



### SAARC

13601 Missouri Avenue  
Brandywine, MD 20613  
301-699-2255 (CALL); TTY 301-699-2544

### Hours of Operation

Monday-Friday: 5 am-10 pm  
Saturday: 6 am-10 pm  
Sunday: 10 am-6 pm

[pgparks.com/saarc](http://pgparks.com/saarc)

# Spring Classes and Summer Camps 2020

Registration is easy!

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# SAARC

**Parks & Recreation**  
M-N C P P C

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## The Maryland-National Capital Park and Planning Commission

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The facilities and services of The Maryland-National Capital Park and Planning Commission are available to all without regard to race, color, religion, sex, age, national origin, physical or mental disabilities, or ability to pay.

## Our Mission

In partnership with our citizens, the Department of Parks and Recreation provides comprehensive park and recreation programs, facilities, and services which respond to changing needs within our communities. We strive to preserve, enhance, and protect our open spaces to enrich the quality of life for present and future generations in a safe and secure environment.

## Department of Parks and Recreation

Bill Tyler, *Director*

Debbie Tyner, *Deputy Director/Special Assistant to the Director*

Steve Carter, *Deputy Director of Facility Operations*

Alvin McNeal, *Acting Deputy Director of Administration & Development*

Wanda Ramos, *Acting Deputy Director of Area Operations*

## Customer Service Help Desk

301-699-CALL (2255); Park Permits: 301-699-2400

## Park Police

301-459-9088; TTY 301-459-3051

## Administration and Development

Administrative Services | 301-699-2255

Information Technology & Communication | 301-454-1515

Park Planning & Development | 301-699-2525

## Area Operations

Northern Area Operations | 301-445-4500

Central Area Operations | 301-218-6700

Southern Area Operations | 301-203-6000

Special Programs | 301-446-3400

## Facility Operations

Arts & Cultural Heritage | 301-446-3232

Public Affairs & Marketing | 301-446-3300

Maintenance & Development | 301-780-2300

Natural & Historical Resources | 301-627-2270

Youth & Countywide Sports Division | 301-446-6800

Aquatics & Athletic Facilities Division | 301-446-6800

## Prince George's County Parks and Recreation Foundation

301-446-3340

TTY (Text Telephone) for customers who are deaf, hard of hearing or have a speech disability. Unless otherwise listed, please call 301-699-2544.

## Photo and Video Policy

M-NCPPC's Department of Parks and Recreation staff may take photos or videos of participants in programs and special events, or people in parks or on park property, and use these images to promote M-NCPPC activities, events and facilities.

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 pgparks.photoshelter.com



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## We speak your language!

Read our website in the language of your choice. Don't miss out on the latest classes, programs, and events! It's **FREE** and easy to use in 4 steps!

1. Locate the "Enable Google Translate" or "Select Language" box at the bottom of our home page.
2. Click the box.
3. Tap the down arrow next to "Select Language".
4. Choose the language you want.



Questions? Please contact the Customer Service Help Desk at [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com) or call us at 301-699-CALL (2255); TTY (Text Telephone) for customers who are deaf, hard of hearing or have a speech disability: 301-699-2544.

# ABOUT

## Southern Area Aquatics and Recreation Complex (SAARC)

The **Southern Area Aquatics and Recreation Complex (SAARC)** is designed to create a vibrant place for physical and social activity. **SAARC** is the first multi-generational community recreational center in Prince George's County. The 75,000-square-foot complex includes a natatorium; two high school sized gymnasiums, a fitness room, and flexible, programmable space. **SAARC** also has rental spaces available for community and family gatherings that allow the use of a warming kitchen to accommodate outside caterers. All of these beautiful features can be accessed through the atrium that connects the interior spaces. The second level of the facility can be accessed through, either the stairway or the elevator, and includes an indoor running track and fitness center.



Learn More at  
[pgparks.com/saarc](http://pgparks.com/saarc)





## Become a PARKS DIRECT customer

You must establish a **PARKS DIRECT** account before you can register for classes and activities. It is easy to get started, and we'll answer any questions you may have.

### What do you need to join PARKS DIRECT?

You have the option to create your family's **PARKS DIRECT** account either in person at or online at [pgparksdirect.com](http://pgparksdirect.com). Residency MUST be verified in person before the household can be eligible for discounted resident prices. All accounts created online will be considered Non-Residents (and will be charged the Non-Resident prices) until those verification documents can be presented in person.

To verify your residency or create an account in-person, simply stop by any staffed facility with proof of residency for the household, and proof of age for each member of the household. Household members must be an immediate family member or any child who is under your legal temporary or permanent custody. Documentation is required to prove custody. Acceptable verification documents for both residency and age are listed below.

\* Accepted proof of residency: driver's license or MVA ID card, utility bill, lease agreement, property settlement sheet or original letter from Disability Agency on official stationery. Accepted proof of identity: driver's license or MVA ID card, passport, resident alien card, school or military ID card, or other government-issued ID. Accepted proof of age: driver's license or MVA ID card, passport, resident/alien card, birth certificate with a raised seal, baptismal certificate with birthdate and raised seal, or original letter from school or Disability Agency on official stationery.

### Customer Service Help Desk

M-NCPPC's Park and Planning Help Desk offers customers a quick and convenient connection to our services and programs. Whether you are curious about a biking trail or confused about our summer programs, need help with registration or want to know more about parks planned for your area, our Help Desk will steer you in the right direction. To get your questions answered right now, email [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com) or call us at 301-699-CALL (2255); TTY (Text Telephone) for customers who are deaf, hard of hearing or have a speech disability: 301-699-2544.

### Resident Registration and Fees

The Maryland-National Capital Park and Planning Commission policy gives priority to Prince George's County residents during program and class enrollment; it also increases registration fees by approximately 30 percent for non-residents, or those living outside Prince George's and Montgomery Counties. This procedure ensures that the citizens who fund these programs through their tax dollars have the first option to enroll. After the priority registration period, registrations are accepted from residents of all jurisdictions. The fee schedule applies to all Commission programs and facilities in Prince George's County, with a few exceptions such as performance tickets and historic site admission fees. \*NOTE: Full payment is due at registration unless a class or program has a scheduled payment structure i.e. Kids' Care, Trips & Excursions. Need help? Email the Customer Service Help Desk at [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com).

### Fee Structure

Please note that fees are listed in groups, allowing a reduced fee for county residents. A guide to this fee structure is shown below.

- (R)** Residents of Prince George's and Montgomery Counties
- (NR)** Non-Residents: residents living anywhere except Prince George's and Montgomery Counties
- (IA)** Residents living in the impact area of the Prince George's Sports & Learning Complex
- (M)** A member of a facility group, independent of residency
- (RM) (NRM)** A resident of Prince George's or Montgomery Counties who is also a member of the facility
- (NRM)** A non-resident of Prince George's or Montgomery Counties who is a member of the facility

#### Impact Area Fees & Registration

**(IA)** means residents living in the Impact Area of the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. Impact Area Residents are allowed one-week priority registration and receive a fee reduction for programs at the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center only. Call 301-583-2400; TTY 301-699-2544 for information about the impact area.

#### Refund Policy

The registrant is entitled to a 100% refund, or a credit to his/her account, in the event that The Maryland-National Capital Park and Planning Commission cancels a course. The registrant may withdraw from a course at any time prior to course end, and will be entitled to receive a pro-rated credit to his/her account, based on the number of classes remaining at the time the withdrawal is requested. All withdrawals performed within 7 days of the course start must be processed by the facility offering the program; withdrawals with additional advanced notice may be processed online or at any other facility. Except for within 24 hours of the original registration date, a 20% Withdrawal Fee will be assessed on any funds resulting from the withdrawal. This fee will be waived in the event of course cancellation, postponements, changes made by M-NCPPC, or if otherwise stated by the Facility Manager. No requests for refunds will be accepted after a course is completed. No cash refunds will be allowed. Refunds for credit card purchases will be issued as a credit to the credit card account. Check refunds may take 3–4 weeks to process. No refund or credit will be issued for classes missed by the participant. Some activities have different refund/withdrawal policies that supersede this standard policy, as identified in the course description or details.

#### Non-Sufficient Funds Fee

The NSF fee for returned checks is \$35.

#### Fee Assistance

Fee assistance is available for Prince George's County residents only (does not apply to all programs/facilities). Formal proof of need is required. Forms are available at area community centers and can be downloaded from [pgparks.com](http://pgparks.com).

#### Fees Subject to Change

The fees in this program guide are subject to change. Please contact the facility offering the program for up-to-date information.



## Ready to register?

### To register online

Internet registration is available 24 hours a day, beginning at 7 am on Monday, February 10 for Prince George's County residents, and on Tuesday, February 18 for all others. You may view sections and activities, sign up, make a payment, and view your family's current registrations.

#### *Have the following...*

- Household login information (given to you when you set up your **PARKS DIRECT** account)
- Credit/debit card number and expiration date

#### *Steps to follow...*

- Visit our web site at [pgparks.com](http://pgparks.com) and click on the **PARKS DIRECT** logo in the middle of the page.

#### *Need assistance?*

- Call any Parks and Recreation facility during regular office hours, or email the Customer Service Help Desk at [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com).

### To register in person

Drop by any of our staffed Department of Parks and Recreation facilities during regular business hours beginning at 7 am on Monday, February 10 for Prince George's County residents, and at 7 am on Tuesday, February 18 for all others. Our friendly Parks and Recreation staff will take your registration and payment. Do not attempt to register at school sites.

#### *Have the following...*

- Household login information (given to you when you set up your **PARKS DIRECT** account)
- Program information (section/ticket barcode needed)

## Stay in Touch!

If you have registered for a class or trip within the last 2 years via our registration system, you will automatically receive the quarterly *Your Guide* to Parks and Recreation. New to the area, or haven't registered in the past 2 years? Then, email [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) and we'll mail you a FREE copy of the current Guide.

Want to get the latest in your parks and recreation events and programs via our Monday morning e-newsletter? Send an email request to [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) and you'll receive a weekly e-newsletter about upcoming Department of Parks and Recreation programs and events.



# Looking for something fun, healthy and educational to do in Prince George's County?

Just look through this section to discover the wide variety of classes and activities offered at SAARC. Listings are alphabetical by activity (aquatics, computer skills, crafts & hobbies, etc.), and each of those sections is organized by age groups:

**PRE-SCHOOLERS:** ages 0–5 years

**CHILDREN & YOUTH:** ages 6–12

**TEENS:** ages 13–17

**ADULTS & YOUNG ADULTS:** ages 18 & up

**SENIORS:** ages 60 & up

**MIXED AGES:** a mixture of age groups ex: 4–6, 2–10, 10 & up, etc

## Aquatics

### PRE-SCHOOLERS

#### Swim Lessons: Bobbers

Build your child's water confidence, alleviate their feelings of fear, and help them learn healthy, fitness habits in this introductory swimming course! This level familiarizes children to the aquatic environment and helps them acquire basic aquatic skills such as water entry and exit; breath control and submerging; floating/gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10101-275A</b> Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10101-275B</b> Tue, Thu	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Apr 7

#### Swim Lessons: Floaters

Move to the next stage of fun swimming fitness as you get active moving around the pool and under water. You will strengthen your swim abilities and self-confidence! This level builds on basic swimming skills learned in the Bobbers Series including breath control and submerging; swimming using combined arm and leg actions on the front and back; and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10104-275A</b> Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10104-275B</b> Tue, Thu	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Apr 7

#### Swim Lessons: Stokers I

Soar through the water with greater swim abilities, independence, and self-confidence! This level builds on the skills learned in the Bobbers and Floaters levels, with a greater emphasis on swimming on the front and back without assistance and for longer distances. Treading in shoulder-deep water for longer periods of time will also be explored. Water safety concepts are reinforced in this level. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10105-275A</b> Mon, Wed	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10105-275B</b> Tue, Thu	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Apr 7

### CHILDREN

#### Swim Lessons: Children, Youth, Level 1 Intro to Water Skills

Ready to get your feet wet and make a big, fun splash? Gain a life-long love of swimming and feel self-confident in the pool or at the beach with these first steps toward becoming a swimmer! This level will help orient participants to the aquatic environment and help them gain basic aquatic skills such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10201-275A</b> Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10201-275B</b> Tue, Thu	6 - 12yrs. 6:00 - 6:45pm \$60(R); \$78(NR)	8 classes starts Apr 7

Registration is easy!

Visit [pgparksdirect.com](http://pgparksdirect.com)



### Swim Lessons: Children, Youth, Level 2 Fundamental Aquatic Skills

Come on in, the waters' fine! Join us as we proceed to the next level of swimming fun and fitness! We will build on the fundamental aquatic skills learned in Level 1-- breath control, submerging, floating and gliding on front and back, swimming using combined arm and leg actions on front and back, and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10202-275A</b> Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10202-275B</b> Tue, Thu	6 - 12yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Apr 7

### Swim Lessons: Children, Youth, Level 3 Stroke Development

Celebrate your achievements by graduating to swim stroke readiness! Have a good time getting more exercise while gaining self-confidence in the water. This level focuses on stroke development, including front crawl and elementary backstroke. Participants will be introduced to the breaststroke, scissors and dolphin kicks, build on the fundamentals of treading water in deep water and to help participants achieve basic water competency in a pool environment. Diving skills may also be introduced in this level. Prerequisite: Successful completion of Level 2. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10203-275A</b> Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10203-275B</b> Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Apr 7

### Swim Lessons: Children, Youth, Level 4 Stroke Improvement

Be in the swim of things and improve your stroke! Sign up to increase your strength and to boost your proficiency in swimming the front crawl, breaststroke, butterfly, back crawl, and side stroke! Youth may also work on diving skills. Prerequisite: Successful completion of Level 3. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10204-275A</b> Tue, Thu	6 - 12yrs. 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Apr 7
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## ADULTS

### Aqua Boot Camp: Adults

"Uncle Sam" of the sea -- King Neptune wants you! Gear up your swimsuit and make a splash in this boot-camp style approach to interval training that includes using water as a resistance tool while performing different exercises. Be empowered as you build strength, self-confidence, relationships with fellow water warriors, and an increased fitness level to rival any cadet. No swimming experience necessary.

<b>10403-275A</b> Thu	18 & up 7:00 - 7:45am Free	1 class starts Mar 12
<b>10403-275B</b> Tue	18 & up 7:00 - 7:45am Free	1 class starts Mar 24

<b>10403-275C</b> Tue	18 & up 7:00 - 7:45am \$24(R); \$32(NR)	4 classes starts Apr 7
<b>10403-275D</b> Thu	18 & up 7:00 - 7:45am \$24(R); \$32(NR)	4 classes starts Apr 9
<b>10403-275E</b> Tue	18 & up 7:00 - 7:45am \$24(R); \$32(NR)	4 classes starts May 5
<b>10403-275F</b> Thu	18 & up 7:00 - 7:45am \$24(R); \$32(NR)	4 classes starts May 7

### Aqua Fusion: Adults

Variety is the spice of life! Stir up your water routine by adding a mix of various aerobic fitness styles! Increase your strength level and bolster your mood through a blend of Water Aerobics, Aqua Sculpt, Aqua Tabata, and Boot Camp rolled into one class. In addition, you will use equipment designed to build your stamina and to achieve a healthy lifestyle.

<b>10411-275A</b> Mon	18 & up 9:00 - 9:45am \$24(R); \$32(NR)	4 classes starts Apr 6
<b>10411-275B</b> Wed	18 & up 9:00 - 9:45am \$24(R); \$32(NR)	4 classes starts Apr 8
<b>10411-275C</b> Mon	18 & up 9:00 - 9:45am \$24(R); \$32(NR)	4 classes starts May 4
<b>10411-275D</b> Wed	18 & up 9:00 - 9:45am \$24(R); \$32(NR)	4 classes starts May 6

### Aqua Mat Fitness

Take your fitness to the next level of awesome! Break away from the ordinary with a workout on top of the water. Aqua Mat Fitness uses a floating mat as your base for a low impact, whole body workout. Do pushups, squats, planks, and more cardio exercises in this fun, new way to move in the pool. Challenge your core muscles, build your balance, and improve your coordination. Get started today with a dynamic way to stay healthy.

<b>10419-275A</b> Tue	18 & up 11:00 - 11:45am Free	1 class starts Mar 10
<b>10419-275B</b> Thu	18 & up 11:00 - 11:45am Free	1 class starts Mar 19
<b>10419-275C</b> Tue	18 & up 11:00 - 11:45am \$30(R); \$39(NR)	4 classes starts Apr 7
<b>10419-275D</b> Thu	18 & up 11:00 - 11:45am \$30(R); \$39(NR)	4 classes starts Apr 9
<b>10419-275E</b> Tue	18 & up 11:00 - 11:45am \$30(R); \$39(NR)	4 classes starts May 5
<b>10419-275F</b> Thu	18 & up 11:00 - 11:45am \$30(R); \$39(NR)	4 classes starts May 7



## Deep Water Aerobics: Adults

Want to defy gravity? Deep water is nature's aquatic fitness machine making you feel pounds lighter and allowing you to achieve your health goals through a balanced workout routine. This class is perfect for those hoping to relieve stress on their joints. We'll tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

<b>10405-275A</b> Mon	18 & up 10:00 - 10:45am Free	1 class starts Mar 9
<b>10405-275B</b> Mon	18 & up 10:00 - 10:45am Free	1 class starts Mar 23
<b>10405-275C</b> Mon	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts Apr 6
<b>10405-275D</b> Wed	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts Apr 8
<b>10405-275E</b> Fri	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts Apr 10
<b>10405-275F</b> Mon	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts May 4
<b>10405-275G</b> Wed	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts May 6
<b>10405-275H</b> Fri	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	4 classes starts May 8

## Spinning: Adults, Aqua, Beginner

You can spin to win! Beat the temptation to be a couch potato with this challenging, aerobic and anaerobic workout utilizing stationary bikes in the water with tension settings that allow you to work at your fitness level. This low impact, heart healthy exercise strengthens and tones your hamstrings, buttocks, and inner thighs. Join our team-like, non-judgmental culture of diverse spinners while having fun moving to great tunes.

<b>10408-275A</b> Mon	18 & up 8:00 - 8:45am Free	1 class starts Mar 2
<b>10408-275B</b> Wed	18 & up 8:00 - 8:45am Free	1 class starts Mar 25
<b>10408-275C</b> Mon	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts Apr 6
<b>10408-275D</b> Wed	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts Apr 8
<b>10408-275E</b> Fri	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts Apr 10
<b>10408-275F</b> Mon	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts May 4
<b>10408-275G</b> Wed	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts May 6
<b>10408-275H</b> Fri	18 & up 8:00 - 8:45am \$30(R); \$39(NR)	4 classes starts May 8

## Spinning: Aqua

Be empowered to elevate your workout to the next degree of fitness achievement! This class is a fast-paced, high-energy, challenging exercise utilizing stationary bikes in the water to strengthen and tone your hamstrings, buttocks, and inner thighs. Expect to be seated, standing, and moving throughout the pool! NOTE: This course is geared for participants who have taken Spinning: Aqua, Adults (SPA).

<b>10414-275A</b> Mon	18 & up 7:00 - 7:45am Free	1 class starts Mar 2
<b>10414-275B</b> Fri	18 & up 8:00 - 8:45am Free	1 class starts Mar 6

<b>10414-275C</b> Tue	18 & up 9:00 - 9:45am Free	1 class starts Mar 17
<b>10414-275D</b> Wed	18 & up 7:00 - 7:45am Free	1 class starts Mar 25
<b>10414-275E</b> Thu	18 & up 9:00 - 9:45am Free	1 class starts Mar 26
<b>10414-275F</b> Fri	18 & up 8:00 - 8:45am Free	1 class starts Mar 27
<b>10414-275G</b> Mon	18 & up 7:00 - 7:45am \$34(R); \$45(NR)	4 classes starts Apr 6
<b>10414-275H</b> Tue	18 & up 9:00 - 9:45am \$34(R); \$45(NR)	4 classes starts Apr 7
<b>10414-275I</b> Wed	18 & up 7:00 - 7:45am \$34(R); \$45(NR)	4 classes starts Apr 8
<b>10414-275J</b> Thu	18 & up 9:00 - 9:45am \$34(R); \$45(NR)	4 classes starts Apr 9
<b>10414-275K</b> Mon	18 & up 7:00 - 7:45am \$34(R); \$45(NR)	4 classes starts May 4
<b>10414-275L</b> Tue	18 & up 9:00 - 9:45am \$34(R); \$45(NR)	4 classes starts May 5
<b>10414-275M</b> Wed	18 & up 7:00 - 7:45am \$34(R); \$45(NR)	4 classes starts May 6
<b>10414-275N</b> Thu	18 & up 9:00 - 9:45am \$34(R); \$45(NR)	4 classes starts May 7

## Sup Yoga

Find your focus! Discover the benefits of stand up paddle board (SUP) yoga without the paddle board. We'll use our BOGA FITMAT for stability on the water. Watch your core muscle groups strengthen. Increase your flexibility. Improve your breathing. Relieve stress. Don't miss your opportunity to float into fitness. Every life needs a little more balance!

<b>10418-275A</b> Wed	18 & up 6:00 - 6:45pm Free	1 class starts Mar 4
<b>10418-275B</b> Mon	18 & up 6:00 - 6:45pm Free	1 class starts Mar 16
<b>10418-275C</b> Mon	18 & up 6:00 - 6:45pm \$30(R); \$39(NR)	4 classes starts Apr 6
<b>10418-275D</b> Wed	18 & up 6:00 - 6:45pm \$30(R); \$39(NR)	4 classes starts Apr 8
<b>10418-275E</b> Mon	18 & up 6:00 - 6:45pm \$30(R); \$39(NR)	4 classes starts May 4
<b>10418-275F</b> Wed	18 & up 6:00 - 6:45pm \$30(R); \$39(NR)	4 classes starts May 6

## Water Aerobics: Adults

Join us for fast-paced and energy-packed exercise aimed to improve cardiovascular function! You'll get the added benefits of: feeling refreshed, having a lighter mood, increased range of motion, sustained vitality, and building relationships with fellow exercise enthusiasts who love the water. Did we say "you'll shed inches and pounds" too?

<b>10409-275A</b> Tue, Thu	18 & up 8:00 - 8:45am Free	1 class starts Mar 12
<b>10409-275B</b> Tue	18 & up 8:00 - 8:45am Free	1 class starts Mar 24
<b>10409-275C</b> Tue	18 & up 8:00 - 8:45am \$24(R); \$32(NR)	4 classes starts Apr 7
<b>10409-275D</b> Thu	18 & up 8:00 - 8:45am \$24(R); \$32(NR)	4 classes starts Apr 9
<b>10409-275E</b> Tue	18 & up 8:00 - 8:45am \$24(R); \$32(NR)	4 classes starts May 5
<b>10409-275F</b> Thu	18 & up 8:00 - 8:45am \$24(R); \$32(NR)	4 classes starts May 7

## SENIORS

### Spinning: Aqua, Seniors

Did you know spinning exercises trigger your brain to release excitement stimulants which increases happiness? Challenging but low impact, this class uses stationary bikes in the water which have the benefit of reducing injury risks. On your fitness journey, you will build self-awareness, stay heart healthy, strengthen hamstrings, buttocks, and inner thighs. Ride into a renewed and balanced lifestyle!

<b>10503-275A</b> Fri	60 & up 9:00 - 9:45am Free	1 class starts Mar 6
<b>10503-275B</b> Tue	60 & up 10:00 - 10:45am Free	1 class starts Mar 17
<b>10503-275C</b> Thu	60 & up 10:00 - 10:45am Free	1 class starts Mar 26
<b>10503-275D</b> Fri	60 & up 9:00 - 9:45am Free	1 class starts Mar 27
<b>10503-275E</b> Tue	60 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts Apr 7
<b>10503-275F</b> Thu	60 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts Apr 9
<b>10503-275G</b> Fri	60 & up 9:00 - 9:45am \$28(R); \$37(NR)	4 classes starts Apr 10
<b>10503-275H</b> Tue	60 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts May 5
<b>10503-275I</b> Thu	60 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts May 7
<b>10503-275J</b> Fri	60 & up 9:00 - 9:45am \$28(R); \$37(NR)	4 classes starts May 8

## MIXED AGES

### Aqua Fusion: Mixed Ages

Variety is the spice of life! Stir up your water routine by adding a mix of various aerobic fitness styles! Increase your strength level and bolster your mood through a blend of Water Aerobics, Aqua Sculpt, Aqua Tabata, and Boot Camp rolled into one class. In addition, you'll use equipment designed to build your stamina and to achieve a healthy lifestyle.

<b>10609-275A</b> Mon	18 & up 9:00am - 9:45pm Free	1 class starts Mar 9
<b>10609-275B</b> Mon	18 & up 9:00am - 9:45pm Free	1 class starts Mar 23

### Lifeguard Pre-Test

Want to show you have the skills to be a top-notch lifeguard? This pre-test is necessary for the Lifeguard Training course (both pre-test and course must be taken at the same facility). Must be at least 15 years old. Participants must demonstrate the following: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs, (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds: starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object and finally exit the water without using a ladder or steps.

<b>10603-275A</b> Fri	15 & up 5:00 - 7:00pm \$10(R); \$10(NR)	1 class starts May 1
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### Lifeguard Training

Get empowered with the skills and confidence needed to excel at lifeguarding! The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Must be at least 15 years old. Participants must have previously passed the Lifeguard Pre-test (both pre-test and course must be taken at the same facility) where they demonstrated: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs, (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds: Starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object and finally exit the water without using a ladder or steps.

<b>10616-275A</b> Fri-Sun	15 & up 5:00 - 9:00pm \$150(R); \$195(NR)	5 classes starts May 8
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### Swim Lessons: Mixed Ages, Beginner

Swimming is a skill for life to keep you safe, increase self-confidence and maintain a healthy existence. This level will help orient participants to the aquatic environment and help them gain basic aquatic skills such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10605-275A</b> Mon, Wed	14 & up 8:15 - 8:55pm \$60(R); \$78(NR)	8 classes starts Apr 6
<b>10605-275B</b> Tue, Thu	14 & up 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Apr 7

### Swim Lessons: Mixed Ages, Intermediate

Take the plunge to deepen your swim skill development, self-confidence, and fitness stage. This level builds on fundamental aquatic skills and swimming strokes such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Front crawl, breaststroke and back crawl are introduced at this level. Participants will be taught the skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisite for this level; successful completion of the Adult, Beginner Level or participants must be able comfortable in chest-deep water, able to submerge face in the water and able to perform front crawl for 15 yards. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

<b>10606-275A</b> Mon, Wed	14 & up 8:15 - 8:55pm \$70(R); \$91(NR)	8 classes starts Apr 6
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## Computer Skills

### TEENS

#### Web Page Design: HTML/CSS, Teens

Build your own website! Enroll in our exciting course where you become the creator and the voice of your online presence. Develop basic skills in web design including HTML and CSS. Achieve a cutting-edge look for your website and become self-confident in understanding “the why” behind the web. What information will your newly designed website bring to the world?

<b>14303-275A</b>	13 & up	6 classes
Sun	1:00 - 2:30pm	starts Mar 15
	\$64(R); \$84(NR)	

### SENIORS

#### Smart Devices: Seniors

You don't have to be smart like Einstein to use a smart device! Increase self-confidence, develop digital skills, and stay real-time connected with your social circles through this course. Learn how to understand and utilize various smart devices. Explore the many different features and uses of digital devices like smart phones, tablets, and other handheld devices. Participants are encouraged to bring their digital devices. Please contact offering facility for device details.

<b>14506-275A</b>	60 & up	4 classes
Tue	9:30 - 11:00am	starts Mar 10
	\$20(R); \$26(NR)	
<b>14506-275B</b>	60 & up	4 classes
Tue	9:30 - 11:00am	starts Apr 7
	\$20(R); \$26(NR)	
<b>14506-275C</b>	60 & up	4 classes
Tue	9:30 - 11:00am	starts May 5
	\$20(R); \$26(NR)	

### MIXED AGES

#### A+ Basics: Understanding of Computer and Network Architectures

Lay the groundwork to be inspired by computer science. Our self-paced class is designed to enhance your experience with computers. Gain an understanding of these thinking machines and the networks they serve. Learn various computer architectures and network classifications from an experienced professional. Achieve your dreams of knowing how to troubleshoot, repair, and maintain a computer. You are on your way to A+ knowledge in this course on A+ Basics.

<b>14609-275A</b>	12 - 17yrs.	11 classes
Thu, Sat	6:30 - 8:00pm	starts Mar 12
	\$84(R); \$110(NR)	

#### Video Game Design: Mixed Ages

Help your imaginary adventure world come to life creating your own video games! Learn how to create a variety of video games while developing new skills, expanding your creativity, and building relationships with other gamers. Join us in this exciting course where you will grow your ideas from a concept to a cool creation.

<b>14601-275A</b>	8 - 14yrs.	6 classes
Sat	10:00 - 11:30am	starts Mar 14
	\$48(R); \$63(NR)	

## Crafts & Hobbies

### SENIORS

#### Arts and Crafts: Seniors

Express your inner artist! Immerse yourself in different media like acrylics, watercolor, or collage to make various arts and crafts projects. Join this fun course of inspiration and imagination! Additional material fees may be required. Please contact offering facility for details.

<b>15502-275A</b>	60 & up	4 classes
Fri	10:00am - 12:00pm	starts Mar 6
	\$16(R); \$21(NR)	
<b>15502-275B</b>	60 & up	4 classes
Fri	10:00am - 12:00pm	starts Apr 3
	\$16(R); \$21(NR)	
<b>15502-275C</b>	60 & up	4 classes
Fri	10:00am - 12:00pm	starts May 1
	\$16(R); \$21(NR)	

#### Quilting: Seniors, Beginner

Known among worldwide cultures as folk art, quilting has remained a popular form of artistic expression for centuries. Students will use a variety of techniques and design choices. Bring to life your fabric creations through this engaging craft. Come learn this fascinating skill and maybe you'll pass along your talents to the next generation!

<b>15504-275A</b>	60 & up	4 classes
Wed	11:15am - 1:15pm	starts Mar 4
	\$28(R); \$37(NR)	
<b>15504-275B</b>	60 & up	4 classes
Wed	11:15am - 1:15pm	starts Apr 1
	\$28(R); \$37(NR)	
<b>15504-275C</b>	60 & up	4 classes
Wed	11:15am - 1:15pm	starts Apr 29
	\$28(R); \$37(NR)	

#### Sewing: Seniors

Beautiful things come together one STITCH at a time! If you have been on PINS and NEEDLES with a NOTION to learn sewing, this is the class for you. HEM in knowledge of basic sewing techniques through this relaxing course where your creativity will unFOLD into a lovely finished product. Increase self-confidence, elevate your mood, and BOND with others. Please consult offering facility regarding necessary class materials and details.

<b>15501-275A</b>	60 & up	4 classes
Mon	11:15am - 1:15pm	starts Mar 2
	\$28(R); \$37(NR)	
<b>15501-275B</b>	60 & up	4 classes
Mon	11:15am - 1:15pm	starts Mar 30
	\$28(R); \$37(NR)	
<b>15501-275C</b>	60 & up	4 classes
Mon	11:15am - 1:15pm	starts Apr 27
	\$28(R); \$37(NR)	

# Spring Break Day Camps

## CHILDREN

### Spring Break Camp: Recreation, Children

Hang out! School is out! We help kids be kids! We use unstructured play to help mold character and confidence. Join us for fun and games when Prince George's County Schools are closed. Our camp is committed to every child's enrichment and the human right to learn, play, and grow.

<b>16250-275A</b> Mon	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 6
<b>16250-275B</b> Tue	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 7
<b>16250-275C</b> Wed	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 8
<b>16250-275D</b> Thu	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 9
<b>16250-275E</b> Fri	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 10
<b>16250-275F</b> Mon	6 - 9yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 13

## MIXED AGES

### Spring Break Camp: Recreation, Mixed Ages

Hang out! School is out! We help kids be kids! We use unstructured play to help mold character and confidence. Join us for fun and games when Prince George's County Schools are closed. Our camp is committed to every child's enrichment and the human right to learn, play, and grow.

<b>16643-275A</b> Mon	10 - 17yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 6
<b>16643-275B</b> Tue	10 - 17yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 7
<b>16643-275C</b> Wed	10 - 17yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 8
<b>16643-275D</b> Thu	10 - 17yrs. 9:00am - 4:30pm \$34(R); \$51(NR)	1 class starts Apr 9
<b>16643-275E</b> Fri	10 - 17yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 10
<b>16643-275F</b> Mon	10 - 17yrs. 9:00am - 4:30pm \$25(R); \$33(NR)	1 class starts Apr 13

# Fitness & Health

## ADULTS

### Aerobics: Hula Hoop, Adults Beginner

Tap into a memory from your childhood! Hula-hooping achieves a total body workout including a stronger core, waist reduction, and flexibility. Swirl your way to next level fitness with this exciting exercise routine.

<b>17402-275A</b> Fri	18 & up 9:00 - 10:00am Free	1 class starts Mar 6
<b>17402-275B</b> Fri	18 & up 9:00 - 10:00am \$5(R); \$7(NR)	1 class starts Mar 13
<b>17402-275C</b> Fri	18 & up 9:00 - 10:00am \$10(R); \$13(NR)	2 classes starts Mar 20
<b>17402-275D</b> Fri	18 & up 9:00 - 10:00am \$15(R); \$20(NR)	4 classes starts Apr 3
<b>17402-275E</b> Fri	18 & up 9:00 - 10:00am \$25(R); \$33(NR)	5 classes starts May 1

### Fitness Boot Camp: Adults

Get ready to kick ... your fitness into gear! This is an intense, full-body, strength and conditioning, fitness training program. Your TARGET is great health. Defeat is not an option. Get empowered! Get moving! You've got this!

<b>17426-275A</b> Mon	18 & up 6:30 - 7:30pm Free	1 class starts Mar 2
<b>17426-275F</b> Fri	18 & up 6:30 - 7:30pm Free	1 class starts Mar 6
<b>17426-275B</b> Mon	18 & up 6:30 - 7:30pm \$5(R); \$7(NR)	1 class starts Mar 9
<b>17426-275G</b> Fri	18 & up 6:30 - 7:30pm \$5(R); \$7(NR)	1 class starts Mar 13
<b>17426-275C</b> Mon	18 & up 6:30 - 7:30pm \$15(R); \$20(NR)	3 classes starts Mar 16
<b>17426-275H</b> Fri	18 & up 6:30 - 7:30pm \$10(R); \$13(NR)	2 classes starts Mar 20
<b>17426-275I</b> Fri	18 & up 6:30 - 7:30pm \$20(R); \$26(NR)	4 classes starts Apr 3
<b>17426-275D</b> Mon	18 & up 6:30 - 7:30pm \$20(R); \$26(NR)	4 classes starts Apr 6
<b>17426-275J</b> Fri	18 & up 6:30 - 7:30pm \$25(R); \$33(NR)	5 classes starts May 1
<b>17426-275E</b> Mon	18 & up 6:30 - 7:30pm \$15(R); \$20(NR)	3 classes starts May 4

### Pilates: Adults, Beginner

Used by athletes and dancers alike for almost 100 years, Pilates is the tested way to improved health. The Pilates method teaches exercises created to relieve stress, ease back pain, condition, and restore the body's natural balance. Stretch your way to improved fitness!

<b>17423-275A</b> Thu	18 & up 7:45 - 8:45pm Free	1 class starts Mar 5
<b>17423-275B</b> Thu	18 & up 7:45 - 8:45pm \$6(R); \$8(NR)	1 class starts Mar 12
<b>17423-275C</b> Thu	18 & up 7:45 - 8:45pm \$12(R); \$16(NR)	2 classes starts Mar 19



<b>17423-275D</b> Thu	18 & up 7:45 - 8:45pm \$30(R); \$39(NR)	5 classes starts Apr 2
<b>17423-275E</b> Thu	18 & up 7:45 - 8:45pm \$24(R); \$32(NR)	4 classes starts May 7

## Spinning: Adults, Beginner

Spinning is an original and very popular, group cycling class. With no complicated moves to learn and music that begs your legs to pedal, getting in shape is easy. Ride into cardiovascular fitness, boosted energy, and an empowered new you!

<b>17405-275A</b> Tue	18 & up 6:30 - 7:30am Free	1 class starts Mar 3
<b>17405-275F</b> Tue	18 & up 6:30 - 7:30pm Free	1 class starts Mar 3
<b>17405-275P</b> Fri	18 & up 6:30 - 7:30pm Free	1 class starts Mar 6
<b>17405-275B</b> Tue	18 & up 6:30 - 7:30am \$6(R); \$8(NR)	1 class starts Mar 10
<b>17405-275G</b> Tue	18 & up 6:30 - 7:30pm \$6(R); \$8(NR)	1 class starts Mar 10
<b>17405-275K</b> Thu	18 & up 6:30 - 7:30am Free	1 class starts Mar 12
<b>17405-275L</b> Thu	18 & up 6:30 - 7:30am \$6(R); \$8(NR)	1 class starts Mar 12
<b>17405-275Q</b> Fri	18 & up 6:30 - 7:30pm \$6(R); \$8(NR)	1 class starts Mar 13
<b>17405-275C</b> Tue	18 & up 6:30 - 7:30am \$18(R); \$24(NR)	3 classes starts Mar 17
<b>17405-275H</b> Tue	18 & up 6:30 - 7:30pm \$18(R); \$24(NR)	3 classes starts Mar 17
<b>17405-275M</b> Thu	18 & up 6:30 - 7:30am \$12(R); \$16(NR)	2 classes starts Mar 19
<b>17405-275R</b> Fri	18 & up 6:30 - 7:30pm \$12(R); \$16(NR)	2 classes starts Mar 20
<b>17405-275N</b> Thu	18 & up 6:30 - 7:30am \$30(R); \$39(NR)	5 classes starts Apr 2
<b>17405-275S</b> Fri	18 & up 6:30 - 7:30pm \$24(R); \$32(NR)	4 classes starts Apr 3
<b>17405-275D</b> Tue	18 & up 6:30 - 7:30am \$24(R); \$32(NR)	4 classes starts Apr 7
<b>17405-275I</b> Tue	18 & up 6:30 - 7:30pm \$24(R); \$32(NR)	4 classes starts Apr 7
<b>17405-275T</b> Fri	18 & up 6:30 - 7:30pm \$30(R); \$39(NR)	5 classes starts May 1
<b>17405-275E</b> Tue	18 & up 6:30 - 7:30am \$24(R); \$32(NR)	4 classes starts May 5
<b>17405-275J</b> Tue	18 & up 6:30 - 7:30pm \$24(R); \$32(NR)	4 classes starts May 5
<b>17405-275O</b> Thu	18 & up 6:30 - 7:30am \$24(R); \$32(NR)	4 classes starts May 7

## Spinning: Adults, Intermediate

In the beginning, there was spinning! But now, we're moving into the next level of great health. For those interested in intermediate to advanced actions, we'll challenge your body to progressively improve while you cycle to popular music tunes. Ride with our motivated spinners into cardiovascular fitness, boosted energy, and an empowered new you! Get on your bike and tell poor health to take a hike!

<b>17406-275A</b> Thu	18 & up 7:15 - 8:15pm \$12(R); \$16(NR)	2 classes starts Mar 19
<b>17406-275B</b> Thu	18 & up 7:15 - 8:15pm \$30(R); \$39(NR)	5 classes starts Apr 2
<b>17406-275C</b> Thu	18 & up 7:15 - 8:15pm \$24(R); \$32(NR)	4 classes starts May 7

## Yoga: Adults, All Levels

Stretch toward your fitness goals! Learn basic yoga to improve health and flexibility through deep breathing and controlled stretching. Reduce stress, get better sleep, and build muscle stamina as you practice new or previously learned yoga skills.

<b>17413-275A</b> Sat	18 & up 10:15 - 11:15am Free	1 class starts Mar 7
<b>17413-275B</b> Sat	18 & up 10:15 - 11:15am \$6(R); \$8(NR)	1 class starts Mar 14
<b>17413-275C</b> Sat	18 & up 10:15 - 11:15am \$12(R); \$16(NR)	2 classes starts Mar 21
<b>17413-275D</b> Sat	18 & up 10:15 - 11:15am \$24(R); \$32(NR)	4 classes starts Apr 4
<b>17413-275E</b> Sat	18 & up 10:15 - 11:15am \$30(R); \$39(NR)	5 classes starts May 2

## Zumba: Fitness, Adults

Get ready for the global dance fitness phenomena! Zumba is a fusion of Latin and International music. The use of multicultural dance themes create a dynamic and exciting total body fitness routine. Experience Zumba's benefits to your mood, heart, and dance skills!

<b>17414-275A</b> Thu	18 & up 7:45 - 8:45pm Free	1 class starts Mar 5
<b>17414-275B</b> Thu	18 & up 7:45 - 8:45pm \$5(R); \$7(NR)	1 class starts Mar 12
<b>17414-275C</b> Thu	18 & up 7:45 - 8:45pm \$10(R); \$13(NR)	2 classes starts Mar 19
<b>17414-275D</b> Thu	18 & up 7:45 - 8:45pm \$25(R); \$33(NR)	5 classes starts Apr 2
<b>17414-275E</b> Thu	18 & up 7:45 - 8:45pm \$20(R); \$26(NR)	4 classes starts May 7

## SENIORS

### Exercise: Seniors

Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.

<b>17517-275B</b> Tue, Thu	60 & up 11:15am - 12:15pm \$25(R); \$33(NR)	8 classes starts Mar 31
<b>17517-275C</b> Tue, Thu	60 & up 11:15am - 12:15pm \$25(R); \$33(NR)	8 classes starts Apr 28

## Yoga: Seniors

Learn the value and feel the benefits of mind-body connection through Yoga! Designed especially for seniors, you will learn poses and methods to increase muscular strength, endurance, and flexibility. Gain stamina, increased lung capacity, and overall wellness! Forward fold to keep fit, focused, and feeling good!

<b>17504-275A</b> Wed	60 & up 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Mar 4
<b>17504-275D</b> Wed	60 & up 12:30 - 1:30pm \$20(R); \$26(NR)	4 classes starts Mar 4
<b>17504-275B</b> Wed	60 & up 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Apr 1
<b>17504-275E</b> Wed	60 & up 12:30 - 1:30pm \$20(R); \$26(NR)	4 classes starts Apr 1
<b>17504-275C</b> Wed	60 & up 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Apr 29
<b>17504-275F</b> Wed	60 & up 12:30 - 1:30pm \$20(R); \$26(NR)	4 classes starts Apr 29

## Zumba: Gold, Seniors

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for those needing modifications in their exercise routine. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

<b>17529-275B</b> Tue, Thu	60 & up 12:30 - 1:30pm \$28(R); \$37(NR)	8 classes starts Mar 31
<b>17529-275C</b> Tue, Thu	60 & up 12:30 - 1:30pm \$28(R); \$37(NR)	8 classes starts Apr 28

## MIXED AGES

### Pilates: Mixed Ages, All Levels

Used by athletes and dancers alike for almost 100 years, Pilates is the tested way to improved health. The Pilates method teaches exercises created to relieve stress, ease back pain, condition, and restore the body's natural balance. Stretch your way to improved fitness!

<b>17631-275A</b> Thu	All ages 10:00 - 11:00am Free	1 class starts Mar 5
<b>17631-275B</b> Thu	All ages 10:00 - 11:00am \$4(R); \$6(NR)	1 class starts Mar 12
<b>17631-275C</b> Thu	All ages 10:00 - 11:00am \$8(R); \$11(NR)	2 classes starts Mar 19
<b>17631-275D</b> Thu	All ages 10:00 - 11:00am \$20(R); \$26(NR)	5 classes starts Apr 2
<b>17631-275E</b> Thu	All ages 10:00 - 11:00am \$16(R); \$21(NR)	4 classes starts May 7

## Yoga: Mixed Ages, Beginner

Stretch toward your fitness goals! Learn basic yoga to improve health and flexibility through deep breathing and controlled stretching. Reduce stress, get better sleep, and build muscle stamina as you practice new or previously learned yoga skills.

<b>17634-275A</b> Mon	All ages 12:00 - 1:00pm Free	1 class starts Mar 2
<b>17634-275B</b> Mon	All ages 12:00 - 1:00pm \$4(R); \$6(NR)	1 class starts Mar 9
<b>17634-275C</b> Mon	All ages 12:00 - 1:00pm \$12(R); \$16(NR)	3 classes starts Mar 16

<b>17634-275D</b> Mon	All ages 12:00 - 1:00pm \$16(R); \$21(NR)	4 classes starts Apr 6
<b>17634-275E</b> Mon	All ages 12:00 - 1:00pm \$12(R); \$16(NR)	3 classes starts May 4

# Lifestyle & Learning

## PRE-SCHOOLERS

### Science: Pre-Schoolers, Parent and Child

Let your child's curiosity flourish! Help them understand their little worlds through physical and mental engagement. Encourage their skill development in the basics of scientific method such as asking questions, making guesses, and observing what actually happens. Caregiver must attend and participate.

<b>20101-275A</b> Tue	4 - 5yrs. 6:30 - 7:30pm \$36(R); \$47(NR)	6 classes starts Mar 17
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## CHILDREN

### French for Beginners: Children

Did you know French is spoken by more than 220 million people around the world? This easy course makes learning French enjoyable. Build friends while you build a French vocabulary and understand proper grammar. Language learning feeds your brain to improve your problem solving skills, your creativity, and perhaps your success in school. Sign up for our class and you'll begin to love this popular language.

<b>20224-275A</b> Sat	6 - 12yrs. 9:00 - 10:00am \$56(R); \$73(NR)	8 classes starts Mar 21
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### French Intermediate: Children

Bonjour! Au revoir! Through practice, you can become a better French speaker. Join us to increase your conversation and grammar skills in this exciting class where everyone participates in the fun. French is one of only two languages spoken on five continents. With so many French speakers, you will be ready to talk to the world around you and connect with other cultures. Sign up today and go beyond basic French.

<b>20225-275A</b> Sat	8 - 12yrs. 10:00 - 11:30am \$56(R); \$73(NR)	7 classes starts Mar 21
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## ADULTS

### French for Beginners: Adult

Would you like to travel and do business using the second most studied language in the world? Over 220 million people worldwide speak French. This is the official language of the United Nations, the International Olympic Committee, and many other organizations. French is also known as the language of love. Join us to learn basic words, phrases, pronunciation, and grammar. Speak French in a matter of weeks and connect with others. Begin your romance with this language today.

<b>20428-275A</b> Mon	18 & up 6:30am - 8:00pm \$64(R); \$84(NR)	8 classes starts Mar 23
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## MIXED AGES

### Veterinary Medicine

Do you love animals? Veterinary medicine is an exciting and growing career field around the world. Develop skills in the care of and disease prevention in animals. Gain a basic understanding of concepts to keep the family pet, livestock or zoo animal healthy. Sign up today to spread cheer and kind attention to the animal kingdom. Prerequisite: Intro Biology (Section #20642).

<b>20645-275</b> Sun	12 - 17yrs. 2:30 - 4:00pm \$68(R); \$89(NR)	8 classes starts Mar 29
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## Martial Arts

### ADULTS

#### Japanese Karate: Adult, All Levels

Strengthen both body and mind! Studied internationally in 20 countries, Itosu-Kai is a traditional style of Japanese Karate focusing on self-defense and character development. Gain physical skills, increase stamina, and develop self-discipline while learning to overcome challenges and limitations both physical and mental. Training includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). From the beginner through advanced student, testing is done periodically for participants seeking to progress from White Belt to Black Belt.

<b>21407-275A</b> Tue, Thu	18 & up 7:00 - 8:00pm \$48(R); \$63(NR)	8 classes starts Mar 17
<b>21407-275B</b> Tue, Thu	18 & up 7:00 - 8:00pm \$72(R); \$94(NR)	12 classes starts Apr 21

### MIXED AGES

#### Japanese Karate: Mixed Ages Intermediate/Advanced

Continuation of learning a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Intermediate/Advanced Level (Purple Belt minimum). Emphasis on furthering technical skill, gaining more knowledge of Itosu-Kai system, and progressing into advanced level techniques. Testing is done periodically.

<b>21624-275A</b> Tue, Thu	6 - 17yrs. 6:00 - 7:00pm \$48(R); \$63(NR)	8 classes starts Mar 17
<b>21624-275B</b> Tue, Thu	6 - 17yrs. 6:00 - 7:00pm \$72(R); \$94(NR)	12 classes starts Apr 21

#### Japanese Karate: Mixed Ages, Beginner

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-control, etiquette, and concentration skills, as well as developing technical skill. Beginner level (White Belt through Yellow 2 Stripe). Testing is done periodically.

<b>21623-275A</b> Tue, Thu	6 - 17yrs. 5:00 - 6:00pm \$48(R); \$63(NR)	8 classes starts Mar 17
<b>21623-275B</b> Tue, Thu	6 - 17yrs. 5:00 - 6:00pm \$72(R); \$94(NR)	12 classes starts Apr 21

## Performing Arts

### PRE-SCHOOLERS

#### Ballet: Pre-Schoolers

Keep your little ones light on their feet! From beginning ballet steps to motor skills and more, we will develop your child's love for the art. Introduce him or her to the active world of ballet which is good for many reasons including better posture, agility, stress reduction, and brain focus. Your kid will also grow socially as they make friends with other little dancers.

<b>23107-275A</b> Sat	3 - 5yrs. 1:45 - 2:30pm \$21(R); \$28(NR)	4 classes starts Mar 21
<b>23107-275B</b> Sat	3 - 5yrs. 1:45 - 2:30pm \$32(R); \$42(NR)	6 classes starts Apr 25

### CHILDREN

#### Piano: Children

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! Children will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

<b>23214-275C</b> Sat	9 - 12yrs. 10:30 - 11:30am \$32(R); \$42(NR)	4 classes starts Mar 21
<b>23214-275A</b> Sat	6 - 8yrs. 9:30 - 10:30am \$32(R); \$42(NR)	4 classes starts Mar 21
<b>23214-275D</b> Sat	6 - 8yrs. 10:30 - 11:30am \$40(R); \$52(NR)	5 classes starts Apr 25
<b>23214-275B</b> Sat	6 - 8yrs. 9:30 - 10:30am \$40(R); \$52(NR)	5 classes starts Apr 25

### ADULTS

#### African Dance: Adults

Experience the cultural concepts of African dance, and dance to a variety of pulsating drum rhythms.

<b>23414-275A</b> Sat	18 & up 3:00 - 4:00pm \$24(R); \$32(NR)	3 classes starts Mar 21
<b>23414-275B</b> Sat	18 & up 3:00 - 4:00pm \$48(R); \$63(NR)	6 classes starts Apr 18



## Bop

Come and learn how to bop, the romantic and exciting way. This art form of dance includes the smooth moves and steps of the old school, and the many beautiful turns of the new school.

<b>23406-275A</b> Wed	18 & up 6:30 - 7:30pm \$28(R); \$37(NR)	4 classes starts Mar 18
<b>23406-275B</b> Wed	18 & up 6:30 - 7:30pm \$42(R); \$55(NR)	6 classes starts Apr 22

## Hand Dance: Adults, All Levels

Learn the area's hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You'll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we all have all levels of dancers on the floor.

<b>23402-275A</b> Mon	18 & up 6:00 - 7:00pm \$28(R); \$37(NR)	4 classes starts Mar 16
<b>23402-275B</b> Mon	18 & up 7:00 - 8:00pm \$28(R); \$37(NR)	4 classes starts Mar 16
<b>23402-275C</b> Mon	18 & up 6:00 - 7:00pm \$35(R); \$46(NR)	5 classes starts Apr 20
<b>23402-275D</b> Mon	18 & up 7:00 - 8:00pm \$35(R); \$46(NR)	5 classes starts Apr 20

## Hand Dance: Adults, Beginner

What has the DC area moving to the beat? It's Hand Dance! Merging swing, contemporary, and R&B dance styles, we all teach you basic steps to this hot dance craze. The moves you learn will not only be fun but will help you exercise your way to a healthier life.

<b>23401-275A</b> Thu	18 & up 6:30 - 7:30pm \$70(R); \$91(NR)	10 classes starts Mar 19
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## SENIORS

### Hand Dance: Seniors

Learn the area's hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You'll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we'll have all levels of dancers on the floor.

<b>23510-275A</b> Fri	60 & up 10:00am - 12:00pm \$24(R); \$32(NR)	4 classes starts Mar 6
<b>23510-275B</b> Fri	60 & up 10:00am - 12:00pm \$24(R); \$32(NR)	4 classes starts Apr 3
<b>23510-275C</b> Fri	60 & up 10:00am - 12:00pm \$24(R); \$32(NR)	4 classes starts May 1

### Line Dance: Seniors, Beginner

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

<b>23501-275A</b> Thu	60 & up 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Mar 5
<b>23501-275B</b> Thu	60 & up 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Apr 2
<b>23501-275C</b> Thu	60 & up 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Apr 30

## MIXED AGES

### African Dance: Mixed Ages

Experience the cultural concepts of African dance, and dance to a variety of pulsating drum rhythms.

<b>23634-275A</b> Sun	5 & up 4:30 - 5:30pm \$24(R); \$32(NR)	3 classes starts Mar 22
<b>23634-275B</b> Sun	5 & up 4:30 - 5:30pm \$48(R); \$63(NR)	6 classes starts Apr 19

### Hand Dance: Intermediate

Learn intermediate level steps to the hottest dance form in the area.

<b>23621-275A</b> Thu	21 & up 7:30 - 8:30pm \$70(R); \$91(NR)	10 classes starts Mar 19
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### Line Dance: Mixed Ages, Beginner

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

<b>23645-275A</b> Fri	13 & up 6:30 - 8:00pm \$21(R); \$28(NR)	2 classes starts Mar 20
<b>23645-275C</b> Sun	13 & up 3:00 - 4:00pm \$21(R); \$28(NR)	3 classes starts Mar 22
<b>23645-275B</b> Fri	13 & up 6:30 - 8:00pm \$32(R); \$42(NR)	3 classes starts Apr 10
<b>23645-275D</b> Sun	13 & up 3:00 - 4:00pm \$42(R); \$55(NR)	6 classes starts Apr 19
<b>23645-275E</b> Fri	13 & up 6:30 - 8:00pm \$42(R); \$55(NR)	4 classes starts May 8

### Piano: Mixed Ages

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! You will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

<b>23616-275A</b> Sat	13 & up 11:30am - 12:30pm \$32(R); \$42(NR)	4 classes starts Mar 21
<b>23616-275B</b> Sat	13 & up 11:30am - 12:30pm \$40(R); \$52(NR)	5 classes starts Apr 25

## Sports

## PRE-SCHOOLERS

### Basketball Skills: Pre-Schoolers

Your little one could be big in the game of basketball! Introduce him or her to the exciting world of team sports and you might have a future star in your household. Join us as we train in basketball skills and drills especially designed for pre-school kids. Basketball is excellent for building self-esteem, balance, coordination, and teaching discipline.

<b>27114-275A</b> Mon	3 - 5yrs. 6:30 - 7:15pm \$36(R); \$47(NR)	6 classes starts Mar 9
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## Soccer Skills: Pre-Schoolers

Do you know the SCORE? Here is how the numbers stack up. 1 class to learn soccer skills (kicking, passing, dribbling, and identifying parts of the field) + 1 GOAL to experience the benefits of soccer (balance, coordination, self-confidence, concentration) = 2 much fun! Team up with us in this introductory class and have your little one score a few goals of their own.

27109-275A Mon	3 - 5yrs. 6:15 - 7:00pm \$36(R); \$47(NR)	6 classes starts Mar 9
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## T-Ball: Pre-Schoolers

Lets play ball! We introduce baseball fundamentals using a batting tee. Participating in t-ball has extra bonuses like better coordination, keeping fit, and building friendships. Help your child hit a home run by enrolling in this exciting class!

27120-275A Sun	3 - 5yrs. 12:30 - 1:30pm \$36(R); \$47(NR)	6 classes starts Mar 15
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## Tumbling: Pre-Schoolers

Test motor and natural skills and learn moves including log rolls, wheel barrows, tucks and jumps.

27111-275A Sat	3 - 5yrs. 10:00 - 11:00am \$36(R); \$47(NR)	6 classes starts Mar 14
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## CHILDREN

### Basketball: Children, Beginner

Every kid has dreams! Is yours a hoop dream? Join us to learn basketball basics, game rules, offensive and defensive skills, ways to be smart on the court, and how to win or lose graciously. Get great exercise and build self-esteem!

27228-275A Mon	6 - 8yrs. 7:30 - 8:30pm \$36(R); \$47(NR)	6 classes starts Mar 9
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### Basketball: Children, Intermediate

Learn skills and fundamentals for organized, competitive basketball. Organized basketball experience required.

27243-275A Tue	8 - 12yrs. 6:30 - 7:30pm \$36(R); \$47(NR)	6 classes starts Mar 10
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## Soccer Skills: Children

Do you know the SCORE? Heres how the numbers stack up1 class to learn soccer skills (dribbling, passing, shooting, and tending goal) + 1 GOAL to experience the benefits of soccer (fitness, coordination, self-confidence, concentration) = 2 much fun! Team up with us and score a few goals of your own.

27220-275A Mon	6 - 12yrs. 7:00 - 8:00pm \$36(R); \$47(NR)	6 classes starts Mar 9
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## Tumbling: Children

Develop motor coordination, balance and strength in this introductory program.

27225-275A Sat	6 - 12yrs. 11:00am - 12:00pm \$36(R); \$47(NR)	6 classes starts Mar 14
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## TEENS

### Basketball: Competitive Skills, Teens

The ball is in your court! Do not miss this opportunity to learn the basics and fundamentals of organized, competitive basketball. Well help you improve your game and self-esteem. Build relationships with other ballers while you get a healthy dose of cardio. Join us and never stop improving!

27308-275A Tue	13 - 17yrs. 7:30 - 8:30pm \$48(R); \$63(NR)	6 classes starts Mar 10
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## MIXED AGES

### Cheerleading: Mixed Ages

I've got spirit! Yes, I do! I've got spirit, how about you?! We'll coach you in basic jumps and tumblers from the sport of cheerleading. Gain greater self-confidence, flexibility, strength, and feel motivated to face your day! Join our cheer squad and build relationships with new friends while you fly high with tumblers, jumps, and team spirit!

27631-275A Sat	6 - 14yrs. 1:30 - 2:30pm \$42(R); \$55(NR)	6 classes starts Mar 14
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### Gymnastics: Tumbling, Advanced

You are gonna flip out! If you are a student or cheerleader who wants to work on advanced tumbling skills, this is your class! Develop your self-confidence, strength, coordination, flexibility, and socialize with other tumblers while you increase in your gymnastic abilities! Prerequisite: Must be able to do both standing back handspring without spot and round off back handspring.

27617-275A Sat	6 - 14yrs. 12:00 - 1:30pm \$42(R); \$55(NR)	6 classes starts Mar 14
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### Volleyball: Mixed Ages, Beginner

Volleyball ranks in the top five of most popular team sports in the world. Join the excitement in this physically active pastime. Develop the proper techniques for defense, passing, attacking, blocking, and serving. We will keep the game real as we compete in a recreational and fun manner. Don't stay on the sidelines. Sign up today and get in on the action.

27649-275A Thu, Sat	10 - 17yrs. 6:30 - 7:30pm \$72(R); \$94(NR)	11 classes starts Mar 19
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### Volleyball: Mixed Ages, Intermediate/Advanced

Outplay! Outwork! Outlast! Become a better volleyball player on the intermediate or advanced levels. Improve your defense, passing, attacking, blocking, and serving techniques. Gain better understanding of offensive and defensive positions in competitive game scenarios. This is a class of fun, fitness, and friendships. Register now and we'll meet you at the net.

27653-275A Thu, Sat	12 - 17yrs. 7:30 - 8:30pm \$72(R); \$94(NR)	11 classes starts Mar 19
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## Visual Arts

## MIXED AGES

### Art: Mixed Media, Beginner, Mixed Ages

Learn the basics for good composition in a structured course setting. Topics will include: mixed water media, paper, adhesives, and discussions on color theory.

30617-275A Tue	13 - 18yrs. 3:30 - 4:30pm \$24(R); \$32(NR)	3 classes starts Mar 17
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30617-275B Tue	13 - 18yrs. 3:30 - 4:30pm \$48(R); \$63(NR)	6 classes starts Apr 14
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### Drawing: Mixed Ages

Is there a future work of art on your drawing board! Discover your artistic abilities as we introduce you to still life drawing and sketching in this empowering and exciting class. Drawing improves logic, creativity, memory, motor skills, and feelings of accomplishment. Sign up today!

30604-275A Tue	All ages 1:00 - 2:00pm \$18(R); \$24(NR)	3 classes starts Mar 17
30604-275B Tue	All ages 1:00 - 2:00pm \$36(R); \$47(NR)	6 classes starts Apr 14

# Join us this summer!

The best memories from summer are playing with friends and meeting new ones, splashing at a pool, playing sports, and discovering new skills.

Plan your child's memories beginning February 29. Registration for Prince George's County residents begins at 9 am. Registration for residents of all other jurisdictions begins Saturday, March 7.

Looking to register your child for a summer playground or summer teen center? Registration for those programs begins May 1.



## SUMMER CAMP IMPORTANT DATES

### SATURDAY, FEBRUARY 1

Visit [pgparksdirect.com](http://pgparksdirect.com) to view summer camps, and to read registration information.

### SATURDAY, FEBRUARY 15

Registration for the free PARKS DIRECT forms questionnaire (16600-300A) is available for families to update 2019 information and available for new families to complete for 2020 programs.

### SATURDAY, FEBRUARY 29

Summer Day Camp and Extended Care registration begins at 9 am for Prince George's County residents.

Register via [pgparksdirect.com](http://pgparksdirect.com).

- Walk-in registrations will be accepted at any open, staffed, M-NCPPC facility in Prince George's County.

### SATURDAY, MARCH 7

Summer Day Camp and Extended Care registration for Non-Prince George's County residents begins at 9 am.

Register via [pgparksdirect.com](http://pgparksdirect.com).

- Walk-in registrations will be accepted at any open, staffed, M-NCPPC facility in Prince George's County.

### FRIDAY, MAY 1

Registration for Summer Playgrounds and Summer Xtreme Teen Centers begins at 9 am.

Register via [pgparksdirect.com](http://pgparksdirect.com).

- Walk-in registrations will be accepted at any open, staffed, M-NCPPC facility in Prince George's County.

### MONDAY, JUNE 1

Outstanding balance due for Summer Day Camps must be paid no later than today for camp sessions that begin on or before July 13.

- Last day personal checks are accepted.
- Deadline to turn in all summer program forms. Forms must be turned in to all camp locations if your camper is attending camps at multiple sites.

### MONDAY, JUNE 29

Summer Playgrounds and Summer Xtreme Teen Centers begin.

### WEDNESDAY, JULY 1

Outstanding balance due for Summer Day Camps must be paid no later than today for camp sessions that begin after July 13. (NOTE: Please pay with credit card or cash only; personal checks will not be accepted.)

### FRIDAY, JULY 3

No camps, playgrounds or teen center sessions will be operating in honor of Independence Day.



# SUMMER DAY CAMP REGISTRATION INFORMATION



## PARKS DIRECT INFORMATION

You must have a PARKS DIRECT account established prior to registering for any program. For information about obtaining a FREE PARKS DIRECT account, visit [pgparksdirect.com](http://pgparksdirect.com). Contact the Customer Service Help Desk by phone at 301-699-CALL (2255) or by e-mail [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com) before February 29.

## PAYMENT & PAYMENT SCHEDULING OPTIONS

You may pay in full or make a \$50 deposit (per camper, per session) when you register, and schedule the remaining payments. The \$50 deposit is non-refundable and non-transferable. Sign up for the automatic debit option to make sure your balance is paid on time. For more information, visit [help.pgparksdirect.com](http://help.pgparksdirect.com).

Scheduled payments must be paid in full by June 1 for sessions that begin on or before July 13; or by July 1 for sessions that begin after July 13. (June 1 is the last date personal checks will be accepted.) You may pay your balance online or in person before due date. When paying online, making a payment before a balance is due will show as a credit on the account until the due date.

## REGISTRATION DATES

### Prince George's County residents:

Camp & Extended Care registration begins: February 29, 9 am

### Non-Prince George's County residents:

Camp & Extended Care registration begins: March 7, 9 am

## WAYS TO REGISTER...

To register, have your PARKS DIRECT barcodes and PARKS DIRECT login information, course number, and MasterCard/VISA credit/debit card number.



Register on the web – visit [pgparksdirect.com](http://pgparksdirect.com).

Register in person at any M-NCPPC staffed facility in Prince George's County.

## WHAT (R), (NR) AND (IA) MEAN...

**(R)** means Residents of Prince George's and Montgomery Counties; **(NR)** means Non-Residents of all other jurisdictions; and **(IA)** means residents living in the Impact Area of the Prince George's Sports & Learning Complex. Impact Area residents receive a fee reduction for camp programs at the Complex. Call 301-583-2400, TTY 301-699-2544 for information about the Impact Area.

## EXTENDED CARE INFORMATION

- You must first be registered in the corresponding day camp before registering for extended care. *(Not all camps offer extended care.)*
- Please complete extended care registration at least one week prior to camp start date.
- You must pay in full at the time you register for extended care.

## CANCELLATION POLICY

Registrants are entitled to a 100% refund (or *PARKS DIRECT credit*) in the event that M-NCPPC cancels a camp.

## CHECK POLICY

Checks returned for insufficient funds will be assessed a \$35 Refund Administration Fee by M-NCPPC, in addition to your bank charges. NO starter checks accepted.

## FEE ASSISTANCE PROGRAM

Fee assistance is available (*subject to approval*) for Prince George's County residents only. For complete information and application forms, stop by your local community center or obtain the forms online at [pgparks.com](http://pgparks.com) and search for "Fee Assistance". Complete applications must be submitted no later than 3 weeks prior to start of program.

## LATE PAYMENT PENALTIES

If you've made a deposit and full payment is not received by the due date, your space may be forfeited and you will lose your \$50 deposit. If the camp accepts your late payment, you will be assessed an additional \$20 late payment fee.

## LATE PICKUP FEE POLICY

- \$10 per camper for every 15 minutes late (*or portion thereof*) will be assessed for campers who are not picked up by the programs' scheduled closing time.
- Payment is due when the camper is picked up. Example: Camp ends at 4:30 pm. Camper is picked up at 5:12 pm. The assessed late fee will be \$30.
- We recognize that emergencies arise and request that parents call the campsite if they are delayed for any reason; however, the late fee will still be assessed.

## WAIT LISTS

If a camp session is full, you may put your name on a wait list and register for another camp during that session. If a spot opens at your first-choice camp, upon your request your registration will be transferred to the first-choice camp without penalty.

## WITHDRAWAL & REFUND POLICY

Withdrawal and refund requests for fully paid or partially paid registrations are subject to a \$50 non-transferable, non-refundable withdrawal fee per child/per session. Withdrawal and refund requests from extended care (*with continued enrollment in associated camp*) will be assessed a 20% Refund Administration Fee. Save time and process your withdrawal via your online account. NO EXCEPTIONS. Withdrawals within 7 days of the camp start date must be conducted by the offering facility.

For withdrawals from programs at the following facilities, please call the Park and Planning Help Desk at 301-699-CALL (2255): Bowie State University, Clarice Smith Performing Arts Center, Greenbelt MS, Prince George's Trap & Skeet Center and Jessie B. Mason Regional Center.

# Get the jump on the best of summer!

Youth could be spending the summer any number of ways. However, we have the ideal route for children to have fun with friends, explore the world, and try new activities. Leap from the ordinary to the extraordinary! Remember what you learned as a youth... "Look before you leap!"

**CHILDREN & YOUTH:** ages 6–12

**TEENS:** ages 13–17

**MIXED AGES:** a mixture of age groups ex: 4–6, 2–10, 10 & up, etc

## Day Camps

### CHILDREN

#### Art Camp: Making a Musical

Have you ever dreamed of being in a musical? Perform in an age-appropriate musical play and learn about musical theater, acting, singing, movement, costumes, and scenery! Develop creativity and self-confidence through our entertaining camp! We will have recreational activities and, on the final camp day, perform for friends and family. Campers should have a genuine interest in performing and be able to concentrate for long periods of time.

<b>16207-375A</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$234(R); \$304(NR)	9 classes starts Jun 29
<b>16207-375C</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts Jul 27

#### Explorers Camp: Children

It's a summer celebration of nonstop fun! Sign up for a variety of structured leisure activities including sports, arts, crafts, quiet and active games, field trips, swimming, movies, and special events. Bond with other campers and learn new skills! Additional fees may be charged for certain off-site activities or field trips.

<b>16225-375A</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jun 15
<b>16225-375B</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jun 22
<b>16225-375C</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$92(R); \$126(NR)	4 classes starts Jun 29
<b>16225-375D</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jul 6
<b>16225-375E</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jul 13
<b>16225-375F</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jul 20
<b>16225-375G</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Jul 27
<b>16225-375H</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Aug 3
<b>16225-375I</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Aug 10
<b>16225-375J</b> Mon-Fri	6 - 12yrs. 9:00am - 4:30pm \$120(R); \$162(NR)	5 classes starts Aug 17

### TEENS

#### Counselor-In-Training Camp: Teens

Want to learn the leadership skills you'll need to be a counselor? We will train teens in a variety of different camps with valuable hand-on supervisory experience. In a safe and fun environment, assignments for trainees will include age-appropriate, interactive tasks to help develop responsibility and leadership skills. Teens will explore behind-the-scenes camp operations and will participate in a free time mix of recreational activities with peers.

<b>16305-375A</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$234(R); \$304(NR)	9 classes starts Jun 29
<b>16305-375C</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts Jul 27

#### Music Production Camp

What does it take to produce a hit song? We will teach you the skills. All you have to do is unleash your creativity and channel it into making music! Join us to learn the fundamentals of music production, the use of production software, and the conventions of the music industry of today and from the past!

<b>16309-375B</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts Jul 13
<b>16309-375D</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$130(R); \$169(NR)	5 classes starts Aug 10

#### Teen Adventurers Camp

Get off the sofa and on your way to heart-pounding adventure! This camp will help you see the color green in a new way as you learn to become a good steward of the environment. Take the next step by signing up for an incredible summer of teen adventures exploring the great outdoors, trying new sports, and learning about conservation. Teens will also visit historical sites and participate in varied, exciting activities which will leave them awestruck. Some field trips may require additional fees.

<b>16315-375A</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$130(R); \$169(NR)	5 classes starts Jun 22
<b>16315-375B</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts July 13
<b>16315-375D</b> Mon-Fri	13 - 17yrs. 9:00am - 4:30pm \$130(R); \$169(NR)	5 classes starts Aug 10





## MIXED AGES

### Basketball Camp: Mixed Ages

Take the shot! You have everything to gain through our camp where professional staff will teach boys and girls basketball fundamentals including conditioning, dribbling, passing, shooting, rebounding, and strategies. The camp places an emphasis on the balanced relationship between academics and athletics. Campers will gain the skills and self-confidence to make every shot count. Beat the clock and sign up today!

<b>16609-375A</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$234(R); \$304(NR)	9 classes starts Jun 29
<b>16609-375B</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts Jul 13
<b>16609-375C</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts Jul 27

### Cheerleading/Dance Camp: Mixed Ages

2-4-6-8, who do we appreciate? You! Our camp will teach kids basic cheerleading and hip-hop dancing. Both technical and artistic disciplines offer campers strength building and muscle conditioning. Register now to develop coordination and to raise self-confidence as you move to a powerful beat!

<b>16612-375A</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$234(R); \$304(NR)	9 classes starts Jun 29
<b>16612-375B</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts July 13
<b>16612-375C</b> Mon-Fri	6 - 17yrs. 9:00am - 4:30pm \$260(R); \$330(NR)	10 classes starts July 27

### Swim and Fitness Camp

Be an aquatic achiever! Swimming is a great way to get aerobic exercise, strengthen muscles, improve posture, increase balance, and extend flexibility. Take swimming lessons from certified instructors! Additional activities may include arts and crafts, free swim sessions, indoor/outdoor games, a camp-wide event, and weekly field trips. Contact offering facility for list of specific activities.

<b>16258-375A</b> Mon-Fri	6 - 12yrs. 9:00am-4:30pm \$300(R)/\$390(NR)	10 classes starts July 13
<b>16258-375B</b> Mon-Fri	6 - 12yrs. 9:00am-4:30pm \$300(R)/\$390(NR)	10 classes starts July 27
<b>16258-375C</b> Mon-Fri	6 - 12yrs. 9:00am-4:30pm \$300(R)/\$390(NR)	10 classes starts Aug 10







# Art at SAARC

## Family Tree/Community Circle by Martha Jackson Jarvis

For inspiration, Martha was struck by how the architect for SAARC used the basic structure of a “Y” shape to represent the 150 year-old willow oak tree in design elements throughout the building. In addition, Martha states: “‘Family Tree/Community Circle’ celebrates the family tree as the essential structural building block of a community.”

## The Guardians by Judy Sutton Moore

Judy Sutton Moore is the artist who created “The Guardians,” an imposing 22 foot steel sculpture posted at the entry to the Southern Area Aquatics and Recreation Complex (SAARC) building in Brandywine, Maryland. The inspiration for this outdoor work is the majestic 150 year-old willow oak tree that is resident on the SAARC site. Using an actual leaf that had fallen from the tree, the artist fashioned the design concept which developed into “The Guardians.”

## Waters Promise by Heidi Lippman

Greeting you as you pass through the doors entering the Southern Area Aquatics and Recreation Center (SAARC) is a 12 feet high and 20 feet long wall displaying an explosion of color comprising many thousands of pieces of cut glass of varying sizes and luminosities. Maryland artist Heidi Lippman designed this master mosaic work, titled “Waters Promise,” According to Heidi: “Inspiration for ‘Waters Promise’ is drawn from the ancient willow oak tree that is now protected on the site of SAARC.”

# Rental Packages

Life should be celebrated and we want you to enjoy all of the special moments right here. From birthdays to weddings, baby showers, retirement parties and more, our versatile packages can be customized to fit your needs.

## SAARC Social Event Packages

From Birthday parties to baby showers to retirement parties, let our team help you plan with a package customized to suit your needs.

## SAARC Wedding Packages

Celebrate all of your special moments leading right up to your big day right here with us. We offer a variety of layout options including exclusive access to our pavilion with a breathtaking background as the perfect setting to your perfect day.

## SAARC Corporate Event Packages

Have an upcoming training or team building? Entertain corporate clients and colleagues in a very non-corporate setting. Our all-inclusive packages can be customized to ensure the right fit for your group and a dedicated team member to make sure everything runs smoothly.

*Choose from 5 hospitality spaces for your next event. Our event specialists will help bring your vision to life.*

- Capacities for up to 600 people
- Set-up and tear down
- Multiple room options for large celebrations
- On-staff planning specialist and on-site event staff
- AV Packages available
- And much more!



Learn More at  
[pgparks.com/saarc](http://pgparks.com/saarc)





## COURSES

SAARC will offer a variety of basic, intermediate, and specialty Aquatics, Arts, Fitness, Recreation, Senior, and Therapeutic Recreation courses.

## SPECIAL EVENTS

SAARC will offer a variety of multi-generational, family-friendly special events throughout the spring!

## DAY CAMPS

SAARC will offer a variety of general recreation and specialty Spring Break & Summer Day Camps!



live more, play more  
pgparks.com



Our staff has access to an interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

TTY (Text Telephone) for customers who are deaf, hard of hearing or have a speech disability: 301-699-2544.

PC PR PAMD 02/26/2020