

Howard County Physical Activity – Organized Youth Sports Guide

The Howard County Local Health Improvement Coalition (HCLHIC) wants to increase physical activity among Howard County Youth by increasing awareness of, and access to, resources in the community. **It is recommended that Youth (ages 6–17) should do 60 minutes (1 hour) or more of physical activity daily.** Those with chronic conditions should consult with a health care provider activity which are appropriate.

Organization	Activity																
	Baseball/Softball	Basketball	Cheerleading	Cricket/Rugby	Cycling	Football	Golf	Gymnastics	Hockey/Skating	Lacrosse	Martial Arts	Running	Soccer	Swim	Tennis	Volleyball	Wrestling
All Pro Gymnastics & Cheer Academy 410-379-5439 – I, E			✓					✓									
Atholton Youth Recreation Association 877-297-2421 – R, E	✓																
Atholton Swim Club 410-964-0068 – R														✓			
Columbia Association 410-730-1801 – I, R, E, S		✓					✓		✓		✓			✓	✓		
Columbia Figure Skating Club – R, E									✓								
Columbia Gymnastics 410-964-2053 – I, E								✓									
Columbia Ravens - E		✓	✓			✓											
Columbia Volleyball Club - E																✓	
East Coast Elite Volleyball Club - E																✓	
Elkridge Youth Organization 443-286-7969 – I, R, E, S	✓	✓											✓		✓		
Ellicott City Soccer Club – I, R, E, S													✓				
Forest Hills Swim & Tennis Club 410-465-1386 – R														✓	✓		
Girls on the Run 443-583-7740 – I, R, S												✓					
Goldfish Swim School 410-670-7591 – I, R, E														✓			
Heroes Tournament Lacrosse Club - E										✓							
HoCo Aquatics - E														✓			
Howard County Lacrosse Program – R, E										✓							
Howard County Hurricanes - E				✓													
Howard County Recreation and Parks 410-313-4700 - I, R, E, S	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Howard Stampede - E									✓								
Howard County Striders 443-745-6896 – I, R, E												✓					
Howard County Youth Programs (HCYP) 410-461-769 – R, E	✓	✓															
Howard County Youth Hockey Club - E									✓								
Howard Youth Basketball Association 410-461-7694 – R		✓															
Hwarang Martial Arts 240-478-0595 – I, R											✓						
Let Me Run – I, R, S												✓					
Maryland Chill Fastpitch Softball – E	✓																
Maryland Interscholastic Cycling League – I, E, S					✓												
M&D Lacrosse Club – E										✓							

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Maryland Roughriders Club 410-605-9389 – E										✓							
Nabaiee’s Family Martial Arts 410-312-5262 – I, R											✓						
Nam’S Taekwondo USA 410-992-5522 – I, R											✓						
North St. Johns Lane Swim & Tennis Club – R														✓	✓		
Okinawan Karate Dojo 443-574-8999 – I, R											✓						
Savage Boys and Girls Club – R, E	✓	✓															
Soccer Association of Columbia 410-203-9592 – I, R, E													✓				
Strive Volleyball Club – E, S																✓	
Supersquads Cheerleading 410-796-2244 – I			✓													✓	
The 4 th Quarter 443-904-6318 – R						✓											
Thunder Soccer Club 443-741-2486 – R, E, S													✓				
The Y in Ellicott City (Dancel) 410-465-4334 – I, E, S		✓						✓			✓	✓	✓	✓		✓	
Top Flight 410-992-1600 – I, E								✓									
Western Howard County Baseball & Softball – R, E	✓																
Western Howard County Soccer – R													✓				
Western Howard County Swim Club 410-489-7350 – R														✓			
Wilde Lake Karate 410-884-7340 – I, R	✓	✓				✓		✓			✓		✓		✓		
WKD Karate 443-200-4888 – I, R											✓						
Zingos Lacrosse Club 443-474-1672 – E										✓							

- ✓ – Sports offered by Organizations; Subject to change
- I – Instructional Level; Sports fundamentals taught with no formal competition opportunities. No tryouts required.
- R – Recreational Level; Competitive program, but no tryouts required. In-county competitions only.
- E – Elite Level; Competitive program with tryouts. Out-of-county competitions possible and likely.
- S – Scholarships/ Financial Assistance

You can help by sharing these partner programs!

Visit [HCLHIC Healthy Weight and Physical Activity Resources](#) for the electronic version of this resource and additional information. *If you know of a club or program that should be added please email us at lhic@howardcountymd.gov.*

