Spring Classes and Summer Camps 2020

Registration is easy!
Visit pgparksdirect.com
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 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
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. 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 stationary. 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 stationary.

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 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.

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.

| Fee Structure | (IA) Residents living in the impact area of the Prince George's Sports & Learning Complex | (IA) Residents living in the impact area of the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center | (IA) Residents living in the impact area of 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. |
|---------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|

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.

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 website at 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.

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 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 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.

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### 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age Range</th>
<th>Class Dates</th>
<th>Class Times</th>
<th>Class Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10101-275A</td>
<td>3-5 yrs.</td>
<td>Mon, Wed</td>
<td>6:00 - 6:40pm</td>
<td>8 classes starts Apr 6</td>
</tr>
<tr>
<td>10101-275B</td>
<td>3-5 yrs.</td>
<td>Tue, Thu</td>
<td>6:00 - 6:40pm</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age Range</th>
<th>Class Dates</th>
<th>Class Times</th>
<th>Class Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10104-275A</td>
<td>3-5 yrs.</td>
<td>Mon, Wed</td>
<td>6:00 - 6:40pm</td>
<td>8 classes starts Apr 6</td>
</tr>
<tr>
<td>10104-275B</td>
<td>3-5 yrs.</td>
<td>Tue, Thu</td>
<td>6:45 - 7:25pm</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

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### 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age Range</th>
<th>Class Dates</th>
<th>Class Times</th>
<th>Class Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10201-275A</td>
<td>6-12 yrs.</td>
<td>Mon, Wed</td>
<td>6:45 - 7:25pm</td>
<td>8 classes starts Apr 6</td>
</tr>
<tr>
<td>10201-275B</td>
<td>6-12 yrs.</td>
<td>Tue, Thu</td>
<td>6:00 - 6:45pm</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

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Registration is easy! Visit ppgparksdirect.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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10202-275A</td>
<td>6 - 12yrs.</td>
<td>Mon, Wed</td>
<td>6:45 - 7:25pm</td>
<td>$60</td>
<td>$75</td>
<td>8 classes starts Apr 6</td>
</tr>
<tr>
<td>10202-275B</td>
<td>6 - 12yrs.</td>
<td>Tue, Thu</td>
<td>6:00 - 6:40pm</td>
<td>$60</td>
<td>$75</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

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, scissor 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10203-275A</td>
<td>6 - 12yrs.</td>
<td>Mon, Wed</td>
<td>7:30 - 8:10pm</td>
<td>$60</td>
<td>$75</td>
<td>8 classes starts Apr 6</td>
</tr>
<tr>
<td>10203-275B</td>
<td>6 - 12yrs.</td>
<td>Tue, Thu</td>
<td>6:45 - 7:25pm</td>
<td>$60</td>
<td>$75</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10204-275A</td>
<td>6 - 12yrs.</td>
<td>Tue, Thu</td>
<td>7:30 - 8:10pm</td>
<td>$70</td>
<td>$91</td>
<td>8 classes starts Apr 7</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10403-275A</td>
<td>18 &amp; up</td>
<td>Thu</td>
<td>7:00 - 7:45am</td>
<td>$24</td>
<td>$32</td>
<td>1 class starts Mar 10</td>
</tr>
<tr>
<td>10403-275B</td>
<td>18 &amp; up</td>
<td>Thu</td>
<td>11:00 - 11:45am</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10411-275A</td>
<td>18 &amp; up</td>
<td>Mon</td>
<td>9:00 - 9:45am</td>
<td>$24</td>
<td>$32</td>
<td>4 classes starts Apr 6</td>
</tr>
<tr>
<td>10411-275B</td>
<td>18 &amp; up</td>
<td>Wed</td>
<td>9:00 - 9:45am</td>
<td>$24</td>
<td>$32</td>
<td>4 classes starts Apr 8</td>
</tr>
<tr>
<td>10411-275C</td>
<td>18 &amp; up</td>
<td>Mon</td>
<td>9:00 - 9:45am</td>
<td>$24</td>
<td>$32</td>
<td>4 classes starts May 4</td>
</tr>
<tr>
<td>10411-275D</td>
<td>18 &amp; up</td>
<td>Wed</td>
<td>9:00 - 9:45am</td>
<td>$24</td>
<td>$32</td>
<td>4 classes starts May 6</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Time</th>
<th>Duration</th>
<th>Start Date</th>
<th>Fee (R)</th>
<th>Fee (NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10419-275A</td>
<td>18 &amp; up</td>
<td>Tue</td>
<td>11:00 - 11:45am</td>
<td>Free</td>
<td></td>
<td>1 class starts Mar 5</td>
</tr>
<tr>
<td>10419-275B</td>
<td>18 &amp; up</td>
<td>Thu</td>
<td>11:00 - 11:45am</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10419-275C</td>
<td>18 &amp; up</td>
<td>Tue</td>
<td>11:00 - 11:45am</td>
<td>$30</td>
<td>$39</td>
<td>4 classes starts Apr 7</td>
</tr>
<tr>
<td>10419-275D</td>
<td>18 &amp; up</td>
<td>Thu</td>
<td>11:00 - 11:45am</td>
<td>$30</td>
<td>$39</td>
<td>4 classes starts Apr 9</td>
</tr>
<tr>
<td>10419-275E</td>
<td>18 &amp; up</td>
<td>Tue</td>
<td>11:00 - 11:45am</td>
<td>$30</td>
<td>$39</td>
<td>4 classes starts May 5</td>
</tr>
<tr>
<td>10419-275F</td>
<td>18 &amp; up</td>
<td>Thu</td>
<td>11:00 - 11:45am</td>
<td>$30</td>
<td>$39</td>
<td>4 classes starts May 7</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Notes</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10405-275A</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>Free</td>
<td>Mon starts Mar 9</td>
<td>Free</td>
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<tr>
<td>10405-275B</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>Free</td>
<td>Mon starts Mar 23</td>
<td>Free</td>
</tr>
<tr>
<td>10405-275C</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts Apr 6</td>
<td>$24 (R); $32 (NR)</td>
<td></td>
</tr>
<tr>
<td>10405-275D</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts Apr 8</td>
<td>$24 (R); $32 (NR)</td>
<td></td>
</tr>
<tr>
<td>10405-275E</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts Apr 10</td>
<td>$24 (R); $32 (NR)</td>
<td></td>
</tr>
<tr>
<td>10405-275F</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts May 4</td>
<td>$24 (R); $32 (NR)</td>
<td></td>
</tr>
<tr>
<td>10405-275G</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts May 6</td>
<td>$24 (R); $32 (NR)</td>
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</tr>
<tr>
<td>10405-275H</td>
<td>18 &amp; up</td>
<td>10:00 - 10:45am</td>
<td>4 classes starts May 8</td>
<td>$24 (R); $32 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
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<th>Notes</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10408-275A</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>Free</td>
<td>Mon starts Mar 2</td>
<td>Free</td>
</tr>
<tr>
<td>10408-275B</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>Free</td>
<td>Mon starts Mar 25</td>
<td>Free</td>
</tr>
<tr>
<td>10408-275C</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts Apr 6</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
<tr>
<td>10408-275D</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts Apr 8</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
<tr>
<td>10408-275E</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts Apr 10</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
<tr>
<td>10408-275F</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts May 4</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
<tr>
<td>10408-275G</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts May 6</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
<tr>
<td>10408-275H</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>4 classes starts May 8</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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).

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Notes</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10414-275A</td>
<td>18 &amp; up</td>
<td>7:00 - 7:45am</td>
<td>Free</td>
<td>Mon starts Mar 17</td>
<td>Free</td>
</tr>
<tr>
<td>10414-275B</td>
<td>18 &amp; up</td>
<td>7:00 - 7:45am</td>
<td>Free</td>
<td>Mon starts Mar 25</td>
<td>Free</td>
</tr>
<tr>
<td>10414-275C</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
<td>1 class starts Mar 26</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>10414-275D</td>
<td>18 &amp; up</td>
<td>8:00 - 8:45am</td>
<td>1 class starts Mar 27</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>10414-275E</td>
<td>18 &amp; up</td>
<td>7:00 - 7:45am</td>
<td>4 classes starts Apr 6</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
<tr>
<td>10414-275F</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
<td>4 classes starts Apr 7</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
<tr>
<td>10414-275G</td>
<td>18 &amp; up</td>
<td>7:00 - 7:45am</td>
<td>4 classes starts Apr 8</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
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<td>10414-275H</td>
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<td>4 classes starts Apr 9</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
<tr>
<td>10414-275I</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
<td>4 classes starts Apr 10</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
<tr>
<td>10414-275J</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
<td>4 classes starts May 4</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
<tr>
<td>10414-275K</td>
<td>18 &amp; up</td>
<td>7:00 - 7:45am</td>
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<td>$34 (R); $45 (NR)</td>
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</tr>
<tr>
<td>10414-275L</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
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<td>$34 (R); $45 (NR)</td>
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</tr>
<tr>
<td>10414-275M</td>
<td>18 &amp; up</td>
<td>9:00 - 9:45am</td>
<td>4 classes starts May 7</td>
<td>$34 (R); $45 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Notes</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10418-275A</td>
<td>18 &amp; up</td>
<td>6:00 - 6:45pm</td>
<td>Free</td>
<td>Wed starts Mar 4</td>
<td>Free</td>
</tr>
<tr>
<td>10418-275B</td>
<td>18 &amp; up</td>
<td>6:00 - 6:45pm</td>
<td>Free</td>
<td>Mon starts Mar 16</td>
<td>Free</td>
</tr>
<tr>
<td>10418-275C</td>
<td>18 &amp; up</td>
<td>6:00 - 6:45pm</td>
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<td>$30 (R); $39 (NR)</td>
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</tr>
<tr>
<td>10418-275D</td>
<td>18 &amp; up</td>
<td>6:00 - 6:45pm</td>
<td>4 classes starts Apr 8</td>
<td>$30 (R); $39 (NR)</td>
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<td>4 classes starts May 4</td>
<td>$30 (R); $39 (NR)</td>
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</tr>
<tr>
<td>10418-275G</td>
<td>18 &amp; up</td>
<td>6:00 - 6:45pm</td>
<td>4 classes starts May 6</td>
<td>$30 (R); $39 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

SAARC, Spring 2020 Classes and Camps · 7
**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?

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10409-275B</td>
<td>Tue</td>
<td>8:00 - 8:45am</td>
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<td>starts Mar 12</td>
</tr>
<tr>
<td>10409-275C</td>
<td>Tue</td>
<td>8:00 - 8:45am</td>
<td>$24 (R); $32 (NR)</td>
<td>starts Apr 7</td>
</tr>
<tr>
<td>10409-275D</td>
<td>Thu</td>
<td>8:00 - 8:45am</td>
<td>$24 (R); $32 (NR)</td>
<td>starts Apr 9</td>
</tr>
<tr>
<td>10409-275E</td>
<td>Tue</td>
<td>8:00 - 8:45am</td>
<td>$24 (R); $32 (NR)</td>
<td>starts May 5</td>
</tr>
<tr>
<td>10409-275F</td>
<td>Thu</td>
<td>8:00 - 8:45am</td>
<td>$24 (R); $32 (NR)</td>
<td>starts May 7</td>
</tr>
</tbody>
</table>

**SENIORS**

**Spinning: Aqua, Seniors**

Did you know spinning exercises trigger your brain to release excitement stimulators 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!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10503-275A</td>
<td>Fri</td>
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<td>1 class</td>
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</tr>
<tr>
<td>10503-275B</td>
<td>Tue</td>
<td>10:00 - 10:45am</td>
<td>Free</td>
<td>starts Mar 17</td>
</tr>
<tr>
<td>10503-275C</td>
<td>Thu</td>
<td>9:00 - 9:45am</td>
<td>Free</td>
<td>starts Mar 26</td>
</tr>
<tr>
<td>10503-275D</td>
<td>Fri</td>
<td>10:00 - 10:45am</td>
<td>Free</td>
<td>starts Mar 27</td>
</tr>
<tr>
<td>10503-275E</td>
<td>Tue</td>
<td>10:00 - 10:45am</td>
<td>$28 (R); $37 (NR)</td>
<td>starts Apr 7</td>
</tr>
<tr>
<td>10503-275F</td>
<td>Thu</td>
<td>10:00 - 10:45am</td>
<td>$28 (R); $37 (NR)</td>
<td>starts Apr 9</td>
</tr>
<tr>
<td>10503-275G</td>
<td>Fri</td>
<td>9:00 - 9:45am</td>
<td>$28 (R); $37 (NR)</td>
<td>starts Apr 10</td>
</tr>
<tr>
<td>10503-275H</td>
<td>Tue</td>
<td>10:00 - 10:45am</td>
<td>$28 (R); $37 (NR)</td>
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<tr>
<td>10503-275I</td>
<td>Thu</td>
<td>10:00 - 10:45am</td>
<td>$28 (R); $37 (NR)</td>
<td>starts May 7</td>
</tr>
<tr>
<td>10503-275J</td>
<td>Fri</td>
<td>9:00 - 9:45am</td>
<td>$28 (R); $37 (NR)</td>
<td>starts May 8</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10609-275A</td>
<td>Mon</td>
<td>9:00am - 9:45pm</td>
<td>Free</td>
<td>class starts Mar 9</td>
</tr>
<tr>
<td>10609-275B</td>
<td>Mon</td>
<td>9:00am - 9:45pm</td>
<td>Free</td>
<td>class starts Mar 23</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10601-275A</td>
<td>Fri</td>
<td>5:00 - 7:00pm</td>
<td>$110 (R); $150 (NR)</td>
<td>class starts May 1</td>
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</table>

**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.

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<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10605-275A</td>
<td>Mon, Wed</td>
<td>8:15 - 8:55pm</td>
<td>$65 (R); $78 (NR)</td>
<td>class starts Apr 6</td>
</tr>
<tr>
<td>10605-275B</td>
<td>Tue, Thu</td>
<td>7:30 - 8:10pm</td>
<td>$65 (R); $78 (NR)</td>
<td>class starts Apr 7</td>
</tr>
</tbody>
</table>

**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 teach them 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10605-275A</td>
<td>Mon, Wed</td>
<td>8:15 - 8:55pm</td>
<td>$70 (R); $91 (NR)</td>
<td>class starts Apr 6</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fees</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10606-275A</td>
<td>Mon, Wed</td>
<td>8:15 - 8:55pm</td>
<td>$70 (R); $91 (NR)</td>
<td>class starts Apr 6</td>
</tr>
</tbody>
</table>
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?

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

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 details.

14506-275A
60 & up
4 classes
Tue 9:30 - 11:00am starts Mar 10
$20 (R); $26 (NR)

14506-275B
60 & up
4 classes
Tue 9:30 - 11:00am starts Apr 7
$20 (R); $26 (NR)

14506-275C
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.

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

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.

14601-275A
Sat
8 - 14 yrs.
10:00 - 11:30am
$48 (R); $65 (NR)
6 classes
starts Mar 14

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.

15502-275A
60 & up
4 classes
Fri 10:00am - 12:00pm
$16 (R); $21 (NR)
starts Mar 6

15502-275B
60 & up
4 classes
Fri 10:00am - 12:00pm
$16 (R); $21 (NR)
starts Apr 3

15502-275C
60 & up
4 classes
Fri 10:00am - 12:00pm
$16 (R); $21 (NR)
starts May 1

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!

15504-275A
Wed
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Mar 4

15504-275B
Wed
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Apr 1

15504-275C
Wed
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Apr 29

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.

15501-275A
Mon
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Mar 2

15501-275B
Mon
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Mar 30

15501-275C
Mon
60 & up
4 classes
11:15am - 1:15pm
$28 (R); $37 (NR)
starts Apr 27
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.

16250-275A
Mon 6 - 9yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 6

16250-275B
Tue 6 - 9yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 7

16250-275C
Wed 6 - 9yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 8

16250-275D
Thu 6 - 9yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 9

16250-275E
Fri 6 - 9yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 10

16250-275F
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.

16643-275A
Mon 10 - 17yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 6

16643-275B
Tue 10 - 17yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 7

16643-275C
Wed 10 - 17yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 8

16643-275D
Thu 10 - 17yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 9

16643-275E
Fri 10 - 17yrs. 9:00am - 4:30pm
$25(R); $33(NR) 1 class starts Apr 10

16643-275F
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.

17402-275A
Fri 18 & up 9:00 - 10:00am
Free 1 class starts Mar 6

17402-275B
Fri 18 & up 9:00 - 10:00am
$5(R); $7(NR) 1 class starts Mar 13

17402-275C
Fri 18 & up 9:00 - 10:00am
$10(R); $13(NR) 2 classes starts Mar 20

17402-275D
Fri 18 & up 9:00 - 10:00am
$15(R); $20(NR) 4 classes starts Apr 3

17402-275E
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!

17426-275A
Mon 18 & up 6:30 - 7:30pm
Free 1 class starts Mar 2

17426-275B
Mon 18 & up 6:30 - 7:30pm
$5(R); $7(NR) 1 class starts Mar 6

17426-275C
Mon 18 & up 6:30 - 7:30pm
$10(R); $13(NR) 1 class starts Mar 9

17426-275D
Mon 18 & up 6:30 - 7:30pm
$15(R); $20(NR) 3 classes starts Mar 16

17426-275E
Mon 18 & up 6:30 - 7:30pm
$25(R); $33(NR) 2 classes starts Apr 3

17426-275F
Mon 18 & up 6:30 - 7:30pm
$30(R); $40(NR) 4 classes starts Apr 6

17426-275G
Mon 18 & up 6:30 - 7:30pm
$35(R); $45(NR) 5 classes starts May 1

17426-275H
Mon 18 & up 6:30 - 7:30pm
$40(R); $50(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!

17423-275A
Thu 18 & up 7:45 - 8:45pm
Free 1 class starts Mar 5

17423-275B
Thu 18 & up 7:45 - 8:45pm
$6(R); $8(NR) 1 class starts Mar 12

17423-275C
Thu 18 & up 7:45 - 8:45pm
$12(R); $16(NR) 2 classes starts Mar 19
Spinning: Adults, Beginner
Spinning is an original and very popular, group cycling class. With no complicated moves to learn and music that beg your legs to pedal, getting in shape is easy. Ride into cardiovascular fitness, boosted energy, and an empowered new you!

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!

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.

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!

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.
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!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>17634-275D</td>
<td>All ages</td>
<td>4 classes starts Mar 4</td>
<td>Mon</td>
<td>12:00 - 1:00pm</td>
<td>$16 (R); $21 (NR)</td>
<td></td>
</tr>
<tr>
<td>17634-275E</td>
<td>All ages</td>
<td>3 classes starts May 4</td>
<td>Mon</td>
<td>12:00 - 1:00pm</td>
<td>$16 (R); $21 (NR)</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>20224-275A</td>
<td>8 - 12yrs.</td>
<td>7 classes starts Mar 21</td>
<td>Sat</td>
<td>10:00 - 11:30am</td>
<td>$56 (R); $73 (NR)</td>
<td></td>
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</tbody>
</table>

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. Sign up today and go beyond basic French.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>20428-275A</td>
<td>18 &amp; up</td>
<td>8 classes starts Mar 23</td>
<td>Mon</td>
<td>12:00 - 1:00pm</td>
<td>$64 (R); $84 (NR)</td>
<td></td>
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</tbody>
</table>

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!

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<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>17504-275A</td>
<td>60 &amp; up</td>
<td>4 classes starts Mar 4</td>
<td>Wed</td>
<td>11:15am - 12:15pm</td>
<td>$20 (R); $26 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
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<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>17634-275B</td>
<td>All ages</td>
<td>1 class starts Mar 2</td>
<td>Mon</td>
<td>12:00 - 1:00pm</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>17634-275C</td>
<td>All ages</td>
<td>3 classes starts Mar 16</td>
<td>Mon</td>
<td>12:00 - 1:00pm</td>
<td>$16 (R); $16 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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 endurance, and flexibility. Gain stamina, increased lung capacity, and overall wellness! Especially for seniors, you will learn poses and methods to increase muscular strength, and restore the body’s natural balance. Stretch your way to improved fitness!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>17504-275F</td>
<td>60 &amp; up</td>
<td>4 classes starts Apr 29</td>
<td>Wed</td>
<td>12:30 - 1:30pm</td>
<td>$20 (R); $26 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
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<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>20225-275A</td>
<td>8 - 12yrs.</td>
<td>7 classes starts Mar 21</td>
<td>Sat</td>
<td>10:00 - 11:30am</td>
<td>$56 (R); $73 (NR)</td>
<td></td>
</tr>
</tbody>
</table>

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).

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Ages</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>20645-275</td>
<td>12 - 17yrs.</td>
<td>8 classes starts Mar 29</td>
<td>Sun</td>
<td>2:30 - 4:00pm</td>
<td>$68 (R); $89 (NR)</td>
<td></td>
</tr>
</tbody>
</table>
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.

- **21407-275A**
  - 18 & up
  - 7:00 - 8:00pm
  - 8 classes
  - starts Mar 17
  - $48(R); $63(NR)

- **21407-275B**
  - 18 & up
  - 7:00 - 8:00pm
  - 12 classes
  - starts Apr 21
  - $72(R); $94(NR)

**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.

- **21624-275A**
  - 6 - 17yrs.
  - 6:00 - 7:00pm
  - 8 classes
  - starts Mar 17
  - $48(R); $63(NR)

- **21624-275B**
  - 6 - 17yrs.
  - 6:00 - 7:00pm
  - 12 classes
  - starts Apr 21
  - $72(R); $94(NR)

**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.

- **21623-275A**
  - 6 - 17yrs.
  - 5:00 - 6:00pm
  - 8 classes
  - starts Mar 17
  - $48(R); $63(NR)

- **21623-275B**
  - 6 - 17yrs.
  - 5:00 - 6:00pm
  - 12 classes
  - starts Apr 21
  - $72(R); $94(NR)

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.

- **23107-275A**
  - 3 - 5yrs.
  - 1:45 - 2:30pm
  - 4 classes
  - starts Mar 21
  - $21(R); $28(NR)

- **23107-275B**
  - 3 - 5yrs.
  - 1:45 - 2:30pm
  - 6 classes
  - starts Apr 25
  - $32(R); $42(NR)

**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.

- **23214-275C**
  - 9 - 12yrs.
  - 10:30 - 11:30am
  - 4 classes
  - starts Mar 21
  - $32(R); $42(NR)

- **23214-275A**
  - 6 - 8yrs.
  - 9:30 - 10:30am
  - 4 classes
  - starts Mar 21
  - $24(R); $32(NR)

- **23214-275D**
  - 6 - 8yrs.
  - 10:30 - 11:30am
  - 5 classes
  - starts Apr 25
  - $40(R); $52(NR)

- **23214-275B**
  - 6 - 8yrs.
  - 9:30 - 10:30am
  - 5 classes
  - starts Apr 25
  - $40(R); $52(NR)

**ADULTS**

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

- **23414-275A**
  - 18 & up
  - 3:00 - 4:00pm
  - 3 classes
  - starts Mar 21
  - $24(R); $32(NR)

- **23414-275B**
  - 18 & up
  - 3:00 - 4:00pm
  - 6 classes
  - starts Apr 18
  - $48(R); $63(NR)
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.

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 more experienced, we all have all levels of dancers on the floor.

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.

MIXED AGES

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

Hand Dance: Intermediate
Learn intermediate level steps to the hottest dance form in the area.

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!

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.

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.
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 6 classes $36(R); $47(NR) starts Mar 9

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 6 classes $36(R); $47(NR) starts Mar 15

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 6 classes $36(R); $47(NR) starts Mar 14

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 6 classes $36(R); $47(NR) starts Mar 9

Basketball: Children, Intermediate
Learn skills and fundamentals for organized, competitive basketball. Organized basketball experience required.

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

Soccer Skills: Children
Do you know the SCORE? Here is how the numbers stack up: 1 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 6 classes $36(R); $47(NR) starts Mar 9

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

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

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. We'll 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 6 classes $48(R); $57(NR) starts Mar 10

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 tumbles 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 tumbles, jumps, and team spirit!

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

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 6 classes $42(R); $55(NR) starts Mar 14

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 11 classes $72(R); $94(NR) starts Mar 19

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 11 classes $72(R); $94(NR) starts Mar 19

Visual Arts

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 3 classes $24(R); $32(NR) starts Apr 14

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 3 classes $18(R); $24(NR) starts Mar 17

30604-275B
Tue All ages 1:00 - 2:00pm 6 classes $18(R); $24(NR) starts Apr 14

SAARC, Spring 2020 Classes and Camps • 15
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 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.
• 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.
• 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.
• 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.
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. Contact the Customer Service Help Desk by phone at 301-699-CALL (2255) or by e-mail 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.

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.

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 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

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**Day Camps**

**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.

- **16207-375A**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $234 (R); $304 (NR)
  - 9 classes
  - starts Jun 29

- **16207-375C**
  - 6 - 12yrs.
  - Mon-Fri 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.

- **16225-375A**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jun 15

- **16225-375B**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jun 22

- **16225-375C**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $92 (R); $126 (NR)
  - 4 classes
  - starts Jun 29

- **16225-375D**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jul 6

- **16225-375E**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jul 13

- **16225-375F**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jul 20

- **16225-375G**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Jul 27

- **16225-375H**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Aug 3

- **16225-375J**
  - 6 - 12yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $120 (R); $162 (NR)
  - 5 classes
  - starts Aug 10

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**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 hands-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.

- **16305-375A**
  - 13 - 17yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $234 (R); $304 (NR)
  - 9 classes
  - starts Jun 29

- **16305-375C**
  - 13 - 17yrs.
  - Mon-Fri 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!

- **16309-375B**
  - 13 - 17yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $260 (R); $330 (NR)
  - 10 classes
  - starts Jul 13

- **16309-375D**
  - 13 - 17yrs.
  - Mon-Fri 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.

- **16315-375A**
  - 13 - 17yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $130 (R); $169 (NR)
  - 5 classes
  - starts Jun 22

- **16315-375B**
  - 13 - 17yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $260 (R); $330 (NR)
  - 10 classes
  - starts Jul 13

- **16315-375D**
  - 13 - 17yrs.
  - Mon-Fri 9:00am - 4:30pm
  - $130 (R); $169 (NR)
  - 5 classes
  - starts Aug 10

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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!

16609-375A
Mon-Fri
6 - 17yrs. 9:00am - 4:30pm
$234(R); $304(NR)
9 classes starts Jun 29

16609-375B
Mon-Fri
6 - 17yrs. 9:00am - 4:30pm
$260(R); $330(NR)
10 classes starts Jul 13

16609-375C
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!

16612-375A
Mon-Fri
6 - 17yrs. 9:00am - 4:30pm
$234(R); $304(NR)
9 classes starts Jun 29

16612-375B
Mon-Fri
6 - 17yrs. 9:00am - 4:30pm
$260(R); $330(NR)
10 classes starts Jul 13

16612-375C
Mon-Fri
6 - 17yrs. 9:00am - 4:30pm
$260(R); $330(NR)
10 classes starts Jul 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.

16258-375A
Mon-Fri
6 - 12yrs. 9:00am-4:30pm
$300(R)/$390(NR)
10 classes starts July 13

16258-375B
Mon-Fri
6 - 12yrs. 9:00am-4:30pm
$300(R)/$390(NR)
10 classes starts July 27

16258-375C
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.”
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
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!

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 PA MD 02/26/2020