

live more, play more
pgparks.com

your guide

to Parks and Recreation
Classes, Programs, and Events



live more, play more



Flip to
page 4 for
information
about Black History
Month 2024.

live more, play more



Live More... And Live Better in 2024!

Whether you want to improve your body, mind or spirit, M-NCPPC, Department of Parks and Recreation, Prince George's County is here to help you achieve your goals in the New Year. With community centers, senior activity centers, and sports facilities conveniently located throughout the county, you are never far from a healthier YOU.

- **Enjoy our indoor pools and ice-skating rinks.**
- **Take a yoga class.**
- **Try your hand at martial arts.**
- **Learn to make more nutritious meals.**

With state-of-the-art amenities and health and wellness programs for all ages, it's never too late or too early to live your best life.



Play More... And Find Your Passion in 2024!

No matter your interests, age or skill-level, the Department of Parks and Recreation has something for YOU. Our museums, nature centers, arts facilities, and parks provide an array of programs and expertise.

- Dive into genealogy.
- Take up painting.
- See a live performance.
- Learn the latest hip-hop moves.
- Explore nature on 90+ miles of trails.

Now is the time to learn something new, have fun, and make friends!



No one honors Prince George's County's diversity like the Department of Parks and Recreation—and in 2024, we are looking forward to new celebrations and the return of our most popular festivals.

- **Black History Month (February)**
- **Women's History Month (March)**
- **Asian Pacific Islander Heritage Month (May)**
- **Juneteenth (June)**
- **LGBTQ+ Pride Month (June)**
- **Hispanic Heritage Month (September)**
- **American Indian Festival (October)**
- **50 Years of M-NCPPC,
Department of Parks and
Recreation's Inclusion Services**



For planning your best year—and your best YOU
visit **pgparks.com**

Celebrate and honor

**AFRICAN AMERICAN
HERITAGE** during
**BLACK HISTORY
MONTH!**

Join us for the Opening Reception of the Annual Black History Month Exhibition, which is curated by the M-NCPPC, Department of Parks and Recreation, Black History Program.

*This event will be held at Harmony Hall Arts Center
10701 Livingston Road., Fort Washington 20744
on Sunday, February 4, from 2-5 pm.*

*For details, please call 240-264-3415
or email BlackHistory@pgparks.com*

**From performances
to history lessons to
tours**, there are plenty
of exciting M-NCPPC,
Department of Parks
and Recreation events
and activities planned
throughout Prince
George's County.

For the latest information
on **Black History Month**
happenings, please visit
pgparks.com and search
Black History



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**PRINCE GEORGE'S
PLANNING BOARD**

Peter A. Shapiro, *Chair*
Dorothy F. Bailey
William M. Doerner
Manuel R. Geraldo
A. Shuanise Washington

Asuntha Chiang-Smith, *Executive Director*

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*

Steve Carter, *Deputy Director of Parks and Facilities Management*

Alvin McNeal, *Deputy Director of Administration & Development*

Wanda Ramos, *Deputy Director of Recreation and Leisure Services*

CUSTOMER SERVICE HELP DESK

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

PARK POLICE

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

ADMINISTRATION & DEVELOPMENT

Information Technology Services | 301-454-1515

Land Planning and Environmental Stewardship Division |
301-699-2525

Management Services | 301-699-2255

Park Planning & Development | 301-699-2525

Public Affairs & Community Engagement | 301-446-3300

Special Projects | 301-446-6856

PARKS & FACILITIES MANAGEMENT

Arts & Cultural Heritage | 301-446-3232

Facility Services | 301-780-2300

Natural & Historic Resources | 301-627-2270

Northern Region Parks | 301-918-4700

Southern Region Parks | 301-265-7000

RECREATION & LEISURE SERVICES

Aquatics & Athletic Facilities | 301-446-6800

Northern Recreation & Leisure Services | 301-445-4500

Southern Recreation & Leisure Services | 301-203-6000

Special Programs | 301-446-3400

Youth & Countywide Sports | 301-446-6800

**PRINCE GEORGE'S COUNTY PARKS
AND RECREATION FOUNDATION**

301-446-3340

Maryland Relay 7-1-1 for customers who are deaf,
hard of hearing, or have a speech disability.

your guide

to Parks and Recreation
Classes, Programs, and Events

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Connect with us!



@pgparks



@pgparks



@pgparksandrec



@pgparksandrecreation

Photo and Video Policy

M-NCPPC, 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.



24th Annual Gingerbread House Contest & Show

Friday-Sunday, December 1-3 & December 8-10

12 noon-5 pm

For a sweet treat, come to Darnall's Chance House Museum and view an amazing display of edible gingerbread houses. Visitors will have the opportunity to vote for their favorite entries in the Viewer's Choice Competition. No nibbling allowed!

Fee: \$2/person (cash only); Children 4 & under are FREE.

Darnall's Chance House Museum
14800 Governor Oden Bowie Drive • Upper Marlboro 20772
Information: 301-952-8010/Maryland Relay 7-1-1



How to register for an activity...

Registration for an activity begins:
WEDNESDAY, November 15: for Prince George's County Residents
WEDNESDAY, November 22 for Non-Residents

To register, you will need your PARKS DIRECT login information, course number, and any major credit/debit card.

(Note: 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)

NEW! Setting up a new PARKS DIRECT account? You can upload age and residency verification documents from your computer or smartphone.

Validate your residency status!

Did you know that Prince George's County and Montgomery County residents receive a discount on Parks and Rec classes, events, and rentals? Before registration, be sure to validate your residency status in order to receive the resident discount rate! (Note: Priority registration is given to Prince George's County residents during program and class enrollment.) For details, scan the QR code on the back cover of the Guide.

From a personal computer, you'll need to have images of your documents saved to your computer. From a smartphone, you'll be able to take a picture using your camera at the time of upload. For the list of acceptable age and residency verification documents, please visit pgparks.com and search for: First Time Account Setup.

Uploading a document will not make an immediate update to your account. The Customer Service Help Desk team will review and respond to you via email within 2 business days.

- Once you're on pgparksdirect.com, search for programs in either Activities or Special Events/Performances, and enter barcodes.
- Click the plus sign (+) in the first column to add an activity to your shopping cart. A footer appears at the bottom of the screen confirming your selection.
- Click "Add To Cart." (Note: If you haven't logged into your PARKS DIRECT account, you will be prompted to do so upon adding the activity to your cart.)
- Choose the customer from your account that will be participating in the activity by checking the box for each family member. You may enroll multiple people for the same activity simultaneously.
- The activity enrollment is added to the shopping cart.
- You may browse other options by clicking "Continue Shopping" or finalize the transaction by clicking "Proceed To Checkout."
- Fill in payment information as necessary.
- Upon successful payment processing, you'll be directed to a page where you can:
 - Fill out a quick survey about your experience.
 - View receipt as a PDF.
 - Email a copy of your receipt to any address.

Questions? Contact the Customer Service Help Desk at CustomerService@pgparks.com.

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.

- (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

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 receive a fee reduction for programs at the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center only. For more information, contact splex@pgparks.com.

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.

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.

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.

Disability Services (Therapeutic Recreation and Program Access)

M-NCPPC is dedicated to providing quality parks and recreation programs, facilities, and services that are inclusive and accessible to all patrons. The Department of Parks and Recreation ensures compliance with the Americans with Disabilities Act (ADA) by taking all reasonable steps to remove barriers to participation in programs and services.

All disability modification requests should be noted on PARKS DIRECT accounts and/or requested a minimum of two weeks in advance of the program's start date. For disability modifications, contact Program Access Staff at program.access@pgparks.com or call 301-249-7200 (voice) or Maryland Relay 7-1-1.

Información sobre cómo inscribirse para actividades

La inscripción para las actividades/clases en persona empieza:
miércoles, 15 de noviembre: para los residentes del Condado de Prince George's
miércoles, 22 de noviembre: para los que residen fuera del Condado de Prince George's

Para inscribirse, necesitará: su nombre de usuario y contraseña de PARKS DIRECT, número de actividad/curso, y número de tarjeta de crédito/débito y su fecha de vencimiento.

(Nota: Antes de inscribirse en cualquier programa, usted debe establecer una cuenta GRATIS de PARKS DIRECT. Visite pgparksdirect.com para información sobre cómo obtener una cuenta de PARKS DIRECT.)

¡Valide su estatus de residencia!

¿Sabía que los residentes de los condados de Prince George's y Montgomery reciben un descuento en clases, eventos y alquileres de M-NCPPC, Departamento de Parques y Recreación? Antes de inscribirse, asegúrese de validar su estatus de residencia para recibir la tasa de descuento para residentes. (Nota: Se da prioridad de inscripción a los residentes del Condado de Prince George's durante la inscripción al programa y a la clase). Para obtener más información, escanee el código QR en la contraportada de esta Guía.

¡NUEVO! ¿Está configurando una nueva cuenta de PARKS DIRECT? Usted puede cargar documentos de verificación de edad y residencia desde su computadora o smartphone (teléfono inteligente).

Desde una computadora personal, necesitará tener imágenes de sus documentos guardadas en su computadora. Desde un smartphone (o teléfono inteligente), podrá tomar una foto con su cámara en el momento de la carga. Para obtener la lista de documentos aceptables de verificación de edad y residencia, visite pgparks.com, haga clic en la pestaña “Actividades y servicios” en la parte superior de la página y después haga clic en “Configuración de cuenta por primera vez.”

Cargar un documento no hará una actualización inmediata en su cuenta. La Oficina de Asistencia al Cliente lo revisará y le responderá por correo electrónico dentro de los dos (2) días hábiles.

- Una vez que esté en pgparksdirect.com, busque programas en Actividades o Eventos / Actuaciones especiales e ingrese los códigos de barras.
- Haga clic en el signo más (+) en la primera columna para añadir una actividad a su carrito de compras. Aparecerá una señal en la parte inferior de la pantalla confirmando su selección.
- Haga clic en “Agregar al carrito”. (**Nota:** si no ha iniciado sesión en su cuenta PARKS DIRECT, se le pedirá que lo haga antes de agregar la actividad a su carrito.)
- Elija el cliente de su cuenta que participará en la actividad marcando la casilla para cada miembro de la familia. Puede inscribir a varias personas para la misma actividad a la misma vez.
- La inscripción a la actividad se agregará al carrito de compras.
- Puede explorar otras opciones haciendo clic en “Seguir comprando” o finalizar la transacción haciendo clic en “Proceder al pago”.
- Complete la información de pago según sea necesario.
- Una vez que el pago se haya procesado correctamente, se le dirigirá a una página donde puede:
 1. Completar una encuesta rápida sobre su experiencia.
 2. Ver el recibo como un PDF (documento digital)
 3. Enviar una copia de su recibo a la dirección de su correo electrónico.

Si tiene preguntas, por favor mande un correo electrónico a customerservice@pgparks.com.

Inscripción y tarifas para residentes

La política de la Comisión de Parques y Planificación de Maryland —Área de la Capital Nacional (“M-NCPPC” por sus siglas en inglés) da prioridad a los residentes del Condado de Prince George's durante la inscripción al programa y a la clase. También aumenta las tarifas de inscripción en aproximadamente un 30 por ciento para los no residentes o aquellos que viven fuera de los condados de Prince George's y Montgomery. Este procedimiento asegura que los ciudadanos que financian estos programas a través de sus impuestos tengan la primera opción para inscribirse. Después del período de inscripción de prioridad, se aceptan inscripciones de residentes de todas las jurisdicciones. El programa de tarifas se aplica a todos los programas e instalaciones de M-NCPPC en el Condado de Prince George's, con algunas excepciones, como boletos para actualizaciones y espectáculos, y tarifas de admisión a sitios históricos. *Nota: Se debe pagar el pago total en el momento de la inscripción, a menos que una clase o programa tenga una estructura de pago programada, es decir, el programa de cuidado de niños llamado “Kids’ Care” o nuestros viajes y excursiones.

¿Necesita ayuda? Envíe un correo electrónico a la Oficina de Servicio al Cliente a CustomerService@pgparks.com.

Estructura de tarifas

Tenga en cuenta que las tarifas se enumeran en grupos, lo que permite una tarifa reducida para los residentes del condado. A continuación, se muestra una guía de esta estructura de tarifas.

- (R) se refiere a personas que residen en los condados de Prince George's y Montgomery
- (NR) se refiere a personas que NO residen en los condados de Prince George's y Montgomery
- (IA) se refiere a personas que viven en el Área de Impacto del Sports & Learning Complex en el Condado de Prince George's

Inscripción y tarifas del Área de Impacto

(IA) se refiere a personas que viven en el Área de Impacto del Sports & Learning Complex en el Condado de Prince George's. Los residentes del Área de Impacto pueden inscribirse con prioridad durante una semana y recibir una reducción de la tarifa para los programas en el Prince George's Sports & Learning Complex. Para obtener más información, mande un correo electrónico a splex@pgparks.com.

Política de Reembolso

En caso de que M-NCPPC cancele un curso, el inscrito recibirá un reembolso completo, es decir de 100% o un crédito en su cuenta de PARKS DIRECT. El inscrito puede retirarse de un curso en cualquier momento antes de que finalice el curso y tendrá derecho a recibir un crédito prorrateado en su cuenta, basado del número de clases restantes en el momento en que se solicite el retiro. Todos los retiros dentro de los 7 días de la fecha de inicio del curso deben ser realizados por la instalación que ofrece el programa. Los retiros con aviso adicional por adelantado se pueden procesar en línea o en cualquier otra instalación. Se aplicará una tarifa de retiro del 20% sobre los fondos que resulten del retiro, excepto dentro de las 24 horas posteriores a la fecha de inscripción original. Esta tarifa no se aplicará en caso de cancelación del curso, aplazamientos, cambios realizados por M-NCPPC o si el Gerente de la instalación establece lo contrario. No se aceptarán solicitudes de reembolso después de que se complete un curso. No se permitirán reembolsos en efectivo. Los reembolsos por compras con tarjeta de crédito se emitirán como crédito a la cuenta de la tarjeta de crédito. Los reembolsos de cheques pueden tardar de 3 a 4 semanas en procesarse. No se emitirá ningún reembolso o crédito por las clases perdidas por el participante. Algunas actividades tienen diferentes políticas de reembolso/retiro que reemplazan esta política estándar, como se identifica en la descripción o los detalles del curso.

Política de cheques sin fondos

M-NCPPC cobrará una cuota administrativa de \$35 por cheques que reboten por falta de fondos.

Ayuda financiera

Ayuda financiera está disponible solamente para los residentes del Condado de Prince George's (no se aplica a todos los programas /instalaciones). Se requiere prueba formal de necesidad. Para obtener los formularios en inglés o español, pase por cualquier centro comunitario o visite pgparks.com, haga clic en la pestaña “Nuestra historia” en la parte superior de la página y después haga clic en “Programa de asistencia de tarifas.”

Las tarifas están sujetas a cambios

Las tarifas de esta guía de las clases están sujetas a cambios. Comuníquese con la instalación que ofrece el programa para obtener información actualizada.

Manténgase informado

Si se ha inscrito en una clase o viaje en los últimos dos (2) años a través de PARKS DIRECT, usted recibirá automáticamente nuestra Guía trimestral de Parques y Recreación. ¿Es nuevo en el área o no se ha inscrito en los últimos dos (2) años? Envíe un correo electrónico a public.affairs@pgparks.com y le enviaremos una copia GRATUITA de la Guía. ¿Quiere mantener informado acerca de los próximos eventos y programas de recreación? Envíe un correo electrónico a public.affairs@pgparks.com con el asunto “Boletín Informativo” y recibirá un boletín electrónico semanal sobre los próximos programas y eventos del Departamento de Parques y Recreación.

Servicios para personas con discapacidades (acceso a programas y recreación terapéutica)

M-NCPPC, Departamento de Parques y Recreación está dedicado a proporcionar programas, instalaciones y servicios de calidad que sean inclusivos y accesibles para todos los usuarios. El Departamento garantiza el cumplimiento de la Ley sobre Estadounidenses con Discapacidades (ADA por sus siglas en inglés) al tomar todas las medidas razonables para eliminar las barreras a la participación en programas y servicios.

Todas las solicitudes de modificaciones de discapacidad deben indicarse en las cuentas de PARKS DIRECT y/o deben ser solicitadas con un mínimo de dos semanas antes de a la fecha de comienzo del programa. Para obtener más información, por favor comuníquese con el personal de acceso a programas al 301-249-7200 (voz) o por correo electrónico a program.access@pgparks.com. Para personas con discapacidades auditivas o del habla, pueden llamar al Maryland Relay 7-1-1, para pedir asistencia.



Virtual Activities & One Day Virtual Programs

Reservations or pre-registration is required at pgparksdirect.com. In order to participate in a virtual event/workshop, you must download Microsoft Teams®, which requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later. For technical questions, please contact CustomerService@pgparks.com, or call 301-699-2255(CALL).

Pan Seared Salmon and Sweet Potato & Brussels Medley Cooking Demonstration

During this virtual cooking demonstration, learn how to create the perfect pan-seared salmon and sweet potato & brussels medley to add an array of nutrients and a pop of color to your holiday dinner! Registration required.

wellness@pgparks.com		
SPD-SPEC-GA-20231220		
All ages	Wed Dec 20	6:00 - 7:00pm
	Free	

Meal Prep: Cook Once, Eat All Week Cooking Demonstration

Get a head start on your wellness goals in the new year! Join us for a virtual cooking demonstration and discover how to prepare nutritious meals for the entire week, so you can avoid the hassle of cooking every day. Registration required.

wellness@pgparks.com		
SPD-SPEC-GA-20240117		
All ages	Wed Jan 17	6:00 - 7:00pm
	Free	

Dine, Learn & Move: Heart Health in the Month of Love

Join us in celebrating National Heart Health Month. February is the month of love, and while we focus on our loved ones, it is important that we also focus on ways to prevent and manage heart disease so we can spend more time with those special people in our lives. We will kick off class with a heart pumping workout, hear from our guest speaker who will share heart healthy lifestyle tips and finish with a cooking demonstration using foods that contain Omega-3 fatty acids, foods proven to improve your heart health. Registration required.

wellness@pgparks.com		
SPD-SPEC-GA-20240124		
All ages	Wed Jan 24	6:00 - 7:30pm
	Free	

Healthy Soul Food Cooking Demonstration: Greens and Grits

Discover a healthier approach to enjoying greens and grits! In this virtual session, you'll learn how to make nutritious variations of these traditional dishes. Registration required.

wellness@pgparks.com		
SPD-SPEC-GA-20240215		
All ages	Thu Feb 15	6:00 - 7:00pm
	Free	

Dine, Learn & Move: Heart Health in the Month of Love

Join us in celebrating National Heart Health Month. February is the month of love, and while we focus on our loved ones, it is important that we also focus on ways to prevent and manage heart disease so we can spend more time with those special people in our lives. We will kick off class with a heart pumping workout, hear from our guest speaker who will share heart healthy lifestyle tips and finish with a cooking demonstration using foods that contain Omega-3 fatty acids, foods proven to improve your heart health. Registration required.

wellness@pgparks.com		
SPD-SPEC-GA-20240228		
All ages	Wed Feb 28	6:00 - 7:30pm
	Free	

Fitness

ADULTS

Bio-Fitness

Want the best of both worlds? The finest of hi-impact and low-impact classes are combined giving you a balanced, cardio workout. Push your heart rate but not your joints! Participants can modify choreography to suit their range of mobility while working towards their fitness goals. Take pleasure connecting with others as you exercise to great health. Patrons may register on-site for 1 day/week course at select sites. For single weekday courses contact the center for registration details.

uppermarlborocc@pgparks.com		
31415-186A	18 & up	12 classes
Tue, Thu	5:30 - 6:30pm	starts Dec 5
	\$36(R); \$47(NR)	
31415-186B	18 & up	14 classes
Tue, Thu	5:30 - 6:30pm	starts Jan 16
	\$42(R); \$55(NR)	

SENIORS

Chair Yoga

Learn to relax with breathing and meditation techniques.

campspringsseniors@pgparks.com		
31515-111A	60 & up	3 classes
Mon	12:30 - 1:30pm	starts Dec 4
	\$7(R); \$10(NR)	
31515-111B	60 & up	4 classes
Mon	12:30 - 1:30pm	starts Jan 8
	\$10(R); \$13(NR)	
31515-111C	60 & up	108 classes
Mon	12:30 - 1:30pm	starts Feb 5
	\$10(R); \$13(NR)	

Lifestyle and Learning

ADULTS

Spanish Level I: Adults

This introductory Spanish course empowers adults to speak conversationally to neighbors, develop a useful work skill, and start the process of becoming fluent.

glenndalecc@pgparks.com		
31402-127A	18 & up	6 classes
Thu	6:00 - 7:00pm	starts Jan 11
	\$55(R); \$72(NR)	
31402-127AA	18 & up	6 classes
Thu	7:00 - 8:00pm	starts Jan 11
	\$55(R); \$72(NR)	

MIXED AGES

Spanish Level I: Mixed Ages

Hola! Do you want to learn how to have a conversation in Spanish? Understand basic vocabulary, grammar, and conversation in our fun course! Sign up to build self-confidence and achieve your dreams of learning a new language.

glenndalecc@pgparks.com		
31606-127A	6 - 13yrs.	6 classes
Tue	6:00 - 7:00pm	starts Jan 9
	\$55(R); \$72(NR)	
31606-127B	6 - 13yrs.	6 classes
Tue	7:00 - 8:00pm	starts Jan 9
	\$55(R); \$72(NR)	





In-Person Ticketed Events

All events listed below are single-day events with limited capacity. Tickets must be reserved or purchased online via pgparksdirect.com before attending the event; no tickets will be sold on site. For the most up-to-date COVID-19 guidelines, please visit pgparks.com. If not feeling well, please stay home. Some events may be canceled due to inclement weather or wet grounds. Sign up for PGParks Alerts at pgparks.com to receive the latest information on M-NCPPC, Department of Parks and Recreation closures, cancellations, and emergencies.

Santa Fly-In

Watch Santa fly into the College Park Airport and Aviation Museum! Enjoy crafts and activities in the museum and take a photo with Santa. Photos will be scheduled by reserved time slot. To reserve a slot, please send an email to collegeparkaviation@pgparks.com. All guests over the age of 2 must have a ticket. Field of First Foundation Members are free and do not need to reserve a ticket. Santa will arrive between 10-10:15 am. Guests are encouraged to start arriving at 9:30 am.

College Park Aviation Museum collegeparkaviation@pgparks.com		
CPAM-SPEC-GA-20231202		
All ages	Sat Dec 2 \$5(R); \$7(NR)	10:00am - 4:00pm

Santa Paws

Bring your pet to have their picture taken with Santa! You'll receive a festive photo of your pet, or you may bring your own camera to take the photo. All proceeds will go towards funding medical expenses for the animals at Watkins Nature Center.

Watkins Nature Center watkinsnaturecenter@pgparks.com		
WNC-SPEC-GA-20231202		
All ages	Sat Dec 2 \$10(R); \$13(NR)	12:00 - 2:00pm

The Nutcracker

The National Ballet is Maryland's oldest professional ballet company founded by Helen Moore in 1948. With over 74 years of bringing the joy of ballet to the people, the National Ballet Company returns to its origins and brings the holiday classic "The Nutcracker" back to the stage where it was first developed. Bring the entire family and delight in Clara, the Nutcracker Prince, the Mouse King, and the Sugar Plum Fairy as they perform to Tchaikovsky's classic music.

Prince George's Publick Playhouse publickplayhouse@pgparks.com		
PGPP-SPEC-GA-20231202		
All ages	Sat Dec 2 \$25(R); \$33(NR)	8:00 - 10:00pm

Lunchtime Listening Series Featuring Kevin Howard

Keyboardist, composer, and recording artist Kevin Howard is from Pittsburgh, but now calls Prince George's County home. He has released several CDs and toured from coast to coast playing with smooth jazz legends including Ronnie Laws, Lonnie Liston Smith, George Benson, Cameo, John Legend, and others.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
SAARC-SPEC-GA-20231206		
All ages	Wed Dec 6 Free	11:00am - 1:00pm

Holiday Cooking Demo

Start your holiday gathering with appetizers the whole family will love. In this session you will learn how to make caramelized onion cranberry bites & cranberry couscous salad. Registration required.

Cedar Heights Community Center cedarheightscc@pgparks.com		
SPD-SPEC-GA-20231206		
All ages	Wed Dec 6 Free	1:00 - 2:00pm

The Brencore Allstars

The Brencore Allstars will perform some of greatest Christmas songs to put you in the holiday spirit. Come and sing along with friends and family members, and enjoy this spectacular holiday show.

Montpelier Arts Center montpelierarts@pgparks.com		
MCAC-SPEC-GA-20231207		
60 & up	Thu Dec 7 \$15(R); \$20(NR)	12:00 - 1:00pm

Country Western Holiday Party

Saddle up and get ready for our ride through the wild west with our Harmony Hallers! Come dressed to impress in your best western gear (costumes are optional).

Harmony Hall Regional Center harmonyhallrc@pgparks.com		
HHRC-SPEC-GA-20231207		
60 & up	Thu Dec 7 \$20(R); \$26(NR)	12:00 - 3:00pm

December Curiosity Jam with Deep Shenoy

Are you musically curious? Musicians and those who are interested in listening are invited to Brentwood Arts Exchange's monthly Curiosity Jam! We welcome singers and instrumentalists from any culture in the world. Our goal is to share music and encourage cross-cultural collaboration. World music band Kundalika is the house backing band, with sitar-guitar, acoustic guitar, upright bass, and djembe on hand. Please bring copies of sheet music if you have it (e.g. if you're doing a jazz standard), as it helps a lot. Percussionists, please bring along something to play on (we do not have a drum kit). If we aren't able to accompany you, you are welcome to play solo! This is a judgement-free zone. In addition to "open mic" time, each monthly jam will also feature a special segment, the world music group jam. We'll teach folks how to play the basic outline of an Indian classical music scale on their own instrument (or sing it vocally). Then we'll lay down a groove and do a jam with all the musicians there playing together! No knowledge of Indian music required; we'll have handouts in Western notation.

Brentwood Arts Exchange brentwoodarts@pgparks.com		
BAE-SPEC-GA-20231207		
All ages	Thu Dec 7 \$20(R); \$26(NR)	7:30 - 9:30pm

Nadie Nadia

Vocalist Lena Seikaly and guitarist Steve Herberman have played together regularly for the past seven years in the DC metro area. They enjoy spontaneous interactions while performing live, offering something new each time. Seikaly, a finalist in the 2015 Thelonious Monk vocal competition and bandleader in her own right, has headlined venues throughout the U.S., as well as Turkey and China. Herberman is an internationally known jazz guitarist featured in the book "The Great Jazz Guitarists" by Scott Yanow. Steve switched to a 7-string guitar 30 years ago, which lends a deep foundation to the duo's sound, much like having a bassist and a guitarist rolled into one. As a duo, they appear regularly at the Tabard Inn, have headlined Blues Alley, Gaithersburg Arts Barn, and various other D.C. venues, and released an album in 2018 entitled "A Little Closer."

Brentwood Arts Exchange brentwoodarts@pgparks.com		
BAE-SPEC-GA-20231208		
All ages	Fri Dec 8 \$20(R); \$26(NR)	8:00 - 10:00pm

Whoville Holiday

Don't be a Grinch! Join us for a holiday journey through Whoville with games, storytelling, snacks, and a visit from some special friends. Registration required. One ticket per child.

Vansville Community Center vansvillecc@pgparks.com		
VCC-SPEC-GA-20231209		
2 - 12yrs.	Sat Dec 9 Free	10:00am - 12:00pm

Santa's Winter Wonderland

Santa is in town and has set up his workshop at Good Luck Community Center! For one day only, visit Santa's winter workshop, where you can make arts and crafts, decorate cookies, and even write your wish-list letters to Santa.

Good Luck Community Center goodluckccc@pgparks.com		
GLCC-SPEC-GA-20231209		
All ages	Sat Dec 9 \$10(R); \$13(NR)	1:00 - 4:00pm

Jeff Majors

Jeff Majors is an American inspirational jazz musician. He is a harpist, writer, arranger, and composer. Born in Washington, D.C., he started playing the harp as a teenager. He spent several years studying under the wings of jazz pianist and harpist Alice Coltrane, wife of jazz legend John Coltrane. He began his recording career in 1998 with the release of "Sacred" by Music One Records. He has released eight albums, many of which have charted on Billboard Magazine's Gospel and R&B Charts. His latest release "Sacred Duets" was released in 2010 and placed #44 on the Gospel Albums charts. Majors is also focusing on his humanitarian efforts as an activist for the nation's homeless through his non-profit organization "The Network of Doves".

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
HHAC-SPEC-GA-20231209		
All ages	Sat Dec 9 \$35(R); \$46(NR)	8:00 - 10:00pm



Family Fun Day with Santa

Get in the community holiday spirit at our annual December Family Fun Day! Enjoy a classic holiday film and a sweet treat, as well as a chance to visit with a special someone from the North Pole.

Prince George’s Publick Playhouse publickplayhouse@pgparks.com		
PGPP-SPEC-GA-20231210		
All ages	Sun Dec 10	2:00 - 4:00pm
	\$6(R); \$8(NR)	

A Charlie Brown Christmas with Eric Byrd Trio

Christmastime is here! Let Montpelier and the Eric Byrd Trio help us celebrate the season with music from the Peanuts’ “A Charlie Brown Christmas” show. By bringing fresh arrangements to these familiar songs, it gets everyone in the holiday mood. “Merry Christmas, Charlie Brown!”

Montpelier Arts Center	montpelierarts@pgparks.com
MCAC-SPEC-GA-20231210	
All ages	Sun Dec 10
	3:00 - 5:00pm
	\$15(R); \$20(NR)

Happy Holidays Show with Brencore All Stars Band Featuring the Comedy of Ms. Gayle

The Brencore All Stars Band is back to perform everyone’s favorite holiday songs with an R&B, classic soul, and a Motown twist, while comedian Ms. Gayle adds some humor to this holiday celebration.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
SAARC-SPEC-GA-20231210		
All ages	Sun Dec 10	4:00 - 6:00pm
	\$25(R); \$33(NR)	

A Charlie Brown Christmas with Eric Byrd Trio

Christmastime is here! Let Montpelier and the Eric Byrd Trio help us celebrate the season with music from the Peanuts’ “A Charlie Brown Christmas” show. By bringing fresh arrangements to these familiar songs, it gets everyone in the holiday mood. “Merry Christmas, Charlie Brown!”

Montpelier Arts Center	montpelierarts@pgparks.com
MCAC-SPEC-GA-20231210B	
All ages	Sun Dec 10
	6:00 - 8:00pm
	\$15(R); \$20(NR)

Holiday Eating Strategies

Don’t let the holidays derail your wellness goals. Join us as we discuss strategies to maintain a healthy lifestyle while still enjoying your favorite holiday foods. Registration required.

John E. Howard Community Center johnehowardcc@pgparks.com		
SPD-SPEC-GA-20231213		
All ages	Wed Dec 13	12:30 - 1:30pm
	Free	

Esther Williams: Back by Popular Demand

Esther Williams is a name you’re sure to remember once you’ve seen this sensuous talented entertainer. It is said that in just one set, Williams will take you from a whispered, heart-warming ballad to a swinging, jazzy standard right into something that gets into your body and makes you move.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
HHAC-SPEC-GA-20231213		
All ages	Wed Dec 13	2:00 - 3:00pm
	\$22(R); \$29(NR)	

Holidays in Harmony

Enjoy a holiday-themed concert with all your favorite renditions of Christmas songs from Nat King Cole, Motown, James Brown, and more.

Prince George’s Publick Playhouse publickplayhouse@pgparks.com		
PGPP-SPEC-GA-20231215		
60 & up	Fri Dec 15	11:00am - 12:00pm
	\$15(R); \$20(NR)	

Ladies In the Day

Ladies In The Day is a lively performance that combines theatre and music. You don’t want to miss this exciting performance.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
HHAC-SPEC-GA-20231215		
All ages	Fri Dec 15	2:00 - 3:30pm
	\$25(R); \$33(NR)	

Winter Wonderland Experience

Holiday entertainment and gifts will be given to the Kentland Community. Families will also be able to take pictures with Santa Claus. There will also be face painting and many more activities alike.

Kentland Community Center	kentlandcc@pgparks.com
KCC-SPEC-GA-20231215	
All ages	Fri Dec 15
	Free
	5:00 - 8:30pm

Breakfast with Santa

Have breakfast with Santa Claus and his reindeer! Take a picture with Santa Claus, too. Enjoy a scavenger hunt in the community center. Food and drinks are included in ticket price.

Prince George’s Plaza Community Ctr princegeorgesplazacc@pgparks.com		
PGPCC-SPEC-GA-20231216		
2 - 10yrs.	Sat Dec 16	11:00am - 12:30pm
	\$7(R); \$10(NR)	

Hermnadad Fiesta

We invite the children of Langley Park to participate in the traditional, annual Hermnadad Fiesta. Receive a gift from Santa, enjoy light refreshments and exciting activities.

Langley Park Community Center langleyparkcc@pgparks.com		
LPCC-SPEC-GA-20231216		
1 - 12yrs.	Sat Dec 16	11:00am - 2:00pm
	Free	

Kwanzaa Essentials

You’ll be part of an afternoon of family, cultural fun while learning about the event known as Kwanzaa. Join International Griot, Baba C, in this preview of the celebration and the seven principles that define it. There will be a ceremony, music, and educational stories shared in the African tradition to enlighten and bring a better understanding of the occasion.

Montpelier Arts Center	montpelierarts@pgparks.com
MCAC-SPEC-GA-20231216	
All ages	Sat Dec 16
	Free
	2:00 - 3:30pm

Stone Soup

The holiday season is about more than simply celebrating traditions and culture with friends and family. It is also about the spirit of giving and learning to share with others no matter our circumstances. Three classic short stories - “Stone Soup”, “The Gift of the Magi”, and “The Drum” help young audiences learn about what it means to give a gift with an open heart.

Prince George’s Publick Playhouse publickplayhouse@pgparks.com		
PGPP-SPEC-GA-20231219		
3 - 8yrs.	Tue Dec 19	10:00 - 10:45am
	\$6(R); \$8(NR)	

Tucker Roads Ugly Sweater Holiday Party

A ho-ho horrible sweater is all you need! Attend our ugly sweater party and enjoy an afternoon of food, dance, and fun festivities as the tackiest sweater wins! Raffles and giveaways will be provided.

Tucker Road Community Center tuckerroadcc@pgparks.com		
TRCC-SPEC-GA-20231221		
55 & up	Thu Dec 21	12:00 - 3:00pm
	\$25(R); \$33(NR)	

Film Screening: “It’s a Wonderful Life” (1946)

This classic holiday Frank Capra film stars Oscar nominee James Stewart as George Bailey, a decent small-town banker who learns what life would have been like if he’d never been born after he unwittingly becomes involved in a mistaken case of bank fraud, which threatens his spirit and tests his will to live until a wise angel compels him to see how his presence has made an incredible impact on the people of Bedford Falls. After the film, join is a sing-a-long holiday musical celebration.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
HHAC-SPEC-GA-20231221		
All ages	Thu Dec 21	7:00 - 10:30pm
	\$10(R); \$13(NR)	

Annual Kwanzaa Celebration

Participate in-person with the lighting of the candles and the watering plant ceremony. Watch performances from the Malcom X Drummers and Dancers. Join us as we drink and eat to the future prosperity of the New Year.

Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com		
RCSS-SPEC-GA-20231228		
All ages	Thu Dec 28	7:00 - 9:00pm
	Free	

Here’s to a NEW YOU: Vision Boards and Healthy Mocktails

Get ready to manifest your goals by creating vision boards in preparation for another great year. Join us for a fun, exciting, and inspirational afternoon as we “sort it all out” and sip healthy mocktails! Mocktails, lite bites, and supplies are included. Don’t miss your chance to win a mocktail kit!

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
SPLEX-SPEC-GA-20240106		
18 & up	Sat Jan 6	2:00 - 4:00pm
	\$45(R); \$59(NR)	

New Year, Fresh Start: S.M.A.R.T. Goal Setting Workshop

Have you ever struggled to meet your new year’s goals? Join us for an interactive goal setting workshop to learn a better approach to setting Specific, Measurable, Achievable, Relevant, and Time-Bound goals to help you maintain momentum throughout the year! Each participant will receive a free accountability journal to keep track of your progress. Registration required.

Watkins Tennis Bubble watkinstennisbubble@pgparks.com		
SPD-SPEC-GA-20240110		
16 & up	Wed Jan 10	6:00 - 7:00pm
	Free	

Winter Hand Dance Party

Bring your dancing shoes and join us for a fun night of hand dancing at Harmony Hall Regional Center’s Winter Hand Dance Party! Enjoy socializing and learning the newest dance moves.

Harmony Hall Regional Center harmonyhallrc@pgparks.com		
HHRC-SPEC-GA-20230112		
60 & up	Fri Jan 12	8:00am - 00:00am
	\$20(R); \$26(NR)	

Get Fit Mobile

Join us for this fun effective cardio workout that combines several different workout methods including aerobics, bodyweight strength training, and plyometrics! Enjoy a high-energy group environment as you improve your strength and cardiovascular endurance.

Hillcrest Heights Community Center wellness@pgparks.com		
SPD-SPEC-GA-20240113		
13 & up	Sat Jan 13	10:00 - 11:00am
	Free	



The Super Girls Group

The Super Girls Group consists of five original members of some of the greatest female groups of the 1950s and 1960s. They are Louise Murray from The Hearts (“Lonely Nights”) and The Jaynetts (“Sally Go ‘Round The Roses”), Lillian Walker of The Exciters (“Tell Him”), Margaret Ross of The Cookies (“Chains”), Nanette Licari of Reparata and The Del Rons (“Who Do You Love”) and Beverly Warren of The Raindrops (“The Boy You Can’t Forget”). The group was formed a few years ago by longtime fan and friend Paul Errante. They have performed in many prestigious venues throughout the country including The Beacon Theatre, The Chicago Theater, The Star Plaza Theatre, Foxwoods, Northshore Music Theatre, Wolf Trap National Park for the Performing Arts, The Orpheum Theatre, as well as many outdoor venues, areawide oldies shows, and benefits.

Harmony Hall Arts Center
harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20240113
All ages Sat Jan 13 8:00 - 10:00pm
\$30(R); \$39(NR)

Concert: Keith Snipes Tribute to Dr. Martin Luther King Jr.

Singer/songwriter, actor, and activist Keith Snipes returns to Southern Area Aquatics & Recreation Complex (SAARC) with his new band performing covers and original music celebrating the life and legacy of Dr. Martin Luther King, Jr.

Southern Area Aquatics Rec Complex
saarc@pgparks.com

SAARC-SPEC-GA-20240114
All ages Sun Jan 14 4:00 - 6:00pm
\$20(R); \$26(NR)

Children’s Hour with Yoruba Language

Dr. Taiye Ayoola-Adedeji will engage children in word activities to learn Yoruba words for colors, numbers, and seasons. Dr. Ayoola-Adedeji is on a quest to ensure that the beautiful African tonal language is passed on from one generation to the next. This program is ideal for children ages 4-12 with an accompanying adult. All children ages 16 & under must be accompanied. This is a FREE event, however, registration is required. For more information, call 301-464-5291 or email mariettahouse@pgparks.com. The snow date is January 20.

Marietta House Museum **mariettahouse@pgparks.com**
MHM-SPEC-GA-20240115
All ages Mon Jan 15 10:00 - 11:00am
Free

Martin Luther King, Jr. Day Commemorative Tours at Marietta House Museum

Marietta House Museum will be open for tours to commemorate Martin Luther King Jr. Day on Monday, January 15. Tours are 11 am, 1 pm, and 3 pm. Tours are FREE, but registration is required. For more information call 301-464-5291 or email mariettahouse@pgparks.com. Snow date is January 20.

Marietta House Museum **mariettahouse@pgparks.com**
MHM-SPEC-GA-20230115
8 & up Mon Jan 15 11:00am - 3:00pm
Free

Film Screening: “Stormy Weather” (1943)

This 1943 film was one of the first to feature an entirely African American cast. A struggling performer, meets a beautiful vocalist named Selina Rogers. He promises her that they will be together after he becomes a success. However, they both skyrocket to fame and lose contact. Fortunately, he just might get one more chance to woo her at a huge musical stage show. Popular entertainers of the 1940s, including Fats Waller and Cab Calloway, perform as themselves in the film also starting Bill Robinson and Lena Horne. Post screening discussion.

Harmony Hall Arts Center
harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20240118
All ages Thu Jan 18 7:00 - 10:30pm
\$10(R); \$13(NR)

2nd Annual Mad Hatter’s Tea Party

In celebration of National Hat Day, ladies and gentleman are cordially invited to attend a formal tea party. Learn tea etiquette while enjoying scones, sandwiches, games, and more!

Harmony Hall Regional Center
harmonyhallrc@pgparks.com

HHRC-SPEC-GA-20240121
60 & up Sun Jan 21 2:00 - 5:00pm
\$25(R); \$33(NR)

African Arrival on Colonial Maryland Shores

Please join researcher and archivist Kathryn “Kat” Wilmot for a hybrid presentation about the arrival of enslaved Africans to colonial Maryland. Learn about the museum’s quest to identify Africans who lived and labored at Middle Plantation held by Mareen Duvall in the 17th century. French immigrant Mareen Duvall was Gabriel Duvall’s great-grandfather. Wilmot is digging into slave voyages databases, archeological evidence, and colonial records to document the history of the ancestors who were enslaved by Marietta proprietor Gabriel Duvall. For more information, please call 301-395-9541 or mariettahouse@pgparks.com

Marietta House Museum **mariettahouse@pgparks.com**
MHM-SPEC-GA-20240125
8 & up Thu Jan 25 6:30 - 8:00pm
\$5(R); \$7(NR)

Blue Sky Puppet Theatre Presents "Rufus"

Enjoy this fast-paced and funny story about acceptance and inclusion.

Southern Area Aquatics Rec Complex
saarc@pgparks.com

SAARC-SPEC-GA-20240127
2 - 10yrs. Sat Jan 27 9:30 - 11:00am
\$10(R); \$13(NR)

Platinum Series (Film 3)

The Platinum Film Series features screenings of thought-provoking and entertaining films in a matinee presentation. This documentary film follows descendants of the survivors from the Clotilda, the last ship that carried enslaved Africans to the United States, as they reclaim their story. Bring your friends and enjoy the show.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com
PGPP-SPEC-GA-20240201
60 & up Thu Feb 1 11:00am - 12:30pm
\$5(R); \$7(NR)

February Curiosity Jam with Deep Shenoy

Are you musically curious? Musicians and those who are interested in listening are invited to Brentwood Arts Exchange’s monthly Curiosity Jam! We welcome singers and instrumentalists from any culture in the world. Our goal is to share music and encourage cross-cultural collaboration. World music band Kundalika is the house backing band, with sitar-guitar, acoustic guitar, upright bass, and djembe on hand. Please bring copies of sheet music if you have it (e.g. if you’re doing a jazz standard), as it helps a lot. Percussionists, please bring along something to play on (we do not have a drum kit). If we aren’t able to accompany you, you are welcome to play solo! This is a judgement-free zone. In addition to “open mic” time, each monthly jam will also feature a special segment, the world music group jam. We’ll teach folks how to play the basic outline of an Indian classical music scale on their own instrument (or sing it vocally). Then we’ll lay down a groove and do a jam with all the musicians there playing together! No knowledge of Indian music required; we’ll have handouts in Western notation.

Brentwood Arts Exchange **brentwoodarts@pgparks.com**
BAE-SPEC-GA-20240201
All ages Thu Feb 1 7:30 - 9:30pm
\$20(R); \$26(NR)

Janice the Griot: Fun with Animal Folktales & Soar with the Eagles

Join accomplished storyteller and official Griot of the State of Maryland, Janice the Griot, as she shares interactive tales from the African and African American experience featuring fun, instruments, puppets, songs, and rhymes. Children will hear tales of Anasi the Spider, Bre’r Rabbit, and other tricksters while they learn important life lessons.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240203
All ages Sat Feb 3 10:30 - 11:30am
\$6(R); \$8(NR)

Fuel Up for Your Heart Cooking Demonstration

Explore a new way to eat lentils! During this session, you will learn how to make lentils and brown rice. Not only are these recipes heart-healthy, but they are also packed with fiber to keep you fuller for longer. Registration required.

Camp Springs Senior Activity Center
campspringsseniors@pgparks.com

SPD-SPEC-GA-20240206
All ages Tue Feb 6 1:00 - 2:00pm
Free

Black History Month Book Discussion: “The Street” by Ann Petry

Ann Petry (1908-1997), journalist and writer whose debut novel, “The Street” was the first book by an African American woman to sell over a million copies, broke barriers with her poignant story of a single mother in Harlem during World War II. The novel’s probing story of the relationship between motherhood and social pressures sets Petry at the heart of American literature’s focus on place as a defining factor of identity sharpened through the added lens of race. Her authentic exploration of Black women’s challenges and vulnerabilities presaged Gloria Naylor’s “The Women of Brewster Place,” Alice Walker’s “The Color Purple,” and Toni Morrison’s “Beloved,” “God Help the Child,” “Paradise,” and other Morrison classics. Join us for a deep dive into the tensions and artistic expertise that keep her work relevant to every breath we take today! This is a two-part discussion. Please be sure to register for the second discussion taking place on Tuesday, February 13, 2024.

Montpelier Arts Center **montpelierarts@pgparks.com**
MCAC-SPEC-GA-20240206
18 & up Tue Feb 6 7:00 - 9:00pm
Free

I Heart Yoga

Take part in a nurturing and rejuvenating yoga experience that focuses on fostering a connection with your heart center. Through guided breath work and mindfulness, this class aims to cultivate balance and wellbeing as you explore heart-opening postures and soothing stretches. Ages 13 & up. Registration required. FREE

Lake Arbor Community Ctr. **lakearborcc@pgparks.com**
SPD-SPEC-GA-20240207
13 & up Wed Feb 7 8:30 - 9:30am
Free



Marietta’s Lunchtime Lecture Series: “Baltimore’s 19th Century Slave Trade”

Marietta’s Lunchtime Lecture Series continues with a presentation by Richard Messick. Mr. Messick has been a volunteer with Baltimore Heritage since 2014. In that capacity, he has delved into much of Baltimore’s history, including the once thriving market of buying and selling enslaved people in the early 19th century. Mr. Messick focuses on how informal human trafficking transactions grew into a major slave trading business during and will reveal the many forgotten locations where these transactions took place. Particular attention will focus on some of the more notorious human traffickers, such as Austin Woolfolk and Hope H. Slatter. It was Woolfolk who developed the sale of people into a business and Slatter who built the largest slave jails in the city. Slatter was responsible for selling South innumerable runaways, such as Seneca Jackson who fled Marietta in 1837, but was captured and sold by Slatter in Baltimore. This is a FREE event, but registration is recommended. Registration is required for those participating online. For more information, call 301-464-5291 or email mariettahouse@pgparks.com.

Marietta House Museum	mariettahouse@pgparks.com
MMH-SPEC-GA-20240207	
12 & up	Wed Feb 7 Free
12:00 - 1:00pm	

Black History Icons Open House

Explore and tour this free open house of Black History Icons! Friends of all ages are invited to discover details of inventors, musicians, activists, and many more who inspired Black culture. Registration is required. One ticket person.

Beltsville Community Center	beltsvillecc@pgparks.com
BVCC-SPEC-GA-20240207	
All ages	Wed Feb 7 Free
6:30 - 8:30pm	

EducArte Presents Agi Kovacs & Abbie Palmer, Irish Harp Dance Duo

Harpist/singer/songwriter Abbie Palmer and dancer/percussive noise maker Agi Kovacs are the new dynamic duo on the Celtic music scene. Their love for their art and innovative approach to this genre is evident and infectious. Both coming from classical music/classical ballet and folk music/dance backgrounds, Palmer and Kovacs have been performing and teaching in the D.C. area for many years separately, and after crossing paths for the first time last year, they immediately knew they had to start a duo project together. Pairing percussive dance and cajon with the harp, they create a unique sound that allows them and the listeners to connect and explore music together. This unique sound and interpretation is a show not to be missed.

Brentwood Arts Exchange	brentwoodarts@pgparks.com
BAE-SPEC-GA-20240209	
All ages	Fri Feb 9 \$20(R); \$26(NR)
8:00 - 10:00pm	

Sneaker Ball

Join us at Harmony Hall Regional Center for a magical afternoon for our first ever Sneaker Ball Gala. An exclusive afternoon where the hottest sneaker meets fashionable black-tie attire. Put on your best formal or casual outfit paired with your best sneaker and enjoy evening music, dance, games, contest and more.

Harmony Hall Regional Center	harmonyhallrc@pgparks.com
HHRC-SPEC-GA-20240209	
13 - 17yrs.	Fri Feb 9 \$20(R); \$26(NR)
8:00 - 11:00pm	

Workshop: Story of Your Life: Journaling for Creative Release and Reflection

Change is hard. Starting - or continuing - a regular journaling practice provides an excuse to take ourselves away from the day-to-day and release the stress. During this workshop, participants will journey together into the art and heart of storytelling.

Southern Area Aquatics Rec Complex	saarc@pgparks.com
SAARC-SPEC-GA-20240210	
14 & up	Sat Feb 10 \$20(R); \$26(NR)
9:30 - 11:00am	

Get Fit Mobile

Dance your way into fitness with Family Zumba class! This class brings together all members of your family for fun and easy-to-follow dance moves to upbeat music!

Lake Arbor Community Center	wellness@pgparks.com
SPD-SPEC-GA-20240210	
13 & up	Sat Feb 10 Free
10:00 - 11:00am	

Ray, Goodman, and Brown

Ray, Goodman, & Brown originated as The Moments in the mid-1960s, whose greatest success came in the 1970s with hits including “Love On A Two-Way Street,” “Sexy Mama,” and “Look At Me (I’m In Love).” In 1978, they changed their name to Ray, Goodman, & Brown. The group was composed of Harry Ray, Al Goodman, and Billy Brown, who went on to have further hits including “Special Lady.” The first single under their new name, “Special Lady,” became their biggest hit, reaching #1 on the R&B Charts in early 1980, earning them a Gold Record. Over the years, Harry Ray and Al Goodman passed, leaving Billy Brown as the sole surviving original member of Ray, Goodman, & Brown since 2010. Ray, Goodman, & Brown continue to perform before sellout crowds both nationally and internationally. Under the leadership of Billy Brown, current members, Kenneth Brown and Keenan Blount, continue to thrill audiences with their tight harmony and smooth choreography. If you are a “Special Lady” or have a “Special Lady,” you don’t want to miss this Valentine’s Day weekend performance.

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-SPEC-GA-20240210	
All ages	Sat Feb 10 \$50(R); \$65(NR)
8:00 - 10:00pm	

Archaeology Hike Through History

Did you know that people have lived in Prince George’s County for more than 13,000 years? Discover archaeology and history during a trail walk in Patuxent River Park led by Park Archaeologists.Â. More than 75 archaeological sites are recorded in this area, including Indigenous villages, an international colonial port, shipwrecks, large plantations worked by hundreds of enslaved laborers, tenant farms, and one of the first African American-owned airports in the country. The tour will cover about 3 miles on a natural trail path and stairs. Ages 12 and up with accompanying adult.

Patuxent River Park	patuxentriverpark@pgparks.com
PRP-SPEC-GA-20230211	
12 & up	Sun Feb 11 \$3(R); \$4(NR)
11:00am - 1:00pm	

Black History Month Book Discussion: “The Street” by Ann Petry

Ann Petry (1908-1997), journalist and writer whose debut novel, “The Street” was the first book by an African American woman to sell over a million copies, broke barriers with her poignant story of a single mother in Harlem during World War II. The novel’s probing story of the relationship between motherhood and social pressures sets Petry at the heart of American literature’s focus on place as a defining factor of identity sharpened through the added lens of race. Her authentic exploration of Black women’s challenges and vulnerabilities presaged Gloria Naylor’s “The Women of Brewster Place,” Alice Walker’s “The Color Purple,” and Toni Morrison’s “Beloved,” “God Help the Child,” “Paradise,” and other Morrison classics. Join us for a deep dive into the tensions and artistic expertise that keep her work relevant to every breath we take today! This is a two-part discussion. Please be sure to register for the first discussion taking place on Tuesday, February 6, 2024.

Montpelier Arts Center	montpelierarts@pgparks.com
MCAC-SPEC-GA-20240213	
18 & up	Tue Feb 13 Free
7:00 - 9:00pm	

I Heart Yoga

Take part in a nurturing and rejuvenating yoga experience that focuses on fostering a connection with your heart center. Through guided breath work and mindfulness, this class aims to cultivate balance and wellbeing as you explore heart-opening postures and soothing stretches. Ages 13 & up. Registration required. FREE

Southern Reg Tec & Rec Complex	techrec@pgparks.com
SPD-SPEC-GA-20240214	
13 & up	Wed Feb 14 Free
8:30 - 9:30am	

Fat Tuesday Mardi Gras Celebration

The French Quarter may have Bourbon Street, but our Mardi Gras Celebration will be hard to beat! Join us for an afternoon filled with food and fun activities.

Harmony Hall Regional Center	harmonyhallrc@pgparks.com
HHRC-SPEC-GA-20240214	
60 & up	Wed Feb 14 \$12(R); \$16(NR)
11:00am - 2:00pm	

Ray Apollo

Ray “Apollo” Allen is a powerhouse songwriter, composer, and performer who masters the music genres of blues, R&B, and gospel. He is also a songwriter and composer. He was formerly part of the “Apollo Brothers,” a singing group Ray formed along with his brother “Butch” and friend “Jackie Love” in the 1960s. The Apollo Brothers recorded their first single in 1975, titled “Shackin’ Up” (parts 1 & 2) and made their television debut on the Barry Richard’s Rock & Soul Show. Ray continued with the group until he went solo in 1985. For six years, he sang only gospel music. In 2006, he was invited to join the Legendary Orioles with Diz Russell. He wrote and recorded “The World Today,” which was released in 2011 on the PARM record label. Ray has had the pleasure of sharing the stage with legendary groups such as The Drifters, The Teenagers, The Chantels, Sam & Dave, The Jones Girls, Chuck Brown and Motown’s The Funk Brothers. He has performed at The Kennedy Center, Wolf Trap National Park for the Performing Arts, Smithsonian Folklife Festival, and Constitution Hall, to name a few.

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-SPEC-GA-20240214	
All ages	Wed Feb 14 \$22(R); \$29(NR)
2:00 - 3:00pm	

Film Screening: “Loving” (2016)

Celebrate Black History Month and Valentine’s Day with the ultimate story of love and sacrifice. “Loving” tells the story of Interracial couple Richard and Mildred Loving whose arrest in Virginia for the crime of getting married resulted in a landmark 1967 Supreme Court ruling. Post screening discussion.

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-SPEC-GA-20240215	
All ages	Thu Feb 15 \$5(R); \$7(NR)
7:00 - 10:30pm	

1920s Murder Mystery Party

You are cordially invited to attend a murder mystery party... Murder At The Grand Gatsby Speakeasy. Join us as we spend the evening enjoying incredible food and drink while we deduce who the killer is. The roaring twenties murder mystery party is set at the height of prohibition in a 1920s speakeasy with loads of blackmail, deceit, intertwining relationships, and murder. Outfits are optional, but encouraged.

Tucker Road Community Center	tuckerroadcc@pgparks.com
TRCC-SPEC-GA-20240216	
21 & up	Fri Feb 16 \$25(R); \$33(NR)
6:00 - 9:00pm	

Hip-Hop Trivia Night

Join us to celebrate hip-hop music and learn about how the music industry has changed for the Black artist.

Columbia Park Community Center	columbiaparkcc@pgparks.com
CPCC-SPEC-GA-20240216	
12 - 17yrs.	Fri Feb 16 Free
6:00 - 10:00pm	

2nd Annual Black History Talent Showcase “A Night of Expressions”

Local youth will celebrate Black History Month through performing arts. Enjoy dancers, singers, artists, and musicians as they showcase their talents. Light refreshments will be served. Join us for a night of Black excellence!

Cedar Heights Community Center
cedarheightsccc@pgparks.com

CHCC-SPEC-GA-20240216		
All ages	Fri Feb 16	7:00 - 9:00pm
Free		

Christie Dashiell: Be My Valentine

Spend an intimate evening with your valentine listening to the vocal stylings of one of the most promising young voices on the music scene today. Christie Dashiell will present a concert of time honored love songs. She hails from a musical family and has recorded multiple critically acclaimed albums and performed at The White House, Jazz at Lincoln Center Doha, Dizzy’s Club Coca-Cola, The Kennedy Center, Atlanta Jazz Festival, Mary Lou Williams Women in Jazz Festival, D.C. Jazz Festival, and Winter Jazzfest.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240216		
All ages	Fri Feb 16	8:00 - 9:30pm
\$25(R); \$33(NR)		

Concert: Black History Month Featuring the Bowie State University Chorale

Under the direction of Professor Brandon J. Felder and Dr. Marymal Holmes, the talented Bowie State University Chorale will perform anthems, spirituals, gospel, and inspirational music that celebrates the spirit of Black History Month.

Southern Area Aquatics Rec Complex
saarc@pgparks.com

SAARC-SPEC-GA-20240217		
All ages	Sat Feb 17	6:00 - 7:30pm
\$20(R); \$26(NR)		

Sweet Honey In The Rock

The Grammy-nominated, iconic, women-led African American vocal ensemble Sweet Honey In The Rock marks its 50th anniversary with a powerful three-year celebration that will honor its storied past and set the course for the future of the group, which has been called “one of the most dynamic, versatile and still relevant musical collectives in music today.” Sweet Honey In The Rock has remained at the forefront of the ever-evolving cultural landscape, while creating a positive, loving, and socially-conscious message through their music.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240217		
All ages	Sat Feb 17	8:00 - 9:30pm
\$40(R); \$52(NR)		

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240218		
All ages	Sun Feb 18	4:00 - 5:30pm
\$40(R); \$52(NR)		

Black History Month Presentation: Research into the Queen Family & Descendants

Please join Louisiana genealogist, Judy Riffel and staff us for this hybrid presentation and discussion about Queen family research and descendants. Judy Riffel worked on the Georgetown Memory Project documenting enslaved people sold to Louisiana from White Marsh Plantation in Maryland. Walk-ins-welcome, but registration is requested. Online participants must register to receive the MS Teams link. For more information, please call 301-464-5291 or email mariettahouse@pgparks.com.

Marietta House Museum
mariettahouse@pgparks.com

MHM-SPEC-GA-20240219		
8 & up	Mon Feb 19	1:00 - 3:00pm
\$5(R); \$7(NR)		

Rosa Parks & Friends

Take a journey through time with Rosa Parks and where some of the most remarkable figures from history come to life. Meet abolitionists including Frederick Douglass, William Lloyd Garrison, Sojourner Truth, and civil rights leaders such as Dr. Martin Luther King, Jr. and, of course, Rosa Parks! An important story for any audience, this show gives a remarkable view of the challenges met by these amazing Black Americans. This historical journey will delight and inspire audiences with the triumphant power of the human spirit shown by these true heroes of history.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240220		
3 - 8yrs.	Tue Feb 20	10:00 - 10:45am
\$6(R); \$8(NR)		

Get Fit Mobile

Join us for Free classes throughout Prince George’s County! Learn basic moves to strengthen you body, increase flexibility, and free your mind.

Kentland Community Center
wellness@pgparks.com

SPD-SPEC-GA-20240221		
13 & up	Wed Feb 21	6:00 - 7:00pm
Free		

I Heart Yoga

Take part in a nurturing and rejuvenating yoga experience that focuses on fostering a connection with your heart center. Through guided breath work and mindfulness, this class aims to cultivate balance and wellbeing as you explore heart-opening postures and soothing stretches. Ages 13 & up. Registration required. FREE

Kentland Community Center
kentlandccc@pgparks.com

SPD-SPEC-GA-20240221A		
13 & up	Wed Feb 21	6:00 - 7:00pm
Free		

Heart-Healthy Side Dishes Cooking Demonstration

In this session, discover how to make turned up mashed potatoes and a white bean & kale side dish. These flavorful, plant-based recipes are packed with heart-healthy nutrients. Registration required.

Glenarden Community Center
glenardencccc@pgparks.com

SPD-SPEC-GA-20240222		
All ages	Thu Feb 22	6:00 - 7:00pm
Free		

Workshop: Kids Learn Yoruba with Dr. Taiye!

Through her interactive bilingual (English and Yoruba) book, “The Yoruba Sound Book for Children,” speaker and entrepreneur Dr. Taiye Ayoola-Adedeji teaches participants words and phrases of the Yoruba people of West Africa. Participants will also learn about the culture of the Yoruba people and enjoy a display of cultural items as they learn their Yoruba names and their uses.

Southern Area Aquatics Rec Complex
saarc@pgparks.com

SAARC-SPEC-GA-20240224		
All ages	Sat Feb 24	9:30 - 11:00am
\$10(R); \$13(NR)		

Black History Amazing Race

Are you up for the challenge? Come find out! Join us as we race around the county in our Black History Amazing Race! Participants will receive clues based on Prince George’s County history. Participants must drive or have transportation to those specific locations and take a picture or get an informational pamphlet/flyer about the location. Once teams are finished, they will return to the starting point of the race to tally up their score. The team with the most points wins the amazing race!

Good Luck Community Center
goodluckccc@pgparks.com

GLCC-SPEC-GA-20240224		
All ages	Sat Feb 24	12:00 - 4:30pm
Free		

African American and the Arts Showcase

Local artists in music, dance, arts, and film will showcase their talents as we celebrate their contribution to the arts, culture, and community. Participate in person with painting your own unique art piece and enjoy light refreshments while supplies last.

Rollingcrest-Chillum Community Center
rollingcrestccc@pgparks.com

RCCC-SPEC-GA-20240224		
All ages	Sat Feb 24	1:00 - 4:00pm
Free		

Hip-Hop is Black History

While November is National Hip-Hop History Month and dedicated to the evolution of this all-inclusive genre, Black History Month is devoted to pivotal moments in African American culture. From the street corner to the world stage, hip-hop has grown into one of the world’s most prominent musical genres and cultural influences. KRS1 will speak on his “Stop the Violence Movement” with the entire cast rapping “Self-Destruction.” This is a rap concert like no other as we take a step, bump, break dance, or step back down memory lane and introduce the first DJs, rappers, and hype men of the 70-80s. Rappers includes MC (Look A) Lite and Heavy D’s Boys who will perform their favorite songs. Enjoy lots of music, fun, and onsite food vendors. Cassette tapes from the 70s and 80s, and CDs from ‘86-’99 will be for sale, as well as t-shirts, hats, gloves, and more! A picture man will take those flicks.

College Park Community Center
collegeparkccc@pgparks.com

CPKCC-SPEC-GA-20240224		
All ages	Sat Feb 24	7:00 - 9:00pm
\$5(R); \$7(NR)		

Phyllis Hyman Tribute

Shuga Shang was born in Washington, D.C., and raised in the Maryland suburbs. At the tender age of four, she joined her siblings in gospel performances all over the east coast as the Greenette Gospel Singers. Shang has performed as a background vocalist for Patrice Rushen, Phil Perry, Gary Taylor, Jean Carne, Freddie Jackson, and many others. Her influences are Phyllis Hyman, Whitney Houston, Gladys Knight, and Yolanda Adams to name a few. Shang attributes much of her success thus far to her personal mentors, her grandmother, Ms. Louvenia Carroll who sang with Pastor Shirley Caesar for five years, and Nathan Heathman who mentored her as she began to sing other genres of music. Shuga Shang provided vocals on recordings by Nathan Heathman, Marcus Johnson, Cornell Stone, and Stoney Ellis. She has shared the stage with national artists Gene Chandler, Harold Melvin’s Blue Notes, and others. Her debut CD “Beautiful” is available on iTunes. Shuga Shang has performed her “Tribute to The Music of Phyllis Hyman” to sold-out audiences at Bethesda Blues and Jazz Supper Club, The Carlyle Club, and other venues both locally and nationally. You are invited to spend the evening with the sultry sounds of Shuga Shang’s “Tribute to Phyllis Hyman” with Russell Thompkins Jr. and The New Stylistics.

Harmony Hall Arts Center
harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20240224		
All ages	Sat Feb 24	8:00 - 10:00pm
\$30(R); \$39(NR)		

Uplift: Inspirational Dance Festival

Prepare to be inspired by local dancers! Join us for the Uplift: Inspirational Dance Festival, where local dancers share their artistic voices with healing, comfort, and gratitude in this uplifting dance program. Dancers are selected through an audition.

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240225		
All ages	Sun Feb 25	4:00 - 6:00pm
\$20(R); \$26(NR)		

Beat Box Dads

B is for beatbox! Move, groove, and learn along with Max and Root, a dynamic dad duo.The Beatbox Dads give the letters of the alphabet rhythm and soul as they make music with their mouths! Their lively, interactive beatboxing style teaches foundational phonics, counting, and music skills as they engage kids in musical fun!

Prince George’s Publick Playhouse
publickplayhouse@pgparks.com

PGPP-SPEC-GA-20240227		
3 - 8yrs.	Tue Feb 27	10:00 - 10:45am
\$5(R); \$7(NR)		

I Heart Yoga

Take part in a nurturing and rejuvenating yoga experience that focuses on fostering a connection with your heart center. Through guided breath work and mindfulness, this class aims to cultivate balance and wellbeing as you explore heart-opening postures and soothing stretches. Ages 13 & up. Registration required. FREE

Tucker Road Community Center
tuckerroadccc@pgparks.com

SPD-SPEC-GA-20240228A		
13 & up	Wed Feb 28	7:00 - 8:00pm
Free		





In-Person Classes

Advance registration is required for all classes at pgparksdirect.com. Participants must bring their own equipment and water bottle. For the most up-to-date COVID-19 guidelines, please visit pgparks.com. If not feeling well, please stay home. Some events may be canceled due to inclement weather or wet grounds. Sign up for PG Parks Alerts at pgparks.com to receive the latest information on M-NCPPC, Department of Parks and Recreation closures, cancellations, and emergencies.

Aquatics

NEW aquatics classes are added throughout the year. Be sure to visit pgparksdirect.com for updated class offerings.

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10101-101B Fri	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 1
10101-101C Sat	3 - 5yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 2
10101-101A Mon-Thu	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10101-101D Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 3
10101-101E Tue, Thu	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10101-123A Mon, Wed	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 8
10101-123B Tue, Thu	3 - 5yrs. 10:20 - 11:00am \$60(R); \$78(NR)	8 classes starts Jan 9
10101-123C Tue, Thu	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
10101-123D Mon, Wed	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 5
10101-123E Tue, Thu	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10101-168A Mon, Wed	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10101-168B Tue, Thu	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 5

10101-168C Sat	3 - 5yrs. 10:00 - 10:40am \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 9
10101-168E Tue, Thu	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
10101-168D Mon, Wed	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10101-172B Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 3
10101-172C Tue, Thu	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 4
10101-172A Sat	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 6
10101-172D Mon, Wed	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 12
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10101-175A Mon, Wed	3 - 5yrs. 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Dec 4
10101-175B Tue, Thu	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 5
10101-175C Sat	3 - 5yrs. 10:40 - 11:20am \$60(R); \$78(NR)	8 classes starts Dec 16
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10101-1104A Tue, Thu	3 - 5yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Dec 5
10101-1104C Fri	3 - 5yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Dec 8
10101-1104D Sat	3 - 5yrs. 10:20 - 11:00am \$60(R); \$78(NR)	8 classes starts Dec 9
10101-1104B Tue, Thu	3 - 5yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10101-183A Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10101-183D Sat	3 - 5yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 9
10101-183B Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	7 classes starts Jan 15
10101-183C Mon, Wed	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Feb 19

Swim Lessons: Bubblers I

Build a healthy relationship with the water, your child and other families in this protected culture of learners! This level familiarizes parents and children with the water and teaches swimming readiness skills such as including becoming comfortable in water, support techniques, and beginning breath control. This level also provides safety information for parents and teaches techniques parents can use to orient their children to the water. A caregiver (at least 16 years of age) responsible for the learner in appropriate swimming attire must be in the water to assist and support for the entire lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10102-123A Mon, Wed	6mos. - 3yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 8
10102-123B Tue, Thu	6mos. - 3yrs. 11:10 - 11:50am \$60(R); \$78(NR)	8 classes starts Jan 9
10102-123C Tue, Thu	6mos. - 3yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 9
10102-123D Tue, Thu	6mos. - 3yrs. 11:10 - 11:50am \$60(R); \$78(NR)	8 classes starts Feb 6
10102-123E Tue, Thu	6mos. - 3yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10102-168A Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10102-168B Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10102-172A Sat	6mos. - 3yrs. 9:30 - 10:10am \$60(R); \$78(NR)	8 classes starts Jan 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10102-175A Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 8
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10102-183A Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10102-183B Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 15
10102-183C Mon, Wed	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Feb 19



Swim Lessons: Bubblers II

Increase aquatic skill development, self-confidence, and make fitness fun with your family! This level builds on skills learned in Bubblers I. Parents and young children will continue to work on basic skills including water adjustment, support techniques, and breath control. Skills such as floating and kicking on front and back are explored. A caregiver (at least 16 years of age) responsible for the learner in appropriate swimming attire must be in the water to assist and support for the entire lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level or until they are old enough for Bobbers.

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10103-123A	18mos. - 3yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 5
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10103-175A	6mos. - 3yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10103-183A	6mos. - 3yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 9

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10104-101B	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	9 classes starts Dec 1
10104-101C	3 - 5yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 2
10104-101A	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10104-101D	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 3
10104-101E	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10104-123A	3 - 5yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 8
10104-123B	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
10104-123C	3 - 5yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 5
10104-123D	3 - 5yrs. 10:20 - 11:00am \$60(R); \$78(NR)	8 classes starts Feb 6
Prince George’s Sports & Learn Cmplx splx@pgparks.com		
10104-168A	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10104-168B	3 - 5yrs. 9:15 - 9:55am \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 9
10104-168D	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
10104-168C	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10104-172A	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 3
10104-172B	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 4
10104-172C	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Feb 12
10104-172D	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 13
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10104-175A	3 - 5yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Dec 4
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10104-1104A	3 - 5yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Dec 5
10104-1104C	3 - 5yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Dec 8
10104-1104D	3 - 5yrs. 8:40 - 9:20am \$60(R); \$78(NR)	8 classes starts Dec 9
10104-1104B	3 - 5yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10104-183A	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10104-183D	3 - 5yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 9
10104-183B	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 15
10104-183C	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Feb 19

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10105-101B	3 - 5yrs. 9:45 - 10:25am \$60(R); \$78(NR)	8 classes starts Dec 2
10105-101A	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 4
10105-101C	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 3
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10105-123A	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 8
10105-123B	3 - 5yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 9

Prince George’s Sports & Learn Cmplx splx@pgparks.com		
10105-168A	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10105-168B	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 5
10105-168C	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10105-172A	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 4
10105-172B	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 13
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10105-175A	3 - 5yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10105-1104A	3 - 5yrs. 11:10 - 11:50am \$60(R); \$78(NR)	8 classes starts Dec 9
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10105-183A	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 4
10105-183B	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 15
10105-183C	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 19

Swim Lessons: Stokers II		
Take the plunge and get empowered to be a better swimmer with the self-confidence of a champion! This level focuses on stroke development including front crawl and elementary backstroke. Participants will be introduced to the scissors and dolphin kicks and will build on the fundamentals of treading water. Diving skills may also be introduced. Participants who successfully complete this level and who meet the appropriate age requirement may register for Youth 4. Note: This course may be repeated until the child is old enough for Youth Level 4.		
Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10106-101A	3 - 5yrs. 10:30 - 11:00am \$60(R); \$78(NR)	8 classes starts Dec 2
10106-101B	3 - 5yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10106-123A	3 - 5yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 5
10106-123B	3 - 5yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 6
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10106-172B	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 3
10106-172A	3 - 5yrs. 11:00 - 11:40am \$60(R); \$78(NR)	8 classes starts Jan 6
10106-172C	3 - 5yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 12



Southern Area Aquatics Rec Complex saarc@pgparks.com		
10106-175A Mon, Wed	3 - 5yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Jan 8
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10106-1104A Tue, Thu	3 - 5yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Dec 5
10106-1104C Fri	3 - 5yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Dec 8
10106-1104D Sat	3 - 5yrs. 9:30 - 10:10am \$60(R); \$78(NR)	8 classes starts Dec 9
10106-1104B Tue, Thu	3 - 5yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10106-183A Sat	3 - 5yrs. 9:45 - 11:25am \$60(R); \$78(NR)	8 classes starts Dec 9

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10201-101B Fri	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 1
10201-101D Sat	6 - 12yrs. 10:30 - 11:10am \$60(R); \$78(NR)	8 classes starts Dec 2
10201-101E Sat	6 - 12yrs. 11:15 - 11:55am \$60(R); \$78(NR)	8 classes starts Dec 2
10201-101A Mon-Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 4
10201-101F Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 3
10201-101G Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 3
10201-101C Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 9

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10201-123A Mon, Wed	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 8
10201-123B Mon, Wed	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 8
10201-123C Tue, Thu	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 9
10201-123D Tue, Thu	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
10201-123E Mon, Wed	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 5
10201-123F Mon, Wed	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 5
10201-123G Tue, Thu	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 6
10201-123H Tue, Thu	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 6

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10201-168A Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10201-168B Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 5
10201-168C Sat	6 - 12yrs. 10:45 - 11:25am \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 9
10201-168F Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
10201-168D Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17
10201-168E Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10201-172A Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 3
10201-172B Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 4
10201-172C Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 12
10201-172D Tue, Thu	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 13

Southern Area Aquatics Rec Complex saarc@pgparks.com		
10201-175A Mon, Wed	6 - 12yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 4
10201-175D Tue, Thu	6 - 12yrs. 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Dec 5
10201-175C Sat	6 - 12yrs. 9:50am - 10:30pm \$60(R); \$78(NR)	8 classes starts Dec 16
10201-175B Mon, Wed	6 - 12yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 8

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10201-1104A Tue, Thu	6 - 12yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Dec 5
10201-1104C Fri	6 - 12yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Dec 8
10201-1104D Sat	6 - 12yrs. 9:30 - 10:10am \$60(R); \$78(NR)	8 classes starts Dec 9
10201-1104B Tue, Thu	6 - 12yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10201-183A Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 4
10201-183D Sat	6 - 12yrs. 9:45 - 10:25am \$60(R); \$78(NR)	8 classes starts Dec 9
10201-183B Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 15
10201-183C Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 19

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10202-101B Fri	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 1
10202-101C Sat	6 - 12yrs. 10:30 - 11:10am \$60(R); \$78(NR)	8 classes starts Dec 2
10202-101D Sat	6 - 12yrs. 12:00 - 12:40pm \$60(R); \$78(NR)	8 classes starts Dec 2
10202-101A Mon-Thu	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 4
10202-101E Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 3
10202-101F Tue, Thu	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 9

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10202-123A Mon, Wed	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 8
10202-123B Mon, Wed	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 8
10202-123C Tue, Thu	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Jan 9
10202-123D Mon, Wed	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 5
10202-123E Tue, Thu	6 - 12yrs. 6:10 - 6:50pm \$60(R); \$78(NR)	8 classes starts Feb 6
10202-123F Tue, Thu	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 6



Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10202-172B Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 3
10202-172C Tue, Thu	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 4
10202-172A Sat	6 - 12yrs. 11:00 - 11:40am \$60(R); \$78(NR)	8 classes starts Jan 6
10202-172D Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 12
10202-172E Tue, Thu	6 - 12yrs. 6:45 - 7:52am \$60(R); \$78(NR)	8 classes starts Feb 13
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10202-175A Mon, Wed	6 - 12yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Dec 4
10202-175C Sat	6 - 12yrs. 9:00 - 9:40am \$60(R); \$78(NR)	8 classes starts Dec 16
10202-175B Mon, Wed	6 - 12yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Jan 8
10202-175D Tue, Thu	6 - 12yrs. 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Jan 9
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10202-1104A Tue, Thu	6 - 12yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Dec 5
10202-1104C Fri	6 - 12yrs. 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Dec 8
10202-1104D Sat	6 - 12yrs. 10:20 - 11:00am \$60(R); \$78(NR)	8 classes starts Dec 9
10202-1104B Tue, Thu	6 - 12yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10202-183A Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Dec 4
10202-183D Sat	6 - 12yrs. 9:45 - 10:25am \$60(R); \$78(NR)	8 classes starts Dec 9
10202-183B Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Jan 15
10202-183C Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$60(R); \$78(NR)	8 classes starts Feb 19

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10203-101B Fri	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 1
10203-101C Sat	6 - 12yrs. 9:45 - 10:25am \$60(R); \$78(NR)	8 classes starts Dec 2
10203-101A Mon-Thu	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 4
10203-101D Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 3
10203-101E Tue, Thu	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 9

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10203-123A Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Jan 8
10203-123B Tue, Thu	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Jan 9
10203-123C Tue, Thu	6 - 12yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Jan 9
10203-123D Mon, Wed	6 - 12yrs. 7:00 - 7:40pm \$60(R); \$78(NR)	8 classes starts Feb 5
10203-123E Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Feb 5
10203-123F Tue, Thu	6 - 12yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Feb 6

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10203-172A Mon, Wed	6 - 12yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 3
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10203-175A Tue, Thu	6 - 12yrs. 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Dec 5
10203-175B Tue, Thu	6 - 12yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Jan 9

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10203-1104A Tue, Thu	6 - 12yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Dec 5
10203-1104C Sat	6 - 12yrs. 8:40 - 9:20am \$60(R); \$78(NR)	8 classes starts Dec 9
10203-1104B Tue, Thu	6 - 12yrs. 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Jan 16

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10203-183A Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 4
10203-183D Sat	6 - 12yrs. 10:30 - 11:10am \$60(R); \$78(NR)	8 classes starts Dec 9
10203-183B Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 15
10203-183C Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 19

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10204-101B Sat	6 - 12yrs. 9:00 - 9:40am \$70(R); \$91(NR)	8 classes starts Dec 2
10204-101A Mon-Thu	6 - 12yrs. 6:00 - 6:40pm \$70(R); \$91(NR)	8 classes starts Dec 4
10204-101C Mon, Wed	6 - 12yrs. 6:00 - 6:40pm \$70(R); \$91(NR)	8 classes starts Jan 3
10204-101D Tue, Thu	6 - 12yrs. 6:00 - 6:40pm \$70(R); \$91(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10204-123A Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Jan 8
10204-123B Tue, Thu	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Jan 9
10204-123C Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Feb 5
10204-123D Tue, Thu	6 - 12yrs. 7:00 - 7:40pm \$70(R); \$91(NR)	8 classes starts Feb 6

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10204-172A Sat	6 - 12yrs. 9:30 - 10:10am \$70(R); \$91(NR)	8 classes starts Jan 6
10204-172B Mon, Wed	6 - 12yrs. 6:00 - 6:40pm \$70(R); \$91(NR)	8 classes starts Feb 12

Southern Area Aquatics Rec Complex saarc@pgparks.com		
10204-175A Tue, Thu	6 - 12yrs. 6:50 - 7:30pm \$70(R); \$91(NR)	8 classes starts Dec 5
10204-175B Sat	6 - 12yrs. 10:40 - 11:20am \$70(R); \$91(NR)	8 classes starts Dec 16

Swim Lessons: Children, Youth, Level 5 Stroke Refinement

Achieve a polished swim stroke and improve your fitness! This level focuses on stroke refinement for all six strokes: front crawl, breaststroke, butterfly, back crawl, elementary backstroke and sidestroke. Participants will work on surface dives, flip turns and may work on diving skills. Prerequisite: Successful completion of Level 4. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10205-101C Sat	6 - 12yrs. 10:30 - 11:10am \$70(R); \$91(NR)	8 classes starts Dec 2
10205-101D Sat	6 - 12yrs. 11:15 - 11:55am \$70(R); \$91(NR)	8 classes starts Dec 2
10205-101B Sat	6 - 12yrs. 9:45 - 10:25am \$70(R); \$91(NR)	8 classes starts Dec 2
10205-101A Mon-Thu	6 - 12yrs. 6:45 - 7:25pm \$70(R); \$91(NR)	8 classes starts Dec 4
10205-101E Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$70(R); \$91(NR)	8 classes starts Jan 3
10205-101F Mon, Wed	6 - 12yrs. 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Jan 3
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10205-123A Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Jan 8
10205-123B Tue, Thu	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Feb 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10205-175A Sat	6 - 12yrs. 9:00 - 9:40am \$70(R); \$91(NR)	8 classes starts Dec 16
10205-175B Tue, Thu	6 - 12yrs. 6:00 - 6:40pm \$70(R); \$91(NR)	8 classes starts Jan 9

Swim Lessons: Children, Youth, Level 6 Swim and Skill Proficiency

Awaken your inner empowered swimmer while building relationships with other aquatic achievers! This level focuses on stroke refinement to develop greater efficiency, power, and smoothness for longer distances. Participants will refine front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and side stroke. There will also be extensive work on turns and water safety skills. Prerequisite: Successful completion of the Level 5 lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10206-101A Mon, Wed	6 - 12yrs. 6:45 - 7:25pm \$70(R); \$91(NR)	8 classes starts Jan 3
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10206-123A Mon, Wed	6 - 12yrs. 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Feb 5
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10206-175A Sat	6 - 12yrs. 9:50 - 10:30am \$70(R); \$91(NR)	8 classes starts Dec 16

TEENS

Swim Lessons: Teens, Level 1 Introduction to Water Skills

Get your feet wet... your head, and your whole body too! Gain basic aquatic skills such as water entry and exit, breath control, 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. Get started developing positive attitudes, safe practices, and self-confidence around the water! Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10301-101B Fri	13 - 17yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 1
10301-101C Sat	13 - 17yrs. 12:00 - 12:40pm \$60(R); \$78(NR)	8 classes starts Dec 2
10301-101A Mon-Thu	13 - 17yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 4
10301-101D Tue, Thu	13 - 17yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10301-123A Tue, Thu	13 - 17yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Jan 9
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10301-168A Tue, Thu	13 - 17yrs. 7:30 - 8:10am \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 5
10301-168B Tue, Thu	13 - 17yrs. 6:45 - 7:25pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10301-172A Sat	13 - 17yrs. 10:15 - 10:55am \$60(R); \$78(NR)	8 classes starts Jan 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10301-175A Tue, Thu	13 - 17yrs. 6:50 - 7:30pm \$60(R); \$78(NR)	8 classes starts Dec 5
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10301-1104A Fri	13 - 17yrs. 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Dec 8
10301-1104B Sat	13 - 17yrs. 11:10 - 11:50am \$60(R); \$78(NR)	8 classes starts Dec 9

Swim Lessons: Teens, Level 2 Fundamental Aquatic Skills

Be a water explorer! In this fun, active environment, the water is your classroom. You will build skills and self-confidence through building on the fundamental aquatic skills learned in Level 1. You will learn about breath control and submerging; floating and gliding on front and back; 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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10302-101A Sat	13 - 17yrs. 11:15 - 11:55am \$60(R); \$78(NR)	8 classes starts Dec 2
10302-101B Tue, Thu	13 - 17yrs. 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 9
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10302-123A Tue, Thu	13 - 17yrs. 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Feb 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10302-175A Mon, Wed	13 - 17yrs. 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Jan 8

Swim Lessons: Teens, Level 3 Stroke Development

You’ll be blown out of the water by the fun in this class. Get ready to achieve basic water competency in a pool and develop your strokes -- front crawl, elementary backstroke, and breaststroke! Learn scissors and dolphin kicks, tread in deep water, and diving skills may 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.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
10303-175A Tue, Thu	13 - 17yrs. 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Jan 9

ADULTS

Abs and Glutes Water Exercise: Adults

Splash your way to stronger abs and glutes! Discover how these muscle groups, when exercised properly, help you look your best while supporting your spine. You will use power techniques to tone and sculpt away inches. You will feel stronger, more self-confident, and be on your way to increased flexibility.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10410-168A Sat	18 & up 10:15 - 11:00am \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 9

Aqua Arthritis: Adults

Medical experts state that 1 in 5 Americans has arthritis. But you can enjoy an active, healthy lifestyle with increased flexibility, muscle strength, better posture, and balance. Whether arthritis, muscle fatigue, chronic pain or surgery rehabilitation, you can join us for slow moving, bounce-free exercise with lower impact on joints.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10402-101A Tue, Thu	18 & up 12:00 - 12:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
10402-101B Tue, Thu	18 & up 12:00 - 12:45pm \$48(R); \$63(NR)	8 classes starts Jan 2
10402-101C Tue, Thu	18 & up 12:00 - 12:45pm \$48(R); \$63(NR)	8 classes starts Feb 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10402-168A Tue, Thu	18 & up 10:00 - 10:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10402-168B Tue, Thu	18 & up 10:00 - 10:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10402-172A Tue, Thu	18 - 59yrs. 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Jan 4
10402-172C Tue, Thu	18 - 59yrs. 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Feb 13
10402-172B Tue, Thu	18 - 59yrs. 11:00 - 11:45am \$48(R); \$63(NR)	8 classes starts Feb 13

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.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10403-168A Tue, Thu	18 & up 5:30 - 6:15pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10403-168B Tue, Thu	18 & up 5:30 - 6:15pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16

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.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10411-168A Tue, Thu	18 & up 7:20 - 8:05pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10411-168B Tue, Thu	18 & up 7:20 - 8:05pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10411-183A Tue, Thu	18 & up 1:00 - 1:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
10411-183D Tue, Thu	18 & up 2:00 - 2:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
10411-183C Sun	18 & up 12:00 - 12:45pm \$48(R); \$63(NR)	8 classes starts Dec 10
10411-183B Tue, Thu	18 & up 1:00 - 1:45pm \$48(R); \$63(NR)	8 classes starts Jan 16
10411-183E Tue, Thu	18 & up 2:00 - 2:45pm \$48(R); \$63(NR)	8 classes starts Jan 16
10411-183C Tue, Thu	18 & up 1:00 - 1:45pm \$48(R); \$63(NR)	8 classes starts Feb 20
10411-183F Tue, Thu	18 & up 2:00 - 2:45pm \$48(R); \$63(NR)	8 classes starts Feb 20

Aqua Sculpt Exercise: Adults

Fashion your frame in the water! Enroll now for cardio and toning to sculpt your body in a high-intensity, bounce-free workout. Held in the shallow end of the pool, there will be little to no impact on your joints using power and suspension moves for quick toning. Gain the self-confidence to look and feel your best!

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10404-168A Mon, Wed	18 & up 7:05 - 7:50pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 4
10404-168B Mon, Wed	18 & up 7:05 - 7:50pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 17

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.

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10405-172C Wed	18 - 59yrs. 11:00 - 11:45am \$30(R); \$39(NR)	5 classes starts Jan 3
10405-172A Tue, Thu	18 - 59yrs. 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Jan 4
10405-172B Tue, Thu	18 - 59yrs. 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Feb 13
10405-172D Wed	18 - 59yrs. 11:00 - 11:45am \$24(R); \$32(NR)	4 classes starts Feb 14
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10405-175A Mon, Wed, Fri	18 & up 9:00 - 9:45am \$66(R); \$86(NR)	12 classes starts Dec 4
10405-175C Tue, Thu	18 & up 10:00 - 10:45am \$36(R); \$47(NR)	8 classes starts Dec 5
10405-175B Mon, Wed, Fri	18 & up 9:00 - 9:45am \$72(R); \$94(NR)	12 classes starts Jan 8
10405-175D Tue, Thu	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Jan 9

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10405-1104B Tue, Thu	18 & up 11:15am - 12:00pm \$48(R); \$63(NR)	8 classes starts Dec 5
10405-1104C Tue, Thu	18 & up 11:15am - 12:00pm \$48(R); \$63(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10405-183A Sat	18 & up 8:00 - 8:45am \$48(R); \$63(NR)	8 classes starts Dec 9
10405-183B Sat	18 & up 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Dec 9

Spinning: Adults, Aqua, Advanced

Be empowered to elevate your workout to the next degree of fitness achievement! This is a fast-paced, high-energy, challenging exercise class 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).

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10407-183AA Mon, Wed, Fri	18 & up 6:15 - 7:00am \$102(R); \$133(NR)	12 classes starts Dec 4
10407-183BB Mon, Wed, Fri	18 & up 7:15 - 8:00am \$102(R); \$133(NR)	12 classes starts Dec 4
10407-183CC Mon, Wed, Fri	18 & up 8:15 - 9:00am \$102(R); \$133(NR)	12 classes starts Dec 4
10407-183JJ Tue, Thu	18 & up 6:00 - 6:45pm \$68(R); \$89(NR)	8 classes starts Dec 5
10407-183DD Mon, Wed, Fri	18 & up 6:15 - 7:00am \$102(R); \$133(NR)	12 classes starts Jan 15
10407-183EE Mon, Wed, Fri	18 & up 7:15 - 8:00am \$102(R); \$133(NR)	12 classes starts Jan 15
10407-183FF Mon, Wed, Fri	18 & up 8:15 - 9:00am \$102(R); \$133(NR)	12 classes starts Jan 15
10407-183KK Tue, Thu	18 & up 7:00 - 7:45pm \$68(R); \$89(NR)	8 classes starts Jan 16
10407-183GG Mon, Wed, Fri	18 & up 6:15 - 7:00am \$102(R); \$133(NR)	12 classes starts Feb 19
10407-183HH Mon, Wed, Fri	18 & up 7:15 - 8:00am \$102(R); \$133(NR)	12 classes starts Feb 19
10407-183II Mon, Wed, Fri	18 & up 8:15 - 9:00am \$102(R); \$133(NR)	12 classes starts Feb 19
10407-183LL Tue, Thu	18 & up 6:00 - 6:45pm \$68(R); \$89(NR)	8 classes starts Feb 20

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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10408-101C Sun	18 & up 11:00 - 11:45am \$68(R); \$89(NR)	10 classes starts Dec 3
10408-101A Tue, Thu	18 & up 8:00 - 8:45am \$68(R); \$89(NR)	8 classes starts Dec 5
10408-101D Tue, Thu	18 & up 6:00 - 6:45pm \$68(R); \$89(NR)	8 classes starts Jan 2
10408-101E Tue, Thu	18 & up 12:00 - 12:45pm \$68(R); \$89(NR)	8 classes starts Feb 6

Fairland Aquatics Center fairlandaquatics@pgparks.com		
10408-123CC Wed	18 & up 8:00 - 8:50pm \$42(R); \$55(NR)	6 classes starts Jan 3
10408-123EE Fri	18 & up 8:00 - 8:50pm \$42(R); \$55(NR)	6 classes starts Jan 5
10408-123AA Mon	18 & up 8:00 - 8:50pm \$35(R); \$46(NR)	5 classes starts Jan 8
10408-123BB Mon	18 & up 8:00 - 8:50pm \$35(R); \$46(NR)	5 classes starts Feb 12
10408-123DD Wed	18 & up 8:00 - 8:50pm \$35(R); \$46(NR)	5 classes starts Feb 14
10408-123FF Fri	18 & up 8:00 - 8:50pm \$28(R); \$37(NR)	4 classes starts Feb 16

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10408-172A Mon, Wed	18 - 59yrs. 7:30 - 8:15pm \$68(R); \$89(NR)	8 classes starts Jan 3
10408-172C Tue, Thu	18 - 59yrs. 11:00 - 11:45am \$68(R); \$89(NR)	8 classes starts Jan 4
10408-172B Mon, Fri	18 - 59yrs. 11:00 - 11:45am \$68(R); \$89(NR)	8 classes starts Jan 5
10408-172D Sat	18 - 59yrs. 7:30 - 8:15am \$68(R); \$89(NR)	8 classes starts Jan 6
10408-172E Sat	18 - 59yrs. 8:30 - 9:15am \$68(R); \$89(NR)	8 classes starts Jan 6
10408-172G Mon, Fri	18 - 59yrs. 11:00 - 11:45am \$68(R); \$89(NR)	8 classes starts Feb 12
10408-172F Mon, Wed	18 - 59yrs. 7:30 - 8:15pm \$68(R); \$89(NR)	8 classes starts Feb 12

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10408-183A Tue, Thu	18 & up 5:00 - 5:45pm \$68(R); \$89(NR)	8 classes starts Dec 5
10408-183B Tue, Thu	18 & up 5:00 - 5:45pm \$68(R); \$89(NR)	8 classes starts Jan 16
10408-183C Tue, Thu	18 & up 5:00 - 5:45pm \$68(R); \$89(NR)	8 classes starts Feb 20



Swim Lessons: Adult, 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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10420-101A Fri	18 & up 6:00 - 6:45pm \$60(R); \$78(NR)	8 classes starts Dec 1
10420-101B Sat	18 & up 11:15 - 11:45am \$60(R); \$78(NR)	8 classes starts Dec 2
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10420-123A Mon, Wed	18 & up 7:50 - 8:30pm \$60(R); \$78(NR)	8 classes starts Jan 8
10420-123B Tue, Thu	18 & up 9:30 - 10:10am \$60(R); \$78(NR)	8 classes starts Jan 9
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10420-168A Mon, Wed	18 & up 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 4
10420-168B Tue, Thu	18 & up 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Dec 5
10420-168D Tue, Thu	18 & up 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 16
10420-168C Mon, Wed	18 & up 7:30 - 8:10pm \$60(R); \$78(NR); \$45(IA)	8 classes starts Jan 17
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10420-172A Tue, Thu	18 & up 6:00 - 6:40pm \$60(R); \$78(NR)	8 classes starts Jan 4
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10420-175A Mon, Wed	18 & up 7:40 - 8:20pm \$60(R); \$78(NR)	8 classes starts Dec 4
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10420-1104A Tue, Thu	18 & up 4:50 - 5:30pm \$60(R); \$78(NR)	8 classes starts Dec 5
10420-1104B Tue, Thu	18 & up 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Dec 5
10420-1104C Tue, Thu	18 & up 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Dec 5
10420-1104G Fri	18 & up 4:50 - 5:30pm \$60(R); \$78(NR)	8 classes starts Dec 8
10420-1104H Fri	18 & up 6:30 - 7:10pm \$60(R); \$78(NR)	8 classes starts Dec 8
10420-1104J Sat	18 & up 10:20 - 11:00am \$60(R); \$78(NR)	8 classes starts Dec 9
10420-1104I Sat	18 & up 8:40 - 9:20am \$60(R); \$78(NR)	8 classes starts Dec 9
10420-1104D Tue, Thu	18 & up 4:50 - 5:30pm \$60(R); \$78(NR)	8 classes starts Jan 16
10420-1104E Tue, Thu	18 & up 5:40 - 6:20pm \$60(R); \$78(NR)	8 classes starts Jan 16
10420-1104F Tue, Thu	18 & up 7:20 - 8:00pm \$60(R); \$78(NR)	8 classes starts Jan 16

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10420-183A Mon, Wed	18 & up 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Dec 4
10420-183D Sat	18 & up 10:30 - 11:10am \$60(R); \$78(NR)	8 classes starts Dec 9
10420-183B Mon, Wed	18 & up 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Jan 15
10420-183C Mon, Wed	18 & up 7:30 - 8:10pm \$60(R); \$78(NR)	8 classes starts Feb 19

Swim Lessons: Adult, 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.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10421-101A Fri	18 & up 6:45 - 7:25pm \$70(R); \$91(NR)	8 classes starts Dec 1
10421-101B Sat	18 & up 11:15 - 11:55am \$70(R); \$91(NR)	8 classes starts Dec 2
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10421-123A Tue, Thu	18 & up 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Jan 9
10421-123B Mon, Wed	18 & up 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Feb 5
10421-123C Tue, Thu	18 & up 9:30 - 10:10am \$70(R); \$91(NR)	8 classes starts Feb 6
Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com		
10421-172A Tue, Thu	18 & up 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Feb 13
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10421-175A Mon, Wed	18 & up 7:40 - 8:20pm \$70(R); \$91(NR)	8 classes starts Jan 8
Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com		
10421-1104A Tue, Thu	18 & up 6:30 - 7:10pm \$70(R); \$91(NR)	8 classes starts Dec 5
10421-1104C Fri	18 & up 5:40 - 6:20pm \$70(R); \$91(NR)	8 classes starts Dec 8
10421-1104D Fri	18 & up 7:20 - 8:00pm \$70(R); \$91(NR)	8 classes starts Dec 8
10421-1104F Sat	18 & up 11:10 - 11:50am \$70(R); \$91(NR)	8 classes starts Dec 9
10421-1104E Sat	18 & up 9:30 - 10:10am \$70(R); \$91(NR)	8 classes starts Dec 9
10421-1104B Tue, Thu	18 & up 6:30 - 7:10pm \$70(R); \$91(NR)	8 classes starts Jan 16
Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com		
10421-183A Mon, Wed	18 & up 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Dec 4
10421-183D Sat	18 & up 10:30am - 11:10pm \$70(R); \$91(NR)	8 classes starts Dec 9
10421-183B Mon, Wed	18 & up 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Jan 15
10421-183C Mon, Wed	18 & up 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Feb 19

Swim Lessons: Adults, Advanced

Activate your inner Olympian! Develop your swim skills and increase self-confidence in this exciting class while achieving a higher degree of fitness. This level will help participants refine front crawl, back crawl, and breaststroke strokes and turns and build endurance. Butterfly and flip turns are introduced at this level. Participants will be taught 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, Intermediate Level or participants must be comfortable in deep water, able to put face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and elementary backstroke, each for 15 yards. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com		
10423-101A Fri	18 & up 7:30 - 8:10pm \$70(R); \$91(NR)	8 classes starts Dec 1
Fairland Aquatics Center fairlandaquatics@pgparks.com		
10423-123A Tue, Thu	18 & up 7:50 - 8:30pm \$70(R); \$91(NR)	8 classes starts Feb 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
10423-175A Tue, Thu	18 & up 7:40 - 8:20pm \$70(R); \$91(NR)	8 classes starts Dec 5

Swim Lessons: Adults, Stroke & Turn

Dip, flip, do a turn! Build your self-confidence and get social while having fun in this active, swim learning environment! Lessons focus on building endurance, stroke and turn refinement. Participants in this course will be expected to swim longer distances using front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and side stroke. Participants will also learn to utilize equipment such as pull buoys, fins, paddles, and/ or a pace clock. Using swimming as part of personal water fitness will also be discussed. Prerequisite: Successful completion of Adult Intermediate or ability to swim all of the six swimming strokes at least 25 yards. To improve strength and endurance, this course may be repeated. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
10422-175A Tue, Thu	18 & up 6:50 - 7:30pm \$70(R); \$91(NR)	8 classes starts Jan 9

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?

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
10409-168H Mon, Wed	18 & up 10:30 - 11:15am \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 4
10409-168A Mon, Wed	18 & up 6:10 - 6:55pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 4
10409-168C Tue, Thu	18 & up 8:00 - 8:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10409-168E Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10409-168G Sat	18 & up 11:15am - 12:00pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 9
10409-168D Tue, Thu	18 & up 8:00 - 8:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16
10409-168F Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16
10409-168I Mon, Wed	18 & up 10:30 - 11:15am \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 17
10409-168B Mon, Wed	18 & up 6:10 - 6:55pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 17

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10409-172E Mon, Wed, Fri	18 - 59yrs. 10:00 - 10:45am \$72(R); \$94(NR)	12 classes starts Jan 3
10409-172A Mon, Wed, Fri	18 - 59yrs. 8:00 - 8:45am \$72(R); \$94(NR)	12 classes starts Jan 3
10409-172C Mon, Wed, Fri	18 - 59yrs. 9:00 - 9:45am \$72(R); \$94(NR)	12 classes starts Jan 3
10409-172B Tue, Thu	18 - 59yrs. 8:00 - 8:45am \$48(R); \$63(NR)	8 classes starts Jan 4
10409-172F Mon, Wed, Fri	18 - 59yrs. 10:00 - 10:45am \$72(R); \$94(NR)	12 classes starts Feb 12
10409-172G Mon, Wed, Fri	18 - 59yrs. 8:00 - 8:45am \$72(R); \$94(NR)	12 classes starts Feb 12
10409-172D Mon, Wed, Fri	18 - 59yrs. 9:00 - 9:45am \$72(R); \$94(NR)	12 classes starts Feb 12
10409-172H Tue, Thu	18 - 59yrs. 8:00 - 8:45am \$48(R); \$63(NR)	8 classes starts Feb 13

Southern Area Aquatics Rec Complex
saarc@pgparks.com

10409-175A Mon, Wed, Fri	18 & up 8:00 - 8:45am \$66(R); \$86(NR)	12 classes starts Dec 4
10409-175C Tue, Thu	18 & up 9:00 - 9:45am \$36(R); \$47(NR)	8 classes starts Dec 5
10409-175B Mon, Wed, Fri	18 & up 8:00 - 8:45am \$72(R); \$94(NR)	12 classes starts Jan 8
10409-175D Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Jan 9

Southern Regional Aquatic Wellness Center
wellnesscenterpool@pgparks.com

10409-1104A Mon, Wed	18 & up 4:00 - 4:45pm \$48(R); \$63(NR)	8 classes starts Dec 4
10409-1104B Mon, Wed	18 & up 5:00 - 5:45pm \$48(R); \$63(NR)	8 classes starts Dec 4
10409-1104C Mon, Wed	18 & up 6:15 - 7:00pm \$48(R); \$63(NR)	8 classes starts Dec 4
10409-1104G Tue, Thu	18 & up 10:15 - 11:00am \$48(R); \$63(NR)	8 classes starts Dec 5
10409-1104H Tue, Thu	18 & up 10:15 - 11:00am \$48(R); \$63(NR)	8 classes starts Jan 16
10409-1104D Mon, Wed	18 & up 4:00 - 4:45pm \$48(R); \$63(NR)	8 classes starts Jan 17
10409-1104E Mon, Wed	18 & up 5:00 - 5:45pm \$48(R); \$63(NR)	8 classes starts Jan 17
10409-1104F Mon, Wed	18 & up 6:15 - 7:00pm \$48(R); \$63(NR)	8 classes starts Jan 17

Theresa Banks Memorial Aqua Center
theresabankspool@pgparks.com

10409-183AA Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Dec 5
10409-183BB Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Jan 16
10409-183CC Tue, Thu	18 & up 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Feb 13

Zumba: Aqua, Adults

Healthy! Balanced! Self-confident! Wouldn't you like these words to describe you? A recent health report states that you can Zumba your way into an improved quality of life with months of lingering benefits. This Latin-inspired, aerobic workout is a fun, calorie burning dance workout but done in low-impact water at the shallow end of the pool.

Fairland Aquatics Center fairlandaquatics@pgparks.com

10401-123AA Mon, Wed	18 & up 11:00 - 11:50am \$36(R); \$47(NR)	6 classes starts Jan 8
10401-123BB Mon, Wed	18 & up 11:00 - 11:50am \$36(R); \$47(NR)	6 classes starts Jan 29
10401-123CC Mon, Wed	18 & up 11:00 - 11:50am \$48(R); \$63(NR)	8 classes starts Feb 19

Prince George's Sports & Learn Cmplx
splex@pgparks.com

10401-168A Tue, Thu	18 & up 6:25 - 7:10pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Dec 5
10401-168B Tue, Thu	18 & up 6:25 - 7:10pm \$48(R); \$63(NR); \$36(IA)	8 classes starts Jan 16

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10401-172A Mon, Wed	18 - 59yrs. 6:30 - 7:15pm \$48(R); \$63(NR)	8 classes starts Jan 3
10401-172B Mon, Wed	18 - 59yrs. 6:30 - 7:15pm \$48(R); \$63(NR)	8 classes starts Feb 12

SENIORS

Aqua Arthritis: Seniors

Medical experts state that 1 in 5 Americans has arthritis. But you can enjoy an active, healthy lifestyle with increased flexibility, muscle strength, better posture, and balance. Whether arthritis, muscle fatigue, chronic pain or surgery rehabilitation, you can join us for slow moving, bounce-free exercise with lower impact on joints

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10501-101B Sun	60 & up 12:00 - 12:45pm \$40(R); \$52(NR)	10 classes starts Dec 3
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Fairland Aquatics Center fairlandaquatics@pgparks.com

10501-123AA Mon, Wed, Fri	60 & up 7:00 - 7:50am \$136(R); \$177(NR)	32 classes starts Jan 3
10501-123BB Mon, Wed, Fri	60 & up 8:00 - 8:50am \$136(R); \$177(NR)	32 classes starts Jan 3

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10501-172A Tue, Thu	60 & up 10:00 - 10:45am \$40(R); \$52(NR)	8 classes starts Jan 4
10501-172C Tue, Thu	60 & up 10:00 - 10:45am \$40(R); \$52(NR)	8 classes starts Feb 13
10501-172B Tue, Thu	60 & up 11:00 - 11:45am \$40(R); \$52(NR)	8 classes starts Feb 13

Theresa Banks Memorial Aqua Center
theresabankspool@pgparks.com

10501-183AA Mon, Wed	60 & up 9:30 - 10:15am \$48(R); \$63(NR)	8 classes starts Dec 4
10501-183DD Tue, Thu	60 & up 10:00 - 11:00am \$48(R); \$63(NR)	8 classes starts Dec 5
10501-183BB Mon, Wed	60 & up 9:30 - 10:15am \$48(R); \$63(NR)	8 classes starts Jan 15
10501-183EE Tue, Thu	60 & up 10:00 - 11:00am \$48(R); \$63(NR)	8 classes starts Jan 16
10501-183CC Mon, Wed	60 & up 9:30 - 10:15am \$48(R); \$63(NR)	8 classes starts Feb 19
10501-183FF Tue, Thu	60 & up 10:00 - 11:00am \$48(R); \$63(NR)	8 classes starts Feb 20

Deep Water Aerobics: Seniors

Did you know that deep water makes you float and lifts total body weight off your skeletal system? Enjoy the benefits of reduced joint stress and improved mood while using natural water resistance in these fun-filled exercises. You will tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

Fairland Aquatics Center fairlandaquatics@pgparks.com

10502-123AA Mon, Wed, Fri	60 & up 10:00 - 10:50am \$136(R); \$177(NR)	32 classes starts Jan 3
10502-123BB Mon, Wed, Fri	60 & up 11:00 - 11:50am \$136(R); \$177(NR)	32 classes starts Jan 3

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10502-172C Wed	60 & up 11:00 - 11:45am \$25(R); \$33(NR)	5 classes starts Jan 3
10502-172A Tue, Thu	60 & up 9:00 - 9:45am \$40(R); \$52(NR)	8 classes starts Jan 4
10502-172B Tue, Thu	60 & up 9:00 - 9:45am \$40(R); \$52(NR)	8 classes starts Feb 13
10502-172D Wed	60 & up 11:00 - 11:45am \$20(R); \$26(NR)	4 classes starts Feb 14

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!

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10503-172A Mon, Wed	60 & up 7:30 - 8:15pm \$56(R); \$73(NR)	8 classes starts Jan 3
10503-172C Tue, Thu	60 & up 11:00 - 11:45am \$56(R); \$73(NR)	8 classes starts Jan 4
10503-172B Mon, Fri	60 & up 11:00 - 11:45am \$56(R); \$73(NR)	8 classes starts Jan 5
10503-172D Sat	60 & up 7:30 - 8:15am \$56(R); \$73(NR)	8 classes starts Jan 6
10503-172E Sat	60 & up 8:30 - 9:15am \$56(R); \$73(NR)	8 classes starts Jan 6
10503-172G Mon, Fri	60 & up 11:00 - 11:45am \$56(R); \$73(NR)	8 classes starts Feb 12
10503-172F Mon, Wed	60 & up 7:30 - 8:15pm \$56(R); \$73(NR)	8 classes starts Feb 12

Water Aerobics: Seniors

Swim away the blues, blahs, and la-dee-dahs! Improve your mood and self-confidence with these uncomplicated aquatic exercises! Effortlessly glide your way through the water's resistance to protect your joints but strengthen and tone your body for overall, improved cardiovascular fitness.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10504-101A Tue, Thu	60 & up 10:00 - 10:45am \$40(R); \$52(NR)	8 classes starts Dec 5
10504-101C Tue, Thu	60 & up 10:00 - 10:45am \$40(R); \$52(NR)	8 classes starts Jan 2
10504-101D Tue, Thu	60 & up 11:00 - 11:45am \$40(R); \$52(NR)	8 classes starts Jan 2
10504-101E Tue, Thu	60 & up 10:00 - 10:45am \$40(R); \$52(NR)	8 classes starts Feb 6
10504-101F Tue, Thu	60 & up 11:00 - 11:45am \$40(R); \$52(NR)	8 classes starts Feb 6

Fairland Aquatics Center fairlandaquatics@pgparks.com

10504-123BB Mon, Wed, Fri	60 & up 10:00 - 10:50am \$136(R); \$177(NR)	32 classes starts Jan 3
10504-123AA Mon, Wed, Fri	60 & up 9:00 - 9:50am \$136(R); \$177(NR)	32 classes starts Jan 3

Prince George's Sports & Learn Cmplx
splex@pgparks.com

10504-168A Mon, Wed	60 & up 9:30 - 10:15am \$40(R); \$52(NR); \$30(IA)	8 classes starts Dec 4
10504-168B Mon, Wed	60 & up 9:30 - 10:15am \$40(R); \$52(NR); \$30(IA)	8 classes starts Jan 17



Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10504-172E Mon, Wed, Fri	60 & up 10:00 - 10:45am \$60(R); \$78(NR)	12 classes starts Jan 3
10504-172A Mon, Wed, Fri	60 & up 8:00 - 8:45am \$60(R); \$78(NR)	12 classes starts Jan 3
10504-172C Mon, Wed, Fri	60 & up 9:00 - 9:45am \$60(R); \$78(NR)	12 classes starts Jan 3
10504-172B Tue, Thu	60 & up 8:00 - 8:45am \$40(R); \$52(NR)	8 classes starts Jan 4
10504-172F Mon, Wed, Fri	60 & up 10:00 - 10:45am \$60(R); \$78(NR)	12 classes starts Feb 12
10504-172G Mon, Wed, Fri	60 & up 8:00 - 8:45am \$60(R); \$78(NR)	12 classes starts Feb 12
10504-172D Mon, Wed, Fri	60 & up 9:00 - 9:45am \$60(R); \$78(NR)	12 classes starts Feb 12
10504-172H Tue, Thu	60 & up 8:00 - 8:45am \$40(R); \$52(NR)	8 classes starts Feb 13

Zumba: Aqua, Seniors

Healthy! Balanced! Self-confident! Wouldn't you like these words to describe you? A recent health report states that you can Zumba your way into an improved quality of life with months of lingering benefits. This Latin-inspired aerobic workout is a fun, calorie burning dance workout but done in low-impact water at the shallow end of the pool.

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10506-172A Mon, Wed	60 & up 6:30 - 7:15pm \$40(R); \$52(NR)	8 classes starts Jan 3
10506-172B Mon, Wed	60 & up 6:30 - 7:15pm \$40(R); \$52(NR)	8 classes starts Feb 12

MIXED AGES

Aqua Sculpt Exercise: Mixed Ages

Fashion your frame in the water! Enroll now for cardio and toning to sculpt your body in a high-intensity, bounce-free workout. Held in the shallow end of the pool, there will be little to no impact on your joints using power and suspension moves for quick toning. Gain the self-confidence to look and feel your best!

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10633-101A Fri	18 & up 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Dec 1
10633-101B Sun	18 & up 10:00 - 10:45am \$24(R); \$32(NR)	10 classes starts Dec 3

Deep Water Aerobics: Mixed Ages

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. You'll tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10629-101A Mon, Wed	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	6 classes starts Dec 4
10629-101B Mon, Wed	18 & up 11:00 - 11:45am \$48(R); \$63(NR)	6 classes starts Dec 4
10629-101K Fri	18 & up 10:00 - 10:45am \$28(R); \$37(NR)	3 classes starts Dec 8
10629-101L Fri	18 & up 11:00 - 11:45am \$28(R); \$37(NR)	3 classes starts Dec 8
10629-101E Mon, Wed	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Jan 8
10629-101F Mon, Wed	18 & up 11:00 - 11:45am \$48(R); \$63(NR)	8 classes starts Jan 8
10629-101N Fri	18 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts Jan 12
10629-101O Fri	18 & up 11:00 - 11:45am \$28(R); \$37(NR)	4 classes starts Jan 12
10629-101I Mon, Wed	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Feb 5
10629-101J Mon, Wed	18 & up 11:00 - 11:45am \$48(R); \$63(NR)	8 classes starts Feb 5
10629-101P Fri	18 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts Feb 9
10629-101Q Fri	18 & up 10:00 - 10:45am \$28(R); \$37(NR)	4 classes starts Feb 9

Fairland Aquatics Center **fairlandaquatics@pgparks.com**

10629-123DD Tue, Thu	18 & up 6:15 - 7:05pm \$36(R); \$47(NR)	6 classes starts Jan 9
10629-123AA Tue, Thu	18 & up 9:00 - 9:50am \$36(R); \$47(NR)	6 classes starts Jan 9
10629-123EE Tue, Thu	18 & up 6:15 - 7:05pm \$36(R); \$47(NR)	6 classes starts Jan 30
10629-123BB Tue, Thu	18 & up 9:00 - 9:50am \$36(R); \$47(NR)	6 classes starts Jan 30
10629-123FF Tue, Thu	18 & up 6:15 - 7:05pm \$48(R); \$63(NR)	8 classes starts Feb 20
10629-123CC Tue, Thu	18 & up 9:00 - 9:50am \$48(R); \$63(NR)	8 classes starts Feb 20

Hydro Pilates

Step up your fitness by stepping into the pool! Sign up for this active course and take the pressure off your joints through the natural buoyancy of water. Build stamina as you tone and strengthen all your muscle groups. Enjoy a good, cardio workout and bond with others excited about maintaining great health.

Fairland Aquatics Center **fairlandaquatics@pgparks.com**

10638-123AA Fri	15 & up 7:00 - 7:50pm \$36(R); \$47(NR)	6 classes starts Jan 5
10638-123BB Fri	15 & up 7:00 - 7:50pm \$24(R); \$32(NR)	4 classes starts Feb 16

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 activities 10645 and 10616 (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. Want to get some practice before taking this pre-test? Register for Lifeguard Prep Swim Lessons activity 10602 to help you prepare for a Lifeguard Pre-Test.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10603-101A Sat	15 & up 2:00 - 4:00pm \$10(R); \$10(NR)	1 class starts Dec 9
10603-101B Sat	15 & up 2:00 - 4:00pm \$10(R); \$10(NR)	1 class starts Jan 13
10603-101C Sat	15 & up 2:00 - 4:00pm \$10(R); \$10(NR)	1 class starts Feb 10

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10603-172A Fri	15 & up 6:00 - 8:00pm \$10(R); \$10(NR)	1 class starts Jan 19
10603-172B Fri	15 & up 6:00 - 8:00pm \$10(R); \$10(NR)	1 class starts Feb 9

Southern Area Aquatics Rec Complex
saarc@pgparks.com

10603-175A Sat	15 & up 3:00 - 5:00pm \$10(R); \$10(NR)	1 class starts Dec 30
10603-175B Sat	15 & up 3:00 - 5:00pm \$10(R); \$10(NR)	1 class starts Feb 3

Southern Regional Aquatic Wellness Center
wellnesscenterpool@pgparks.com

10603-1104A Fri	15 & up 5:00 - 7:00pm \$10(R); \$10(NR)	1 class starts Feb 9
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Theresa Banks Memorial Aqua Center
theresabankspool@pgparks.com

10603-183A Fri	15 & up 6:00 - 8:00pm \$10(R); \$10(NR)	1 class starts Jan 19
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Lifeguard Prep Swim Lessons

Develop skills in water rescue, strengthen your swim-fitness level, and gain the self-confidence to save lives! Interested in taking a lifeguard training course, but need more practice? Must be at least 15 years old. Register for these swim prep swim lessons that focus on stroke development and endurance and help prepare swimmers for the Lifeguard Pre-Test. Participants must be comfortable in deep water and be able to swim at least 100 yards continuously using front crawl and/or breaststroke. Participants must be registered for an upcoming Lifeguard Pre-Test activity 10603 hosted by a department aquatic facility prior to registering or taking this course.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10602-101A Mon-Fri	15 & up 4:00 - 5:00pm Free	5 classes starts Dec 4
10602-101B Mon-Fri	15 & up 4:00 - 5:00pm Free	5 classes starts Jan 8
10602-101C Mon-Fri	15 & up 4:00 - 5:00pm Free	5 classes starts Feb 5



Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10602-172A Mon-Fri	16 & up 5:00 - 6:00pm Free	5 classes starts Jan 15
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10602-172B Mon-Fri	15 & up 5:00 - 6:00pm Free	5 classes starts Feb 5
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Southern Area Aquatics Rec Complex
saarc@pgparks.com

10602-175A Tue, Thu	15 & up 3:00 - 5:00pm Free	2 classes starts Dec 26
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10602-175B Tue, Thu	15 & up 3:00 - 5:00pm Free	2 classes starts Jan 30
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Theresa Banks Memorial Aqua Center
theresabankspool@pgparks.com

10602-183A Tue, Thu	16 & up 6:00 - 8:00pm Free	6 classes starts Jan 2
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Lifeguard Review Recertification Training

Strengthen your skills and increase your self-confidence as a lifeguard because swimmers rely on you to be your best self! This course recertifies lifeguards who have a CURRENT American Red Cross Lifeguarding/First Aid/CPR/AED certificate. Bring copies of certification on first day of the course. Participants must demonstrate the following: Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Tread water for 2 minutes using only the legs, (hand placed across chest under armpits). 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. Individuals whose certification have expired must take a full Lifeguard Training course. Upon successful completions of this course, participants will be issued one American Red Cross certification for Lifeguarding/First Aid/CPR/AED that is valid for 2 years.

Southern Regional Aquatic Wellness Center
wellnesscenterpool@pgparks.com

10618-1104A Thu, Fri	15 & up 7:00 - 9:00pm \$75(R); \$98(NR)	2 classes starts Jan 11
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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 Blended Learning 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 through instructor-led sessions and interactive online eLearning modules. Must be at least 16 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. Participants must have internet access in order to complete the online component of this course.

Rollingcrest-Chillum Splash Pool
rollingcrestpool@pgparks.com

10616-172A Fri-Sun	16 & up 6:00 - 10:00pm \$150(R); \$195(NR)	6 classes starts Jan 19
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10616-172B Fri-Sun	16 & up 6:00 - 10:00pm \$150(R); \$195(NR)	6 classes starts Feb 9
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Lifeguarding: Blended Learning

Get empowered with the skills and confidence needed to excel at lifeguarding! The purpose of the American Red Cross Blended Learning 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 through instructor led sessions and interactive online eLearning modules. Must be at least 15 years old. Participants must have previously passed the Lifeguard Pre-Test course activity 10603 (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. Participants must have internet access in order to complete the online component of this course.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10645-101A Mon-Fri	15 & up 10:00am - 4:00pm \$150(R); \$195(NR)	5 classes starts Dec 18
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10645-101B Sat, Sun	15 & up 10:00am - 6:00pm \$150(R); \$195(NR)	4 classes starts Jan 20
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10645-101C Fri-Sun	15 & up 10:00am - 6:00pm \$150(R); \$195(NR)	6 classes starts Feb 16
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Southern Area Aquatics Rec Complex
saarc@pgparks.com

10645-175A Sat, Sun	15 & up 9:00am - 3:00pm \$150(R); \$195(NR)	4 classes starts Jan 6
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10645-175B Sat, Sun	15 & up 9:00am - 3:00pm \$150(R); \$195(NR)	4 classes starts Feb 10
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Southern Regional Aquatic Wellness Center
wellnesscenterpool@pgparks.com

10645-1104A Sat, Sun	15 & up 11:00am - 5:00pm \$150(R); \$195(NR)	4 classes starts Feb 17
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Theresa Banks Memorial Aqua Center
theresabankspool@pgparks.com

10645-183A Fri-Sun	15 & up 5:00 - 9:00pm \$150(R); \$195(NR)	3 classes starts Jan 26
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Spinning: Adults, Aqua Intermediate

Water workouts are wonderful! Join us on a stationary bike in the water to spin your way to the next level of exercise you crave. Operate various types of equipment such as aqua dumbbells and weighted balls to strengthen your physique. Tone your lower body muscles including hamstrings, buttocks, and inner thighs. Increase your flexibility and boost your mood as you build on what you learned in beginner class.

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10636-101E Fri	18 & up 7:00 - 7:45pm \$68(R); \$89(NR)	8 classes starts Dec 1
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10636-101B Sun	18 & up 9:00 - 9:45am \$68(R); \$89(NR)	10 classes starts Dec 3
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10636-101A Tue, Thu	18 & up 9:00 - 9:45am \$68(R); \$89(NR)	8 classes starts Dec 5
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10636-101C Tue, Thu	18 & up 9:00 - 9:45am \$68(R); \$89(NR)	8 classes starts Jan 2
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Southern Area Aquatics Rec Complex
saarc@pgparks.com

10636-175A Tue, Thu	18 & up 7:00 - 7:45am \$68(R); \$89(NR)	8 classes starts Dec 5
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10636-175C Tue, Thu	18 & up 8:00 - 8:45am \$34(R); \$45(NR)	8 classes starts Dec 5
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10636-175B Tue, Thu	18 & up 7:00 - 7:45am \$68(R); \$89(NR)	8 classes starts Jan 9
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10636-175D Tue, Thu	18 & up 8:00 - 8:45am \$68(R); \$89(NR)	8 classes starts Jan 9
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Southern Regional Aquatic Wellness Center
wellnesscenterpool@pgparks.com

10636-1104A Mon, Wed	18 & up 8:00 - 8:45pm \$68(R); \$89(NR)	8 classes starts Dec 4
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10636-1104B Mon, Wed	18 & up 8:00 - 8:45pm \$68(R); \$89(NR)	8 classes starts Jan 17
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Water Aerobics: Mixed Ages

Join us for a 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?

Allentown Splash, Tennis & Fitness Pk
allentownpool@pgparks.com

10627-101K Sat	18 & up 7:00 - 7:45am \$48(R); \$63(NR)	9 classes starts Dec 2
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10627-101J Sat	18 & up 8:00 - 8:45am \$48(R); \$63(NR)	9 classes starts Dec 2
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10627-101H Tue, Thu	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Dec 5
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10627-101E Tue, Thu	18 & up 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
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10627-101B Tue, Thu	18 & up 7:00 - 7:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
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10627-101C Tue, Thu	18 & up 8:00 - 8:45pm \$48(R); \$63(NR)	8 classes starts Dec 5
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10627-101I Tue, Thu	18 & up 10:00 - 10:45am \$48(R); \$63(NR)	8 classes starts Jan 2
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10627-101D Tue, Thu	18 & up 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Jan 2
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10627-101F Tue, Thu	18 & up 7:00 - 7:45pm \$48(R); \$63(NR)	8 classes starts Jan 2
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10627-101G Tue, Thu	18 & up 8:00 - 8:45pm \$48(R); \$63(NR)	8 classes starts Jan 2
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10627-10627 Tue, Thu	18 & up 8:00 - 8:45pm \$48(R); \$63(NR)	8 classes starts Jan 2
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Fairland Aquatics Center **fairlandaquatics@pgparks.com**

10627-123CC Wed	18 & up 7:00 - 7:50pm \$36(R); \$47(NR)	6 classes starts Jan 3
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10627-123AA Mon	18 & up 7:00 - 7:50pm \$30(R); \$39(NR)	5 classes starts Jan 8
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10627-123EE Tue, Thu	18 & up 7:15 - 8:05pm \$36(R); \$47(NR)	6 classes starts Jan 9
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10627-123FF Tue, Thu	18 & up 7:15 - 8:05pm \$36(R); \$47(NR)	6 classes starts Jan 30
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10627-123BB Mon	18 & up 7:00 - 7:50pm \$30(R); \$39(NR)	5 classes starts Feb 12
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10627-123DD Wed	18 & up 7:00 - 7:50pm \$30(R); \$39(NR)	5 classes starts Feb 14
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10627-123GG Tue, Thu	18 & up 7:15 - 8:05pm \$48(R); \$63(NR)	8 classes starts Feb 20
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Computer Skills

ADULTS

MS Office: Excel

Budgets, equations, and charts...oh my! Don't get buried under math and graphs when you can store, structure, and manipulate various kinds of numeric data with Excel. We'll teach how to whip your financial budgets into shape with this software program by creating simple formulas and functions. Get empowered to tackle electronic spreadsheets and build the self-confidence you need to achieve organizational success.

Prince George's Sports & Learn Cmplx splex@pgparks.com		
14401-168A Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Dec 11
14401-168B Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Jan 22

MS Office: Publisher, Beginner

Jumpstart your advertising campaign! Spread the word about your fabulous business, project, or program through Microsoft Publisher. Why pay expensive companies to design your publication when you can fashion your own logos, newsletters, brochures, and other types of visual communication? Combine text and graphics to effectively communicate your message. Develop these publishing skills and be on your way to crafting professional-looking documents that are hard to miss. Sign up to join the self-publishing movement!

Prince George's Sports & Learn Cmplx splex@pgparks.com		
14407-168A Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Dec 4
14407-168B Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Feb 5

MS Office: Word

Present yourself as a professional by learning to create, edit, and save documents on your computer. Gain greater self-confidence with Word software to perfect the look of your letters, memos, flyers, and other electronic or printable media. Develop skills with spell check, formatting paragraphs, moving text, and more.

Prince George's Sports & Learn Cmplx splex@pgparks.com		
14402-168A Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Jan 8
14402-168B Mon, Wed	18 & up 6:00 - 8:00pm \$40(R); \$52(NR); \$30(IA)	2 classes starts Feb 12

SENIORS

Computer Skills: PARKS DIRECT Workshop

Goodbye SMARTlink and Hello PARKS DIRECT! Learn how to register yourself online with the PARKS DIRECT Program -- our new registration software system by Parks and Recreation. Stay connected to our recreation community! Don't miss out on course enrollments, venue rentals, performance tickets, and important electronic alerts like weather emergency updates! It's easy to get started, understand, and use! Basic computer skills are required.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
14505-111A Fri	60 & up 12:30 - 1:30pm Free	1 class starts Dec 15
14505-111B Fri	60 & up 12:30 - 1:30pm Free	1 class starts Jan 19
14505-111C Fri	60 & up 12:30 - 1:30pm Free	1 class starts Feb 16

Computer Skills: Seniors, Level 1

If you think a mouse is just a household pest then it's time to expand your knowledge of a machine that has forever changed the lives of humankind. It's the computer! Learn fundamental computer skills and how to safely operate it. Potential topics include: the parts of a computer system, hardware, maintenance, and terminology. Contact the offering center for details.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
14501-111A Mon, Wed	60 & up 12:15 - 2:15pm \$45(R); \$59(NR)	4 classes starts Dec 4
14501-111B Mon, Wed	60 & up 12:15 - 2:15pm \$33(R); \$43(NR)	3 classes starts Jan 3
14501-111C Mon, Wed	60 & up 12:15 - 2:15pm \$45(R); \$59(NR)	4 classes starts Feb 5

Computer Skills: Seniors, Level 2

Don't be left on the shoulder of the information superhighway! Get on board and rev up your fundamental computer skills! Our non-judgmental class will develop character, boost self-confidence, and be fun. This course builds on fundamental computer skills. Topics might include creating and maintaining directories, managing documents, an introduction to the internet, and basic applications. Contact the offering facility for details.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
14502-111A Mon, Wed	60 & up 12:15 - 2:15pm \$34(R); \$45(NR)	4 classes starts Dec 18
14502-111B Mon, Wed	60 & up 12:15 - 2:15pm \$34(R); \$45(NR)	3 classes starts Jan 3
14502-111C Mon, Wed	60 & up 12:15 - 2:15pm \$34(R); \$45(NR)	3 classes starts Feb 21

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.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
14506-111C Fri	60 & up 10:00 - 11:30am \$15(R); \$20(NR)	4 classes starts Feb 2

MIXED AGES

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.

Prince George's Sports & Learn Cmplx splex@pgparks.com		
14601-168A Sat	7 - 13yrs. 10:00am - 1:00pm \$75(R); \$98(NR); \$57(IA)	1 class starts Dec 16
14601-168B Sat	7 - 13yrs. 10:00am - 1:00pm \$75(R); \$98(NR); \$57(IA)	1 class starts Jan 13
14601-168C Sat	7 - 13yrs. 10:00am - 1:00pm \$75(R); \$98(NR); \$57(IA)	1 class starts Feb 10

Crafts & Hobbies

PRE-SCHOOLERS

Arts and Crafts: Pre-Schoolers

Your child could have the potential to create museum-worthy masterpieces! Unleash their creativity and imagination as they discover the joys of artistic play. While making and decorating various crafts, your kids will improve their fine motor skills, gain self-confidence, awareness, and build social skills. At the end of class, they will take home their beautiful finished product.

Glenn Dale Community Ctr. glennedalecc@pgparks.com		
15103-127A 8 classes		3 - 5yrs.
Mon, Wed	9:30 - 11:30am \$60(R); \$78(NR)	starts Jan 8
15103-127B Mon, Wed	3 - 5yrs. 9:30 - 11:30am \$60(R); \$78(NR)	8 classes starts Feb 5

Prince George's Plaza Community Ctr princegeorgesplazacc@pgparks.com		
15103-166A Fri	3 - 5yrs. 9:30 - 11:00am \$35(R); \$46(NR)	4 classes starts Dec 1
15103-166B Fri	3 - 5yrs. 9:30 - 11:00am \$35(R); \$46(NR)	4 classes starts Jan 5
15103-166C Fri	3 - 5yrs. 9:30 - 11:00am \$35(R); \$46(NR)	4 classes starts Feb 2

CHILDREN

Arts and Crafts: Children

Are you a creative genius? Use your imagination to make and to decorate various crafts. Join us to grow in your self-confidence as a young artist and crafter in our fun, interactive class.

Huntington Community Center huntingtonccc@pgparks.com		
15202-135A Sat	6 - 9yrs. 12:00 - 1:00pm \$50(R); \$65(NR)	8 classes starts Jan 6
15202-135B Sat	10 - 12yrs. 1:30 - 2:30pm \$50(R); \$65(NR)	8 classes starts Jan 6

Crafts and Games

We've got a hodge podge of amusement! Games, arts and crafts, and so much more! Learn a fresh and exciting recreation while making new friends. Sign up to bring pizzazz to your play time!

Berwyn Heights Community Center berwynheightsccc@pgparks.com		
15203-106A Tue	6 - 12yrs. 5:00 - 6:30pm \$35(R); \$46(NR)	4 classes starts Dec 5

Sewing: Children

How are clothes made? Do you want to start learning how to make your own pants, dresses, and tops? Sign up for this wonderfully entertaining sewing class for kids. Learn new skills while having fun building friendships with other kids. You'll create your very own unique product to take home at the end of the course.

Kentland Community Center kentlandccc@pgparks.com		
15201-140 Tue, Thu	6 - 12yrs. 6:00 - 7:30pm \$60(R); \$78(NR)	6 classes starts Jan 9
15201-140B Tue, Thu	6 - 12yrs. 6:00 - 7:30pm \$60(R); \$78(NR)	6 classes starts Feb 13

Prince George's Plaza Community Ctr princegeorgesplazacc@pgparks.com		
15201-166A Sat	6 - 12yrs. 11:00am - 12:30pm \$40(R); \$52(NR)	4 classes starts Dec 2
15201-166AA Sat	6 - 12yrs. 1:00 - 2:30pm \$40(R); \$52(NR)	4 classes starts Dec 2
15201-166B Sat	6 - 12yrs. 11:00am - 12:30pm \$40(R); \$52(NR)	4 classes starts Jan 6
15201-166BB Sat	6 - 12yrs. 1:00 - 2:30pm \$40(R); \$52(NR)	4 classes starts Jan 6
15201-166C Sat	6 - 12yrs. 11:00am - 12:30pm \$40(R); \$52(NR)	4 classes starts Feb 3
15201-166CC Sat	6 - 12yrs. 1:00 - 2:30pm \$40(R); \$52(NR)	4 classes starts Feb 3

ADULTS

Quilting: Adults

Discover the satisfaction of creating usable art by learning how to quilt. Develop methods and the unique skills which will enhance your level of construction as well as techniques. Understand how to make a textile block into a quilt and various other projects. Prerequisite Knowledge: Basic hand sewing skills. Find the supply list needed for class on your registration receipt.

Prince George's Sports & Learn Cmplx splex@pgparks.com		
15405-168AA Wed	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Dec 6
15405-168A Sat	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Dec 9
15405-168BB Wed	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Jan 3
15405-168B Sat	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Jan 6
15405-168C Sat	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Feb 3
15405-168CC Wed	18 & up 1:00 - 3:00pm \$60(R); \$78(NR); \$45(IA)	4 classes starts Feb 7

Sewing: Adults

Have you ever looked in your closet and said, “I have nothing to wear?” We’ve got a hodge podge of amusement! Games, arts and crafts, and so much more! Learn a fresh and exciting recreation while making new friends. Sign up to bring pizazz to your play time! This class will set you on your way to becoming the seamstress or tailor of your own wardrobe. You will learn basic sewing techniques, grow your self-confidence, and be introduced to a vast sewing culture. Please consult offering facility regarding necessary materials.

Kentland Community Center kentlandcc@pgparks.com		
15401-140A Tue	18 & up 6:30 - 8:00pm \$45(R); \$59(NR)	4 classes starts Jan 9
Peppermill Community Center peppermillcc@pgparks.com		
15401-162A Tue	18 & up 6:30 - 8:00pm \$50(R); \$65(NR)	6 classes starts Dec 5
15401-162B Tue	18 & up 6:30 - 8:00pm \$50(R); \$65(NR)	6 classes starts Jan 23
Tucker Road Community Center tuckerroadcc@pgparks.com		
15401-184A Sat	18 & up 1:30 - 3:30pm \$50(R); \$65(NR)	4 classes starts Jan 13

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.

Bladensburg Community Center bladensburgcc@pgparks.com		
15502-107A Sat	60 & up 2:00 - 4:00pm \$25(R); \$33(NR)	4 classes starts Dec 2
15502-107B Sat	60 & up 2:00 - 4:00pm \$25(R); \$33(NR)	4 classes starts Jan 6
15502-107C Sat	60 & up 2:00 - 4:00pm \$25(R); \$33(NR)	4 classes starts Feb 10
Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
15502-111A Mon	60 & up 10:00am - 12:00pm \$12(R); \$16(NR)	3 classes starts Dec 4
15502-111B Mon	60 & up 10:00am - 12:00pm \$16(R); \$21(NR)	4 classes starts Jan 8
John E. Howard Senior Activity Center johnehowardseniors@pgparks.com		
15502-139A Wed	60 & up 10:30am - 12:00pm \$15(R); \$20(NR)	4 classes starts Dec 6
15502-139B Wed	60 & up 10:30am - 12:00pm \$15(R); \$20(NR)	4 classes starts Jan 3
15502-139C Wed	60 & up 10:30am - 12:00pm \$15(R); \$20(NR)	4 classes starts Feb 7

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!

Bladensburg Community Center bladensburgcc@pgparks.com		
15504-107A Tue	60 & up 12:00 - 2:00pm \$25(R); \$33(NR)	4 classes starts Dec 5
15504-107B Tue	60 & up 12:00 - 2:00pm \$25(R); \$33(NR)	4 classes starts Jan 9
15504-107C Tue	60 & up 12:00 - 2:00pm \$25(R); \$33(NR)	4 classes starts Feb 13

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.

John E. Howard Senior Activity Center johnehowardseniors@pgparks.com		
15501-139A Fri	60 & up 10:00am - 2:00pm \$25(R); \$33(NR)	4 classes starts Dec 1
15501-139B Fri	60 & up 10:00am - 2:00pm \$25(R); \$33(NR)	4 classes starts Jan 5
15501-139C Fri	60 & up 10:00am - 2:00pm \$25(R); \$33(NR)	4 classes starts Feb 2

MIXED AGES

Arts and Crafts: Mixed Ages

Bring out the creative genius in you! Be inspired to go where your imagination takes you in our fun class of making and decorating various crafts. Join us to grow in your self-confidence and self-expression.

Bladensburg Community Center bladensburgcc@pgparks.com		
15609-107A Sat	8 - 15yrs. 5:00 - 7:00pm \$43(R); \$56(NR)	4 classes starts Dec 2
15609-107B Sat	8 - 15yrs. 5:00 - 7:00pm \$43(R); \$56(NR)	4 classes starts Jan 6
15609-107C Sat	8 - 15yrs. 10:00am - 12:00pm \$43(R); \$56(NR)	4 classes starts Feb 10
Watkins Nature Center watkinsnaturecenter@pgparks.com		
15609-188A Thu	4 & up 1:00 - 2:00pm \$8(R); \$11(NR)	1 class starts Dec 28

Cricut Class, Mixed Ages

Learn how to use your Cricut! Cricut is an American brand of cutting plotters, or computer-controlled cutting machines, designed for home crafters. The machines are used for cutting paper, felt, vinyl, fabric, and other materials such as leather, matboard, and wood. Let us help you design your logo to put on tees, mugs, and journals. The list is endless.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
15619-168A Wed	15 & up 6:00 - 8:00pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Dec 6
15619-168B Wed	All ages 6:00 - 8:00pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Jan 3
15619-168C Wed	15 & up 6:00 - 8:00pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Feb 7

Knitting: Mixed Ages, Beginner

Get in the loop! Join our creative and exciting class of knitters. Develop your skills in this centuries-old craft by starting with the purl and knit stitches. Lower stress levels as you create beautiful handiwork.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
15603-168A Sat	10 & up 10:00am - 12:00pm \$40(R); \$52(NR); \$30(IA)	4 classes starts Dec 9
15603-168B Sat	10 & up 10:00am - 12:00pm \$40(R); \$52(NR); \$30(IA)	4 classes starts Jan 6
15603-168C Sat	10 & up 10:00am - 12:00pm \$40(R); \$52(NR); \$30(IA)	4 classes starts Feb 3

Sewing: Mixed Ages, Beginner

How did the television stars of those popular design and sewing shows get their start? Long before their fame, they had to learn basic sewing techniques and terms like the ones offered in this course. Join us for a fun class which builds your creativity, self-confidence, and relationships with other budding designers. Please consult offering facility regarding necessary materials.

Huntington Community Center huntingtoncc@pgparks.com		
15601-135A Tue	8 - 15yrs. 12:30 - 2:00pm \$50(R); \$65(NR)	8 classes starts Jan 9
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
15601-168A Thu	8 & up 6:00 - 8:00pm \$70(R); \$91(NR); \$53(IA)	4 classes starts Dec 7
15601-168B Thu	8 & up 6:00 - 8:00pm \$70(R); \$91(NR); \$53(IA)	4 classes starts Jan 4
15601-168C Thu	8 & up 6:00 - 8:00pm \$70(R); \$91(NR); \$53(IA)	4 classes starts Feb 8

Day Camps

MIXED AGES

Holiday Break Camp: Explorers

Explore a world of fun! Sign up and enjoy a variety of structured leisure activities including sports, arts and crafts, quiet and active games, field trips, swimming, movies, and special events. Try your hand at diverse types of recreation. Additional fees may be charged for certain off-site activities or field trips.

Baden Community Center badencc@pgparks.com		
16658-104 Tue-Fri	6 - 13yrs. 9:00am - 4:30pm \$100(R); \$130(NR)	4 classes starts Dec 26
Suitland Community Center suitlandcc@pgparks.com		
16658-181A Tue-Fri	6 - 13yrs. 9:00am - 4:30pm \$100(R); \$130(NR)	4 classes starts Dec 26
Tucker Road Community Center tuckerroadcc@pgparks.com		
16658-184A Tue-Fri	6 - 13yrs. 9:00am - 4:30pm \$100(R); \$130(NR)	4 classes starts Dec 26

Fitness & Health

PRE-SCHOOLERS

Little Ninja

This high energy co-ed class is the perfect mixture of gymnastics, obstacle training, and freestyle movement. Children learn basic tumbling, bar skills, and vaulting. Your little ninja will get to practice their skills on different mats and through fun obstacles. It’s the perfect introductory class into our other gymnastics-related programs or to improve their flexibility, strength, and agility to help them excel in any other sport.

Fairland Sports Complex fairlandsports@pgparks.com		
17101-123A Sat	4 - 5yrs. 11:30am - 12:15pm \$122(R); \$159(NR)	8 classes starts Jan 6

CHILDREN

Parkour: Children

Learn to move from point A to point B using spins, tumbling, and tricks! If you are interested in learning the basics of parkour, this is the class for you! This class will focus on movement through and around obstacles, as well as learning the foundational parkour skills including vaulting, swinging, jumping, rolling, and climbing. Develop coordination, confidence, athleticism, strength, and creativity while learning parkour.

Fairland Sports Complex fairlandsports@pgparks.com		
17205-123A Sat	7 - 10yrs. 12:00 - 1:00pm \$158(R); \$206(NR)	8 classes starts Jan 6



TEENS

Weight Training: Teens

Don't wait to lift that weight! You can lift more using a weight machine than you imagined! Learn how to use those strength-building machines properly for toning and conditioning specific muscle groups. Enroll today to get healthy and physically balanced.

Temple Hills Community Center templehillsc@pgparks.com		
17301-182A Sat	13 - 17yrs. 10:45 - 11:45am \$30(R); \$39(NR)	5 classes starts Dec 2
17301-182B Sat	13 - 17yrs. 10:45 - 11:45am \$24(R); \$32(NR)	4 classes starts Jan 6
17301-182C Sat	13 - 17yrs. 10:45 - 11:45am \$24(R); \$32(NR)	4 classes starts Feb 3

ADULTS

Aerobics: Adults

Get your blood pumpin' and heart thumpin'! This energetic exercise class will rev up your mood and muscles as you progress your way to great overall fitness. Strengthen your heart and lungs. Burn calories and have fun with others moving to great music.

Beltsville Community Center beltsvillecc@pgparks.com		
17401-105A Thu	18 & up 6:00 - 7:00pm \$35(R); \$46(NR)	5 classes starts Dec 7
17401-105B Thu	18 & up 6:00 - 7:00pm \$35(R); \$46(NR)	5 classes starts Jan 11
Glenn Dale Community Ctr. glenndalecc@pgparks.com		
17401-127A Wed	18 & up 10:00 - 11:00am \$30(R); \$39(NR)	6 classes starts Jan 10
Hillcrest Heights Community Center hillcrestheightsc@pgparks.com		
17401-134A Tue, Thu	18 & up 6:30 - 7:30pm \$40(R); \$52(NR)	8 classes starts Dec 5
17401-134B Tue, Thu	18 & up 6:30 - 7:30pm \$40(R); \$52(NR)	8 classes starts Jan 2
17401-134C Tue, Thu	18 & up 6:30 - 7:30pm \$41(R); \$54(NR)	10 classes starts Jan 30

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.

Temple Hills Community Center templehillsc@pgparks.com		
17402-182A Tue, Thu	18 & up 7:00 - 8:00pm \$36(R); \$47(NR)	8 classes starts Dec 5
17402-182B Tue, Thu	18 & up 7:00 - 8:00pm \$36(R); \$47(NR)	8 classes starts Jan 2
17402-182C Tue, Thu	18 & up 7:00 - 8:00pm \$45(R); \$59(NR)	10 classes starts Jan 30

Aerobics: Kickboxing, Adults

Put some punch in your next exercise session! Combining aerobics and kickboxing, get an all-around workout that will lift your feelings and change your physique. Join us for an engaging class and get in your kicks!

Southern Area Aquatics Rec Complex saarc@pgparks.com		
17433-175D Mon, Wed	18 & up 5:00 - 6:00pm \$24(R); \$32(NR)	4 classes starts Dec 4
17433-175E Mon, Wed	18 & up 5:00 - 6:00pm \$48(R); \$63(NR)	8 classes starts Jan 8
17433-175F Mon, Wed	18 & up 5:00 - 6:00pm \$48(R); \$63(NR)	8 classes starts Feb 5

Bio Fitness and Cardio Fit: Hi-Low Impact, Adults

Aerobics class for cardio benefit. Low or hi-impact class.

Tucker Road Community Center tuckerroadcc@pgparks.com		
17419-184A Tue	18 & up 9:30 - 10:30am \$33(R); \$43(NR)	7 classes starts Dec 5
17419-184C Thu	18 & up 9:30 - 10:30am \$33(R); \$43(NR)	7 classes starts Dec 7
17419-184B Tue	18 & up 9:30 - 10:30am \$29(R); \$38(NR)	6 classes starts Jan 23
17419-184D Thu	18 & up 9:30 - 10:30am \$29(R); \$38(NR)	6 classes starts Jan 25
Upper Marlboro Community Center uppermarlborocc@pgparks.com		
17419-186A Mon, Wed	18 & up 9:30 - 10:30am \$60(R); \$78(NR)	10 classes starts Jan 8
17419-186B Mon, Wed	18 & up 9:30 - 10:30am \$60(R); \$78(NR)	8 classes starts Feb 12

Bio Fitness: Tone and Firm, Adults

Enjoy a low-impact, high-energy, cardio workout. Patrons may register on-site for 1 day/week course. For single weekday courses, please contact the center for registration details.

Upper Marlboro Community Center uppermarlborocc@pgparks.com		
17421-186A Tue, Thu	18 & up 5:30 - 6:30pm \$72(R); \$94(NR)	12 classes starts Dec 5
17421-186B Tue, Thu	18 & up 5:30 - 6:30pm \$84(R); \$110(NR)	14 classes starts Jan 16

Cardio Circuit Training

Get your blood pumping and flowing! Exercise does not have to be boring in our challenging workout. Do a variety of fun, effective exercises using weights and other props. Watch your strength, balance, and core muscles improve over time. Sign up today for cardio that's smart for all your body parts.

Fairland Sports Complex fairlandsports@pgparks.com		
17484-123A Sat	18 & up 9:00 - 10:00am \$72(R); \$94(NR)	12 classes starts Dec 2
17484-123B Thu	18 & up 7:30 - 8:30pm \$72(R); \$94(NR)	12 classes starts Dec 7

Chair Aerobics: Adults

Get and keep flexible! Designed to tone and stretch, this course includes a variety of exercises to keep you healthy. Enlist today and stay on the edge of your seat!

Cedar Heights Community Center cedarheightsc@pgparks.com		
17445-112A Mon	18 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Dec 4
17445-112B Mon	18 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Jan 22

CIRCL Mobility™

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. A sequence of movements can actively take your body through movement patterns using macro and micro joint movers to improve range of motion and flexibility.

Palmer Park Community Center palmerparkcc@pgparks.com		
17489-157A Tue	18 & up 1:00 - 2:00pm \$20(R); \$26(NR)	4 classes starts Dec 5
17489-157B Tue	18 & up 1:00 - 2:00pm \$20(R); \$26(NR)	4 classes starts Jan 9
17489-157C Tue	18 & up 1:00 - 2:00pm \$20(R); \$26(NR)	4 classes starts Feb 6

Drum Exercise

Beat a path to the fitness door! Open up a world of good health possibilities in our course of fun, effective drum exercise. Join us for a full-body workout where you become the music using lightly weighted drumsticks specifically engineered for exercise. Get rock star abs, quads, and calves while you de-stress and build strength. Who can beat that?

Southern Area Aquatics Rec Complex saarc@pgparks.com		
17471-175A Mon, Wed	18 & up 5:00 - 5:45pm \$24(R); \$32(NR)	4 classes starts Dec 4
17471-175B Mon, Wed	18 & up 5:00 - 5:45pm \$48(R); \$63(NR)	8 classes starts Jan 8
17471-175C Mon, Wed	18 & up 5:00 - 5:45pm \$48(R); \$63(NR)	8 classes starts Feb 5

Exercise: Adults

Take charge of your life! Sign up for our energetic but low-impact class of exercise that's fun and focused. Stay active and you'll be on your way to maintaining good physical health.

Hillcrest Heights Community Center hillcrestheightsc@pgparks.com		
17435-134A Tue-Thu	50 & up 9:30 - 10:30am \$29(R); \$38(NR)	12 classes starts Dec 5
17435-134B Tue-Thu	50 & up 9:30 - 10:30am \$30(R); \$39(NR)	12 classes starts Jan 2
17435-134C Tue-Thu	50 & up 9:30 - 10:30am \$34(R); \$45(NR)	15 classes starts Jan 30

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!

Berwyn Heights Community Center berwynheightsc@pgparks.com		
17426-106A Mon, Wed	18 & up 6:00 - 7:00pm \$65(R); \$85(NR)	26 classes starts Dec 4
College Park Community Center collegeparkcc@pgparks.com		
17426-116BB Mon, Wed	18 - 59yrs. 6:15 - 7:15pm \$40(R); \$52(NR)	12 classes starts Dec 4
17426-116B Tue, Thu	18 & up 6:00 - 7:00pm \$40(R); \$52(NR)	12 classes starts Dec 12
17426-116E Mon, Wed	18 - 59yrs. 6:15 - 7:15pm \$40(R); \$52(NR)	12 classes starts Jan 29



Harmony Hall Regional Center
harmonyhallrc@pgparks.com

17426-132D Mon, Wed, Fri	18 & up 6:00 - 7:00pm \$43(R); \$56(NR)	12 classes starts Dec 4
17426-132G Mon, Wed, Fri	18 & up 7:30 - 8:30am \$45(R); \$59(NR)	12 classes starts Dec 4
17426-132J Mon, Wed, Fri	18 & up 9:00 - 10:00am \$43(R); \$56(NR)	12 classes starts Dec 4
17426-132E Mon, Wed, Fri	18 & up 6:00 - 7:00pm \$40(R); \$52(NR)	11 classes starts Jan 3
17426-132H Mon, Wed, Fri	18 & up 7:30 - 8:30am \$41(R); \$54(NR)	11 classes starts Jan 3
17426-132K Mon, Wed, Fri	18 & up 9:00 - 10:00am \$40(R); \$52(NR)	11 classes starts Jan 3
17426-132F Mon, Wed, Fri	18 & up 6:00 - 7:00pm \$54(R); \$71(NR)	15 classes starts Jan 29
17426-132I Mon, Wed, Fri	18 & up 7:30 - 8:30am \$56(R); \$73(NR)	15 classes starts Jan 29
17426-132L Mon, Wed, Fri	18 & up 9:00 - 10:00am \$54(R); \$71(NR)	15 classes starts Jan 29

Lake Arbor Community Ctr. **lakearborcc@pgparks.com**

17426-141B Wed	18 & up 6:30 - 7:30pm \$35(R); \$46(NR)	4 classes starts Jan 10
17426-141C Wed	18 & up 6:30 - 7:30pm \$35(R); \$46(NR)	4 classes starts Feb 7

Suitland Community Center **suitlandcc@pgparks.com**

17426-181A Sat	18 & up 10:30 - 11:15am \$36(R); \$47(NR)	6 classes starts Jan 20
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Temple Hills Community Center
templehillsc@pgparks.com

17426-182A Tue	18 & up 6:30 - 7:30pm \$36(R); \$47(NR)	6 classes starts Dec 5
17426-182B Tue	18 & up 6:30 - 7:30pm \$42(R); \$55(NR)	7 classes starts Jan 16

Upper Marlboro Community Center
uppermarlborocc@pgparks.com

17426-186A Tue	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Jan 2
17426-186D Thu	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Jan 4
17426-186B Tue	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Jan 30
17426-186E Thu	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Feb 1
17426-186C Tue	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Feb 27
17426-186F Thu	18 & up 7:00 - 8:00pm \$24(R); \$32(NR)	4 classes starts Feb 29

Fitness Dance: Adults

This is not your ordinary hip-hop dance class. Get moving and grooving to upbeat music while your fitness level improves. Join us for learning choreography from popular music videos and making up your own dance moves. It's all fun and all good in this energetic workout.

Fort Washington Forest Comm Center
fortwashingtoncc@pgparks.com

17440-124A Sat	18 & up 9:15 - 10:00am \$36(R); \$47(NR)	6 classes starts Jan 20
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Fitness: Adults, Beginner

According to a leading U.S. medical clinic, just 30 minutes of physical activity five times per week can reap significant health benefits. Get started today in our class and activate your physical wellness. This is a slow-paced, low impact class designed to maintain and improve your fitness levels. Sign up and become a healthy new you!

Westphalia Community Center
westphaliacc@pgparks.com

17468-190A Tue, Thu	40 & up 9:15 - 10:15am \$45(R); \$59(NR)	12 classes starts Dec 5
17468-190B Tue, Thu	40 & up 9:15 - 10:15am \$38(R); \$50(NR)	14 classes starts Jan 16

Fitness: Boxing, Adults

Want an energetic workout that will produce overall great fitness? Challenge all your major muscle groups with exercises like squats, presses, lifts, and curls. Be inspired by great music while you burn calories, improve your strength, and boost your endurance. Sign up today for this sluggish-busting class and be on your way to better health.

North Brentwood Community Center
northbrentwoodcc@pgparks.com

17442-152D Thu	18 & up 7:00 - 8:00pm \$30(R); \$39(NR)	4 classes starts Dec 14
17442-152C Thu	18 & up 7:00 - 8:00pm \$30(R); \$39(NR)	5 classes starts Jan 18

Fitness: Women

Have you got powHER? Begin your fitness adventure with us in this active class of weight training and cardio exercises. Learn workout strategies with other motivated women and get healthy today!

College Park Community Center
collegeparkcc@pgparks.com

17430-116A Mon, Wed	18 & up 9:30 - 10:30am \$35(R); \$46(NR)	12 classes starts Jan 8
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Upper Marlboro Community Center
uppermarlborocc@pgparks.com

17430-186A Sat	18 & up 8:30 - 9:30am \$54(R); \$71(NR)	9 classes starts Jan 6
17430-186B Sat	18 & up 9:30 - 10:30am \$30(R); \$39(NR)	9 classes starts Jan 6

Personal Training: Adults

Get the personal attention you want in your fitness routine! Your trainer will lead you to concentrate on various exercises and stretches. Increase strength, elevate metabolism, build endurance, and perfect your technique. Enroll now and start your tailored workout.

Harmony Hall Regional Center
harmonyhallrc@pgparks.com

17429-132A Mon, Wed, Fri	18 & up 11:00am - 12:00pm \$43(R); \$56(NR)	12 classes starts Dec 4
17429-132B Mon, Wed, Fri	18 & up 11:00am - 12:00pm \$40(R); \$52(NR)	11 classes starts Jan 3
17429-132C Mon, Wed, Fri	18 & up 11:00am - 12:00pm \$54(R); \$71(NR)	15 classes starts Jan 29

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!

College Park Community Center
collegeparkcc@pgparks.com

17423-116B Mon, Wed	18 & up 10:45 - 11:45am \$35(R); \$46(NR)	12 classes starts Jan 8
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Good Luck Community Center **goodluckcc@pgparks.com**

17423-129AA Mon	18 & up 6:15 - 7:00pm \$20(R); \$26(NR)	6 classes starts Dec 4
17423-129BB Mon	18 & up 6:15 - 7:00pm \$20(R); \$26(NR)	4 classes starts Jan 15

Piloxing

Achieve mental and physical balance! Piloxing blends the strengthening and cardio of boxing, the muscle sculpting of standing Pilates, and the fun, sensuality of dance. Sign up for this high energy, interval workout which uses low to high impact moves to burn many calories as you focus on centering your core. Moves are modified according to participant's level.

Good Luck Community Center **goodluckcc@pgparks.com**

17425-129AA Sat	18 & up 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Dec 9
17425-129BB Sat	18 & up 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Jan 13

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!

Fairland Sports Complex **fairlandsports@pgparks.com**

17405-123C Fri	18 & up 9:00 - 10:00am \$72(R); \$94(NR)	12 classes starts Dec 1
17405-123A Tue	18 & up 9:00 - 10:00am \$72(R); \$94(NR)	12 classes starts Dec 5
17405-123B Wed	18 & up 6:30 - 7:30pm \$72(R); \$94(NR)	12 classes starts Dec 6

Step Aerobics: Adults

Step up to next level fitness! We have a full body workout waiting for you in the worldwide class phenomena known as Step Aerobics. Join the sensation while you improve cardiovascular health, gain core strength, and achieve an invigorated whole body. We will keep the music high energy and encourage you to remain inspired toward reaching your goals.

Fairland Sports Complex **fairlandsports@pgparks.com**

17457-123A Mon	18 & up 7:30 - 8:30pm \$66(R); \$86(NR)	11 classes starts Dec 4
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Largo/Kettering/Perrywood Comm. Ctr.
largoketteringperrywoodcc@pgparks.com

17457-145A Thu	18 & up 7:00 - 8:00pm \$50(R); \$65(NR)	8 classes starts Jan 11
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Strength Training: Adults

There's strength in numbers! In a small group setting, learn to safely tone and strengthen your body. Medical experts suggest that strength training is good for developing strong bones, enhancing weight management, and sharpening cognition. Join us to build strength and to build community.

Southern Area Aquatics Rec Complex
saarc@pgparks.com

17451-175D Sat	18 & up 8:00 - 9:00am \$18(R); \$24(NR)	3 classes starts Dec 2
17451-175A Mon, Wed	18 & up 7:30 - 8:30pm \$24(R); \$32(NR)	4 classes starts Dec 4
17451-175B Mon, Wed	18 & up 7:30 - 8:30pm \$54(R); \$71(NR)	9 classes starts Jan 3
17451-175E Sat	18 & up 8:00 - 9:00am \$24(R); \$32(NR)	4 classes starts Jan 6
17451-175F Sat	18 & up 8:00 - 9:00am \$24(R); \$32(NR)	4 classes starts Feb 3
17451-175C Mon, Wed	18 & up 7:30 - 8:30pm \$48(R); \$63(NR)	8 classes starts Feb 5

Tai Chi: Adults, Beginner

“Meditation in motion” is how health experts describe Tai Chi -- an ancient form of exercise for balance, stretching, muscle tone, and flexibility. Incorporate deep breathing along with these gentle, flowing, focused movements into your exercise program for better overall health and the relief of stress. Sometimes the ancient way is the best way!

Beltsville Community Center beltsvillecc@pgparks.com		
17407-105A Mon	18 & up 7:00 - 8:00pm \$42(R); \$55(NR)	6 classes starts Jan 8
Berwyn Heights Elementary School		
17407-106A Mon	18 & up 7:00 - 9:00pm \$60(R); \$78(NR)	10 classes starts Dec 4
Cedar Heights Community Center cedarheightscc@pgparks.com		
17407-112A Tue	18 & up 11:15am - 12:15pm \$35(R); \$46(NR)	6 classes starts Dec 5
17407-112B Tue	18 & up 11:15am - 12:15pm \$35(R); \$46(NR)	6 classes starts Jan 23
Glenn Dale Community Ctr. glenndalecc@pgparks.com		
17407-127A Thu	18 & up 10:00 - 11:00am \$40(R); \$52(NR)	6 classes starts Jan 11
Temple Hills Community Center templehillscc@pgparks.com		
17407-182A Tue	18 & up 11:00am - 12:00pm \$30(R); \$39(NR)	6 classes starts Dec 5
17407-182E Tue	18 & up 12:00 - 1:00pm \$30(R); \$39(NR)	6 classes starts Dec 5
17407-182C Thu	18 & up 11:00am - 12:00pm \$30(R); \$39(NR)	6 classes starts Dec 7
17407-182G Thu	18 & up 12:00 - 1:00pm \$30(R); \$39(NR)	6 classes starts Dec 7
17407-182B Tue	18 & up 11:00am - 12:00pm \$35(R); \$46(NR)	7 classes starts Jan 16
17407-182F Tue	18 & up 12:00 - 1:00pm \$35(R); \$46(NR)	7 classes starts Jan 16
17407-182D Thu	18 & up 11:00am - 12:00pm \$35(R); \$46(NR)	7 classes starts Jan 18
17407-182H Thu	18 & up 12:00 - 1:00pm \$35(R); \$46(NR)	7 classes starts Jan 18

Weight Training: Adults

Get pumped! Build bone density, burn fat faster, and develop the strength you’ve dreamed of! Work with an instructor on an individual basis to develop a workout fitness program covering cardio and weight training. Enjoy the benefits of feeling empowered and confident as you form a healthier and happier you!

Fairland Sports Complex fairlandsports@pgparks.com		
17436-123B Mon	18 & up 6:30 - 7:30pm \$66(R); \$86(NR)	11 classes starts Dec 4
17436-123A Thu	18 & up 9:00 - 10:00am \$72(R); \$94(NR)	12 classes starts Dec 7
Good Luck Community Center goodluckcc@pgparks.com		
17436-129AA Mon	18 & up 10:30 - 11:30am Free	6 classes starts Dec 4
17436-129CC Wed	18 & up 10:30 - 11:30am Free	4 classes starts Dec 6
17436-129DD Wed	18 & up 10:30 - 11:30am Free	4 classes starts Jan 10
17436-129BB Mon	18 & up 10:30 - 11:30am Free	4 classes starts Jan 15
Southern Area Aquatics Rec Complex saarc@pgparks.com		
17436-175A Mon, Wed	18 & up 6:15 - 7:15pm \$24(R); \$32(NR)	4 classes starts Dec 4
17436-175B Mon, Wed	18 & up 6:15 - 7:15pm \$48(R); \$63(NR)	8 classes starts Jan 8
17436-175C Mon, Wed	18 & up 6:15 - 7:15pm \$48(R); \$63(NR)	8 classes starts Feb 5

Weight Training: Kettlebell

Lifting weights just got easier with this full-body workout using a kettlebell (a weight that resembles a cannonball with a handle)! We will improve core muscles, cardiovascular conditioning, power, stability, flexibility, balance, and agility. You’ll fly to next level fitness as you tone and tighten legs, glutes, back, arms, along with abs. Get lifting and achieve your exercise goals!

Harmony Hall Regional Center harmonyhallrc@pgparks.com		
17453-132A Thu	18 & up 6:30 - 7:30pm \$24(R); \$32(NR)	4 classes starts Dec 7
17453-132B Thu	18 & up 6:30 - 7:30pm \$30(R); \$39(NR)	5 classes starts Jan 4
17453-132C Thu	18 & up 6:30 - 7:30pm \$28(R); \$37(NR)	4 classes starts Feb 8

Weight Training: Women

You are a masterpiece and every work of art needs a strong, beautiful frame! Weight training sculpts your physique, accelerates fat burning, and builds bone density while minimizing the risks associated with osteoporosis. Our class changes your body composition as you use weight machines to target specific muscle groups. You will increasingly gain self-confidence, self-awareness, be empowered, and stay healthy through this program.

William Beanes Community Center williambeanesc@pgparks.com		
17411-191A Mon, Wed	18 & up 6:00 - 7:00pm \$21(R); \$28(NR)	6 classes starts Dec 11
17411-191D Mon, Wed	18 & up 7:05 - 8:05pm \$21(R); \$28(NR)	6 classes starts Dec 11
17411-191B Mon, Wed	18 & up 6:00 - 7:00pm \$31.50(R); \$41.50(NR)	9 classes starts Jan 3
17411-191E Mon, Wed	18 & up 7:05 - 8:05pm \$31.50(R); \$41.50(NR)	9 classes starts Jan 3
17411-191C Mon, Wed	18 & up 6:00 - 7:00pm \$28(R); \$37(NR)	8 classes starts Feb 5
17411-191F Mon, Wed	18 & up 7:05 - 8:05pm \$28(R); \$37(NR)	8 classes starts Feb 5

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.

Baden Community Center badencc@pgparks.com		
17413-104A Mon	18 & up 6:00 - 7:00pm \$24(R); \$32(NR)	4 classes starts Jan 8
17413-104C Wed	18 & up 6:00 - 7:00pm \$24(R); \$32(NR)	4 classes starts Jan 10
17413-104B Mon	18 & up 6:00 - 7:00pm \$18(R); \$24(NR)	4 classes starts Feb 5
17413-104D Wed	18 & up 6:00 - 7:00pm \$24(R); \$32(NR)	4 classes starts Feb 7
Beltsville Community Center beltsvillecc@pgparks.com		
17413-105A Tue	18 & up 6:00 - 7:00pm \$35(R); \$46(NR)	5 classes starts Jan 2
17413-105B Tue	18 & up 6:00 - 7:00pm \$35(R); \$46(NR)	5 classes starts Feb 13
Bladensburg Community Center bladensburgcc@pgparks.com		
17413-107A Thu	18 - 59yrs. 6:00 - 7:00pm \$25(R); \$33(NR)	4 classes starts Dec 21
17413-107B Thu	18 - 59yrs. 6:00 - 7:00pm \$25(R); \$33(NR)	4 classes starts Jan 25
Fairland Sports Complex fairlandsports@pgparks.com		
17413-123C Fri	18 & up 10:00 - 11:00am \$72(R); \$94(NR)	12 classes starts Dec 1
17413-123A Sat	18 & up 10:00 - 11:00am \$72(R); \$94(NR)	12 classes starts Dec 2
17413-123D Mon	18 & up 10:00 - 11:00am \$66(R); \$86(NR)	11 classes starts Dec 4
17413-123B Wed	18 & up 9:00 - 10:00am \$72(R); \$94(NR)	12 classes starts Dec 6

Good Luck Community Center goodluckcc@pgparks.com

17413-129AA Tue, Thu	18 & up 10:00 - 11:00am Free	8 classes starts Dec 5
17413-129CC Sat	18 & up 11:15am - 12:15pm Free	4 classes starts Dec 9
17413-129BB Tue, Thu	18 & up 10:00 - 11:00am Free	8 classes starts Jan 9
17413-129DD Sat	18 & up 11:15am - 12:15pm Free	4 classes starts Jan 13

Hillcrest Heights Community Center
hillcrestheightscc@pgparks.com

17413-134A Sat	18 & up 9:30 - 10:30am \$30(R); \$39(NR)	5 classes starts Dec 2
17413-134B Sat	18 & up 9:30 - 10:30am \$24(R); \$32(NR)	4 classes starts Jan 6
17413-134C Sat	18 & up 9:30 - 10:30am \$24(R); \$32(NR)	4 classes starts Feb 3

Southern Area Aquatics Rec Complex
saarc@pgparks.com

17413-175G Sat	18 & up 10:30 - 11:30am \$18(R); \$24(NR)	3 classes starts Dec 2
17413-175A Mon	18 & up 12:00 - 1:00pm \$12(R); \$16(NR)	2 classes starts Dec 4
17413-175E Thu	18 & up 6:15 - 7:15pm \$24(R); \$32(NR)	4 classes starts Jan 4
17413-175H Sat	18 & up 10:30 - 11:30am \$24(R); \$32(NR)	4 classes starts Jan 6
17413-175B Mon	18 & up 12:00 - 1:00pm \$24(R); \$32(NR)	4 classes starts Jan 8
17413-175F Thu	18 & up 6:15 - 7:15pm \$24(R); \$32(NR)	4 classes starts Feb 1
17413-175I Sat	18 & up 10:30 - 11:30am \$24(R); \$32(NR)	4 classes starts Feb 3
17413-175C Mon	18 & up 12:00 - 1:00pm \$24(R); \$32(NR)	4 classes starts Feb 5

Suitland Community Center suitlandcc@pgparks.com

17413-181A Tue, Thu	18 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Dec 5
17413-181B Tue, Thu	18 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Jan 2
17413-181C Tue, Thu	18 & up 10:00 - 11:00am \$32(R); \$42(NR)	10 classes starts Jan 30

Temple Hills Community Center
templehillscc@pgparks.com

17413-182D Sun	18 & up 12:30 - 1:30pm \$20(R); \$26(NR)	5 classes starts Dec 3
17413-182A Mon, Wed	18 & up 10:30 - 11:30am \$27(R); \$36(NR)	6 classes starts Dec 11
17413-182B Mon, Wed	18 & up 10:30 - 11:30am \$41(R); \$54(NR)	9 classes starts Jan 3
17413-182E Sun	18 & up 12:30 - 1:30pm \$16(R); \$21(NR)	4 classes starts Jan 7
17413-182F Sun	18 & up 12:30 - 1:30pm \$20(R); \$26(NR)	5 classes starts Feb 4
17413-182C Mon, Wed	18 & up 10:30 - 11:30am \$36(R); \$47(NR)	8 classes starts Feb 5

William Beanes Community Center
williambeanesc@pgparks.com

17413-191A Mon, Wed	18 & up 12:00 - 1:00pm \$36(R); \$47(NR)	6 classes starts Dec 11
17413-191B Mon, Wed	18 & up 12:00 - 1:00pm \$54(R); \$71(NR)	9 classes starts Jan 3
17413-191C Mon, Wed	18 & up 12:00 - 1:00pm \$48(R); \$63(NR)	8 classes starts Feb 5

Yoga: Adults, Beginner

You don't have to be a pretzel or rubber band to grasp yoga! The first stretch is your mind. Explore the many benefits of yoga including flexibility, improved muscle tone, injury prevention, mental awareness, and weight loss. You will learn basic yoga movements to boost overall health and wellness.

Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com

17412-145A	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	8 classes starts Jan 10
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Upper Marlboro Community Center uppermarlorocc@pgparks.com

17412-186A	18 & up 9:30 - 10:30am \$48(R); \$63(NR)	8 classes starts Dec 5
17412-186C	18 & up 9:30 - 10:30am \$48(R); \$63(NR)	8 classes starts Feb 6

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!

Beltsville Community Center beltsvillecc@pgparks.com

17414-105A	18 & up 12:00 - 1:00pm \$44(R); \$58(NR)	6 classes starts Dec 2
17414-105C	18 & up 7:30 - 8:30pm \$36(R); \$47(NR)	5 classes starts Dec 19
17414-105E	18 & up 7:30 - 8:30pm \$36(R); \$47(NR)	5 classes starts Dec 21
17414-105B	18 & up 12:00 - 1:00pm \$44(R); \$58(NR)	6 classes starts Jan 20
17414-105D	18 & up 7:30 - 8:30pm \$36(R); \$47(NR)	5 classes starts Jan 30
17414-105F	18 & up 7:30 - 8:30pm \$36(R); \$47(NR)	5 classes starts Feb 1

College Park Community Center collegeparkcc@pgparks.com

17414-116B	18 & up 7:00 - 8:00pm \$40(R); \$52(NR)	12 classes starts Jan 9
17414-116D	18 & up 7:00 - 8:00pm \$40(R); \$52(NR)	12 classes starts Feb 20

Fairland Sports Complex fairlandsports@pgparks.com

17414-123A	18 & up 9:00 - 10:00am \$66(R); \$86(NR)	24 classes starts Dec 4
17414-123B	18 & up 6:30 - 7:30pm \$72(R); \$94(NR)	12 classes starts Dec 5

Glenn Dale Community Ctr. glenndalecc@pgparks.com

17414-127AA	18 & up 7:15 - 8:15pm \$57(R); \$75(NR)	12 classes starts Jan 2
17414-127A	18 & up 10:00 - 11:00am \$30(R); \$39(NR)	6 classes starts Jan 6

Lake Arbor Community Ctr. lakearborcc@pgparks.com

17414-141A	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	8 classes starts Dec 5
17414-141B	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	8 classes starts Jan 9
17414-141C	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	8 classes starts Feb 13

Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com

17414-145	18 & up 7:30 - 8:30pm \$50(R); \$65(NR)	8 classes starts Jan 8
17414-145AA	18 & up 7:30 - 8:30pm \$50(R); \$65(NR)	8 classes starts Feb 7

Peppermill Community Center peppermillcc@pgparks.com

17414-162A	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	14 classes starts Dec 4
17414-162B	18 & up 6:30 - 7:30pm \$50(R); \$65(NR)	10 classes starts Jan 29

Prince George's Plaza Community Ctr princegeorgesplazacc@pgparks.com

17414-166A	18 & up 7:00 - 8:00pm \$21(R); \$28(NR)	4 classes starts Dec 6
17414-166AA	18 & up 10:00 - 11:00am \$21(R); \$28(NR)	4 classes starts Dec 9
17414-166B	18 & up 7:00 - 8:00pm \$28(R); \$37(NR)	5 classes starts Jan 3
17414-166BB	18 & up 10:00 - 11:00am \$21(R); \$28(NR)	4 classes starts Jan 6
17414-166CC	18 & up 10:00 - 11:00am \$21(R); \$28(NR)	4 classes starts Feb 3
17414-166C	18 & up 7:00 - 8:00pm \$21(R); \$28(NR)	4 classes starts Feb 7

Southern Reg Tec & Rec Complex techrec@pgparks.com

17414-177A	18 & up 7:00 - 8:00pm \$36(R); \$47(NR)	6 classes starts Dec 11
17414-177B	18 & up 7:00 - 8:00pm \$54(R); \$71(NR)	9 classes starts Jan 3
17414-177C	18 & up 7:00 - 8:00pm \$48(R); \$63(NR)	8 classes starts Feb 5

Westphalia Community Center westphaliacc@pgparks.com

17414-190A	18 & up 6:15 - 7:15pm \$40(R); \$52(NR)	8 classes starts Dec 5
17414-190B	18 & up 6:15 - 7:15pm \$50(R); \$65(NR)	8 classes starts Jan 2
17414-190C	18 & up 6:15 - 7:15pm \$40(R); \$52(NR)	10 classes starts Jan 30

Zumba: Toning, Adults

Add more spice to your Zumba! Kick it up a notch beyond cardio exercises. In this course, students learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones. We focus on arms, abs, and thighs. Sculpt your body and your self-confidence into a fitness powerhouse!

Langley Park Community Center langleyparkcc@pgparks.com

17417-143A	18 & up 10:30 - 11:30am \$30(R); \$39(NR)	4 classes starts Dec 2
17417-143B	18 & up 10:30 - 11:30am \$30(R); \$39(NR)	4 classes starts Jan 6
17417-143C	18 & up 10:30 - 11:30am \$30(R); \$39(NR)	4 classes starts Feb 3

SENIORS

Aerobics: Seniors

Stay active and proactive in maintaining good health. Aerobics is a great way to improve your oxygen capacity and to feel refreshed. Build endurance and flexibility. Enhance your fitness level. Register with us and enjoy moving to fun music which will give you joy.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com

17521-111A	60 & up 9:30 - 10:30am \$16(R); \$21(NR)	4 classes starts Dec 7
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Cedar Heights Community Center cedarheightscc@pgparks.com

17521-112A	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Dec 5
17521-112C	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Dec 7
17521-112B	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Jan 23
17521-112D	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Jan 25

Balance Training

Tip the balance in your favor! Register now for a course of gentle exercises designed to improve your balance. Reduce the risk of injury, stabilize your coordination, and sharpen your reflexes through principles learned in our class. You'll find that standing upright and doing everyday tasks improve over time as your balance is properly trained.

John E. Howard Senior Activity Center johnehowardsseniors@pgparks.com

17507-139A	60 & up 11:00 - 11:30am \$6(R); \$8(NR)	5 classes starts Dec 13
17507-139B	60 & up 11:00 - 11:30am \$12(R); \$16(NR)	9 classes starts Jan 3
17507-139C	60 & up 11:00 - 11:30am \$11(R); \$15(NR)	8 classes starts Feb 5

Chair Aerobics: Cycling

Sit and still get fit! Suitable for anyone who wants the combination of stationary cycling and chair aerobics, we'll help you tone and stretch. Get your legs moving and stay healthy longer. Register now as this is an active ride that will change your life.

Hillcrest Heights Community Center hillcrestheightscc@pgparks.com

17508-134A	60 & up 9:30 - 10:30am \$36(R); \$47(NR)	12 classes starts Dec 4
17508-134C	60 & up 11:00am - 12:00pm \$18(R); \$24(NR)	6 classes starts Dec 6
17508-134B	60 & up 9:30 - 10:30am \$36(R); \$47(NR)	12 classes starts Jan 15
17508-134D	60 & up 11:00am - 12:00pm \$21(R); \$28(NR)	7 classes starts Jan 17

Chair Aerobics: Seniors

Stay healthy longer! Designed to tone and stretch, this course includes a variety of exercises to keep your body vital while protecting the most vulnerable parts -- bones and joints. Improve your mood, self-confidence, awareness, and expand your social circles by joining this group exercise class.

Bladensburg Community Center bladensburgcc@pgparks.com

17530-107A	50 & up 10:00 - 11:00am \$30(R); \$39(NR)	10 classes starts Dec 19
17530-107B	50 & up 10:00 - 11:00am \$30(R); \$39(NR)	8 classes starts Jan 30

Glenn Dale Community Ctr. glenndalecc@pgparks.com

17530-127A	60 & up 10:00 - 11:00am \$30(R); \$39(NR)	6 classes starts Jan 9
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Lake Arbor Community Ctr. lakearborcc@pgparks.com

17530-141A	60 & up 11:15am - 12:15pm \$27(R); \$36(NR)	3 classes starts Dec 4
17530-141B	60 & up 11:15am - 12:15pm \$35(R); \$46(NR)	4 classes starts Jan 8
17530-141C	60 & up 11:15am - 12:15pm \$35(R); \$46(NR)	4 classes starts Feb 5

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.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
17517-111A Mon, Fri	60 & up 10:30 - 11:15am \$18(R); \$24(NR)	9 classes starts Dec 1
17517-111D Mon, Fri	60 & up 11:30am - 12:15pm \$18(R); \$24(NR)	9 classes starts Dec 1
17517-111B Mon, Fri	60 & up 10:30 - 11:15am \$15(R); \$20(NR)	8 classes starts Jan 5
17517-111E Mon, Fri	60 & up 11:30am - 12:15pm \$15(R); \$20(NR)	8 classes starts Jan 5
17517-111C Mon, Fri	60 & up 10:30 - 11:15am \$15(R); \$20(NR)	8 classes starts Feb 2
17517-111F Mon, Fri	60 & up 11:30am - 12:15pm \$15(R); \$20(NR)	8 classes starts Feb 2
Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com		
17517-171E Mon, Wed, Fri	60 & up 10:30 - 11:30am \$20(R); \$26(NR)	12 classes starts Jan 3
17517-171B Mon, Wed, Fri	60 & up 9:00 - 10:00am \$20(R); \$26(NR)	12 classes starts Jan 3
17517-171F Mon, Wed, Fri	60 & up 10:30 - 11:30am \$20(R); \$26(NR)	12 classes starts Feb 5
17517-171C Mon, Wed, Fri	60 & up 9:00 - 10:00am \$20(R); \$26(NR)	12 classes starts Feb 5

Fitness Boot Camp: Seniors

Designed with you in mind, this is a program of lesser intensity than a traditional exercise boot camp but as powerful in results. Extend your range of motion, lower blood pressure, maintain healthy weight, and elevate your mood in a supportive environment of seniors serious about good health.

John E. Howard Senior Activity Center johnehowardsseniors@pgparks.com		
17511-139A Mon, Wed	60 & up 11:45am - 12:15pm \$6(R); \$8(NR)	5 classes starts Dec 13
17511-139B Mon, Wed	60 & up 11:45am - 12:15pm \$12(R); \$16(NR)	9 classes starts Jan 3
17511-139C Mon, Wed	60 & up 11:45am - 12:15pm \$11(R); \$15(NR)	8 classes starts Feb 5
Southern Reg Tec & Rec Complex techrec@pgparks.com		
17511-177A Tue, Thu	60 & up 10:00 - 11:00am \$24(R); \$32(NR)	8 classes starts Dec 5
17511-177B Tue, Thu	60 & up 10:00 - 11:00am \$30(R); \$39(NR)	10 classes starts Jan 2
17511-177C Tue, Thu	60 & up 10:00 - 11:00am \$24(R); \$32(NR)	8 classes starts Feb 6
William Beanes Community Center williambeanesc@pgparks.com		
17511-191A Tue, Thu	60 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Dec 5
17511-191B Tue, Thu	60 & up 10:00 - 11:00am \$40(R); \$52(NR)	10 classes starts Jan 2
17511-191C Tue, Thu	60 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Feb 6

Fitness Dance: Seniors

Dance your way to good health! Achieve the fitness level you’ve always wanted in a fun way. Enroll now and learn technically sound dance techniques while getting healthy. Discover many different styles of dance including culturally inspired forms. Heighten your self-confidence, build endurance, and increase flexibility. This is an exciting way to stay active!

Hillcrest Heights Community Center hillcrestheightscc@pgparks.com		
17512-134A Mon, Fri	60 & up 11:00am - 12:00pm \$24(R); \$32(NR)	8 classes starts Dec 4
17512-134E Mon, Fri	60 & up 9:30 - 10:30am \$24(R); \$32(NR)	8 classes starts Dec 4
17512-134B Mon, Fri	60 & up 11:00am - 12:00pm \$24(R); \$32(NR)	8 classes starts Jan 8
17512-134F Mon, Fri	60 & up 9:30 - 10:30am \$24(R); \$32(NR)	8 classes starts Jan 8
17512-134C Mon, Fri	60 & up 11:00am - 12:00pm \$24(R); \$32(NR)	8 classes starts Feb 5
17512-134G Mon, Fri	60 & up 9:30 - 10:30am \$24(R); \$32(NR)	8 classes starts Feb 5
Southern Reg Tec & Rec Complex techrec@pgparks.com		
17512-177A Thu	60 & up 10:00 - 11:00am \$18(R); \$24(NR)	6 classes starts Dec 14
17512-177D Thu	60 & up 10:00 - 11:00am \$18(R); \$24(NR)	6 classes starts Feb 1

Fitness: Seniors, Intermediate

Exercise at your own pace! We offer this fun, medium paced, low-impact fitness class designed to help you reach and maintain good physical health. Build relationships, self-confidence, awareness, and lift your mood in this active course.

John E. Howard Senior Activity Center johnehowardsseniors@pgparks.com		
17531-139A Thu	60 & up 11:00am - 12:00pm \$20(R); \$26(NR)	3 classes starts Dec 14
17531-139B Thu	60 & up 11:00am - 12:00pm \$20(R); \$26(NR)	4 classes starts Jan 4
17531-139C Thu	60 & up 11:00am - 12:00pm \$20(R); \$26(NR)	4 classes starts Feb 1
Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com		
17531-145A Tue, Thu	60 & up 10:30 - 11:30am \$50(R); \$65(NR)	8 classes starts Jan 9

Healthy Lifestyles

A leading aging association states that 80% of the U.S. senior population has at least one chronic disease. Beat the statistics and begin now to make choices toward a healthier lifestyle. More than physical fitness, this class provides education and social activities to enhance your quality of life. It’s not too late to get serious about wellness.

Palmer Park Community Center palmerparkcc@pgparks.com		
17519-157A Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Dec 4
17519-157B Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Dec 11
17519-157C Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	4 classes starts Dec 18
17519-157D Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	4 classes starts Jan 2
17519-157E Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Jan 8
17519-157F Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Jan 15
17519-157G Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Jan 22
17519-157H Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Jan 29
17519-157I Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Feb 5
17519-157J Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Feb 12
17519-157K Mon-Fri	60 & up 10:00am - 2:00pm \$5(R); \$7(NR)	5 classes starts Feb 19

Senior Tabata with Weight Resistance

Strengthen and tone your muscles! Join us for this Senior Tabata with Weight Resistance class. Move at your own pace. You will learn trained modified weighted interval exercise routines to enhance muscle strength and weight loss. Participants will need to bring stretch bands and weightlifting gloves.

Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com		
17545-171B Tue, Thu	60 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Jan 4
17545-171C Tue, Thu	60 & up 10:00 - 11:00am \$32(R); \$42(NR)	8 classes starts Feb 6

Spinning: Seniors

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. Enjoy our class designed for seniors. Ride into cardiovascular fitness, boosted energy, and an empowered new you!

Southern Area Aquatics Rec Complex saarc@pgparks.com		
17540-175D Mon, Wed	60 & up 10:45 - 11:45am \$16(R); \$21(NR)	4 classes starts Dec 4
17540-175A Mon, Wed	60 & up 9:30 - 10:30am \$16(R); \$21(NR)	4 classes starts Dec 4
17540-175E Mon, Wed	60 & up 10:45 - 11:45am \$36(R); \$47(NR)	9 classes starts Jan 3
17540-175B Mon, Wed	60 & up 9:30 - 10:30am \$36(R); \$47(NR)	9 classes starts Jan 3
17540-175F Mon, Wed	60 & up 10:45 - 11:45am \$32(R); \$42(NR)	8 classes starts Feb 5
17540-175C Mon, Wed	60 & up 9:30 - 10:30am \$32(R); \$42(NR)	8 classes starts Feb 5

Stretching and Toning, Seniors

Want to remain limber but don’t know where to start? Stretch, flex, and tone with the use of resistance bands, tubing, and calisthenics! Develop muscle elasticity and joint mobility! Begin to relieve pain, improve balance, and awareness as we move toward better health!

Prince George’s Plaza Community Ctr princegeorgesplazacc@pgparks.com		
17501-166AA Fri	60 & up 11:00am - 12:00pm \$25(R); \$33(NR)	4 classes starts Dec 1
17501-166A Tue, Thu	60 & up 11:00am - 12:00pm \$30(R); \$39(NR)	6 classes starts Dec 5
17501-166BB Fri	60 & up 11:00am - 12:00pm \$25(R); \$33(NR)	4 classes starts Jan 5
17501-166B Tue, Thu	60 & up 11:00am - 12:00pm \$35(R); \$46(NR)	7 classes starts Jan 9
17501-166CC Fri	60 & up 11:00am - 12:00pm \$25(R); \$33(NR)	4 classes starts Feb 2
17501-166C Tue, Thu	60 & up 11:00am - 12:00pm \$40(R); \$52(NR)	8 classes starts Feb 6
Suitland Community Center suitlandcc@pgparks.com		
17501-181A Tue	60 & up 11:30am - 12:30pm \$18(R); \$24(NR)	6 classes starts Dec 5
17501-181B Tue	60 & up 11:30am - 12:30pm \$21(R); \$28(NR)	7 classes starts Jan 16

Weight Training: Seniors

Did you know that even minimal resistance exercises can rebuild muscle tissue? Use it or lose it! Sign up to learn proper resistance training. Build bone density, minimize the risk of osteoporosis, steady your balance, and maintain strength in this exciting class of weight training. Enjoy the benefits of feeling empowered and confident. If not now, when?

Bladensburg Community Center bladensburgcc@pgparks.com		
17503-107A Tue, Thu	60 & up 10:30 - 11:30am \$30(R); \$39(NR)	8 classes starts Dec 19
17503-107B Tue, Thu	60 & up 10:30 - 11:30am \$25(R); \$33(NR)	8 classes starts Jan 23

Yoga: Seniors

Learn the value and feel the benefits of mind-body connection through Yoga! Designed especially for seniors, participants 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!

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
17504-111A Tue	60 & up 9:30 - 10:30am \$15(R); \$20(NR)	3 classes starts Dec 5
17504-111D Thu	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Dec 7
17504-111E Thu	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Jan 4
17504-111B Tue	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Jan 9
17504-111C Tue	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Feb 6
17504-111F Thu	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Feb 8

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.

Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
17529-111A Wed	60 & up 12:15 - 1:15pm \$16(R); \$21(NR)	4 classes starts Dec 6
17529-111B Wed	60 & up 12:15 - 1:15pm \$16(R); \$21(NR)	4 classes starts Jan 3
17529-111C Wed	60 & up 12:15 - 1:15pm \$16(R); \$21(NR)	4 classes starts Feb 7



MIXED AGES

Aerobics: Kickboxing, Mixed Ages

A combination of aerobics and kickboxing for an all-around workout.

Bladensburg Community Center bladensburgcc@pgparks.com		
17656-107A Thu	12 - 17yrs. 7:30 - 8:30pm \$65(R); \$85(NR)	8 classes starts Jan 18

Barre Above

Barre Above combines ballet, Pilates and yoga movements that will lengthen and strengthen your body and improve your flexibility and posture. Barre classes involve an element of ballet but does not require previous ballet or dance experience.

Fairland Sports Complex fairlandsports@pgparks.com		
17601-123A Thu	16 & up 6:30 - 7:30pm \$72(R); \$94(NR)	12 classes starts Dec 7
Good Luck Community Center goodluckccc@pgparks.com		
17601-129AA Mon	16 & up 7:15 - 8:15pm Free	6 classes starts Dec 4
17601-129B Mon	16 & up 7:15 - 8:15pm Free	4 classes starts Jan 15

Chair Yoga

Take a seat and upgrade your health. If you thought yoga was out of reach, we have adapted this popular exercise using a chair. With this modification, seated participants gain extra balance and support. Enjoy the benefits of yoga including increased strength, enhanced flexibility, expanded breath control, and improved mood. Sign up today and Namaste!

Lake Arbor Community Ctr. lakearborccc@pgparks.com		
17658-141A Wed	18 & up 10:30 - 11:30am \$27(R); \$36(NR)	3 classes starts Dec 6
17658-141B Wed	18 & up 10:30 - 11:30am \$35(R); \$46(NR)	4 classes starts Jan 10
17658-141C Wed	18 & up 10:30 - 11:30am \$35(R); \$46(NR)	4 classes starts Feb 7
Westphalia Community Center westphaliacc@pgparks.com		
17658-190A Thu	50 & up 11:00am - 12:00pm \$20(R); \$26(NR)	4 classes starts Dec 7
17658-190B Thu	50 & up 11:00am - 12:00pm \$20(R); \$26(NR)	4 classes starts Jan 4
17658-190C Thu	50 & up 11:00am - 12:00pm \$25(R); \$33(NR)	5 classes starts Feb 1

Exercise: Mixed Ages

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.

T. Howard Duckett Park deerfieldcc@pgparks		
17690-120A Wed	55 & up 10:00 - 11:00am \$40(R); \$52(NR)	8 classes starts Jan 17

Fitness in the Parks

Fitness in the Parks is a FREE exercise program that provides a variety of fitness opportunities within parks and natural areas across Prince George's County! We invite you to find the class that best suits your fitness goals and to come discover the benefits of exercising in nature. Our Fitness in the Parks classes take place during the spring, summer, and fall. Classes are approximately one hour and are designed for all fitness levels.

Hillcrest Heights Park wellness@pgparks.com		
17681-179A Sat	13 & up 10:00 - 11:00am Free	4 classes starts Jan 6
Lake Arbor Community Center wellness@pgparks.com		
17681-179B Sat	13 & up 10:00 - 11:00am Free	4 classes starts Feb 3

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!

Fairland Sports Complex fairlandsports@pgparks.com		
17631-123B Wed	18 & up 7:30 - 8:30pm \$72(R); \$94(NR)	12 classes starts Dec 6

Spinning: Mixed Ages, All Levels

Spin to win! Achieve the fitness level you've dreamed of in our wildly popular spin class. No difficult equipment. No complicated moves. We're a riding revolution ready to get you strong. Enroll now and start pedaling to cool tunes that will lift your spirit and heart rate to good health.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
17645-175G Sat	18 & up 9:15 - 10:15am \$18(R); \$24(NR)	3 classes starts Dec 2
17645-175A Mon, Wed	18 & up 6:30 - 7:30am \$24(R); \$32(NR)	4 classes starts Dec 4
17645-175D Tue, Thu	18 & up 6:30 - 7:30am \$24(R); \$32(NR)	4 classes starts Dec 5
17645-175H Sat	18 & up 9:15 - 10:15am \$24(R); \$32(NR)	4 classes starts Jan 6
17645-175B Mon, Wed	18 & up 6:30 - 7:30am \$48(R); \$63(NR)	8 classes starts Jan 8
17645-175E Tue, Thu	18 & up 6:30 - 7:30am \$48(R); \$63(NR)	8 classes starts Jan 9
17645-175J Tue, Thu	18 & up 7:00 - 8:00pm \$48(R); \$63(NR)	8 classes starts Jan 9
17645-175I Sat	18 & up 9:15 - 10:15am \$24(R); \$32(NR)	4 classes starts Feb 3
17645-175C Mon, Wed	18 & up 6:30 - 7:30am \$48(R); \$63(NR)	8 classes starts Feb 5
17645-175F Tue, Thu	18 & up 6:30 - 7:30am \$48(R); \$63(NR)	8 classes starts Feb 6
17645-175K Tue, Thu	18 & up 7:00 - 8:00pm \$48(R); \$63(NR)	8 classes starts Feb 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
17683-175A Sat	9 - 14yrs. 10:30 - 11:00am \$32(R); \$42(NR)	4 classes starts Jan 6
17683-175B Sat	9 - 14yrs. 10:30 - 11:00am \$32(R); \$42(NR)	4 classes starts Feb 3

Toning and Sculpting

Want to remain limber but don't know where to start? Stretch, flex, and tone with the use of resistance bands, tubing, and calisthenics! Develop sculpted muscles and joint mobility! Begin to relieve pain, improve balance, and awareness as we move toward better health!

Southern Area Aquatics Rec Complex saarc@pgparks.com		
17615-175D Tue, Thu	18 & up 7:00 - 8:00am \$24(R); \$32(NR)	4 classes starts Dec 5
17615-175E Tue, Thu	18 & up 7:00 - 8:00am \$54(R); \$71(NR)	9 classes starts Jan 4
17615-175F Tue, Thu	18 & up 7:00 - 8:00am \$48(R); \$63(NR)	8 classes starts Feb 6

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.

Glenn Dale Community Ctr. glenndalecc@pgparks.com		
17634-127A Mon	18 & up 10:15 - 11:15am \$25(R); \$33(NR)	4 classes starts Jan 8
17634-127B Mon	18 & up 10:15 - 11:15am \$25(R); \$33(NR)	4 classes starts Feb 5
Southern Area Aquatics Rec Complex saarc@pgparks.com		
17634-175A Sat	6 - 14yrs. 11:30am - 12:00pm \$24(R); \$32(NR)	4 classes starts Jan 6
17634-175B Sat	6 - 14yrs. 11:30am - 12:00pm \$24(R); \$32(NR)	4 classes starts Feb 3

Zumba Kids

Want to attend a-rockin’, high energy dance party? Come to Zumba Kids Jr.! This is the workout that will develop your coordination, build your self-confidence and have you leave feeling great. We make the steps easy to follow, add games, fun activities, and you’ll discover what is unique about other cultures. Exercise your body and your mind!

Bowie Community Center		bowieecc@pgparks.com
17635-109A	5 - 8yrs. 6:00 - 7:00pm \$6(R); \$8(NR)	1 class starts Dec 20
17635-109B	5 - 8yrs. 6:00 - 7:00pm \$6(R); \$8(NR)	1 class starts Jan 17
17635-109C	5 - 8yrs. 6:00 - 7:00pm \$6(R); \$8(NR)	1 class starts Feb 21

Zumba: Fitness, Mixed Ages

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.

Bladensburg Community Center		bladensburgccc@pgparks.com
17621-107D	16 & up 10:00 - 11:00am \$35(R); \$46(NR)	8 classes starts Dec 9
17621-107A	16 & up 7:00 - 8:00pm \$25(R); \$33(NR)	7 classes starts Dec 11
17621-107C	16 & up 7:00 - 8:00pm \$25(R); \$33(NR)	5 classes starts Feb 5
17621-107E	16 & up 10:00 - 11:00am \$15(R); \$20(NR)	4 classes starts Feb 10
Bowie Community Center		bowieecc@pgparks.com
17621-109C	13 & up 6:30 - 7:30pm \$36(R); \$47(NR)	6 classes starts Dec 6
17621-109D	13 & up 6:30 - 7:30pm \$36(R); \$47(NR)	6 classes starts Jan 24
Good Luck Community Center		goodluckccc@pgparks.com
17621-129AA	13 & up 9:15 - 10:15am \$45(R); \$59(NR)	12 classes starts Dec 4
17621-129DD	13 & up 7:00 - 8:00pm \$20(R); \$26(NR)	5 classes starts Dec 5
17621-129EE	13 & up 7:00 - 8:00pm \$20(R); \$26(NR)	5 classes starts Jan 9
17621-129BB	13 & up 9:15 - 10:15am \$45(R); \$59(NR)	8 classes starts Jan 15
17621-129CC	13 & up 9:15 - 10:15am \$45(R); \$59(NR)	6 classes starts Feb 12
17621-129FF	13 & up 7:00 - 8:00pm \$20(R); \$26(NR)	3 classes starts Feb 13
Lake Arbor Community Center		wellness@pgparks.com
17621-179B	6 & up 10:00 - 11:00am Free	1 class starts Feb 10
Langley Park Community Center		langleyparkccc@pgparks.com
17621-143A	13 & up 7:00 - 8:00pm \$45(R); \$59(NR)	8 classes starts Dec 4
17621-143B	13 & up 7:00 - 8:00pm \$45(R); \$59(NR)	8 classes starts Jan 8
17621-143C	13 & up 7:00 - 8:00pm \$45(R); \$59(NR)	8 classes starts Feb 5
Rollingcrest-Chillum Community Center		rollingcrestccc@pgparks.com
17621-171A	16 & up 6:30 - 7:30pm \$34(R); \$45(NR)	9 classes starts Dec 4
17621-171B	16 & up 6:30 - 7:30pm \$34(R); \$45(NR)	8 classes starts Jan 8
17621-171C	16 & up 6:30 - 7:30pm \$34(R); \$45(NR)	8 classes starts Feb 5

South Bowie Community Center		southbowieecc@pgparks.com
17621-174C	13 & up 6:45 - 7:45pm \$50(R); \$65(NR)	8 classes starts Jan 3
17621-174D	13 & up 10:00 - 11:00am \$50(R); \$65(NR)	8 classes starts Jan 6
Tucker Road Comm Park/Athletic Cmplx		wellness@pgparks.com
17621-179A	6 & up 10:00 - 11:00am Free	1 class starts Feb 3
17621-179C	6 & up 10:00 - 11:00am Free	1 class starts Feb 3
17621-179D	6 & up 10:00 - 11:00am Free	1 class starts Feb 3
Upper Marlboro Community Center		uppermarlborocc@pgparks.com
17621-186A	13 & up 11:30am - 12:30pm \$36(R); \$47(NR)	6 classes starts Dec 2
17621-186B	13 & up 11:30am - 12:30pm \$42(R); \$55(NR)	7 classes starts Jan 13

Historical Events

MIXED AGES

Airmail Tour

Airmail started right here at the College Park Airport! Join this tour for a unique perspective on the important figures and flights involved in the beginnings of Postal Service airmail deliveries. Visitors will explore the history of airmail while examining planes, artifacts, and primary source documents from the museum’s collections. FREE with museum admission.

College Park Aviation Museum		collegeparkaviation@pgparks.com
18612-115A	16 & up 1:00 - 1:45pm Free	1 class starts Jan 20

Black Aviators Tour

This tour highlights just some of history’s African American Aviators, from the legendary Eugene Bullard to local aviator Gus McLeod, and their impacts on aviation. We will also dig deeper into the story of nearby Columbia Air Center, which was the first licensed airfield owned and operated by black aviators in the country. FREE with museum admission.

College Park Aviation Museum		collegeparkaviation@pgparks.com
18609-115A	16 & up 1:00 - 1:45pm Free	1 class starts Dec 2
18609-115B	16 & up 1:00 - 1:45pm Free	1 class starts Jan 6
18609-115C	16 & up 1:00 - 1:45pm Free	1 class starts Feb 3
18609-115D	16 & up 1:00 - 1:45pm Free	1 class starts Feb 10
18609-115E	16 & up 1:00 - 1:45pm Free	1 class starts Feb 17
18609-115F	16 & up 1:00 - 1:45pm Free	1 class starts Feb 24

Caboose Tours

Ride the rails of the past to engage with various stories, struggles, and successes about railroad and train history. Take an engaging tour of the newly renovated B&O Caboose.

Bladensburg Waterfront Park		bladensburgwgp@pgparks.com
18607-108A	All ages 6:30 - 8:00pm \$5(R); \$7(NR)	1 class starts Dec 22
18607-108B	10 & up 10:30am - 12:00pm \$5(R); \$7(NR)	1 class starts Feb 10

Women Airforce Service Pilots Tour

This tour celebrates the Women Air Force Service Pilots (WASP) program. Participating visitors will learn about the history of the program, local WASP Elaine Harmon, and the challenges these women faced during WWII and beyond. FREE with museum admission.

College Park Aviation Museum		collegeparkaviation@pgparks.com
18610-115A	16 & up 1:00 - 1:45pm Free	1 class starts Dec 23
18610-115B	16 & up 1:00 - 1:45pm Free	1 class starts Jan 27

Women in Aviation Tour

Starting with Katharine Wright in 1903, women have always played an integral role in aviation history. This tour showcases the achievements of several great women and their connection to the College Park Airfield, while discussing the opportunities and challenges for women in aviation careers. FREE with museum admission.

College Park Aviation Museum		collegeparkaviation@pgparks.com
18611-115A	16 & up 1:00 - 1:45pm Free	1 class starts Dec 9
18611-115B	16 & up 1:00 - 1:45pm Free	1 class starts Jan 13

Lifestyle & Learning

PRE-SCHOOLERS

Toddler Time

Give your little one a head start on growing into a knowledgeable adult aware of the importance of the environment. Join us for an exciting time of exploring nature through hands-on activities, stories, songs, crafts, and more. Learn about animals, plants, and habitats. Each class focuses on a different nature theme. Children much be accompanied by an adult.

Kentland Community Center		kentlandccc@pgparks.com
20115-140A	3 - 5yrs. 5:30 - 6:15pm \$50(R); \$65(NR)	4 classes starts Jan 9
20115-140B	3 - 5yrs. 5:30 - 6:15pm \$50(R); \$65(NR)	4 classes starts Feb 6
Mt. Rainier Nature and Rec Center		mtrainiernaturecenter@pgparks.com
20115-149A	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 7
20115-149B	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 14
20115-149C	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 21
20115-149D	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 28
20115-149E	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 4
20115-149F	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 11
20115-149G	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 18
20115-149H	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 25
20115-149I	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Feb 1
20115-149J	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Feb 8
20115-149K	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Feb 15
20115-149L	18mos. - 4yrs. 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Feb 22

CHILDREN

Academic Enrichment: STEAM, Children

Give your children the powerful edge they need to be 21st century leaders! Cultivate their STEAM (Science, Technology, Engineering, Art and Mathematics) skills! This course shows children that STEAM competencies are super cool and are practical for real world tasks. Character development, self-confidence, and strong relationships are developed. Kids problem solve, critically think, experimentally learn, and reason their way through multi-themed STEAM content designed to help them be well-rounded achievers.

Berwyn Heights Community Center berwynheightsccc@gpparks.com		
20204-106EE Wed	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	4 classes starts Dec 6
20204-106FF Thu	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 7
20204-106GG Fri	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 8
20204-106HH Mon	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 11
20204-106II Tue	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 12
20204-106KK Thu	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 14
20204-106JJ Thu	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 14
20204-106LL Fri	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 15
20204-106F Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 30
Berwyn Heights Elementary School		
20204-106BB Fri	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 1
20204-106D Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 2
20204-106A Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 2
20204-106CC Mon	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 4
20204-106ABC Mon-Fri	6 - 12yrs. 5:00 - 7:00pm \$60(R); \$78(NR)	12 classes starts Dec 4
20204-106DD Tue	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 5
20204-106AA Thu	6 - 12yrs. 5:00 - 7:00pm \$8(R); \$11(NR)	1 class starts Dec 7
20204-106C Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 9
20204-106E Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 16
20204-106B Sat	6 - 12yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 16
Prince George's Sports & Learn Cmplx splex@gpparks.com		
20204-168B Sun	7 - 12yrs. 1:00 - 3:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Jan 7
20204-168C Sun	7 - 12yrs. 1:00 - 3:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Feb 4

Afternoon Aviators

Join our educators as we investigate a range of STEAM topics related to the field of aviation. After a quick lesson, participants can get hands-on with a quick experiment or activity. This program is ideal for learners ages 8-12 and is FREE with museum admission.

College Park Aviation Museum collegeparkaviation@gpparks.com		
20233-115A Sat	6 - 12yrs. 1:00 - 2:00pm Free	1 class starts Dec 23
20233-115B Sat	6 - 12yrs. 1:00 - 2:00pm Free	1 class starts Jan 27
20233-115C Sat	6 - 12yrs. 1:00 - 2:00pm Free	1 class starts Feb 24

Cooking: Children

Register your child for this class and they might become the Top Chef of your kitchen! Kids will build confidence and put their creativity to use in the kitchen while making friends with other kid chefs.

Southern Area Aquatics Rec Complex saarc@gpparks.com		
20212-175A Wed	6 - 12yrs. 6:00 - 8:00pm \$80(R); \$104(NR)	4 classes starts Jan 10
20212-175B Wed	6 - 12yrs. 6:00 - 8:00pm \$80(R); \$104(NR)	4 classes starts Feb 7

Creative Writing: Children

What do heroes, heroines, and villains have in common? Its you the author. Theme, setting, character, plot, conflict use all these elements in writing a great story or freely and creatively express yourself in composing a different kind of adventurous tale. Figure out your pen name and sign up for a creative writing class. Youll be surprised where your imagination takes you!

Kentland Community Center kentlandccc@gpparks.com		
20222-140B Tue	6 - 12yrs. 6:30 - 7:30pm \$80(R); \$104(NR)	9 classes starts Feb 6

Etiquette: Children

Mind your manners! We're developing girls into ladies and boys into gentlemen. Embrace the fine art of manners and politeness. Discover through lecture and participatory workshops the timeless concepts which make a courteous society. Empower youth with the rules of conduct acceptable in familial, social, and future business situations. Don't miss out! This will be fun and informative!

Berwyn Heights Elementary School berwynheightsccc@gpparks.com		
20211-106A Tue, Thu	6 - 12yrs. 6:30 - 7:30pm \$45(R); \$59(NR)	8 classes starts Dec 5
20211-106B Tue, Thu	6 - 12yrs. 6:30 - 7:30pm \$45(R); \$59(NR)	7 classes starts Jan 4
20211-106C Tue, Thu	6 - 12yrs. 6:30 - 7:30pm \$45(R); \$59(NR)	7 classes starts Feb 8

Robotics Workshop: Lego, Children

Is there anything cooler than building and designing your own robots? Your child will be introduced to the basics of robotics systems, programming, hardware, and software. This collaborative environment will help your child gain valuable skills while expanding their network of friendships with budding robotic engineers. Help your child get an early start to learning how engineering can build and shape our world.

Prince George's Sports & Learn Cmplx splex@gpparks.com		
20216-168A Sat	7 - 12yrs. 10:00am - 1:30pm \$98(R); \$128(NR); \$74(IA)	1 class starts Dec 23
20216-168B Sat	7 - 12yrs. 10:00am - 1:30pm \$98(R); \$128(NR); \$74(IA)	1 class starts Jan 20
20216-168C Sat	7 - 12yrs. 10:00am - 1:30pm \$98(R); \$128(NR); \$74(IA)	1 class starts Feb 17

TEENS

Art Therapy, Journaling

Use art journaling to express feelings and thoughts. You will explore emotions, understand conflicts and feelings causing distress, and use art to help find resolutions in a loose, relaxed environment.

Glenarden Community Center glenardendccc@gpparks.com		
20317-130D Thu	13 - 17yrs. 2:00 - 3:00pm \$25(R); \$33(NR)	4 classes starts Dec 7
20317-130B Thu	13 - 17yrs. 2:00 - 3:00pm \$25(R); \$33(NR)	4 classes starts Jan 4
20317-130C Thu	13 - 17yrs. 2:00 - 3:00pm \$25(R); \$33(NR)	5 classes starts Feb 1

Money Management: Teens

Learn about saving, investing, and money management.

Prince George's Sports & Learn Cmplx splex@gpparks.com		
20306-168A Tue	13 - 17yrs. 5:30 - 7:00pm \$10(R); \$13(NR); \$8(IA)	1 class starts Jan 9
20306-168B Tue	13 - 17yrs. 5:30 - 7:00pm \$50(R); \$65(NR); \$38(IA)	5 classes starts Jan 9

ADULTS

Money Management: Adults

Learn about saving, investing, and money management.

Prince George's Sports & Learn Cmplx splex@gpparks.com		
20415-168A Tue	18 & up 7:30 - 9:00pm \$10(R); \$13(NR); \$8(IA)	1 class starts Jan 9
20415-168B Tue	18 & up 7:30 - 9:00pm \$50(R); \$65(NR); \$38(IA)	5 classes starts Jan 9

Sign Language: Adults, Level 1

Discover the world of the deaf. Dispel myths and learn about a beautiful culture often misunderstood. Grasp basic sign movements and proper etiquette. Register now to gain self-confidence in expressing yourself with the deaf and hearing impaired.

Prince George's Sports & Learn Cmplx splex@gpparks.com		
20401-168A Sat	18 & up 11:15am - 12:15pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Dec 9
20401-168B Sat	18 & up 11:15am - 12:15pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Jan 6
20401-168C Sat	18 & up 11:15am - 12:15pm \$50(R); \$65(NR); \$38(IA)	4 classes starts Feb 3

SENIORS

Gardening: Seniors

Learn basic gardening techniques and receive a plant for your home or garden. Hands-on activities and topics discussed include choosing a type of garden, planning and starting a garden, repotting techniques, and recommended gardening tools.

Bladensburg Waterfront Park bladensburgwp@gpparks.com		
20507-108A Mon	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Dec 11
Mt. Rainier Nature and Rec Center mtrainiernaturecenter@gpparks.com		
20507-149A Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Dec 9
20507-149B Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Dec 23
20507-149C Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Jan 13
20507-149D Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Jan 27
20507-149E Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Feb 10
20507-149F Sat	60 & up 10:00 - 11:30am \$3(R); \$4(NR)	1 class starts Feb 24

Self-Defense: Seniors

Seniors often become targets of violence and crime. Join us to learn how to protect yourself, your home, and your vehicles. What to look out for on the street, how to defend yourself, and how to protect yourself from those who try to take advantage of you.

Bladensburg Community Center bladensburgccc@gpparks.com		
20510-107A Sat	60 & up 1:00 - 2:00pm \$50(R); \$65(NR)	8 classes starts Jan 13

Sign Language: Seniors, Level 1

Discover the beautiful language of signing. Learn the basics and build your knowledge. Gain the self-confidence to communicate with the deaf and hearing impaired. Register today because it's never too late to learn a new language.

Camp Springs Senior Activity Center campspringsseniors@gpparks.com		
20501-111A Mon, Fri	60 & up 9:30 - 10:30am \$12(R); \$16(NR)	9 classes starts Dec 1
20501-111B Mon, Fri	60 & up 10:00 - 11:15am \$11(R); \$15(NR)	8 classes starts Jan 5
20501-111C Mon, Fri	60 & up 10:00 - 11:15am \$11(R); \$15(NR)	8 classes starts Feb 2



MIXED AGES

Academic Enrichment: STEAM, Mixed Ages

Cultivate youth to embrace STEAM as a potential future career through a ‘growth mindset’ model. Build reflective problem solving, creative and critical thinking behaviors. Engage students in complex and rich interdisciplinary STEAM (Science, Technology, Engineering, Art and Mathematics) content which nurtures spatial reasoning skills. Embed STEAM background knowledge through real world authentic tasks designed to support self-efficacy through a growth mindset.

Berwyn Heights Community Center berwynheightscc@pgparks.com		
20617-106A Wed	8 - 17yrs. 6:00 - 7:30pm \$35(R); \$46(NR)	4 classes starts Dec 6
20617-106D Sat	8 - 17yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Dec 9
20617-106B Wed	8 - 17yrs. 6:00 - 7:30pm \$40(R); \$52(NR)	4 classes starts Jan 3
20617-106H Sat	10 - 14yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Jan 6
20617-106E Tue	8 - 17yrs. 6:00 - 7:30pm \$35(R); \$46(NR)	4 classes starts Jan 9
20617-106F Tue	8 - 17yrs. 6:00 - 7:30pm \$40(R); \$52(NR)	4 classes starts Feb 6
20617-106C Wed	8 - 17yrs. 6:00 - 7:30pm \$35(R); \$46(NR)	4 classes starts Feb 7
20617-106i Sat	10 - 14yrs. 10:00am - 12:00pm \$20(R); \$26(NR)	1 class starts Feb 24
Bowie Community Center bowiecc@pgparks.com		
20617-109A Sat	5 & up 11:00am - 12:30pm \$3(R); \$4(NR)	1 class starts Dec 9
20617-109B Sat	5 & up 11:00am - 12:30pm \$3(R); \$4(NR)	1 class starts Jan 27
20617-109C Sat	5 & up 11:00am - 12:30pm \$3(R); \$4(NR)	1 class starts Feb 24

Adult and Pediatric First Aid/
CPR/AED: Blended Learning

This American Red Cross course provides participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing and first aid emergencies for adults, children, and infants through interactive online modules and in-person instructor-led skill sessions. The course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. The length of the online session is about 3-4 hours, will be assigned once registration closes and must be completed prior to the in-person session. Upon successful completion of the course, participants receive an American Red Cross Adult and Pediatric First Aid/CPR/AED certification valid for 2 years from the date of course completion.

Fairland Aquatics Center fairlandaquatics@pgparks.com		
20661-123A Sat	13 & up 10:00am - 4:00pm \$75(R); \$98(NR)	1 class starts Feb 24
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
20661-168A Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Dec 2
20661-168B Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Dec 16
20661-168C Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Jan 6
20661-168D Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Jan 27
20661-168E Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Feb 10
20661-168F Sat	13 & up 10:00am - 3:00pm \$100(R); \$130(NR); \$75(IA)	1 class starts Feb 24
Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
20661-185A Sat	13 & up 10:00am - 4:00pm \$75(R); \$98(NR)	1 class starts Feb 24

Cooking: Home-School

This program is designed to teach home-school children how to follow simple cooking instructions requiring a variety of ingredients.

Huntington Community Center huntingtoncc@pgparks.com		
20611-135A Mon	6 - 13yrs. 11:30am - 1:00pm \$80(R); \$104(NR)	8 classes starts Jan 8
Southern Area Aquatics Rec Complex saarc@pgparks.com		
20611-175A Wed	8 - 16yrs. 12:30 - 2:00pm \$80(R); \$104(NR)	4 classes starts Jan 10
20611-175B Wed	8 - 16yrs. 12:30 - 2:00pm \$80(R); \$104(NR)	4 classes starts Feb 7

Cub Corner

Come fly away with us! Let your child’s imagination soar when they join us for a special story time focused on aviation. This session is designed to introduce little ones to STEAM (Science, Technology, Education, Arts, Mathematics) concepts for their age level. Sign up to hear stories that pique a child’s interest in books and reading. Children will also create a craft related to the story of the day to help develop their motor skills.

College Park Aviation Museum collegeparkaviation@pgparks.com		
20658-115A Sat	2 - 10yrs. 10:30 - 11:30am Free	1 class starts Dec 16
20658-115B Sat	2 - 10yrs. 10:30 - 11:30am Free	1 class starts Jan 20
20658-115C Sat	2 - 10yrs. 10:30 - 11:30am Free	1 class starts Feb 17

Discovery Carts

Fly into our collections the first weekend of every month! Suitable for all ages, explore a different theme and get up close with curated items not often seen in the gallery. Educators will be on hand to share facts and tidbits about some of these fascinating objects!

College Park Aviation Museum collegeparkaviation@pgparks.com		
20668-115A Sat, Sun	1 & up 10:00am - 3:30pm Free	2 classes starts Dec 2
20668-115B Sat, Sun	1 & up 10:00am - 3:30pm Free	2 classes starts Jan 6
20668-115C Sat, Sun	1 & up 10:00am - 3:30pm Free	2 classes starts Feb 3

ESOL: Mixed Ages

Learn basic conversational English.

Berwyn Heights Community Center berwynheightscc@pgparks.com		
20625-106C Tue, Thu	12 - 17yrs. 6:00 - 7:00pm \$55(R); \$72(NR)	8 classes starts Feb 6
Berwyn Heights Elementary School		
20625-106A Tue, Thu	12 - 17yrs. 6:00 - 7:00pm \$55(R); \$72(NR)	8 classes starts Dec 5
20625-106B Tue, Thu	12 - 17yrs. 6:00 - 7:00pm \$55(R); \$72(NR)	8 classes starts Jan 2

Marketing 101: How To
Advertise Your Business

As a small business in Prince George’s County, are you ready to take your first step into digital marketing? Then this is the right course for you! Learn critical digital marketing approaches to grow your business and explore the six essential modules of digital marketing that will give small business owners like yourself the basic blueprint of marketing your business with digital and traditional marketing strategies. By the end of his course, you’ll know how to plan, implement, and execute digital marketing from start to finish.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
20666-168A Sat	16 & up 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Dec 9
20666-168B Sat	16 & up 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Jan 6
20666-168C Sat	16 & up 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Feb 3

Marketing Road Map 102:
Advertise Your Vision

As a small business in Prince George’s County, are you ready to take your first step into digital marketing? Then this is the right course for you! Learn critical digital marketing approaches to grow your business and explore the six essential modules of digital marketing that will give small business owners like yourself the basic blueprint of marketing your business with digital and traditional marketing strategies. By the end of his course, you’ll know how to plan, implement, and execute digital marketing from start to finish.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
20667-168A Sat	16 & up 12:00 - 1:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Dec 9
20667-168B Sat	16 & up 12:00 - 1:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Jan 6
20667-168C Sat	16 & up 12:00 - 1:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Feb 3





Mentoring Program: Girls

Program will provide young girls with one-on-one mentoring, team-building exercises, transformational coaching, workshops, modeling instruction, guest speakers and life skill sessions in a fun and safe environment.

Peppermill Community Center peppermillcc@pgparks.com		
20627-162A	8 - 18yrs.	6 classes
Sat	10:00am - 12:00pm	starts Dec 2
	Free	

Modeling: Mixed Ages

Strike a pose! Get your foot in the fashion world door by learning the basics of modeling. From runway technique to choreography, and even vogue. You’ll develop the skills needed to command the catwalk and gain self-confidence to ace that beauty shot.

Temple Hills Community Center templehillsc@pgparks.com		
20608-182A	6 - 17yrs.	6 classes
Thu	6:30 - 7:30pm	starts Jan 11
	\$36(R); \$47(NR)	

Sign Language: Mixed Ages

Immerse yourself in the beautiful language of signing. Learn beginner level American Sign Language (ASL). Improve overall communication and build a better sign language vocabulary. Enroll now to be more conversational with the deaf and hearing impaired.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
20616-168AA	9 - 14yrs.	4 classes
Tue	6:00 - 7:00pm	starts Dec 5
	\$50(R); \$65(NR); \$38(IA)	
20616-168A	9 - 14yrs.	4 classes
Sat	10:00 - 11:00am	starts Dec 9
	\$50(R); \$65(NR); \$38(IA)	
20616-168B	9 - 14yrs.	4 classes
Sat	10:00 - 11:00am	starts Jan 6
	\$50(R); \$65(NR); \$38(IA)	
20616-168BB	9 - 14yrs.	4 classes
Tue	6:00 - 7:00pm	starts Jan 9
	\$50(R); \$65(NR); \$38(IA)	
20616-168C	9 - 14yrs.	4 classes
Sat	10:00 - 11:00am	starts Feb 3
	\$50(R); \$65(NR); \$38(IA)	
20616-168CC	9 - 14yrs.	4 classes
Tue	6:00 - 7:00pm	starts Feb 6
	\$50(R); \$65(NR); \$38(IA)	

Theater Thursday

Discover the heroes, heroines, and history of aviation. Join us for a unique series brought to you by the Smithsonian Channel. Learn about the wonders of flight and space in the museum every month on Theater Thursdays. This special program occurs every third Thursday and, as a bonus, you will get a glimpse of the treasure that is our own county’s College Park Aviation Museum. Discussion will follow each Smithsonian Channel episode. Our program is free with museum admission.

Huntington Community Center huntingtoncc@pgparks.com		
20657-135A	5 - 8yrs.	8 classes
Sat	1:00 - 2:30pm	starts Jan 6
	\$50(R); \$65(NR)	
20657-135B	12 - 17yrs.	1 class
Sat	12:00 - 3:00pm	starts Feb 10
	\$10(R); \$13(NR)	

Youth Aviators: Aviation Mechanics Module

CPAM’s third installment of the Youth Aviators Program will be an introduction to Aviation Mechanics and Maintenance. Aviation Maintenance Technicians work in highly technical specialty occupations involving the safety and efficiency of aircraft. Join this hands-on, interactive program to get a taste of the broad range of skills this field offers.

College Park Aviation Museum collegeparkaviation@pgparks.com		
20670-115A	12 - 18yrs.	4 classes
Sat	10:00am - 12:00pm	starts Jan 6
	Free	

Martial Arts

PRE-SCHOOLERS

Tae Kwon Do: Pre-Schoolers

Kickstart your child’s physical activity and confidence with Tai Kwon Do! This Korean form of self-defense promotes self-confidence, fitness, and self-control through its emphasis on mental discipline. Give them the building blocks for character development and self-awareness in the supportive environment of this martial art.

Bladensburg Community Center bladensburgcc@pgparks.com		
21101-107A	3 - 5yrs.	8 classes
Sat	9:30 - 10:30am	starts Jan 13
	\$65(R); \$85(NR)	

Tae Kwon Do: Pre-Schoolers, Advanced

Raise confident children destined to become leaders and not followers! Enroll your young one in the traditional martial art of Tae Kwon Do to develop your child’s mind and body. Learn skills in kicking, punching, katas (forms), weapons, sparring, and street smarts. Understand how to deal with bullying and other threatening situations. Prerequisite: Successful completion of introductory (beginner) Pre-school Tae Kwon Do Course.

Bladensburg Community Center bladensburgcc@pgparks.com		
21103-107A	3 - 5yrs.	8 classes
Sat	10:30 - 11:30am	starts Jan 13
	\$65(R); \$85(NR)	

CHILDREN

Judo: Children, Beginner

An introduction to basic judo fundamentals and techniques including falling, rolling, and grappling.

College Park Community Center collegeparkcc@pgparks.com		
21205-116D	6 - 12yrs.	16 classes
Tue, Thu	6:00 - 7:30pm	starts Jan 16
	\$35(R); \$46(NR)	

Karate: Japanese, Children, All Levels

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 skills. Individual pace is honored. Testing is done periodically.

Glenn Dale Community Ctr. glenndalecc@pgparks.com		
21210-127A	6 - 10yrs.	10 classes
Fri	5:00 - 6:00pm	starts Jan 5
	\$60(R); \$78(NR)	

Tae Kwon Do: Children

This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics on levels taught.

Bladensburg Community Center bladensburgcc@pgparks.com		
21201-107B	6 - 12yrs.	8 classes
Sat	10:30 - 11:30am	starts Jan 13
	\$65(R); \$85(NR)	

21201-107A	6 - 12yrs.	8 classes
Sat	9:30 - 10:30am	starts Jan 13
	\$65(R); \$85(NR)	

Hillcrest Heights Community Center hillcrestheightsc@pgparks.com		
21201-134A	6 - 12yrs.	12 classes
Mon, Wed	6:30 - 7:30pm	starts Dec 4
	\$50(R); \$65(NR)	

21201-134B	6 - 12yrs.	10 classes
Mon, Wed	6:30 - 7:30pm	starts Feb 5
	\$42(R); \$55(NR)	

Tang Soo Do: Children

Learn the Tang Soo Do method of karate. Learn deep breathing techniques, coordination, flexibility, listening skills, and more in this fun, active self-defense class.

Kentland Community Center kentlandcc@pgparks.com		
21202-140A	6 - 12yrs.	6 classes
Tue, Thu	6:30 - 7:30pm	starts Jan 9
	\$60(R); \$78(NR)	
21202-140B	6 - 12yrs.	6 classes
Tue, Thu	6:30 - 7:30pm	starts Feb 6
	\$50(R); \$65(NR)	

TKA Karate: Beginner

A beginner’s level for Tompkins Karate.

Good Luck Community Center goodluckcc@pgparks.com		
21203-129AA	6 - 12yrs.	12 classes
Thu	6:00 - 7:00pm	starts Dec 7
	\$66(R); \$86(NR)	

TKA Karate: Intermediate

Further develop karate skills through Tompkins Karate.

Good Luck Community Center goodluckcc@pgparks.com		
21204-129AA	6 - 12yrs.	12 classes
Thu	7:00 - 8:00pm	starts Dec 7
	\$66(R); \$86(NR)	

ADULTS

Aikido: Adults

Did you know Aikido loosely means a way of adapting the spirit? Grounded in the samurai code of honor, this Japanese, non-competitive martial art does not focus on punching and kicking, but on using an opponent’s energy against them. Engage your senses in this cooperative culture of martial arts as you build self-confidence, develop character, and master new skills.

College Park Community Center collegeparkcc@pgparks.com		
21401-116E	18 & up	12 classes
Mon, Wed	7:30 - 9:00pm	starts Jan 8
	\$65(R); \$85(NR)	
21401-116F	18 & up	12 classes
Mon, Wed	7:30 - 9:00pm	starts Feb 26
	\$65(R); \$85(NR)	

21401-116G	18 & up	12 classes
Mon, Wed	7:30 - 9:00pm	starts Feb 26
	\$65(R); \$85(NR)	

Prince George’s Plaza Community Ctr princegeorgesplazacc@pgparks.com		
21401-166A	18 & up	16 classes
Wed, Sat	6:45 - 8:45pm	starts Jan 3
	\$100(R); \$130(NR)	

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.

Glenn Dale Community Ctr. glenndalecc@pgparks.com		
21407-127A	18 & up	10 classes
Fri	7:00 - 8:00pm	starts Jan 5
	\$60(R); \$78(NR)	

Southern Area Aquatics Rec Complex saarc@pgparks.com		
21407-175A	18 & up	10 classes
Tue, Thu	7:00 - 8:00pm	starts Jan 2
	\$60(R); \$78(NR)	
21407-175B	18 & up	10 classes
Tue, Thu	7:00 - 8:00pm	starts Feb 6
	\$60(R); \$78(NR)	

Southern Reg Tec & Rec Complex techrec@pgparks.com		
21407-177A	18 & up	10 classes
Mon, Wed	7:00 - 8:00pm	starts Jan 3
	\$60(R); \$78(NR)	
21407-177B	18 & up	10 classes
Mon, Wed	7:00 - 8:00pm	starts Feb 14
	\$60(R); \$78(NR)	

Judo: Adults, Beginner

Looking to improve your reaction time, coordination, endurance, and agility? Well Judo may be the sport of you. In this introductory course, students will learn the fundamentals of the sport. Students will learn to apply the use of balance, leverage, and momentum against opponents. Develop character and confidence while building strength, speed, and coordination.

Beltsville Community Center	beltsvillecc@pgparks.com	
21403-105A	18 & up	16 classes
Tue, Thu	7:30 - 8:30pm	starts Jan 2
	\$40(R); \$52(NR)	

Judo: Adults, Advanced

Showcase your skills in the ways of judo while sharpening your reaction time, endurance, and agility. Students will use their experience and knowledge of the sport and learn to apply the use of balance, leverage, and momentum against opponents. Develop character and confidence while building strength, speed, and coordination.

Beltsville Community Center	beltsvillecc@pgparks.com	
21411-105A	18 & up	16 classes
Tue, Thu	6:30 - 7:30pm	starts Jan 2
	\$40(R); \$52(NR)	

Karate: Adults, Beginner

Learn this ancient form of self-defense and fighting in our basic level karate course. You will gain self-confidence, learn fighting skill sets, improve stamina, quicken reflexes, improve coordination, and tone your physique. Get fit and empowered as you build relationships with learners new to this sport!

Langley Park Community Center	langleyparkcc@pgparks.com	
21405-143C	18 & up	8 classes
Sun	1:30 - 3:30pm	starts Jan 7
	\$71(R); \$93(NR)	

Martial Arts: Kickboxing

Get ready to get your heart pumping while kickboxing! Kickboxing is a broad combative term that encompasses any martial art that uses the hands and feet during competition, but may also include the usage of knee strikes, elbow strikes, sweeps, and clinching techniques. The Ramblers Kickboxing class is not just the aerobic activity known as “cardio kickboxing,” it’s also a full-fledged martial arts class that keeps you active.

Bladensburg Community Center	bladensburgcc@pgparks.com	
21410-107B	18 & up	8 classes
Thu	7:30 - 8:30pm	starts Jan 18
	\$65(R); \$85(NR)	

Self-Defense: Women

You have the power to fight back! Register today for a self-defense class designed just for women. In a casual, hands-on environment, apply martial arts skills to avoid or to confront, if necessary, threatening situations. Condition your body and build a foundation of self-confidence, strength, and perseverance. Don’t be a victim. Learn techniques on how to become more aware and more prepared for most any situation.

Westphalia Community Center	westphaliacc@pgparks.com	
21406-190A	18 & up	10 classes
Wed	6:15 - 7:15pm	starts Dec 13
	\$35(R); \$46(NR)	

MIXED AGES

Fitness Kung Fu

Many Americans associate “Kung Fu” or “Gung Fu” with a form of Chinese martial arts. The literal Chinese translation is ‘acquired skill’. It can also mean work performed, special skills, strength, ability, or time spent. This course will focus on exercise using the movements found in southern Chinese Kung Fu forms. It requires natural movements, concentration and self-discipline. The only contact sparring will be choreographed two-man forms or ‘Empty Hands’.

Berwyn Heights Elementary School		
21634-106A	17 & up	9 classes
Wed	7:00am - 9:00pm	starts Dec 6
	\$60(R); \$78(NR)	

Japanese Karate: Mixed Ages, All Levels

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-defense, overcoming limitations, and character development. Anyone can learn and make progress. Beginner through advanced. Testing is done periodically. Students progress from white belt to black belt.

Glenn Dale Community Ctr.	glenndalecc@pgparks.com	
21601-127B	12 - 17yrs.	10 classes
Fri	6:00 - 7:00pm	starts Jan 5
	\$60(R); \$78(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.

Southern Area Aquatics Rec Complex	saarc@pgparks.com	
21623-175A	6 - 17yrs.	10 classes
Tue, Thu	5:00 - 6:00pm	starts Jan 2
	\$60(R); \$78(NR)	
21623-175B	6 - 17yrs.	10 classes
Tue, Thu	5:00 - 6:00pm	starts Feb 6
	\$60(R); \$78(NR)	
Southern Reg Tec & Rec Complex	techrec@pgparks.com	
21623-177A	6 - 17yrs.	10 classes
Mon, Wed	5:00 - 6:00pm	starts Jan 3
	\$60(R); \$78(NR)	
21623-177B	6 - 17yrs.	10 classes
Mon, Wed	5:00 - 6:00pm	starts Feb 14
	\$60(R); \$78(NR)	

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.

Southern Area Aquatics Rec Complex	saarc@pgparks.com	
21624-175A	6 - 17yrs.	10 classes
Tue, Thu	6:00 - 7:00pm	starts Jan 2
	\$60(R); \$78(NR)	
21624-175B	6 - 17yrs.	10 classes
Tue, Thu	6:00 - 7:00pm	starts Feb 6
	\$60(R); \$78(NR)	
Southern Reg Tec & Rec Complex	techrec@pgparks.com	
21624-177A	6 - 17yrs.	10 classes
Mon, Wed	6:00 - 7:00pm	starts Jan 3
	\$60(R); \$78(NR)	
21624-177B	6 - 17yrs.	10 classes
Mon, Wed	6:00 - 7:00pm	starts Feb 14
	\$60(R); \$78(NR)	

Judo: Families, Beginner

Course provides a basic introduction to Judo fundamentals.

College Park Community Center	collegeparkcc@pgparks.com	
21602-116C	5 & up	16 classes
Tue, Thu	6:00 - 7:30pm	starts Jan 16
	\$25(R); \$33(NR)	

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

Beltsville Community Center	beltsvillecc@pgparks.com	
21603-105A	5 - 17yrs.	16 classes
Tue, Thu	6:30 - 7:30pm	starts Jan 2
	\$40(R); \$52(NR)	

Judo: Mixed Ages, Intermediate

Keep the momentum going! You’ve fought your way through strangleholds, chokeholds, and pinning techniques but now you’re ready for more. Join us as we continue to develop those Judo skills, character, and confidence in this intermediate level course. You’re on your way to a belt!

Beltsville Community Center	beltsvillecc@pgparks.com	
21604-105A	5 & up	16 classes
Tue, Thu	7:30 - 8:30pm	starts Jan 2
	\$40(R); \$52(NR)	

Karate: Mixed Ages, Beginner

Enjoy this ancient form of self-defense and fighting. Learn basic karate moves and techniques. Karate will: build your self-confidence, fighting skills, stamina, reflex reactions, improve coordination, and give you a toned physique. Get fit and empowered as you build relationships with learners new to this sport!

Lake Arbor Community Center	lakearborcc@pgparks.com	
21605-141A	5 - 12yrs.	8 classes
Sat	10:00 - 11:00am	starts Dec 2
	\$85(R); \$111(NR)	
21605-141AA	5 - 12yrs.	8 classes
Sat	11:00am - 12:00pm	starts Dec 2
	\$85(R); \$111(NR)	
21605-141B	5 - 12yrs.	8 classes
Sat	10:00 - 11:00am	starts Jan 27
	\$85(R); \$111(NR)	
21605-141AB	5 - 12yrs.	8 classes
Sat	11:00am - 12:00pm	starts Jan 27
	\$85(R); \$111(NR)	
Langley Park Community Center	langleyparkcc@pgparks.com	
21605-143C	5 - 12yrs.	8 classes
Mon	6:00 - 7:00pm	starts Jan 8
	\$71(R); \$93(NR)	

Novice Tukkong Mudo

This class is designated for novices with no previous martial arts experience. In a disciplined, hands-on environment, students are taught basic martial arts terms, physical conditioning, stances, and basic hand and foot movements appropriate for those that have never participated in a martial arts class. Successful completion of the class will earn a white belt rank. Sign up today to learn important martial arts basics from a master instructor.

Westphalia Community Center	westphaliacc@pgparks.com	
21628-190A	4 - 15yrs.	10 classes
Sat	9:15 - 10:00am	starts Dec 9
	\$45(R); \$59(NR)	

Okinawan Karate: Beginner

The secret is out! With influences from Japanese, Chinese, and Southeast Asian cultures, Okinawan karate was privately practiced by fighting masters until the early 20th Century. This combative style of karate emphasizes natural body movements to develop coordination and balance while learning self-defense using open hands and weaponless fighting. Develop the skills and self-awareness needed to begin mastery of this ancient martial art!

Prince George’s Sports & Learn Cmplx	splx@pgparks.com	
21614-168BB	7 & up	3 classes
Sat	9:30 - 10:30am	starts Dec 2
	\$54(R); \$71(NR); \$41(IA)	
21614-168A	7 & up	3 classes
Wed	6:45 - 7:45pm	starts Dec 6
	\$54(R); \$71(NR); \$41(IA)	
21614-168C	7 & up	5 classes
Wed	6:45 - 7:45pm	starts Jan 3
	\$89(R); \$116(NR); \$67(IA)	
21614-168D	7 & up	4 classes
Sat	9:30 - 10:30am	starts Jan 6
	\$72(R); \$94(NR); \$54(IA)	
21614-168F	7 & up	4 classes
Sat	9:30 - 10:30am	starts Feb 3
	\$72(R); \$94(NR); \$54(IA)	
21614-168E	7 & up	4 classes
Wed	6:45 - 7:45pm	starts Feb 7
	\$72(R); \$94(NR); \$54(IA)	

Okinawan Karate: Intermediate

The secret is out! With influences from Japanese, Chinese, and Southeast Asian cultures, Okinawan karate was privately practiced by fighting masters until the early 20th Century. This combative style of karate emphasizes natural body movements to develop coordination and balance while learning self-defense using open hands and weaponless fighting. Continue developing the skills and self-awareness needed to achieve mastery of this ancient martial art!

Prince George’s Sports & Learn Cmplx	splx@pgparks.com	
21615-168B	7 & up	3 classes
Sat	10:30 - 11:30am	starts Dec 2
	\$54(R); \$71(NR); \$41(IA)	
21615-168A	7 & up	3 classes
Wed	7:45 - 8:45pm	starts Dec 6
	\$54(R); \$71(NR); \$41(IA)	
21615-168C	7 & up	5 classes
Wed	7:45 - 8:45pm	starts Jan 3
	\$89(R); \$116(NR); \$67(IA)	
21615-168D	7 & up	4 classes
Sat	10:30 - 11:30am	starts Jan 6
	\$72(R); \$94(NR); \$54(IA)	
21615-168E	7 & up	4 classes
Wed	7:45 - 8:45pm	starts Feb 7
	\$72(R); \$94(NR); \$54(IA)	

Self-Defense: Mixed Ages

Don't be a push over! Get empowered to defend yourself! Feel safer and more self-aware as you learn basic self-defense techniques!

Suitland Community Center	suitlandcc@pgparks.com
21617-181A Sat	16 & up 9:15 - 10:15am \$50(R); \$65(NR) 8 classes starts Dec 9
21617-181B Sat	16 & up 9:15 - 10:15am \$50(R); \$65(NR) 8 classes starts Feb 3

Tae Kwon Do & Judo: Mixed Ages

Students of all ages will learn Tae Kwon Do, the Korean form of self-defense known for punching and kicking, and cross train in the Japanese art of Judo, which is known for throwing, choking and pinning. Develop mental discipline, character and self-awareness in the supportive environment of this martial art.

William Beanes Community Center williambeanesc@pgparks.com	
21627-191A Sat	6 & up 10:00am - 12:00pm \$67(R); \$88(NR) 8 classes starts Jan 6

Tae Kwon Do: Mixed Ages, Beginner

Did you know that two former U.S. presidents, a golf legend and many Hollywood actors and actresses area all skilled in Tae Kwon Do? This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics about levels taught in this program.

Bladensburg Community Center bladensburgcc@pgparks.com	
21607-107A Sat	3 - 18yrs. 12:00 - 1:00pm \$65(R); \$85(NR) 8 classes starts Jan 13

Suitland Community Center	suitlandcc@pgparks.com
21607-181A Tue, Sat	4 & up 6:00 - 7:30pm \$69(R); \$90(NR) 16 classes starts Dec 5
21607-181B Tue, Sat	4 & up 6:00 - 7:30pm \$69(R); \$90(NR) 16 classes starts Jan 30

Tae Kwon Do: Mixed Ages, Advanced

Kick your martial arts training into gear! Continue to develop your skills in kicking, punching, and boxing! Achieve or maintain your fitness goals in this balanced, mind-body sport! Students must have completed introductory level courses in Tae Kwon Do.

Suitland Community Center	suitlandcc@pgparks.com
21609-181A Tue, Sat	10 & up 6:00 - 7:30pm \$69(R); \$90(NR) 16 classes starts Dec 5
21609-181B Tue, Sat	10 & up 6:00 - 7:30pm \$69(R); \$90(NR) 16 classes starts Jan 30

TKA Karate: All Levels

Kick your martial arts training into gear! Learn the Tompkins Karate Association (TKA) Karate method. This martial arts program of unarmed fighting tones the body, quickens reflexes, builds stamina along with developing the inner qualities of character and confidence. This course accommodates all skill levels. We accommodate all skill levels as they are divided into appropriate age and skill groups.

Beltsville Community Center	beltsvillecc@pgparks.com
21618-105A Wed	5 - 12yrs. 6:15 - 7:15pm \$66(R); \$86(NR) 11 classes starts Dec 6
21618-105B Wed	13 & up 7:30 - 9:00pm \$77(R); \$101(NR) 11 classes starts Dec 6

Bowie Community Center	bowiecc@pgparks.com
21618-109A Thu	5 - 12yrs. 6:30 - 7:30pm \$66(R); \$86(NR) 11 classes starts Dec 7
21618-109B Thu	13 & up 7:30 - 9:00pm \$77(R); \$101(NR) 11 classes starts Dec 7

Cheverly Town Hall/Park	
21618-170G Mon	5 - 12yrs. 7:00 - 8:00pm \$48(R); \$63(NR) 8 classes starts Dec 4
21618-170H Mon	18 & up 8:00 - 9:30pm \$56(R); \$73(NR) 8 classes starts Dec 4

Good Luck Community Center	goodluckcc@pgparks.com
21618-129AA Thu	13 & up 8:00 - 9:30pm \$77(R); \$101(NR) 12 classes starts Dec 7

Prince George's Plaza Community Ctr princegeorgesplazacc@pgparks.com	
21618-166A Tue	5 - 12yrs. 6:30 - 7:30pm \$60(R); \$78(NR) 12 classes starts Dec 5
21618-166B Tue	13 & up 7:30 - 9:00pm \$70(R); \$91(NR) 12 classes starts Dec 5

Tukkong Mudo "A" (White Belt), Beginner

This class is designed for beginners with martial arts experience who have earned a belt. In a disciplined, hands-on environment, students are taught basic martial arts terms, drills, physical conditioning, hand and foot striking techniques appropriate for their age and skill level. The students will combine confidence, awareness, and practical movements to address bullying, threatening situations, and harm. Sign up today for this confidence-enhancing class led by a master instructor.

Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com	
21611-145A Sat	4 - 7yrs. 11:00am - 12:00pm \$50(R); \$65(NR) 8 classes starts Jan 6
21611-145B Sat	8 - 14yrs. 12:05 - 1:05pm \$50(R); \$65(NR) 8 classes starts Jan 6

Westphalia Community Center westphaliacc@pgparks.com	
21611-190A Sat	4 - 15yrs. 10:15 - 11:15am \$45(R); \$59(NR) 10 classes starts Dec 9

Tukkong Mudo "B" (Yellow and Orange Belt), Beginner

This class is designed for beginners with martial arts experience who have earned a next level belt. In a disciplined, hands-on environment, students will refine their basic martial arts terms, drills, physical conditioning, hand and foot striking, and will begin sparring in a manner appropriate for their age and skill level. The students will combine confidence, awareness, and practical movements to address bullying, threatening situations, and harm. Sign up today for this skill setting class led by a master instructor.

Westphalia Community Center westphaliacc@pgparks.com	
21636-190A Sat	6 & up 11:30am - 12:30pm \$45(R); \$59(NR) 10 classes starts Dec 9

Tukkong Mudo (Green and Blue Belt), Intermediate

This class is designed for intermediate students who have previously earned an intermediate belt and are skilled in martial arts movements, blocking, and striking. In a disciplined, hands-on environment students will learn vital fighting drills, forms, escapes, defensive and offensive fighting and attack techniques, physical conditioning, and good decision-making principles. Students will learn to combine confidence, awareness, and practical movements to address threatening situations. Sign up today for this confidence-advancing class led by a master instructor.

Westphalia Community Center westphaliacc@pgparks.com	
21629-190A Sat	8 & up 12:45 - 1:45pm \$45(R); \$59(NR) 10 classes starts Dec 9

Tukkong Mudo: Adult, Mixed Ages

Defend yourself and others! Learn Tukkong Mudo martial arts techniques taught by a master instructor. The class will accept students of all skill levels and all ages. In a disciplined, hands-on environment, learn forms, escapes, distance management, shielding, movement, and offensive attack techniques. Discover how to improve your physical conditioning, improve flexibility, and gain self-confidence even when faced with very difficult situations. Students will learn to protect themselves and others confidently and aggressively by combining awareness, and practical movements to address threatening situations and harm. Sign up today for this skills and confidence enhancing class led by a master instructor.

Westphalia Community Center westphaliacc@pgparks.com	
21612-190A Wed	16 & up 7:30 - 8:30pm \$65(R); \$85(NR) 10 classes starts Dec 13

Nature

PRE-SCHOOLERS

Lil Acorns Nature Club

Did you know an acorn can grow into an oak tree over 65 feet tall? Give your little one a head start on growing into a knowledgeable adult aware of the importance of the environment. Join us for an exciting time of exploring nature through outdoor activities, stories, and crafts. Learn about animals, plants, and habitats. Each class focuses on a different nature theme. Children must be accompanied by an adult.

Southern Area Aquatics Rec Complex saarc@pgparks.com	
22105-175A Tue	2 - 5yrs. 10:30 - 11:30am \$5(R); \$7(NR) 1 class starts Dec 19
22105-175B Tue	2 - 5yrs. 10:30 - 11:30am \$5(R); \$7(NR) 1 class starts Jan 23
22105-175C Tue	2 - 5yrs. 10:30 - 11:30am \$5(R); \$7(NR) 1 class starts Feb 20

Puppet Friends in Storyland

Join us for an interactive lesson with a hands-on activity. Your little one will play, laugh, and dance with their puppet pals while they work on social skills, early literacy development, listening, communication, fine motor skills, attention span, and their creativity!

Watkins Nature Center watkinsnaturecenter@pgparks.com	
22103-188A Fri	2 - 3yrs. 10:00 - 10:45am \$10(R); \$13(NR) 2 classes starts Dec 1
22103-188B Fri	2 - 3yrs. 10:00 - 10:45am \$10(R); \$13(NR) 2 classes starts Jan 5
22103-188C Fri	2 - 3yrs. 10:00 - 10:45am \$10(R); \$13(NR) 2 classes starts Feb 2

CHILDREN

Adventure Seekers

Celebrate exploration! Lift your spirits, expand your mind, and build fun relationships with other adventurers! Join us as we enjoy canoeing, hiking, museums, and trips to natural and historical sites. The DC Metro area has an abundant supply of discoveries for the curious. Get well-rounded by finding adventure around the region!

Mt. Rainier Nature and Rec Center mtrainiernaturecenter@pgparks.com	
22201-149A Sat	8 - 12yrs. 10:00am - 5:00pm \$4(R); \$6(NR) 1 class starts Dec 2
22201-149B Sat	8 - 12yrs. 10:00am - 5:00pm \$4(R); \$6(NR) 1 class starts Jan 6
22201-149C Sat	8 - 12yrs. 10:00am - 5:00pm \$4(R); \$6(NR) 1 class starts Feb 3

Home-School Nature Club

Discover the greatness found in nature. Explore nature through engaging activities. Discover how technology can enhance nature study. Learn about conservation and the environment. Each class focuses on a different nature theme. Sign up for this fun way to make friends as you learn about the great outdoors.

Southern Reg Tec & Rec Complex	techrec@pgparks.com
22215-177A Wed	9 - 12yrs. 11:30am - 12:45pm \$6(R); \$8(NR) 1 class starts Dec 13
22215-177B Wed	9 - 12yrs. 11:30am - 12:45pm \$6(R); \$8(NR) 1 class starts Jan 10
22215-177C Wed	9 - 12yrs. 11:30am - 12:45pm \$6(R); \$8(NR) 1 class starts Feb 14



Science: Children, Home-School, Nature Rangers

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme.

Watkins Nature Center watkinsnaturecenter@pgparks.com		
22202-188A Tue	7 - 9yrs. 1:00 - 2:00pm \$20(R); \$26(NR)	2 classes starts Jan 9
22202-188B Tue	7 - 9yrs. 1:00 - 2:00pm \$20(R); \$26(NR)	2 classes starts Feb 13

ADULTS

Birding the Patuxent River

See migrating waterfowl hotspots on a guided river tour. Meet at Hallowing Point Boat Ramp Parking Lot.

Patuxent River Park	patuxentriverpark@pgparks.com	
22405-161A Sat	18 & up 9:00am - 12:00pm \$9(R); \$12(NR)	1 class starts Dec 16

Mindful Nature Walk

Put your mind at ease! Spend time with us in nature for a mindful walk. Nature is a highway toward healing along with refreshment for your body, mind, and spirit. Take this opportunity for self-care with guided mindfulness activities to be enjoyed on one of our trails. Sign up today to de-stress and feel your best.

Mt. Rainier Nature and Rec Center mtrainiernaturecenter@pgparks.com		
22409-149A Wed	18 & up 9:30 - 11:00am Free	1 class starts Dec 6
22409-149B Wed	18 & up 9:30 - 11:00am Free	1 class starts Dec 13
22409-149C Wed	18 & up 9:30 - 11:00am Free	1 class starts Dec 20
22409-149D Wed	18 & up 9:30 - 11:00am Free	1 class starts Dec 27
22409-149E Wed	18 & up 9:30 - 11:00am Free	1 class starts Jan 3
22409-149F Wed	18 & up 9:30 - 11:00am Free	1 class starts Jan 10
22409-149G Wed	18 & up 9:30 - 11:00am Free	1 class starts Jan 17
22409-149H Wed	18 & up 9:30 - 11:00am Free	1 class starts Jan 24
22409-149I Wed	18 & up 9:30 - 11:00am Free	1 class starts Feb 7
22409-149J Wed	18 & up 9:30 - 11:00am Free	1 class starts Feb 14
22409-149K Wed	18 & up 9:30 - 11:00am Free	1 class starts Feb 21
22409-149L Wed	18 & up 9:30 - 11:00am Free	1 class starts Feb 28

Outdoor Adventures

An outing designed for active adults who want to test their skill levels. Fees may vary, depending upon trip requirements. Enjoy hiking, museums, art, fairs, carnivals, nature, and historic sites.

Mt. Rainier Nature and Rec Center mtrainiernaturecenter@pgparks.com		
22401-149A Sat	18 & up 8:00am - 6:00pm \$10(R); \$13(NR)	1 class starts Dec 16
22401-149B Sat	18 & up 8:00am - 6:00pm \$10(R); \$13(NR)	1 class starts Jan 20
22401-149C Sat	18 & up 8:00am - 6:00pm \$10(R); \$13(NR)	1 class starts Feb 17

MIXED AGES

Archery: Mixed Ages

You don't have to be a Katniss Everdeen of "The Hunger Games", Princess Merida of Disney's "Brave", or Robin Hood, the storybook legend, to handle a bow and arrow! Archery is one of the oldest sports in the world. You will learn the basics of this skill, as well as safety awareness. Build concentration, patience, and coordination while having fun.

Berwyn Heights Community Center berwynheightscc@pgparks.com		
22601-106A Fri	5 & up 5:00 - 7:00pm \$40(R); \$52(NR)	4 classes starts Dec 8
22601-106B Fri	5 & up 5:00 - 7:00pm \$40(R); \$52(NR)	4 classes starts Jan 5
22601-106C Fri	5 & up 5:00 - 7:00pm \$40(R); \$52(NR)	4 classes starts Feb 2
Deerfield Run Community Center deerfieldcc@pgparks.com		
22601-120A Sat	7 & up 1:00 - 2:00pm \$50(R); \$65(NR)	8 classes starts Jan 6

Bird Watching

Be as free as a bird as you look for new feathered friends. Explore our parks with your family looking for birds, as well as other creatures in the woods, fields, wetlands, and on themed hikes. Learn from a naturalist on how to find wildlife, to use binoculars, and how to be respectful to the park's native inhabitants. Sign up for this great activity to de-stress, to connect with others, to problem solve, and to get outside in nature.

Patuxent River Park	patuxentriverpark@pgparks.com	
22616-161A Sat	14 & up 8:00 - 11:00am Free	1 class starts Dec 9
22616-161B Sat	14 & up 8:00 - 11:00am Free	1 class starts Jan 13
22616-161C Sat	14 & up 8:00 - 11:00am Free	1 class starts Feb 10

Family Farm Tours

Enjoy a tour of Old Maryland Farm before the gates open! Learn about the animals at the farm, the day-to-day operations, and visit behind-the-scene areas.

Old Maryland Farm	oldmarylandfarm@pgparks.com	
22663-156A Sun	2 & up 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 3

Farm Education: Mixed Ages

Join us down on the farm for a fun and educational session on farm related topics. Learn about these various topics by participating in hands-on activities with a farmer. A different topic is covered in each session. Call for more information.

Old Maryland Farm	oldmarylandfarm@pgparks.com	
22625-156A Sun	7 & up 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 7

Fireside Folktales

What can we learn from our furry, feathered, and scaly friends? Animals have been the basis of myths and legends for centuries in many cultures. Come explore animal folklore from across the globe in the warm glow of a hearth. Enjoy seasonal refreshments. Meet some of the main characters from our stories as we discuss the histories and mysteries of animal tales. Register today to connect with others and nature in an imaginative, storied way.

Watkins Nature Center watkinsnaturecenter@pgparks.com		
22679-188A Sat	4 & up 5:30 - 6:30pm \$5(R); \$7(NR)	1 class starts Jan 20
22679-188B Sat	4 & up 5:30 - 6:30pm \$5(R); \$7(NR)	1 class starts Feb 17

Home-School Nature Club

Discover the greatness found in nature. Explore nature through engaging activities. Discover how technology can enhance nature study. Learn about conservation and the environment. Each class focuses on a different nature theme. Sign up for this fun way to make friends as you learn about the great outdoors.

Southern Reg Tec & Rec Complex techrec@pgparks.com		
22683-177A Wed	2 - 8yrs. 11:30am - 12:45pm \$6(R); \$8(NR)	1 class starts Dec 20
22683-177B Wed	2 - 8yrs. 11:30am - 12:45pm \$6(R); \$8(NR)	1 class starts Jan 24
22683-177C Wed	2 - 8yrs. 11:30am - 12:45pm \$6(R); \$8(NR)	1 class starts Feb 28

Live Animal Show

You don't need to be Dr. Dolittle to speak to the animals! Meet the nature center's live animals including reptiles, amphibians, and birds of prey! Interacting with animals can boost your mood and promote mental wellness. Learn more about them and their natural habitats. Our animal friends look forward to greeting you.

Clearwater Nature Center clearwaturnaturecenter@pgparks.com		
22610-114A Sat	2 & up 1:00 - 1:45pm \$3(R); \$4(NR)	1 class starts Dec 2
22610-114B Sat	2 & up 1:00 - 1:45pm \$3(R); \$4(NR)	1 class starts Jan 6
22610-114C Sat	2 & up 1:00 - 1:45pm \$3(R); \$4(NR)	1 class starts Feb 3
Mt. Rainier Nature and Rec Center mtrainiernaturecenter@pgparks.com		
22610-149A Sat	2 & up 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Dec 23
22610-149B Sat	2 & up 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Jan 27
22610-149C Sat	2 & up 11:00am - 12:00pm \$3(R); \$4(NR)	1 class starts Feb 24

Meet & Make

Meet a critter and get crafty! Kids will enjoy an up close visit with a nature center animal and learn what makes them special. Discover how each animal is unique. Use what you have learned to create a craft about that animal. This is a great way to understand conservation and nature. Sign up today and connect with other kids excited about critter crafting.

Watkins Nature Center watkinsnaturecenter@pgparks.com		
22674-188A Thu	3 - 7yrs. 10:00 - 10:45am \$4(R); \$6(NR)	1 class starts Dec 14
22674-188B Thu	3 - 7yrs. 10:00 - 10:45am \$4(R); \$6(NR)	1 class starts Jan 11
22674-188C Thu	3 - 7yrs. 10:00 - 10:45am \$4(R); \$6(NR)	1 class starts Feb 8



Native Plant Walk

Get back to nature! Explore beautiful native plants in the park on your walk with a naturalist! Improve your mood, boost your immune system, and lower your stress level! Reserve your spot to discover the ecological importance of insects, birds, and other animals.

Patuxent River Park	patuxentriverpark@pgparks.com	
22651-161A	12 & up	1 class
Sun	10:30am - 12:00pm	starts Feb 25
	\$5(R); \$7(NR)	

Nature Crafts

Go green with your creativity! Nature provides an abundance of materials and inspiration for making art. Participants will enjoy hands-on nature craft activities. Discover what you can design with the environment in mind.

Old Maryland Farm	oldmarylandfarm@pgparks.com	
22605-156C	2 - 10yrs.	1 class
Tue	11:00am - 12:00pm	starts Jan 30
	\$3(R); \$4(NR)	

Nature Discovery Walk

Enjoy a naturalist led walk along the scenic Anacostia River Trail.

Bladensburg Waterfront Park	bladensburgwp@pgparks.com	
22629-108A	All ages	1 class
Sun	11:00am - 12:00pm	starts Jan 7
	Free	
22629-108B	All ages	1 class
Sun	11:00am - 12:00pm	starts Jan 21
	Free	

Nature Education

Meet nature and your neighbors! Reserve your spot for fun and education all about nature. Get to know your community who has an interest in conservation. A different nature-related topic is covered each session. Learn how amazing nature is through participation in hands-on activities with a naturalist. Sign up today and grow to love the planet we call home.

Watkins Nature Center	watkinsnaturecenter@pgparks.com	
22678-188A	4 & up	1 class
Wed	1:00 - 2:00pm	starts Dec 27
	\$4(R); \$6(NR)	
22678-188B	6 & up	1 class
Sat	6:30 - 7:30pm	starts Jan 6
	\$5(R); \$7(NR)	
22678-188C	8 & up	1 class
Sat	6:30 - 7:30pm	starts Feb 10
	\$5(R); \$7(NR)	

Nature Journaling Workshop

What does nature have to say to you? Learn to observe and record changes in nature. Register today for hands-on, nature journaling activities to include drawing and writing. Nature provides the inspiration and journaling promotes creative expression to help you de-stress. Bring your own journal or use clipboard and paper we will provide. No experience required.

Mt. Rainier Nature and Rec Center	mtrainiernaturecenter@pgparks.com	
22680-149A	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Dec 12
	\$3(R); \$4(NR)	
22680-149B	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Dec 26
	\$3(R); \$4(NR)	
22680-149C	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Jan 9
	\$3(R); \$4(NR)	
22680-149D	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Jan 23
	\$3(R); \$4(NR)	
22680-149E	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Feb 6
	\$3(R); \$4(NR)	
22680-149F	6 - 13yrs.	1 class
Tue	2:30 - 4:00pm	starts Feb 20
	\$3(R); \$4(NR)	

Nature: Wild Reading

Make a love for reading seem like second nature! Give your child a jump start in literacy as they sit down to listen to a short story with a park naturalist. Kids and parents/guardians will explore the book topic through questions, creative crafts, and exploring nature. Additionally, a guided walk around the center to learn cool facts about our live animals is included. Sign up today to make reading and nature come to life.

Clearwater Nature Center	clearwaturnaturecenter@pgparks.com	
22656-114A	2 - 12yrs.	1 class
Thu	11:00am - 12:00pm	starts Dec 21
	\$3(R); \$4(NR)	
22656-114B	2 - 12yrs.	1 class
Thu	11:00am - 12:00pm	starts Jan 18
	\$3(R); \$4(NR)	
22656-114C	2 - 12yrs.	1 class
Thu	11:00am - 12:00pm	starts Feb 15
	\$3(R); \$4(NR)	

Science: Home-School, Nature Explorers

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme. Class meets once a month for 4 months.

Watkins Nature Center	watkinsnaturecenter@pgparks.com	
22607-188A	10 - 14yrs.	2 classes
Tue	2:30 - 4:00pm	starts Jan 9
	\$20(R); \$26(NR)	
22607-188B	10 - 14yrs.	2 classes
Tue	2:30 - 4:00pm	starts Feb 13
	\$20(R); \$26(NR)	

Science: Home-School, Nature Friends

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme.

Watkins Nature Center	watkinsnaturecenter@pgparks.com	
22614-188A	4 - 6yrs.	2 classes
Tue	10:00 - 11:00am	starts Jan 9
	\$20(R); \$26(NR)	
22614-188B	4 - 6yrs.	2 classes
Tue	10:00 - 11:00am	starts Feb 13
	\$20(R); \$26(NR)	

Science: Nature, Home-School, Mixed Ages

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities.

Clearwater Nature Center	clearwaturnaturecenter@pgparks.com	
22606-114A	6 - 14yrs.	1 class
Fri	1:00 - 2:30pm	starts Dec 1
	\$5(R); \$7(NR)	
22606-114B	6 - 14yrs.	1 class
Fri	1:00 - 2:30pm	starts Jan 5
	\$5(R); \$7(NR)	
22606-114C	6 - 14yrs.	1 class
Fri	1:00 - 2:30pm	starts Feb 2
	\$5(R); \$7(NR)	

Stargazing

Tour the universe above your head. Step outdoors for a unique opportunity to learn about celestial bodies. Find constellations. Listen to star stories. Connect with others who share your same interest. If you have stars in your eyes, register today for prime viewing of the skies.

Patuxent River Park	patuxentriverpark@pgparks.com	
22661-161A	5 & up	1 class
Thu	7:00 - 9:00pm	starts Jan 18
	\$6(R); \$8(NR)	

Timberdoodle Hike

Join a naturalist for a night hike to see the spectacular courtship display of the Timberdoodle, or American Woodcock. This mysterious bird reliably performs a spiraling flight display shortly after sunset. Walk to a pond and try to see beavers, owls, and other nocturnal animals.

Patuxent River Park	patuxentriverpark@pgparks.com	
22602-161B	6 & up	1 class
Thu	6:00 - 7:00pm	starts Feb 15
	\$3(R); \$4(NR)	

Youth Birding Club

Birds of a feather flock together! Join our club for youth who enjoy birds, hiking, and exploring the outdoors! Expand your skills using binoculars and a scope to learn how to recognize and to identify birds for the start of your bird sightings! You will be led by a naturalist, who is also a bird enthusiast, and meet special guests in the birding world. Dress for the weather and wear comfortable shoes.

Watkins Nature Center	watkinsnaturecenter@pgparks.com	
22650-188A	10 - 17yrs.	3 classes
Sat	9:30 - 11:00am	starts Dec 9
	Free	

Performing Arts

PRE-SCHOOLERS

Ballet and Jazz: Pre-Schoolers

This class incorporates the finesse of ballet with the excitement of jazz dance.

Bladensburg Community Center	bladensburgcc@pgparks.com	
23102-107A	3 - 5yrs.	8 classes
Wed	6:00 - 7:00pm	starts Dec 13
	\$50(R); \$65(NR)	
23102-107B	3 - 5yrs.	8 classes
Wed	6:00 - 7:00pm	starts Feb 14
	\$50(R); \$65(NR)	
Huntington Community Center	huntingtoncc@pgparks.com	
23102-135A	3 - 5yrs.	8 classes
Sat	10:00 - 10:45am	starts Jan 6
	\$50(R); \$65(NR)	
Southern Area Aquatics Rec Complex	saarc@pgparks.com	
23102-175A	3 - 5yrs.	8 classes
Tue	5:00 - 5:45pm	starts Jan 9
	\$48(R); \$63(NR)	

Ballet and Tap: Pre-Schoolers

Watching your child dance, now that's pure happiness! Introduce your little one to basic ballet positions as a warm-up to tap dance steps! Give them a leg up on brain focus, balance, agility, good posture, and great self-esteem! They'll gain all these benefits while building strong social skills too in our exciting class. Ballet and tap shoes are needed!

Good Luck Community Center	goodluckcc@pgparks.com	
23103-129AA	3 - 5yrs.	8 classes
Sat	9:00 - 10:30am	starts Jan 6
	\$60(R); \$78(NR)	

Ballet, Jazz and Hip-Hop: Pre-Schoolers

Is your child continually dancing around the house? Channel their energy while releasing his or her rhythm in a fun way to get exercise, active, and healthy. Through our class, your child will learn positions and movements common to ballet, jazz, and hip-hop. Dancing will bring out feelings of joy in your child while they develop memory, judgment, and reasoning skills through this artistic expression.

Glenarden Community Center glenardenc@pgparks.com		
23104-126A Sat	3 - 5yrs. 9:15 - 10:15am \$60(R); \$78(NR)	8 classes starts Jan 6
Glenn Dale Community Ctr. glenndalecc@pgparks.com		
23104-127A 6 classes	3 - 5yrs.	
Sat	11:00am - 12:00pm \$35(R); \$46(NR)	starts Jan 13

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 child will grow socially as they make friends with other little dancers.

College Park Community Center collegeparkcc@pgparks.com		
23107-116C Sat	3 - 5yrs. 10:45 - 11:45am \$35(R); \$46(NR)	6 classes starts Jan 6
23107-116D Wed	3 - 5yrs. 5:15 - 6:15pm \$35(R); \$46(NR)	6 classes starts Jan 10
Peppermill Community Center peppermilcc@pgparks.com		
23107-162A Thu	4 - 5yrs. 4:00 - 4:45pm \$50(R); \$65(NR)	6 classes starts Dec 7
23107-162B Thu	3 - 4yrs. 4:00 - 4:45pm \$50(R); \$65(NR)	6 classes starts Jan 18
Southern Reg Tec & Rec Complex techrec@pgparks.com		
23107-177A Tue	4 - 5yrs. 6:00 - 6:45pm \$42(R); \$55(NR)	6 classes starts Dec 5
23107-177B Tue	4 - 5yrs. 6:00 - 6:45pm \$42(R); \$55(NR)	6 classes starts Jan 23

Creative Movement

Learn dance movements to develop gross motor skills.

Bowie Community Center bowiecc@pgparks.com		
23108-109B Wed	3 - 5yrs. 3:00 - 3:45pm \$50(R); \$65(NR)	8 classes starts Jan 3
23108-109A Sat	3 - 5yrs. 9:00 - 9:45am \$50(R); \$65(NR)	8 classes starts Jan 6
Kentland Community Center kentlandcc@pgparks.com		
23108-140A Mon-Thu	3 - 5yrs. 1:00 - 2:00pm \$50(R); \$65(NR)	4 classes starts Dec 11

CHILDREN

Ballet and Jazz: Children

This class incorporates the finesse of ballet with the excitement of jazz dance.

Bladensburg Community Center bladensburgcc@pgparks.com		
23203-107A Wed	6 - 12yrs. 7:15 - 8:30pm \$50(R); \$65(NR)	8 classes starts Dec 13
23203-107B Wed	6 - 12yrs. 7:15 - 8:30pm \$50(R); \$65(NR)	8 classes starts Feb 14
Huntington Community Center huntingtoncc@pgparks.com		
23203-135A Sat	6 - 9yrs. 11:00 - 11:45am \$50(R); \$65(NR)	8 classes starts Jan 6
23203-135B Sat	6 - 12yrs. 12:00 - 12:45pm \$50(R); \$65(NR)	8 classes starts Jan 6
Southern Area Aquatics Rec Complex saarc@pgparks.com		
23203-175A Tue	6 - 9yrs. 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Jan 9

Ballet and Tap: Children, Beginner

Get a pair of happy feet with a course designed to get your kiddies experiencing the magic of dance! In our class, your child will learn basic ballet positions and tap steps. Ballet and tap dance build strong flexibility, improve brain power for better grades, and are mood boosters. Get your kids expressing themselves through dance! Ballet and tap shoes are needed.

Langley Park Community Center langleyparkcc@pgparks.com		
23204-143A Wed, Fri	7 - 12yrs. 5:15 - 6:30pm \$118(R); \$154(NR)	22 classes starts Dec 6

Ballet, Jazz and Hip-Hop: Children

Is your child always copying dance moves they see on TV? They can start dancing like the stars in our electrifyingly, fun class that will keep them active and fit at the same time. They will learn positions and movements common to ballet, jazz, and hip-hop. They will develop stronger muscles, more focused brain power for better grades, flexibility, self-confidence, and a cool group of new friends.

Fort Washington Forest Comm Center fortwashingtoncc@pgparks.com		
23205-124A Sat	7 - 12yrs. 10:30 - 11:30am \$49(R); \$64(NR)	6 classes starts Dec 9
23205-124B Sat	7 - 12yrs. 10:30 - 11:30am \$41(R); \$54(NR)	5 classes starts Jan 27
Glenarden Community Center glenardenc@pgparks.com		
23205-126A Sat	6 - 8yrs. 10:30 - 11:30am \$60(R); \$78(NR)	8 classes starts Jan 6
23205-126B Tue, Wed	6 - 8yrs. 6:00 - 7:00pm \$60(R); \$78(NR)	8 classes starts Jan 9
23205-126C Tue, Wed	6 - 8yrs. 6:00 - 7:00pm \$60(R); \$78(NR)	8 classes starts Feb 6

Ballet, Tap and Jazz: Children

This class gives students a firm foundation in ballet, tap, and jazz dance in a positive atmosphere. Emphasis on proper execution, technique, body placement and dance vocabulary.

Good Luck Community Center goodluckcc@pgparks.com		
23206-129A Thu	6 - 8yrs. 6:00 - 9:00pm \$100(R); \$130(NR)	8 classes starts Jan 11

Ballet: Children

Can you tell a story through dance? Do you want to share how you feel through dance? Our ballet class will show you how to do these things through the training of basic ballet skills, positions, plies, and creative movement. Improve brain power, good posture, strong muscles, and have loads of fun building friendships with other kids who love to dance.

Bowie Community Center bowiecc@pgparks.com		
23210-109D Wed	8 - 12yrs. 5:00 - 6:00pm \$55(R); \$72(NR)	8 classes starts Jan 3
23210-109B Sat	8 - 12yrs. 11:00am - 12:00pm \$55(R); \$72(NR)	8 classes starts Jan 6
College Park Community Center collegeparkcc@pgparks.com		
23210-116C Sat	6 - 9yrs. 9:30 - 10:30am \$35(R); \$46(NR)	6 classes starts Jan 6
23210-116D Wed	6 - 9yrs. 6:30 - 7:30pm \$35(R); \$46(NR)	6 classes starts Jan 10
Peppermill Community Center peppermilcc@pgparks.com		
23210-162A Thu	6 - 12yrs. 6:00 - 7:00pm \$50(R); \$65(NR)	6 classes starts Dec 7
23210-162B Thu	6 - 12yrs. 6:00 - 7:00pm \$50(R); \$65(NR)	6 classes starts Jan 18

Hip-Hop: Children, Beginner

Dance your socks off! Not really, but we’ll teach you hip-hop dance techniques and choreography that will set your dance floor on fire! Groove to the latest, age-appropriate songs while you gain stronger muscles, make friends, get mentally strong, and build self-esteem. Stay on top of the dance trends by signing up today!

Glenn Dale Community Ctr. glenndalecc@pgparks.com		
23201-127AA Sat	6 - 12yrs. 12:00 - 1:00pm \$35(R); \$46(NR)	6 classes starts Jan 13

Modern Dance: Children

Learn basic modern dance techniques.

Bowie Community Center bowiecc@pgparks.com	
23224-109A Mon	7 - 11yrs. 6:30 - 7:30pm \$75(R); \$98(NR)

Piano Keyboard: Beginner

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.

Berwyn Heights Community Center berwynheightscc@pgparks.com		
23212-106A Sat	6 - 12yrs. 1:00 - 1:45pm \$60(R); \$78(NR)	5 classes starts Dec 2
23212-106D Sat	6 - 12yrs. 10:00 - 10:45am \$60(R); \$78(NR)	4 classes starts Jan 6
23212-106E Sat	6 - 12yrs. 11:30am - 12:15pm \$60(R); \$78(NR)	4 classes starts Jan 6
23212-106B Sat	6 - 12yrs. 1:00 - 1:45pm \$60(R); \$78(NR)	4 classes starts Jan 6
23212-106F Sat	6 - 12yrs. 10:00 - 10:45am \$60(R); \$78(NR)	4 classes starts Feb 3
23212-106G Sat	6 - 12yrs. 11:30am - 12:15pm \$60(R); \$78(NR)	4 classes starts Feb 3
23212-106C Sat	6 - 12yrs. 1:00 - 1:45pm \$60(R); \$78(NR)	4 classes starts Feb 3
Glenn Dale Community Ctr. glenndalecc@pgparks.com		
23212-127A Tue	6 - 12yrs. 4:00 - 4:45pm \$50(R); \$65(NR)	6 classes starts Jan 9
23212-127B Tue	6 - 12yrs. 5:00 - 5:45pm \$50(R); \$65(NR)	6 classes starts Jan 9

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.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
23214-175A Sat	6 - 8yrs. 8:15 - 9:15am \$48(R); \$63(NR)	8 classes starts Jan 6
23214-175B Sat	9 - 12yrs. 9:30 - 10:30am \$48(R); \$63(NR)	8 classes starts Jan 6

TEENS

Hip-Hop: Jazz Funk, Teens

This dance form was brought about by the popularization and commercial influence of the Hip Hop dance. Jazz Funk, also called Street Jazz, borrows a lot of movement from other dance styles...Jazz Funk is a dance style of the body and mind.

Bladensburg Community Center bladensburgcc@pgparks.com		
23305-107A Sat	13 - 17yrs. 11:15am - 1:15pm \$60(R); \$78(NR)	8 classes starts Dec 9
23305-107B Sat	13 - 17yrs. 11:15am - 1:15pm \$60(R); \$78(NR)	8 classes starts Feb 10

Piano: Teens

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.

Southern Area Aquatics Rec Complex saarc@pgparks.com		
23306-175A Sat	13 - 17yrs. 10:45 - 11:45am \$48(R); \$63(NR)	8 classes starts Jan 6

ADULTS

Belly Dancing: Adults, Beginner

Your hips don't lie! Enjoy the ancient and exotic moves of belly dancing. Learn beginner steps and get a whole body workout too. Make friends and boost your self-confidence. Sign up today to release your inhibitions and have fun with fitness.

Harmony Hall Arts Center
harmonyhallarts@pgparks.com

23404-103A	18 & up	10 classes
Sat	10:30am - 12:00pm	starts Jan 13
	\$60(R); \$78(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.

Hillcrest Heights Community Center
hillcrestheightscc@pgparks.com

23406-134A	18 & up	10 classes
Sat	1:00 - 2:00pm	starts Dec 2
	\$70(R); \$91(NR)	

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.

Fort Washington Forest Comm Center
fortwashingtoncc@pgparks.com

23402-124A	18 & up	6 classes
Wed	12:00 - 1:30pm	starts Jan 3
	\$21(R); \$28(NR)	

John E. Howard Community Center
johnehowardcc@pgparks.com

23402-138A	18 & up	3 classes
Mon	6:30 - 7:30pm	starts Dec 4
	\$22(R); \$29(NR)	

23402-138B	18 & up	4 classes
Mon	6:30 - 7:30pm	starts Jan 8
	\$28(R); \$37(NR)	

23402-138C	18 & up	4 classes
Mon	6:30 - 7:30pm	starts Feb 5
	\$28(R); \$37(NR)	

South Bowie Community Center
southbowiecc@pgparks.com

23402-174B	18 & up	8 classes
Mon	6:00 - 7:30pm	starts Jan 8
	\$50(R); \$65(NR)	

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.

Cedar Heights Community Center
cedarheightscc@pgparks.com

23401-112A	21 & up	6 classes
Wed	12:00 - 1:00pm	starts Dec 6
	\$35(R); \$46(NR)	

23401-112B	21 & up	6 classes
Wed	12:00 - 1:00pm	starts Jan 24
	\$35(R); \$46(NR)	

Glenn Dale Community Ctr.
glenndalecc@pgparks.com

23401-127A	21 & up	6 classes
Thu	7:00 - 8:30pm	starts Jan 11
	\$30(R); \$39(NR)	

Harmony Hall Regional Center
harmonyhallrc@pgparks.com

23401-132A	21 & up	10 classes
Mon	6:30 - 7:30pm	starts Jan 8
	\$77(R); \$101(NR)	

Hillcrest Heights Community Center
hillcrestheightscc@pgparks.com

23401-134A	18 & up	10 classes
Sat	11:00am - 12:00pm	starts Dec 2
	\$70(R); \$91(NR)	

Largo/Kettering/Perrywood Comm. Ctr.
largoetteringperrywoodcc@pgparks.com

23401-145A	18 & up	8 classes
Tue	7:00 - 8:00pm	starts Jan 9
	\$50(R); \$65(NR)	

North Forestville Community Center
northforestvillecc@pgparks.com

23401-153A	18 & up	6 classes
Mon	6:30 - 8:00pm	starts Dec 4
	\$36(R); \$47(NR)	

23401-153B	18 & up	6 classes
Mon	6:30 - 8:00pm	starts Jan 22
	\$36(R); \$47(NR)	

Oakcrest Community Center
oakcrestcc@pgparks.com

23401-155A	18 & up	4 classes
Sat	12:00 - 3:00pm	starts Dec 2
	\$40(R); \$52(NR)	

23401-155B	18 & up	4 classes
Sat	12:00 - 3:00pm	starts Jan 6
	\$40(R); \$52(NR)	

23401-155C	18 & up	4 classes
Sat	12:00 - 3:00pm	starts Feb 3
	\$40(R); \$52(NR)	

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

Cedar Heights Community Center
cedarheightscc@pgparks.com

23413-112A	18 & up	6 classes
Sat	12:00 - 1:00pm	starts Dec 2
	\$35(R); \$46(NR)	

23413-112B	18 & up	6 classes
Sat	12:00 - 1:00pm	starts Jan 20
	\$35(R); \$46(NR)	

Line Dance: Adults, 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!

Cedar Heights Community Center
cedarheightscc@pgparks.com

23407-112A	18 & up	6 classes
Sat	10:00 - 11:00am	starts Dec 2
	\$35(R); \$46(NR)	

23407-112C	18 & up	6 classes
Tue	9:15 - 10:15am	starts Dec 5
	\$35(R); \$46(NR)	

23407-112E	18 & up	6 classes
Thu	10:00 - 11:00am	starts Dec 7
	\$35(R); \$46(NR)	

23407-112B	18 & up	6 classes
Sat	10:00 - 11:00am	starts Jan 20
	\$35(R); \$46(NR)	

23407-112D	18 & up	6 classes
Tue	9:15 - 10:15am	starts Jan 23
	\$35(R); \$46(NR)	

23407-112G	18 & up	6 classes
Thu	10:00 - 11:00am	starts Jan 25
	\$35(R); \$46(NR)	

Deerfield Run Community Center
deerfieldcc@pgparks.com

23407-120A	18 & up	6 classes
Mon	7:00 - 8:00pm	starts Dec 4
	\$50(R); \$65(NR)	

23407-120B	18 & up	6 classes
Mon	7:00 - 8:00pm	starts Feb 5
	\$50(R); \$65(NR)	

Glenn Dale Community Ctr.
glenndalecc@pgparks.com

23407-127AA	18 & up	12 classes
Mon, Wed	6:30 - 8:00pm	starts Jan 8
	\$30(R); \$39(NR)	

23407-127B	18 & up	6 classes
Tue	10:00 - 11:30am	starts Jan 9
	\$25(R); \$33(NR)	

Good Luck Community Center
goodluckcc@pgparks.com

23407-129AA	18 & up	8 classes
Wed	6:00 - 8:00pm	starts Dec 6
	\$45(R); \$59(NR)	

Harmony Hall Regional Center
harmonyhallrc@pgparks.com

23407-132A	18 & up	8 classes
Mon	6:30 - 8:00pm	starts Dec 4
	\$50(R); \$65(NR)	

23407-132B	18 & up	5 classes
Mon	6:30 - 8:00pm	starts Jan 29
	\$42(R); \$55(NR)	

Huntington Community Center
huntingtoncc@pgparks.com

23407-135A	18 & up	8 classes
Mon	1:00 - 2:30pm	starts Jan 8
	\$40(R); \$52(NR)	

Largo/Kettering/Perrywood Comm. Ctr.
largoetteringperrywoodcc@pgparks.com

23407-145A	18 & up	8 classes
Thu	7:00 - 8:00pm	starts Jan 11
	\$50(R); \$65(NR)	

Patuxent Community Center
patuxentcc@pgparks.com

23407-160A	18 & up	6 classes
Tue	6:30 - 8:00pm	starts Dec 5
	\$39(R); \$51(NR)	

23407-160B	18 & up	6 classes
Tue	6:30 - 8:00pm	starts Jan 23
	\$39(R); \$51(NR)	

Line Dance: Adults, Intermediate

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you'll make through this course. Practice makes perfect!

Cedar Heights Community Center
cedarheightscc@pgparks.com

23408-112A	18 & up	6 classes
Fri	10:00 - 11:00am	starts Dec 1
	\$35(R); \$46(NR)	

23408-112C	18 & up	6 classes
Sat	12:00 - 1:00pm	starts Dec 2
	\$35(R); \$46(NR)	

23408-112E	18 & up	6 classes
Wed	6:00 - 7:30pm	starts Dec 6
	\$35(R); \$46(NR)	

23408-112B	18 & up	6 classes
Fri	10:00 - 11:00am	starts Jan 19
	\$35(R); \$46(NR)	

23408-112D	18 & up	6 classes
Sat	12:00 - 1:00pm	starts Jan 20
	\$35(R); \$46(NR)	

23408-112F	18 & up	6 classes
Wed	6:00 - 7:30pm	starts Jan 24
	\$35(R); \$46(NR)	

Modern Dance: Adults

Students will learn the proper form and technique of modern dance. Please wear tights, leotards, or comfortable clothes to participate.

Palmer Park Community Center
palmerparkcc@pgparks.com

23420-157A	18 - 59yrs.	4 classes
Tue	7:00 - 8:00pm	starts Dec 5
	\$20(R); \$26(NR)	

23420-157B	18 - 59yrs.	4 classes
Tue	7:00 - 8:00pm	starts Jan 9
	\$20(R); \$26(NR)	

23420-157C	18 - 59yrs.	4 classes
Tue	7:00 - 8:00pm	starts Feb 6
	\$20(R); \$26(NR)	

Skate, Walk, and Cha Cha

Discover the joy of dancing! Lift your mood and de-stress your day with this uplifting class! Learn classic dances such as the Skate, Walk, and Cha-Cha. No dance partner needed. These old school favorites will keep you actively moving to the beat instead of sitting down and tapping your feet. Sign up today and dance your heart out!

Hillcrest Heights Community Center
hillcrestheightscc@pgparks.com

23422-134A	18 & up	10 classes
Sat	2:00 - 3:00pm	starts Dec 2
	\$70(R); \$91(NR)	

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.

Lake Arbor Community Ctr.
lakearborcc@pgparks.com

23510-141A	60 & up	6 classes
Mon	10:00 - 11:30am	starts Dec 4
	\$55(R); \$72(NR)	

23510-141AA	60 & up	6 classes
Mon	11:30am - 12:30pm	starts Dec 4
	\$50(R); \$65(NR)	

23510-141B	60 & up	6 classes
Mon	10:00 - 11:30am	starts Jan 29
	\$55(R); \$72(NR)	

23510-141AB	60 & up	6 classes
Mon	11:30am - 12:30pm	starts Jan 29
	\$50(R); \$65(NR)	



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!

Bladensburg Community Center bladensburgcc@pgparks.com		
23501-107A Fri	60 & up 10:00 - 11:00am \$27(R); \$36(NR)	4 classes starts Dec 29
23501-107B Fri	60 & up 10:00 - 11:00am \$27(R); \$36(NR)	4 classes starts Feb 2
Bowie Community Center bowiecc@pgparks.com		
23501-109A Thu	60 & up 11:00am - 12:00pm \$36(R); \$47(NR)	6 classes starts Dec 7
23501-109B Thu	60 & up 11:00am - 12:00pm \$36(R); \$47(NR)	6 classes starts Jan 25
Camp Springs Senior Activity Center campspringsseniors@pgparks.com		
23501-111D Sat	60 & up 9:15 - 11:15am \$15(R); \$20(NR)	4 classes starts Dec 2
23501-111A Wed	60 & up 9:30 - 11:30am \$15(R); \$20(NR)	4 classes starts Dec 6
23501-111E Sat	60 & up 9:15 - 11:15am \$15(R); \$20(NR)	4 classes starts Jan 6
23501-111B Wed	60 & up 9:30 - 11:30am \$15(R); \$20(NR)	4 classes starts Jan 10
23501-111F Sat	60 & up 9:15 - 11:15am \$15(R); \$20(NR)	4 classes starts Feb 3
23501-111C Wed	60 & up 9:30 - 11:30am \$15(R); \$20(NR)	4 classes starts Feb 7
Cedar Heights Community Center cedarheightscc@pgparks.com		
23501-112C Mon	60 & up 9:15 - 10:15am \$35(R); \$46(NR)	6 classes starts Dec 4
23501-112A Wed	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Dec 6
23501-112D Mon	60 & up 9:15 - 10:15am \$35(R); \$46(NR)	6 classes starts Jan 22
23501-112B Wed	60 & up 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Jan 24
Fort Washington Forest Comm Center fortwashingtoncc@pgparks.com		
23501-124A Tue	60 & up 11:00am - 12:30pm \$20(R); \$26(NR)	6 classes starts Dec 5
23501-124B Tue	60 & up 11:00am - 12:30pm \$20(R); \$26(NR)	6 classes starts Jan 23

John E. Howard Senior Activity Center johnhowardseniors@pgparks.com		
23501-139A Wed	60 & up 9:30 - 10:30am \$10(R); \$13(NR)	4 classes starts Dec 6
23501-139B Wed	60 & up 9:30 - 10:30am \$10(R); \$13(NR)	4 classes starts Jan 3
23501-139C Wed	60 & up 9:30 - 10:30am \$10(R); \$13(NR)	4 classes starts Feb 7
Southern Reg Tec & Rec Complex techrec@pgparks.com		
23501-177A Mon	60 & up 10:30am - 12:00pm \$36(R); \$47(NR)	6 classes starts Dec 11
23501-177B Mon	60 & up 10:30am - 12:00pm \$36(R); \$47(NR)	6 classes starts Jan 22
Suitland Community Center suitlandcc@pgparks.com		
23501-181A Tue	60 & up 12:30 - 2:00pm \$18(R); \$24(NR)	6 classes starts Dec 12
23501-181B Tue	60 & up 12:30 - 2:00pm \$18(R); \$24(NR)	6 classes starts Jan 23

Line Dance: Seniors, Intermediate

Keep a spring in your step! Learn the newest line dances and techniques in this basic class. Medical research states that frequent dancing offers protection from various forms of dementia, in addition to improved balance, self-confidence, and burned calories. Step in the right direction toward a healthy lifestyle!

Bladensburg Community Center bladensburgcc@pgparks.com		
23508-107A Fri	60 & up 11:00am - 12:00pm \$27(R); \$36(NR)	4 classes starts Dec 29
23508-107B Fri	60 & up 11:00am - 12:00pm \$27(R); \$36(NR)	4 classes starts Feb 2
Bowie Community Center bowiecc@pgparks.com		
23508-109A Thu	60 & up 12:00 - 1:00pm \$36(R); \$47(NR)	6 classes starts Dec 7
23508-109B Thu	60 & up 12:00 - 1:00pm \$36(R); \$47(NR)	6 classes starts Jan 25
John E. Howard Senior Activity Center johnhowardseniors@pgparks.com		
23508-139A Tue	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Dec 5
23508-139B Tue	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Jan 2
23508-139C Tue	60 & up 9:30 - 10:30am \$20(R); \$26(NR)	4 classes starts Feb 6

MIXED AGES

African Dance: Mixed Ages

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

Fort Washington Forest Comm Center fortwashingtoncc@pgparks.com		
23634-124A Thu	5 & up 6:30 - 7:30pm \$42(R); \$55(NR)	6 classes starts Dec 7
23634-124B Thu	5 & up 6:30 - 7:30pm \$42(R); \$55(NR)	6 classes starts Jan 25

Ballet and Tap: Mixed Ages

Do you think dancing is “tutu” much? Discover the secret that football players and non-athletes have learned as you dance away your fears to better health in our introduction class of basic ballet positions, and tap dance steps. You’ll build self-confidence, strength, better posture, flexibility, and so much more. Ballet and tap shoes are needed.

Langley Park Community Center langleyparkcc@pgparks.com		
23603-143B Wed, Fri	4 - 6yrs. 4:00 - 4:45pm \$118(R); \$154(NR)	21 classes starts Dec 6

Ballet, Tap and Jazz: Mixed Ages

This class gives students a firm foundation in ballet, tap, and jazz dance in a positive atmosphere. Emphasis on proper execution, technique, body placement and dance vocabulary.

Good Luck Community Center goodluckcc@pgparks.com		
23604-129CC Sat	5 - 6yrs. 10:30am - 12:30pm \$100(R); \$130(NR)	8 classes starts Jan 6
23604-129AA Tue	9 - 13yrs. 6:00 - 9:00pm \$100(R); \$130(NR)	8 classes starts Jan 9

Band Dance: Mixed Ages

A unique style of dance composed of high-energy routines. Learn to entertain audiences with performance qualities of technique, tricks, and skills that boost your confidence, develop an attitude that is unforgettable! Leave it on the floor and let’s dance!

Good Luck Community Center goodluckcc@pgparks.com		
23629-129A Sat, Sun	10 - 17yrs. 1:00 - 3:00pm \$90(R); \$117(NR)	15 classes starts Jan 6

Dance: Mixed Ages

Did you know dancing is art and poetry in motion? Move into a masterpiece! You’ll learn the techniques and foundations of various dances. Improve your self-confidence, social skills, and lift your mood. Try this class and move your way into shape!

College Park Community Center collegeparkcc@pgparks.com		
23612-116A Sat	6 - 13yrs. 12:00 - 1:00pm \$35(R); \$46(NR)	6 classes starts Jan 6
Kentland Community Center kentlandcc@pgparks.com		
23612-140D Sat	13 & up 9:00am - 2:00pm \$50(R); \$65(NR)	1 class starts Feb 24



Guitar: Mixed Ages, Beginner

Want to be a real guitar hero? Guitar lessons build memory, creativity, discipline, self-esteem and so much more. Bring your guitar and learn fingering, chords, simple scales, and songs. Release your inner musician!

Lake Arbor Community Ctr.	lakearborcc@pgparks.com	
23619-141A Mon	5 & up 6:30 - 7:30pm \$49(R); \$64(NR)	3 classes starts Dec 4
23619-141B Mon	5 & up 6:30 - 7:30pm \$65(R); \$85(NR)	4 classes starts Jan 8
23619-141C Mon	5 & up 6:30 - 7:30pm \$65(R); \$85(NR)	4 classes starts Feb 5

Largo/Kettering/Perrywood Comm. Ctr.	largoketteringperrywoodcc@pgparks.com	
23619-145A Sat	6 & up 9:15 - 10:00am \$66(R); \$86(NR)	8 classes starts Jan 6

South Bowie Community Center	southbowiecc@pgparks.com	
23619-174D Sat	6 & up 9:45 - 10:30am \$50(R); \$65(NR)	8 classes starts Jan 6

Guitar: Mixed Ages, Intermediate

The next level from the beginning course. Students will work more on their technique.

Lake Arbor Community Ctr.	lakearborcc@pgparks.com	
23620-141A Wed	5 & up 6:30 - 7:30pm \$65(R); \$85(NR)	4 classes starts Dec 6
23620-141B Wed	5 & up 6:30 - 7:30pm \$65(R); \$85(NR)	4 classes starts Jan 3
23620-141C Wed	5 & up 6:30 - 7:30pm \$65(R); \$85(NR)	4 classes starts Feb 7

Hand Dance: Intermediate

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

Harmony Hall Regional Center	harmonyhallrc@pgparks.com	
23621-132A Mon	21 & up 7:30 - 8:30pm \$77(R); \$101(NR)	10 classes starts Jan 8
Hillcrest Heights Community Center	hillcrestheightscc@pgparks.com	
23621-134A Sat	18 & up 12:00 - 1:00pm \$70(R); \$91(NR)	10 classes starts Dec 2

Hip-Hop: Mixed Ages, Beginner

Get your kid up and dancing! Hip-hop dance is an aerobic way for children to get healthy while developing memory, judgment, and reasoning skills. This is an art form which builds hip-hop dance techniques and self-confidence the fun way. Sign up and get in on the action!

College Park Community Center	collegeparkcc@pgparks.com	
23601-116C Sat	6 - 13yrs. 10:00 - 11:00am \$35(R); \$46(NR)	6 classes starts Jan 6
23601-116D Sat	6 - 13yrs. 11:30am - 12:30pm \$35(R); \$46(NR)	6 classes starts Jan 6
Peppermill Community Center	peppermillcc@pgparks.com	
23601-162A Thu	6 - 15yrs. 7:00 - 8:00pm \$50(R); \$65(NR)	6 classes starts Dec 7
23601-162B Thu	6 - 15yrs. 7:00 - 8:00pm \$50(R); \$65(NR)	6 classes starts Jan 18

Line Dance: Freestyle

Let your creativity loose on the dance floor! Learn all the latest freestyle dances suitable for beginners and seasoned line dancers. Enjoy the benefits of boosted memory capacity, improved coordination, increased mobility, and more. Sign up for this great way to exercise, socialize, and energize yourself.

Baden Community Center	badencc@pgparks.com	
23624-104A Thu	13 & up 7:00 - 8:00pm \$42(R); \$55(NR)	6 classes starts Dec 7
23624-104B Thu	13 & up 7:00 - 8:00pm \$42(R); \$55(NR)	6 classes starts Jan 25

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!

Glenn Dale Community Ctr.	glenndalecc@pgparks.com	
23645-127A Tue	18 & up 9:00 - 10:00am \$25(R); \$33(NR)	6 classes starts Jan 9

Southern Area Aquatics Rec Complex	saarc@pgparks.com	
23645-175A Sun	18 & up 2:00 - 3:30pm \$16(R); \$21(NR)	2 classes starts Dec 3
23645-175B Sun	18 & up 2:00 - 3:30pm \$32(R); \$42(NR)	4 classes starts Jan 7
23645-175C Sun	18 & up 2:00 - 3:30pm \$32(R); \$42(NR)	4 classes starts Feb 4

Line Dance: Mixed Ages, Intermediate

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you'll make through this course. Practice makes perfect!

Indian Queen Recreation Center	harmonyhallrc@pgparks.com	
23646-136A Tue	13 & up 7:00 - 8:30pm \$46(R); \$60(NR)	6 classes starts Dec 5
23646-136B Tue	13 & up 7:00 - 8:30pm \$46(R); \$60(NR)	6 classes starts Jan 23

Line Dance: Mixed Ages, Mixed Levels

Ready for high energy fun? Join beginner and intermediate line dance learners for an exciting class of rhythmic activity. From simple to more complex moves, line dancing can have country, international, or urban origins. Put your own fresh spin on what you already know or have learned in class. Sign up now to lift your mood and heart rate through this joy-filled form of dance.

Potomac Landing Community Center	potomaclandingcc@pgparks.com	
23639-165A Sat	13 & up 12:00 - 1:30pm \$42(R); \$55(NR)	6 classes starts Dec 2
23639-165B Sat	13 & up 12:00 - 1:30pm \$42(R); \$55(NR)	6 classes starts Jan 20

Modern Dance, Mixed Ages

Students will learn the proper form and technique of modern dance.

Bowie Community Center	bowiecc@pgparks.com	
23664-109A Tue, Thu	12 - 17yrs. 6:30 - 7:30pm \$75(R); \$98(NR)	10 classes starts Dec 12
23664-109B Tue, Thu	12 - 17yrs. 6:30 - 7:30pm \$75(R); \$98(NR)	10 classes starts Jan 23

Piano Keyboard: Mixed Ages, Advanced

Let's continue to make music together! Advance in learning the basics of music including keyboard harmony. Develop skills through scales, chords, and technical studies of this well-loved instrument. Start your mastery of the 88 piano keys today!

Glenn Dale Community Ctr.	glenndalecc@pgparks.com	
23648-127AA Tue	6 - 13yrs. 6:00 - 6:45pm \$50(R); \$65(NR)	6 classes starts Jan 9

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.

Southern Area Aquatics Rec Complex	saarc@pgparks.com	
23616-175B Sat	18 & up 12:00 - 1:00pm \$48(R); \$63(NR)	8 classes starts Jan 6

Pre-Ballet

Dreaming of dancing? Your child will enter the graceful world of ballet as they learn creative movement and rhythm. Little ones will develop skills in listening, coordination, and muscle control while increasing their overall body awareness. What an exciting way for children to build their self-confidence also as they move to the music. Don't let your child miss the opportunity to release the twinkle in their toes!

Bowie Community Center	bowiecc@pgparks.com	
23617-109C Wed	5 - 7yrs. 4:00 - 5:00pm \$55(R); \$72(NR)	8 classes starts Jan 3
23617-109A Sat	5 - 7yrs. 10:00 - 11:00am \$55(R); \$72(NR)	8 classes starts Jan 6
23617-109B Sat	5 - 7yrs. 12:15 - 1:15pm \$55(R); \$72(NR)	8 classes starts Jan 6

Theatre Skills Workshop

Steal the spotlight! Discover the excitement of live theatre. Acquire skill in how to stage a play including acting, stage and costume design, and stage presence. Sign up today to build self-confidence and a network of friends as you prepare for a production to show an audience. At the end of our workshop, we will present our play to family and friends.

Huntington Community Center	huntingtoncc@pgparks.com	
23626-135A Wed	9 - 15yrs. 6:00 - 8:00pm \$50(R); \$65(NR)	8 classes starts Jan 10

Southern Area Aquatics Rec Complex	saarc@pgparks.com	
23626-175A Tue	8 - 15yrs. 7:00 - 8:30pm \$50(R); \$65(NR)	8 classes starts Jan 9

Theatre: Home-School

Get in on the act and explore the high energy of the dramatic arts. Gain an enriching experience with other home-schoolers as you learn the basics of theatre production. Discover what it takes to bring an idea for a play to life on stage and behind the curtains. Grow in your self-confidence and develop in your skills for public or private performances. You will be a hard act to follow when you learn theatre.

Huntington Community Center	huntingtoncc@pgparks.com	
23628-135A Tue	8 - 14yrs. 11:00am - 12:30pm \$50(R); \$65(NR)	8 classes starts Jan 9

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.

College Park Community Center collegeparkccc@pgparks.com		
27114-116C Sat	3 - 5yrs. 10:30 - 11:15am \$35(R); \$46(NR)	6 classes starts Jan 6
Hillcrest Heights Community Center hillcrestheightsccc@pgparks.com		
27114-134A Tue	3 - 5yrs. 6:30 - 7:15pm \$36(R); \$47(NR)	6 classes starts Dec 12
27114-134B Tue	3 - 5yrs. 6:30 - 7:15pm \$36(R); \$47(NR)	6 classes starts Jan 23
Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodccc@pgparks.com		
27114-145AA Sat	3 - 4yrs. 9:15 - 10:15am \$50(R); \$65(NR)	8 classes starts Jan 6
Patuxent Community Center patuxentccc@pgparks.com		
27114-160A Wed	3 - 5yrs. 6:00 - 6:45pm \$36(R); \$47(NR)	6 classes starts Dec 6
27114-160B Wed	3 - 5yrs. 6:00 - 6:45pm \$36(R); \$47(NR)	6 classes starts Jan 24
Peppermill Community Center peppermillccc@pgparks.com		
27114-162A Sat	3 - 5yrs. 10:00 - 11:00am \$50(R); \$65(NR)	6 classes starts Dec 2
27114-162B Sat	3 - 5yrs. 10:00 - 11:00am \$50(R); \$65(NR)	6 classes starts Jan 13
Potomac Landing Community Center potomaclandingccc@pgparks.com		
27114-165A Sat	3 - 5yrs. 9:15 - 10:00am \$36(R); \$47(NR)	6 classes starts Dec 30
Southern Area Aquatics Rec Complex saarc@pgparks.com		
27114-175A Tue	3 - 5yrs. 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Jan 9
27114-175B Thu	3 - 5yrs. 6:00 - 6:45pm \$48(R); \$63(NR)	8 classes starts Jan 11
27114-175C Sat	3 - 5yrs. 8:00 - 8:45am \$48(R); \$63(NR)	8 classes starts Jan 13
Southern Reg Tec & Rec Complex techrec@pgparks.com		
27114-177A Sat	3 - 5yrs. 9:00 - 9:45am \$36(R); \$47(NR)	6 classes starts Dec 9
27114-177C Tue	3 - 5yrs. 6:30 - 7:15pm \$36(R); \$47(NR)	6 classes starts Dec 12
27114-177D Tue	3 - 5yrs. 6:30 - 7:15pm \$36(R); \$47(NR)	6 classes starts Jan 23
27114-177B Sat	3 - 5yrs. 9:00 - 9:45am \$30(R); \$39(NR)	5 classes starts Jan 27
Suitland Community Center suitlandccc@pgparks.com		
27114-181A Mon	3 - 5yrs. 6:15 - 7:00pm \$36(R); \$47(NR)	6 classes starts Dec 11
27114-181B Mon	3 - 5yrs. 6:15 - 7:00pm \$36(R); \$47(NR)	6 classes starts Jan 22

Basketball: Pre-Schoolers

Jumpstart your preschool-aged kids’ basketball skills. Your child will be introduced to the sport of basketball and learn the fundamentals of the sport. Parent participation is highly encouraged.

Palmer Park Community Center palmerparkccc@pgparks.com		
27115-157A Sat	3 - 5yrs. 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Dec 2
27115-157D Wed	3 - 5yrs. 6:00 - 7:00pm \$20(R); \$26(NR)	4 classes starts Dec 6
27115-157E Wed	3 - 5yrs. 6:00 - 7:00pm \$20(R); \$26(NR)	4 classes starts Jan 3
27115-157B Sat	3 - 5yrs. 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Jan 6
27115-157C Sat	3 - 5yrs. 10:00 - 11:00am \$20(R); \$26(NR)	4 classes starts Feb 3
27115-157F Wed	3 - 5yrs. 6:00 - 7:00pm \$20(R); \$26(NR)	4 classes starts Feb 7

Gymnastics: Gym Kids

Do you have an elastic, gymnastic kid in your house? Stretch their imagination and bodies in this fun class of skill development on all gymnastics equipment! We emphasize mastering basic locomotive development, socialization, and listening skills.

Fairland Sports Complex fairlandsports@pgparks.com		
27102-123D Tue	4 - 5yrs. 6:00 - 6:45pm \$177(R); \$231(NR)	12 classes starts Dec 5
27102-123E Wed	4 - 5yrs. 6:30 - 7:15pm \$177(R); \$231(NR)	12 classes starts Dec 6
27102-123F Thu	4 - 5yrs. 6:00 - 6:45pm \$177(R); \$231(NR)	12 classes starts Dec 7
27102-123G Sat	4 - 5yrs. 10:30 - 11:15am \$118(R); \$154(NR)	8 classes starts Jan 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27102-168L Sat	4 - 4yrs. 10:30 - 11:15am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27102-168M Sat	4 - 4yrs. 11:15am - 12:00pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27102-168N Sat	4 - 4yrs. 12:00 - 12:45pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27102-168E Sat	4 - 4yrs. 9:15 - 10:00am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27102-168A Mon	4 - 4yrs. 4:30 - 5:15pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27102-168F Mon	4 - 4yrs. 5:30 - 6:15pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27102-168B Tue	4 - 4yrs. 10:00 - 10:45am \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27102-168H Tue	4 - 4yrs. 4:30 - 5:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27102-168I Tue	4 - 4yrs. 5:30 - 6:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27102-168J Wed	4 - 4yrs. 4:45 - 5:30pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27102-168K Wed	4 - 4yrs. 5:45 - 6:30pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27102-168O Wed	4 - 4yrs. 6:30 - 7:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27102-168D Thu	4 - 4yrs. 4:30 - 5:15pm \$163(R); \$212(NR); \$123(IA)	11 classes starts Dec 7
27102-168P Thu	4 - 4yrs. 5:30 - 6:15pm \$163(R); \$212(NR); \$123(IA)	11 classes starts Dec 7
27102-168R Thu	4 - 4yrs. 6:15 - 7:00pm \$163(R); \$212(NR); \$123(IA)	11 classes starts Dec 7

Gymnastics: One, Two & You

Giggles, growing, and gymnastics! This co-ed class has it all as we develop your child’s motor skills, eye/hand coordination, body awareness, socialization, and listening skills. Join other lively pre-schoolers and parents in this fun-filled course! Adult participation is required and only registered students may be in the gym.

Fairland Sports Complex fairlandsports@pgparks.com		
27103-123A Tue	18mos. - 3yrs. 10:30 - 11:15am \$177(R); \$231(NR)	12 classes starts Dec 5
27103-123C Sat	18mos. - 3yrs. 10:30 - 11:15am \$118(R); \$154(NR)	8 classes starts Jan 6
27103-123B Sat	18mos. - 3yrs. 9:30 - 10:15am \$118(R); \$154(NR)	8 classes starts Jan 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27103-168E Sat	1.6 - 3.6yrs. 10:00 - 10:45am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27103-168F Sat	1.6 - 3.6yrs. 10:45 - 11:30am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27103-168A Mon	1.6 - 3.6yrs. 6:15 - 7:00pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27103-168B Tue	1.6 - 3.6yrs. 10:45 - 11:30am \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27103-168C Tue	1.6 - 3.6yrs. 6:15 - 7:00pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5

Gymnastics: Pre-Schoolers, Girls, Bronze Level

Introduces basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27101-168B Sat	5 - 5yrs. 10:15 - 11:15am \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27101-168C Sat	5 - 5yrs. 12:30 - 1:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27101-168A Sat	5 - 5yrs. 9:15 - 10:15am \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27101-168I Mon	5 - 5yrs. 5:30 - 6:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27101-168J Mon	5 - 5yrs. 6:30 - 7:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27101-168L Tue	5 - 5yrs. 4:30 - 5:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27101-168H Tue	5 - 5yrs. 5:45 - 6:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27101-168K Tue, Thu	5 - 5yrs. 5:45 - 6:45pm \$325(R); \$423(NR); \$244(IA)	23 classes starts Dec 5
27101-168F Wed	5 - 5yrs. 4:30 - 5:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 6
27101-168G Wed	5 - 5yrs. 5:30 - 6:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 6
27101-168E Thu	5 - 5yrs. 5:45 - 6:45pm \$180(R); \$234(NR); \$135(IA)	11 classes starts Dec 7

Gymnastics: Tiny Tumblers

Is your young one always tumbling on the floor, couch, or bed? Harness his or her energy in this exciting co-ed class without parents, where they will learn basic gymnastics on all equipment! We focus on motor skill development, body awareness, eye/hand coordination, socialization, and listening.

Fairland Sports Complex	fairlandsports@pgparks.com	
27104-123A Mon	3 - 4yrs. 4:30 - 5:15pm \$163(R); \$212(NR)	11 classes starts Dec 4
27104-123B Tue	3 - 4yrs. 4:00 - 4:45pm \$177(R); \$231(NR)	12 classes starts Dec 5
27104-123C Thu	3 - 4yrs. 10:30 - 11:15am \$177(R); \$231(NR)	12 classes starts Dec 7
27104-123D Thu	3 - 4yrs. 4:00 - 4:45pm \$177(R); \$231(NR)	12 classes starts Dec 7
27104-123E Sat	3 - 4yrs. 9:30 - 10:15am \$118(R); \$154(NR)	8 classes starts Jan 6
Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27104-168N Sat	3 - 3yrs. 10:30 - 11:15am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27104-168O Sat	3 - 3yrs. 11:15am - 12:00pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27104-168P Sat	3 - 3yrs. 12:00 - 12:45pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27104-168M Sat	3 - 3yrs. 9:15 - 10:00am \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 2
27104-168A Mon	3 - 3yrs. 4:30 - 5:15pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27104-168B Mon	3 - 3yrs. 5:30 - 6:15pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27104-168H Mon	3 - 3yrs. 6:30 - 7:15pm \$133(R); \$173(NR); \$100(IA)	9 classes starts Dec 4
27104-168D Tue	3 - 3yrs. 10:00 - 10:45am \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27104-168F Tue	3 - 3yrs. 4:30 - 5:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27104-168G Tue	3 - 3yrs. 5:30 - 6:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 5
27104-168I Wed	3 - 3yrs. 4:45 - 5:30pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27104-168J Wed	3 - 3yrs. 5:45 - 6:30pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27104-168K Wed	3 - 3yrs. 6:30 - 7:15pm \$177(R); \$231(NR); \$133(IA)	12 classes starts Dec 6
27104-168L Thu	3 - 3yrs. 4:30 - 5:15pm \$163(R); \$212(NR); \$123(IA)	11 classes starts Dec 7
27104-168C Thu	3 - 5yrs. 5:30 - 6:15pm \$163(R); \$212(NR); \$123(IA)	11 classes starts Dec 7
27104-168E Thu	3 - 3yrs. 6:15 - 7:00pm \$163(R); \$212(NR); \$123(IA)	12 classes starts Dec 7

Ice Skating: Teddy Bear

Your ice prince or princess doesn’t have to be ‘Frozen’ to master the ice! Join this exciting class where your little one will be empowered with self-confidence to reign in the rink. Instructors will work with both parent and child to help them develop skills including crawling, standing, walking, jumping, hopping, turning, and gliding on ice. Parents are encouraged to wear tennis shoes for walking on carpet alongside their child who wears skates on the ice.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com	
27105-133A Sat	1 - 4yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Jan 6
27105-133B Sat	1 - 4yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Jan 6
27105-133E Mon	1 - 4yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Jan 8
27105-133C Sat	1 - 4yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Feb 24
27105-133D Sat	1 - 4yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Feb 24
27105-133F Mon	1 - 4yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Tot 1

Standing on ice, falling properly, getting up, marching in place and while moving, two-foot jump in place, forward swizzle, standing still, and moving swizzle.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com	
27106-133A Sat	3 - 5yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Jan 6
27106-133B Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Jan 6
27106-133C Mon	3 - 5yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Jan 8
27106-133C Sat	3 - 5yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Feb 24
27106-133D Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Feb 24
27106-133H Mon	3 - 5yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Tot 2

Preparation for beginning stroke, snowplow stop, teapot glide, forward swizzle, backward wiggle, backward swizzle, one-foot snowplow stop, right/left foot t-position and push, and games incorporating the skills learned.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com	
27107-133A Sat	3 - 5yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Jan 6
27107-133B Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Jan 6
27107-133C Sat	3 - 5yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Feb 24
27107-133D Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Feb 24

Ice Skating: Tot 3

Tots must have completed Ice Skating: Tot 2 course. Skaters will refine skills including skating on one foot and stopping, and learn forward crossover skating.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com	
27108-133A Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Jan 6
27108-133B Sat	3 - 5yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Feb 24

Learn To Skate: Snow Plow Sam 1

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
27130-185A Sat	3 - 5yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6
27130-185B Sat	3 - 5yrs. 12:15 - 12:45pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn To Skate: Snow Plow Sam 2

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
27131-185A Sat	3 - 5yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6
27131-185B Sat	3 - 5yrs. 12:15 - 12:45pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn To Skate: Snow Plow Sam 3

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
27132-185A Sat	3 - 5yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn To Skate: Snow Plow Sam 4

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
27133-185A Sat	3 - 5yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6

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.

College Park Community Center collegeparkcc@pgparks.com		
27109-116E Sat	3 - 5yrs. 10:30 - 11:15am \$35(R); \$46(NR)	6 classes starts Jan 6
27109-116C Sat	3 - 5yrs. 9:30 - 10:15am \$35(R); \$46(NR)	6 classes starts Jan 6
Kentland Community Center kentlandcc@pgparks.com		
27109-140A Mon-Thu	3 - 5yrs. 2:15 - 3:15pm \$50(R); \$65(NR)	4 classes starts Jan 22
Potomac Landing Community Center potomaclandingcc@pgparks.com		
27109-165A Sat	3 - 5yrs. 11:15am - 12:00pm \$36(R); \$47(NR)	6 classes starts Dec 30

Tot Sports

Your tots are always on the move. Help them channel that energy in a fun way! Encourage them to love exercise and start them on the road to lifelong appreciation of sports with our fun, pre-schooler course of sports. We’ll do a variety of athletics which will help develop their social skills, build character, and give them self-confidence. Don’t hesitate to sign them up!

Berwyn Heights Community Center berwynheightscc@pgparks.com		
27112-106E Sat	3 - 5yrs. 9:30 - 10:15am \$25(R); \$33(NR)	4 classes starts Jan 6
27112-106F Sat	3 - 5yrs. 10:45 - 11:30am \$25(R); \$33(NR)	1 class starts Feb 3
Berwyn Heights Elementary School		
27112-106A Sat	3 - 5yrs. 1:00 - 1:45pm \$25(R); \$33(NR)	3 classes starts Dec 2
27112-106D Sat	3 - 5yrs. 2:00 - 3:00pm \$25(R); \$33(NR)	5 classes starts Dec 2
27112-106B Sat	3 - 5yrs. 1:00 - 1:45pm \$25(R); \$33(NR)	4 classes starts Jan 6
27112-106C Sat	3 - 5yrs. 1:00 - 1:45pm \$25(R); \$33(NR)	4 classes starts Feb 3

CHILDREN

Basketball Skills Beginner

Put on your game face! Get ready for skills and thrills! Learn agility, hand-eye coordination, ball handling, passing, and catching. Improve your flexibility, conditioning, footwork, layups, and shooting. Experience the lifelong benefits which comes from teamwork. There is nothing like the friends you will make on the court. Sign up today for the love of the game!

Berwyn Heights Community Center berwynheightscc@pgparks.com		
27266-106A Wed	6 - 9yrs. 7:30 - 8:45pm \$36(R); \$47(NR)	6 classes starts Dec 6
27266-106B Thu	10 - 12yrs. 7:00 - 8:15pm \$42(R); \$55(NR)	5 classes starts Dec 7
Patuxent Community Center patuxentcc@pgparks.com		
27266-160A Wed	6 - 12yrs. 6:50 - 7:50pm \$42(R); \$55(NR)	6 classes starts Dec 6
27266-160C Wed	6 - 12yrs. 6:50 - 7:50pm \$42(R); \$55(NR)	6 classes starts Jan 24

Basketball Skills: Children

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

College Park Community Center collegeparkcc@pgparks.com		
27227-116E Sat	9 - 12yrs. 11:30am - 12:15pm \$35(R); \$46(NR)	6 classes starts Jan 6
27227-116C Sat	6 - 8yrs. 9:30 - 10:15am \$35(R); \$46(NR)	6 classes starts Jan 6
Glenn Dale Community Ctr. glenndalecc@pgparks.com		
27227-127A 6 classes Sat	11:15am - 12:15pm \$30(R); \$39(NR)	6 - 8yrs. starts Jan 13
27227-127B Sat	9 - 12yrs. 12:30 - 1:30pm \$30(R); \$39(NR)	6 classes starts Jan 13
Hillcrest Heights Community Center hillcrestheightscc@pgparks.com		
27227-134A Tue	6 - 12yrs. 7:15 - 8:15pm \$36(R); \$47(NR)	6 classes starts Dec 12
27227-134B Tue	6 - 12yrs. 7:15 - 8:15pm \$36(R); \$47(NR)	6 classes starts Jan 23
Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com		
27227-145A Sat	6 - 8yrs. 10:30 - 11:30am \$50(R); \$65(NR)	8 classes starts Jan 6
27227-145B Sat	9 - 11yrs. 11:45am - 12:45pm \$50(R); \$65(NR)	8 classes starts Jan 6
Peppermill Community Center peppermilcc@pgparks.com		
27227-162A Sat	6 - 10yrs. 11:00am - 12:00pm \$50(R); \$65(NR)	6 classes starts Dec 2
27227-162B Sat	6 - 10yrs. 11:00am - 12:00pm \$50(R); \$65(NR)	6 classes starts Jan 13
Potomac Landing Community Center potomaclandingcc@pgparks.com		
27227-165A Sat	6 - 12yrs. 10:05 - 11:05am \$40(R); \$52(NR)	6 classes starts Dec 30
Prince George’s Plaza Community Ctr princegeorgesplazacc@pgparks.com		
27227-166A Mon, Thu	6 - 8yrs. 6:00 - 7:00pm \$45(R); \$59(NR)	8 classes starts Dec 4
27227-166B Mon, Thu	9 - 12yrs. 7:30 - 8:30pm \$45(R); \$59(NR)	8 classes starts Dec 4
27227-166C Mon, Thu	6 - 8yrs. 6:00 - 7:00pm \$45(R); \$59(NR)	8 classes starts Jan 4
27227-166D Mon, Thu	9 - 12yrs. 7:30 - 8:30pm \$45(R); \$59(NR)	8 classes starts Jan 4
27227-166E Mon, Thu	6 - 8yrs. 6:00 - 7:00pm \$45(R); \$59(NR)	8 classes starts Feb 5

27227-166F Mon, Thu	9 - 12yrs. 7:30 - 8:30pm \$45(R); \$59(NR)	8 classes starts Feb 5
Suitland Community Center suitlandcc@pgparks.com		
27227-181A Mon	6 - 12yrs. 7:00 - 8:00pm \$42(R); \$55(NR)	6 classes starts Dec 11
27227-181B Mon	6 - 12yrs. 7:00 - 8:00pm \$42(R); \$55(NR)	6 classes starts Jan 22

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!

Southern Area Aquatics Rec Complex saarc@pgparks.com		
27228-175A Tue	6 - 12yrs. 7:00 - 7:45pm \$48(R); \$63(NR)	8 classes starts Jan 9
27228-175B Thu	6 - 12yrs. 7:00 - 7:45pm \$48(R); \$63(NR)	8 classes starts Jan 11
27228-175C Sat	6 - 12yrs. 9:00 - 9:45am \$48(R); \$63(NR)	8 classes starts Jan 13
Southern Reg Tec & Rec Complex techrec@pgparks.com		
27228-177A Sat	6 - 8yrs. 9:50 - 10:50am \$40(R); \$52(NR)	6 classes starts Dec 9
27228-177C Tue	6 - 12yrs. 7:20 - 8:20pm \$40(R); \$52(NR)	6 classes starts Dec 12
27228-177D Tue	6 - 12yrs. 7:20 - 8:20pm \$40(R); \$52(NR)	6 classes starts Jan 23
27228-177B Sat	6 - 8yrs. 9:50 - 10:50am \$36(R); \$47(NR)	5 classes starts Jan 27

Basketball: Competitive Skills, Children

You can make the game-winning shot! Be a part of our class and we will teach you the skills of basic, organized, competitive basketball. Get great exercise and build self-esteem! Get on the court and improve your game!

Largo/Kettering/Perrywood Comm. Ctr. largoketteringperrywoodcc@pgparks.com		
27229-145A Sat	8 - 12yrs. 1:00 - 2:30pm \$60(R); \$78(NR)	8 classes starts Jan 6

Boxing: Children

There’s more to boxing than fighting! Learn boxing skill basics and gain so much more. Boxing is a very fun way to get good exercise, improve focus or school, build your confidence, and your self-esteem. Join us in the boxing ring today!

Glenarden Community Center glenardenc@pgparks.com		
27230-126C Tue, Thu	6 - 12yrs. 6:30 - 8:00pm \$60(R); \$78(NR)	6 classes starts Dec 5
27230-126A Tue, Thu	6 - 12yrs. 6:30 - 8:00pm \$60(R); \$78(NR)	8 classes starts Jan 2
27230-126B Tue, Thu	6 - 12yrs. 6:30 - 8:00pm \$60(R); \$78(NR)	8 classes starts Feb 6

Football Skills: Children

Be a winner in football! We will introduce you to the basics of the game of football. Learn how to relieve stress, develop discipline, enjoy teamwork, and build a good work ethic. Gain mental and physical toughness, which can make you a better student, as you get great exercise learning this fun sport!

Oakcrest Community Center oakcrestcc@pgparks.com		
27258-155A Mon	8 - 12yrs. 6:00 - 7:00pm \$30(R); \$39(NR)	6 classes starts Dec 4
27258-155B Mon	8 - 12yrs. 6:00 - 7:00pm \$30(R); \$39(NR)	6 classes starts Jan 22

Gymnastics: Trampoline & Tumbling, Intermediate

Prerequisites: Trampoline skills: pike jump, back drop, swivel hips, and seat drop to stomach drop. Tumbling skills: round off, cartwheel, and back extension roll.

Fairland Sports Complex fairlandsports@pgparks.com		
27212-123A Wed	7 - 12yrs. 5:30 - 6:30pm \$196(R); \$255(NR)	12 classes starts Dec 6

Gymnastics: Boys Silver/Gold Level

Raise the bar on your gymnastic skills! Improve your self-confidence as you strive for gymnastics greatness! Prerequisites: Boys Bronze Level or floor skills including: forward and backward rolls, cartwheels, round-offs, and handstand rolls. On the horizontal and parallel bars you’ll need to know prior to class: pullovers, back hip circles, pull-ups, tap swings, upper arm support swings, and straddle travels.

Fairland Sports Complex fairlandsports@pgparks.com		
27240-123A Wed	7 - 12yrs. 7:00 - 8:00pm \$196(R); \$255(NR)	12 classes starts Dec 6

Gymnastics: Children, Boys, Bronze Level

Basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Prerequisites: none.

Fairland Sports Complex fairlandsports@pgparks.com		
27239-123A Tue	7 - 12yrs. 7:00 - 8:00pm \$196(R); \$255(NR)	12 classes starts Dec 5
27239-123B Wed	7 - 12yrs. 6:00 - 7:00pm \$196(R); \$255(NR)	12 classes starts Dec 6

Gymnastics: Girls, Children, Bronze Level

Introduces basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

Fairland Sports Complex fairlandsports@pgparks.com		
27208-123B Tue	7 - 9yrs. 5:00 - 6:00pm \$196(R); \$255(NR)	12 classes starts Dec 5
27208-123H Tue	7 - 9yrs. 7:00 - 8:00pm \$196(R); \$255(NR)	12 classes starts Dec 5
27208-123C Wed	7 - 9yrs. 5:30 - 6:30pm \$196(R); \$255(NR)	12 classes starts Dec 6
27208-123D Wed	7 - 9yrs. 6:30 - 7:30pm \$196(R); \$255(NR)	12 classes starts Dec 6
27208-123E Thu	7 - 9yrs. 5:00 - 6:00pm \$196(R); \$255(NR)	12 classes starts Dec 7
27208-123F Thu	7 - 9yrs. 6:00 - 7:00pm \$196(R); \$255(NR)	12 classes starts Dec 7
27208-123G Sat	7 - 9yrs. 12:30 - 1:30pm \$130(R); \$169(NR)	8 classes starts Jan 6

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27208-168S Sat	6 - 8yrs. 10:15 - 11:15am \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27208-168V Sat	9 - 12yrs. 11:30am - 12:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27208-168T Sat	6 - 8yrs. 11:30am - 12:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27208-168U Sat	6 - 8yrs. 12:30 - 1:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27208-168R Sat	6 - 8yrs. 9:15 - 10:15am \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27208-168AA Mon	6 - 8yrs. 4:30 - 5:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27208-168C Mon	6 - 8yrs. 5:30 - 6:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27208-168E Mon, Wed	6 - 8yrs. 6:30 - 7:30pm \$297(R); \$387(NR); \$223(IA)	21 classes starts Dec 4
27208-168B Mon	6 - 8yrs. 6:30 - 7:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27208-168D Mon	9 - 12yrs. 7:30 - 8:30pm \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 4
27208-168H Tue	6 - 8yrs. 4:30 - 5:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27208-168I Tue	6 - 8yrs. 6:45 - 7:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27208-168C Tue	9 - 12yrs. 7:45 - 8:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27208-168J Wed	6 - 8yrs. 4:30 - 5:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 6
27208-168Z Wed	6 - 8yrs. 6:30 - 7:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 6

27208-168K Wed	9 - 12yrs. 7:15 - 8:15pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 6
27208-168L Thu	6 - 8yrs. 4:30 - 5:30pm \$180(R); \$234(NR); \$135(IA)	11 classes starts Dec 7
27208-168O Thu	9 - 12yrs. 5:45 - 6:45pm \$180(R); \$234(NR); \$135(IA)	11 classes starts Dec 7

Gymnastics: Girls, Children, Gold Level

Prerequisites: Girls Silver Level or floor skills:
backbend kick over, round-off and handstand roll.
Bar skills: pullover, 5 casts and 3 tap swings.

Fairland Sports Complex		fairlandsports@pgparks.com
27209-123C Thu	7 - 12yrs. 6:00 - 7:00pm \$196(R); \$255(NR)	12 classes starts Dec 7
27209-123D Sat	7 - 12yrs. 10:00 - 11:00am \$131(R); \$171(NR)	8 classes starts Jan 6

Gymnastics: Girls, Children, Mixed Skills

Become head over heels for gymnastics! Bond with other pre-teen and teen girls in this empowering class of agility. Develop your flexibility, strengthen your mental focus, grow your self-confidence, and expand your social skills with each session. Begin to achieve balance in your life. Reserve your spot and turn your life upside down.

Fairland Sports Complex		fairlandsports@pgparks.com
27244-123A Mon	10 - 12yrs. 7:30 - 8:30pm \$180(R); \$234(NR)	11 classes starts Dec 4
27244-123B Thu	10 - 12yrs. 7:00 - 8:00pm \$196(R); \$255(NR)	12 classes starts Dec 7

Gymnastics: Girls, Silver Level

Are your gymnastic skills chalked up to what they ought to be? We'll get you Silver medal-worthy for those who have mastered the Bronze level or Floor skills. Get ready to learn forward and backward rolls, cartwheels, bridges, and handstands. Learn bar skills including pullover off block or wall and front support. Learn new skills and improve your self-confidence with this exciting class! Prerequisites: Girls Bronze Level or Floor skills.

Fairland Sports Complex		fairlandsports@pgparks.com
27210-123C Tue	6 - 10yrs. 5:00 - 6:00pm \$196(R); \$255(NR)	12 classes starts Dec 5
27210-123D Tue	6 - 10yrs. 7:00 - 8:00pm \$196(R); \$255(NR)	12 classes starts Dec 5
27210-123E Wed	6 - 10yrs. 5:30 - 6:30pm \$196(R); \$255(NR)	12 classes starts Dec 6
27210-123F Wed	6 - 10yrs. 7:30 - 8:30pm \$196(R); \$255(NR)	12 classes starts Dec 6
27210-123G Thu	6 - 10yrs. 5:00 - 6:00pm \$196(R); \$255(NR)	12 classes starts Dec 7
27210-123H Sat	6 - 10yrs. 12:30 - 1:30pm \$130(R); \$169(NR)	8 classes starts Jan 6

Prince George's Sports & Learn Cmplx splex@pgparks.com		
27210-168L Sat	6 - 12yrs. 11:30am - 12:45pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 2
27210-168M Sat	6 - 12yrs. 12:30 - 1:45pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 2
27210-168K Sat	6 - 12yrs. 9:15 - 10:30am \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 2
27210-168A Mon	6 - 12yrs. 4:30 - 5:45pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 4
27210-168C Mon, Thu	6 - 12yrs. 4:30 - 5:45pm \$305(R); \$397(NR); \$229(IA)	20 classes starts Dec 4
27210-168B Mon	6 - 12yrs. 7:15 - 8:30pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 4
27210-168N Mon, Wed	6 - 12yrs. 7:15 - 8:30pm \$321(R); \$418(NR); \$241(IA)	21 classes starts Dec 4
27210-168D Tue	6 - 12yrs. 6:45 - 8:00pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 5
27210-168E Tue, Thu	6 - 12yrs. 6:45 - 8:00pm \$351(R); \$457(NR); \$264(IA)	23 classes starts Dec 5
27210-168F Wed	6 - 12yrs. 5:30 - 6:45pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 6
27210-168G Wed	6 - 12yrs. 7:15 - 8:30pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 6

27210-168H Thu	6 - 12yrs. 4:30 - 5:45pm \$202(R); \$263(NR); \$152(IA)	11 classes starts Dec 7
27210-168I Thu	6 - 12yrs. 6:45 - 8:00pm \$202(R); \$263(NR); \$152(IA)	11 classes starts Dec 7

Gymnastics: Trampoline & Tumbling, Beginner

Prerequisites: Trampoline skills: tuck and straddle jumps, seat drop. Floor skills: forward roll, kick to handstand. The class will go over the basic fundamentals of all three events in trampoline, tumbling, and double-mini trampoline. The basic fundamentals will include proper body control, rolling, balancing skills, landings, body shapes, position jumps, and position drops. The instructor will tailor the students workout based on skill ability.

Fairland Sports Complex		fairlandsports@pgparks.com	
27211-123A	6 - 8yrs.	12 classes	
Wed	4:30 - 5:30pm	starts Dec 6	
	\$196(R); \$255(NR)		

Ice Skating: Alpha

Must have completed Pre-Alpha Level. Forward V push, forward stroking, forward crossovers, back glide and snowplow stop.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27213-133A Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Jan 6
27213-133C Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Jan 6
27213-133B Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Jan 8
27213-133E Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Feb 24
27213-133F Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Feb 24
27213-133D Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Alpha Plus

Continue to work on forward V push, forward stroking, forward crossovers, back glide and snowplow stop. Begin backward crossovers and backward skating. Must have completed Alpha level.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27214-133A Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Jan 6
27214-133B Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Jan 8
27214-133C Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Feb 24
27214-133D Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Beta

Must have completed Alpha Level. Back sculling, back crossover, left and right T-stop, back stroking, back crossovers, and two-foot turn.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27215-133A Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Jan 6
27215-133B Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Jan 8
27215-133C Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Feb 24
27215-133D Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Delta

Must have completed Gamma Level. Forward inside three turns, forward outside and inside edges, shoot the duck, lunge, and bunny hop.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27216-133A Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Jan 6
27216-133B Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Jan 8
27216-133C Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Feb 24
27216-133D Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Gamma

Must have completed Beta Level. Forward outside edges, back inside edges, forward outside three turns and hockey stop.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27217-133A Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Jan 6
27217-133B Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Jan 8
27217-133C Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Feb 24
27217-133D Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Pre-Alpha

For children with no skating experience. Learn how to skate, fall and get up properly; glide on two feet; do a backward wiggle; and backward and forward swizzle.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com	
27218-133A Sat	6 - 12yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Jan 6
27218-133C Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Jan 6
27218-133I Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Jan 6
27218-133B Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Jan 8
27218-133D Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Jan 8
27218-133E Sat	6 - 12yrs. 11:00 - 11:30am \$70(R); \$91(NR)	6 classes starts Feb 24
27218-133G Sat	6 - 12yrs. 12:15 - 12:45pm \$70(R); \$91(NR)	6 classes starts Feb 24
27218-133J Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Feb 24
27218-133F Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Feb 26
27218-133H Mon	6 - 12yrs. 7:00 - 7:30pm \$70(R); \$91(NR)	6 classes starts Feb 26

Ice Skating: Pre-Alpha Plus

For beginners. Learn to fall and get up properly, skate without falling, glide on two feet, and to skate a backwards wiggle, and backward and forward swizzles. Requirements: Participants must have completed Pre-Alpha level.

Herbert W. Wells Ice Rink		wellsicerink@pgparks.com
27219-133A Sat	6 - 12yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Jan 6
27219-133C Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Jan 6
27219-133B Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Jan 8
27219-133D Sat	6 - 12yrs. 11:30am - 12:00pm \$70(R); \$91(NR)	6 classes starts Feb 24
27219-133F Sat	6 - 12yrs. 12:45 - 1:15pm \$70(R); \$91(NR)	6 classes starts Feb 24
27219-133E Mon	6 - 12yrs. 6:30 - 7:00pm \$70(R); \$91(NR)	6 classes starts Feb 26

Roller Skating: Children

Good things come to those who skate! Claim your spot in this action-packed course full of fun and great fitness. Learn to roller skate as you build strength and muscle endurance. Get and stay healthy in this recreational activity which is less stressful on your joints than running. It's a sport that is enjoyable for all ages. That's how we roll!

Glenn Dale Community Ctr.		glenndalecc@pgparks.com	
27265-127A	6 - 12yrs.	1 class	
Sat	12:00 - 2:00pm	starts Dec 16	
	\$6(R); \$8(NR)		
27265-127AA	6 - 12yrs.	12 classes	
Tue, Thu	5:00 - 6:00pm	starts Jan 9	
	\$50(R); \$65(NR)		

Soccer Skills: Children

Do you know the SCORE? Here's 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.

College Park Community Center collegeparkcc@pgparks.com		
27220-116D Sat	6 - 10yrs. 11:30am - 12:15pm \$35(R); \$46(NR)	6 classes starts Jan 6
Langley Park Community Center langleyparkcc@pgparks.com		
27220-143BB Sat	6 - 8yrs. 12:00 - 1:00pm \$65(R); \$85(NR)	8 classes starts Jan 6
27220-143BC Sat	9 - 12yrs. 1:30 - 2:30pm \$65(R); \$85(NR)	8 classes starts Jan 6
Potomac Landing Community Center potomaclandingcc@pgparks.com		
27220-165A Sat	6 - 12yrs. 12:00 - 1:00pm \$36(R); \$47(NR)	6 classes starts Dec 30

Tennis: Children, Beginner

Get your child excited about this sport of kings in our fun-filled beginning tennis class. They will also benefit from a healthy amount of physical activity, brain development that may lead to better grades, improved hand-eye coordination, and increased strength and flexibility. You and your child win when you enroll in this fun and enriching class!

Cosca Tennis Bubble	coscatennisbubble@pgparks.com
27221-119A Wed	6 - 8yrs. 6:00 - 7:00pm \$48(R); \$63(NR)
27221-119C Wed	9 - 12yrs. 7:00 - 8:00pm \$48(R); \$63(NR)
27221-119B Sat	6 - 8yrs. 10:00 - 11:00am \$48(R); \$63(NR)
27221-119H Sat	9 - 12yrs. 11:00am - 12:00pm \$48(R); \$63(NR)
27221-119C Sun	6 - 8yrs. 11:00am - 12:00pm \$48(R); \$63(NR)
27221-119I Sun	9 - 12yrs. 12:00 - 1:00pm \$48(R); \$63(NR)
27221-119D Wed	6 - 8yrs. 6:00 - 7:00pm \$48(R); \$63(NR)
27221-119J Wed	9 - 12yrs. 7:00 - 8:00pm \$48(R); \$63(NR)
27221-119E Sat	6 - 8yrs. 10:00 - 11:00am \$48(R); \$63(NR)
27221-119K Sat	9 - 12yrs. 11:00am - 12:00pm \$48(R); \$63(NR)
27221-119F Sun	6 - 8yrs. 11:00am - 12:00pm \$48(R); \$63(NR)
27221-119L Sun	9 - 12yrs. 12:00 - 1:00pm \$48(R); \$63(NR)

Fairland Sports Complex	fairlandsports@pgparks.com
27221-123K Fri	6 - 11yrs. 4:00 - 5:00pm \$121(R); \$158(NR)
27221-123L Sat	6 - 11yrs. 11:00am - 12:00pm \$121(R); \$158(NR)
27221-123G Mon	6 - 11yrs. 4:00 - 5:00pm \$121(R); \$158(NR)
27221-123H Tue	6 - 11yrs. 4:00 - 5:00pm \$132(R); \$172(NR)
27221-123I Wed	6 - 11yrs. 4:00 - 5:00pm \$132(R); \$172(NR)
27221-123J Wed	6 - 11yrs. 6:00 - 7:00pm \$132(R); \$172(NR)

Good Luck Community Center	goodluckcc@pgparks.com
27221-129A Sat	6 - 12yrs. 11:15am - 12:15pm \$56(R); \$73(NR)

Watkins Tennis Bubble	watkinstennisbubble@pgparks.com
27221-189A Sat	11 - 12yrs. 1:00 - 2:00pm \$60(R); \$78(NR)
27221-189B Sat	11 - 12yrs. 1:00 - 2:00pm \$60(R); \$78(NR)

Tennis: Children, Beginner 2/3

It's a GRAND SLAM! Discover the tennis champion in you as we teach beginning tennis skills! Learn groundstrokes, scoring, and other tennis techniques! Gain self-confidence and make new friends when you join our active class! Prerequisite: 1-2 years formal experience.

Fairland Sports Complex	fairlandsports@pgparks.com
27256-123E Mon	8 - 12yrs. 5:00 - 6:00pm \$121(R); \$158(NR)
27256-123F Tue	8 - 12yrs. 5:00 - 6:00pm \$132(R); \$172(NR)
27256-123G Wed	8 - 12yrs. 5:00 - 6:00pm \$132(R); \$172(NR)
27256-123H Thu	8 - 12yrs. 5:00 - 6:00pm \$132(R); \$172(NR)

Tennis: Children, Intermediate

Tennis anyone? You've got the moves and we've got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! We'll get you ready for center court!

Cosca Tennis Bubble	coscatennisbubble@pgparks.com
27222-119A Sat	9 - 12yrs. 1:00 - 2:00pm \$48(R); \$63(NR)
27222-119B Sat	9 - 12yrs. 1:00 - 2:00pm \$48(R); \$63(NR)

Tennis: Home-School, Children

Tennis starts with LOVE! Get your child excited about this "sport of kings" in our fun-filled class. Tennis players benefit from the exercise, brain development that may lead to better grades, improved hand-eye coordination plus increased strength and flexibility. Register for a win in life and on the court!

Watkins Tennis Bubble	watkinstennisbubble@pgparks.com
27250-189A Wed	6 - 12yrs. 1:00 - 2:00pm \$60(R); \$78(NR)
27250-189B Wed	6 - 12yrs. 1:00 - 2:00pm \$60(R); \$78(NR)

Volleyball: Children

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other kids excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

Columbia Park Community Center	columbiaparkcc@pgparks.com
27273-118A Tue, Thu	10 - 12yrs. 5:30 - 6:30pm \$35(R); \$46(NR)

TEENS

Basketball Skills: Teens

Go through the drills so you can have the skills! Get instruction through us on a variety of basketball moves with lots of hands-on practice. Sign up to build friendships and self-confidence. Gain the ability to excel at shooting and scoring game points.

Glenn Dale Community Ctr.	glenndalecc@pgparks.com
27318-127A Sat	13 - 17yrs. 1:30 - 2:30pm \$35(R); \$46(NR)
North Brentwood Community Center northbrentwoodcc@pgparks.com	
27318-152A Tue	13 - 17yrs. 7:00 - 8:30pm \$35(R); \$46(NR)
27318-152B Thu	13 - 17yrs. 7:00 - 8:30pm \$35(R); \$46(NR)
Peppermill Community Center peppermillcc@pgparks.com	
27318-162A Sat	13 - 17yrs. 12:00 - 1:00pm \$50(R); \$65(NR)
27318-162B Sat	13 - 17yrs. 12:00 - 1:00pm \$50(R); \$65(NR)

Gymnastics: Girls, Teens, Bronze/Silver Levels

Rock, tumble, and roll! Gymnastics is a sport dating back to the times of the ancient empires of Egypt and China. This Olympic sport is loved around the world and can strengthen your muscles, steady your balance, sharpen your mental focus, and build your self-confidence. Register for learning the basic building blocks of the sport including proper stretching. Prerequisites: none.

Prince George's Sports & Learn Cmplx splex@pgparks.com		
27316-168C Sat	13 - 17yrs. 11:30am - 12:30pm \$147(R); \$192(NR); \$111(LA)	9 classes starts Dec 2
27316-168A Tue	13 - 17yrs. 7:45 - 8:45pm \$196(R); \$255(NR); \$147(LA)	12 classes starts Dec 5

Tennis: Advanced 1

High school play level or formal tournament experience.

Fairland Sports Complex		fairlandsports@pgpparks.com
27304-123C Fri	13 - 17yrs. 5:00 - 7:00pm \$215(R); \$280(NR)	11 classes starts Dec 1
27304-123D Sat	13 - 17yrs. 2:00 - 4:00pm \$215(R); \$280(NR)	11 classes starts Dec 2

Tennis: Teens, Beginner

The ball is in your court! Start to learn basic tennis skills in this exciting course today! Tennis is great exercise for building self-confidence, hand-eye coordination, strength, and muscle tone. Tennis is fantastic for brain function. Sports like tennis require quick thinking, which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and do not miss this opportunity to learn a new sport while getting healthy!

Cosca Tennis Bubble		coscatennisbubble@pgpparks.com
27302-119A Sat	13 - 17yrs. 12:00 - 1:00pm \$48(R); \$63(NR)	6 classes starts Dec 9
27302-119B Sat	13 - 17yrs. 12:00 - 1:00pm \$48(R); \$63(NR)	7 classes starts Jan 20

Watkins Tennis Bubble watkinstennisbubble@pgparks.com		
27302-189A Sat	13 - 17yrs. 2:00 - 3:00pm \$60(R); \$78(NR)	6 classes starts Dec 9
27302-189B Sat	13 - 17yrs. 2:00 - 3:00pm \$60(R); \$78(NR)	6 classes starts Jan 27

Tennis: Teens, Intermediate

You got served! Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate tennis skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Tennis is a great for hand-eye coordination, strength, muscle tone, and is fantastic for brain function. Sports like tennis require quick thinking which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and enroll today.

Cosca Tennis Bubble		coscatennisbubble@pgparks.com
27303-119A Thu	13 - 17yrs. 6:00 - 7:00pm \$48(R); \$63(NR)	6 classes starts Dec 7
27303-119B Sun	13 - 17yrs. 1:00 - 2:00pm \$48(R); \$63(NR)	6 classes starts Dec 10
27303-119C Thu	13 - 17yrs. 6:00 - 7:00pm \$48(R); \$63(NR)	7 classes starts Jan 18
27303-119D Sun	13 - 17yrs. 1:00 - 2:00pm \$48(R); \$63(NR)	7 classes starts Jan 21

Volleyball: Teens

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other teens excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

Columbia Park Community Center columbiaparkcc@pgparks.com		
27322-118A Tue, Thu	13 - 15yrs. 6:30 - 7:30pm \$35(R); \$46(NR)	20 classes starts Dec 12

ADULTS

Golf: Adults

An introduction to the skills and etiquette of golf.

Paint Branch Golf Course	paintbranchgolf@pgparks.com
27428-194C Fri	18 & up 5:00 - 6:00pm \$100(R); \$130(NR) 4 classes starts Dec 1
27428-194D Sun	18 & up 2:00 - 3:00pm \$80(R); \$104(NR) 4 classes starts Jan 14

Gymnastics: Adults

Lift your body and lift your spirits! You can remain flexible at any age when you begin with basic gymnastic skills. We'll show you, in a safe and fun environment, how to become more bendable with your muscles. Sign up today and cultivate comradery with your new friends. Watch your love for gymnastics grow as your strength, balance, and mood improves by the end of our course.

Fairland Sports Complex	fairlandsports@pgparks.com
27416-123A Wed	18 & up 8:00 - 9:00pm \$215(R); \$280(NR) 13 classes starts Dec 6
Prince George's Sports & Learn Cmplx splex@pgparks.com	
27416-168C Thu	18 & up 7:30 - 8:30pm \$180(R); \$234(NR); \$135(IA) 11 classes starts Dec 7

Ice Hockey Clinic: Adults

For beginning to intermediate players interested in sharpening skills. Requires good skating ability, elbow pads, hockey helmet with full face covering, hockey gloves, pants, skates, stick, mouth guard, neck protector, protective cup, shin guards and shoulder pads/chest protector. Street hockey equipment may NOT be used.

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com
27401-133A Sat	18 & up 7:00 - 8:30am \$90(R); \$117(NR) 6 classes starts Jan 6
27401-133B Sat	18 & up 7:00 - 8:30am \$90(R); \$117(NR) 6 classes starts Feb 24

Ice Skating: Adults, All Levels

Find your footing and glide into this adult ice skating class! We will teach you various ice skating skills according to your ability and skating level Pre-Alpha (beginner skills) to Beta (intermediate skills). In addition, ice skating will keep you healthy, build self-confidence, relieve stress, and improve your mental and physical endurance. Lace up those skates and join us on the ice!

Herbert W. Wells Ice Rink	wellsicerink@pgparks.com
27419-133A Sat	18 & up 11:00 - 11:30am \$70(R); \$91(NR) 6 classes starts Jan 6
27419-133B Sat	18 & up 12:45 - 1:15pm \$70(R); \$91(NR) 6 classes starts Jan 6
27419-133C Mon	18 & up 7:00 - 7:30pm \$70(R); \$91(NR) 6 classes starts Jan 8
27419-133D Sat	18 & up 11:00 - 11:30am \$70(R); \$91(NR) 6 classes starts Feb 24
27419-133E Sat	18 & up 12:45 - 1:15pm \$70(R); \$91(NR) 6 classes starts Feb 24
27419-133F Mon	18 & up 7:00 - 7:30pm \$70(R); \$91(NR) 6 classes starts Feb 26

Ice Skating: Learn-to-Skate, Adult Level 1

Explore the world of ice skating! In this beginner's course for adults learn how to fall and recover on the ice; forward marching; forward two-foot glide; forward swizzles; one forward swizzle/ one backward swizzle (rocking horse); dip; and forward snowplow stop, two feet or one foot.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27431-185A Sat	18 & up 12:15 - 12:45pm \$80(R); \$104(NR) 6 classes starts Jan 6

Ice Skating: Learn-to-Skate, Adult Level 2

Enjoy the magic of ice-skating! In this course for adults, skaters will learn to forward skate across the width of the ice; forward one-foot glides, right and left; forward slalom; skate backward; backward swizzles; and two-foot turns in place.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27432-185A Sat	18 & up 12:15 - 12:45pm \$80(R); \$104(NR) 6 classes starts Jan 6

Ice Skating: Learn-to-Skate, Adult Level 3

Continue your ice-skating journey! In this course skaters will learn to forward stoke using the blade properly (begin with repetitive one-foot pushes); forward half-swizzle pumps on the circle; move forward and backward and backward to forward two-foot turn on a circle; skate backward into a long two-foot glide; forward chases on a circle; and backward snowplow stop, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27433-185A Sat	18 & up 12:15 - 12:45pm \$80(R); \$104(NR) 6 classes starts Jan 6

Ice Skating: Learn-to-Skate, Adult Level 4

Continue your ice-skating journey! In this course skaters will learn to forward outside edge on a circle, right and left; forward inside the edge on a circle, right and left; forward crossovers; backward one-foot glides, right and left; backward half-swizzle pumps on a circle; and hockey-stop in both directions.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27434-185A Sat	18 & up 11:45am - 12:15pm \$80(R); \$104(NR) 6 classes starts Jan 6

Ice Skating: Learn-to-Skate, Adult Level 5

Build a strong foundation for ice-skating. In this course skaters will learn backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three turn, right and left; forward swing rolls to a count of six; and a beginner's two-foot spin.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27435-185A Sat	18 & up 11:45am - 12:15pm \$80(R); \$104(NR) 6 classes starts Jan 6

Ice Skating: Learn-to-Skate, Adult Level 6

Build a strong foundation for ice-skating. In this course skaters will learn a forward and backward stroke with crossover end patterns; forward inside three-turn, right and left; forward outside to inside change of edge on a line, right and left; T-stop, right and left; and two-foot spin into a one-foot spin.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com
27436-185A Sat	18 & up 11:45am - 12:15pm \$80(R); \$104(NR) 6 classes starts Jan 6

Pickleball

Ready to try a new sport you may have never heard of? Pickleball combines elements of tennis, table tennis, and badminton. Gain greater balance, flexibility, endurance, and energy with each game you play. Get great exercise without being too strenuous. This is a popular sport all over the world and is one of the fastest growing games in North America. Register today and begin to play the game with a goofy name.

Patuxent Community Center	patuxentcc@pgparks.com
27429-160A Mon	18 & up 6:00 - 7:15pm \$39(R); \$51(NR) 4 classes starts Dec 4
27429-160D Mon	18 & up 7:15 - 8:45pm \$39(R); \$51(NR) 4 classes starts Dec 4
27429-160B Mon	18 & up 6:00 - 7:15pm \$42(R); \$55(NR) 6 classes starts Jan 22
27429-160E Mon	18 & up 7:15 - 8:45pm \$42(R); \$55(NR) 6 classes starts Jan 22

Tennis: Beginner 1

Did you know tennis was played by King Henry VIII and his personal tennis court is still in use today? Begin your journey to play like royalty when you join us for this exciting course. Learn basic tennis techniques including different strokes to play the game properly. Gain an understanding of how to score a match. Develop your fitness level and build athletic skills. Register today and find out how life is better when you play tennis.

Cosca Tennis Bubble	coscatennisbubble@pgparks.com
27402-119A Tue	18 & up 6:00 - 7:00pm \$54(R); \$71(NR) 6 classes starts Dec 5
27402-119B Sun	18 & up 2:00 - 3:00pm \$54(R); \$71(NR) 6 classes starts Dec 10
27402-119C Tue	18 & up 6:00 - 7:00pm \$54(R); \$71(NR) 7 classes starts Jan 16
27402-119D Sun	18 & up 2:00 - 3:00pm \$54(R); \$71(NR) 7 classes starts Jan 21
Good Luck Community Center	goodluckccc@pgparks.com
27402-129A Sat	18 & up 10:15 - 11:15am \$60(R); \$78(NR) 8 classes starts Jan 6

Tennis: Beginner 2

Review beginner skills, and focus on backhand strokes and scoring. Prerequisite: completion of a minimum of one beginning class.

Cosca Tennis Bubble	coscatennisbubble@pgparks.com
27403-119A Tue	18 & up 7:00 - 8:00pm \$54(R); \$71(NR) 6 classes starts Dec 5
27403-119B Sun	18 & up 3:00 - 4:00pm \$54(R); \$71(NR) 6 classes starts Dec 10
27403-119C Tue	18 & up 7:00 - 8:00pm \$54(R); \$71(NR) 7 classes starts Jan 16
27403-119D Sun	18 & up 3:00 - 4:00pm \$54(R); \$71(NR) 7 classes starts Jan 21

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

Fairland Sports Complex	fairlandsports@pgparks.com
27410-123F Sat	18 & up 9:00 - 11:00am \$264(R); \$344(NR) 11 classes starts Dec 2
27410-123D Mon	18 & up 12:00 - 2:00pm \$264(R); \$344(NR) 11 classes starts Dec 4
27410-123E Mon	18 & up 7:00 - 9:00pm \$264(R); \$344(NR) 11 classes starts Dec 4
Watkins Tennis Bubble watkinstennisbubble@pgparks.com	
27410-189A Sun	18 & up 5:00 - 7:00pm \$100(R); \$130(NR) 5 classes starts Dec 3
27410-189B Sun	18 & up 5:00 - 7:00pm \$120(R); \$156(NR) 6 classes starts Jan 21

Tennis: Intermediate 1

Play a set, win the match, get in the game! Get better on the court by learning intermediate tennis skills including serving rules, scoring, and stroke review. Gain the self-confidence you need to win in this exciting sport and be empowered to move to next level victories! Past participation in a beginning or advanced beginning tennis class is recommended.

Cosca Tennis Bubble	coscatennisbubble@pgparks.com
27404-119A Thu	18 & up 7:00 - 8:00pm \$54(R); \$71(NR) 6 classes starts Dec 7
27404-119B Thu	18 & up 7:00 - 8:00pm \$54(R); \$71(NR) 7 classes starts Jan 18
Watkins Tennis Bubble watkinstennisbubble@pgparks.com	
27404-189A Fri	18 & up 8:00 - 9:00pm \$60(R); \$78(NR) 6 classes starts Dec 8
27404-189B Fri	18 & up 8:00 - 9:00pm \$60(R); \$78(NR) 6 classes starts Jan 26

Tennis: Technique Drills, Beginner

Don't throw in the towel! Learn drills and techniques with play, positioning, and strategy work. You'll improve your fitness level and build self-confidence as you achieve your tennis goals. Take this class to perfect your backhand and get the advantage!

Fairland Sports Complex	fairlandsports@pgparks.com
27408-123D Tue	18 & up 6:00 - 7:30pm \$192(R); \$250(NR) 12 classes starts Dec 5
Watkins Tennis Bubble watkinstennisbubble@pgparks.com	
27408-189A Fri	18 & up 7:00 - 8:00pm \$60(R); \$78(NR) 6 classes starts Dec 8
27408-189B Fri	18 & up 7:00 - 8:00pm \$60(R); \$78(NR) 6 classes starts Jan 26

Tennis: Technique Drills, Intermediate

Classes feature drills and technique with play, positioning, and strategy work.

Fairland Sports Complex	fairlandsports@pgparks.com
27411-123D Fri	18 & up 11:00am - 1:00pm \$264(R); \$344(NR) 11 classes starts Dec 1
27411-123C Tue	18 & up 7:30 - 9:00pm \$192(R); \$250(NR) 12 classes starts Dec 5

MIXED AGES

Basketball Skills: Children

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

North Brentwood Community Center northbrentwoodccc@pgparks.com		
27667-152C Sat	4 - 6yrs. 1:00 - 2:00pm \$20(R); \$26(NR)	8 classes starts Jan 6

Basketball: Mixed Ages, Beginner

Give it your best shot! Our class will increase your knowledge, skills, and techniques for the game of basketball. Join players of all ages who are learning the basics of this heart healthy, confidence building, and mood-boosting sport.

Bladensburg Community Center bladensburgccc@pgparks.com		
27628-107A Tue	6 - 16yrs. 7:00 - 8:00pm \$40(R); \$52(NR)	10 classes starts Dec 12
Palmer Park Community Center palmerparkccc@pgparks.com		
27628-157A Sat	8 - 14yrs. 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Dec 2
27628-157D Wed	8 - 14yrs. 7:15 - 8:15pm \$20(R); \$26(NR)	4 classes starts Dec 6
27628-157E Wed	8 - 14yrs. 7:15 - 8:15pm \$20(R); \$26(NR)	4 classes starts Jan 3
27628-157B Sat	8 - 14yrs. 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Jan 6
27628-157C Sat	8 - 14yrs. 11:15am - 12:15pm \$20(R); \$26(NR)	4 classes starts Feb 3
27628-157F Wed	8 - 14yrs. 7:15 - 8:15pm \$20(R); \$26(NR)	4 classes starts Feb 7
South Bowie Community Center southbowieccc@pgparks.com		
27628-174A Sat	5 - 8yrs. 11:30am - 12:30pm \$50(R); \$65(NR)	8 classes starts Jan 6
27628-174B Sat	9 - 14yrs. 12:45 - 1:45pm \$50(R); \$65(NR)	8 classes starts Jan 6

Basketball: Mixed Ages, Advanced

Learn advanced basketball skills. Topics to be covered on and off the court include skills, team play, nutrition, physical training, officiating and more.

Bladensburg Community Center bladensburgccc@pgparks.com		
27629-107A Thu	6 - 16yrs. 7:00 - 8:00pm \$40(R); \$52(NR)	10 classes starts Dec 14
South Bowie Community Center southbowieccc@pgparks.com		
27629-174B Sat	10 - 14yrs. 2:00 - 3:00pm \$50(R); \$65(NR)	8 classes starts Jan 6

Basketball: Shooting Skills

Shoot and score! Join us to improve your free throw and jump shot. Build your basic basketball fundamentals while meeting new friends. We will be using a shooting machine to allow you to reach your potential!

Bladensburg Community Center bladensburgccc@pgparks.com		
276010-107A Mon	10 - 17yrs. 7:00 - 8:00pm \$50(R); \$65(NR)	8 classes starts Jan 8

Boys Soccer: Pickup Games

These games are designed to allow participants to play “drop-in” soccer. Staff will be on-hand to provide guidance to improve techniques, fundamentals and soccer IQ.

North Brentwood Community Center northbrentwoodccc@pgparks.com		
27698-152a Sat	12 - 59yrs. 2:30 - 3:45pm \$6(R); \$8(NR)	8 classes starts Jan 6

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!

Southern Area Aquatics Rec Complex saarc@pgparks.com		
27631-175A Sat	6 - 13yrs. 10:00 - 11:30am \$72(R); \$94(NR)	8 classes starts Jan 13
27631-175B Sat	6 - 13yrs. 12:00 - 1:30pm \$72(R); \$94(NR)	8 classes starts Jan 13

Flag Football Fundamentals

Are you ready for some football? Join us in this flag football series where co-ed participants will receive fundamental instruction in numerous offensive and defensive positions, all while learning the rules and techniques of the flag game (no helmets, pads, etc.). Boys and girls will be able to enhance their overall football ability and understand the sport in a fun and safe environment.

Glenn Dale Community Ctr. glenndaleccc@pgparks.com		
276008-127A Sat	6 - 13yrs. 1:00 - 2:00pm \$30(R); \$39(NR)	6 classes starts Jan 20
276008-127B Sat	6 - 13yrs. 2:00 - 3:00pm \$30(R); \$39(NR)	6 classes starts Jan 20

Football Skills: Mixed Ages

Sharpen your football skills. Get familiar with the game’s basics. Learn how to develop discipline and a good work ethic. Enjoy teamwork and build friendships at the same time. Gain mental and physical toughness. Playing football may help you become a better student also. Sign up today and get great exercise through this fun sport.

Oakcrest Community Center oakcrestccc@pgparks.com		
27684-155A Mon	11 - 15yrs. 7:00 - 8:00pm \$30(R); \$39(NR)	6 classes starts Dec 4
27684-155B Mon	11 - 15yrs. 7:00 - 8:00pm \$30(R); \$39(NR)	6 classes starts Jan 22

Futsal Clinic

Did you know that many of the world’s greatest soccer players grew up playing futsal? Learn about all the excitement surrounding this sport. Register today and see how futsal is a great way to stay healthy.

Bladensburg Community Center bladensburgccc@pgparks.com		
276033-107A Wed	8 - 13yrs. 6:00 - 7:00pm \$30(R); \$39(NR)	4 classes starts Dec 20
276033-107B Wed	8 - 13yrs. 6:00 - 7:00pm \$38(R); \$50(NR)	5 classes starts Jan 24

Gymnastics: Boys, Mixed Ages, Bronze Level

Want to be a great “all-around” gymnast? We provide basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Develop your gymnastic skills, self-confidence, overall fitness, and make friends with other rising stars! No prerequisites.

Fairland Sports Complex fairlandsports@pgparks.com		
27634-123A Tue	5 - 8yrs. 6:00 - 6:45pm \$177(R); \$231(NR)	12 classes starts Dec 5
27634-123B Wed	5 - 8yrs. 5:00 - 5:45pm \$177(R); \$231(NR)	12 classes starts Dec 6
27634-123C Sat	5 - 8yrs. 11:00 - 11:45am \$118(R); \$154(NR)	8 classes starts Jan 6

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27634-168E Sat	5 - 8yrs. 9:15 - 10:15am \$147(R); \$192(NR); \$111(IA)	9 classes starts Dec 2
27634-168B Tue	5 - 8yrs. 4:30 - 5:30pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27634-168C Tue	5 - 8yrs. 5:45 - 6:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27634-168F Tue	9 - 17yrs. 7:45 - 8:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5
27634-168A Wed	5 - 8yrs. 6:30 - 7:30pm \$196(R); \$255(NR); \$147(IA)	13 classes starts Dec 6

Gymnastics: Boys Silver, Mixed Ages

To be successful at the Boys Silver Level, your child should be able to perform these skills without assistance: forward & backward roll and cartwheels (both sides). Also, he should have the strength to: support themselves on the pommel horse & parallel bars, and pull their chin up to the horizontal bar from a hang.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27657-168A Tue	6 & up 6:45 - 8:00pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 5

Gymnastics: Girls, Mixed Ages, Bronze Level

This class is an introduction to basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

Fairland Sports Complex fairlandsports@pgparks.com		
27608-123A Mon	5 - 6yrs. 4:30 - 5:15pm \$163(R); \$212(NR)	11 classes starts Dec 4
27608-123C Tue	5 - 6yrs. 4:00 - 4:45pm \$177(R); \$231(NR)	12 classes starts Dec 5
27608-123D Tue	5 - 6yrs. 6:00 - 6:45pm \$177(R); \$231(NR)	12 classes starts Dec 5
27608-123E Wed	5 - 6yrs. 4:30 - 5:15pm \$177(R); \$231(NR)	12 classes starts Dec 6
27608-123F Wed	5 - 6yrs. 6:30 - 7:15pm \$177(R); \$231(NR)	12 classes starts Dec 6
27608-123G Thu	5 - 6yrs. 4:00 - 4:45pm \$177(R); \$231(NR)	12 classes starts Dec 7
27608-123H Sat	5 - 6yrs. 11:30am - 12:15pm \$118(R); \$154(NR)	8 classes starts Jan 6

Gymnastics: Girls, Mixed Ages, Gold Level

Prerequisites: Girls Silver Level or floor skills: backbend kick over, round-off and handstand roll. Bar skills: pullover, 5 casts and 3 tap swings.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27609-168H Sat	7 - 17yrs. 11:30am - 12:45pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 2
27609-168G Sat	7 - 17yrs. 9:15 - 10:30am \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 2
27609-168A Mon	7 - 17yrs. 7:15 - 8:30pm \$165(R); \$215(NR); \$124(IA)	9 classes starts Dec 4
27609-168B Mon, Wed	7 - 17yrs. 7:15 - 8:30pm \$321(R); \$418(NR); \$241(IA)	21 classes starts Dec 4
27609-168C Tue	7 - 17yrs. 5:45 - 7:00pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 5
27609-168D Tue, Thu	7 - 17yrs. 5:45 - 7:00pm \$351(R); \$457(NR); \$264(IA)	23 classes starts Dec 5
27609-168E Wed	7 - 17yrs. 7:15 - 8:30pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 6
27609-168F Thu	7 - 17yrs. 5:45 - 7:00pm \$202(R); \$263(NR); \$152(IA)	11 classes starts Dec 7

Gymnastics: Girls, Mixed Ages, Mixed Skills

Become head over heels for gymnastics! Bond with other pre-teen and teen girls in this empowering class of agility. Develop your flexibility, strengthen your mental focus, grow your self-confidence, and expand your social skills with each session. Begin to achieve balance in your life. Reserve your spot and turn your life upside down.

Fairland Sports Complex fairlandsports@pgparks.com		
27642-123A Wed	12 - 17yrs. 7:30 - 8:30pm \$196(R); \$255(NR)	12 classes starts Dec 6

Gymnastics: Girls, Platinum Level

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27610-168A	8 - 17yrs. 7:00 - 8:30pm \$239(R); \$311(NR); \$180(IA)	12 classes starts Dec 5
27610-168B	8 - 17yrs. 7:00 - 8:30pm \$385(R); \$501(NR); \$289(IA)	23 classes starts Dec 5
27610-168C	8 - 17yrs. 7:15 - 8:45pm \$239(R); \$311(NR); \$180(IA)	12 classes starts Dec 6
27610-168D	8 - 17yrs. 7:15 - 8:45pm \$219(R); \$285(NR); \$165(IA)	11 classes starts Dec 7

Gymnastics: Girls, Platinum/Diamond Levels

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

Fairland Sports Complex fairlandsports@pgparks.com		
27640-123B	8 - 17yrs. 7:00 - 8:30pm \$240(R); \$312(NR)	12 classes starts Dec 7

Gymnastics: Tumbling, Beginner

Is your inner gymnast flipping to learn a new skill? This class is for the student or cheerleader who wants to focus on progressive tumbling skills only. Develop your: self-confidence, strength, coordination, flexibility, and socialize with other tumblers while you increase in your gymnastic abilities! Prerequisite: Floor skills - forward and backward roll, cartwheel, and handstand.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27615-168A	6 - 17yrs. 7:45 - 8:45pm \$196(R); \$255(NR); \$147(IA)	12 classes starts Dec 5

Gymnastics: Tumbling, Intermediate

Designed for the student or cheerleader who wants to focus on progressive tumbling skills only. Prerequisite: Floor skills - forward and backward roll, cartwheel and must be able to do a standing back handspring without spot.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27616-168A	6 - 17yrs. 7:30 - 8:45pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 6

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.

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
27617-168A	7 - 17yrs. 7:30 - 8:45pm \$220(R); \$286(NR); \$165(IA)	12 classes starts Dec 6

Ice Hockey Clinic: Mixed Ages

An all inclusive hockey class that will work on flow drills, game situations, stick handling, shooting, power play, penalty kicking, positional play, and checking. Full hockey equipment is required.

Herbert W. Wells Ice Rink wellsicerink@pgparks.com		
27618-133A	8 - 17yrs. 6:15 - 7:30pm \$90(R); \$117(NR)	6 classes starts Jan 9
27618-133B	8 - 17yrs. 6:15 - 7:30pm \$90(R); \$117(NR)	6 classes starts Feb 27

Ice Hockey: Goalie Skills

For beginners and advanced goalies who want to work on their crease movement and technique. Full goalie equipment is required.

Herbert W. Wells Ice Rink wellsicerink@pgparks.com		
27619-133A	6 & up 9:45 - 10:45am \$80(R); \$104(NR)	6 classes starts Jan 6
27619-133B	6 & up 9:45 - 10:45am \$80(R); \$104(NR)	6 classes starts Feb 24

Ice Skating: Freestyle

Are you at home on the ice? This class is designed for Freestyle 1. Above level skaters will learn high level skills including new footwork. This program includes off-ice conditioning. Skaters will master graceful arm movements and posture, and develop new footwork including step-straight-line and circular. Go beyond the basics and be a part of our cool program!

Herbert W. Wells Ice Rink wellsicerink@pgparks.com		
27621-133A	6 & up 7:30 - 8:15pm \$90(R); \$117(NR)	6 classes starts Jan 8
27621-133B	6 & up 7:30 - 8:15pm \$90(R); \$117(NR)	6 classes starts Feb 26

Ice Skating: Hockey, Beginner

Beginning skating skills specific to hockey including balance, forward and backward skating, stopping, and turning. Hockey gloves, a hockey helmet with a full face covering, and a mouth guard are required.

Herbert W. Wells Ice Rink wellsicerink@pgparks.com		
27622-133A	6 - 18yrs. 8:45 - 9:30am \$80(R); \$104(NR)	6 classes starts Jan 6
27622-133B	6 - 18yrs. 8:45 - 9:30am \$80(R); \$104(NR)	6 classes starts Feb 24

Ice Skating: Hockey, Intermediate

Intermediate skating skills specific to hockey including balance, forward and backward skating, turning, stopping, agility and speed. Must have successfully completed Hockey Skating, Beginning. Hockey gloves, a hockey helmet with a full face covering, and a mouth guard are required.

Herbert W. Wells Ice Rink wellsicerink@pgparks.com		
27623-133A	6 - 18yrs. 8:45 - 9:30am \$80(R); \$104(NR)	6 classes starts Jan 6
27623-133B	6 - 18yrs. 8:45 - 9:30am \$80(R); \$104(NR)	6 classes starts Feb 24

Learn to Skate: Basic 1

Lace-up those skates! Skating is a fun sport and a great form of exercise. In this beginner’s course, skaters will learn to sit and stand up on ice; march forward across the ice; a forward two-foot glide; dip; forward swizzles; backward wiggles; a beginner’s snowplow stop on two feet or one foot; and a bonus skill of a two-foot hop in place.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276012-185A	6 - 16yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6
276012-185B	6 - 16yrs. 12:15 - 12:45pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn to Skate: Basic 2

Get back out on the ice! Build your ice-skating skills. In this course, skaters will learn scooter pushes; forward one-foot glides; backward two-foot glide; glide the length of the skater’s height; rocking horse (one forward swizzle, one backward swizzle); backward swizzles; two-foot turns from forward to backward in place; moving snowplow stop; and a bonus skill of curves.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276013-185A	6 - 16yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6
276013-185B	6 - 16yrs. 12:15 - 12:45pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn to Skate: Basic 3

Take your ice skating to the next level! In this course, skaters will learn a beginner forward stroke, using correct use of blade; forward half swizzle pump on a circle; move forward to backward two-foot turns on a circle; learn a beginner’s backward one-foot glides, while focusing on balance; backward snowplow stop on the right and left foot; forward slalom; and bonus skills, forward pivots.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276014-185A	6 - 16yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6
276014-185B	6 - 16yrs. 12:15 - 12:45pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn to Skate: Basic 4

Meet us at the rink! In this course, skaters will learn to forward outside edge on a circle, right and left; forward inside edge on a circle, right and left; forward crossovers; backward half swizzle pumps on a circle; backward one-foot glides, right and left; beginner two-foot spin, up to two revolutions; and bonus skill forward lunges for both legs.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276015-185A	6 - 16yrs. 11:45am - 12:15pm \$80(R); \$104(NR)	6 classes starts Jan 6

Learn to Skate: Basic 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276016-185A	6 - 16yrs. 11:15 - 11:45am \$80(R); \$104(NR)	6 classes starts Jan 6

Learn to Skate: Basic 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276017-185A	6 - 16yrs. 11:15 - 11:45am \$80(R); \$104(NR)	6 classes starts Jan 6

Learn To Skate: Free Skate 1

Improve your skills on the ice! In this course skaters will learn forward inside open mohawk from a standstill position; backward crossovers to a backward outside edge glides (landing position); backward outside edge to a forward outside edge transition; two forward crossovers into a forward inside mohawk, step down, and cross being, step into one backward crossover and step to a forward inside edge; one-foot upright spin, optional entry and free-foot position; mazurka; waltz jump; and a bonus skill of a backward inside pivots.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276018-185A	9 & up 11:00 - 11:45am \$100(R); \$130(NR)	6 classes starts Jan 6

Learn To Skate: Free Skate 2

Take your ice-skating skills to the next level. In this course, skaters will learn an alternating forward outside and inside spirals on a continuous axis; basic backward outside and backward inside consecutive edges; backward inside three-turns, right and left; beginning backspin; half Lutz; salchow; and bonus skill a variation of a forward spiral.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276019-185A	9 & up 11:00 - 11:45am \$100(R); \$130(NR)	6 classes starts Jan 6

Learn To Skate: Free Skate 3

Take your ice-skating skills to the next level. In this course skaters will learn alternating backward crossovers to backward outside edges; alternating mohawk/crossover sequence, right to left and left to right; waltz three-turns, advanced backspin with free foot in crossed leg position; loop jump; waltz jump-toe loop or salchow-toe loop combination; and a bonus skill toe step sequence, skater’s choice using a variety of toe steps.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276020-185A	9 & up 11:00 - 11:45am \$100(R); \$130(NR)	6 classes starts Jan 6

Learn To Skate: Free Skate 4

Take your ice-skating skills to the next level. In this course skaters will learn a forward power three-turn, right and left, three sets of each; waltz eight; forward upright spin to backward upright spin; sit spin; half-loop; flip; and a bonus split jump, stag jump, or spilt falling leaf.

Tucker Road Ice Rink tuckerroadicerink@pgparks.com		
276021-185A	9 & up 11:00 - 11:45am \$100(R); \$130(NR)	6 classes starts Jan 6

Learn To Skate: Free Skate 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
276022-185A	9 & up	6 classes
Sat	11:00 - 11:45am	starts Jan 6
	\$100(R); \$130(NR)	

Learn To Skate: Free Skate 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
276023-185A	9 & up	6 classes
Sat	11:00 - 11:45am	starts Jan 6
	\$100(R); \$130(NR)	

Prince George’s Youth Futsal League High School

Play the sport which has created the world’s greatest soccer players! Learn about the excitement surrounding futsal. Don’t miss the opportunity to play with us year-round. Our games involve five players versus five players (5v5) on a smaller field, roughly the size of a basketball court. This sport is fast-paced using a small ball (size 3-4). We use touchline boundaries and there are no walls in play. Get active, healthy, and excited! Reserve your spot before time runs out.

Glenn Dale Community Center	countywidesports@pgparks.com	
276001-199B	14 - 19yrs.	7 classes
Fri	5:00 - 11:00pm	starts Jan 26
	\$20(R); \$26(NR)	
276001-199C	11 - 13yrs.	7 classes
Fri	5:00 - 11:00pm	starts Jan 26
	\$20(R); \$26(NR)	

Skate: Pre-Free Skate

Learn the foundational skills for free skate level skating. Begin learning forward inside open mohawk from standstill position and backward crossovers to a backward outside edge glide, clockwise and counterclockwise. Work on backward outside edge to a forward outside edge transition, clockwise and counterclockwise. Also, work on one-foot upright spin, mazurka, and waltz jump.

Tucker Road Ice Rink	tuckerroadicerink@pgparks.com	
276104-185A	6 - 50yrs.	6 classes
Sat	11:00 - 11:45am	starts Jan 6
	\$100(R); \$130(NR)	

Softball Clinic: Mixed Ages

It’s a grand slam! This softball training program is designed to teach fundamental techniques, as well as conditioning programs for advanced players, to improve their abilities in preparation for high level competition. Build character, self-confidence, and improve your fitness. Come in from the dugout and enhance your game with us!

Vansville Community Center	vansvilleecc@pgparks.com	
27604-187A	12 - 18yrs.	8 classes
Sun	1:00 - 4:00pm	starts Dec 3
	\$60(R); \$78(NR)	
27604-187B	12 - 18yrs.	5 classes
Sun	1:00 - 4:00pm	starts Jan 28
	\$50(R); \$65(NR)	

Tennis: Mixed Ages, Intermediate

Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Keep your eye on the ball and enroll today.

Fairland Sports Complex	fairlandsports@pgparks.com	
27641-123G	10 - 16yrs.	11 classes
Fri	5:00 - 7:00pm	starts Dec 1
	\$215(R); \$280(NR)	
27641-123H	10 - 16yrs.	11 classes
Sat	12:00 - 2:00pm	starts Dec 2
	\$215(R); \$280(NR)	
27641-123E	10 - 16yrs.	11 classes
Mon	6:00 - 7:00pm	starts Dec 4
	\$132(R); \$172(NR)	
27641-123F	10 - 16yrs.	12 classes
Thu	4:00 - 5:00pm	starts Dec 7
	\$143(R); \$186(NR)	

Tennis: Mixed Ages, QuickStart

In cooperation with USTA, this introductory tennis class for boys and girls use the short-court format with slower balls, lower nets, simplified scoring and smaller rackets. This format allows kids to begin to play much sooner while having more fun.

John E. Howard Community Center	johnehowardcc@pgparks.com	
27625-138A	All ages	4 classes
Wed	5:00 - 6:00pm	starts Dec 6
	\$35(R); \$46(NR)	
27625-138B	All ages	4 classes
Wed	5:00 - 6:00pm	starts Jan 10
	\$35(R); \$46(NR)	
27625-138C	All ages	4 classes
Wed	5:00 - 6:00pm	starts Feb 7
	\$35(R); \$46(NR)	

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.

Berwyn Heights Elementary School		
27649-106A	8 - 13yrs.	13 classes
Wed	5:30 - 6:30pm	starts Dec 6
	\$50(R); \$65(NR)	
Good Luck Community Center	goodluckccc@pgparks.com	
27649-129A	10 - 13yrs.	2 classes
Mon	6:00 - 8:00pm	starts Dec 4
	\$50(R); \$65(NR)	
27649-129B	10 - 13yrs.	4 classes
Mon	6:00 - 8:00pm	starts Jan 8
	\$100(R); \$130(NR)	
27649-129C	10 - 13yrs.	4 classes
Mon	6:00 - 8:00pm	starts Feb 5
	\$100(R); \$130(NR)	
Largo/Kettering/Perrywood Comm. Ctr.	largoketteringperrywoodcc@pgparks.com	
27649-145A	9 - 13yrs.	8 classes
Sat	10:30 - 11:30am	starts Jan 6
	\$50(R); \$65(NR)	
27649-145B	10 - 14yrs.	8 classes
Sat	11:45am - 12:45pm	starts Jan 6
	\$50(R); \$65(NR)	
South Bowie Community Center	southbowiecc@pgparks.com	
27649-174D	9 - 13yrs.	8 classes
Sat	11:30am - 12:30pm	starts Jan 6
	\$50(R); \$65(NR)	
Southern Reg Tec & Rec Complex	techrec@pgparks.com	
27649-177A	12 - 17yrs.	6 classes
Sat	11:00am - 12:00pm	starts Dec 2
	\$36(R); \$47(NR)	
27649-177B	12 - 17yrs.	6 classes
Sat	11:00am - 12:00pm	starts Jan 20
	\$36(R); \$47(NR)	

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.

Good Luck Community Center	goodluckccc@pgparks.com	
27653-129A	13 - 18yrs.	2 classes
Wed	6:00 - 8:00pm	starts Dec 6
	\$50(R); \$65(NR)	
27653-129B	13 - 18yrs.	4 classes
Wed	6:00 - 8:00pm	starts Jan 10
	\$100(R); \$130(NR)	
27653-129C	13 - 18yrs.	4 classes
Wed	6:00 - 8:00pm	starts Feb 7
	\$100(R); \$130(NR)	
Largo/Kettering/Perrywood Comm. Ctr.	largoketteringperrywoodcc@pgparks.com	
27653-145A	12 - 16yrs.	8 classes
Sat	1:00 - 2:30pm	starts Jan 6
	\$60(R); \$78(NR)	
South Bowie Community Center	southbowiecc@pgparks.com	
27653-174B	10 - 16yrs.	8 classes
Sat	2:00 - 3:30pm	starts Jan 6
	\$55(R); \$72(NR)	
Southern Reg Tec & Rec Complex	techrec@pgparks.com	
27653-177A	12 - 17yrs.	6 classes
Sat	12:15 - 1:15pm	starts Dec 2
	\$42(R); \$55(NR)	
27653-177B	12 - 17yrs.	6 classes
Sat	12:15 - 1:15pm	starts Jan 20
	\$42(R); \$55(NR)	

Therapeutic Recreation

ADULTS

Therapeutic Recreation: AquaFit

Looking for a class that combines low-impact fitness with the therapeutic benefits of the water? This small-group fitness class includes cardiovascular, flexibility, and strengthening exercises for a total-body workout and is designed for adults with disabilities who reside in Prince George’s County. Instructor teaches from the water and provides hands-on support and guidance. Flotation devices, adapted equipment, and modified exercises accommodate various skill levels. Class will be held in chest-deep water. Individuals must be able to participate independently or bring their own aide/companion.

Fairland Aquatics Center	countywidetrprograms@pgparks.com	
25420-178A	18 & up	6 classes
Tue	10:00 - 10:45am	starts Jan 9
	\$30(R)	

Therapeutic Recreation: AquaTone

Join us for an exciting, low-impact workout with lots of music. Exercising in water helps to improve your flexibility, to lessen your joint stiffness and pain, and to increase your stamina. Relieve stress with gentle movements and breathing techniques. This program is designed specifically for persons with disabilities who reside in Prince George’s County. Staff to participant ratio is 1:4. Individuals must be able to participate independently with minimal assistance or bring their own aide. All abilities welcome!

Southern Regional Aquatic Wellness Center	countywidetrprograms@pgparks.com	
25414-178A	18 & up	8 classes
Mon	1:00 - 1:45pm	starts Dec 11
	\$40(R)	
25414-178B	18 & up	8 classes
Fri	12:00 - 12:45pm	starts Dec 15
	\$40(R))	

Therapeutic Recreation: Tai Chi

Find your inner peace while doing Tai Chi, a traditional, non-competitive meditative movement-based system. Tai Chi decreases stress and anxiety and helps improve balance and flexibility. On days when weather permits, we will participate outside, in the park. Therapeutic Recreation programs are for Prince George’s County residents only.

College Park Community Center	countywidetrprograms@pgparks.com	
25417-178A	18 & up	6 classes
Tue	7:00 - 8:00pm	starts Dec 5
	\$30(R)	

Therapeutic Recreation: Learn-to-Swim Lessons

Lessons will be held at various locations in the county. Designed for children and adults with disabilities who reside in Prince George’s County and require individualized instruction. For a list of classes, please visit pgparksdirect.com and search activity code: 25627, or email AdaptedAquatics@pgparks.com.

Therapeutic Recreation: Veterans Learn-to-Swim Class

Are you looking to increase your confidence in and around the water? Join this beginner’s Learn-to-Swim class specifically designed for veterans with disabilities. This class will develop water safety awareness and teach introductory swimming skills. Take advantage of the therapeutic benefits of the water, build confidence, and increase the safety of yourself, family, and friends while exercising or recreating on the water. Learn entry/exit, floating, treading water, and basic stroke mechanics for the front crawl, breaststroke, and elementary backstroke.

Southern Area Aquatics Rec Complex	countywidetrprograms@pgparks.com	
25418-178A	18 & up	6 classes
Tue	12:30 - 1:15pm	starts Jan 23
	\$30(R))	

Therapeutic Recreation: Zumba

Join us for an adaptive, all-levels Zumba class! Our Zumba takes the popular Latin-inspired workout of Zumba and makes it accessible for those needing modification in their exercise routine. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. This class is designed for adults with disabilities who reside in Prince George’s County.

Southern Area Aquatics Rec Complex	countywidetrprograms@pgparks.com	
25421-178A	18 & up	6 classes
Thu	2:00 - 3:00pm	starts Jan 4
	\$30(R)	

MIXED AGES

Holiday Hop: Mixed Ages

The Holiday Hop is a holiday tradition with music, dance and festive spirit. This program is designed specifically for persons with disabilities who reside in Prince George’s County.

Laurel-Beltsville Senior Activity Ctr
countywidetrprograms@pgparks.com

25603-178D Sat	13 & up 6:00 - 9:00pm \$25(R)	1 class starts Dec 9
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Therapeutic Recreation: Basketball, Mixed Ages

Learn basic skills and team up for exciting games. This program is designed specifically for persons with disabilities who reside in Prince George’s County.

Berwyn Heights Community Center
countywidetrprograms@pgparks.com

25607-178A Thu	13 & up 6:30 - 7:30pm \$50(R))	10 classes starts Jan 4
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Temple Hills Community Center
countywidetrprograms@pgparks.com

25607-178B Thu	13 & up 6:30 - 8:00pm \$50(R)	10 classes starts Jan 4
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Therapeutic Recreation: Bocce Ball

A fun field game that everyone can play! Develop and improve hand-eye coordination while improving social skills with peers. This program is designed specifically for individuals with disabilities that reside in Prince George’s County.

Southern Area Aquatics Rec Complex
countywidetrprograms@pgparks.com

25631-178A Wed	13 & up 6:45 - 7:45pm \$40(R)	8 classes starts Jan 10
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Therapeutic Recreation: Drum-n-Tone

Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and get in shape at the same time. Adaptable for all ability levels, easy to learn, and a blast to join! Drum-n-Tone is a program designed for individuals with disabilities that reside in Prince George’s County.

College Park Community Center
countywidetrprograms@pgparks.com

25612-178A Tue	13 & up 6:30 - 7:30pm \$30(R)	6 classes starts Jan 23
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Southern Area Aquatics Rec Complex
countywidetrprograms@pgparks.com

25612-178C Tue	13 & up 6:45 - 7:45pm \$30(R)	8 classes starts Feb 13
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Therapeutic Recreation: Learn to Swim

Want to learn how to swim? Register today and gain self-confidence as you understand swimming basics such as water entry and exit, breath control, submerging, floating/ gliding, treading in chest-deep water. Arm and leg actions will be introduced. This program is designed for persons with disabilities who reside in Prince George’s County. Lessons take place once weekly for 6 or 8 weeks. There will be a 1:1 staff/ participants ratio. Students are permitted to register for only one class per session. All lessons take place in a shared facility.

Southern Regional Aquatic Wellness Center
countywidetrprograms@pgparks.com

25627-178A Fri	4 & up 5:45 - 6:25pm \$105(R)	7 classes starts Dec 8
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25627-178B Fri	4 & up 6:30 - 7:10pm \$105(R)	7 classes starts Dec 8
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25627-178C Fri	4 & up 7:15 - 7:55pm \$105(R)	7 classes starts Dec 8
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Therapeutic Recreation: Yoga, Mixed Ages, All Levels

Yoga can be for everyone! Register today to learn poses and movements which awaken your inner self to the benefits of yoga. Improve your flexibility, core strength, and respiration. Give attention to the present moment as you learn to be in a state of mindfulness. This class is designed for individuals with disabilities who reside in Prince George’s County.

Upper Marlboro Community Center
countywidetrprograms@pgparks.com

25633-178A Tue	13 & up 6:30 - 7:30pm \$40(R)	8 classes starts Jan 9
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Therapeutic Recreation: Creative Drama Skills, Mixed Ages

Interested in having fun and sparking your imagination? Join us for this beginner’s drama class. Develop your improv skills, role play, and communication skills to perform plays and musicals. Seize the opportunity to learn and share ideas as you develop the basics to act and sing! This program is designed for Prince George’s County residents with disabilities. No class on February 19 due to the holiday.

SPD - Walker Drive
countywidetrprograms@pgparks.com

25645-178A Mon	6 - 12yrs. 6:30 - 7:30pm \$75(R)	10 classes starts Jan 22
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25645-178B Mon	13 & up 7:45 - 8:45pm \$75(R)	9 classes starts Jan 22
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Visual Arts

CHILDREN

Animation: Children

Learn the process of silent animation from concept development,through storyboard planning, set and character building, to production. Students will use computer software and explore stop action animation, and claymation in easy techniques that can be replicated outside of the studio classroom.

Montpelier Arts Center
montpelierarts@pgparks.com

30205-148A Sun	8 - 12yrs. 1:00 - 3:00pm \$60(R); \$78(NR)	6 classes starts Feb 4
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Comic Book Art

Learn how comic books are drawn, inked, colored, and printed. Produce full-size pages of your own original comic book story.

Montpelier Arts Center
montpelierarts@pgparks.com

30203-148A Sat	8 - 12yrs. 2:30 - 4:30pm \$60(R); \$78(NR)	6 classes starts Feb 3
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Drawing: Children

Learn to draw by developing hand and eye coordination. Students will experiment with pencil, paper, and markers.

Montpelier Arts Center
montpelierarts@pgparks.com

30204-148A Sat	8 - 12yrs. 10:00am - 12:00pm \$60(R); \$78(NR)	6 classes starts Feb 3
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Painting: Children

Art is an adventure! Enroll in this class and your child will be on the path to learning the skills needed to begin expressing themselves through art. In this course they will pick up a paintbrush and begin to learn basic design with watercolor. Painting is a great, creative way for children to develop fine motor skills, problem solving skills, and creates an additional channel for their self-expression. Contact the facility for a list of materials.

Montpelier Arts Center
montpelierarts@pgparks.com

30210-148A Sat	8 - 12yrs. 3:00 - 5:00pm \$60(R); \$78(NR)	6 classes starts Feb 3
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TEENS

Animation: Teens

Get started with digital animation using the free and an open-source program Blender. This class will instruct you in the fundamentals of digital animation. You will visualize concepts, create simple characters, and apply motion to activate your creative animations. As you are being taught to use free software, you have the option to download Blender at home to practice the skills you will learn in class.

Montpelier Arts Center
montpelierarts@pgparks.com

30301-148A Sun	13 - 16yrs. 3:30 - 5:30pm \$60(R); \$78(NR)	6 classes starts Feb 4
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Comic Books

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story.

Montpelier Arts Center
montpelierarts@pgparks.com

30305-148A Sat	13 - 16yrs. 12:00 - 2:00pm \$60(R); \$78(NR)	6 classes starts Feb 3
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Drawing: Teens

Experiment with pencil and paper including coordination exercises between hand and eye. Materials: sketch pad, 2 (B) pencils, and a kneaded eraser.

Montpelier Arts Center
montpelierarts@pgparks.com

30307-148A Sat	13 - 17yrs. 12:30 - 2:30pm \$60(R); \$78(NR)	6 classes starts Feb 3
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Painting: Teens

Learn to paint with either watercolor or acrylic. Obtain the materials list from the center and be prepared to paint the first day.

Montpelier Arts Center
montpelierarts@pgparks.com

30309-148A Sun	13 - 17yrs. 3:00 - 5:00pm \$60(R); \$78(NR)	6 classes starts Feb 4
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ADULTS

Ceramics: Adults, Intermediate

Students with some hand-building and wheel ceramics experience will be introduced to intermediate techniques in this intensive adults ceramics program. Additional fee for clay required, as well as a small firing fee will be charged for glazed pieces. Please wear old clothes!

Montpelier Arts Center
montpelierarts@pgparks.com

30406-148B Tue	18 & up 12:00 - 3:00pm \$115(R); \$150(NR)	8 classes starts Jan 23
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30406-148A Wed	18 & up 6:30 - 9:30pm \$115(R); \$150(NR)	8 classes starts Jan 24
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Ceramics: Raku, Adults Beginner

Raku is ancient form of Japanese pottery that uses low firing temperatures and the removal of the pieces from the kiln while still glowing hot. Because this process creates a unique surface finish, often with crackled textures, Raku techniques have been adopted and modified by potters around the world. Through class demonstrations, participants will be taught an introductory understanding of raku pottery, firing procedures, kiln types, raku clay and glazes.

Harmony Hall Arts Center
harmonyhallarts@pgparks.com

30425-103A Fri	18 & up 9:30am - 12:30pm \$124(R); \$162(NR)	10 classes starts Jan 12
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Ceramics: Raku/Cone 10, Advanced

Explore making clay objects using several firing methods. Geared toward individual learning interests. No production potters, please. Additional fee for clay.

Montpelier Arts Center
montpelierarts@pgparks.com

30416-148A Thu	18 & up 6:30 - 9:30pm \$115(R); \$150(NR)	8 classes starts Jan 25
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Drawing Essentials, Adults

Interested in learning to draw or in enhancing your drawing skills but do not know where to begin? Register for this class to begin drawing or to explore beyond the essentials. Drawing methods and concepts will be guided by a professional instructor to help you develop your drawing skills and imagery for your personal artistic journey. All levels of expertise are invited to join. Sign up today to take your drawing to the next level

Laurel-Beltsville Senior Activity Ctr
laurelbeltsvilleseniors@pgparks.com

30438-146A Tue	50 & up 10:00am - 12:00pm \$43(R); \$56(NR)	6 classes starts Dec 5
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30438-146D Wed	18 & up 5:00 - 7:00pm \$43(R); \$56(NR)	6 classes starts Dec 6
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30438-146E Tue	50 & up 10:00am - 12:00pm \$52(R); \$68(NR)	6 classes starts Jan 16
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30438-146H Wed	18 & up 5:00 - 7:00pm \$52(R); \$68(NR)	6 classes starts Jan 17
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Drawing: Adults

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!

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
30407-168A Sat	18 & up 12:30 - 2:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Dec 9
30407-168B Sat	18 & up 12:30 - 2:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Jan 6
30407-168C Sat	18 & up 12:30 - 2:30pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Feb 3

Sculpture: Clay, Beginner/ Intermediate, Adults

Using terra cotta clay, become acquainted with the techniques of clay modeling. Develop your own personal style; individual instruction provided.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
30426-103A Tue	18 & up 1:00 - 4:00pm \$104(R); \$136(NR)	10 classes starts Jan 9

Watercolor: Adults, All Levels

Color your world! Learn the basic elements of being a good painter using shape, value, line, and color while receiving individualized instruction based on your skill level. Register for this course, which may help you reduce stress, and increase your creativity. Call for a list of materials prior to class.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
30428-103A Thu	18 & up 9:30am - 12:30pm \$90(R); \$117(NR)	10 classes starts Jan 11

SENIORS

Cricut Printing

Learn, explore, and create using a cricut machine! Join us once a month for a two-hour class where we’ll teach you how to create and produce high quality projects at a low cost using a cricut machine and different types of materials. A supply and material list will be provided upon registration.

Evelyn Cole Senior Activity Center evelyncoleseniors@pgparks.com		
30510-122A Mon	60 & up 10:00am - 12:00pm \$20(R); \$26(NR)	3 classes starts Dec 4
30510-122B Mon	60 & up 10:00am - 12:00pm \$20(R); \$26(NR)	3 classes starts Jan 8
30510-122C Mon	60 & up 10:00am - 12:00pm \$20(R); \$26(NR)	4 classes starts Feb 5

Paint and Sip: Seniors

Beauty is in the eye of the beholder. Translate your unique eye for beauty into art in this fun-filled, exciting, interactive painting class. De-stress while you enjoy the benefits of this class while painting on canvas and sipping non-alcoholic beverages (unless otherwise noted). Sign up today!

John E. Howard Senior Activity Center johnehowardseniors@pgparks.com		
30504-139A Wed	60 & up 10:00am - 12:00pm \$12(R); \$16(NR)	1 class starts Dec 13
30504-139B Wed	60 & up 10:00am - 12:00pm \$12(R); \$16(NR)	1 class starts Jan 17
30504-139C Wed	60 & up 10:00am - 12:00pm \$12(R); \$16(NR)	1 class starts Feb 7

Photography: Digital, Seniors

A picture is worth a thousand words! Reframe your world by learning photography through this class. This invigorating, self-esteem boosting class will teach you camera operation, controls, aesthetic decisions, how to download, manipulate, and print your digital images.

Lake Arbor Community Ctr. lakearborcc@pgparks.com		
30507-141A Fri	60 & up 9:00am - 12:30pm \$35(R); \$46(NR)	4 classes starts Dec 1
30507-141B Fri	60 & up 9:00am - 12:30pm \$35(R); \$46(NR)	4 classes starts Jan 5
30507-141C Fri	60 & up 9:00am - 12:30pm \$35(R); \$46(NR)	8 classes starts Feb 2

MIXED AGES

Ceramics: Mixed Ages, All Levels

Course includes wheel practice and hand-building techniques emphasizing individual learning needs.

Montpelier Arts Center montpelierarts@pgparks.com		
30640-148B Mon, Tue	16 & up 6:30 - 9:30pm \$115(R); \$150(NR)	15 classes starts Jan 22
30640-148A Tue	16 & up 6:30 - 9:30pm \$115(R); \$150(NR)	8 classes starts Jan 23

Ceramics: Mixed Ages, Intermediate

Break the mold, not the one-of-a-kind pottery masterpiece you’ll create in this class! Craft unique ceramic works of art by learning basic techniques of hand-built and wheel-thrown pottery. Learn the firing process and how to glaze. Intermediate students focus on materials, techniques, control, and fluency through practice. Develop ceramic making skills and self-confidence while you enjoy this stress reducing class!

Langley Park Community Center langleyparkcc@pgparks.com		
30643-143AA Mon	15 & up 10:00am - 12:30pm \$240(R); \$312(NR)	13 classes starts Dec 4
30643-143BB Mon	15 & up 6:00 - 8:30pm \$240(R); \$312(NR)	13 classes starts Dec 4
30643-143CC Tue	15 & up 10:30am - 1:00pm \$240(R); \$312(NR)	11 classes starts Dec 5
30643-143E Tue	13 & up 6:00 - 8:30pm \$240(R); \$312(NR)	11 classes starts Dec 5
30643-143DD Wed	15 & up 6:00 - 8:30pm \$240(R); \$312(NR)	11 classes starts Dec 6

Ceramics: Workshop

This activity is designed for adult/child pairs: parent/child, aunt/niece, etc. Learn basic hand building, decoration, and glazing techniques. Fee is per person.

Montpelier Arts Center montpelierarts@pgparks.com		
30601-148A Sun	6 & up 12:00 - 2:00pm \$45(R); \$59(NR)	2 classes starts Feb 25

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!

Prince George’s Sports & Learn Cmplx splex@pgparks.com		
30604-168A Sat	7 - 14yrs. 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Dec 9
30604-168B Sat	7 - 14yrs. 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Jan 6
30604-168C Sat	7 - 14yrs. 10:00am - 12:00pm \$75(R); \$98(NR); \$57(IA)	4 classes starts Feb 3

Jewelry: Cabochon Cutting

Learn the basics of gem cutting as you create your own cabochon using diamond saws, grinds, and polishing equipment. Students must bring a pair of safety glasses to class and should wear clothes that can get wet or oily. Optional: bring an apron to help protect clothing from oil spray. Bring a bag lunch/drink.

Clearwater Nature Center clearwaturnaturecenter@pgparks.com		
30616-114A Sat	18 & up 10:00am - 2:00pm \$30(R); \$39(NR)	1 class starts Dec 2
30616-114B Sat	18 & up 10:00am - 2:00pm \$30(R); \$39(NR)	1 class starts Jan 6
30616-114C Sat	18 & up 10:00am - 2:00pm \$30(R); \$39(NR)	1 class starts Feb 3

Paint and Sip: Mixed Ages

Learn to paint on canvas with this interactive painting class. Soft drinks will be served.

Huntington Community Center huntingtoncc@pgparks.com		
30606-135A Wed	5 - 13yrs. 3:00 - 5:00pm \$10(R); \$13(NR)	1 class starts Dec 20
Kentland Community Center kentlandcc@pgparks.com		
30606-140A Sat	21 & up 5:00 - 8:30pm \$45(R); \$59(NR)	1 class starts Feb 24

Painting: Acrylic and Mixed Media

For beginning painters or those who wish to enhance their ability. Emphasis on drawing skills, basics of color, types of media, and acrylic painting techniques.

Harmony Hall Arts Center harmonyhallarts@pgparks.com		
30627-103A Mon	18 & up 10:00am - 1:00pm \$90(R); \$117(NR)	10 classes starts Jan 8

Photography: Digital Level 1, Mixed Ages

Learn to take photographs with your digital camera and turn them into something fun using the computer.

John E. Howard Community Center johnehowardcc@pgparks.com		
30629-138A Thu	All ages 5:00 - 6:00pm \$35(R); \$46(NR)	4 classes starts Dec 7
30629-138B Thu	All ages 5:00 - 6:00pm \$35(R); \$46(NR)	4 classes starts Jan 4
30629-138C Thu	All ages 5:00 - 6:00pm \$35(R); \$46(NR)	4 classes starts Feb 8

Printmaking: Mixed Ages

Set yourself apart with works of beautiful art! Reserve your spot to learn the creative art of printmaking by drawing, transferring, etching, inking, painting, and constructing imagery on blocks or plates. Print your designs through techniques including intaglio, monotype, and linocut. Express yourself creatively! Experienced students can work at their own speed and have access to the Center’s printing presses. Sign up today and leave your mark on the world.

Montpelier Arts Center montpelierarts@pgparks.com		
30631-148A Thu	16 & up 6:30 - 9:30pm \$100(R); \$130(NR)	8 classes starts Feb 1



Adriana,
Community
Outreach

¡Obtenga más información sobre el Departamento de Parques y Recreación en español!

Visite la página de internet **pgparks.com**. Nuestras páginas de internet se pueden traducir en español y en otros idiomas. En la esquina superior derecha de la página, haga clic en "Translate" y escoja "Spanish."

¡Hablamos su idioma!

Nuestro personal tiene acceso a un servicio de interpretación telefónica y puede ayudarle en más de 150 lenguajes, incluyendo español. Por favor pregunte por este servicio cuando nos llame o visite.

Manténgase informado acerca de los próximos eventos y programas

Nuestro boletín informativo del M-NCPPC, Departamento de Parques y Recreación le llegará a su correo electrónico semanalmente. Para suscribirse envíe un correo electrónico a **public.affairs@pgparks.com** con el asunto: "Boletín Informativo." Su correo electrónico se utiliza para enviar información sobre eventos y programas y no se comparte con otras personas.

Invítenos a participar en sus eventos

Queremos conectar con su grupo comunitario. Tenemos personal que pueden poner una mesa con información sobre el Departamento y/o hacer presentaciones en español sobre:

- Oportunidades recreacionales en el condado
- Oportunidades de voluntariado y empleo

Para más información llame al 301-699-2255 o envíe un correo electrónico a: **customerservice@pgparks.com**

Matricúlese en clases y actividades usando el sistema **PARKS DIRECT** en español

Para matricularse, establezca una cuenta GRATIS de **PARKS DIRECT**. Visite cualquier centro comunitario de M-NCPPC, Departamento de Parques y Recreación con documentación que compruebe residencia en el condado, edad, e identidad de cada miembro de su familia que quiera incluir en su cuenta. Una vez establecida su cuenta matricúlese por internet, o en persona. Para más información llame al 301-699-2255, o visite **pgparks.com** y haga clic en el logotipo de **PARKS DIRECT**.

Usted puede comprobar su residencia /que viva en el condado con:*

Licencia de conducir o tarjeta de identidad MVA; cuenta de servicios (agua, teléfono, luz o gas); contrato de alquiler; certificado de propiedad o carta original de la Agencia de Discapacidad escrita en membrete oficial. *Si no comprueba que reside/vive en el condado, se le cobrará la tarifa de no residente (que no vive en el condado).

Usted puede comprobar su edad con:

Licencia de conducir o tarjeta de identidad MVA; pasaporte; visa de residente; certificado de nacimiento con sello autorizado; certificado de bautismo (con fecha de nacimiento) con sello autorizado; carta original del colegio escrito en membrete oficial o carta original de la Agencia de Discapacidad escrita en membrete oficial.

El Departamento de Parques y Recreación ofrece asistencia financiera para poder participar en sus programas y servicios. Puede descargar los formularios en español, visitando **pgparks.com** y haga clic en la pestaña "Actividades y Eventos" en la parte superior de la página y después haga clic en "Asistencia de cuotas y becas."

Para más información o pedir una solicitud, llame al 301-699-2255.

Precios sujetos a cambios sin previo aviso

Los precios en esta guía están sujetos a cambios. Por favor póngase en contacto con el sitio del programa para obtener información actualizada.

Participe en una actividad

¡Encuentre una clase, un programa, un paseo o programa para usted, sus niños o un miembro de su familia que sea mayor de 60 años! Visite **pgparks.com** o llame al 301-699-2255.

El Departamento también ofrece una membresía GRATIS para niños y jóvenes edades 6-17 años, para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye, visite **pgparks.com** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Para niños y jóvenes:

Los centros comunitarios ofrecen entrada gratuita y programas para los jóvenes los viernes y sábados por la noche. Para horarios de actividades y eventos especiales visite el sitio de internet **pgparks.com** o llame al 301-699-2255.

El Departamento ofrece programas con acomodaciones especiales y recreación terapéutica para niños y jóvenes con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos llame al 301-446-3400.

Para personas de la tercera edad:

El Departamento ofrece una membresía GRATIS para personas de la tercera edad para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye visite **pgparks.com** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Seis centros de actividades para personas de la tercera edad o "senior activity centers" ofrecen una variedad de servicios para personas mayores de 60 años. Eventos especiales, viajes, clases, información y referencias se ofrecen en estos centros. También se ofrecen almuerzos nutritivos y transporte limitado en los centros.

También ofrecemos programas para personas de la tercera edad con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos, llame al 301-446-3400.

Alquile un local para su fiesta o celebración

¿Busca un sitio sin igual para su recepción, fiesta, quince años o reunión? Visite **pgparks.com**.

Para disponibilidad del local y más detalles, comuníquese con el gerente del mismo.

Para reservar centros recreativos (con o sin cocina), áreas de picnic bajo techo o parcela para sembrar, llame al 301-699-2400 o visite **pgparks.com**.

Para reservar canchas atléticas y/o campos, llame al 301-446-6800 o visite **pgparks.com**.

Encuentre un parque

Visite **pgparks.com** y haga clic en la pestaña "Parques y senderos" en la parte superior de la página y después haga clic en "Buscador de parques." Puede encontrar el parque más cercano a usted o el que tiene los servicios que busca.

Comparta sus talentos y done su tiempo – ¡Sea voluntario!

Individuos y grupos pueden ayudar con proyectos de un día o asistir de manera continua. Algunas oportunidades califican para obtener horas de estudiantil, requeridas por las escuelas públicas en el Condado de Prince George's o para los "Scouts". Para más información, visite **pgparks.com** y haga clic en la pestaña "Involucrarse" en la parte superior de la página y después haga clic en "Oportunidades para voluntarios."

M-NCPPC Facilities

M-NCPPC is celebrating over 95 years of excellence, since 1927!
The Department of Parks and Recreation provides quality recreation programs, facilities, and services for residents and visitors.

Many staffed facilities offer classes, programs, and special events for people of all ages. Gymnasiums, meeting rooms, kitchens, multipurpose activity rooms, weight/fitness rooms and pre-school rooms are some of the components found in community centers. Outdoor amenities vary from site to site and include combinations of play equipment, athletic fields, multipurpose courts, picnic areas, and trails. For information about a staffed facility, contact the facility directly. To learn more about a specific park and its amenities visit pgparks.com.



live more, play more
pgparks.com

ARTS FACILITIES

Arts/Harmony Hall Regional Center
10701 Livingston Rd., Fort Washington 20744
301-203-6070 · harmonyhallarts@pgparks.com

Brentwood Arts Exchange at Gateway Arts Center
3901 Rhode Island Ave., Brentwood 20722
301-277-2863 · Brentwoodarts@pgparks.com

Montpelier Arts Center
9652 Muirkirk Rd., Laurel 20708
301-377-7800 · Montpelierarts@pgparks.com

Prince George's Equestrian Center/
The Show Place Arena
14900 Pennsylvania Ave.,
Upper Marlboro 20772
301-952-7999 · 301-952-7900
showplacearena@pgparks.com

Publick Playhouse
5445 Landover Rd., Cheverly 20784
301-277-1710
publickplayhouse@pgparks.com

The Clarice at University of Maryland
Rte. 193 and Stadium Dr.
University of Maryland, College Park 20742
301-446-3232
artsprograms@pgparks.com

COMMUNITY CENTERS AND DIVISION OFFICES

Baden Comm. Center
13601 Baden-Westwood Rd.,
Brandywine 20613 · 301-888-1500
badencc@pgparks.com

Beltsville Comm. Center
3900 Sellman Rd., Beltsville 20705
301-937-6613
Beltsvillecc@pgparks.com

Berwyn Heights Comm. Center
6200 Pontiac St., Berwyn Heights 20740
301-345-2808
Berwynheightscc@pgparks.com

Bladensburg Comm. Center
4500 57th Ave., Bladensburg 20710
301-277-2124
Bladensburgcc@pgparks.com

Bowie Comm. Center
3209 Stonybrook Dr., Bowie 20715
301-464-1737
bowiecc@pgparks.com

Cedar Heights Comm. Center
1200 Glen Willow Dr., Seat Pleasant 20743
301-773-8881
cedarheightscc@pgparks.com

College Park Comm. Center
5051 Pierce Ave., College Park 20740
301-441-2647
Collegeparkcc@pgparks.com

College Park Youth Services Center
4912 Nantucket Rd., College Park 20740
301-345-4425
Collegeparkcc@pgparks.com

Columbia Park Comm. Center
1901 Kent Village Dr., Landover 20785
301-341-3749
columbiaparkcc@pgparks.com

Deerfield Run Comm. Center
13000 Laurel-Bowie Rd., Laurel 20708
301-953-7882 · Deerfieldcc@pgparks.com

Fort Washington Forest Comm. Center
1200 Fillmore Rd., Fort Washington 20744
301-292-4300
FortWashingtonCC@pgparks.com

Glassmanor Comm. Center
1101 Marcy Ave., Oxon Hill 20745
301-567-6033 · glassmanorcc@pgparks.com

Glenarden Comm. Center
8615 McLain Ave., Glenarden 20706
301-772-3151 · glenardencc@pgparks.com

Glenn Dale Comm. Center
11901 Glenn Dale Blvd., Glenn Dale 20769
301-352-8983 · Glenndalecc@pgparks.com

Good Luck Comm. Center
8601 Good Luck Rd., Lanham 20706
301-552-1093 · Goodluckcc@pgparks.com

Harmony Hall Regional Center
10701 Livingston Rd., Fort Washington 20744
301-203-6040 · harmonyhallrc@pgparks.com

Hillcrest Heights Comm. Center
2300 Oxon Run Dr., Temple Hills 20748
301-505-0897 · hillcrestheights@pgparks.com

Huntington Comm. Center
13022 8th St., Bowie 20720
301-464-3725 · Huntingtoncc@pgparks.com

Indian Queen Rec. Center
9551 Fort Foote Rd., Fort Washington 20744
301-839-7816
southernareaprograms@pgparks.com

John E. Howard Comm. Center
4400 Shell St., Capitol Heights 20743
301-735-3340 · johnehowardcc@pgparks.com

Kentland Comm. Center
2413 Pinebrook Ave., Landover 20785
301-386-2278
Kentlandcc@pgparks.com

Lake Arbor Comm. Center
10100 Lake Arbor Way, Mitchellville 20721
301-333-6561
lakearborcc@pgparks.com

Langley Park Comm. Center
1500 Merrimac Dr., Hyattsville 20783
301-445-4508 · langleyparkcc@pgparks.com

Largo/Kettering/Perrywood Comm. Center
431 Watkins Park Dr., Upper Marlboro 20774
301-390-8390
largoketteringperrywoodcc@pgparks.com

Marlow Heights Comm. Center
Closed for renovations.
2800 St. Clair Dr., Marlow Heights 20748
301-423-0505 · marlowheightscc@pgparks.com

North Brentwood Comm. Center
4012 Webster St., North Brentwood 20722
301-864-0756
Northbrentwoodcc@pgparks.com

North Forestville Comm. Center
2311 Ritchie Rd., Forestville 20747
301-350-8660
northforestvillecc@pgparks.com

Northern Recreation & Leisure Services
1500 Merrimac Dr., Hyattsville 20783
301-445-4500
Northernareaprograms@pgparks.com
Northerninclusion@pgparks.com

Oakcrest Comm. Center
1300 Capitol Heights Blvd., Capitol Heights 20743
301-736-5355
oakcrestcc@pgparks.com

Palmer Park Comm. Center
7720 Barlowe Rd., Landover 20785
301-773-5665 · parlmerparkcc@pgparks.com

Patuxent Comm. Center
4410 Bishopmill Dr., Upper Marlboro 20772
301-780-7577 · patuxentcc@pgparks.com

Peppermill Comm. Center
610 Hill Rd., Landover 20785
301-350-8410 · peppermillcc@pgparks.com

Potomac Landing Comm. Center
12500 Fort Washington Rd.,
Fort Washington 20744 301-292-9191
potomaclandingcc@pgparks.com

Prince George's Plaza Comm. Center
6600 Adelphi Rd., Hyattsville 20782
301-864-1611
princegeorgesplazacc@pgparks.com

Rollingcrest-Chillum Comm. Center
6120 Sargent Rd., Chillum 20782
301-853-2005
Rollingcrestcc@pgparks.com

Seat Pleasant Activity Center
5720 Addison Rd., Seat Pleasant 20743
301-773-6685
seatpleasantac@pgparks.com

South Bowie Comm. Center
1717 Pittsfield La., Bowie 20716
301-249-1622
southbowiercc@pgparks.com

Southern Area Aquatics and Recreation
Complex (SAARC)
13601 Missouri Ave., Brandywine 20613
301-782-1442
saarc@pgparks.com

Southern Recreation & Leisure Services
10701 Livingston Rd., Fort Washington 20744
301-203-6000
southernareaprograms@pgparks.com

Southern Regional Technology
and Recreation Complex
7007 Bock Rd., Fort Washington 20744
301-749-4160 · techrec@pgparks.com

Stephen Decatur Comm. Center
8200 Pinewood Dr., Clinton 20735
301-297-4648
stephendecaturcc@pgparks.com

Suitland Comm. Center
5600 Regency La., Forestville 20747
301-736-3518 · suitlandcc@pgparks.com

Temple Hills Comm. Center
5300 Temple Hill Rd., Temple Hills 20748
301-894-6616 · templehillsc@pgparks.com

Tucker Road Comm. Center
1771 Tucker Rd., Fort Washington 20744
301-248-4404 · tuckerroadcc@pgparks.com

Upper Marlboro Comm. Center
5400 Marlboro Race Track Rd.,
Upper Marlboro 20772 · 301-627-2828
uppermarlorcc@pgparks.com

Vansville Comm. Center
6813 Ammendale Rd., Beltsville 20705
301-937-6621 · vansvillecc@pgparks.com

Westphalia Comm. Center
8900 Westphalia Rd., Upper Marlboro 20774
301-516-5300 · westphaliacc@pgparks.com

William Beanes Comm. Center
5108 Dianna Dr., Suitland 20746
301-568-7719
williambeanesc@pgparks.com

DOG PARKS

College Park Dog Park
4300 Metzgerott Rd., College Park 20740
301-445-4500
northernareaprograms@pgparks.com

Heurich Dog Park
Corner of Nicholson and Ager Roads
Hyattsville 20782 · 301-445-4500
northernareaprograms@pgparks.com

Riverdale Dog Park
5400 Haig Dr., Riverdale 20737
301-445-4500
northernareaprograms@pgparks.com

Rollins Avenue Park
701 Rollins Ave., Capitol Heights 20743
301-446-3300
centralareaprograms@pgparks.com

HISTORIC AND RENTAL SITES

Abraham Hall
7612 Old Muirkirk Rd., Beltsville 20705
301-446-3232 · Blackhistory@pgparks.com

Adelphi Mill
8402 Riggs Rd., Adelphi 20783
301-699-2400 · Park-Permits@pgparks.com

Billingsley House
6900 Green Landing Rd.,
Upper Marlboro 20772 · 301-627-0730
billingsleyhouse@pgparks.com

Cherry Hill Cemetery
6821 Ingraham St., Riverdale 20737
301-627-1286 · PGParkRangers@pgparks.com

College Park Aviation Museum
1985 Cpl. Frank Scott Dr., College Park 20740
301-864-6029
Collegeparkaviation@pgparks.com

Columbia Air Center
16000 Croom Airport Rd.,
Upper Marlboro 20772 · 301-627-6074
blackhistory@pgparks.com

Darnall's Chance House Museum 14800 Governor Oden Bowie Dr., Upper Marlboro 20772 · 301-952-8010 darnallschance@pgparks.com	Dinosaur Park 13201 Block of Mid-Atlantic Blvd., Laurel 20708 · 301-627-7755 Dinosaurpark@pgparks.com	Dorsey Chapel 10704 Brookland Rd., Glenn Dale 20769 240-264-3415 · dorseychapel@pgparks.com	Dueling Creek Natural Area Located in Colmar Manor Comm. Park 3510 38th Ave., Colmar Manor 20722 301-779-0371 · PGParkRangers@pgparks.com	Marietta House Museum 5626 Bell Station Rd., Glenn Dale 20769 301-464-5291 · mariettahouse@pgparks.com	Montpelier Mansion 9650 Muirkirk Rd., Laurel 20708 301-377-7817 Montpeliermansion@pgparks.com	Newton White Mansion 2708 Enterprise Rd., Mitchellville 20721 301-249-2004 newtonwhitemansion@pgparks.com	Northampton Slave Quarters and Archaeological Park 10915 Water Port Ct., Bowie 20721 301-627-1286 blackhistory@pgparks.com	Oxon Hill Manor 6901 Oxon Hill Rd., Oxon Hill 20745 301-839-7782 · oxonhillmanor@pgparks.com	Patuxent Rural Life Museums at Patuxent River Park 16000 Croom Airport Rd., Upper Marlboro 20772 · 301-627-6074 patuxentriverpark@pgparks.com	Prince George's Ballroom 2411 Pinebrook Ave., Landover 20785 301-341-5917 Princegoergesballroom@pgparks.com	Ridgeley Rosenwald School 8507 Central Ave., Capitol Heights 20743 240-264-3415 blackhistory@pgparks.com	Riversdale House Museum 4811 Riverdale Rd., Riverdale Park 20737 301-864-0420 Riversdale@pgparks.com	Seabrook Schoolhouse 6116 Seabrook Rd., Seabrook 20706 301-464-5291 centralareaprograms@pgparks.com	Snow Hill Manor 13301 Laurel-Bowie Rd., Laurel 20708 301-725-6037 Snowhillmanor@pgparks.com	Surratt House Museum 9118 Brandywine Rd., Clinton 20735 301-868-1121 · surratthouse@pgparks.com						
NATURAL AREAS, NATURE CENTERS & REGIONAL PARKS																					
Aquasco Farm 16665 Aquasco Farm Rd., Aquasco 20608 301-627-7755 PGParkRangers@pgparks.com	Bladensburg Waterfront Park 4601 Annapolis Rd., Bladensburg 20710 301-779-0371 Bladensburgwp@pgparks.com	Cedar Haven Fishing Area 18400 Phyllis Wheatley Blvd., Eagle Harbor 20608 · 301-627-7755 PGParkRangers@pgparks.com	Cheltenham Natural Area Commo Rd. near Frank Tippet Rd. in Cheltenham 301-627-7755 · PGParkRangers@pgparks.com	Clearwater Nature Center (at Cosca Reg. Park) 11000 Thrift Rd., Clinton 20735 301-297-4575 clearwaturnaturecenter@pgparks.com	Clyde Watson Boating Area 17901 Magruder's Ferry Rd. Baden 20613 301-627-7755 · PGParkRangers@pgparks.com	Cosca Regional Park 11000 Thrift Rd., Clinton 20735 301-868-1397 · PGParkRangers@pgparks.com	Fairland Regional Park 13820 & 13950 Old Gunpowder Rd., Laurel 20707 · 301-362-6060 PGParkRangers@pgparks.com	Fran Uhler Natural Area 10300 Lemons Bridge Rd., Bowie 20715 301-627-7755 · PGParkRangers@pgparks.com	Governor Bridge Natural Area & Canoe Launch 7600 Governor Bridge Rd., Bowie 20715 301-627-7755 · PGParkRangers@pgparks.com	Lake Artemesia Natural Area 8200 55th Ave., Berwyn Heights 20740 301-627-7755 · PGParkRangers@pgparks.com	Marlboro Natural Area 17100 Swanson Rd., Upper Marlboro 20774 301-627-7755 · PGParkRangers@pgparks.com	Mount Calvert Historical and Archaeological Park 16801 Mount Calvert Rd., Upper Marlboro 20772 · 301-627-1286 archaeology@pgparks.com	Mount Rainier Nature & Recreation Center 4701 31st Pl., Mount Rainier 20712 301-927-2163 mtrainiernaturecenter@pgparks.com	Old Maryland Farm (at Watkins Reg. Park) 301 Watkins Park Dr., Upper Marlboro 20774 301-218-6770 oldmarylandfarm@pgparks.com	Patuxent River 4-H Center 18405 Queen Anne Rd., Upper Marlboro 20774 · 301-218-3079 PGParkRangers@pgparks.com	Patuxent River Park/Jug Bay Natural Area 16000 Croom Airport Rd., Upper Marlboro 20772 · 301-627-6074 patuxentriverpark@pgparks.com	School House Pond Governor Oden Bowie Dr., Upper Marlboro 20772 · 301-627-7755 PGParkRangers@pgparks.com	Suitland Bog Natural Area Suitland Rd. & Suitland Pkwy., Suitland 20747 301-627-7755 · PGParkRangers@pgparks.com	Walker Mill Regional Park 8840 Walker Mill Rd., District Heights 20747 301-699-2400 centralareaprograms@pgparks.com	Watkins Nature Center 301 Watkins Park Dr., Upper Marlboro 20774 301-218-6702 watkinsnaturecenter@pgparks.com	Watkins Regional Park 301 Watkins Park Dr., Upper Marlboro 20774 301-218-6700 centralareaprograms@pgparks.com

<p>Camp Springs Senior Activity Center 6420 Allentown Rd., Camp Springs 20748 301-449-0490 campspringsseniors@pgparks.com</p>	<p>Evelyn Cole Senior Activity Center 5720 Addison Rd., Seat Pleasant 20743 301-386-5525 evelyncoleseniors@pgparks.com</p>	<p>Gwendolyn Britt Senior Activity Center 4009 Wallace Rd., North Brentwood 20722 301-699-1238 gwendolynbrittseniors@pgparks.com</p>	<p>John E. Howard Senior Activity Center 4400 Shell St., Capitol Heights 20743 301-735-2400 johnehowardseniors@pgparks.com</p>	<p>Langley Park Senior Activity Center 1500 Merrimac Dr., Hyattsville 20783 301-408-4343 langleyparkseniors@pgparks.com</p>	<p>Laurel-Beltsville Senior Activity Center 7120 Contee Rd., Laurel 20707 301-206-3350 laurelbeltsvilleseniors@pgparks.com</p>
SKATE PARKS					
<p>Cosca Regional Skate Park 11000 Thrift Rd., Clinton 20735 301-868-1397 www.mnccpc.org/4784/Skate-Parks</p>	<p>Melrose Skate Park 4666 Rhode Island Ave., Hyattsville 20781 301-445-4500 northernareaprograms@pgparks.com</p>	<p>Mount Rainier Skate Park 3700 Block 37th St. and Wells Ave., Mount Rainier 20712 · 301-445-4500 northernareaprograms@pgparks.com</p>	<p>Sunnyside Skate Park 10110 Rhode Island Ave., Beltsville 20705 301-445-4500 northernareaprograms@pgparks.com</p>	<p>Walker Mill Skate Park 8001 Walker Mill Rd., District Heights 20747 301-218-6700 centralareaprograms@pgparks.com</p>	
SPORTS FACILITIES					
<p>Allentown Splash, Tennis and Fitness Park 7210 Allentown Rd., Fort Washington 20744 301-449-5566/67 allentownpool@pgparks.com</p>	<p>Cosca Tennis Bubble 11000 Thrift Rd., Clinton 20735 301-868-6462 coscatennisbubble@pgparks.com</p>	<p>Ellen E. Linson Splash Park (summer) 5211 Campus Dr., College Park 20740 301-277-3717 · linsonpool@pgparks.com</p>	<p>Enterprise Golf Course 2802 Enterprise Rd., Mitchellville 20721 301-249-2040 enterprisegolf@pgparks.com</p>	<p>Fairland Sports & Aquatics Complex Fairland Tennis Bubble 13820 & 13950 Old Gunpowder Rd., Laurel 20707 · 301-362-6060 fairlandaquatics@pgparks.com fairlandsports@pgparks.com fairlandtennis@pgparks.com</p>	<p>Glenn Dale Splash Park (summer) 11901 Glenn Dale Blvd., Glenn Dale 20769 301-352-8980 · 301-772-5515 glenndalepool@pgparks.com</p>

<p>Hamilton Splash Park (summer) 3901 Hamilton St., Hyattsville 20781 301-779-8224 · 301-853-9115 hamiltonpool@pgparks.com</p>	<p>Henson Creek Golf Course 1641 Tucker Rd., Fort Washington 20744 301-567-4646 hensoncreekgolf@pgparks.com</p>	<p>Herbert Wells Ice Rink (seasonal) 5211 Campus Dr., College Park 20740 301-277-3717 · wellsicerink@pgparks.com</p>	<p>J. Franklyn Bourne Memorial Pool (summer) 6500 Calmos St., Seat Pleasant 20743 301-350-4422 · 301-583-2572 bournepool@pgparks.com Kentland Golf Training Center 2413 Pinebrook Ave., Landover 20785 301-772-2527 · kentlandcc@pgparks.com</p>	<p>Lane Manor Splash Park (summer) 7601 West Park Dr., Hyattsville 20783 301-422-7284 · 301-853-9115 lanemanorpool@pgparks.com</p>	<p>North Barnaby Splash Park (summer) 5000 Wheeler Rd., Oxon Hill 20745 301-894-1150 · 301-446-6800 northbarnabypool@pgparks.com</p>	<p>Paint Branch Community Park Disc Golf Course 5202 Campus Dr., College Park 20740 301-864-6029 Collegeparkaviation@pgparks.com</p>	<p>Paint Branch Golf Complex & Performance Center 4690 University Blvd., College Park 20740 301-935-2600 paintbranchgolf@pgparks.com</p>	<p>Prince George's County Trap & Skeet Center 10400 Good Luck Rd., Glenn Dale 20769 301-577-7178 · trapandskeet@pgparks.com</p>	<p>Prince George's Sports & Learning Complex 8001 Sheriff Rd., Landover 20785 301-583-2400 · splex@pgparks.com</p>	<p>Prince George's Stadium 4101 Northeast Crain Hwy., Bowie 20717 301-805-6000 · info@baysox.com</p>	<p>Rollingcrest-Chillum Splash Pool 6122 Sargent Rd., Chillum 20782 301-853-9115 rollingcrestcc@pgparks.com</p>	<p>Southern Regional Aquatic Wellness Center 7011 Bock Rd., Fort Washington 20744 301-749-4180 wellnesscenterpool@pgparks.com</p>	<p>Sugar Ray Leonard Amateur Boxing Center 7707 Barlowe Rd., Palmer Park 20785 301-386-5888/89 sugarrrayleonard@pgparks.com</p>	<p>Theresa Banks Memorial Aquatics Center/ Glenarden Complex 8615 McLain Ave., Glenarden 20706 301-772-5515/16 theresabankspool@pgparks.com</p>	<p>Tucker Road Ice Rink 1770 Tucker Rd., Fort Washington 20744 301-265-1525 tuckerroadicerink@pgparks.com</p>	<p>Watkins Regional Park Miniature Mini-Golf Course (outdoor/seasonal) 301 Watkins Park Dr., Upper Marlboro 20774 301-218-6757 centralareaprograms@pgparks.com</p>	<p>Watkins Tennis Bubble 301 Watkins Park Dr., Upper Marlboro 20774 301-218-6870 watkinstennisbubble@pgparks.com</p>
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Prince George's County Planning Department

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To promote economic vitality,
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Urban Design Review, Applications
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Data Systems, Census Demographics,
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weekly on Thursdays. Go online to www.pgplanning.org/Planning_Board.htm or
call 301-952-3560 to request mailing of
the weekly agenda. Historic Preservation
Commission Meetings are held the third
Tuesday evening of each month—visit
www.pgplanning.org/hp.htm for agendas
or call 301-952-3680.

The Prince George's County Planning Department of The Maryland-National Capital Park and Planning Commission (M-NCPPC) has officially launched its first Neighborhood Planning Academy. The academy is a unique six-week program that is designed to empower residents to become active participants in the planning and decision-making processes. The first five sessions are virtual and conclude with the sixth session in-person for team presentations and graduation of academy participants.

Sessions are held on Wednesdays from 6:30–8:00 p.m.

Session topics include:

- Setting the Stage: History, Present, and Future of Prince George's County
- Planning 101
- Development Processes in Prince George's County
- Building Healthy, Sustainable, and Resilient Communities
- Multimodal Transportation and Street Safety

Who can participate:

- County residents
- All municipalities in the county*
- Local, small-scale developers
- Community groups/stakeholders

*Except Laurel, which has its own planning and zoning authority

Why should you participate:

- Improve understanding of the local planning and development process and how to become more involved
- Gain valuable insights into zoning, development, transportation planning, and more.
- Engage in meaningful discussion with experts and connect with other residents

Learn more and join our mailing list to receive notifications about future openings:

<https://academy.pgplanning.com>

 Neighborhood Planning
ACADEMY

Prince George's County Planning Department

14741 Governor Oden Bowie Drive
Upper Marlboro, MD 20772
301-952-3594 • TTY 301-952-4366
www.pgplanning.org



M-NCPPC
Department of Parks and Recreation
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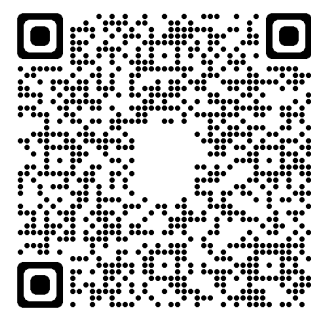
DID YOU KNOW

... that Prince George's County and Montgomery County residents receive a discount on Parks and Recreation classes, events, and rentals?

Before winter registration on November 15, be sure to validate your residency status in order to receive the resident discount rate!

(NOTE: Priority registration is given to Prince George's County residents during program and class enrollment.)

For details, scan the QR code.



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