

BYKOTA 2025 SPRING CLASSES DESCRIPTION SHEET

REGISTRATION PERIOD: MON., MAR., 3RD TO FRI., MAR., 7TH 10:30-12 & 1 -2:30

DRAWING – Wednesdays from 1:00 pm to 3:00 pm in Room 208 with Instructor Martha Hendrickson. This class builds observation and technique.

April 9, 2025 to June 11, 2025; NO SKIP DATES

\$50/ 10 weeks cash or check made payable to Bykota Senior Center Council

ENHANCE FITNESS ® – Tuesdays from 10:00 am to 11:00 am, Wednesdays from 10:00 am to 11:00 am, and Thursdays from 11:30 am to 12:30 pm with Instructor Suzanne Diehl. This is a nationally standardized evidence-based activity program designed with protocols for endurance, strength, balance, and flexibility.

April 15, 2025 to June 24, 2025; SKIP DATE: 6/19

\$35 donation/ 10 weeks cash or check made payable to Baltimore County, MD

LINE DANCE: BEGINNER/IMPROVER – Tuesdays from 12:30 pm to 1:30 pm in the gym (1st Tuesdays in Room 208) with Instructor Ruth Rarick. In this beginner/improver level class, you'll learn how to line dance or improve your skills. You will also learn steps and build skills for choreographed dances.

April 8, 2025 to June 10, 2025; NO SKIP DATES

\$35/ 10 classes cash or check made payable to Bykota Senior Center Council

TAI CHI – Tuesdays from 11:00 am to 12:00 pm with Instructor Eric Johnson. This class helps to improve balance, lower blood pressure, increase energy, breathing, circulation and decrease your risk of falls. Class includes qi gong.

April 8, 2025 to June 10, 2025; NO SKIP DATES

\$40/ 10 weeks cash or check made payable to Bykota Senior Center Council

YOGA (CHAIR/STANDING) – Tuesdays from 10:00 am to 11:00 am AND/OR Thursdays from 10:30 am to 11:30 am with Instructor Joan DeSimone. This class offers all the benefits of Yoga without getting on the floor! Join this class to use stretches and poses to help you relax and feel strong.

TUES. – April 8, 2025 to June 17, 2025; SKIP DATE: 4/22

THURS. – April 10, 2025 to June 26, 2025; SKIP DATE: 4/24, 6/19

\$40/ 10 weeks cash or check made payable to Bykota Senior Center Council

BYKOTA 2025 SPRING CLASSES DESCRIPTION SHEET

WATERCOLOR – Thursdays from 1:00 pm to 3:00 pm in Room 208 with Instructor Martha Hendrickson. Acquire basic and intermediate painting skills while being introduced to watercolor wash, dry brush and masking techniques. Learn about color theory, composition and developing a painting. Subject matter may include landscapes, still life, portraiture and abstract approach. Materials list provided in class.

April 10, 2025 to June 12, 2025; NO SKIP DATES

\$50/ 10 weeks cash or check made payable to Bykota Senior Center Council

ZUMBA GOLD – Wednesdays from 9:00 am to 10:00 am with Instructor Suzanne Diehl. This low-impact exercise class combines dance and music to help improve their balance, coordination, and range of motion.

April 16, 2025 to June 18, 2025; NO SKIP DATES

\$30/ 10 weeks cash or check made payable to Bykota Senior Center Council

Date: _____

Name: _____

Email Address: _____

Phone Number: _____

Total Amount Paid: \$ _____

Cash/Check Number: _____

REFUNDS AND CANCELLATIONS:

No refunds will be given of registration fees unless the class, program, or trip is cancelled. Due to contracts, refunds will not be given after the class start date. Classes must meet a “minimum” number of students enrolled to avoid being cancelled. The Bykota Senior Center reserves the right to cancel any class, program, trip, or event due to unforeseen circumstances. Should it be cancelled, a full refund will be given.