities
- 9 with whirlpools
- 9 with snack bars
- Many pools have adjacent basketball courts, sand volleyball courts, fields and tot lots

### Haven on the Lake mind body wellness retreat
- See page 36 for details
- Healing environments, including a hot tub, a movement and relaxation pool, steam bath, cold plunge, tropical sun shower, and crystal salt therapy room
- Mind body movement classes
- KidSpace for children 6 weeks to 13 years

### Facilities

- Columbia Association Income Guidelines
  - Memberships are tailored to each facility and may include kid-sized arenas, a rock wall, state-of-the-art games and fitness equipment.
  - Memberships at KidSpace may utilize up to two hours per day per family.
  - KidSpace memberships may be added to 1Fit and CA Fit&Play memberships, it is free with Golf Fit&Play. Some fees and restrictions apply.

### Financial Assistance Programs

- KidSpace
  - KidSpace is an interactive play area at Columbia Athletic Club, Columbia Gym, Haven on the Lake, and Supreme Sports Club.
  - Geared for children six weeks to 13 years of age, KidSpace amenities are tailored to each facility and may include kid-sized arenas, a rock wall, state-of-the-art games and fitness equipment.
  - With a KidSpace membership you may utilize up to two hours per day per family. KidSpace memberships may be added to 1Fit and CA Fit&Play memberships, it is free with Golf Fit&Play. Some fees and restrictions apply.

### Youth Members

- Your kids’ safety is our top priority: that’s why members must be 14 or older to use free weight equipment and exercise classes.
- Members between the ages of 11 and 13 may complete a complimentary Youth Fitness Consultation (see page 52 for details) with accompanied by a parent or guardian — or may currently be participating in a camp or clinic — if they wish to use the fitness areas.

### Columbia Association Income Guidelines

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Gross Income For All Memberships</th>
<th>Gross Income For All Memberships, Before and After School Care, and Youth Soccer Classes, and Popular class programs</th>
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<tr>
<td>1</td>
<td>$54,100</td>
<td>$47,600</td>
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<tr>
<td>2</td>
<td>$60,900</td>
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<tr>
<td>8</td>
<td>$95,500</td>
<td>$89,800</td>
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</tbody>
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According to the U.S. Department of Labor, people spend 7.6 hours a day working. This translates to approximately 46 percent of one’s waking hours being spent at work. The environment in which we work can have a considerable effect on our lives and on our general sense of well-being. Wellness is fundamental to being a healthy high performer and having a successful organization. CA Corporate Wellness may be linked to greater productivity, less absenteeism, and competitive (lower) insurance rates.

To find out about Columbia Association Corporate Wellness programs, contact CA’s Corporate Sales at 410-423-1882.

CA thanks the following local employers who have recognized the importance of wellness in the workplace:
- Arco DesignBuild
- Ascend One Corporation
- Boeckes Fluidics
- Confluent
- CrossBlue
- Exeter
- Gantech
- Grace
- Havtech
- Impact Research
- LifeSpan
- Lockheed Martin
- M&T Bank
- PCTEST Engineering
- Red Arbor Solutions
- RUI Engineering
- Sandy Spring Bank
- Stage Door Tickets
- Vision Financial Group
- Waldo
3 Gallery Shows
Monthly exhibitions by local, regional and national artists are held in Columbia Art Center galleries. Howard County Public School System Annual Partnership Theme Show Developing Understanding: The Photographer’s Eye High School Show Jan 5-30 Reception: Thu, Jan 11 • 5-6:30pm Snow date: Thu, Jan 13 • 5-6:30pm Maryland Society of Portrait Painters Perception: The Artist’s View Feb 8-Mar 4 Reception: Sat, Feb 10 • 2-4pm Women’s International Juried Exhibit Mar 8-Apr 1 Reception: Sat, Mar 10 • 2-4pm Blossoms of Hope Annual Theme Exhibition Sponsored by Blossoms of Hope of Howard County and Columbia Art Center. Proceeds benefit Claudia Mayer Tima Broccoli Cancer Research Center. Apr 13-May 6 Reception: Fri, Apr 13 • 6-8pm

6100 Fords Lane • Long Reach Village Center
Columbia Art Center offers art classes and workshops, exhibitions showcasing the talents of local and regional artists, community events, and a gift shop. For more information, call 410-730-0075 or visit ColumbiaArtCenter.org.

5 Office Art Rescue
Columbia Art Center is the ideal venue for your company to hold a fun team-building workshop in a relaxing and creative atmosphere. Activities include individual or collaborative painting to stimulate group productivity and camaraderie. Columbia Art Center provides instruction, materials, supplies and aprons for your entire team.

4 Gallery Shop
Unique gift shop features one-of-a-kind handcrafted and affordable artwork created by instructors and students of Columbia Art Center.

1 Rentals
Studios and Japanese garden are available for both business and social rentals and can accommodate groups up to 50. Kitchen is available. Gallery viewing is free of charge. W.I.F available. Please call 410-715-3169 for more information and prices or visit ColumbiaArtCenter.org.

2 Scout Badge Projects
Bring your scout troop to Columbia Art Center to fulfill art or ceramic badge requirements. Workshops can be developed to meet desired badge criteria.

7 Youth and Teen Classes
A variety of classes are offered, including ceramics, drawing and painting, and home school programs. For a current brochure or more information, please visit ColumbiaArtCenter.org.

6 Youth & Teens
Columbia Art Center offers opportunities for emerging and professional artists to showcase your artwork in our galleries. Visit ColumbiaArtCenter.org and click Exhibits, Tours & Special Events for the Call for Entries form. Professional artists and art groups should indicate the Main or Window Galleries. Emerging artists or groups seeking a first-time exhibition opportunity should indicate Studio One Gallery.

8 Art History Lectures
This series offers a creative way to learn and meet new people who are also arts enthusiasts. Learn about various art movements in relation to cultures and history. Techniques for viewing art and developing interpretations of art also will be discussed. Take your appreciation and knowledge of art to a new level! Visit ColumbiaArtCenter.org or please call 410-730-0075 for more information.

9 Salon Series
Monthly presentations that feature area artists, poets, actors and musicians. Jan, Feb • 7pm • Free Young Adult Series Not just for the Young at Heart with Laura Shoovan Mar, Apr • 7pm • Free Celebrate Black History Month with “Black Books Live,” a literary podcast. Mon, May 5 • 7pm • $10 per person Enjoy jazz music by Seth Kibel. Sponsored by Columbia Art Center and Little Patuxent Review. Please visit ColumbiaArtCenter.org or call 410-730-0075 for more information.

11 Library Reading Series
Free monthly literary reading series that features local authors and poets, as well as an open mic segment for interested adult and teenage audience members. Sponsored by Columbia Art Center and Howard County Poetry and Literary Society. Visit ColumbiaArtCenter.org or please call 410-730-0075 for more information.

10 Art and Culture
The creative process taps into new parts of our brain, raises challenging questions and ultimately allows us to think in different ways. You can get your artistic experience started at Columbia Art Center with any of the fun events for families and school kids listed below.

- Family Art Frenzy
Enjoy a free family friendly art afternoon on the second Sunday of each month. Experiment with mixed media and have fun creating your own inspired creations. All ages welcome. Children younger than 8 must be accompanied by a guardian.

- School’s Out Program For grades 1-5
When Howard County public schools are out, come to Columbia Art Center for an amazing day of creative fun and go home with cool art projects.

- School’s Out Youth Visiting Artist Series For grades 6-8
Designed to encourage young artists to improve their technical skills while acquiring a sense of personal expression. Students connect with community artists and cultivate a passion for the arts.

For a current course catalog or more information on these and other programs at Columbia Art Center, call 410-730-0075.

1514 ColumbiaAssociation.org
When school is scheduled to be closed, CA offers a variety of engaging programs for youth at Columbia Art Center, KidSpace and School Age Services.

School Age Services

School's Closed Programs
Grades pre K-8 • Full Day • 7am-6pm $55 per child

Before and After School Care

Before and After School Care is offered at several facilities. Children not participating in School Age Services Before and After Care can register for these programs. Call 410-715-3164 for more information.

School's Out Artsy Fun Day
My Artistic Power: Creating the Best Grades pre K-8 • Full Day • 7:30am-3:30pm $55 per child per day Program held Mon, Jan 15 • Fri, Feb 16 Mon, Feb 19 • Fri, Mar 30 • Mon-Fri, Apr 2-4 • Fri, May 18 Register by calling Columbia Art Center at 410-715-3164. Main program held 9am-3:30pm. Before and After Care cost included. Enjoy a day of creative fun! Go home with cool art projects. Come with a friend and make new friends. Bring a bag lunch; beverage provided. Pre-registration is required. Call Columbia Art Center for more information or email ArtStaff@ColumbiaAssociation.org.

Programs and Resources for Home-Schoolers

CA offers programs and resources for home-schoolers at several facilities. Certificates of participation awarded. For more information, please call 410-715-3164 or email SAS@ColumbiaAssociation.org.

Summer Camp Season

Dates to be determined based on school calendar
Extended Care Available
7:30am-4:30pm

When school is scheduled to be closed, CA offers a variety of engaging programs for youth at Columbia Art Center, KidSpace and School Age Services.

School Age Services

Before and After School Care
Grades K-8 MSDE-licensed child care in a safe environment. Games, crafts, snack and physical activities each day. Costs below are per child per month. 7am to start of school, $178*
End of school to 6pm, $252*

Call 410-715-3164 for more information. Reduced rates available based on income guidelines. Purchase of care through the Maryland Department of Social Services is accepted.

Prices for am and pm care are subject to change. If school start/end times change for the upcoming school year, CA rates will be changed accordingly.

Elementary School Programs are held at the elementary school the child attends:

*Atholton
*Centennial
*Clemens Crossing
*Guilford
*Jeffers Hill
*Northfield
*Running Brook*
*Swellfield
*Thunder Hill
*Worthington

*Care also provided for children attending pre-K at these five schools

Middle School Programs (pm only) are held at Lake Elkhorn with transportation from Harper’s Choice, Wilde Lake and Oakland Mills, Dunloggin with transportation from Burleigh Manor, and at Hammond.

Please call 410-715-3164 or email SAS@ColumbiaAssociation.org.

Certificates of participation awarded.
For information, visit ColumbiaCamps.org, call 410-715-3165 or email Camps@ColumbiaAssociation.org.

For information, visit ColumbiaCamps.org, call 410-715-3165 or email Camps@ColumbiaAssociation.org.
SEARCHING FOR SPRING EGG HUNT
Saturday, April 14 - 10:11:30am

Columbia, 21045 - 410-730-9113 or 301-596-3265
info@longreach.org • Manager: Sarah Uphouse
A range of rental space is available for day
care, meetings and social events. Our formal
Plaza Room holds up to 150 people.

Oakland Mills
OaklandMills.org
Neighborhoods: Stevens Forest, Talbot Springs
and Thunder Hill
Located in The Other Barn
5851 Robert Oliver Place • Columbia, 21045
410-730-4615 • manager@oaklandmills.org
Manager: Sandy Cederbaum
The Other Barn sets up to 220 and features
a large, hardwood dance floor in the Loft.
The main level meeting/reception room
is ideal for up to 65 people. A flower-filled
courtyard, distinctive touches throughout
retain the rustic charm of this former
dairy barn.

Jazz in the Mills Presents
Sun, Mar 25 • 5pm
Lively Acts For Little Ones
Fri, Jan 12 • 10am • Pam the Kindersingers
Fri, Feb 23 • 11am • Mr. Jon Music
Fri, Mar 9 • 10am • Skip
Fri, Apr 20 • 10am • Oh Susanah!

Plant Sale and Village Elections
Sat, Apr 28 • 8am • Annuals and baskets.
Master Gardener Series Calls for dates/times.
Music and Arts Events Call for dates/times.

Ongoing Classes
Music Together with Miri
301-758-0004
Chinese Wushu
240-247-7048
Triathlete
301-213-9670

May 29-May 30
Claremont Days
Located in the Claremont Community Center
Neighborhoods: Claremont, Geddes,
Eulene, and Esmerлен
Manager: Steve Ingley
Fees for non-residents.
A range of rental space is available for day
care, meetings and social events. Our formal
Plaza Room holds up to 150 people.

River Hill
VillageofRiverhill.org
Neighborhoods: Pleasant Ridge and Pointers Run
Located in Clarett Hall - 6002 Daybreak Circle
Clarksburg, 21071 - 410-531-1749
manager@villageofriverhill.org
Manager: Susan Smith
Clarett Hall, a 5,000-square foot facility
that accommodates up to 130 people,
is available to rent for meetings and social events.
Our outdoor patio makes every event
special.
Master Gardener Series
Monthly presentation by Howard County
Master Gardeners on a variety of topics.
For a complete schedule, visit villageofriverhill.org or
calling 410-531-1749. These free events are open
to the public. Pre-registration is required.

School’s Out Family Fun Day
Fri, Feb 16
The River Hill Community Association’s Teen
Advisory Committee has planned an afternoon
of fun for all ages on this day when Howard
County public schools have scheduled closure.
More details available at villageofriverhill.org
or calling 410-531-1749.

Rio Rancho
RioRanchoVillage.org
Resident-owned and operated,
Rio Rancho Village is Columbia’s
First neighborhood
located in the Rio Rancho
Community Center
Neighborhoods: Rio Rancho, Rio Vista
Manager: Jeryl Baker

Monthly presentations by Howard County
Historical Society and
Columbia Bustle
Manager: Jeryl Baker
410-730-8113 or 301-596-3265
tvillageoffice@rioранCHOvillage.org
• Village offices may also provide:
Bus schedules
Bike path maps
• Communicate to residents via newsletters,
websites and social media.
• Encourage neighbor-to-neighbor
community association.

Bus schedules
Bike path maps
Coping and caring services
Notary Public Services
Columbia Cards
Local community association.

Bus schedules
Bike path maps
Coping and caring services
Notary Public Services
Columbia Cards
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Bus schedules
Bike path maps
Coping and caring services
Notary Public Services
Columbia Cards
Local community association.
community resources & special events

International Exchange and Multicultural Programs
Celebrating Columbia’s diverse cultures and promoting multicultural understanding.

World Languages Café
Monthly evenings of conversation
Fourth Tue of the month • 7-9pm
Except for Dec 19 (Third Tue)
East Columbia 50+ Center
East Columbia Library
Practice a language you are learning or used to speak. For more information, visit ColumbiaAssociation.org/multicultural.

International Book Club
Second Wed of the month • 7:30-9pm
Columbia Association Headquarters
Armchair travel by reading books from around the world chosen by members.

Sister Cities High School Student Exchange
During July 2018, Columbia/Howard County high school students can live with a family and experience a different culture in one of Columbia’s sister cities, then host a foreign student here. Please see page 46 for more information.

International and Multicultural Advisory Committee
IMAC and the subcommittees for sister cities in France, Ghana, Haiti and Spain are constantly researching new fitness trends and opportunities. We listen to member feedback, review attendance and do our best to offer members a diverse selection of high quality group fitness classes. If you would like to share ideas or would like us to consider a new class format, please contact us!

Group Fitness
Is prior experience needed before taking a group fitness class?
Unless specifically noted, our classes are designed with all levels in mind. If you are new to a class, arrive early and introduce yourself to the instructor and let him/her know this is your first class. The instructor will provide an overview of the class and help you set up equipment if required.

How does CA determine class options?
Group fitness staff and club management are constantly researching new fitness trends and opportunities. We listen to member feedback, review attendance and do our best to offer members a diverse selection of high quality group fitness classes. If you would like to share ideas or would like us to consider a new class format, please contact us!

How do I see real-time group fitness schedules that include who is teaching?
Columbia Association: Registration app and SNG Group-X Online show real-time schedules with the instructor’s name included. You can access SNG Group-X Online from CA’s website member login or Columbia Association’s group fitness class schedules page.

Instructors may be changed without notice. Please visit ColumbiaAssociation.org/membership for more information about the mobile app.

How do I get information about group fitness classes, events and updates?
To be added to CA’s group fitness eNewsletter and email list, please visit ColumbiaAssociation.org/notify.

Feedback?
Don’t hesitate to be in touch. Please email ColumbiaAssociation.org/notify.

2018 Fun Fitness Sampler
CA mbrs, free
Bring a quest for free!
Columbia Athletic Club
Sun, Jan 1 • 11am-12:30pm
Supreme Sports Club
Sat, Jan 20 • 9-10:30am
Columbia Athletic Club, 410-730-6744
Supreme Sports Club, 410-381-5355
Jump right into fitness in 2018! Join us for an energetic, fun-filled sampling of our many group fitness classes and personal training offerings, taught by a diverse team of fitness instructors and trainers.

Les Mills New Release Launch
CA mbrs, free
Sat, Jan 13 and Apr 14
Columbia Athletic Club, Columbia Gym, Supreme Sports Club
Class schedules available via the Columbia Association: Registration app or ca.ColumbiaAssociation.org/groupfitness. Regular reservation rules apply.

To achieve the best benefits for your body and health, and improved fitness levels, it is important to change your workout focus and patterns often. To aid in this process, Les Mills fitness programs BodyPump®, BodyStep® and CESWORX® provide instructors with new material called “releases” every quarter. This is a perfect time for new students to try these classes and for regulars to mix up their routines.

For more information, contact GroupFitness@columbiaAssociation.org.

Mat Pilates
CA mbrs, $85
Non-mbrs, $102
6-week sessions begin Jan 11, Mar 1
Columbia Athletic Club, 410-730-6744
Supreme Sports Club, 410-381-5355
Jump right into fitness in 2018! Join us for an energetic, fun-filled sampling of our many group fitness classes and personal training offerings, taught by a diverse team of fitness instructors and trainers.

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For more information, contact GroupFitness@columbiaAssociation.org.
**Fitness Classes**

For more information or to register for any classes listed, email GroupFitness@ColumbiaAssociation.org.

**BOGAFit Aqua Floating FITMAT**

Fitness and toning on an aqua balance board. Yoga moves may also be included. Improve your balance, increase your flexibility, build strength, and improve coordination. Offered at Columbia Swim Center; fee for all classes.

Questions about any of these classes? Email GroupFitness@ColumbiaAssociation.org.

**Haven on the Lake Meditation**

Inspirational meditation sessions with Haven on the Lake’s experienced mind body instructor. Reduce stress, enhance cognition, and improve your well-being. A variety of meditation styles will be taught, including yin and meditation. Free for Haven Reserve members; fee for all others.

**Rhythm Rumble Workout**

An explosive cardio and strength-enhancing exercise system that combines the African Brazilian martial art Capoeira and dance into a full-body workout. Rhythm Rumble Stix are used and provided. Offered at Columbia Athletic Club - Drop-in for all members.

**Haven on the Lake Studio Circuits**

A 75-minute conditioning class that’s low-impact but high energy and focuses on the whole body. Pilates chairs, TRX, Step 360° and more will be used. Free for Haven Reserve members, fee for all others.

**CA Fit&Play/Golf Fit&Play players**, **Preregister**

**1st/Former Package Plan members**, **Drop-in**

CA Fit&Play (F&P) and Golf Fit&Play (GF&P) members can preregister. F&P (15) members and former Package Plan (PP) members drop-in on a space-available basis. Front desk check-in required 10 minutes before BodyPump, 5 minutes before all other classes.

**Ashtanga Yoga**

Vigorous flow of sun salutations, standing and seated postures and inversions, (75 min) SSC only

**BodyStep**

A simple, fun, athletic workout on an adjustable platform to exciting music. Early check-in required. (45 or 60 min) CG only

**CAWOKK**

A 30-minute workout that challenges you mentally and physically. Tighten and tone core muscles and improve functional strength for balance, mobility and injury prevention. Uses body weight, tubing and light free weights. (30 min) SSC only

**Cycle and Core**

A 45-minute studio cycling ride followed by 15 minutes of ab, lower back and core work. (60 min) CG only

**Endurance Cycling**

A lower intensity version of Studio Cycling. (75 min) SSC only

**Flow Yoga**

A flowing style of yoga that stretches and strengthens the body. Offered in various levels. (45, 60 or 75 min) CG and SSC only

**Myoflex**

The world’s most advanced group in indoor cycling, with instructor-led classes to help you envision forward-motion video and music. (45, 60 or 75 min) SSC only

**Restorative Yoga**

Uses breath work, meditation and gentle stretching to invite you into quiet reflection and acceptance. Not recommended during pregnancy due to pelvic release and back postures. (60 min) AC and SSC only

**Studio Cycling Experience**

Hills, flats, interval and endurance work fueled by motivating music. (45, 60 or 75 min) SSC only

**Yoga 1**

For beginning students, with focus on basic postures. (45 or 60 min) CG only

**Yoga 2**

A flowing style of yoga that stretches and strengthens the body. (30 min) AC only

**Yoga 3**

For the experienced student, with emphasis on inversions, backbends and arm balances. (60 min)

**Drop-in**

Open to all members. Check-in at front desk required the minute before all classes.

**Haven on the Lake**

Drop-in for all classes. Register at front desk. Classes run in sessions.

**Haven on the Lake**

Visit HavenontheLake.org/classes for a complete schedule. Requires membership at Haven or purchase of a class package.

**Core Dance Party**

Dance fitness class includes easy, fun moves to a variety of songs. Dance styles and music include hip-hop, pop, Latin, disco and more, depending on the instructor. All fitness levels. (55 min) AC only

**Core Strength**

A multi-level, low-impact class that involves stepping on an adjustable bench. Strengthening improves your body tone, muscle definition, strength and endurance. (30 min) SSC only

**Cardio Tone**

A mix of cardio, strength training and core using balls, weights and/or resistance bands. May include intervals. All fitness levels. (55 min) SSC only

**Core Fit**

Strength and tone abs, lower back and core. (30 min) SSC only

**Insanity**

A multi-level cardio class based on max interval training. Alternating/aerobic/dance moves mixed with intervals of power, resistance, core and strength training. All levels of all exercise are provided. (55 min)

**Joint in Motion**

Gentle exercises to increase mobility, balance and endurance. (40 min) AC only

**Labblast**

Exciting, fun, partner-free dance fitness. Burn calories, burn fat and sculpt muscles while learning ballroom dance moves. (55 min) AC only

**Pilates Live**

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga movements. Use your body weight to perform a series of moves to define every muscle. (55 min) AC and CG only

**BODI**

A less complex form of Tai Chi. Great for beginners. Appropriate for all fitness levels. (55 min) AC only

**H.I.I.P.E.®**

High-intensity fitness training interval class that utilizes resistance and cardio training. Includes resistance, intervals, plyometrics and cardio. Weights and resistance bands are used. (60 min)

**Tan Do**

An intensive total body workout combining self-awareness, martial arts and boxing. (55 min) SSC and AC only

**Tai Chi**

A multi-level, low-impact class that involves stepping on an adjustable bench. Strengthening improves your body tone, muscle definition, strength and endurance. (30 min) SSC only

**T’ai Chi**

Develops a higher awareness of the tai chi principle of unison and movement. The sword emphasizes the sword and body in unison. (55 min) CG only

**Turbo Kick**

A multi-level, low-impact class that involves stepping on an adjustable bench. Strengthening improves your body tone, muscle definition, strength and endurance. (30 min) SSC only

**Zumba®**

A multi-level, low-impact class that involves stepping on an adjustable bench. Strengthening improves your body tone, muscle definition, strength and endurance. (30 min) SSC only

**Questions? Email GroupFitness@ColumbiaAssociation.org.**

**Columbia Swim Center = SWC      Supreme Sports Club = SSC**

**Fee for all members unless noted. Register at front desk. Classes run in sessions.**

**Cardio Dance and Tone**

Cardio and strength training using weights, resistance bands, and/or toning sticks. Core conditioning may also be included. Appropriate for all fitness levels. (55 min) AC only

**Cardio Dance Party**

Dance fitness class includes easy, fun moves to a variety of songs. Dance styles and music include hip-hop, pop, Latin, disco and more, depending on the instructor. All fitness levels. (55 min) AC only

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**Questions? Email GroupFitness@ColumbiaAssociation.org.**

**Columbia Swim Center = SWC      Supreme Sports Club = SSC**

**Fee for all members unless noted. Register at front desk. Classes run in sessions.**

**Cardio Hula Hoop**

Burn calories while strengthening your entire body using hula hoops. Learn basic techniques. (45 min) SSC only

**Deep Water Fitness**

Free for CA Fit&Play, Play, Golf Fit&Play, and 50+ Golf & Play members. Water exercises in the deep end of the pool to gain strength and endurance and improve range of motion. flotation belts available. (55 min) SWC only

**Mat Pilates**

Learn classical sequences of a Pilates route on a floor mat. Appropriate for all fitness levels. (45 min) AC and SSC only

**Zumba® Circuit**

Incorporates Zumba dance fitness intervals and weight/ strength training. (55 min) AC only

**Haven on the Lake**

Visit HavenontheLake.org/classes for a complete schedule. Requires membership at Haven or purchase of a class package.

Columbia Athletic Club = AC
Columbia Swim Center = SWC
Supreme Sports Club = SSC
Hobbit's Glen Golf Club
Howard County’s Best Golf Experience!
A par-72 championship course with a
competitively priced and well-stocked pro-shop. Driving range and short-game practice area open to the public. Hobbit’s hosts fundraising tournaments, corporate outings, leagues, clinics and lessons. Please call 410-730-5980 for more information or visit HobbitGlenGolfClub.org.

Fairway Hills Golf Club
Howard County’s Best Golf Value!
You don’t need to be a CA member to
enjoy this par-70 regulation course with a
clubhouse, snack bar, pro-shop, practice range and green, outings and lessons. Call 410-730-1112 for more information or visit FairwayHillsGolfClub.org.

CA golf gives your spring a swing!
CA now offers new membership options
that include access to two of the best clubs
in Howard County — Fairways Hills and Hobbit’s Glen.
Just want golf? The 7Day Golf option, which covers
green fees all week long, is for you. Want more? Golf Fit&Play includes 7Day Golf — plus indoor and outdoor pools, tennis, three fitness clubs and more. All CA golf memberships have no initiation fees or monthly food minimums!

Visit COLUMBIAFIT.ORG/GOLF
or call 410-730-5980 to
TAKE ADVANTAGE OF CURRENT PROMOTIONAL OFFERS!

New to golf? Try any of the following
Get Golf Ready classes to get started!

Intro to Golf
CA mbrs. $110 • non-mbrs. $125
5-week sessions, Fairway Hills
Classes begin in May. Check Pro Shop
for brochure in February.
Call 410-730-1112 (option 7) to register.

Improving Your Short Game
CA mbrs. $110 • non-mbrs. $125
5-week sessions, Fairway Hills
Classes begin in May. Check Pro Shop
for brochure in February.
Call 410-730-1112 (option 7) to register.

Developing the Full Swing
CA mbrs. $110 • non-mbrs. $125
5-week sessions, Fairway Hills
Classes begin in May. Check Pro Shop
for brochure in February.
Call 410-730-1112 (option 7) to register.

Junior/Youth Green Fees
See page 27 for more information.

Green Fees
See subject to change
Fairways Hills Golf Club, 410-730-1112 • Hobbit’s Glen Golf Club, 410-730-5980

<table>
<thead>
<tr>
<th>Hole/Weekday</th>
<th>CA Fit&amp;Play mbrs</th>
<th>CA mbrs &amp; Columbia Cardholders of mbrs</th>
<th>Non-mbrs</th>
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<td>Hobbit’s Glen</td>
<td>Fairways Hills</td>
<td>Fairways Glen</td>
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<td>Adult Weekday</td>
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Golf Cart Fees

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<td>9 Holes...</td>
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<td>18 Holes...</td>
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</table>
Get Golf Ready!
Hobbit’s Glen Golf Club, 410-730-5980
If you’ve ever thought about picking up a club or haven’t held one in quite some time, you can make golf your sport for a lifetime. Get Golf Ready is designed to teach you everything you need to know to step onto a golf course and play with confidence — in five short lessons. Lessons include an 18-hole round of golf supervised by trained PGA professionals who will make sure you have fun each step of the way! Get Golf Ready is a national program from Play Golf America to help grow the great game of golf to anyone and everyone! PGA and LPGA instructors are ready to teach you in a relaxed and fun atmosphere. Five one-hour classes include range balls, equipment during classes and instruction from PGA/LPGA professionals. Each session has five one-hour classes and includes range balls, equipment during class, if necessary, and instruction from PGA/LPGA professionals. For up-to-date schedule and pricing, call Hobbit’s Glen at 410-730-5980 or visit HobbitGlenGolfClub.org.

The First Tee of Howard County
The First Tee of Howard County is a program affiliated with The First Tee national office, a World Golf Foundation initiative dedicated to creating access to golf with a special emphasis on young people who otherwise may not have an opportunity to experience the game. The First Tee of Howard County gives young people a place to learn and play golf. Beyond introducing them to the game, the program aims to provide participants with an opportunity to acquire skills that will help them lead more productive and satisfying lives. The First Tee of Howard County is located at Fairway Hills Golf Club. Please call 410-730-1114 for more information or visit TheFirstTeeHowardCounty.com.

Individual Lessons
Fairways Hills and Hobbit’s Glen Golf Club
One 45-minute private lesson
CA mbrs, $70
Columbia Cardholders and non-mbrs., $75
Four 45-minute private lessons
CA mbrs, $260
Columbia Cardholders and non-mbrs, $280
One 30-minute private lesson
CA mbrs, $55
Columbia Cardholders and non-mbrs, $60
Four 30-minute lessons
CA mbrs, $200
Columbia Cardholders and non-mbrs, $220
Private group lesson discounts available.
Form your own group of three or more. Call Hobbit’s Glen at 410-730-5980 or Fairways Hills at 410-730-1112. With individual lessons, CA’s professional golf instructors provide the guidance you need to learn the essential concepts of an efficient stroke, build your individual golf stroke and apply your golf stroke for chipping, pitching, putting and bunker play. Difficulties with an inconsistent drive, bad slice or hook, hitting out of bunkers and many other frustrations you experience can be addressed.

Women’s Twilight League
From late March to early September, the Women’s Twilight League plays nine holes on Thursday afternoons (teetimes from 4:30-5:30pm), alternating between Hobbit’s Glen and Fairways Hills golf clubs. Open to women of all ages. Golf experience required. For additional information, call 410-730-5980 for Hobbit’s Glen, call 410-730-1112 for Fairways Hills, email lmanacay@comcast.net, or please visit womenstwilightexcite.com/white.

Ladies’ 9-Hole League
Wide range of skill levels. Fun filled play. Join the league for play on Tuesday mornings at Hobbit’s Glen and Thursday mornings at Fairways Hills. For more information, call 410-730-5980 or email Beth Leaman at beth.leaman@gmail.com for Hobbit’s Glen, call 410-730-1112 or email Madeline Butler at madeline.bultervernon.net for Fairways Hills.

Ladies’ 18-Hole League
Come and enjoy the game of golf with the Hobbit’s Glen women on Wednesday mornings. All ages welcome! Participate in tournaments throughout the season. For more information, call 410-730-5980 or email league chairperson Claire Albert at cliffertecsmcnet.

Junior Golfer Green Fees
Fairways Hills Golf Club, 410-730-1112 • Hobbit’s Glen Golf Club, 410-730-2960
Fees subject to change.

18-hole round
Adult
CA mbrs, $15
Columbia Cardholders/ guests of CA mbrs, $16
Non-mbrs, $17
Junior (17 and younger)
CA mbrs, $10
Columbia Cardholders/ guests of CA mbrs, $11
Non-mbrs, $12

Golf carts available for rent (10 and older) at $5 per person. FootGolf outings, instruction and party packages are also available.

Women’s Twilight League
From late March to early September, the Women’s Twilight League plays nine holes on Thursday afternoons (teetimes from 4:30-5:30pm), alternating between Hobbit’s Glen and Fairways Hills golf clubs. Open to women of all ages. Golf experience required. For additional information, call 410-730-5980 for Hobbit’s Glen, call 410-730-1112 for Fairways Hills, email lmanacay@comcast.net, or please visit womenstwilightexcite.com/white.

Junior Golfer Green Fees
Fairways Hills Golf Club, 410-730-1112 • Hobbit’s Glen Golf Club, 410-730-2960
Fees subject to change.

18-hole round
Adult
CA mbrs, $15
Columbia Cardholders/ guests of CA mbrs, $16
Non-mbrs, $17
Junior (17 and younger)
CA mbrs, $10
Columbia Cardholders/ guests of CA mbrs, $11
Non-mbrs, $12

Golf carts available for rent (10 and older) at $5 per person. FootGolf outings, instruction and party packages are also available.

The First Tee participants receive a $2 discount at Fairways Hills. Junior Golfer fees apply during weekday hours and after noon on holidays and weekends at Fairways Hills and Hobbit’s Glen. A Junior Golfer is anyone between the ages of 8 and 17 who has successfully completed CA’s golf clinic, the First Tee Par Level or instructional series or is approved for play by a professional staff member. For more information, please call 410-730-1112.

Tuesday/Thursday Men’s Senior Group
As a member of this robust group of 125 senior golfers (50 and older) you will have approximately 60 opportunities to play golf as well as attend our 2017 Golf Banquet. Email Randy Maddox at maddoxrav@gmail.com for Hobbit’s Glen/Thursday play or call 410-730-5980. Email Howard Mindek at mndekhoward@gmail.com or call 410-730-1112 for Fairways Hills/ Tuesday play.

Fairways Hills Green League
CA mbrs, $65 • non-mbrs, $75
6-week session begins Wed, Apr 25
730-5980. Email Howard Mindek to play golf as well as attend our 2017 Golf Banquet. Email Randy Maddox at maddoxrav@gmail.com for Hobbit’s Glen/Thursday play or call 410-730-5980. Email Howard Mindek at mndekhoward@gmail.com or call 410-730-1112 for Fairways Hills/ Tuesday play.

Fairways Hills Men’s Thursday Twilight League
For male golfers who want to play a recreational round of golf with a regular schedule. Tee times begin at 5:30pm. For more information, email agersons@verizon.net.

6 for $6
Six holes of golf for $6 or $10 with cart
Mon, Wed, Thu, Fri • 7:30-8:30am Fairways Hills Golf Club, 410-730-1112
Play six holes ($10-12 and $16-18) in the morning for a reduced rate.

Golf Outings and Fundraisers
Hobbit’s Glen and Fairways Hills can accommodate groups from 12 to 144 golfers. Hobbit’s Glen hosts large outings on Mondays and small outings throughout the week. Fairways Hills hosts Monday and Wednesday morning or afternoon groups. Shotgun start tournaments, catered food, fees, carts and range are included.

For more information about Fairways Hills, call Don Van Dussen at 410-730-1112. For Hobbit’s Glen, call Lauren Scialom at 410-730-5980.

Join the fun at Fairways Hills Golf Club!
Soccer and golf combine in this fun and exciting new sport. Tee times are Mondays from 4:30-6pm beginning Monday, March 5. Call 410-730-1112 for more information or visit FairwaysHillsGolfClub.org.

ColumbiaAssociation.org 26
ColumbiaAssociation.org 27
Please visit ColumbiaFit.org and select the golf course of your choice to receive our latest offers!
Hobbit’s Glen Golf Club
Opening Day Saturday, March 31

Recurring schedule weekly

Tue, 8:30am ............... Ladies’ 9-Hole
Wed, 8am .................... Ladies’ 18-Hole
Thu, 8am ..................... Senior Men’s Assoc
Thu, 4pm every other week .... Women’s Twilight League

Hobbit’s Glen Golf Club tournaments and events
Annual and CA Fit&Play members with established handicaps at Hobbit’s Glen may participate in tournaments and events. Please call Hobbit’s Glen Golf Club at 410-730-5980 for more information.

Columbia Swim Center
Columbia Ice Rink
Columbia Athletic Club Indoor Tennis
Owens Brown Tennis Club
Wilde Lake Tennis Club

Columbia Art Center has creative opportunities for all ages and interests. Classes, birthday parties, gallery shows, life enhancement series, room rentals and a gift shop with original handcrafted art are just a few of the things we offer. Find inspiration and have fun along the way! For more information, please call 410-730-0075, email Art.Staff@ColumbiaAssociation.org or visit ColumbiaArtCenter.org.
Haven on the Lake is a 27,000-square-foot retreat right in the heart of Columbia, designed to stimulate your inner spirit, energize your body and soul, and relax. For more information, call your Haven on the Lake mind body retreat host at 410-715-3020 or visit HavenontheLake.org.

Haven on the Lake offers a variety of classes such as Vinyasa, Hatha, Fusion will help you to de-stress and focus your breathing. Yoga has been proven to reduce stress, improve flexibility, manage weight, increase energy and heal from injuries. Yoga is a form of exercise that combines pose, breath, and meditation to promote relaxation, balance, and mental clarity. It is an excellent way to reduce stress and generate overall well-being.

Create strength and awareness in both mind and body with yoga. Improve flexibility, manage weight, increase energy and heal from injuries. Yoga is a form of exercise that combines pose, breath, and meditation to promote relaxation, balance, and mental clarity. It is an excellent way to reduce stress and generate overall well-being.

For detailed class descriptions, please visit HavenontheLake.org.

Maximizing results in minimal time with Haven Circuit
A 35-minute efficient conditioning and muscle-sculpting mind body class that focuses on the whole body. Offered in our pool and mind body studios, you will burn calories and challenge your whole body in a high-energy effective workout. Free for all Haven members.

TRX® delivers a total body workout. It doesn’t matter if you are a serious athlete or just beginning your fitness program, TRX suspension training is beneficial for all levels. With two adjustable bands, you will benefit from a comprehensive, functional and safe workout that will target every single muscle in your body. This is a low-impact workout, so stress on joints is greatly reduced.

Aqua mind body classes: build cardio, strength and resistance, all while being easy on the joints. Classes are results-driven for all levels of fitness. Aqua Spin and Aqua Circuit will allow you to burn calories and increase your stamina. Other classes such as Aqua Yoga, Aqua Pilates, Aqua Barre and Aqua Fusion will help you to de-stress and focus on your breathing.

New! Transformative meditation and rolling classes reduce stress, enhance cognition, and improve overall well-being. A variety of styles are offered. Self-massage, foam rolling, and the use of T Spheres® balls provide overall relaxation and stressed.

Creating strength, flexibility and balance in the muscles and joints through gentle movement. Both are known for their calming effects and ability to reduce stress and generate overall well-being. Deepen your practice and improve your form with the intimacy of one-on-one or small group attention in aqua, barre, meditation and rolling, Pilates, TRX®, and yoga. Members may request any of our highly trained instructors for private or small group sessions for an additional fee.

Classes

Memberships

All memberships include unlimited enjoyment and relaxation in these healing environments:

- Movement and relaxation pool
- Hot tub overlooking Lake Kittamaquid
- Crystal salt therapy room
- Steam bath
- Tropical rain shower
- Cold plunge
- Men’s and women’s saunas
- 7,000-square-foot veranda overlooking Lake Kittamaquid
- Mind body movement classes, including aqua, barre, circuit training, internal energy, Pilates, TRX®, yoga and more (additional fee required)
- Additional spa services (additional fee required)

Haven on the Lake is also available for private rentals — a serene environment with multiple options for your event. The entire facility can be rented, as well as conference spaces, mind body studios and even our beautifully landscaped outdoor green space.

For more information, call your Haven on the Lake mind body retreat host at 410-715-3020 or visit HavenontheLake.org.

Sculpt, slim and stretch your entire body with barre
A ballet-inspired class, barre targets all muscles and tones using small movements that strategically strengthen your entire body. Exercises can be modified. Free for all Revive members.

T’ai Chi and QiGong classes
These profoundly relaxing form of mind body therapy is performed in warm water by a certified Watsu practitioner. Participants are continuously supported while being floated, cradled, rocked and stretched. Additional fee.

Watsu® Private
This profoundly relaxing form of mind body therapy is performed in warm water by a certified Watsu practitioner. Participants are continuously supported while being floated, cradled, rocked and stretched. Additional fee.

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This profoundly relaxing form of mind body therapy is performed in warm water by a certified Watsu practitioner. Participants are continuously supported while being floated, cradled, rocked and stretched. Additional fee.

For more information, visit our website at HavenontheLake.org/pilates. Small group Pilates classes include Reformer and Mat Tower and are offered in sessions for an additional fee. A schedule of small group Pilates classes is available at HavenontheLake.org. If our schedule does not match yours, we invite you to create your own group! Identify a group, find the best times for you, contact us, and we will do our best to find an instructor.

We offer memberships tailored to meet your individual needs. Please contact Haven on the Lake to schedule a convenient time to meet with one of Haven’s wellness professionals, who will work with you to develop a plan that is right for you.

Haven on the Lake’s mind body classes offer the perfect combination of physical strengthening, flexibility and stress reduction.

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Haven on the Lake is a 27,000-square-foot retreat right in the heart of Columbia, designed to stimulate your inner spirit, energize your body and soul, and relax.

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For more information, call your Haven on the Lake mind body retreat host at 410-715-3020 or visit HavenontheLake.org.
All Pilates instruction seeks to create wellness by adhering to six basic principles: concentration, centering, control, breath, precision and flowing movement. At Haven on the Lake, you will find a quality of classical instruction, unparalleled anywhere else, in an environment that will encourage your mind and body to work together to achieve your wellness goals.

Private and Duet Reformer
information is available in packages of four, eight and 12 sessions. Contact HOLA@columbiaassociation.org for more information or visit our website at Havenonthelake.org/pilates. Reformers are the most popular pieces of Pilates equipment and one of Joseph Pilates’ original inventions. He believed beginning exercise in the horizontal plane was important to relieve stress and strain on joints and to encourage the mind and body to work together to achieve your wellness goals.

Reformer Groups
Challenge yourself as you lengthen and strengthen your entire body working with the Reformer spring resistance on a movable surface. Various levels offered.

Mat Tower
Stretch and strengthen your body while working on the Pilates mat and attached Tower. The Tower has arm and leg springs to lengthen the body and bars to add resistance. Feel stronger and longer after every class.

Group Training
There are many benefits to aqua-based workouts, and at Haven on the Lake we are taking your spin classes to a whole new level. Aqua Spin is a combination of the elements of land-based and water-based movement. The buoyancy allows you to comfortably move, turn and stretch regardless of your fitness level. The buoyancy of the water offers optimal support, allowing the body to work in ways that cannot be achieved through land-based exercises. The recovery from Aqua Spin is faster as well! The exercise is low-impact but high-intensity class. Although you work hard, you will not experience the same type of pain and stiffness that come from land-based exercises. The buoyancy of the water makes Aqua Spin easier on the body.

Aqua Spin
Expand your horizons, deepen your knowledge, receive personalized attention, and connect with like-minded members of the community. Workshop and special event registration fees include use of Haven on the Lake healing environments on the day of the program. Register early! KidSpace is available for non-members for a fee; call 410-715-3020 for more information. Minimum number of attendees required for all sessions.

Mat Tower
Learn more details about all of Haven’s aqua classes and check out a full list of mind body movement classes on our website, or call 410-715-3020 for more information.

Don’t forget to like us on Facebook, Twitter and Instagram to keep up with the latest happenings.
Excite Columbia

Sign up for this free three-part seminar to learn about the history of Columbia and CA’s governance and role in the community.

Sessions held on Tuesday, March 6, 13 and 20 from 6:30-8:45pm.

Led by CA leaders, you’ll obtain insight into CA operations and the range of properties and amenities CA provides to residents. This interactive series will end with a discussion of participants’ hopes for Columbia’s next 50 years.

Refreshments are served. Sessions held at CA Headquarters, 6310 Hillside Court.

Visit ColumbiaAssociation.org after Monday, January 15 to register. *Those who enroll are asked to attend each session.

Visit Havenonthelake.org for more information. For dates and to register for all upcoming events and workshops, call 410-715-3020 or please email HOL@ColumbiaAssociation.org.
CA isn’t just committed to the fitness of Columbia as a community, though our top-notch facilities make it easy to get in a great workout no matter how you like to exercise.

We’re also committed to community

The programs listed on the next page highlight some of what CA has to offer — classes, workshops and special events that not only help you be fit, but also improve your health and wellness. Find out more about these listings in the pages of the Activities Guide or by contacting the hosting facility.

CA’s Personal Training Program offers year-round, monthly Small Group Training classes in a private setting for up to 10 guests at all fitness clubs, as well as private on-one-on training. Choose one or both of these options to complete your total wellness program.

For more information, visit ColumbiaAssociation.org/personaltraining or email Personal.Training@ColumbiaAssociation.org.

Your success is our mission, and CA’s team is ready to help new members become quickly and easily oriented with all the facilities and services available. Our JumpStart program is designed to create a community of support built upon a foundation of innovative and personalized services.

The JumpStart team at the fitness club of your choosing will meet with you shortly after you have joined for your one-on-one Coaching Session to discover more about you and your goals, answer your questions and help you make the connections you need to best utilize your membership. Next, one of our fitness professionals will take you through your Fitness Session to help you get started with an intentional and goal-directed action plan. After 30 days, you can come back for your Follow-Up Session to talk about how you are doing with your goals. JumpStart is about making connections based on your needs, who you are and how your fitness goals align with what matters most to you in life.

Find out more about these listings in the pages of the Activities Guide or by contacting the hosting facility.
Dr. Harry Oken
Columbia Association Medical Director

Dr. Oken provides CA with general consultation regarding CA’s fitness, wellness and nutrition programs and services. He also assists with the continued development of medically-based programs to which physicians will be comfortable sending their patients. To date, more than 200 physicians have referred their patients to the Fit Beginnings, Columbia Optimal Health, Optimal Health for My Baby & Me, and Columbia YouthFit programs.

**Columbia Optimal Health** is a comprehensive wellness program designed for those whose weight is contributing to health issues. Participants work with a CA personal trainer, meet with a nutritionist and learn from a wellness coach during the eight-week program. Columbia Optimal Health is available to both CA members and non-members with a physician referral.

**Columbia Optimal Health for My Baby & Me** is a physician referral program for pre- through postnatal women. Haven on the Lake, nutrition education, and wellness coaching. My Baby & Me is available to non-members with a physician referral.

**Columbia YouthFit** is a program focused on creating healthy families.

**For information, please visit ColumbiaAssociationNewU.org or call 410-715-3128.**

**If you’re interested in teaching group fitness, you must be trained in the fitness area you wish to teach and also hold a current group fitness instructor certification with ACSM (acsmfitness.com) or AFAA (afaa.com).** Various instructor trainings are held locally. It is helpful but not required to have been a frequent group fitness class participant. For more information, email GroupFitness@ColumbiaAssociation.org.
Some 100 million people throughout the world practice martial arts for a variety of reasons, including self-defense, physical fitness, mental tranquility and competition. Among the many benefits are improved concentration, confidence, self-esteem and self-discipline. Children enjoy CA’s martial arts program because it’s fun. Parents have found that it helps instill discipline, self-respect and character development.

For more information, pricing and to register, call John Bannon at 410-531-8927 or visit ColumbiaAssociation.org/martialarts.

**Alkido**
CA mbrs, $90 • non-mbrs, $170
Columbia Athletic Club
Mon, 5:45-6:30pm • Wed, 6:45-7:30pm
For more information and registration, please call 410-531-8927.
Alkido is a Japanese martial art practiced by men and women for self-defense as well as physical fitness.

**Martial Arts Beginner Class**
Family discounts apply
Columbia Gym
Mon, 6-6:45pm • Ongoing sessions
Tue, 5:45-6:30pm
Columbia Athletic Club
Wed, 6-6:45pm • Ongoing sessions
For more information and registration, please call 410-531-8927.

**Chinese Kung Fu Martial Arts**
Columbia Gym
Fri, 6:30-7:15pm • Ongoing Sessions
For more information and registration, please call 410-531-8927.

**Tiny Dragons**
Ages 2-3
Columbia Gym
Mon, 5:50-6:30pm • Ongoing Sessions
For more information and registration, please call 410-531-8927.

**Lil’ Dragon Program**
Ages 4-6
Family discounts apply
Columbia Gym • Ongoing sessions
Mon, 5:30-6pm, 6-6:45-7:15pm
Sat, 10-10:30am
Columbia Athletic Club • Ongoing sessions
Wed, 5:30-6pm
For more information and registration, please call 410-531-8927.

**Family Classes**
Ongoing sessions
Columbia Gym, Thu, 7:15-8pm
Try this fun martial arts class with your child. Ask about our free trial class!

**Lil’ Dragon Program**
Ages 4-6
Family discounts apply
Columbia Gym • Ongoing sessions
Mon, 5:30-6pm, 6-6:45-7:15pm
Sat, 10-10:30am
Columbia Athletic Club • Ongoing sessions
Wed, 5:30-6pm
For more information and registration, please call 410-531-8927.

**Family Class**
Ongoing sessions
Columbia Gym, Thu, 7:15-8pm
Try this fun martial arts class with your child. Ask about our free trial class!

**Lil’ Dragon Program**
Ages 4-6
Family discounts apply
Columbia Gym • Ongoing sessions
Mon, 5:30-6pm, 6-6:45-7:15pm
Sat, 10-10:30am
Columbia Athletic Club • Ongoing sessions
Wed, 5:30-6pm
For more information and registration, please call 410-531-8927.

**Chinese Kung Fu Martial Arts**
Columbia Gym
Fri, 6:30-7:15pm • Ongoing Sessions
For more information and registration, please call 410-531-8927.

**Tiny Dragons**
Ages 2-3
Columbia Gym
Mon, 5:50-6:30pm • Ongoing Sessions
For more information and registration, please call 410-531-8927.

**Family Class**
Ongoing sessions
Columbia Gym, Thu, 7:15-8pm
Try this fun martial arts class with your child. Ask about our free trial class!

**Lil’ Dragon Program**
Ages 4-6
Family discounts apply
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Family discounts apply
Columbia Gym • Ongoing sessions
Mon, 5:30-6pm, 6-6:45-7:15pm
Sat, 10-10:30am
Columbia Athletic Club • Ongoing sessions
Wed, 5:30-6pm
For more information and registration, please call 410-531-8927.
Lifestyle, Energy, Results.

Experience a personalized program that can deliver all of this and more with CA’s personal training.

Are you struggling to meet your goals? What does success look like to you? Whether it’s better weight management, enhanced athletic performance or just overall vitality, CA’s team of nationally certified personal trainers will help you set realistic yet challenging goals, all based on what success means to you — and design a specific program that gets results.

* Price per session dependent upon package purchased.

Prices start as low as $47 PER SESSION.

Sign up now for Columbia Association’s free fitness consultation!

With more than 30 certified, uniquely skilled personal trainers across three fitness clubs, we can find your perfect fit for achieving success.

CA offers a variety of options to fit your lifestyle, increase your energy and get the results you want:

- PRIVATE HOUR AND HALF-HOUR SESSIONS
- SEMI-PRIVATE SESSIONS (2-3 PARTICIPANTS)
- SMALL GROUP TRAINING/SPECIALTY CLASSES (4-10 PARTICIPANTS)

For more information, visit ColumbiaAssociation.org/personaltraining.

For a free fitness consultation, contact a personal trainer or visit ColumbiaAssociation.org/personaltraining.
Adventure Days! Your kids will love getting active and meeting new kid-friendly events such as Movie Nights, Open Gym Volleyball and state-of-the-art games and equipment.

**S P O R T S P A R K**

5453 Harpers Farm Road, Columbia

**SAVE THE DATE FOR 2018!**

**F R E E / O P E N T O T H E P U B L I C**

All Ages Welcome

**KIDS DAY**

Saturday June 9 10AM-2PM

COLUMBIA SPORTSPARK

an interactive play area at Haven on the Lake and CA’s three fitness clubs, with amenities tailored to each, including a thrilling rock wall, computer room and state-of-the-art games and equipment. Plus, KidSpace holds kid-friendly events such as Movie Nights, Open Gym Volleyball and Adventure Days! Your kids will love getting active and meeting new friends while you work out! Visit ColumbiaAssociation.org/kidspace to learn more.

**Columbia Ice Rink**

5876 Thunder Hill Road, Columbia, MD 21045
410-730-0322 • Public session hotline: 410-730-0321
Email: Ice.Rink@ColumbiaAssociation.org
ColumbiaAssociation.org/cierink

Everyone is invited. Daily public sessions, skate rental, skate sharpening service, snack bar, lessons, hourly rentals, birthday parties, figure skating, ice shows and hockey. It is highly recommended that children ages 6 and younger wear helmets while skating. CA Fish/Play, Play, DiY Golf/Play, and Golf Fish/Play members skate for free (excludes skate rentals) at public sessions.

**ADMISSION**

F&P, P, S6&P, GF&P members
Adult, Child ............................. Free with ID
Skate Rental .......................... $3.50
*Skate & Save .......................... Free with ID
**Family Session (Sun nights) .......................... $6 (includes four skate rentals)

Other CA members
Adult, Child ............................. 17
Skate Rental .......................... $3.50
*Skate & Save .......................... 16
**Family Session (Sun nights) .......................... $15 (includes four skate rentals)

Columbia Cardholders
Adult, Child ............................. 18
Skate Rental .......................... $3.50
*Skate & Save .......................... 17
**Family Session (Sun nights) .......................... $25 (includes four skate rentals)

Non-members
Adult, Child ............................. 19
Skate Rental .......................... $3.50
*Skate & Save .......................... 18
**Family Session (Sun nights) .......................... $30 (includes four skate rentals)

* Skate and Save – Mon-Thurs, noon-2pm and Fri, 3:30-5:30pm. Skate rentals are not included.
** Family Sessions on Sundays, 7:30-9:30pm. The cost is for a family of four; for each additional family member beyond four, the cut is $5 each. Family Session is not available when the following Monday is a holiday. Wednesday Home-School: noon-2pm except when Howard County public schools are scheduled to be closed for a full day. Public sessions subject to change. For a complete School’s Out Skate schedule, please visit ColumbiaAssociation.org/skate.

**PUBLIC SESSIONS**

Mon-Thu: 3:30-5:30pm, 6:30-8:30pm, Fri: 3:30-5:30pm, Sat: 1-4pm, Sun: 11am-3pm

All sessions are subject to change.

**ICE HOBBIES AND FIGURE SKATING LESSONS**

For registration information, call Columbia Ice Rink at 410-730-0322. Online registration discount ends Tue, Jan 2nd or Session 3 and Feb 20 for Session 4.

F&P, P, S6&P, GF&P members .......................... $118
Other CA members .......................... $122
Columbia Cardholders .......................... $126
Non-members .......................... $130

**Brandon LaBue Youth Hockey**

Free loaner equipment while available.

**High School Ice Hockey Class**

School’s Out Skate is open to ages 13-17. Public sessions are also available. For more information, call 410-381-5355 or visit ColumbiaAssociation.org/skate.

**Roller Skating**

Columbia Skate Arena
7080 Deepage Drive, Columbia, MD 21045, 410-381-5355
Great for school functions, fundraisers, scouts, reunions, office/block parties, bar/mitzvahs and church groups. Do-it-yourself party packages are also available. For more information, call 410-381-5355 or visit ColumbiaAssociation.org/skate.

**HOURS**

January through April
Friday ............................. 7-10pm
Saturday ............................. 1-4pm and 7-10pm
Sunday ............................. 1-4pm

School’s Out Skate is held during the academic year when Howard County public schools are scheduled to be closed for a full day. Public sessions subject to change. For a complete School’s Out Skate schedule, please visit ColumbiaAssociation.org/skate.

**ADMISSION**

F&P, P, S6&P, GF&P members .......................... $14
Other CA members and Columbia Cardholders Non-mbrs .......................... $19

Adult ............................. Free with ID .......................... $18
Child ............................. Free with ID .......................... $18
Skate Rentals .......................... $3.30 plus tax .......................... $3.30 plus tax .......................... $3.30 plus tax
Skate assist devices available in various sizes on a first-come, first-served basis.

New This Year! Free group skate instruction during the first 15-30 minutes of each afternoon skate session — learn the basic fundamentals of roller skating from our skate guards.
Youth and Teen Center at The Barn • Shaping Today’s Youth for Tomorrow
5853 Robert Oliver Place, Oakland Mills Village Center
Hanging out at The Barn is a fun, safe way for youth to experience meaningful opportunities through civic engagement, gain positive youth development skills, socialize and participate in educational and recreational programs. The Barn provides access to a computer lab, billiard tables, multipurpose gym area and snack bar. Please call 410-992-3728, email CATeens@ColumbiaAssociation.org or check out ColumbiaAssociation.org/yc for a monthly activity calendar and more.

The Drop-In
An open enrichment and enrichment program for youth and teens School Year: Mon-Fri, 2:30-6pm $80 registration fee required for The Drop-In $50 for each additional child Serving all of Howard County and Columbia. The program operates year-round after school, during the summer and some weekends. Recreational and educational programs are designed to promote self-esteem and develop relevant life skills. Open to registered participants 9-18 years old.

CheckMates Chess Club
Mondays, 4-6pm The Howard County Police Department has teamed up with the Youth and Teen Center to teach the fundamental moves of chess. Your skill level doesn’t matter — all students are welcome, whether you are a beginner or a master. Play or get played!

CA Teen and Middle School Advisory Committees Youth and Teen Center at The Barn Program Make a difference, get involved and be an integral part of the solution, all while having fun and making new friends! These two committees get young people involved in their community by planning, organizing and implementing positive programs and activities for their peers. In the process, they gain self-confidence and leadership experience. The commitment is to attend monthly meetings at The Barn (Oakland Mills Village Center) and to assist with the planning and implementation of various youth-led events. For more information, email CATeens@ColumbiaAssociation.org or call 410-992-3728.

Teen Advisory Committee Ages 13-19
Middle School Advisory Committee Ages 11-13

International Exchange and Multicultural Programs
Sister Cities High School Student Exchange
Howard County high school students can participate in month-long exchanges during the months of July with one of Columbia’s sister cities: Cergy-Pontoise, France or Tres Cantos, Spain. Howard County students live with a family in France or Spain for the first two weeks, then host the French or Spanish teens they lived with in their homes here during the last two weeks within July. Students applying for European exchanges need to have completed Level III or above of French or Spanish, or be a native speaker. Applications are due in February 2018. For information on the student exchange, as well as other opportunities to travel to Tena, Ghana, and Cape Horzon, Haiti, visit ColumbiaAssociation.org/teencouncil, call 410-715-3162 or email International@ColumbiaAssociation.org.

Volunteer Serving Howard County
Interested in learning about our community and helping others while having fun, making new friends, and discovering what you enjoy doing? Volunteer for a local nonprofit! For more information, please email Info@VolunteerHoward.org, visit VolunteerHoward.org or call 410-715-3172.

Spirit of Columbia Scholarship Award
Each year, up to six $2,500 scholarships are awarded to graduating Columbia high school seniors who have shown extraordinary dedication to performing community service. To be eligible, students must live on CA-assessed property or have a parent who works full-time on or owns CA-assessed property, have a minimum of a “C” average and have a demonstrated history of voluntary service to the Columbia community. Applications available online at ColumbiaAssociation.org/scholarship. For more information, please call 410-715-3161.

Columbia Community Exchange
Time banking is a novel approach to community service. The Columbia Community Exchange time bank offers fun ways for teens and their families to connect with and help fellow community members. Time banking provides an opportunity for neighbors to help neighbors through the mutual exchange of everyday services. Using Time Dollars as an exchange instead of money allows a member to earn a Time Dollar for every hour of service provided, and then use the Time Dollars to get services from another member. Free and open to all who live, work or play in Columbia and Howard County. Call 410-884-6123, visit ColumbiaAssociation.org/timematch or email CommunityExchange@ColumbiaAssociation.org for more information.

KidSpace!
is an interactive play area at Columbia Athletic Club, Columbia Gym, Haven on the Lake and Supreme Sports Club. Geared for children 6 weeks to 13 years of age, KidSpace amenities are tailored to each facility and may include kid-sized arenas, a rock wall, state-of-the-art games and fitness equipment. Families with a KidSpace membership may utilize up to two hours per day per family. KidSpace memberships may be added to 1Fit and CA Fit memberships, and are included with Golf Fit&Play memberships. Unless otherwise noted, pre-registration for the following KidSpace activities and special events is required. Registration begins one month before each event and closes two days prior to the event. Payment is due at the time of registration. Fee programs are not part of your KidSpace daily time. Prices may vary with different events. Events will not be held with fewer than five participants. Register by phone or online (see page 4).

Central MD Youth Ballet
Ongoing, Columbia Gym Please call Central Maryland Youth Ballet at 443-472-7772 for info and to register.

Pre-Ballet Ages 2-5
Ballet I Ages 5-7
Ballet II Ages 7 and older

Columbia Association, 5853 Robert Oliver Place
Columbia, MD 21044
410-992-3728

Columbia Association, 5853 Robert Oliver Place
Columbia, MD 21044
410-992-3728

Columbia Association, 5853 Robert Oliver Place
Columbia, MD 21044
410-992-3728
ColumbiaAssociation.org

It's easy to volunteer!

Discover how to connect with local and regional organizations that are recruiting volunteers for general opportunities as well as skilled project specialists! If you’ve ever wondered if volunteering was right for you or weren’t sure how to begin — sign up for a free one-hour training session. For more information, email info@VolunteerHoward.org or please call 410-381-3172. Pre-registration required for this drop-off program.

Family Fitness Fun Night

Ages 4 and older
KidSpace mbrs, $10 per child, $16 per family
CA mbrs, $11 per family
Non-mbrs, $12 per child, $18 per family
Second Friday of each month, 6-8pm
Columbia Gym, 410-531-8984
Children enjoy making new friends, playing a variety of games and activities with our awesome KidSpace staff. Pre-registration required for this drop-off program. Pizza dinner included.

Family Bingo with a Twist

Ages 4 and older
Fri, Mar 16 • 6-8pm
KidSpace mbrs, $10 per family
CA mbrs, $11 per family
Non-mbrs, $12 per child, $18 per family
6-week sessions begin Jan 17 and Mar 14
Location to register.

Movie Night

Ages 4 and older
Wed and Thu, 4:30-5:30pm
KidSpace mbrs, $10 per child, $16 per family
CA mbrs, $11 per child, $17 per family
Non-mbrs, $12 per child, $18 per family
Enjoy an evening of fun activities, games, pizza and a movie.

Movie Night

Grades K-6
Full day, 7am-6pm • $55 per child
Half day, 9am-1pm • $30 per child
Offered on most days when Howard County public schools are out, including:
Mon, Jan 15
Fri, Feb 16
Mon, Feb 19
Fri, Mar 30
Mon-Fri, Apr 2-6
Columbia Athletic Club, 410-730-6755
Columbia Gym, 410-531-8984
Supreme Sports Club, 410-381-7559
When schools are out, join us for a fun-filled day of games, arts and crafts, swimming, skating, and much more. Pizza lunch included. Register at any KidSpace location.

New! KidSpace Fitness on Demand

KidSpace mbrs, free
All others, $8 per child
Supreme Sports Club
For class schedules, please visit the KidSpace front desk or call 410-381-7559. KidSpace Fitness on Demand offers fun video fitness classes ranging from yoga to dance to balance. Classes are for ages 3-6 and 7-12 and are taught by world-class instructors. These virtual classes are aimed at exposing kids to healthy, active environments, which will add exercise and movement to their days, helping fight the growing obesity rate among kids today.

KidSpace Adventure Day

Grades K-6
Full day, 7am-6pm • $55 per child
Half day, 9am-1pm • $30 per child
Offered on most days when Howard County public schools are out, including:
Mon, Jan 15
Fri, Feb 16
Mon, Feb 19
Fri, Mar 30
Mon-Fri, Apr 2-6
Columbia Athletic Club, 410-730-6755
Columbia Gym, 410-531-8984
Supreme Sports Club, 410-381-7559
Stop by our club for a pizza dinner, arts and crafts, games and more! For the whole family. Meet the management team and find out what fun activities are coming up. Pre-registration required. Please call your favorite KidSpace location to register.

Family Fun Friday

Total, $6
KidSpace mbrs, free
All others, $9
Fri, Jan 5 • 6-7pm
Columbia Athletic Club, 410-730-6755
Columbia Gym, 410-531-8984
Supreme Sports Club, 410-381-7559
Stop by our club for a pizza dinner, arts and crafts, games and more! For the whole family. Meet the management team and find out what fun activities are coming up. Pre-registration required. Please call your favorite KidSpace location to register.

KidSpace Fit Club

Ages 7-13
KidSpace mbrs, $40
All others, $50
5-week sessions begin Jan 17 and Mar 14
Wed and Thu, 4:30-5:30pm
Columbia Gym, 410-531-8984
Bring kids and fitness together! Children will participate in a variety of fun workouts and fitness-oriented organized games. These structured movement activities encourage active play and making friendships!

Family Night Out

Ages 4 and older
Fri, Feb 16 • 6-8pm
KidSpace mbrs, $10 per family
CA mbrs, $11 per family
Non-mbrs, $12 per family
Second Friday of each month, 6-8pm
Columbia Gym, 410-531-8984
Enjoy an evening of fun workouts and fitness-oriented organized games. These structured movement activities encourage active play and making friendships!

New! KidSpace Fitness on Demand

KidSpace mbrs, free
All others, $8 per child
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For class schedules, please visit the KidSpace front desk or call 410-381-7559. KidSpace Fitness on Demand offers fun video fitness classes ranging from yoga to dance to balance. Classes are for ages 3-6 and 7-12 and are taught by world-class instructors. These virtual classes are aimed at exposing kids to healthy, active environments, which will add exercise and movement to their days, helping fight the growing obesity rate among kids today.

Family Fun Friday

Total, $6
KidSpace mbrs, free
All others, $9
Fri, Jan 5 • 6-7pm
Columbia Athletic Club, 410-730-6755
Columbia Gym, 410-531-8984
Supreme Sports Club, 410-381-7559
Stop by our club for a pizza dinner, arts and crafts, games and more! For the whole family. Meet the management team and find out what fun activities are coming up. Pre-registration required. Please call your favorite KidSpace location to register.

KidSpace Fit Club

Ages 7-13
KidSpace mbrs, $40
All others, $50
5-week sessions begin Jan 17 and Mar 14
Wed and Thu, 4:30-5:30pm
Columbia Gym, 410-531-8984
Bring kids and fitness together! Children will participate in a variety of fun workouts and fitness-oriented organized games. These structured movement activities encourage active play and making friendships!
Party the CA way!

Here are some of our party options.

Each of these can be tailored for birthdays, graduations, report card celebrations, family get-togethers or just because.

Basketball MVP Party
Ages 8 and older
Columbia Gym, 410-715-3169
Get ready to hoop it up! Party features two 15-minute halves with a scorekeeper and referee. Games will include free throw, dunking and/or 3-point contest. All guests are encouraged to rock their favorite team's jersey!

Soccer World Cup Party
Ages 8 and older
Columbia Gym, 410-715-3169
Kick it! Enjoy warming up, followed by two 15-minute halves with a scorekeeper and referee. Games will include soccer relay and goal contest. To add to the fun, represent your favorite team by donning some World Cup gear.

Little Bakers Party
Ages 5 and older
Columbia Athletic Club, 410-715-3169
Let your child and their friends experience all the fun of baking, while supplies last. Food and beverage, cooking and learning a variety of creative art supplies are included and all equipment is provided. Other upgrades are available.

Indoor Playground Party
Ages 3-6
Columbia Gym, 410-715-3169
It’s where kids can make fun happen. Use your imagination to build the ultimate playground with your friends. Run, jump, slide and crawl on a variety of obstacles.

Tennis Party
Ages 4 and older
Columbia Athletic Club, 410-715-3169
Featuring a rally-and-play approach in a fun and dynamic atmosphere. Kids will play on appropriate court sizes using age-appropriate tennis rackets with red, orange and green balls. Our certified tennis coach makes sure that every child has fun whether they have tennis experience or not. Courts subject to availability.

Themed Parties
Ages 3-13
Columbia Athletic Club (AC), Columbia Gym (CG) or Supreme Sports Club (SSC), 410-712-3169
• Dino Party, Ages 3-6 (CG only)
• Princess Party, Ages 4-8
• Pirate Party, Ages 6-8
• Be A Hero Party, Ages 5-8
• Glamour, Ages 5 and older (CG only)
• Moon Bounce, Ages 1 and older
• BricksKidz (Legos®), Ages 5 and older (SSC only)
• and more!

Let’s create your space! Party package includes 10 participants.

Do-It-Yourself (DIY) Party
DIY parties allow you the freedom and flexibility to create your celebration the way you want it! Bring your own food, beverages, cake and decorations! Parties include reserved tables for two hours and activity for up to 20 participants. Non-participating guests are free.

Dance Party
Ages 5-12
Columbia Athletic Club, Columbia Gym, or Supreme Sports Club, 410-715-3169
Rock the dance floor with expression, rhythm, movement, creative combinations and energetic routines led by a certified dance instructor.

Indoor Courtyard Party
Ages 5-12
Supreme Sports Club, 410-715-3169
Challenge your friends on the rock wall, swing on the trapeze and ropes, play a game of hoops, scooter hockey and more. Bring your favorite CDs.

Gym and Swim Party
Ages 3-5 • Supreme Sports Club
Ages 5 and older • Columbia Gym, 410-715-3169
Games, sports and recreational swim time. Lifeguard on duty, but non-swimmers must be supervised by an adult. No diapers.

Extreme Sports Party
Ages 7-13
Columbia Gym, 410-715-3169
Choose one or two of your favorite sports from basketball, soccer, flag football, volleyball, badminton or kickball.

Magic Carnival Party
Ages 5 and older
Columbia Athletic Club, Columbia Gym or Supreme Sports Club, 410-715-3169
Magic show with audience participation, followed by carnival games. Each child wins several prizes and is given a balloon animal.

KidSpace Party
Ages 3-12
Columbia Athletic Club, Columbia Gym or Supreme Sports Club, 410-715-3169
Choose from a variety of age-appropriate physical activities such as relay races, parachute games, scooter races and more.

Creative Parties
Ages 5 and older, unless noted
Columbia Art Center, 410-715-3169
Hands-on creative and festive activities make these parties unique! Choose your favorite kind of fun!
• Awesome Superheroes
• Graffiti Artist for the Day (Ages 8 and older)
• Fairy Dust and Dragon Wings
• Palettes and Paintbrushes
• Paints, Paws and Claws
• Wear-A-Doodle
• MiniCraft Madness (Ages 7 and older)

Columbia Art Center provides a beautiful art studio experience to host your child’s party. Inspired artists enjoy creating and learning a variety of creative techniques and designs. Project art supplies are included and all participants keep what they make.

Jewelry Party
Ages 6-13
Columbia Art Center, 410-715-3169
Create a friendship memory wire bracelet or two-piece jewelry set.

Ice Skating Party
Ages 5 and older
Columbia Ice Rink, 410-730-0322
Have fun skating with all your friends. Skate rental included. Group instruction is optional. Instruction cost is $70 for 30 minutes or a maximum of 10 children. Parties are two hours and held during public skate sessions.

Roller Skating Party
Ages 8 and older
Columbia Ice Rink, 410-730-0322
Gear up for a fitness-fueled celebration! Enjoy 30 minutes of working out as a team, 30 minutes of organized play. All guests encouraged to wear their favorite workout gear.

Super Teen Party
Ages 13-17
Youth and Teen Center at The Barn
Columbia Gym, 410-715-3169
Enjoy exclusive use of the gym and our organizer. Have fun skating with all your friends. Skate rental included. Group instruction is optional. Instruction cost is $70 for 30 minutes or a maximum of 10 children. Parties are two hours and held during public skate sessions.

SplashDown Party
Columbia Swim Center, 410-715-3169
Sat, 2pm or 4pm
Sun, noon or 2pm
Must be at least 4 feet tall to ride
Price includes admission for 10 participants. Can purchase additional participants, up to 20 people. Party package includes table reservation for 1 hour and 45 minutes, unlimited rides, drinks with unlimited refills, pizza (two pizzas included with 10-15 participants, three pizzas with 16-20 participants), decorated theme cake with candles, and ice cream. Please visit ColumbiaAssociation.org/pools for more information.

Little Splashing Party
Columbia Swim Center, 410-715-3169
Sat, 2pm or 4pm
Sun, noon or 2pm
Price includes admission for 10 participants. Party package includes table reservation for 1 hour and 45 minutes, unlimited fun in the wading pool, drinks with unlimited refills, pizza (two pizzas included with 10-15 participants, three pizzas with 16-20 participants), decorated theme cake with candles, and ice cream. Please visit ColumbiaAssociation.org/pools for more information.

SportsPark Parties
Ages 4 and older
Columbia Sports Park, 410-715-3169
Pick your favorite kind of fun:
• Arcade Party • Ages 6 and older
• Batting Cage Party • Ages 6 and older
• Mini-Golf Party • Ages 4 and older
• Moon Bounce Party • Ages 10 and younger

The SportsPark has an 18-hole mini-golf course, 10 batting cages, clubhouse, arcade, two 600 foot pavilions, an activity field and a playground.

Online Registration
For additional information, please visit ColumbiaAssociation.org/pools for more information.

Online Registration
For additional information, please visit ColumbiaAssociation.org/CAparties.

Columbia Association parties generally include the following:
• Invitations
• Themed cake
• Food and beverage
• Colorful paper products
• Activities that support the party theme
• Setup and routine cleanup
• Additional options or upgrades carry an additional fee. Please reserve early, parties book quickly. For additional information and party prices, call 410-715-3169; email CA.Parties@ColumbiaAssociation.org or visit ColumbiaAssociation.org/CAparties.

Columbia Association provides a variety of age-appropriate activities from musical games, dancing movements, circle time, parachute games and more.

Get Fit and Play Party
Ages 8 and older
Columbia Gym, 410-715-3169
Gear up for a fitness-fueled celebration! Enjoy 30 minutes of working out as a team, 30 minutes of organized play. All guests encouraged to wear their favorite workout gear.

Columbia Gym, 410-715-3169
Choose from a variety of age-appropriate activities such as musical games, dancing movements, circle time, parachute games and more.

Columbia Association provides a variety of age-appropriate activities from musical games, dancing movements, circle time, parachute games and more.

Columbia Gym, 410-715-3169
Choose one or two of your favorite sports from basketball, soccer, flag football, volleyball, badminton or kickball.
Sports & Recreation

**YOUTH FITNESS CONSULTATION**

CA mbrs, $45 • non-mbrs, $50

Columbia Athletic Club 410-730-6744
Columbia Gym 410-531-0800
Supreme Sports Club 410-381-5355

Suitable for youth members 11 years of age and older. 90-minute session.

Groups of up to four youths and parent, per consultation.

Schedule to meet with a certified personal trainer who will design a basic fitness routine for your child that includes proper warm-up and cooldown, cardiovascular exercise and strength training. Workouts will be explained to youth members so they are comfortable and safe in the gym while parents actively supervise. Facility policies and gym etiquette will be communicated.

Although youth members will be encouraged to use many areas of the gym floor, the free-weight areas and participation in group exercise programming are restricted until child is 14 years of age. To schedule your child’s Youth Fitness Consultation session, please contact the fitness club of your choice.

**COLUMBIA DOG PARK**

5901 Riverdell Lane, Columbia

An off-leash area operated and maintained by CA. Open daily. Hours posted at ColumbiaAssociation.org/dogpark. Please call 410-312-6380 for more information or to register.

**Racquetball Leagues**

CA mbrs, $30 • non-mbrs, $55

Ongoing registration available.

Columbia Athletic Club, 410-730-6744
Supreme Sports Club, 410-531-5355

All skill levels welcome. Please call for more information.

**SKATEBOARDING LESSONS**

Ages 3 and older

50-minute lessons

Columbia SportsPark, 410-715-3054
5453 Harpers Farm Road

All CA mbrs: Private and group lessons

One-person private lesson: $40

Two-person group lesson: $35/person

Three-person group lesson: $30/person

Four-person group lesson: $25/person

All CA mbrs: Four-pack lesson pricing

Price drops are per person.

One-person private lesson: $35

Two-person group lesson: $30/person

Three-person group lesson: $25/person

Four-person group lesson: $20/person

Columbia Cardholders and non-mbrs: Private and group lessons

One-person private lesson: $45

Two-person group lesson: $40/person

Three-person group lesson: $35/person

Four-person group lesson: $30/person

Columbia Cardholders and non-mbrs: Four-pack lesson pricing

Price drops are per person.

One-person private lesson: $40

Two-person group lesson: $35/person

Three-person group lesson: $30/person

Four-person group lesson: $25/person

Beginning skaters learn the fundamentals of aggressive skateboarding in a safe and fun environment. Lessons are taught by highly experienced skateboard instructors who love the sport.

A signed waiver form is required for all participants. All lessons include loaner protective equipment (helmet, knee pads, elbow pads and wrist guards). For more info, visit ColumbiaAssociation.org/skatepark or call 410-715-3054.

**ATHLETE’S EDGE**

Basketball Scoring and Offensive Moves Clinic

CA mbrs, $80 • non-mbrs, $120

Six-week sessions begin Mon, Jan 8 and Mon, Feb 19. Classes are held in Monday/Thursday sessions at 4:45-5:30. However, players may attend any two sessions weekly.

Columbia Gym, 410-531-0800

Have fun and improve your game! For boys and girls ages 11-14. Develop and improve shooting, scoring and offensive technique. Each one-hour skill session will include attack, moves, contests and games. Run by Coach Bill Napolitano. Space is limited; register online or at Columbia Gym. For more information or to register, call 410-531-0800.

**HORSEBACK RIDING LESSONS**

Columbia Horse Center • 301-778-6580
10400 Gorman Road • Laurel, MD 20723
ColumbiaHorseCenter.com

New lessons starting now. Introductory lessons on Saturdays at 1pm for $20 (fee applies to future lesson series). Columbia Horse Center is a complete equestrian facility offering lessons in Hunt Seat, Dressage, Eventing and Balance Seat for children and adults, beginner through advanced. We also offer Equi-Lease Program, camps, boarding, horse sales and more.

A safe and friendly environment to ride, with a family atmosphere.

**COLUMBIA SPORTSPARK**

5453 Harpers Farm Road
410-715-3054 • ColumbiaSportsPark.org

Please visit ColumbiaSportsPark.org for hours of operation before visiting.

Columbia SportsPark is a family entertainment center featuring an 18-hole mini golf course, batting cages, skatepark, playground, an outdoor patio with a ping pong table, and a clubhouse with an arcade and snack bar.

Mini-Golf Course

Featuring 18 holes that are fun for kids and challenging for adults!

The course is surrounded by beautiful plant life, ponds, streams and running waterfalls.

Batting Cages

Featuring 10 batting cages with both softball and baseball at different speeds! For ages 6 and older.

SkatePark

Featuring 15,000 square feet of ramps and includes a combination of elements found in both street and vert courses. The park includes a 1.5ft and 2ft high box; a 20ft straight rail; a 4ft spine; two 5ft quarter pipes; two 10ft banks; a wall to wall ride; a 3ft quarter pipe; a fun box with hubbas; a pyramid with hips, which includes five stairs and a fly box featuring 4ft and 2.5ft quarter pipes, an 8ft quarter pipe, a 3ft half pipe, a 6ft half pipe and a 10ft vert wall. A wave form and helmet are required to use the SkatePark.

**GOLF FIT & PLAY**

5 G& P

CA mbrs, $250 per family

Non-mbrs, $350 per family

Ongoing registration, 8-week sessions

For more information or to register, please call 410-715-3128 or visit ColumbiaAssociationNeed.org.

Is your family focused on your child’s health or are you overwhelmed with how many activities they’re involved in? Do your family eat a lot of fast food or grab whatever they can find and rush out the door? Sometimes parents don’t realize their busy lifestyles are contributing to their children’s health issues. Columbia YouthFit is a physician referral program designed to help you create your healthy family.

Fun, informative sessions motivate family members and address exercise, nutrition, and lifestyle issues that inhibit families from living a healthy lifestyle. Participants of this program enjoy all the benefits of CA Fit & Play and KidSpace.

**RENTALS**

Rent Columbia SportsPark for your next event! See page 54 for more information.

**BIRTHDAY PARTIES**

Mini golf, batting cages, moon bounce and arcade games! Learn more on page 51 or visit ColumbiaSportsPark.org.

**Skiing Lessons**

Columbia SportsPark

Featuring 10 lessons for ages 7-17.

For more information, see page 54.

**CA Fit & Play**

13-17 years

Columbia Athletic Club

$45 per child

$90 per family

5-day pass

Columbia Gym

$30 per child

$60 per family

1 week pass

**COUPON**

Free one, get one free ice cream!

Buy one, get one of equal or lesser value free. Limit one coupon per person. While supplies last. Photocopies of coupon will not be accepted.

**COLUMBIA ASSOCIATION**

52 ColumbiaAssociation.org

53 ColumbiaAssociation.org
Create your own fun with private rentals

Open to everyone
Parties, weddings, picnics, outings, meetings, reunions, proms and more. Conveniently located, well maintained and reasonably priced.

Columbia Athletic Club
At Columbia Athletic Club, you can enjoy a private class or rent a space or the entire club. Full and partial rentals available for teams, corporate outings, post prom, post graduation and more. Call 410-730-6744 for more information.

Columbia Art Center
Studios and Japanese gardens are available for both business and social rentals. Kitchen is available. Enjoy a unique setting filled with original art for your next event. For price and information, call 410-730-0875 or please visit ColumbiaArtCenter.org.

Columbia Swim Center
Both SplashDown and flat water rentals available. For reservations and information, call 410-730-7000.

Hobbit’s Glen Golf Club
Join the many corporations, associations, clubs and private groups who have chosen Hobbit’s Glen for the perfect golf outing or tournament! Accommodations are suitable for small to large groups. The conference room at Hobbit’s Glen is tucked away in the clubhouse and provides a great venue for small business meetings or retreats. Couple a half-day meeting with a team building round of golf! Please call Lorrie Schedas at 410-730-5900 for more information.

Fairways Golf Club
Have your next corporate outing or family reunion on the patio of this historic clubhouse and you will have use of the driving range and practice green. If you are interested in hosting a tournament, Fairways Hills is just

the right course for your event, small or large (accommodates up to 144 people). Call 410-730-1112 for more information.

Columbia SportsPark
Enjoy four hours of unlimited mini golf, batting cages, tug-of-war, horseshoes, cornhole, ping pong, volleyball and a hot dog! Additional amenities such as a rock climbing wall, a dunking booth and a moon bounce can be added for an additional fee. Special arrangements can be made for any size group. For more information, please visit ColumbiaSportsPark.org, call 410-715-3054 or email Sports.Park@ColumbiaAssociation.org.

The Barn
Oakland Mills Village Center
Call 410-962-3768 for information. Available for teen birthday parties or for teen organizations needing meeting space. The staff will assist you in customizing your special event. Ask about Super Teen Birthday Parties for teens aged 13-18 years. Meeting space is offered free to youth groups (restrictions apply). The Barn does not rent to individuals who host profit-making events, regardless of whether such events are teen-related.

The Arena at Supreme Sports Club
Rent The Arena at Supreme Sports Club for your next special event or sporting activity. The space may be used for basketball, roller skating or other exciting activities. Equipment rental, food and live DJ available. Availability based on current programming. Please call 410-381-5355 for more information or email SSC.Rentals@ColumbiaAssociation.org.

Columbia Ice Rink
Available for private rentals, outings and school events. For more information, please email Ice.Rink@ColumbiaAssociation.org or call 410-730-0322.

KidSpace
Located has locations in Columbia Athletic Club, Columbia Gym and Supreme Sports Club. Includes party room, tables and chairs. Holds up to

150. $100/hour, two-hour minimum. Please call 410-715-3169 or email CA.Parties@ColumbiaAssociation.org for information.

Columbia Gym
Columbia Gym is a great place to hold corporate events, parties, team practices, overnight activities and many other possibilities. The facility has basketball courts, group fitness studios, a large pool, a conference room and a spacious atrium, so the potential is endless. Black lights and disco ball as well as volleyball, badminton and table tennis are available. Please call Columbia Gym at 410-531-0800, ext. 2311 for more information.

Tennis Clubs
All clubs may be rented for parties and special events. Columbia Athletic Club Indoor Tennis, 410-730-6149
Wendy Brown Tennis Bubble, 410-381-7255
The Racquet Club at Hobbit’s Glen, 410-730-6003
Wild Lake Tennis Club, 410-730-3767

Outdoor Pools
Rent an entire pool for your party! Day and evening rentals available. Call 410-312-6312 for more information.

Lake Elkhorn Pavilion
Available May 1 through Oct 31. Perfect for company picnics, family reunions, birthday and anniversary parties, wedding ceremonies and rehearsal dinners. Picnic tables and benches to seat 150 people, electricity, lights, ceiling fans, bathroom facilities and an attendant on the premises. Please call 410-312-6330 for more information.

Haven on the Lake
Haven on the Lake facility and healing environments, Saturdays and Sundays from 7-10pm. Rent space for use or add a mind body class for an extra fee. Please call 410-715-3020 for more information.

What’s better than getting active and healthy? Getting active and healthy with your friends and the help of a certified CA personal trainer!

Find out more at ColumbiaAssociation.org/personaltraining.
CA has swim lessons for all ages

Registration open Dec. 1 for all classes from January-May. Receive a $5 early registration discount if you register between December 1 and December 14! CA offers evening and weekend lessons at Columbia Gym and Columbia Swim Center for all ages, infants to adults. Lesson sessions consist of six classes that meet once a week. Online registration is available for CA members and non-members.

CA Aquatics

Swimming Lessons
CA is committed to providing quality swimming lessons for members and residents. Lessons are available indoors at Columbia Gym (CG) and Columbia Swim Center (SWC).

Baby and Me
Parent/caregiver participation required with infants or toddlers who are not yet comfortable in the water and without the ability to hold themselves above the water or on the wall. Water adjustment, safety, and basic swim skills are introduced through a series of songs, games, and interactive activities. Recommended for children 6 months to 3 years of age.

Toddler and Me
Parent/caregiver participation required with infants or toddlers who are not yet comfortable in the water but who are able to support themselves above the water with a float and on the wall with a parent/caregiver within arm’s reach. Water adjustment, safety, and beginner swim skills are introduced through a series of songs, games, and interactive activities. Recommended for children 6 months to 3 years of age.

Bronze/BEGINNER Level 1
For children who have the ability to hold themselves above water with a float or on the wall without a parent/caregiver. Class focuses on water adjustment, safety, and beginner skills for swimming a coordinated stroke.

Silver/BEGINNER Level 2
For swimmers who are willing to submerge themselves underwater, blow bubbles and push off the wall without assistance but cannot swim a coordinated stroke. Class focuses on introduction to freestyle, including but not limited to floating, kicking, side breathing and stroke technique.

Gold/INTERMEDIATE Level 1
For swimmers who are willing to submerge themselves underwater, blow bubbles, push off the wall without assistance and can swim a coordinated freestyle stroke. Class focuses on improving freestyle technique and endurance with an introduction to backstroke.

Diamond/INTERMEDIATE Level 2
For swimmers who can swim coordinated freestyle and backstroke. Class focuses on furthering stroke technique and increasing endurance to a full length of the pool in freestyle and backstroke. An introduction to breaststroke and starts is included.

Platinum/ADV Level 1
For swimmers who can swim 25 yards of freestyle, backstroke and breaststroke. Class focuses on furthering the stroke technique and increasing endurance in freestyle, backstroke and breaststroke. An introduction to butterfly and turns is included.

Swim Team Prep/ADV Level 2
For swimmers who can swim 25 yards in freestyle, backstroke, breaststroke and butterfly. Class will focus on improving stroke technique, endurance, starts and turns.

Adult Lessons
This 30-minute class is geared toward the true beginner as well as the adult who want to improve stroke techniques. Only offered at Columbia Gym.

One-on-One Lessons
Tailored for each individual based on age and goals. These lessons are available in 15-minute increments.

Clippers Prep
Three-month session, classes per week Columbia Swim Center, 410-730-7000 Tue/Thu, 7:30-8:30pm.

Swimmers in this group will focus on technique in all four strokes, starts, turns and endurance. This is not a guarantee a swimmer will make Clippers, but rather a step to work on the skills needed to make the team. Swimmers must be able to show an ability to focus, listen in large group settings and be legal for 25 yards of all four strokes. Open to swimmers 9-14 years of age.

Private Swimming Training
30-minute one-on-one lessons with a qualified instructor. Designed for adult triathletes, fitness swimmers and beginners. For more information, email Aquatics@ColumbiaAssociation.org.
Masters Swim Programs
Adult-oriented swim program combining instruction with competitive training. Great for triathletes, competitive swimmers and fitness swimmers.

Columbia Clippers Swim Team
Swimmers ages 6-19
Evaluation required
Must be CA member/Columbia resident to participate. Held at Columbia Swim Center and Supreme Sports Club.

Triathlon Swim Training
Tue, 6:45-7:45am • Beginner
Tue, 5:15-6:45am • Advanced

Swim Team
Open exclusively to adults for lap and performance.
Columbia Clippers, the largest competitive swim program in Maryland, serves the novice- to national-level swimmer. Clippers learn and improve competitive stroke mechanics and build endurance and fitness. Please contact Jeff Scrivener or Susan McDonald at 410-381-0020, email Jeff.Scrivener@ColumbiaAssociation.org or Susan.McDonald@ColumbiaAssociation.org or visit ClippersSwim.org.

Adult and Senior Swim
CA mbrs, free
Columbia Cardholders, $8
Mon-Fri • 2:30-3:30pm
Columbia Swim Center, 410-730-7000
Open exclusively to adults for lap or recreational swimming.
For a full schedule, please visit ColumbiaAssociation.org/pools.

Triathlon Swim Training
Tue, 5:15-6:45am • Advanced
Tue, 6:45-7:45am • Beginner
Triathlon-specific swim training with focus on building freestyle and open water swim techniques. Workouts will also focus on building endurance and performance. Please visit ColumbiaAssociation.org/pools for Triathlon Training registration, schedules and more information.

SplashDown Snack-n-Slide
F&P, P, 5G&P, GF&P mbrs, $3
Other CA mbrs, $8
Non-mbrs, $18
Noon-4pm • Thu, Dec 28; Fri, Dec 29
Columbia Swim Center
SplashDown with a twist! Admission pricing includes snack, small drink and ice cream of choice. Must be at least 4 feet tall to ride. For more information, please call 410-730-7000.

SplashDown and Little Splishers Parties
CA mbrs, $250
Columbia Cardholders, $280
Non-mbrs, $310
Additional participants, $10
Sat • 2pm or 4pm
Sun • noon or 2pm
Columbia Swim Center
Price includes admission for 10 participants. Can purchase additional participants, up to 20 people. Party package includes table reservation for 1 hour and 45 minutes, unlimited rides, drinks with unlimited refills, pizza (two pizzas included with 10-18 participants, three pizzas with 16-20 participants), decorated theme cake with candles, and ice cream. Must be at least 4 feet tall to ride. Little Splishers fun for children 6 and younger. Call 410-730-7000 for more information and party availability.

Scuba
Columbia Swim Center, 410-730-7000
Tue, Thu • 8:30pm
Become certified to dive anywhere in the world. Instruction and certification provided by Columbia SCUBA. Call 410-381-1994 for more information.

Aqua Arthritis and Aqua Arthritis Plus
CA mbrs, free
Columbia Cardholders, $10 per class
Non-mbrs, $16
Ongoing, Columbia Athletic Club
Please visit ColumbiaAssociation.org/pools, click on Aqua Fitness Class Schedule.

Deep Water Fitness
Free for CA Fit&Play, Play, 5Day Golf&Play, and Golf Fit&Play members; additional fee for other CA members. Columbia Cardholders and non-members. Please visit ColumbiaAssociation.org/pools, click on Aqua Fitness Class Schedule.
Build your cardiovascular conditioning, muscle strength and flexibility in an innovative deep-water program.

Aqua Arthritis and Aqua Arthritis Plus

Splish Down! two thrilling, slides are twice the fun!
F&P, P, 5G&P, GF&P mbrs, free
Other CA mbrs, $5
Columbia Cardholders, $10
Non-mbrs, $15
Columbia Swim Center
No inner tube needed — just slide down on your body for an exhilarating ride that is even faster than before! SplashDown is open to the public and also offers parties. Visit ColumbiaAssociation.org/splashdown for more info or call 410-730-7000.

* Must be at least 4 feet tall to ride

Live-stream CA board meetings!
Meetings held Thursday of most months at 7:30pm. Watch at ColumbiaAssociation.org/livestream. Recorded version available the following Monday.
**Class Descriptions**

**All classes are 55 minutes unless otherwise noted. For information and class schedules, visit ColumbiaAssociation.org/groupprograms or contact Group Fitness at 410-715-3154.**

**Columbia Association**

(Columbia Athletic Club, Columbia Swim Center and Supreme Sports Club)

Members free. Columbia Cardholders, $10 per class.

**Aqua Yoga**

Experience the benefits of yoga in a gentle, supportive environment.

(Haven on the Lake only, 45 minutes)

**Aqua Zumba**

All of the fun of Zumba® and the intensity of dance movements with the support and resistance of the water. (Columbia Gym only)

**BogaFit**

Toning and yoga on a balance board. Classes offered in sessions; limited space available. (Columbia Swim Center, 45 minutes, fee for everyone)

**Deep Water Fitness**

Water exercises in the deep end of the pool. Floatation belts available. Free for CA Fit&Play, Play, Day Golf&Play, and Golf Fit&Play members; additional fee for other CA members, Columbia Cardholders and non-members. (Columbia Swim Center only)

**LaLash! Splash**

Dance and tone in the water to a variety of music styles, including pop, rock, oldies, and more. Learn basic ballet moves in this full-body cardio and strength endurance workout. (Haven on the Lake only)

**Aqua Fitness at Haven on the Lake Policy**

Attends of Haven on the Lake classes must be a Resident member or purchase a class pack. Please call 410-710-3020 for more information.

**Severe Weather**

All outdoor pools and Columbia Swim Center's main pool will close for thunder and lightning and remain closed for 30 minutes after the last report of thunder or lightning. All other indoor pools, including Columbia Swim Center's program pool, will remain open. Outdoor classes will not be held in the rain or if the temperature is below 68 degrees. Call CA’s Severe Weather Hotline (410-715-3154) to check class status.

**Music and Movement**

Columbia Gym, 410-531-0300

Haven on the Lake, 410-715-3020

**Find the CA Aquatics program information you need!**

Visit ColumbiaAssociation.org/

**pools for indoor pool schedules, masters and triathlon swim programs, outdoor pools and Columbia Swim Center membership information, pool parties, rentals and much more.**

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**Tennis**

Columbia Association offers world-class tennis programs, services and events that are both inclusive and innovative for members and guests of all ages and abilities year-round at our four tennis clubs.

**Columbia Association tennis is part of the Play, CA Fit&Play, Play, Day Golf&Play, and Golf Fit&Play memberships, which include all outdoor and indoor tennis clubs and courts. For more information and prices, call 410-730-1801 or visit the Customer and Member Service Center.**

**Reservation Procedures**

**Indoor tennis (Owen Brown and Columbia Athletic Club) and outdoor tennis (Wilde Lake Tennis Club, Owen Brown Tennis Club outdoor courts, Racquet Club at Hobbit’s Glen). You may call one week in advance for court times (i.e. call Monday for any weekday through the following Monday).**

**Columbia Athletic Club Indoor Tennis, 410-720-0149**

**Hobbit’s Glen, 410-730-6001**

**Owen Brown, 410-343-7255**

**Wilde Lake, 410-730-3767**

**Aqua Arthritis**

Gentle exercises to help decrease pain and stiffness. Members free. Columbia Cardholders, $10 per class. (Columbia Athletic Club only, 45 minutes)

**Aqua Barre**

Lengthen your core while performing ballet barre fitness moves in the pool. (Haven on the Lake only, 45 minutes)

**Aqua Flow**

Combines elements of aqua barre, aqua toning and yoga with free-flowing movements of lail chi. (Haven on the Lake only, 45 minutes)

**Aqua Fusion**

Experience Pilates exercises in the pool to work the deep core muscles of the body and gain strength and flexibility. (Haven on the Lake only, 45 minutes)

**Aqua Spine**

Cardio cycle classes will quicken your mind and body and leave you feeling spent and energized at the same time. (Haven on the Lake only, 45 minutes)

**Aqua Yoga**

(Haven on the Lake only, 45 minutes)

**Aqua Zumba®**

All of the fun of Zumba® and the intensity of dance movements with the support and resistance of the water. (Columbia Gym only)

**BogaFit®**

Toning and yoga on a balance board. Classes offered in sessions; limited space available. (Columbia Swim Center, 45 minutes, fee for everyone)

**Deep Water Fitness**

Water exercises in the deep end of the pool. Floatation belts available. Free for CA Fit&Play, Play, Day Golf&Play, and Golf Fit&Play members; additional fee for other CA members, Columbia Cardholders and non-members. (Columbia Swim Center only)

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**Music and Movement**

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Haven on the Lake, 410-715-3020

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**Hobbit’s Glen, 410-730-6001**

**Owen Brown, 410-343-7255**

**Wilde Lake, 410-730-3767**

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Water exercises in the deep end of the pool. Floatation belts available. Free for CA Fit&Play, Play, Day Golf&Play, and Golf Fit&Play members; additional fee for other CA members, Columbia Cardholders and non-members. (Columbia Swim Center only)

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**Music and Movement**

Columbia Gym, 410-531-0300

Haven on the Lake, 410-715-3020

**Find the CA Aquatics program information you need!**

Visit ColumbiaAssociation.org/
Junior Development and Competition Tennis Program

Columbia Association’s Junior Tennis Program has two sessions held at Columbia Athletic Club Indoor Tennis and/or Owen Brown Tennis Club.

Session Three: January 29-April 8
Session Four: April 9-June 17

Junior Development Program
Our mission is to provide an organized and active tennis development program featuring a Rally and Play approach. The curriculum is designed to emphasize fun and dynamic environment where the children learn both what to do and how to do it. Appropriate technique for all level players will be taught within the context of ball control activities. The juniors will be grouped by skill level and age. For ages 5-17.

Junior Competition Program
Our mission is to provide a highly organized and energetic program. Players will have fun and be challenged while being taught in a safe and professional environment. Each week the curriculum will have specific themes with appropriate drills and tactical situations using a game-based approach. We will also focus on physical fitness as it pertains to tennis performance and injury prevention. In addition, we will provide match charting for participants. For ages 8-17.

Junior Development and Competition Pricing
F&P, P, 5G&P, GF&P members
1 hour, $1270 • 90 minutes, $1444 • 2 hours, $1539
Other CA members
1 hour, $1297 • 90 minutes, $1445 • 2 hours, $1594
Columbia Cardholders
1 hour, $1319 • 90 minutes, $1471 • 2 hours, $1636
Non-members
1 hour, $1341, 90 minutes, $1512, 2 hours, $1682

For more information on these programs or to sign up, please call Columbia Athletic Club Indoor Tennis at 410-720-0149 or Owen Brown at 410-381-7255.

USTA Team Tennis Training
F&P, P, 5G&P, GF&P mbrs, $138 per player • other CA mbrs, $139 per player Columbia Cardholders, $40 per player • non-mbrs, $41 per player
90 minutes • 4 or 6 players
Available at Columbia Athletic Club Indoor Tennis and Owen Brown Tennis Club Program provides players with a team-oriented practice with an emphasis on singles and doubles. Through a game-based approach, our coaches add variety while staying focused on their competencies and processes to make players smarter and more effective. Please contact Columbia Athletic Club Indoor Tennis at 410-720-0149 for more information.

Adult Instructional and Drill Program

Class Descriptions
2.1-2.5 Advanced Beginner
Player is learning to keep the ball in play but needs to improve court positioning and consistency.

2.6-3.0 Lower Intermediate
Player can play singles and doubles but needs to improve net play and basic tactics.

3.1-3.5 Intermediate
Player has dependable strokes but lacks depth and variety. This player lacks consistency when trying for power.

3.6-4.0 Advanced Intermediate
Player is developing the use of lobs, overheads, approach shots and volleys and is seldom out of position in singles or doubles.

4.1-4.5 Advanced
Player has begun to hit with power, spin, depth and control and can move into a net position with some success in singles and doubles.

Tennis Professionals
Lessons may be arranged by contacting the tennis director or any professional listed below:

Maury Buzzman
USPTA and PTR, Tennis General Manager
Bruce Holbrook
USPTA, Head Tennis Professional
Artie Parr
PTR, Tennis Professional/Tennis Event Coordinator
Maurice Wilkey
PTR, Junior Competition Coordinator
Artie Jackson
PTR, Junior Development Coordinator
Michael Baldettir • Tennis Professional
Nanu Baker • PTR
Sheila Bashoff • PTR
Eric Fleming • Tennis Professional
Annet Hart • PTR
Lynndal Jordan • PTR
Chris Robinson • PTR

Lessons not canceled 24 hours or more prior to the scheduled lesson time will be charged. For more information, please call Columbia Athletic Club Indoor Tennis at 410-720-0149 or Owen Brown Tennis Club at 410-381-7255.
CA’s private lessons with a coach are designed to work on individual aspects of each player’s tennis game. The emphasis is on tactical and technical synergy, situation-based training, mental toughness and match play scenarios with feedback. The focus is 100 percent on

For more information, please visit ColumbiaAssociation.org/tennis or call 410-720-0149.
CA AND HAVEN ON THE LAKE GIFT CARDS ARE PERFECT FOR ANY OCCASION.

CA gift cards can be used for personal training sessions, green and cart fees at the golf clubs, group fitness classes, movie tickets, tennis lessons, ice skating and more.

Haven on the Lake gift cards can be used toward daily admission to the healing environments, classes, class packs, events and workshops.

*CA and Haven gift cards cannot be used toward membership fees. Some fees and restrictions may apply.