

TRAVEL LEARN & GROW.



CCBC
ccbcm.edu



Fall 2018



YELLOWSTONE
See page 4 for more information.

WHAT IS TRAVEL, LEARN, GROW?

Here, all in one place, you'll find quick getaways, unique learning opportunities and a chance to experience new cultures. CCBC's travel and learning options are exciting, fun ways to learn and grow, or to see someplace new and different. Whether it's a day spent sightseeing and having a great lunch, taking in a Broadway play, or packing up and trekking across the globe, you have your choice of ways to make your tri one to remember.

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TRAVEL

Take the time you have—a day, or two or three—to embark on a fascinating journey.

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LEARN

Credit or non-credit, summer or winter, faculty-led or recreational, international travel for 1–3 weeks ... you have lots of options and ways to grow.

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GROW

Discover courses that show you many exciting ways to find out about new things.

7-8



TRAVEL.



Make your reservations early to avoid sold-out and canceled trips! NOTE: Most vendors require payment and counts 2-3 weeks in advance.

From day trips that can satisfy your every whim, to overnight and weeklong excursions, our Quick Escapes take you places far and wide. Put your best foot forward ... then just keep going! **NOTE: All trips, except where noted, will leave from Cromwell Bridge Road Park and Ride, exit 29A from the Baltimore Beltway (I-695).**

GEORGETOWN FOODIE TOUR

Thursday, September 13, 2018

9 a.m.–7 p.m.

Long before the Kennedy family made this neighborhood of high-end retail and fashion popular, **Georgetown** was a working-class port city that predated the federal city of Washington, D.C. Its roots are still very much alive and can be seen in the red brick town homes and turn-of-the-century factories that are found throughout the area. This tour will bring together progressive, high-end cuisine, with long-standing D.C. institutions; restaurants and shops that were up and running before Prohibition, with swanky hotspots. We will depart Georgetown at approximately 5 p.m.

COST: \$143. Includes coach, tour, guides, all tastings, gratuities and host.

ANNAPOLIS – MARYLAND'S CAPITAL CITY

Friday, September 21, 2018

8:30 a.m.–6 p.m.

We'll spend a wonderful day in **Annapolis** – strolling the streets, checking out the State House, and touring the **United States Naval Academy** with a guide who will regale us with all we need to know about Annapolis! Lunch is included at the **Drydock** where you will have your choice of sandwich – *roast beef, turkey, or veggie wrap* – along with chips, dessert and a bottle of water or soda. **Please make your choice when reserving space.** There will be some free time for exploring this wonderful city on your own before we depart at 4:30 p.m.

COST: \$97. Includes coach, admissions/tours, guide, lunch, gratuities and host.

4-DAY, 3-NIGHT TRIP

LAKE GEORGE, NY

October 1–4, 2018

This is a great fall getaway! Once we arrive at our hotel, we'll enjoy a welcome reception and delicious dinner. **The Tiki Resort** will be our host for 3 nights. The resort overlooks the panoramic mountain scenery of beautiful Lake George. Secluded, serene, simply luxurious ... nestled in a breathtakingly beautiful spot in lovely Lake George. This trip will include a **2-hour cruise** on the lake, viewing the shoreline and mansions on the hillsides, a guided tour of **Saratoga Springs**, guided tour of the **Village of Lake George** and **Lake Placid** - the former Olympic Village. We'll end our trip with dinner and entertainment at the hotel.

COST: \$747 – per person – double (2 people sharing a room)
\$807 – single

Includes motor coach, breakfast snack, 3 nights lodging, all admissions/tours, cruise, 3 breakfasts, 3 dinners, including a dinner show, gratuities and host.

MY FAVORITE THINGS!, PA

Thursday, October 11, 2018

8 a.m.–5:30 p.m.

Chips and ice cream! We'll be traveling to PA today to enjoy some of my favorite things! There will be a self-guided tour of the **Utz Factory** (observation gallery requires steps) and we'll have some time at the **Utz Outlet**. Next we'll travel to York for lunch at the **Roosevelt Tavern** – once thought to be a speak-easy, now offering delicious farm-to-fork meals. The choices for lunch are: *Grilled wild salmon, grilled smoked pork chop, or herb-crusted roasted chicken breast*. All meals will be served with seasonal *soup du jour, rolls and butter, dessert, coffee, tea, or fountain soda*. **Please make your lunch choice at the time of reservation.** Then it's on to the **Old Republic Distillery**, York County's first distillery since Prohibition. Learn how the company started, how they make premium spirits, and enjoy a tasting. We'll end the day at **Turkey Hill Experience**, where we'll get to make our very own flavor of ice cream! The coach will depart for home at approximately 4:30 p.m.

COST: \$127. Includes coach, morning snack, all admissions/tours, lunch, gratuities and host.

PRETTY WOMAN ON BROADWAY, NYC

Wednesday, October 24, 2018

7 a.m.–9:30 p.m.

Vivian and Edward are unlikely soulmates who overcome all odds to find each other ... and themselves. Experience the moments you love from the movie – and get to know these iconic characters in a whole new way – in this dazzlingly theatrical take on a love story for the ages. Featuring direction and choreography by two-time Tony Award winner Jerry Mitchell (*Kinky Boots, Legally Blonde, Hairspray*), an original score by Grammy winner Bryan Adams ("Summer of '69," "Everything I Do") and starring Samantha Barks as Vivian and Steve Kazee as Edward. We'll arrive in time to shop and have lunch (on your own) before the **2 p.m. matinee** at the Nederlander Theatre on West 41st Street. We'll depart NYC at **5:45 p.m.** Please note that there are no elevators in the theatre. Front mezzanine seats.

COST: \$225. Includes coach, breakfast snack, tickets, gratuities and host.

ST. MARY'S CITY, MD

Friday, October 26, 2018

7:30 a.m.–7 p.m.

Our first stop is **Solomons Island**, where we'll pick up our step-on guide for a short walking tour, including a stop at the historic Our Lady Star of the Sea for a brief talk. Lunch is at **Boomerang's Restaurant**, where we will enjoy a buffet lunch. After lunch, we will board the coach and travel to **Historic St. Mary's City**, the birthplace of Catholicism, and the site of the fourth permanent settlement in British North America. This was Maryland's first settlement and for 61 years (until 1695) its colonial capital. Colorful living history and amazing archaeology reveal the past at Maryland's first capital. Explore a colonial plantation, tall ship, a brick chapel and an Indian hamlet. Visitors can see archaeological excavations and experience hands-on history. This will be a self-guided tour with time to visit the gift shop. Our last stop will be at **Godiah Spray Plantation** with people in period costumes and "attitude." We will depart at **4:30 p.m.**

COST: \$113. Includes coach, breakfast snack, admissions/tours, lunch, gratuities and host.

OLD TOWN ALEXANDRIA, VA

Tuesday, October 30, 2018

8:30 a.m.–6 p.m.

We'll meet our step-on guide at Market Square in **Old Town Alexandria**. The 1½ hour driving tour will include the history, legends and folklore of Alexandria with a stop at **Christ Church**. Christ Church was the first Episcopal Church in Alexandria and has played an important role in the life of the city since its completion by John Carlyle in 1773. Lunch is at **Gadsby's Tavern**, where we'll enjoy our pre-selected Colonial-inspired lunch. Gadsby's consists of two buildings, the ca. 1785 tavern and the 1792 City Hotel. Your choices for lunch are: *Monte Cristo Virginia (puff pastry stuffed with Smithfield ham, smoked turkey and cheese with a fresh raspberry sauce); Chicken Salad (on grain bread with house-made potato salad), Ale Battered Codfish (topped with crispy onion rings, served with hand-cut fries, coleslaw and tartar sauce), or vegetarian option of seasonal ravioli (butternut squash, apple and goat cheese).* All choices will be served with *Tavern Salad, Sally Lunn Bread, English Trifle for dessert, soft drinks, coffee and tea.* **Please make selection when reserving space.** After lunch, there will be some free time to explore and shop on your own before we depart at **4 p.m.**

COST: \$100. Includes coach, tour/guide, lunch, gratuities and host.

THE AMERICAN MUSEUM OF NATURAL HISTORY/SPACE SHOW, NY

Thursday, November 8, 2018

7 a.m.–7 p.m.

The American Museum of Natural History is one of the world's preeminent scientific and cultural institutions. Since its founding in 1869, the museum has advanced its global mission to discover, interpret and disseminate information about human cultures, the natural world, and the universe through a wide-ranging program of scientific research, education and exhibition. The museum is renowned for its exhibitions and scientific collections, which serve as a field

guide to the entire planet and present a panorama of the world's cultures. Our inclusive ticket will also gain us access to the **Space Show: Dark Universe** celebrates the pivotal discoveries that have led us to greater knowledge of the structure and history of the universe and our place in it—and to new frontiers for exploration. There will be time to explore on your own, to have lunch, and to visit the museum shop before we depart at **4 p.m.**

COST: \$120. Includes coach, breakfast snack, admission, gratuities and host.

NATIONAL MUSEUM OF THE AMERICAN INDIAN, D.C.

Tuesday, November 13, 2018

9 a.m.–5 p.m.

The National Museum of the American Indian celebrates the lifeways, languages, literature, history and art of Native Americans. Through its exhibitions, programs and publications, the museum presents the extraordinary achievements of the indigenous peoples of the Western Hemisphere. If you are a frequent traveler with CCBC, you may know that our regular coach driver, James, is Native American. He is a member of the Monacan Indian Tribe—a federally recognized nation. His father is full-blooded Lakota Sioux and his mother is Monacan Indian. He will be my co-host for the day and will talk about his Native American roots, and will lead us in the museum to where his family photos are on display. This is all self-guided and lunch will be on your own in the **Mitsitam Café**, offering meals and snacks based on the indigenous foods and culinary traditions of the Native Americans. We'll depart at **3:30 p.m.**

COST: \$60. Includes coach, gratuities, and host.

NEW YORK CITY DAY TRIP – PERRY HALL HS

Saturday, December 1, 2018

7 a.m.–9:30 p.m.

Here we go again – our annual holiday trip to NYC! This is a day to do whatever your heart desires—sightseeing, museums, shopping or a matinee, all while taking in the fabulous holiday decorations! Drop off and pick up will be in the theatre district. Maps of the Times Square area and a restaurant list will be distributed on the coach. The group departs NYC at **6:30 p.m.** **This trip will depart from and return to Perry Hall High School.** **COST: \$75. Includes coach, breakfast snack, gratuities and host.**

LONGWOOD GARDENS FOR CHRISTMAS, PA

Tuesday, December 4, 2018

2 p.m.–8:30 p.m.

The holiday season is not complete without a visit to the magic of **A Longwood Christmas!** From a half-million lights and colorful fountains outdoors, to the Conservatory transformed into a winter wonderland! We'll arrive late in the day to give you time to grab a bite to eat and to look around a bit, then be ready for the darkness and all the lovely light displays. You will be given "Dining Dollars" worth \$15 to use as you please, when you please, in The Terrace or The Café. We'll depart at **6:30 p.m.** **COST: \$88. Includes coach, admissions, "Dining Dollars," gratuities and host.**

ST. ALBANS' HOUSE TOURS, D.C.

Friday, December 7, 2018

9:30 a.m.–5 p.m.

Ring in the holiday season with a festive day at **The St. Albans' School Christmas House Tour and Bazaar**. It's become a holiday tradition! We'll have the opportunity to tour four or five homes, selected from various neighborhoods in and around D.C. Each house is rich in style and décor that is sure to delight all. Leading floral designers will decorate each home for the season and live holiday music will be provided by students from St. Albans and the National Cathedral Schools. Free shuttle buses are provided. More than 40 vendors will be selling unique items at the bazaar – a great place to pick up some unusual holiday gifts. Lunch is included at the school. There will also be time to visit the **National Cathedral** and their gift shop before we board the coach at **3:30 p.m.** **NOTE: we will have 2 pick-up locations: Towson: Cromwell Bridge Road Park and Ride; Catonsville: Park and Ride at I-195. Please indicate your location when making your reservation.**

Book early – this trip sells out every year!

COST: \$120. Includes, coach, admission/tour, lunch, gratuities and host.

THE CHER SHOW ON BROADWAY, NY

Wednesday, December 19, 2018

7 a.m.–9:30 p.m.

The Cher Show is based on the life of Cherilyn Sarkisian La Piere Bono Allman, or as her friends call her, Cher! The kid on a tricycle, vowing to be famous. The teenage phenom who crashes by twenty. The glam TV star who quits at the top. The would-be actress with an Oscar. The rock goddess with a hundred million records sold. The legend who's done it all, still scared to walk on stage. The wife, mother, daughter, sister, friend. The woman, looking for love. The ultimate survivor, chasing her dream. They're all here, dressed to kill, singing their hearts out, telling it like it is. And they're all the stars of *The Cher Show*. You'll have time to shop, have lunch, and explore on your own before the

2 p.m. matinee at the Neil Simon Theatre, 250 W. 52nd Street. After the show, there'll be some free time to grab a deli sandwich for the ride home before we depart at **5:45 p.m.** Orchestra seats.

COST: \$213. Includes coach, breakfast snack, show ticket, gratuities and host.

RADIO CITY CHRISTMAS SPECTACULAR, NY

Tuesday, December 11, 2018

7 a.m.–8:30 p.m.

There is no better place to be during the holidays than at the *Christmas Spectacular*, getting into the yuletide spirit with the **Rockettes!** Between the iconic dance numbers ("Parade of the Wooden Soldiers," anyone?) and ice skaters swirling across the stage, to Santa spreading Christmas cheer, it's the best of the season in one spectacular experience. As you can imagine, this annual tradition is full of rich history—after all, it's been more

than 85 years since the show's inception! We'll arrive in New York in time for shopping, sightseeing and/or lunch before our **2 p.m. matinee**. After the show, there'll be time to shop or grab a deli sandwich for the ride home before the **5 p.m.** departure. Orchestra seats.

COST: \$183. Includes coach, breakfast snack, show tickets, gratuities and escort.



NEED A GIFT?

We offer gift certificates for a specific trip or dollar amount.

CALL 443-840-1717 for information.

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us on Facebook



facebook.com/ccbcmtravel

2019 TRIPS

NATIONAL PARKS OF AMERICA

June 2019

Dates and pricing to be announced.

America's Greatest Treasures!

Experience the grandeur of the American West as you explore five fantastic national parks on this exciting journey. Experience Yellowstone National Park and stay in a National Historic Landmark at the Grand Canyon. Enjoy a breakfast cruise on Lake Powell. Marvel at the magnitude and color of Zion's cliffs and Bryce Canyon National Park. Enjoy 2-night stays in Salt Lake City and Jackson Hole. Drive through the incredible Bighorn Mountains and the great Sioux Nations Territory before seeing Mt. Rushmore and Crazy Horse Monument. Meet a local Lakota Native American at dinner and learn about their fascinating way of life, past and present. Call 443-840-1717 for information packet, including reservation form.

COST: \$5099 – per person, double
\$6399 – single

Savings of \$150 if booked by November 24, 2018.

Price includes round trip air, transportation to airport from CCBC Essex, air taxes and fees/surcharges, hotel transfers, 17 meals and all sites indicated in the itinerary.

ISLANDS OF NEW ENGLAND – by motor coach

October 7–14, 2019 – only 2 hotels!

New England's miles of sandy beaches, majestic coasts and rolling surf invite relaxation. The Islands of New England tour spends eight days exploring New England's charms, from the cobblestone streets of Nantucket to a dry harvest cranberry bog. Step back in time at Plimoth Plantation to sample traditional recipes from that period, learn some Pilgrim etiquette and enjoy a Thanksgiving feast where you'll learn to "eat like a Pilgrim." In Provincetown, the choice is yours—set out on a whale watch cruise or embark on a scenic adventure through the iconic sand dunes of the Cape. Visit Boston and Providence, the Gilded Age mansions of Newport, the lively artist colony of Provincetown, and the beautiful islands of Martha's Vineyard and Nantucket. Complete your New England experience as you indulge in a traditional seafood and lobster feast.

COST: \$2999 – per person – double
\$3799 – single

Price includes motor coach, hotels and hotel transfers, 11 meals, and all sites indicated in the itinerary.

Call 443-840-1717 for information packet, including reservation form.



CANCELLATION/REFUND POLICY

On day trips, a full refund minus a \$10 cancellation fee per individual, per trip, will be made if written cancellation is received no less than 20 days before departure. On multi-day trips, a full refund minus a \$50 cancellation fee per individual will be made if written cancellation is received no less than 60 days before departure. In cases where tickets have been purchased, the ticket price will not be refunded unless tickets can be resold. After that date there will be no refund unless a standby or substitute participant is available. If CCBC cancels the trip, the trip fee will be refunded in full.

PLEASE NOTE: All trips have pre-trip letters mailed to the person making the reservation. If you have not received a letter of details and/or changes concerning your trip within two weeks of the trip, please call the office at 443-840-1717 so a letter can

be sent to you. Also note: due to conditions beyond our control, it is sometimes necessary to adjust itineraries and change meal selections.

Visit our website: ccbcmd.edu/travel.

The Community College of Baltimore County practices equal opportunity in education and employment and is strongly and actively committed to diversity within the college community. Requests for reasonable accommodations based on disability should be made to the Travel Study Office when making a reservation, allowing the office at least four weeks to make appropriate arrangements. Tour personnel cannot act as personal caregivers to tour participants. Qualified companions must accompany travelers needing special assistance with personal needs.

*Reserved coach seating on all trips. • Seats are assigned in order of payment receipt.
Seat companions are advised to mail payments together.*

Please complete entire page and return.

RESERVE EARLY! SPACE IS LIMITED.

Please indicate number of reservations you are purchasing.

DAY TRIPS

- _____ Georgetown Foodie Tour, Sept. 13 – **\$143**
- _____ Annapolis, Sept. 21 – **\$97**
 - Roast Beef Turkey Veggie
- _____ My Favorite Things!, Oct. 11 – **\$127**
 - Salmon Pork Chop Chicken
- _____ Pretty Woman on Broadway, Oct. 24 – **\$225**
- _____ St Mary's City, Oct. 26 – **\$113**
- _____ Old Town Alexandria, Oct. 30 – **\$100**
 - Monte Cristo Chicken Salad Fish Ravioli
- _____ Museum of Natural History, NY, Nov. 8 – **\$120**
- _____ Museum of American Indian, Nov. 13 – **\$60**
- _____ NYC Day Trip – PHHS, Dec. 1 – **\$75**
- _____ Longwood Gardens Christmas, Dec. 4 – **\$88**
- _____ St Albans' House Tour, Dec. 7 – **\$120**
 - Towson Catonsville

- _____ Radio City Christmas, Dec. 11 – **\$183**
- _____ The Cher Show on Broadway, Dec. 19 – **\$213**

MULTI-DAY TRIPS

- _____ Lake George, NY – 4-day
October 1–4, 2018
 - \$747 Double – per person one bed two beds
 - \$807 Single

**For information, please visit
cCBCMD.edu/travel**

**For a brochure or more information on these trips,
contact Terry Walter, coordinator,
Travel Studies at 443-840-1717 or twalter@cCBCMD.edu**

Please complete all information requested.

Enclosed is my check for \$_____ I would like to charge \$_____ Charge card: Discover American Express
 VISA MasterCard

Credit card number _____ Exp. date _____ Security code: _____
(3 digits on back of card)

Name _____

Age _____ Phone _____
(optional - for planning purposes only)

Address _____

City _____ State _____ ZIP _____ Email address _____
(to be used only for special announcements)

Additional name(s) in my party/roommate: _____

Please make check payable to CCBC Essex T/S and mail to: **CCBC Box Office • 7201 Rossville Boulevard • Baltimore, MD 21237**
Call 443-840-2787 for more information or to reserve space with a credit card, or fax to 443-840-1615.

How did you hear about us? Schedule Brochure Friend/relative Repeat participant

CHECK OUT OUR WEBSITE: CCBCMD.EDU/TRAVEL.

LEARN.



THINKING ABOUT TRAVELING ABROAD?

What better way to increase your thirst for knowledge than to give yourself first-hand experiences through our international tours? Trips to places in so many parts of the world will bring you great personal growth.

CCBC OFFERS INTERNATIONAL TRAVEL STUDY PROGRAMS IN TWO DIFFERENT CATEGORIES:

CREDIT The participant can take the trip/course for credit.

NON-CREDIT Trip participants can go on the trip for pleasure and leisure.

Please note that all trips are open to the public as well as CCBC students, staff and faculty.

INTERNATIONAL TRIPS 2019

COLORS OF MOROCCO

March 6–16, 2019

Highlights:

- Casablanca
- Rabat, Fes
- Sahara Desert
- Camel rides
- High Atlas Mountains
- Ksar of Ait-Ben-Haddou
- Marrakesh
- Market of Medina
- Culinary workshop

**COST: \$4299 – Double (per person)
\$4999 – Single**

Book by August 7, 2018 and save \$200!

Price includes round-trip air, air taxes and fees/surcharges, hotels and hotel transfers, transportation from CCBC Essex to airport, 18 meals, and all sites as indicated in itinerary. Call 443-840-1717 for information packet, including reservation form.

CANADIAN MARITIMES COASTAL WONDERS

August 2019

Dates and pricing to be announced

Set out for Northeast Canada

Join us as we uncover the treasures of the Canadian Maritimes. From the rugged Cabot Trail to the amazing Fundy tides, fun and adventure await. Marvel at the incredible views at Nova Scotia's Peggy's Cove. See the four-story high flowerpot-shaped Hopewell Rocks and savor a traditional Maritimes lobster feast. In Prince Edward Island, visit the Anne of Green Gables Museum and learn about potato farming. Immerse yourself in the region's Gaelic heritage. Be inspired by the many inventions of Alexander Graham Bell at his museum. Travel along the striking Lighthouse Route. Board a fishing boat at the Fisheries Museum of the Atlantic and learn to shuck scallops. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of this amazing region.

Call 443-840-1717 for information packet, including reservation form.

COMING IN 2020

GERMANY'S CULTURAL CITIES AND THE ROMANTIC ROAD WITH OBERAMMERGAU PASSION PLAY

Featuring Berlin, Hamburg, Marburg, Rothenburg and Munich
August 17–29, 2020

Discover the German spirit in this land of romance, fairy tales and radiance. Come to know the allure of some of its most iconic cities – Berlin, Hamburg and Munich. Tour the historic landmarks of Berlin with a local guide. Visit a café in Lubeck, the birthplace of marzipan, and take a walking tour of Hamburg's red-light district. Spend a night in enchanting Hamelin located on the Fairy Tale Road and embark on a guided tour with a Pied Piper. Immerse yourself in fairy tales at Rapunzel's and Sleeping Beauty's castles and visit the Brothers Grimm Museum. Stay two nights in charming Rothenburg on the Romantic Road and delight in a "Night Watchman" tour. Decide between making "Schneeball" pastries or tour the Medieval Crime and Punishment Museum. Admire Neuschwanstein Castle before concluding your tour in Oberammergau with a memorable and moving performance of the Passion Play; the origins of this historic event date back to 1634.

**COST: \$7249 – Double (per person)
\$9249 – Single**

Price includes round trip air, air taxes and fees/surcharges, hotels and hotel transfers, transportation from CCBC Essex to airport, 19 meals, and all sites as indicated in itinerary. Call 443-840-1717 for information packet, including reservation form.

GROW.



*You'll want to be in shape for fun and exciting traveling and sightseeing!
Expand your fitness horizons from aerobics to Zumba!*

FIT 479

CARDIO FITNESS

Participate in this intensive aerobic workout through the use of traditional methods and high-tech equipment. Progress will be monitored and assessed to evaluate cardiovascular fitness levels. This class is also offered for credit as PELF124.

Total cost: \$268 (Tuition: \$0 Fees: \$268)

CRN#	Day/Ses.	Dates	Time	Location
31769	M/W/F(45)	8/27-12/14	8-8:55 a.m.	CC
31770	M/W/F(44)	8/27-12/14	6-6:55 p.m.	CC

FIT 042

FIT CAMP

Combine interval training, resistance and cardio training to experience a highly effective workout that burns 750-1000 calories in a single 60-minute workout. Wear fitted athletic wear, sneakers; bring towel and water.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
31298	S(10)	9/8-11/10	8:30-9:30 a.m.	CC
31406	M(10)	9/17-11/26	6:30-7:30 p.m.	PARK
31414	T(10)	9/18-11/27	6:30-7:30 p.m.	CKM
31881	W(10)	9/26-12/5	6:30-7:30 p.m.	CTH

FIT 787

LOW IMPACT ZUMBA

Burn calories and tone your body as you Zumba-cise and dance to Latin and international music.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
32045	T(10)	9/25-12/4	9:15-10:15 a.m.	OM

FIT 627

PERSONAL FITNESS TRAINER CERTIFICATION

Prepare to earn your certification in this one day course leading to the International Sports Medicine Association (AAAI/ISMA) personal fitness trainer certification exam. CEUs awarded. Study guide recommended. Read before class. Call 609-397-2139 to order textbook or visit www.aaaiismafitness.com to order study guide.

Total cost: \$134 (Tuition: \$20 Fees: \$114)

CRN#	Day/Ses.	Dates	Time	Location
32001	S(1)	9/8	9 a.m.-5 p.m.	EC
31960	S(1)	10/13	9 a.m.-5 p.m.	CC

FIT 745

PERSONAL FITNESS TRAINER: PHASE II (MASTER PERSONAL TRAINER)

Upgrade your training technique to include the principles and skills that will allow you to work safely and effectively with individuals with special needs or medical conditions, including the elderly. Includes certification exam. CEUs awarded. Note: American Aerobic Association International/International Sports Medicine Association (AAAI/ISMA) certification course. Study guide recommended. Call 609-397-2139 or visit www.aaai-ismafitness.com to order study guide.

Total cost: \$134 (Tuition:\$20 Fees: \$114)

CRN#	Day/Ses.	Dates	Time	Location
31956	S(1)	12/1	9 a.m.-5 p.m.	CC

FIT 696

SPORTS NUTRITION CERTIFICATION

Earn certification from American Aerobic Association International/International Sports Medicine Association. Discover how diet and nutrition can improve athletic performance and recovery. Study sports nutrition, supplements, herbals, vitamins, body composition testing and ergogenic aids; explore latest research. Exam has a written and practical component. (CEUs awarded). Recommended study guide reading before class, call 609-397-2139 or visit www.aaai-ismafitness.com to order study guide.

Total cost: \$134 (Tuition:\$20 Fees: \$114)

CRN#	Day/Ses.	Dates	Time	Location
32004	S(1)	11/17	9 a.m.-5 p.m.	EC

FIT 063

ULTIMATE WORKOUT

Challenge yourself with this unique blend of aerobic and anaerobic conditioning, calisthenics, and strength and endurance training. Inspired by popularized high-intensity interval training exercise. This class will incorporate music to the instructor-led, boot camp style workout that will give everybody a full-body workout. Get ready to sweat.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
31894	T(10)	9/25-12/4	7:10-8:10 p.m.	DC
31427	T(10)	9/25-12/4	6-7 p.m.	CRC

FIT 675

ZUMBA

Burn fat and tone the body through this fusion of Latin and international music and dance themes that create a high-energy workout.

Total cost: \$99 (Tuition: \$0 Fees: \$99)

CRN#	Day/Ses.	Dates	Time	Location
31418	T(10)	9/18-11/27	7:45-8:45 p.m.	CKM
31429	R(10)	9/27-12/7	6:30-7:30 p.m.	CRC

FIT 004

ZUMBA INTERMEDIATE

Learn new Zumba dance moves, improve cardio-respiratory endurance, burn more calories fast, and improve overall health. Prerequisite: Low Impact Zumba or Zumba Gold.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
32061	T(10)	9/25-12/4	10:30-11:45 a.m.	OM

CPR 013

CPR/FIRST AID TRAINING

Learn basic cardiopulmonary resuscitation (CPR) and first aid techniques and become certified by the American Red Cross (ARC). Topics include Automatic External Defibrillator (AED).

Total cost: \$129 (Tuition: \$0 Fees: \$129)

CRN#	Day/Ses.	Dates	Time	Location
30621	U(1)	8/19	8:30 a.m.-5:15 p.m.	CC
31608	U(1)	9/16	8:30 a.m.-5:15 p.m.	EC
31620	U(1)	10/7	8:30 a.m.-5:15 p.m.	CC
31607	U(1)	11/4	8:30 a.m.-5:15 p.m.	EC
31621	U(1)	12/2	8:30 a.m.-5:15 p.m.	CC

FIT 047

BASIC SELF DEFENSE

Learn how to effectively protect yourself and develop valuable self-defense techniques while you get in shape. All skills and ability levels are welcome.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
31350	W(8)	9/26-11/14	7-8:15 p.m.	PHHS

FIT 048

KENPO KARATE SELF-DEFENSE

Learn self-defense techniques; basic stances, blocks, kicks, punches, strikes and forms (katas). Practice at home is recommended. For students of all abilities. Wear comfortable clothing. Bring water.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
31963	U(10)	9/9-11/11	9-10:15 a.m.	CC
32024	T(10)	9/18-11/27	6:30-7:45 p.m.	CRC

FIT 039

MIXED MARTIAL ARTS FITNESS

Use resistance training and various physical fitness routines from a variety of martial arts in order to improve cardiovascular endurance, muscular strength and endurance, flexibility and body composition. Course also offered for credit as PELF150.

Total cost: \$268 (Tuition: \$0 Fees: \$268)

CRN#	Day/Ses.	Dates	Time	Location
31773	M/W(27)	9/10-12/12	1:25-2:20 p.m.	DC

FIT 515

SELF DEFENSE FOR WOMEN-II

Explore a practical approach to personal defense, learn about defense techniques, practical information discussions related to violence and women around the world. Learn the signs of battered spouse syndrome and red flags for spousal abusers and date rapists. This class is also offered for credit as PEIA123.

Total cost: \$268 (Tuition: \$0 Fees: \$268)

CRN#	Day/Ses.	Dates	Time	Location
31805	T/R(31)	8/28-12/6	12:45-2:05 p.m.	EC
31806	R(15)	8/30-12/6	5:45-8:40 p.m.	EC

FIT 925

SELF-DEFENSE FOR PROTECTION

Focus on basic physical self-defense techniques including blocks, strikes, kicks, as well as common sense safety precautions. Develop the awareness and self-confidence to diffuse potentially violent situations. Should physical self-defense be required, learn how everyday objects can be used as natural weapons to deliver power to protect you. Open to students of all abilities. Wear comfortable clothing.

Total cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30595	F(10)	9/7-11/9	12-1:15 p.m.	OM
31334	M(9)	9/17-11/19	7:55-9:15 p.m.	TOH

LOCATION KEY

CC CCBC Catonsville	DC CCBC Dundalk	EC CCBC Essex	OM CCBC Owings Mills	HV CCBC Hunt Valley
CKM Cocksவில் Middle School	CRC Carver Center for Arts and Technology	PHHS Perry Hall High School	CTH Catonsville High School	
PARK Parkville High School			TOH Towson High School	

FOR REGISTRATION INFORMATION ON THESE COURSES, CALL 443-840-4700 OR VISIT CCBCMD.EDU/CONED

Explore

CCBC School of Liberal Arts

Performing Arts at CCBC's 2018-19 season celebrates **American Masters!**

Children's Playhouse of Maryland
12th Annual Fundraising Gala
September 8, 2018

CCBC Essex, Robert and Eleanor Romadka College Center, F. Scott Black Theatre

Children's Playhouse of Maryland
Anything Goes

Music and Lyrics by Cole Porter
Book by Guy Bolton, P.G. Wodehouse, Howard Lindsay and Russel Crouse

September 15-30, 2018

CCBC Essex, Administration Building, Lecture Hall

Dundalk Community Theatre Fundraiser

There's No Business Like Show Business

September 22-23, 2018

CCBC Dundalk, College Community Center, John E. Ravekes Theatre

CCBC Essex Academic Theatre

The Verge by Susan Glaspell

October 18-22, 2018

CCBC Essex, Robert and Eleanor Romadka College Center, F. Scott Black Theatre

Children's Playhouse of Maryland

A Midsummer Night's Dream by William Shakespeare

October 27-November 4, 2018

CCBC Essex, Administration Building, Lecture Hall

CCBC Catonsville Academic Theatre

August Wilson's Joe Turner's Come and Gone

November 1-5, 2018

CCBC Catonsville, Center for the Arts, Theatre

Dundalk Community Theatre

Side Show (2014 Broadway Revival)

Book and Lyrics by Bill Russell • Music by Henry Krieger • Additional book material by Bill Condon

November 9-18, 2018

CCBC Dundalk, College Community Center, John E. Ravekes Theatre

CCBC Dance Company

Fall 2018 Dance Concert

November 15-17, 2018

CCBC Catonsville, Center for the Arts, Theatre

CCBC Essex Academic Theatre

Working - 2012 Revised Version

From the book by Studs Terkel, adapted by Stephen Schwartz and Nina Faso

With additional contributions by Gordon Greenberg

Songs by Craig Carnelia, Micki Grant, Lin-Manuel Miranda, Mary Rodgers and Susan Birkenhead, Stephen Schwartz, James Taylor

November 29-December 3, 2018

CCBC Essex, Robert and Eleanor Romadka College Center, F. Scott Black Theatre

Children's Playhouse of Maryland

Thoroughly Modern Millie, Jr.

Book by Richard Morris and Dick Scanlan

New Music by Jeanne Tesori

New Lyrics by Dick Scanlan

Original Story and Screenplay by Richard Morris for the Universal Pictures Film

December 1-16, 2018

CCBC Essex, Administration Building, Lecture Hall

CCBC Music

Powerhouse Jazz Ensemble: An Evening of Big Band Jazz

December 13, 2018

CCBC Essex, Robert and Eleanor Romadka College Center, F. Scott Black Theatre



ccbcmd.edu/arts

Box Office 443-840-ARTS (2787)



Community College of Baltimore County
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Friday, September, 21, 2018

