

your guide

to Parks and Recreation in Prince George's County



live more, play more
pgparks.com

Classes, Programs & Events
SUMMER 2026 / JUNE 1 - AUGUST 31



Kickin' it in
Prince George's
County!

Soccer—known around the globe as football—

is more than a sport. It's a shared passion that brings people together. From neighborhood fields to the packed stadiums of the FIFA World Cup, soccer connects communities across cultures and generations. As the world prepares to celebrate the 2026 FIFA World Cup—co-hosted by the United States, Canada, and Mexico—the excitement is building everywhere, including right here in Prince George's County.

The Department of Parks and Recreation proudly delivers soccer programs that capture the spirit of the world's game while making it accessible, inclusive, and fun for everyone.

Designed for children, teens, and adults of all experience levels, our programs help participants build confidence, stay active, and develop essential teamwork and communication skills. Along the way, players learn valuable life lessons in discipline, cooperation, and endurance while enjoying the fast-paced energy and joy of soccer.



With soccer fields across Prince George's County, the Department offers a wide range of leagues, clinics, camps, and instructional programs for players of all skill levels. Whether players are just discovering the game, or sharpening their skills for high school competition or league play, our soccer programs create FUN experiences for growth, achievement, and success—on the field and beyond.



Team USA World Cup Kickoff Watch Party

Cheer on Team USA as they face Paraguay in their opening World Cup match.

Enjoy soccer clinics, pickup games, FIFA video game tournaments, giveaways, food, and FUN Parks & Recreation activities for all ages!

- ★ Friday, June 12, 5-11 pm; kickoff game begins at 9 pm.
- ★ Oakcrest Community Center
- ★ 1300 Capitol Heights Boulevard, Capitol Heights 20743



2026 FIFA World Cup: A Global Celebration

- ★ Largest World Cup in history
- ★ Dates: June 11 – July 19, 2026
- ★ 48 teams from 42 countries compete across 16 host cities in North America.
- ★ 104 matches, millions of fans, and billions watching worldwide!
- ★ Opening Match: Thursday, June 11, 1 pm – **Mexico vs. South Africa** at Estadio Azteca in Mexico City
- ★ Final: July 19, 3 pm at MetLife Stadium in New Jersey



Whether you're cheering at a watch party or kicking a ball in your neighborhood park, soccer is FUN for everyone. Olé!

El “soccer,” conocido en todo el mundo como fútbol, es más que un deporte. Es una pasión compartida que une a las personas. Desde los campos de barrio hasta los estadios repletos de la Copa Mundial de la FIFA, el fútbol conecta comunidades a través de culturas y generaciones. Mientras el mundo se prepara para celebrar la Copa Mundial de la FIFA 2026, organizada conjuntamente por Estados Unidos, Canadá y México, la emoción crece en todas partes, incluso aquí en el Condado de Prince George’s.

El Departamento de Parques y Recreación, ofrece con orgullo programas de fútbol que capturan el espíritu del juego mundial y lo hacen accesible, inclusivo y divertido para todos. Diseñados para niños, adolescentes y adultos de todos los niveles de experiencia, nuestros programas ayudan a los participantes a desarrollar confianza, mantenerse activos y desarrollar habilidades esenciales de trabajo en equipo y comunicación. A lo largo del camino, los jugadores aprenden valiosas lecciones de vida sobre disciplina, cooperación y resistencia mientras disfrutan de la energía vertiginosa y la alegría del fútbol.



Con campos/canchas de fútbol en todo el Condado de Prince George’s, el Departamento ofrece una amplia gama de ligas, clínicas, campamentos y programas de instrucción para jugadores de todos los niveles. Ya sea que alguien esté descubriendo el juego por primera vez o perfeccionando sus habilidades para la competencia en la escuela secundaria y la liga, nuestros programas de fútbol crean experiencias **DIVERTIDAS** para el crecimiento, los logros y el éxito, en el campo y más allá.



¡Fiesta para ver el primer juego del equipo Estadounidense en la Copa Mundial!

Anime al equipo de los Estados Unidos mientras se enfrenta a Paraguay en su partido inaugural de la Copa del Mundo.

¡Disfrute de clínicas de fútbol, partidos prácticos, torneos de videojuegos FIFA, regalitos, comida y divertidas actividades de parques y recreación para todas las edades!

- ★ Viernes, 12 de junio, 5-11 pm; el partido comienza a las 9 pm.
- ★ Centro Comunitario Oakcrest
- ★ 1300 Capitol Heights Boulevard, Capitol Heights 20743



Copa Mundial de la FIFA 2026: Una celebración mundial

- ★ La Copa del Mundo más grande de la historia
- ★ Fechas: 11 de junio – 19 de julio, 2026
- ★ 48 equipos de 42 países en 16 ciudades anfitrionas de América del Norte.
- ★ 104 partidos, millones de fanáticos y miles de millones de espectadores en todo el mundo
- ★ Partido inaugural: Jueves, 11 de junio, 1 pm – México vs. Sudáfrica en el Estadio Azteca en la Ciudad de México
- ★ Final: 19 de julio, 3 pm en el Estadio MetLife en Nueva Jersey



Desde animar en una fiesta para ver el partido hasta jugar el balón en el parque de su barrio, el fútbol es un deporte que todos pueden disfrutar. ¡Olé!

[Cliquez ici pour lire cet article en français.](#)



The Maryland-National Capital Park and Planning Commission



PRINCE GEORGE'S PLANNING BOARD

Darryl Barnes, *Chairman*
Manuel R. Geraldo
Dr. Billy Okoye
Brittany Jenkins
Lori Matthews

William Spencer,
Acting 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

The mission of the M-NCPPC, Department of Parks and Recreation, in partnership with County residents, is to provide comprehensive park and recreation programs, facilities, and services that support healthy lifestyles and respond to changing needs within County communities. The Department strives to preserve, enhance, and protect open spaces to enrich the quality of life for the present and future generations in a safe and secure environment.

Department of Parks and Recreation

Darius A. Stanton, *Director*
Steve Carter, *Deputy Director of
 Parks & Facilities Management*
Leonard Pettiford, *Deputy Director
 of Administration & Development*
Tara Eggleston Stewart, *Deputy Director
 of Recreation & 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

Park Planning & Environmental Stewardship
 301-699-2525

Management Services 301-699-2255

Capital 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 301-446-6899

Northern Recreation & Leisure Services 301-218-6700

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.

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How to register for an activity..

Registration for an activity begins:

Wednesday, May 13 for Prince George's County Residents

Wednesday, May 20 for Non-Residents



You must establish a PARKS DIRECT account before registering for any program. For information about obtaining a FREE PARKS DIRECT account, visit pgparksdirect.com and click on New Account in the toolbar.

Validate your address!

Did you know that Prince George's County and Montgomery County residents receive discounts on Parks and Recreation classes, events, and rentals? Before registration, be sure to validate your address to receive the resident discount rate! Due to the volume before registration days, processing verification requests may take up to three (3) business days. (Note: Priority registration is given to Prince George's County residents during program and class enrollment.) **Scan the QR code on the next page.**

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 who will participate 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

M-NCPPC policy prioritizes Prince George's County residents during the 1st week of program registration, and it also increases registration fees by approximately 30 percent for nonresidents 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 1-week 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.

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 Prince George's Sports & Learning Complex. (IA) This refers to residents living in the Impact Area of Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. Impact Area residents only receive a fee reduction for programs at Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. For more information, contact Splex-Distribution@pgparks.com.

*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



Refund Policy

The registrant is entitled to a 100% refund or credit to his/her account if M-NCPPC cancels a course. The registrant may withdraw from a course at any time before the course ends and will be entitled to receive a prorated credit based on the number of classes remaining when 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 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 cancellation, postponements, or 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 non-sufficient funds fee for returned checks is \$35.

Fee Assistance

Fee assistance is available only for Prince George's County residents (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 our website. Visit pgparks.com and search "Fee Assistance."

Fees Subject to Change

The fees in this program guide are subject to change. For up-to-date information, please contact the facility offering the program.

Stay in Touch!

If you have registered for a class or program within the last 2 years, 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? Email public.affairs@pgparks.com, and we'll send you a copy of the current guide. Want to get the latest in your parks and recreation programs via our Monday morning e-newsletter? Send an email request to public.affairs@pgparks.com. Interested in staying updated about Parks and Rec closures, cancellations, and emergencies? Sign up for our FREE PG Parks Alerts notification service. Visit pgparks.com and search "PG Parks Alerts."

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 before 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.

[Click here to Validate your address!](#)

Prince George's and Montgomery County residents receive a discount rate.

Información sobre cómo inscribirse para actividades

La inscripción para las actividades/clases en persona empieza: **Miércoles, 13 de mayo para los residentes del Condado de Prince George's**

Miércoles, 20 de mayo 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.

Antes de inscribirse en cualquier programa, usted debe establecer una cuenta GRATIS de PARKS DIRECT. Para información sobre cómo obtener una cuenta de PARKS DIRECT, visite pgparksdirect.com y haga clic en “Nueva Cuenta” (o “New Account”) en la parte superior de la página internet.

¡Confirme su dirección!

¿Sabía que los residentes de los condados de Prince George's y Montgomery reciben descuentos en clases, eventos y alquileres de M-NCPPC, Departamento de Parques y Recreación? Antes de inscribirse, confirme que vive en el Condado de Prince George's o Montgomery para recibir la tasa de descuento para residentes. Debido al volumen antes de los días de inscripción, pueden pasar hasta tres (3) días hábiles para procesar las solicitudes de verificación. (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 página 9.**

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.

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 periodo 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. 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-Distribution@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 "Actividades y Eventos" en la parte superior de la página y después haga clic en "Asistencia con las tasas y becas."

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. Manténgase informado a través de nuestro sistema de notificación y de emergencias llamado "**PGParks Alerts.**" Recibirá la última información sobre cierres y cancelaciones del M-NCPPC, Departamento de Parques y Recreación, Condado de Prince George's, por mensaje de texto o correo electrónico. ¡Es un servicio GRATIS! Visite pgparks.com e ingrese "pgparks alerts" en el cuadro de búsqueda.

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 (2) 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.

Confirme que vive en el Condado de Prince George's o Montgomery para recibir su tasa de descuento.





live more, play more ...Swim More!

Outdoor pools open on May 23!



- Lane Manor Splash Park
- Ellen E. Linson Splash Park
- Hamilton Splash Park
- Glenn Dale Splash Park
- J. Franklyn Bourne Memorial Pool
- North Barnaby Splash Park



**Now hiring
deep water and
shallow water
lifeguards and
slide attendants!**

[Click here](#) To learn more about our fabulous pools and splash parks.



Parks & Recreation
M-N C P P C

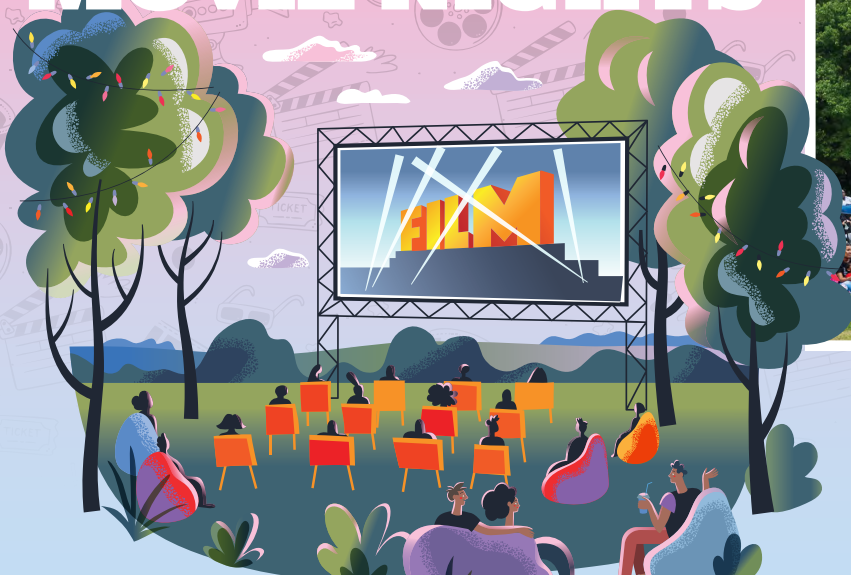
The parks are alive with the sounds of music and drama.

Enjoy a variety of summer evening concerts, including jazz, rock 'n roll, country, soul, hip-hop, and blues music at parks throughout Prince George's County.

Grab a blanket or lawn chairs, pack a picnic dinner, and bring your family and friends to relax and enjoy hot fun in the summertime!



SUMMER MOVIE NIGHTS



[Click here](#) for the latest information on Summer Concerts, Performances & Movies.

M-NCPPC Facilities

For over 50 years, the Department of Parks and Recreation has provided 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.



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 & Division Offices

Baden Community Center
13601 Baden-Westwood Rd., Brandywine 20613
301-888-1500 • badencc@pgparks.com

Beltsville Community Center
3900 Sellman Rd., Beltsville 20705
301-937-6613 • Beltsvillecc@pgparks.com

Berwyn Heights Community Center
6200 Pontiac St., Berwyn Heights 20740
301-345-2808 • Berwynheightscc@pgparks.com

Bladensburg Community Center
4500 57th Ave., Bladensburg 20710
301-277-2124 • Bladensburgcc@pgparks.com

Bowie Community Center
3209 Stonybrook Dr., Bowie 20715
301-464-1737 • bowiecc@pgparks.com

Cedar Heights Community Center
1200 Glen Willow Dr., Capitol Heights 20743
301-773-8881 • cedarheightscc@pgparks.com

College Park Youth Services Center
4912 Nantucket Rd., College Park 20740
301-345-4425 • Collegeparkcc@pgparks.com

Columbia Park Community Center
1901 Kent Village Dr., Landover 20785
301-341-3749 • columbiaparkcc@pgparks.com

Deerfield Run Community Center
13000 Laurel-Bowie Rd., Laurel 20708
301-953-7882 • Deerfieldcc@pgparks.com

Fort Washington Forest Community Center
1200 Fillmore Rd., Fort Washington 20744
301-292-4300 • FortWashingtonCC@pgparks.com



Glassmanor Community Center

1101 Marcy Ave., Oxon Hill 20745
301-567-6033 • glassmanorcc@pgparks.com

Glenarden Community Center

8615 McLain Ave., Glenarden 20706
301-772-3151 • glenardenc@pgparks.com

Glenn Dale Community Center

11901 Glenn Dale Blvd., Glenn Dale 20769
301-352-8983 • Glenndalecc@pgparks.com

Good Luck Community Center

8601 Good Luck Rd., Lanham 20706
301-552-1093 • Goodluckcc@pgparks.com
(temporarily closed)

Harmony Hall Regional Center

10701 Livingston Rd., Fort Washington 20744
301-203-6040 • harmonyhallrc@pgparks.com

Hillcrest Heights Community Center

2300 Oxon Run Dr., Temple Hills 20748
301-505-0897 • hillcrestheights@pgparks.com

Huntington Community 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 Community Center

4400 Shell St., Capitol Heights 20743
301-735-3340 • johnehowardcc@pgparks.com

Kentland Community Center

2413 Pinebrook Ave., Landover 20785
301-386-2278 • Kentlandcc@pgparks.com

Lake Arbor Community Center

10100 Lake Arbor Way, Mitchellville 20721
301-333-6561 • lakearborcc@pgparks.com

Lakeland College Park Community Center

5051 Pierce Ave., College Park 20740
301-441-2647 • Collegeparkcc@pgparks.com

Langley Park Community Center

1500 Merrimac Dr., Hyattsville 20783
301-445-4508 • langleyparkcc@pgparks.com

Largo/Kettering/Perrywood Community Center

431 Watkins Park Dr., Upper Marlboro 20774
301-390-8390 • largoketteringperrywoodcc@pgparks.com

Marlow Heights Community Center

2800 St. Clair Dr., Marlow Heights 20748
301-423-0505 • marlowheightscc@pgparks.com

North Brentwood Community Center

4012 Webster St., North Brentwood 20722
301-864-0756 • Northbrentwoodcc@pgparks.com

North Forestville Community Center

2311 Ritchie Rd., Forestville 20747
301-350-8660 • northforestvillecc@pgparks.com

**Northern Recreation & Leisure Services**

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6700

Northernareaprograms@pgparks.com
Northerninclusion@pgparks.com

Oakcrest Community Center

1300 Capitol Heights Blvd.,
Capitol Heights 20743 • 301-736-5355
oakcrestcc@pgparks.com

Palmer Park Community Center

7720 Barlowe Rd., Landover 20785
301-773-5665 • parlmerparkcc@pgparks.com

Patuxent Community Center

4410 Bishopmill Dr., Upper Marlboro 20772
301-780-7577 • patuxentcc@pgparks.com

Peppermill Community Center

610 Hill Rd., Landover 20785
301-350-8410 • peppermillcc@pgparks.com

Potomac Landing Community Center

12500 Fort Washington Rd., Fort Washington 20744
301-292-9191 • potomaclandingcc@pgparks.com

Prince George's Plaza Community Center

6600 Adelphi Rd., Hyattsville 20782
301-864-1611 • princegeorgesplazacc@pgparks.com

Rollingcrest-Chillum Community 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 Community Center

1717 Pittsfield La., Bowie 20716
301-249-1622 • southbowiercc@pgparks.com

Southern Area Aquatic 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 Community Center

8200 Pinewood Dr., Clinton 20735
301-297-4648 • stephendecaturcc@pgparks.com

Suitland Community Center

5600 Regency La., Forestville 20747
301-736-3518 • suitlandcc@pgparks.com

Temple Hills Community Center

5300 Temple Hill Rd., Temple Hills 20748
301-894-6616 • templehillsc@pgparks.com

Tucker Road Community Center

1771 Tucker Rd., Fort Washington 20744
301-248-4404 • tuckerroadcc@pgparks.com

Upper Marlboro Community Center

5400 Marlboro Race Track Rd., Upper Marlboro 20772
301-627-2828 • uppermarborocc@pgparks.com

Vansville Community Center

6813 Ammendale Rd., Beltsville 20705
301-937-6621 • vansvillecc@pgparks.com

Westphalia Community Center

8900 Westphalia Rd., Upper Marlboro 20774
301-516-5300 • westphaliacc@pgparks.com

William Beanes Community Center

5108 Dianna Dr., Suitland 20746
301-568-7719 • williambeanesc@pgparks.com

DOG PARKS

College Park Dog Park

4300 Metzert Rd. College Park 20740
301-445-4500 • northernareaprograms@pgparks.com

Heurich Dog Park

Corner of Nicholson/Ager Roads, Hyattsville 20782
301-445-4500 • northernareaprograms@pgparks.com

Oakcreek West Park

400 Church Rd. Upper Marlboro 20774
301-445-4500 • northernareaprograms@pgparks.com

Riverdale Dog Park

5400 Haig Dr., Riverdale 20737
301-445-4500 • northernareaprograms@pgparks.com

Riverview Dog Park

10601 Riverview Rd. Fort Washington 20744
301-203-6000 • southernareaprograms@pgparks.com

Rollins Avenue Park

701 Rollins Ave. Capitol Heights 20743
301-446-3300 • NorthernAreaPrograms@pgparks.com

Summerfield Park

8550 Chatsfield Way, Greater Landover 20785
NorthernAreaPrograms@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 Historic Site & 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 Community Park
3510 38th Ave., Colmar Manor 20722
301-779-0371 • PGParkRangers@pgparks.com

Marietta Historic Site & Museum

5626 Bell Station Rd., Glenn Dale 20769
301-464-5291 • mariettahouse@pgparks.com

Montpelier Historic Site & Museum

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 • patuxentrivierpark@pgparks.com

Prince George's Ballroom

2411 Pinebrook Ave., Landover 20785
301-341-5917 • Princegeorgesballroom@pgparks.com

Ridgeley Rosenwald School

8507 Central Ave., Capitol Heights 20743
240-264-3415
blackhistory@pgparks.com

Riversdale Historic Site & Museum

4811 Riverdale Rd., Riverdale Park 20737
301-864-0420 • Riversdale@pgparks.com

Seabrook Schoolhouse

6116 Seabrook Rd., Seabrook 20706
301-464-5291 • NorthernAreaPrograms@pgparks.com

Snow Hill Manor

13301 Laurel-Bowie Rd., Laurel 20708
301-725-6037 • Snowhillmanor@pgparks.com

Surratt Historic Site & Museum

9118 Brandywine Rd., Clinton 20735
301-868-1121 • surrathouse@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 Regional Park)

11401 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 Center at Lakeland

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
(Temporarily closed)**

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)

351 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 • NorthernAreaPrograms@pgparks.com

Watkins Nature Center

331 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 • NorthernAreaPrograms@pgparks.com



SENIOR ACTIVITY CENTERS

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748
301-449-0490 • campspringseniors@pgparks.com

Evelyn Cole Senior Activity Center

5720 Addison Rd., Seat Pleasant 20743
301-386-5525 • evelyncoleseniors@pgparks.com

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood 20722
301-699-1238 • gwendolynbrittseniors@pgparks.com

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743
301-735-2400 • johnehowardseniors@pgparks.com

Langley Park Senior Activity Center

1500 Merrimac Dr., Hyattsville 20783
301-408-4343 • langleyparkseniors@pgparks.com

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel 20707
301-206-3350 • laurelbeltsvilleseniors@pgparks.com

SKATE PARKS

Cosca Regional Skate Park

11000 Thrift Rd., Clinton 20735
301-868-1397 • SouthernAreaPrograms@pgparks.com

Melrose Skate Park

4666 Rhode Island Ave., Hyattsville 20781
301-445-4500 • northernareaprograms@pgparks.com

Mount Rainier Skate Park

3664-3798 Otis St., Mount Rainier 20712
Corner of Wells Avenue and Otis Street
301-445-4500 • northernareaprograms@pgparks.com

Sunnyside Skate Park

10110 Rhode Island Ave., Beltsville 20705
301-445-4500 • northernareaprograms@pgparks.com

Walker Mill Skate Park

8001 Walker Mill Rd., District Heights 20747
301-218-6700 • NorthernAreaPrograms@pgparks.com



SPORTS FACILITIES

Allentown Splash, Tennis and Fitness Park

7210 Allentown Rd., Fort Washington 20744
301-449-5566/67 • allentownpool@pgparks.com

Cosca Tennis Bubble

11000 Thrift Rd., Clinton 20735
301-868-6462 • coscatennisbubble@pgparks.com

Ellen E. Linson Splash Park (summer)

5211 Campus Dr., College Park 20740
301-277-3717 • linsonpool@pgparks.com

Enterprise Golf Course

2802 Enterprise Rd., Mitchellville 20721
301-249-2040 • enterprisegolf@pgparks.com

Fairland Sports & Aquatics Complex

13820 & 13950 Old Gunpowder Rd., Laurel 20707 • 301-362-6060
fairlandaquatics@pgparks.com • fairlandsports@pgparks.com

Fairland Tennis Bubble

13820 Old Gunpowder Rd., Laurel 20707
301-362-6060 • fairlandtennis@pgparks.com

Glenn Dale Splash Park (summer)

11901 Glenn Dale Blvd., Glenn Dale 20769
301-352-8980 • 301-772-5515 • glenndalepool@pgparks.com

Hamilton Splash Park (summer)

3901 Hamilton St., Hyattsville 20781
301-779-8224 • 301-853-9115 • hamiltonpool@pgparks.com

Henson Creek Golf Course

1641 Tucker Rd., Fort Washington 20744
301-567-4646 • hensoncreekgolf@pgparks.com

Herbert Wells Ice Rink (seasonal)

5211 Campus Dr., College Park 20740
301-277-3717 • wellsicerink@pgparks.com

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

Lane Manor Splash Park (summer)

7601 West Park Dr., Hyattsville 20783
301-422-7284 • 301-853-9115 • lanemanorpool@pgparks.com

North Barnaby Splash Park (summer)

5000 Wheeler Rd., Oxon Hill 20745
301-894-1150 • 301-446-6800 • northbarnabypool@pgparks.com

Paint Branch Community Park Disc Golf Course

5202 Campus Dr., College Park 20740
301-864-6029 • Collegeparkaviation@pgparks.com

Paint Branch Golf Complex & Performance Center

4690 University Blvd., College Park 20740
301-935-2600 • paintbranchgolf@pgparks.com

Prince George's County Trap & Skeet Center

10400 Good Luck Rd., Glenn Dale 20769
301-577-7178 • trapandskeet@pgparks.com

Prince George's Sports & Learning Complex

8001 Sheriff Rd., Landover 20785
301-583-2400 • Splex-Distribution@pgparks.com

Prince George's Stadium

4101 Northeast Crain Hwy., Bowie 20717
301-805-6000 • info@baysox.com

Rollingcrest-Chillum Splash Pool

6122 Sargent Rd., Chillum 20782
301-853-9115 • rollingcrestcc@pgparks.com

Southern Regional Aquatic Wellness Center

7011 Bock Rd., Fort Washington 20744
301-749-4180 • wellnesscenterpool@pgparks.com

Sugar Ray Leonard Amateur Boxing Center

7707 Barlowe Rd., Palmer Park 20785
301-386-5888/89 • sugarrayleonard@pgparks.com

Theresa Banks Memorial**Aquatics Center/Glenarden Complex**

8615 McLain Ave., Glenarden 20706
301-772-5515/16 • theresabankspool@pgparks.com

Tucker Road Ice Rink

1770 Tucker Rd., Fort Washington 20744
301-265-1525 • tuckerroadicerink@pgparks.com

Watkins Regional Park Miniature Mini-Golf Course (outdoor/seasonal)

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6757 • NorthernAreaPrograms@pgparks.com

Watkins Tennis Bubble

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6870 • watkinstennisbubble@pgparks.com



In-Person Ticketed Events

All events listed are single-day events with limited capacity. 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.

Lunchtime Listening with Sweet Storm

Experience the rhythm, culture, and soul of DC's blues scene. Sweet Storm delivers soulful, heartfelt blues, blending traditional and contemporary styles. Stormi Weaver (vocals, guitar) and Willie Leebel (vocals, guitar) have performed together at bars, clubs, art openings, and private events for three years. Their collaboration also led to the formation of Stormi and the Blue Skies, a five-piece acoustic group. They met through the Archie Edwards Blues Heritage Foundation and call each other music spouses. Celebrate the legacy of Archie Edwards with a powerful blues concert, honoring African American music history and the Piedmont blues tradition.

Southern Area Aquatics Rec Complex

saarc@pgparks.com

View activity: SAARC-CON-GA-20260603 All ages Wed Jun 3 11:00 am-1:00 pm \$5(R); \$7(NR)

Hypertension Workshop

This educational session explores essential strategies for managing and preventing hypertension. Participants will learn about risk factors, lifestyle modifications, and the impact of nutrition and exercise on blood pressure control. The workshop provides practical tools for maintaining heart health and reducing the likelihood of developing hypertension, empowering attendees to take charge of their well-being.

Lake Arbor Community Center

lakearborcc@pgparks.com

View activity: SPD-SPEC-GA-20260604 All ages Thu Jun 4 10:00 -11:00 am Free

Miss Gayle's Clean Comedy

Hailed as bright, energetic, absolutely captivating, and outrageously funny, Miss Gayle will keep an audience in stitches. She is an explosively talented individual who lights up the stage for sold-out audiences nationwide. Since the age of six, people have demanded amusement from the comedienne, actress, and entertainer who successfully lifted their spirits. Miss Gayle can put life in perspective through her down-home humor.

Prince George's Publick Playhouse

publickplayhouse@pgparks.com

View activity: PGPP-SPEC-AS-20260604 60 & up Thu Jun 4 11:00 am-12:00 pm \$15(R); \$20(NR)

"Out of the Vineyard": A Play

Join us for a hands-on presentation to learn about herbs for food and medicine and historically, how women have used herbs and tea. Light refreshments will be served.

Marietta Historic Site & Museum

mariettahouse@pgparks.com

View activity: MHM-SPEC-GA-20260604 12 & up Thu Jun 4 7:00 -8:30 pm Free

Decommission - What's on the Inside?

Learn about the safe and efficient dismantling of electronic devices. Participants will learn how to identify, disassemble, and sort components from various types of electronic waste (e-waste), including computers, mobile phones, televisions, remote controls, and other consumer electronics. The program will also emphasize environmental responsibility, safety protocols, and compliance with local and international regulations governing e-waste handling. Participants will learn valuable recovery techniques for reusable materials such as metals, plastics, and circuit boards. Let's be destructive in a good way!

Tucker Road Community Center

tuckerroadcc@pgparks.com

View activity: TRCC-SPEC-GA-20260606 6 & up Sat Jun 6 11:00 am-12:30 pm \$7(R); \$10(NR)

Creative Entrepreneurship & Scaling Your Business

Learn business strategies, marketing, and growth techniques to expand your artistic brand and maximize success, taking your creative practice to the next level.

Brentwood Arts Exchange **brentwoodarts@pgparks.com**

View activity: ACHD-SPEC-GA-20260606 18 & up Sat Jun 6 1:00 -4:00 pm Free

Parent/Child Gala

You are invited to this elegant event to enjoy a memorable night of dancing, dining, and meaningful connection with family. The gala includes a formal dinner, music, dancing, interactive activities, photo opportunities, and keepsake moments to cherish for years to come.

Marlow Heights Community Center **marlowheightscc@pgparks.com**

View activity: MHCC-SPEC-GA-20260606 All ages Sat Jun 6 5:00 -7:00 pm \$15(R); \$20(NR)

Riversdale-Summer Concert Series

Join the Riversdale House Museum for the 2026 season of our summer concert series Jazz on the Lawn. Bring your own lawn chair and a picnic dinner. All performances are sponsored by the Maryland State Arts Council and the Town of Riverdale Park.

Riversdale Historic Site & Museum **riversdale@pgparks.com**

View activity: RHM-CON-GA-20260610 All ages Wed Jun 10 7:00 -8:00 pm Free

American Indian Culture on the Patuxent

A guided pontoon boat exploration of the centuries-long history and cultural kinship that the Piscataway People have had with the Patuxent River.

Accokeek Foundation **info@accokeek.org**

View activity: NHRD-SPEC-GA-20260612 All ages Fri Jun 12 10:00 am-12:00 pm Free

Line Dance Party

Get ready to lace up your dancing shoes and join us for our annual line dance social! Whether you're a seasoned line dancer or just looking to try something new, this event offers the perfect opportunity to hit the dance floor and let loose in a welcoming and inclusive environment.

Potomac Landing Community Center **potomaclandingcc@pgparks.com**

View activity: PLCC-SPEC-GA-20260612 21 & up Fri Jun 12 6:00 -10:00 pm \$25(R); \$33(NR)

National History Day Ice Cream Social

I scream, you scream, we all scream for...history and ice cream! Celebrate National History Day and cool off at the College Park Aviation Museum with free scoops for kids provided by the University of Maryland Dairy and sponsored by the university's Center for Community Engagement. Join educators as history and science come to life with activities and hands-on exploration in the museum gallery. Limit to one free scoop per child while supplies last. FREE! No registration required; includes museum admission.

College Park Aviation Museum **collegeparkaviation@pgparks.com**

View activity: CPAM-SPEC-GA-20260614 All ages Sun Jun 14 11:00 am-3:00 pm Free

How Colonial America Got the Word Out

Explore the fascinating history of printmaking in the 18th century and its influence on the American Revolution. Discover how block letters and symbolic icons were used in newspapers, broadsides, and even wallpaper. As part of the experience, design your own block print and use it to create personalized notecards to take home.

Darnall's Chance Historic Site **darnallschance@pgparks.com**

View activity: DCHM-SPEC-GA-20260617 6 - 14yrs. Wed Jun 17 10:30 -11:30 am \$10(R); \$13(NR)

Juneteenth Highlight Tours: “Self-Emancipators’ History in Honor of Juneteenth”

Join us as we commemorate Juneteenth with by sharing the stories of the Jackson, Duckett, Brown, and Butler families, all freedom seekers associated with Marietta Historic Site & Grounds.

Marietta Historic Site & Museum					mariettahouse@pgparks.com
View activity: MHM-SPEC-GA-20260618	8 & up	Thu Jun 18	11:00 am-3:00 pm	Free	
View activity: MHM-SPEC-GA-20260619	8 & up	Fri Jun 19	11:00 am-3:00 pm	Free	
View activity: MHM-SPEC-GA-20260620	8 & up	Sat Jun 20	11:00 am-3:00 pm	Free	
View activity: MHM-SPEC-GA-20260621	8 & up	Sun Jun 21	11:00 am-3:00 pm	Free	

Gather on the Green at Concord: Outdoor Concert Series

Gather on the Green is a monthly outdoor concert series hosted at Concord Historic Site, held on the third Thursday of each summer month. Set within the historic landscape of a former tobacco plantation turned site of African American resilience and legacy, the series invites the community to gather for music, reflection, and connection in a welcoming outdoor environment. Each evening features live performances by local and regional musicians representing genres rooted in African American expressive culture, including jazz, blues, gospel, soul, go-go, R&B, and contemporary fusion. Performances are intentionally paired with Concord’s evolving interpretation of Black history, land stewardship, and community legacy, transforming the site into a living cultural gathering space. Visitors are encouraged to bring lawn chairs and blankets, enjoy light refreshments from local vendors, explore the grounds during extended evening hours, and engage informally with Concord staff and partners. The series strengthens Concord’s role as a gathering place for cultural expression, wellness, and shared ownership of local history.

Concord Historic Site & Museum					blackhistory@pgparks.com
View activity: NHRD-CON-GA-20260618	All ages	Thu Jun 18	5:00 -8:00 pm	Free	
View activity: NHRD-CON-GA-20260716	All ages	Thu Jul 16	5:00 -8:00 pm	Free	
View activity: NHRD-CON-GA-20260820	All ages	Thu Aug 20	5:00 -8:00 pm	Free	

Remembering We the People: Race and Resistance in Civil War Maryland

In recognition of America turning 250, we are launching a self-guided option to Surratt Historic Site & Museum titled Remembering We the People: Race and Resistance in Civil War Maryland. In a nation whose founders declared “all men are created equal” while only granting freedom to a select few, this exhibit seeks to acknowledge the full history of the site and tell the stories of those who forcibly lived and labored here. We invite you to explore the past, the present, and the unfinished revolution whose ideals our nation still seeks to embody.

Surratt Historic Site & Museum					surratthouse@pgparks.com
View activity: SH-SPEC-GA-20260620	13 & up	Sat Jun 20	6:00 -8:00 pm	Free	

It’s a A Grand Old Flag

Explore the origins of the American flag from its inception at the dawn of the American Revolution and the many changes since. Learn about key figures who shaped the symbol of our nation. Complete a flag activity and outline a garrison flag.

Darnall’s Chance Historic Site					darnallschance@pgparks.com
View activity: DCHM-SPEC-GA-20260624	6 - 14yrs.	Wed Jun 24	12:00 -1:00 pm	\$5(R); \$7(NR)	

Riversdale Summer Concert Series

Join the Riversdale House Museum for the 2026 season of our summer concert series Jazz on the Lawn. Bring your own lawn chair and a picnic dinner. All performances are sponsored by the Maryland State Arts Council and the Town of Riverdale Park.

Riversdale Historic Site & Museum					riversdale@pgparks.com
View activity: RHM-CON-GA-20260624	All ages	Wed Jun 24	7:00 -8:00 pm	Free	

Hands on History: Needles and Narratives

Explore how needlework can be a window into lives, labor, and movements traditionally left out of historical narratives. This session highlights needlework as a form of resistance - past and present - focusing on abolitionist activity, the Underground Railroad, and the tradition of Storyquilting. Then, participants engage in an expert-led workshop, learning a new skill in stitchwork and contributing to the growing Riversdale community quilt! Best for ages 6-12, all ages welcome. For payments at the door, please arrive 10 minutes early.

Riversdale Historic Site & Museum					riversdale@pgparks.com
View activity: RHM-SPEC-GA-20260627	All ages	Sat Jun 27	10:00 am-12:00 pm	\$10(R); \$13(NR)	

Runway Rhythms Summer Music Series

Soak up the sounds of summer as local musicians bring the museum courtyard to life! Pack a picnic, spread out on a blanket or lawn chair, and enjoy great tunes and snappy beats. Rotating food trucks will be on-site with tasty bites for purchase. Sponsored in part by Riverdale Park Arts and the Field of Firsts Foundation. No registration required; includes museum admission.

College Park Aviation Museum					collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20260627	All ages	Sat Jun 27	11:00 am-12:00 pm	Free	
View activity: CPAM-SPEC-GA-20260725	All ages	Sat Jul 25	11:00 am-12:00 pm	Free	
View activity: CPAM-SPEC-GA-20260829	All ages	Sat Aug 29	11:00 am-12:00 pm	Free	

Pop 'Til You Drop

Join us for bubbles, music, games, and activities galore! Enjoy bubble stations, bubble art, foam zone, bubble dance party, and bubble-themed treats. Refreshments will be available while supplies last. Children must be accompanied by an adult.

Tucker Road Community Center					tuckerroadcc@pgparks.com
View activity: TRCC-SPEC-GA-20260627	3 - 5yrs.	Sat Jun 27	1:00 -3:00 pm	\$10(R); \$13(NR)	

Maryland History Day Showcase

Step into a whirlwind of creativity and history as award winning Maryland History Day projects take over the museum! Be inspired by current National History Day participants as you explore their standout posters, visual arts, projects, and performances. Students in grades 6-12 can jump into hands on activities, learn how to participate in the program, and discover how the museum can support their journey. Presented in partnership with Maryland Humanities. No registration required. Includes museum admission.

College Park Aviation Museum					collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20260628	All ages	Sun Jun 28	2:00 -4:00 pm	Free	

Hands on History: Teen StoryLab - History on the Mic

Are you a teen interested in mixed media, podcasting, and uncovering the past? Let us help you create your own history podcast from the ground up! With guidance from museum historians and media experts, participants will dive into Riversdale's collections, develop a topic, and record a short podcast episode using professional audio equipment.

Riversdale Historic Site & Museum					riversdale@pgparks.com
View activity: RHM-SPEC-GA-20260711	All ages	Sat Jul 11	10:00 am-4:00 pm	\$10(R); \$13(NR)	

Sankofa Mobile Museum Community Day

Sankofa Mobile Museum Community Day is a celebration of history, culture, and community engagement. This event brings the museum experience directly to the community, featuring interactive exhibits, storytelling, and educational activities that highlight African American heritage and local history. The day is designed to foster dialogue, learning, and connection while honoring the past and inspiring the future.

Chelsea Historic Site					sankofa@pgparks.com
View activity: NHRD-SPEC-GA-20260711	18 & up	Sat Jul 11	11:00 am-4:00 pm	Free	

Tuskegee Airmen Take to the Skies: Living History Tour

Experience the thrill of being a World War II combat pilot and walk in the footsteps of the Tuskegee Airmen. Led by a military historian clad in World War II period attire, discover the stories of the 992 Tuskegee Airmen who earned their “silver wings.” In the face of segregation and adversity, the Tuskegee Airmen became pioneers in aviation, destroying stereotypes and opening doors for future African American aviators. Explore the Tuskegee connections to the Civilian Pilots Training Program, Columbia Air Center, and their legacy in modern aviation. Registration required. Includes museum admission.

College Park Aviation Museum

collegeparkaviation@pgparks.com

View activity: CPAM-SPEC-GA-20260711 All ages Sat Jul 11 11:00 -11:45 am Free

Riversdale Kitchen Guild: Sour Cherries

Join the Riversdale Kitchen Guild over the open hearth as they highlight sour cherries recipes using 19th century techniques.

Riversdale Historic Site & Museum

riversdale@pgparks.com

View activity: RHM-SPEC-GA-20260712 All ages Sun Jul 12 12:00 -3:00 pm Free

Riversdale Community Conversations

We will open the floor to community members to discuss what they want to see in their community and how the Museum might play a part in that future.

Riversdale Historic Site & Museum

riversdale@pgparks.com

View activity: RHM-SPEC-GA-20260716 18 & up Thu Jul 16 6:30 -7:30 pm Free

American Indian Culture on the Patuxent

A guided pontoon boat exploration of the centuries-long history and cultural kinship that the Piscataway People have had with the Patuxent River.

Accokeek Foundation

info@accokeek.org

View activity: NHRD-SPEC-GA-20260718 All ages Sat Jul 18 10:00 am-12:00 pm Free

View activity: NHRD-SPEC-GA-20260815 All ages Sat Aug 15 10:00 am-12:00 pm Free

Riversdale Kitchen Guild: Ice Cream

Join the Riversdale Kitchen Guild over the open hearth as they highlight ice cream recipes using 19th century techniques.

Riversdale Historic Site & Museum

riversdale@pgparks.com

View activity: RHM-SPEC-GA-20260726 All ages Sun Jul 26 12:00 -3:00 pm Free

Wine & Jazz at Marietta

Join us for a relaxing day on the grounds of Marietta House Museum. Bring your lawn chairs and blankets as you enjoy live performances by popular jazz artists, including the fan-favorite AJQ Plus 1 jazz band. Explore a variety of local food and craft vendors, and stroll through booths featuring wines from local Maryland wineries, including Cove Point, Misfit, and Imperial 94. Meet authors who will be onsite to discuss and sell their books. This event is for adults ages 21 & up.

Marietta Historic Site & Museum

mariettahouse@pgparks.com

View activity: MHM-SPEC-GA-20260801 21 & up Sat Aug 1 1:00 -5:00 pm \$15(R); \$20(NR)

Senior Services Bingo-Fest

Calling all seniors! Join the fun and play Bingo for GREAT prizes while helping support Prince George's County elementary school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services.

John E. Howard Senior Activity Center				johnehowardseniors@pgparks.com
View activity: SPD-SPEC-GA-20260807A	60 & up	Fri Aug 7	10:00 am-2:00 pm	Free
View activity: SPD-SPEC-GA-20260807B	60 & up	Fri Aug 7	10:00 am-2:00 pm	Free
View activity: SPD-SPEC-GA-20260807C	60 & up	Fri Aug 7	10:00 am-2:00 pm	Free
View activity: SPD-SPEC-GA-20260807D	60 & up	Fri Aug 7	10:00 am-2:00 pm	Free

Riversdale Kitchen Guild: Cold Soups

Join the Riversdale Kitchen Guild over the open hearth as they highlight cold soups recipes using 19th century techniques.

Riversdale Historic Site & Museum				riversdale@pgparks.com
View activity: RHM-SPEC-GA-20260809	All ages	Sun Aug 9	12:00 -3:00 pm	Free

Rock The Boat 2026

End-of-Summer Back-to-School Dinner Cruise! Dress to impress in your finest formal attire and dance the night away aboard a dinner cruise on the Potomac River. Enjoy great food, a live DJ, and an unforgettable evening celebrating the end of summer and the start of a new school year. Space is limited. No jeans allowed.

Spirit of Washington				customerservice@pgparks.com
View activity: SPD-SPEC-GA-20260811	13 - 17yrs.	Tue Aug 11	4:30 -10:30 pm	\$50(R); \$65(NR)

Culinary Arts: Pickling

Explore the origins of the American flag from its inception at the dawn of the American Revolution and the many changes since. Learn about key figures who shaped the symbol of our nation. Complete a flag activity and outline a garrison flag.

Darnall's Chance Historic Site				darnallschance@pgparks.com
View activity: DCHM-SPEC-GA-20260812	6 - 14yrs.	Wed Aug 12	10:30 -11:30 am	\$10(R); \$13(NR)

Riversdale 50th Anniversary of Roots with Chris Haley

Explore the legacy of Alex Haley's Roots with Haley family member Chris Haley. This will be an intimate conversation with a moderator. Questions from the audience will be welcome.

Riversdale Historic Site & Museum				riversdale@pgparks.com
View activity: RHM-SPEC-GA-20260815	12 & up	Sat Aug 15	11:00 am-1:00 pm	\$15(R); \$20(NR)

Surratt Junior Ranger Community Day

Step into history and become a Junior Ranger! Through fun challenges that will earn them an official Junior Ranger badge, young explorers will uncover the many secrets of the Surratt Historic Site & Museum. This free event is perfect for curious kids and families ready to learn and play together. Registration is encouraged, and walk-ins are always welcome. This interactive event is part of the county-wide Community Day initiative.

Surratt Historic Site & Museum				surratthouse@pgparks.com
View activity: SH-SPEC-GA-20260822	6 - 12yrs.	Sat Aug 22	11:00 am-2:00 pm	Free

Riversdale Kitchen Guild: Three Sisters

Join the Riversdale Kitchen Guild over the open hearth as they highlight "three sisters" recipes using 19th century techniques. Three sisters refers to corn, squash, and beans traditionally grown together and cooked together by the Indigenous people of North America.

Riversdale Historic Site & Museum				riversdale@pgparks.com
View activity: RHM-SPEC-GA-20260826	All ages	Wed Aug 26	12:00 -3:00 pm	Free

Virtual & Hybrid 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.

FITNESS & HEALTH

ADULTS

Walk with Ease

Walk tall with the trees! Walking benefits your mind, mood, and overall health. Developed by the Arthritis Foundation, this program, though open to everyone, aims to reduce the pain of arthritis, increase balance and strength, lift your spirits and, as an extra bonus, you'll build relationships with other walk-minded people. We combine our walking with health education and warm up/cool down exercises. Get more active and achieve your fitness goals! Please contact the offering facility for schedule.

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 32401-479A	18 & up	12 classes	Tue & Thu	8:30-9:30 am	starts Jun 9	\$10(R); \$13(NR)
Watkins Regional Park						wellness@pgparks.com
View activity: 32401-479B	18 & up	12 classes	Mon & Wed	8:30-9:30 am	starts Jul 13	\$10(R); \$13(NR)

CRAFTS AND HOBBIES

SENIORS

Bingo

Play bingo virtually and win prizes!

gwendolynbrittseniors@pgparks.com						
View activity: 31510-430A	60 & up	4 classes	Fri	12:00-1:00 pm	starts Jun 5	\$20(R); \$26(NR)
View activity: 31510-430B	60 & up	4 classes	Fri	12:00-1:00 pm	starts Jul 10	\$20(R); \$26(NR)
View activity: 31510-430C	60 & up	4 classes	Fri	12:00-1:00 pm	starts Aug 7	\$20(R); \$26(NR)

FITNESS & HEALTH

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

View activity: 31415-486B	18 & up	5 classes	Tue	5:30-6:30 pm	starts Jun 2	\$12(R); \$16(NR)
View activity: 31415-486D	18 & up	5 classes	Thu	5:30-6:30 pm	starts Jun 4	\$12(R); \$16(NR)
View activity: 31415-486F	18 & up	4 classes	Tue	5:30-6:30 pm	starts Jul 7	\$30(R); \$39(NR)
View activity: 31415-486H	18 & up	4 classes	Thu	5:30-6:30 pm	starts Jul 9	\$24(R); \$32(NR)

SENIORS

Bio Fitness and Cardio Fit: Seniors

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

tuckerroadcc@pgparks.com

View activity: 31511-484A	60 & up	4 classes	Tue	9:30-10:30 am	starts Jun 9	\$12(R); \$16(NR)
View activity: 31511-484C	60 & up	4 classes	Thu	9:30-10:30 am	starts Jun 11	\$12(R); \$16(NR)
View activity: 31511-484B	60 & up	4 classes	Tue	9:30-10:30 am	starts Jul 7	\$12(R); \$16(NR)
View activity: 31511-484D	60 & up	4 classes	Thu	9:30-10:30 am	starts Jul 9	\$12(R); \$16(NR)

Chair Yoga

Learn to relax with breathing and meditation techniques.

campspringsseniors@pgparks.com

View activity: 31515-411A	60 & up	4 classes	Mon	12:30-1:30 pm	starts Jun 1	\$10(R); \$13(NR)
View activity: 31515-411B	60 & up	4 classes	Mon	12:30-1:30 pm	starts Jul 6	\$10(R); \$13(NR)
View activity: 31515-411C	60 & up	4 classes	Mon	12:30-1:30 pm	starts Aug 3	\$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.

glennedalecc@pgparks.com

View activity: 31402-427A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Jun 4	\$55(R); \$72(NR)
View activity: 31402-427AA	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jun 4	\$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.

glendalecc@pgparks.com

View activity: 31606-427A	6 - 17yrs.	6 classes	Wed	6:00-7:00 pm	starts Jun 3	\$55(R); \$72(NR)
View activity: 31606-427B	6 - 17yrs.	6 classes	Wed	7:00-8:00 pm	starts Jun 3	\$55(R); \$72(NR)

PERFORMING ARTS

SENIORS

Piano: Seniors, Beginners

It's never too late to learn the piano! Be introduced to music fundamentals and keyboard techniques including the skills of note reading, fingering, and rhythm! A piano performance book is included with the fee.

langleyparkseniors@pgparks.com

View activity: 31526-444D	60 & up	8 classes	Mon & Wed	9:30-11:00 am	starts Jun 1	\$68(R); \$89(NR)
View activity: 31526-444H	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Jun 1	\$68(R); \$89(NR)
View activity: 31526-430I	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 2	\$68(R); \$89(NR)
View activity: 31526-444E	60 & up	8 classes	Mon & Wed	9:30-11:30 am	starts Jul 6	\$68(R); \$89(NR)
View activity: 31526-444J	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Jul 6	\$68(R); \$89(NR)
View activity: 31526-430M	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jul 7	\$68(R); \$89(NR)
View activity: 31526-444G	60 & up	8 classes	Mon & Wed	9:30-11:30 am	starts Aug 3	\$68(R); \$89(NR)
View activity: 31526-444K	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Aug 3	\$68(R); \$89(NR)
View activity: 31526-430N	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Aug 4	\$68(R); \$89(NR)

Piano: Seniors, Intermediate

Let's tickle the ivories! Continuing piano students will develop keyboard skills through scales, chords, and technical studies. Keep the music going to boost your mood, increase self-confidence, and achieve your piano goals.

gwendolynbrittseniors@pgparks.com

View activity: 31538-430A	60 & up	8 classes	Tue & Thu	1:00-2:00 pm	starts Jun 2	\$68(R); \$89(NR)
View activity: 31538-430B	60 & up	8 classes	Tue & Thu	1:00-2:00 pm	starts Jul 7	\$68(R); \$89(NR)
View activity: 31538-430C	60 & up	8 classes	Tue & Thu	1:00-2:00 pm	starts Aug 4	\$68(R); \$89(NR)

Piano: Seniors, Advance

Build your self-confidence as you progress to the advanced level of your ability. Learn advanced piano literature, techniques, and reading music. Sign up today for this virtual course. Spaces are limited. Prerequisite: Beginners and Intermediate Piano.

gwendolynbrittseniors@pgparks.com

View activity: 31541-430A	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Jun 2	\$68(R); \$89(NR)
View activity: 31541-430B	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Jul 7	\$68(R); \$89(NR)
View activity: 31541-430C	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Aug 4	\$68(R); \$89(NR)

In-Person Classes

Advance registration is required for all classes at pgparksdirect.com. Participants must bring their own equipment and water bottle. 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

PRE-SCHOOLERS

Swim Lessons: Pre-Schoolers, 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 Park						allentownpool@pgparks.com
View activity: 10101-401A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10101-401B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10101-401C	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-401D	3 - 5yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-401E	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10101-401F	3 - 5yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10101-401G	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10101-401I	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-401J	3 - 5yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-401K	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-401L	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-401M	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10101-401N	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10101-401Q	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10101-401R	3 - 5yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10101-401S	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 20	\$66(R); \$86(NR)
View activity: 10101-401H	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Aug 3	\$66(R); \$86(NR)
View activity: 10101-401T	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10101-401U	3 - 5yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10101-401V	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Aug 3	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10101-423B	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10101-423J	3 - 5yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Jun 2	\$66(R); \$86(NR)
View activity: 10101-423C	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10101-423A	3 - 5yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10101-423D	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10101-423E	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10101-423F	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10101-423G	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10101-423H	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 27	\$66(R); \$86(NR)
View activity: 10101-423I	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 27	\$66(R); \$86(NR)
Lane Manor Splash Park						rollingcrestpool@pgparks.com
View activity: 10101-442A	3 - 5yrs.	8 classes	Tue & Thu	6:45-7:15 pm	starts Jul 28	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10101-468A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468C	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468D	3 - 5yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468E	3 - 5yrs.	8 classes	Sat	9:15-9:45 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468F	3 - 5yrs.	8 classes	Sat	10:35-11:05 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468G	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468H	3 - 5yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468I	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-468J	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10101-472C	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10101-472D	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10101-472A	3 - 5yrs.	8 classes	Sat	9:15-9:45 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-472E	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-472F	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 10101-475A	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10101-475B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10101-475C	3 - 5yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-475D	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-475E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10101-4104A	3 - 5yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10101-4104B	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10101-4104C	3 - 5yrs.	8 classes	Sat	9:10-9:40 am	starts Jul 11	\$66(R); \$86(NR)
View activity: 10101-4104D	3 - 5yrs.	8 classes	Sat	11:20-11:50 am	starts Jul 11	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10101-483A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10101-483C	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-483D	3 - 5yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10101-483E	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10101-483B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-483F	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10101-483G	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10101-483H	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10101-483I	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Aug 10	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, 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 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.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10102-401A	6mo - 3yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10102-401B	6mo - 3yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10102-401C	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10102-401E	6mo - 3yrs.	8 classes	Mon-Thu	2:50-3:10 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10102-401D	6mo - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10102-401F	6mo - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Aug 3	\$66(R); \$86(NR)
View activity: 10102-401G	6mo - 3yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Aug 3	\$66(R); \$86(NR)
Ellen E. Linson Splash Park						linsonpool@pgparks.com
View activity: 10102-421A	6mo - 3yrs.	8 classes	Tue & Thu	7:00-7:30 pm	starts Jul 14	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10102-423E	6mo - 3yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Jun 2	\$66(R); \$86(NR)
View activity: 10102-423B	6mo - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10102-423A	6mo - 3yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10102-423F	6mo - 3yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Jul 7	\$66(R); \$86(NR)
View activity: 10102-423C	6mo - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10102-423D	6mo - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 27	\$66(R); \$86(NR)
Hamilton Splash Park						rollingcrestpool@pgparks.com
View activity: 10102-431A	6mo - 3yrs.	8 classes	Tue & Thu	7:25-7:55 pm	starts Jun 23	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10102-468A	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)
View activity: 10102-468B	6mo - 3yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10102-468C	6mo - 3yrs.	8 classes	Sat	9:15-9:45 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)
View activity: 10102-468D	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)
View activity: 10102-468E	6mo - 3yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10102-472B	6mo - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10102-472A	6mo - 3yrs.	8 classes	Sat	9:55-10:25 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10102-472C	6mo - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Aug 10	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10102-475B	6mo - 3yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6		\$66(R); \$86(NR)
View activity: 10102-475A	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6		\$66(R); \$86(NR)
View activity: 10102-475D	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6		\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10102-4104A	6mo - 3yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jun 2		\$66(R); \$86(NR)
View activity: 10102-4104C	6mo - 3yrs.	8 classes	Sat	8:30-9:00 am	starts Jul 11		\$66(R); \$86(NR)
View activity: 10102-4104B	6mo - 3yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Aug 11		\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10102-483A	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1		\$66(R); \$86(NR)
View activity: 10102-483C	6mo - 3yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6		\$66(R); \$86(NR)
View activity: 10102-483D	6mo - 3yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jun 22		\$66(R); \$86(NR)
View activity: 10102-483B	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6		\$66(R); \$86(NR)
View activity: 10102-483E	6mo - 3yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 6		\$66(R); \$86(NR)
View activity: 10102-483F	6mo - 3yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20		\$66(R); \$86(NR)
View activity: 10102-483G	6mo - 3yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3		\$66(R); \$86(NR)
View activity: 10102-483H	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Aug 10		\$66(R); \$86(NR)

Swim Lessons: Pre Schoolers, 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.

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10103-401A	6mo - 3yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2		\$66(R); \$86(NR)
View activity: 10103-401B	6mo - 3yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6		\$66(R); \$86(NR)
View activity: 10103-401C	6mo - 3yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6		\$66(R); \$86(NR)
View activity: 10103-401D	6mo - 3yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7		\$66(R); \$86(NR)
View activity: 10103-401E	6mo - 3yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jul 20		\$66(R); \$86(NR)
View activity: 10103-401F	6mo - 3yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Aug 3		\$66(R); \$86(NR)
View activity: 10103-401G	6mo - 3yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3		\$66(R); \$86(NR)
View activity: 10103-401H	6mo - 3yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Aug 3		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandaquatics@pgparks.com
View activity: 10103-423B	1 - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 1		\$66(R); \$86(NR)
View activity: 10103-423A	1 - 3yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 20		\$66(R); \$86(NR)
View activity: 10103-423C	1 - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 29		\$66(R); \$86(NR)
Prince George's Sports & Learning Complex							spdex-distribution@pgparks.com
View activity: 10103-468A	1 - 3yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468B	1 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468C	1 - 3yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468D	1 - 3yrs.	8 classes	Sat	10:35-11:05 am	starts Jun 6		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468E	1 - 3yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 13		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468F	1 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 14		\$66(R); \$86(NR); \$50(IA)
View activity: 10103-468G	1 - 3yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 14		\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10103-472B	6mo - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10103-472C	6mo - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10103-442A	6mo - 3yrs.	8 classes	Tue & Thu	7:25-7:55 pm	starts Jul 28	\$66(R); \$86(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10103-475A	6mo - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10103-475B	6mo - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10103-4104A	1 - 3yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jul 7	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10103-483A	6mo - 3yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, 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 Park						allentownpool@pgparks.com
View activity: 10104-401A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10104-401B	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10104-401C	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10104-401D	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10104-401E	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10104-401F	3 - 5yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10104-401G	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10104-401I	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10104-401J	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10104-401H	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10104-401K	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10104-401L	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 20	\$66(R); \$86(NR)
View activity: 10104-401M	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Aug 3	\$66(R); \$86(NR)
View activity: 10104-401N	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10104-401O	3 - 5yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Aug 3	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10104-423B	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10104-423C	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10104-423A	3 - 5yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10104-423D	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10104-423G	3 - 5yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Jul 7	\$66(R); \$86(NR)
View activity: 10104-423E	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10104-423F	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 27	\$66(R); \$86(NR)

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 10104-468A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468B	3 - 5yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468C	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468D	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468E	3 - 5yrs.	8 classes	Sat	9:55-10:25 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468F	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468G	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468H	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
View activity: 10104-468I	3 - 5yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10104-472B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10104-472D	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10104-472A	3 - 5yrs.	8 classes	Sat	10:35-11:05 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10104-472E	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10104-472F	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)	
Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10104-475A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10104-475D	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10104-475B	3 - 5yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10104-475C	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10104-475E	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)	
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10104-4104A	3 - 5yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10104-4104B	3 - 5yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10104-4104C	3 - 5yrs.	8 classes	Sat	10:00-10:30 am	starts Jul 11	\$66(R); \$86(NR)	
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10104-483A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10104-483C	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10104-483D	3 - 5yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10104-483F	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10104-483B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10104-483G	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10104-483H	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10104-483I	3 - 5yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10104-483J	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Aug 10	\$66(R); \$86(NR)	

Swim Lessons: Pre Schoolers, 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 Park						allentownpool@pgparks.com	
View activity: 10105-401A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10105-401B	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10105-401C	3 - 5yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10105-401D	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10105-401E	3 - 5yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10105-401F	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10105-401G	3 - 5yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Aug 3	\$66(R); \$86(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10105-423B	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10105-423A	3 - 5yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 20	\$66(R); \$86(NR)	
View activity: 10105-423C	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 29	\$66(R); \$86(NR)	
View activity: 10105-423D	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 27	\$66(R); \$86(NR)	
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 10105-468A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468C	3 - 5yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468D	3 - 5yrs.	8 classes	Sat	9:55-10:25 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468E	3 - 5yrs.	8 classes	Sat	11:15-11:45 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468F	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468G	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468H	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
View activity: 10105-468I	3 - 5yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com	
View activity: 10105-472B	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$66(R); \$86(NR)	
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com	
View activity: 10105-475A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10105-475C	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10105-475D	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10105-475B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10105-475E	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)	
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com	
View activity: 10105-4104A	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10105-4104C	3 - 5yrs.	8 classes	Sat	10:40-11:10 am	starts Jul 11	\$66(R); \$86(NR)	
View activity: 10105-4104B	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Aug 11	\$66(R); \$86(NR)	

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10105-483A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10105-483C	3 - 5yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10105-483D	3 - 5yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10105-483B	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10105-483E	3 - 5yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10105-483G	3 - 5yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10105-483F	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, 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 Park						allentownpool@pgparks.com
View activity: 10106-401A	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10106-401B	3 - 5yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10106-401C	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10106-401D	3 - 5yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Aug 3	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10106-423A	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10106-423B	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR)

J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10106-437A	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10106-437B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 14	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10106-472C	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10106-472A	3 - 5yrs.	8 classes	Sat	11:15-11:45 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10106-472D	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10106-472E	3 - 5yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Aug 10	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10106-475A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10106-475B	3 - 5yrs.	8 classes	Sun	11:10-11:40 am	starts Jun 7	\$66(R); \$86(NR)
View activity: 10106-475C	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10106-4104A	3 - 5yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Jul 7	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10106-483B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10106-483A	3 - 5yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10106-483C	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10106-483D	3 - 5yrs.	8 classes	Mon & Wed	7:30-7:50 pm	starts Aug 10	\$66(R); \$86(NR)

CHILDREN

Swim Lessons: Children , Youth, Level 1 Introduction 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 Park						allentownpool@pgparks.com	
View activity: 10201-401A	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-401B	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10201-401C	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10201-401D	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10201-401E	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10201-401F	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-401J	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-401K	6 - 12yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-401H	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10201-401G	6 - 12yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10201-401L	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10201-401M	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10201-401I	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10201-401N	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10201-401O	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Aug 3	\$66(R); \$86(NR)	
Ellen E. Linson Splash Park						linsonpool@pgparks.com	
View activity: 10201-421A	6 - 12yrs.	8 classes	Tue & Thu	7:00-7:30 pm	starts Jun 16	\$66(R); \$86(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10201-423C	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-423D	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-423E	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 15	\$66(R); \$86(NR)	
View activity: 10201-423F	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 15	\$66(R); \$86(NR)	
View activity: 10201-423A	6 - 12yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 20	\$66(R); \$86(NR)	
View activity: 10201-423B	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 20	\$66(R); \$86(NR)	
View activity: 10201-423G	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 29	\$66(R); \$86(NR)	
View activity: 10201-423H	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 29	\$66(R); \$86(NR)	
View activity: 10201-423I	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR)	
View activity: 10201-423J	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR)	
View activity: 10201-423K	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 27	\$66(R); \$86(NR)	
View activity: 10201-423L	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 27	\$66(R); \$86(NR)	
Hamilton Splash Park						rollingcrestpool@pgparks.com	
View activity: 10201-431A	6 - 12yrs.	8 classes	Tue & Thu	6:45-7:15 pm	starts Jun 23	\$66(R); \$86(NR)	
Lane Manor Splash Park						rollingcrestpool@pgparks.com	
View activity: 10201-442A	6 - 12yrs.	8 classes	Tue & Thu	7:25-7:55 pm	starts Jul 28	\$66(R); \$86(NR)	

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 10201-468A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10201-468B	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10201-468C	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10201-468D	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10201-468E	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com	
View activity: 10201-472D	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-472E	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10201-472A	6 - 12yrs.	8 classes	Sat	11:15-11:45 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10201-472F	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-472G	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)	
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com	
View activity: 10201-475A	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-475F	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-475D	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10201-475E	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10201-475G	6 - 12yrs.	8 classes	Sun	11:10-11:40 am	starts Jun 7	\$66(R); \$86(NR)	
View activity: 10201-475B	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-475C	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$66(R); \$86(NR)	
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com	
View activity: 10201-4104A	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10201-4104B	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10201-4104C	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10201-4104E	6 - 12yrs.	8 classes	Sat	10:00-10:30 am	starts Jul 11	\$66(R); \$86(NR)	
View activity: 10201-4104D	6 - 12yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Aug 11	\$66(R); \$86(NR)	
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com	
View activity: 10201-483A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-483E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10201-483C	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10201-483D	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10201-483G	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10201-483B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-483F	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-483H	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10201-483I	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10201-483J	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10201-483K	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)	
View activity: 10201-483L	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Aug 10	\$66(R); \$86(NR)	

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

Come on in, the water's 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 Park						allentownpool@pgparks.com
View activity: 10202-401A	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10202-401B	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10202-401C	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10202-401D	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10202-401E	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10202-401F	6 - 12yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Jun 6	\$66(R); \$86(NR)
View activity: 10202-401G	6 - 12yrs.	8 classes	Mon-Thu	10:40 am-11:10 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10202-401H	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10202-401I	6 - 12yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10202-401J	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10202-401L	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10202-401M	6 - 12yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10202-401N	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10202-401K	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10202-401O	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10202-401P	6 - 12yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jul 20	\$66(R); \$86(NR)
View activity: 10202-401Q	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Aug 3	\$66(R); \$86(NR)
View activity: 10202-401R	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10202-401S	6 - 12yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Aug 3	\$66(R); \$86(NR)
Ellen E. Linson Splash Park						linsonpool@pgparks.com
View activity: 10202-421A	6 - 12yrs.	8 classes	Tue & Thu	7:00-7:30 pm	starts Jun 16	\$66(R); \$86(NR)
View activity: 10202-421B	6 - 12yrs.	8 classes	Tue & Thu	7:00-7:30 pm	starts Jul 14	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10202-423B	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10202-423C	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10202-423D	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10202-423E	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10202-423F	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10202-423A	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10202-423G	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10202-423H	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10202-423I	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10202-423J	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Jul 27	\$66(R); \$86(NR)
View activity: 10202-423K	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 27	\$66(R); \$86(NR)
Hamilton Splash Park						rollingcrestpool@pgparks.com
View activity: 10202-431A	6 - 12yrs.	8 classes	Tue & Thu	6:45-7:15 pm	starts Jun 23	\$66(R); \$86(NR)
J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10202-437A	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
Lane Manor Splash Park						rollingcrestpool@pgparks.com
View activity: 10202-442A	6 - 12yrs.	8 classes	Tue & Thu	6:45-7:15 pm	starts Jul 28	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10202-472C	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10202-472D	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10202-472A	6 - 12yrs.	8 classes	Sat	10:35-11:05 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10202-472E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10202-472B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10202-472F	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)	
Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10202-475A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10202-475C	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10202-475E	6 - 12yrs.	8 classes	Sun	10:30-11:00 am	starts Jun 7	\$66(R); \$86(NR)	
View activity: 10202-475B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10202-475D	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$66(R); \$86(NR)	
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10202-4104A	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10202-4104B	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10202-4104D	6 - 12yrs.	8 classes	Sat	10:40-11:10 am	starts Jul 11	\$66(R); \$86(NR)	
View activity: 10202-4104C	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Aug 11	\$66(R); \$86(NR)	
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10202-483A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10202-483E	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10202-483C	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10202-483D	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10202-483B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10202-483F	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10202-483G	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)	
View activity: 10202-483H	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Aug 10	\$66(R); \$86(NR)	
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 Park							allentownpool@pgparks.com
View activity: 10203-401A	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 10203-401B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10203-401C	6 - 12yrs.	8 classes	Sat	12:20-12:50 pm	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10203-401D	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10203-401E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10203-401G	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10203-401F	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10203-401H	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)	
View activity: 10203-401I	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Aug 3	\$66(R); \$86(NR)	
View activity: 10203-401J	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Aug 3	\$66(R); \$86(NR)	

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10203-423B	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-423C	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-423D	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10203-423A	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10203-423E	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10203-423F	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10203-423G	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 13	\$66(R); \$86(NR)
View activity: 10203-423H	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 27	\$66(R); \$86(NR)
Hamilton Splash Park						rollingcrestpool@pgparks.com
View activity: 10203-431A	6 - 12yrs.	8 classes	Tue & Thu	7:25-7:55 am	starts Jun 23	\$66(R); \$86(NR)
J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10203-437A	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10203-437B	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 14	\$66(R); \$86(NR)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10203-472B	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-472C	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10203-472E	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10203-472F	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Aug 10	\$66(R); \$86(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10203-475A	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-475B	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10203-475E	6 - 12yrs.	8 classes	Sun	11:10-11:40 am	starts Jun 7	\$66(R); \$86(NR)
View activity: 10203-475C	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 7	\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10203-4104A	6 - 12yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10203-4104B	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10203-4104D	6 - 12yrs.	8 classes	Sat	11:20-11:50 am	starts Jul 11	\$66(R); \$86(NR)
View activity: 10203-4104C	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Aug 11	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10203-483A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-483E	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10203-483D	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10203-483G	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10203-483B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10203-483F	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10203-483H	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 6	\$66(R); \$86(NR)
View activity: 10203-483I	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10203-483J	6 - 12yrs.	8 classes	Mon-Thu	10:00-10:30 am	starts Aug 3	\$66(R); \$86(NR)
View activity: 10203-483K	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Aug 10	\$66(R); \$86(NR)
View activity: 10203-483L	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Aug 10	\$66(R); \$86(NR)

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 Park						allentownpool@pgparks.com	
View activity: 10204-401A	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$77(R); \$101(NR)	
View activity: 10204-401B	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$77(R); \$101(NR)	
View activity: 10204-401C	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$77(R); \$101(NR)	
View activity: 10204-401E	6 - 12yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jun 22	\$77(R); \$101(NR)	
View activity: 10204-401F	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$77(R); \$101(NR)	
View activity: 10204-401G	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 6	\$77(R); \$101(NR)	
View activity: 10204-401H	6 - 12yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 6	\$77(R); \$101(NR)	
View activity: 10204-401I	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20	\$77(R); \$101(NR)	
View activity: 10204-401J	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Aug 3	\$77(R); \$101(NR)	
View activity: 10204-401K	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3	\$77(R); \$101(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10204-423B	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 1	\$77(R); \$101(NR)	
View activity: 10204-423C	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 15	\$77(R); \$101(NR)	
View activity: 10204-423A	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 20	\$77(R); \$101(NR)	
View activity: 10204-423D	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 29	\$77(R); \$101(NR)	
View activity: 10204-423E	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 13	\$77(R); \$101(NR)	
View activity: 10204-423F	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 27	\$77(R); \$101(NR)	
J. Franklyn Bourne Pool						bournepool@pgparks.com	
View activity: 10204-437A	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$77(R); \$101(NR)	
Lane Manor Splash Park						rollingcrestpool@pgparks.com	
View activity: 10204-442A	6 - 12yrs.	8 classes	Tue & Thu	6:45-7:15 pm	starts Jul 28	\$77(R); \$101(NR)	
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com	
View activity: 10204-472A	6 - 12yrs.	8 classes	Sat	9:15-9:45 am	starts Jun 6	\$77(R); \$101(NR)	
View activity: 10204-472C	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$77(R); \$101(NR)	
View activity: 10204-472E	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$77(R); \$101(NR)	
View activity: 10204-472D	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Aug 10	\$77(R); \$101(NR)	
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com	
View activity: 10204-475A	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$77(R); \$101(NR)	
View activity: 10204-475B	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$77(R); \$101(NR)	
View activity: 10204-475C	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$77(R); \$101(NR)	
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com	
View activity: 10204-4104A	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jun 2	\$77(R); \$101(NR)	
View activity: 10204-4104B	6 - 12yrs.	8 classes	Sat	12:00-12:30 pm	starts Jul 11	\$77(R); \$101(NR)	

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10204-483C	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10204-483B	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$77(R); \$101(NR)
View activity: 10204-483E	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jun 22	\$77(R); \$101(NR)
View activity: 10204-483D	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10204-483F	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 6	\$77(R); \$101(NR)
View activity: 10204-483G	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Jul 20	\$77(R); \$101(NR)
View activity: 10204-483H	6 - 12yrs.	8 classes	Mon-Thu	10:40-11:10 am	starts Aug 3	\$77(R); \$101(NR)
View activity: 10204-483I	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Aug 10	\$77(R); \$101(NR)

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 Park						allentownpool@pgparks.com
View activity: 10205-401A	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10205-401B	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10205-401C	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$77(R); \$101(NR)
View activity: 10205-401D	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$77(R); \$101(NR)
View activity: 10205-401E	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10205-401G	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10205-401F	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 7	\$77(R); \$101(NR)
View activity: 10205-401H	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 20	\$77(R); \$101(NR)
View activity: 10205-401I	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Aug 3	\$77(R); \$101(NR)
View activity: 10205-401J	6 - 12yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Aug 3	\$77(R); \$101(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10205-423A	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10205-423B	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 15	\$77(R); \$101(NR)
View activity: 10205-423C	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 29	\$77(R); \$101(NR)
View activity: 10205-423D	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 13	\$77(R); \$101(NR)
View activity: 10205-423F	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jul 27	\$77(R); \$101(NR)

J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10205-437A	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 14	\$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10205-475B	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:40 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10205-475A	6 - 12yrs.	8 classes	Sat	9:00-9:30 am	starts Jun 6	\$77(R); \$101(NR)
View activity: 10205-475C	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:40 pm	starts Jul 7	\$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10205-4104A	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Aug 11	\$77(R); \$101(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10205-483a	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$77(R); \$101(NR)
View activity: 10205-483B	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 6	\$77(R); \$101(NR)
View activity: 10205-483C	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$77(R); \$101(NR)
View activity: 10205-483D	6 - 12yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Aug 3	\$77(R); \$101(NR)

Swim Lessons: Children, Youth, Level 6 Swimming 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 Park						allentownpool@pgparks.com	
View activity: 10206-401A	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)	
View activity: 10206-401C	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$77(R); \$101(NR)	
View activity: 10206-401D	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jun 22	\$77(R); \$101(NR)	
View activity: 10206-401B	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$77(R); \$101(NR)	
View activity: 10206-401E	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$77(R); \$101(NR)	
View activity: 10206-401F	6 - 12yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 20	\$77(R); \$101(NR)	
View activity: 10206-401G	6 - 12yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Aug 3	\$77(R); \$101(NR)	
View activity: 10206-401H	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Aug 3	\$77(R); \$101(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10206-423A	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 15	\$77(R); \$101(NR)	
View activity: 10206-423B	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 13	\$77(R); \$101(NR)	
View activity: 10206-423C	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 27	\$77(R); \$101(NR)	

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 Park						allentownpool@pgparks.com	
View activity: 10301-401A	13 - 17yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10301-401B	13 - 17yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jun 22	\$66(R); \$86(NR)	
View activity: 10301-401D	13 - 17yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10301-401C	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$66(R); \$86(NR)	
View activity: 10301-401E	13 - 17yrs.	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$66(R); \$86(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10301-423A	13 - 17yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)	
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 10301-468A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)	
View activity: 10301-468B	13 - 17yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10301-468C	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)	
View activity: 10301-468D	13 - 17yrs.	9 classes	Sat	11:15-11:30 am	starts Jun 6	\$66(R); \$86(NR); \$50(IA)	
View activity: 10301-468E	13 - 17yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)	
View activity: 10301-468F	13 - 17yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)	
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com	
View activity: 10301-472C	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR)	
View activity: 10301-472A	13 - 17yrs.	8 classes	Sat	9:55-10:25 am	starts Jun 6	\$66(R); \$86(NR)	
View activity: 10301-472D	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)	
View activity: 10301-472E	13 - 17yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Aug 10	\$66(R); \$86(NR)	

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10301-483A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10301-483D	13 - 17yrs.	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10301-483B	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10301-483C	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Aug 10	\$66(R); \$86(NR)

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 Park						allentownpool@pgparks.com
View activity: 10302-401A	13 - 17yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Jun 6	\$66(R); \$86(NR)
View activity: 10302-401B	13 - 17yrs.	8 classes	Mon-Thu	4:10-4:40 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10302-401C	13 - 17yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10302-401D	13 - 17yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jul 20	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10302-423A	13 - 17yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 15	\$66(R); \$86(NR)

J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10302-437A	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10302-437B	13 - 17yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jul 14	\$66(R); \$86(NR)
View activity: 10302-437C	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 14	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10302-475A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10302-475B	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10302-483A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10302-483B	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10302-483C	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Aug 10	\$66(R); \$86(NR)

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.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10303-401A	13 - 17yrs.	8 classes	Sat	12:20-12:50 pm	starts Jun 6	\$66(R); \$86(NR)
View activity: 10303-401B	13 - 17yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10303-401D	13 - 17yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10303-401C	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10303-401E	13 - 17yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 20	\$66(R); \$86(NR)
View activity: 10303-401F	13 - 17yrs.	8 classes	Mon-Thu	3:30-4:00 pm	starts Aug 3	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10303-423A	13 - 17yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10303-423B	13 - 17yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Jun 29	\$66(R); \$86(NR)

Swim Lessons: Teens, Level 4 Stroke Improvement

Anchor your knowledge of swim strokes with this confidence-building class! Upgrade how you feel about yourself and your swimming techniques! This level focuses on improving participants' proficiency in performing the following swimming strokes: front crawl, breaststroke, butterfly, back crawl, and sidestroke. Participants 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 Park						allentownpool@pgparks.com
View activity: 10304-401A	13 - 17yrs.	8 classes	Mon-Thu	2:50-3:20 pm	starts Jun 22	\$77(R); \$101(NR)
View activity: 10304-401B	13 - 17yrs.	8 classes	Mon-Thu	2:10-2:40 pm	starts Jul 20	\$77(R); \$101(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10304-423A	13 - 17yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 29	\$77(R); \$101(NR)
View activity: 10304-423B	13 - 17yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 13	\$77(R); \$101(NR)

Swim Lessons: Teens, Level 5 Stroke Refinement

You've been working hard in the water and you're ready to speed up your progress. Get started with stroke refinement for the front crawl, breaststroke, butterfly, back crawl, elementary backstroke, and side stroke! Teens 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.

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10305-423A	13 - 17yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 27	\$77(R); \$101(NR)

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 & Learning Complex						splex-distribution@pgparks.com
View activity: 10410-468A	18 & up	8 classes	Sat	10:15-11:00 am	starts Jun 13	\$56(R); \$73(NR); \$42(IA)

Ai Chi

Join us for Ai Chi, a gentle and flowing aquatic class designed to improve flexibility, balance, and core strength.

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10427-483A	18 & up	8 classes	Sun	10:00-10:45 am	starts Jun 7	\$56(R); \$73(NR)

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 Park						allentownpool@pgparks.com
View activity: 10402-401A	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Jun 9	\$56(R); \$73(NR)
View activity: 10402-401B	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Jul 7	\$56(R); \$73(NR)
View activity: 10402-401C	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Aug 4	\$56(R); \$73(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10402-423A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 2	\$56(R); \$73(NR)
View activity: 10402-423B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 30	\$56(R); \$73(NR)
View activity: 10402-423C	18 & up	6 classes	Tue & Thu	10:00-10:45 am	starts Jul 28	\$42(R); \$55(NR)

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 10402-468A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 16	\$56(R); \$73(NR); \$42(IA)	
View activity: 10402-468B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 21	\$56(R); \$73(NR); \$42(IA)	
Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10402-472A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10402-472B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10402-472C	18 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10402-472D	18 & up	6 classes	Tue & Thu	10:00-10:45 am	starts Aug 11	\$42(R); \$55(NR)	

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 & Learning Complex							splex-distribution@pgparks.com
View activity: 10403-468A	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Jun 16	\$56(R); \$73(NR); \$42(IA)	
View activity: 10403-468B	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Jul 21	\$56(R); \$73(NR); \$42(IA)	
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10403-483A	18 & up	4 classes	Sat	7:00-7:45 am	starts Jun 6	\$28(R); \$37(NR)	
View activity: 10403-483B	18 & up	4 classes	Sat	7:00-7:45 am	starts Jun 13	\$28(R); \$37(NR)	

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 & Learning Complex							splex-distribution@pgparks.com
View activity: 10411-468A	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Jun 16	\$56(R); \$73(NR); \$42(IA)	
View activity: 10411-468B	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Jul 21	\$56(R); \$73(NR); \$42(IA)	

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 & Learning Complex							splex-distribution@pgparks.com
View activity: 10404-468A	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Jun 15	\$56(R); \$73(NR); \$42(IA)	
View activity: 10404-468B	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Jul 20	\$56(R); \$73(NR); \$42(IA)	
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10404-4104A	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Jun 1	\$56(R); \$73(NR)	
View activity: 10404-4104B	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Jul 6	\$56(R); \$73(NR)	
View activity: 10404-4104C	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Aug 10	\$56(R); \$73(NR)	

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.

Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10405-423A	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-423D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-423G	18 & up	8 classes	Sat	9:00-9:45 am	starts Jun 20	\$56(R); \$73(NR)	
View activity: 10405-423B	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Jun 30	\$56(R); \$73(NR)	
View activity: 10405-423E	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 30	\$56(R); \$73(NR)	
View activity: 10405-423C	18 & up	6 classes	Tue & Thu	6:15-7:00 pm	starts Jul 28	\$42(R); \$55(NR)	
View activity: 10405-423F	18 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Jul 28	\$42(R); \$55(NR)	
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com	
View activity: 10405-472A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-472B	18 & up	4 classes	Wed	11:00-11:45 am	starts Jun 3	\$28(R); \$37(NR)	
View activity: 10405-472C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10405-472D	18 & up	4 classes	Wed	11:00-11:45 am	starts Jul 8	\$28(R); \$37(NR)	
View activity: 10405-472E	18 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Aug 11	\$42(R); \$55(NR)	
View activity: 10405-472F	18 & up	3 classes	Wed	11:00-11:45 am	starts Aug 12	\$21(R); \$28(NR)	
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com	
View activity: 10405-475C	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-475D	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 7	\$56(R); \$73(NR)	
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com	
View activity: 10405-4104A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-4104B	18 & up	4 classes	Sat	9:15-10:00 am	starts Jun 6	\$28(R); \$37(NR)	
View activity: 10405-4104C	18 & up	8 classes	Mon & Wed	10:15-11:00 am	starts Jul 6	\$56(R); \$73(NR)	
View activity: 10405-4104D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10405-4104E	18 & up	4 classes	Sat	9:15-10:00 am	starts Jul 11	\$28(R); \$37(NR)	
View activity: 10405-4104F	18 & up	4 classes	Sat	9:15-10:00 am	starts Aug 8	\$28(R); \$37(NR)	
View activity: 10405-4104G	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Aug 11	\$56(R); \$73(NR)	
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com	
View activity: 10405-483C	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-483D	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-483E	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jun 2	\$56(R); \$73(NR)	
View activity: 10405-483A	18 & up	8 classes	Sat	8:00-8:45 am	starts Jun 6	\$56(R); \$73(NR)	
View activity: 10405-483B	18 & up	8 classes	Sat	9:00-9:45 am	starts Jun 6	\$56(R); \$73(NR)	
View activity: 10405-483F	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10405-483G	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10405-483H	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jul 7	\$56(R); \$73(NR)	
View activity: 10405-483I	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Aug 11	\$56(R); \$73(NR)	
View activity: 10405-483J	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Aug 11	\$56(R); \$73(NR)	
View activity: 10405-483K	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Aug 11	\$56(R); \$73(NR)	

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 Park						allentownpool@pgparks.com
View activity: 10408-401D	18 & up	12 classes	Fri	6:00-6:45 pm	starts Jun 5	\$120(R); \$156(NR)
View activity: 10408-401G	18 & up	12 classes	Sun	10:00-10:45 am	starts Jun 7	\$120(R); \$156(NR)
View activity: 10408-401A	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 9	\$80(R); \$104(NR)
View activity: 10408-401B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 7	\$80(R); \$104(NR)
View activity: 10408-401C	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Aug 4	\$80(R); \$104(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10408-423A	18 & up	4 classes	Mon	8:00-8:45 pm	starts Jun 1	\$40(R); \$52(NR)
View activity: 10408-423H	18 & up	4 classes	Tue	8:00-8:45 am	starts Jun 2	\$40(R); \$52(NR)
View activity: 10408-423E	18 & up	4 classes	Wed	8:15-9:00 pm	starts Jun 3	\$40(R); \$52(NR)
View activity: 10408-423C	18 & up	4 classes	Mon	8:00-8:45 pm	starts Jun 29	\$40(R); \$52(NR)
View activity: 10408-423F	18 & up	4 classes	Wed	8:15-9:00 pm	starts Jul 1	\$40(R); \$52(NR)
View activity: 10408-423D	18 & up	3 classes	Mon	8:00-8:45 pm	starts Jul 27	\$30(R); \$39(NR)
View activity: 10408-423I	18 & up	3 classes	Tue	8:00-8:45 am	starts Jul 28	\$30(R); \$39(NR)
View activity: 10408-423G	18 & up	3 classes	Wed	8:00-8:45 pm	starts Jul 29	\$30(R); \$39(NR)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10408-472A	18 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Jun 1	\$80(R); \$104(NR)
View activity: 10408-472B	18 & up	8 classes	Mon & Fri	11:05-11:50 am	starts Jun 1	\$80(R); \$104(NR)
View activity: 10408-472C	18 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jun 2	\$80(R); \$104(NR)
View activity: 10408-472D	18 & up	4 classes	Sat	7:30-8:15 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 10408-472E	18 & up	8 classes	Sun	6:30-7:15 pm	starts Jun 7	\$80(R); \$104(NR)
View activity: 10408-472F	18 & up	8 classes	Mon & Fri	11:05-11:50 am	starts Jul 6	\$80(R); \$104(NR)
View activity: 10408-472I	18 & up	6 classes	Mon & Fri	11:05-11:50 am	starts Jul 10	\$60(R); \$78(NR)
View activity: 10408-472G	18 & up	3 classes	Sat	7:30-8:15 am	starts Jul 11	\$30(R); \$39(NR)
View activity: 10408-472H	18 & up	6 classes	Mon & Wed	7:30-8:15 am	starts Aug 10	\$60(R); \$78(NR)
View activity: 10408-472J	18 & up	6 classes	Tue & Thu	11:00-11:45 am	starts Aug 11	\$60(R); \$78(NR)
View activity: 10408-472K	18 & up	3 classes	Sun	6:30-7:15 pm	starts Aug 16	\$30(R); \$39(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10408-4104A	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Jun 1	\$80(R); \$104(NR)
View activity: 10408-4104B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 2	\$80(R); \$104(NR)
View activity: 10408-4104C	18 & up	4 classes	Sun	1:15-2:00 pm	starts Jun 7	\$40(R); \$52(NR)
View activity: 10408-4104D	18 & up	8 classes	Sun	1:15-2:00 pm	starts Jul 12	\$80(R); \$104(NR)
View activity: 10408-4104E	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Aug 11	\$80(R); \$104(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10408-483D	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Jun 1	\$80(R); \$104(NR)
View activity: 10408-483A	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Jun 2	\$80(R); \$104(NR)
View activity: 10408-483C	18 & up	8 classes	Sat	8:00-8:45 am	starts Jun 6	\$80(R); \$104(NR)
View activity: 10408-483F	18 & up	8 classes	Sun	11:00-11:45 am	starts Jun 7	\$80(R); \$104(NR)
View activity: 10408-483E	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Jul 6	\$80(R); \$104(NR)
View activity: 10408-483B	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Jul 7	\$80(R); \$104(NR)
View activity: 10408-483H	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Aug 10	\$80(R); \$104(NR)
View activity: 10408-483G	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Aug 11	\$80(R); \$104(NR)

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 Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10407-483A	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Jun 1	\$120(R); \$156(NR)
View activity: 10407-483B	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Jun 1	\$120(R); \$156(NR)
View activity: 10407-483C	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Jun 1	\$120(R); \$156(NR)
View activity: 10407-483G	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jun 2	\$80(R); \$104(NR)
View activity: 10407-483H	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Jun 2	\$80(R); \$104(NR)
View activity: 10407-483D	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Jul 6	\$120(R); \$156(NR)
View activity: 10407-483E	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Jul 6	\$120(R); \$156(NR)
View activity: 10407-483F	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Jul 6	\$120(R); \$156(NR)
View activity: 10407-483I	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jul 7	\$80(R); \$104(NR)
View activity: 10407-483J	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Jul 7	\$80(R); \$104(NR)
View activity: 10407-483K	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Aug 10	\$120(R); \$156(NR)
View activity: 10407-483L	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Aug 10	\$120(R); \$156(NR)
View activity: 10407-483M	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Aug 10	\$120(R); \$156(NR)
View activity: 10407-483N	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Aug 11	\$80(R); \$104(NR)
View activity: 10407-483O	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Aug 11	\$80(R); \$104(NR)

Spinning: Aqua

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

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10414-4104A	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 7	\$80(R); \$104(NR)

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 Park						allentownpool@pgparks.com
View activity: 10420-401A	18 & up	8 classes	Fri	6:00-6:30 pm	starts Jun 5	\$66(R); \$86(NR)
View activity: 10420-401B	18 & up	8 classes	Fri	6:40-7:10 pm	starts Jun 5	\$66(R); \$86(NR)
View activity: 10420-401C	18 & up	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10420-401D	18 & up	8 classes	Sat	12:20-12:50 pm	starts Jun 6	\$66(R); \$86(NR)
View activity: 10420-401E	18 & up	8 classes	Mon-Thu	3:30-4:00 pm	starts Jun 22	\$66(R); \$86(NR)
View activity: 10420-401F	18 & up	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10420-401G	18 & up	8 classes	Mon-Thu	4:10-4:40 pm	starts Jul 20	\$66(R); \$86(NR)
View activity: 10420-401H	18 & up	8 classes	Mon-Thu	4:10-4:40 pm	starts Aug 3	\$66(R); \$86(NR)
View activity: 10420-401I	18 & up	8 classes	Mon-Thu	2:50-3:20 pm	starts Aug 3	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10420-423B	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10420-423F	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Jun 2	\$66(R); \$86(NR)
View activity: 10420-423C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 15	\$66(R); \$86(NR)
View activity: 10420-423A	18 & up	8 classes	Sat	9:00-9:30 am	starts Jun 20	\$66(R); \$86(NR)
View activity: 10420-423D	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 29	\$66(R); \$86(NR)
View activity: 10420-423E	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 27	\$66(R); \$86(NR)
Hamilton Splash Park						rollingcrestpool@pgparks.com
View activity: 10420-431A	18 & up	8 classes	Tue & Thu	7:25-7:55 pm	starts Jun 23	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						spdex-distribution@pgparks.com
View activity: 10420-468A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-468B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-468C	18 & up	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-468D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 13	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-468E	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 14	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10420-472B	18 & up	8 classes	Tue & Thu	6:00-6:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10420-472C	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$66(R); \$86(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10420-475A	18 & up	8 classes	Mon & Wed	7:20-7:50 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10420-475D	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10420-475C	18 & up	8 classes	Sat	9:40-10:10 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10420-475B	18 & up	8 classes	Mon & Wed	7:20-7:50 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10420-475E	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10420-4104A	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Jun 2	\$66(R); \$86(NR)
View activity: 10420-4104B	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10420-4104C	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Jul 7	\$66(R); \$86(NR)
View activity: 10420-4104F	18 & up	8 classes	Fri	5:30-6:00 pm	starts Jul 10	\$66(R); \$86(NR)
View activity: 10420-4104G	18 & up	8 classes	Sat	10:00-10:30 am	starts Jul 11	\$66(R); \$86(NR)
View activity: 10420-4104H	18 & up	8 classes	Sat	11:20-11:50 am	starts Jul 11	\$66(R); \$86(NR)
View activity: 10420-4104D	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Aug 11	\$66(R); \$86(NR)
View activity: 10420-4104E	18 & up	8 classes	Tue & Thu	7:30-8:00 pm	starts Aug 11	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10420-483A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$66(R); \$86(NR)
View activity: 10420-483C	18 & up	8 classes	Sat	10:20-10:50 am	starts Jun 6	\$66(R); \$86(NR)
View activity: 10420-483D	18 & up	8 classes	Mon-Thu	11:20-11:50 am	starts Jun 22	\$66(R); \$86(NR)
View activity: 10420-483B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$66(R); \$86(NR)
View activity: 10420-483E	18 & up	8 classes	Mon-Thu	11:20-11:50 am	starts Jul 20	\$66(R); \$86(NR)
View activity: 10420-483F	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Aug 10	\$66(R); \$86(NR)

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 Park						allentownpool@pgparks.com
View activity: 10421-401A	18 & up	8 classes	Fri	7:20-7:50 pm	starts Jun 5	\$77(R); \$101(NR)
View activity: 10421-401B	18 & up	8 classes	Sat	11:40 am-12:10 pm	starts Jun 6	\$77(R); \$101(NR)
View activity: 10421-401C	18 & up	8 classes	Mon-Thu	4:10-4:40 pm	starts Jun 22	\$77(R); \$101(NR)
View activity: 10421-401D	18 & up	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10421-401E	18 & up	8 classes	Mon-Thu	3:30-4:00 pm	starts Jul 20	\$77(R); \$101(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10421-423B	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10421-423E	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Jun 2	\$77(R); \$101(NR)
View activity: 10421-423C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 15	\$77(R); \$101(NR)
View activity: 10421-423A	18 & up	8 classes	Sat	9:40-10:10 am	starts Jun 20	\$77(R); \$101(NR)
View activity: 10421-423F	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Jul 7	\$77(R); \$101(NR)
View activity: 10421-423D	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 13	\$77(R); \$101(NR)

Hamilton Splash Park						rollingcrestpool@pgparks.com
View activity: 10421-431A	18 & up	8 classes	Tue & Thu	6:45-7:15 pm	starts Jun 23	\$77(R); \$101(NR)

J. Franklyn Bourne Pool						bournepool@pgparks.com
View activity: 10421-437A	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10421-437B	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Jul 14	\$77(R); \$101(NR)

Lane Manor Splash Park						rollingcrestpool@pgparks.com
View activity: 10421-441A	18 & up	8 classes	Tue & Thu	7:25-7:55 pm	starts Jul 28	\$77(R); \$101(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10421-472A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10421-472B	18 & up	8 classes	Mon & Wed	7:00-7:30 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10421-442A	18 & up	8 classes	Tue & Thu	7:25-7:55 pm	starts Jul 28	\$77(R); \$101(NR)
View activity: 10421-472C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Aug 10	\$77(R); \$101(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10421-475A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10421-475B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10421-475C	18 & up	8 classes	Sat	11:00-11:30 am	starts Jun 6	\$77(R); \$101(NR)
View activity: 10421-475D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10421-475E	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$77(R); \$101(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10421-4104A	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10421-4104B	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Jul 7	\$77(R); \$101(NR)
View activity: 10421-4104D	18 & up	8 classes	Fri	6:10-6:40 pm	starts Jul 10	\$77(R); \$101(NR)
View activity: 10421-4104E	18 & up	8 classes	Sat	10:40-11:10 am	starts Jul 11	\$77(R); \$101(NR)
View activity: 10421-4104C	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Aug 11	\$77(R); \$101(NR)
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10421-483A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jun 1	\$77(R); \$101(NR)
View activity: 10421-483C	18 & up	8 classes	Sat	10:20 am-10:50 pm	starts Jun 6	\$77(R); \$101(NR)
View activity: 10421-483B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jul 6	\$77(R); \$101(NR)
View activity: 10421-483F	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Aug 10	\$77(R); \$101(NR)
Swim Lessons: Adults, Advanced						
<p>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.</p>						
Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10423-401A	18 & up	8 classes	Fri	8:00-8:30 pm	starts Jun 5	\$77(R); \$101(NR)
View activity: 10423-401B	18 & up	8 classes	Mon-Thu	3:30-4:00 pm	starts Aug 3	\$77(R); \$101(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10423-423A	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jun 29	\$77(R); \$101(NR)
View activity: 10423-423D	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Jul 7	\$77(R); \$101(NR)
View activity: 10423-423B	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 13	\$77(R); \$101(NR)
View activity: 10423-423C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Jul 27	\$77(R); \$101(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10423-475A	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10423-475B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jul 7	\$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10423-4104A	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10423-4104C	18 & up	8 classes	Fri	6:50-7:20 pm	starts Jul 10	\$77(R); \$101(NR)
View activity: 10423-4104D	18 & up	8 classes	Sat	12:00-12:30 pm	starts Jul 11	\$77(R); \$101(NR)
View activity: 10423-4104B	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Aug 11	\$77(R); \$101(NR)

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 & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10422-475A	18 & up	8 classes	Tue & Thu	6:40-7:10 pm	starts Jun 2	\$77(R); \$101(NR)
View activity: 10422-475B	18 & up	8 classes	Tue & Thu	6:40-7:10 pm	starts Jul 7	\$77(R); \$101(NR)

Warm Water Aerobics

Join us for a medium-paced exercise class conducted in our designated Warm Water pool. This class will include a variety of stretches as well as aerobic exercises to get your heart rate up and blood pumping without unnecessary strain on your joints.

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10424-423A	18 & up	4 classes	Mon	7:15-8:00 pm	starts Jun 1	\$30(R); \$39(NR)
View activity: 10424-423B	18 & up	4 classes	Mon	7:15-8:00 pm	starts Jun 29	\$30(R); \$39(NR)
View activity: 10424-423C	18 & up	3 classes	Mon	7:15-8:00 pm	starts Jul 27	\$22(R); \$29(NR)

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?

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10409-423A	18 & up	4 classes	Mon	7:00-7:45 pm	starts Jun 1	\$30(R); \$39(NR)
View activity: 10409-423D	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Jun 2	\$56(R); \$73(NR)
View activity: 10409-423B	18 & up	4 classes	Mon	7:00-7:45 pm	starts Jun 29	\$30(R); \$39(NR)
View activity: 10409-423E	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Jun 30	\$56(R); \$73(NR)
View activity: 10409-423C	18 & up	3 classes	Mon	7:00-7:45 pm	starts Jul 27	\$22(R); \$29(NR)
View activity: 10409-423F	18 & up	6 classes	Tue & Thu	7:15-8:00 pm	starts Jul 28	\$42(R); \$55(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10409-468E	18 & up	8 classes	Sat	9:15-10:00 am	starts Jun 13	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468F	18 & up	8 classes	Sat	11:15 am-12:00 pm	starts Jun 13	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468A	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Jun 15	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468B	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Jun 15	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468C	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 16	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 16	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468G	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Jul 20	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468H	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Jul 20	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468I	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 21	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-468J	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 21	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10409-472A	18 & up	13 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jun 1	\$84(R); \$110(NR)
View activity: 10409-472G	18 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jun 1	\$84(R); \$110(NR)
View activity: 10409-472J	18 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jun 1	\$84(R); \$110(NR)
View activity: 10409-472B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 2	\$56(R); \$73(NR)
View activity: 10409-472C	18 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jul 6	\$84(R); \$110(NR)
View activity: 10409-472H	18 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jul 6	\$84(R); \$110(NR)
View activity: 10409-472K	18 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jul 6	\$84(R); \$110(NR)
View activity: 10409-472D	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 7	\$56(R); \$73(NR)
View activity: 10409-472E	18 & up	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Aug 10	\$63(R); \$82(NR)
View activity: 10409-472I	18 & up	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Aug 10	\$63(R); \$82(NR)
View activity: 10409-472L	18 & up	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Aug 10	\$63(R); \$82(NR)
View activity: 10409-472F	18 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Aug 11	\$42(R); \$55(NR)

Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10409-475A	18 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jun 1	\$84(R); \$110(NR)
View activity: 10409-475C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 2	\$56(R); \$73(NR)
View activity: 10409-475B	18 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jul 6	\$84(R); \$110(NR)
View activity: 10409-475D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 7	\$56(R); \$73(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10409-4104A	18 & up	4 classes	Sun	12:15-1:00 pm	starts Jun 7	\$28(R); \$37(NR)
View activity: 10409-4104B	18 & up	8 classes	Mon & Wed	5:00-5:45 pm	starts Jul 6	\$56(R); \$73(NR)
View activity: 10409-4104C	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Jul 6	\$56(R); \$73(NR)
View activity: 10409-4104D	18 & up	8 classes	Sun	12:15-1:00 pm	starts Jul 12	\$56(R); \$73(NR)
View activity: 10409-4104E	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Aug 10	\$56(R); \$73(NR)

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10401-468A	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Jun 16	\$56(R); \$73(NR); \$42(IA)
View activity: 10401-468B	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Jul 21	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10401-472A	18 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Jun 1	\$56(R); \$73(NR)
View activity: 10401-472B	18 & up	8 classes	Sat	5:30-6:15 pm	starts Jun 6	\$56(R); \$73(NR)
View activity: 10401-472C	18 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Jul 6	\$56(R); \$73(NR)
View activity: 10401-472D	18 & up	6 classes	Mon & Wed	6:30-7:15 pm	starts Aug 10	\$42(R); \$55(NR)
View activity: 10401-472E	18 & up	3 classes	Sat	5:30-6:15 pm	starts Aug 15	\$21(R); \$28(NR)

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

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10501-423A	60 & up	33 classes	Mon,Wed,Fri	7:00-7:45 am	starts Jun 1	\$198(R); \$258(NR)
View activity: 10501-423B	60 & up	33 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jun 1	\$198(R); \$258(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10501-472A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 2		\$48(R); \$63(NR)
View activity: 10501-472B	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 7		\$48(R); \$63(NR)
View activity: 10501-472C	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jul 7		\$48(R); \$63(NR)
View activity: 10501-472D	60 & up	6 classes	Tue & Thu	10:00-10:45 am	starts Aug 11		\$36(R); \$47(NR)
Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10501-475A	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jun 2		\$48(R); \$63(NR)
View activity: 10501-475B	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jul 7		\$48(R); \$63(NR)
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10501-483C	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jun 1		\$84(R); \$110(NR)
View activity: 10501-483A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 2		\$56(R); \$73(NR)
View activity: 10501-483D	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jul 6		\$84(R); \$110(NR)
View activity: 10501-483B	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 7		\$56(R); \$73(NR)
View activity: 10501-483E	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Aug 10		\$84(R); \$110(NR)
View activity: 10501-483F	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Aug 11		\$56(R); \$73(NR)

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
View activity: 10502-423A	60 & up	33 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jun 1		\$198(R); \$258(NR)
View activity: 10502-423B	60 & up	33 classes	Mon,Wed,Fri	11:00-11:45 am	starts Jun 1		\$198(R); \$258(NR)
Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10502-472A	60 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 2		\$48(R); \$63(NR)
View activity: 10502-472B	60 & up	4 classes	Wed	11:00-11:45 am	starts Jun 3		\$24(R); \$32(NR)
View activity: 10502-472C	60 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 7		\$48(R); \$63(NR)
View activity: 10502-472D	60 & up	4 classes	Wed	11:00-11:45 am	starts Jul 8		\$24(R); \$32(NR)
View activity: 10502-472E	60 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Aug 11		\$36(R); \$47(NR)
View activity: 10502-472F	60 & up	3 classes	Wed	11:00-11:45 am	starts Aug 12		\$18(R); \$24(NR)
Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10502-475A	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jun 1		\$72(R); \$94(NR)
View activity: 10502-475B	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jul 6		\$72(R); \$94(NR)

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
View activity: 10503-472A	60 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Jun 1	\$64(R); \$84(NR)
View activity: 10503-472B	60 & up	8 classes	Mon & Fri	11:05-11:50 am	starts Jun 1	\$64(R); \$84(NR)
View activity: 10503-472C	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jun 2	\$64(R); \$84(NR)
View activity: 10503-472D	60 & up	4 classes	Sat	7:30-8:15 am	starts Jun 6	\$32(R); \$42(NR)
View activity: 10503-472E	60 & up	8 classes	Sun	6:30-7:15 pm	starts Jun 7	\$64(R); \$84(NR)
View activity: 10503-472F	60 & up	8 classes	Mon & Fri	11:05-11:50 am	starts Jul 6	\$64(R); \$84(NR)
View activity: 10503-472G	60 & up	3 classes	Sat	7:30-8:15 am	starts Jul 11	\$24(R); \$32(NR)
View activity: 10503-472H	60 & up	6 classes	Mon & Wed	7:30-8:15 am	starts Aug 10	\$48(R); \$63(NR)
View activity: 10503-472I	60 & up	6 classes	Mon & Fri	11:05-11:50 am	starts Aug 10	\$48(R); \$63(NR)
View activity: 10503-472J	60 & up	6 classes	Tue & Thu	11:00-11:45 am	starts Aug 11	\$48(R); \$63(NR)
View activity: 10503-472K	60 & up	3 classes	Sun	6:30-7:15 pm	starts Aug 16	\$24(R); \$32(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10503-475A	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 2	\$64(R); \$84(NR)
View activity: 10503-475B	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 7	\$64(R); \$84(NR)

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 Park						allentownpool@pgparks.com
View activity: 10504-401A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jun 9	\$48(R); \$63(NR)
View activity: 10504-401B	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jun 9	\$48(R); \$63(NR)
View activity: 10504-401C	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jul 7	\$48(R); \$63(NR)
View activity: 10504-401D	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Jul 7	\$48(R); \$63(NR)
View activity: 10504-401E	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Aug 4	\$48(R); \$63(NR)
View activity: 10504-401F	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Aug 4	\$48(R); \$63(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10504-423A	60 & up	33 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jun 1	\$198(R); \$258(NR)
View activity: 10504-423B	60 & up	33 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jun 1	\$198(R); \$258(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10504-468A	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Jun 15	\$48(R); \$63(NR); \$36(IA)
View activity: 10504-468B	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Jul 20	\$48(R); \$63(NR); \$36(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10504-472A	60 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jun 1	\$72(R); \$94(NR)
View activity: 10504-472G	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jun 1	\$72(R); \$94(NR)
View activity: 10504-472J	60 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jun 1	\$72(R); \$94(NR)
View activity: 10504-472B	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jun 2	\$48(R); \$63(NR)
View activity: 10504-472C	60 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jul 6	\$72(R); \$94(NR)
View activity: 10504-472H	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jul 6	\$72(R); \$94(NR)
View activity: 10504-472K	60 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jul 6	\$72(R); \$94(NR)
View activity: 10504-472D	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jul 7	\$48(R); \$63(NR)
View activity: 10504-472E	60 & up	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Aug 10	\$54(R); \$71(NR)
View activity: 10504-472I	60 & up	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Aug 10	\$54(R); \$71(NR)
View activity: 10504-472L	60 & up	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Aug 10	\$54(R); \$71(NR)
View activity: 10504-472F	60 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Aug 11	\$36(R); \$47(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10504-4104A	60 & up	8 classes	Mon & Wed	5:00-5:45 pm	starts Jun 1	\$48(R); \$63(NR)
View activity: 10504-4104B	60 & up	8 classes	Mon & Wed	9:15-10:00 am	starts Jul 6	\$48(R); \$63(NR)
View activity: 10504-4104C	60 & up	8 classes	Mon & Wed	5:00-5:45 pm	starts Aug 10	\$48(R); \$63(NR)

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
View activity: 10506-472A	60 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Jun 1	\$48(R); \$63(NR)
View activity: 10506-472B	60 & up	9 classes	Sat	5:30-6:15 pm	starts Jun 6	\$48(R); \$63(NR)
View activity: 10506-472C	60 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Jul 6	\$48(R); \$63(NR)
View activity: 10506-472D	60 & up	6 classes	Mon & Wed	6:30-7:15 pm	starts Aug 10	\$36(R); \$47(NR)
View activity: 10506-472E	60 & up	3 classes	Sat	6:30-7:15 pm	starts Aug 15	\$18(R); \$24(NR)

MIXED AGES

Aqua Combat

Aqua Combat is a fitness class that combines aquatic resistance with martial arts-inspired movements. It enhances muscular strength, endurance, and coordination and features high-energy, aqua cardio, core-rotational kickboxing combos.

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10653-472A	13 & up	4 classes	Sat	8:30-9:15 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 10653-472B	13 & up	8 classes	Sat	6:30-7:15 am	starts Jun 6	\$80(R); \$104(NR)
View activity: 10653-472C	13 & up	8 classes	Sun	5:30-6:15 pm	starts Jun 7	\$80(R); \$104(NR)
View activity: 10653-472D	13 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Jul 6	\$80(R); \$104(NR)
View activity: 10653-472E	13 & up	3 classes	Sat	8:30-9:15 pm	starts Aug 15	\$30(R); \$39(NR)
View activity: 10653-472F	13 & up	3 classes	Sat	6:30-7:15 pm	starts Aug 15	\$30(R); \$39(NR)
View activity: 10653-472G	13 & up	3 classes	Sun	5:30-6:15 pm	starts Aug 16	\$30(R); \$39(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10653-4104A	18 & up	4 classes	Sat	8:15-9:00 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 10653-4104B	18 & up	4 classes	Sat	8:15-9:00 am	starts Jul 11	\$40(R); \$52(NR)
View activity: 10653-4104C	18 & up	4 classes	Sat	8:15-9:00 am	starts Aug 8	\$40(R); \$52(NR)

Aqua Fusion: Dance

Keep motivated and moving! Blending water aerobics, Aqua Sculpt, and dance, this workout in the water is designed to improve mobility, stamina, and strength. Dance in the pool to Latin and Caribbean music while enhancing your health. Equipment can be used to enhance your workout.

Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10610-423A	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Jun 1	\$56(R); \$73(NR)	
View activity: 10610-423B	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Jun 29	\$56(R); \$73(NR)	
View activity: 10610-423C	18 & up	6 classes	Mon & Wed	11:00-11:45 am	starts Jul 27	\$42(R); \$55(NR)	

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 Park						allentownpool@pgparks.com	
View activity: 10629-401J	18 & up	12 classes	Fri	10:00-10:45 am	starts Jun 5	\$84(R); \$110(NR)	
View activity: 10629-401K	18 & up	12 classes	Fri	11:00-11:45 am	starts Jun 5	\$84(R); \$110(NR)	
View activity: 10629-401A	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Jun 8	\$56(R); \$73(NR)	
View activity: 10629-401D	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Jun 8	\$56(R); \$73(NR)	
View activity: 10629-401B	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Jul 6	\$56(R); \$73(NR)	
View activity: 10629-401E	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Jul 6	\$56(R); \$73(NR)	
View activity: 10629-401C	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Aug 3	\$56(R); \$73(NR)	
View activity: 10629-401F	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Aug 3	\$56(R); \$73(NR)	

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	
View activity: 10638-423A	14 & up	4 classes	Wed	7:15-8:00 pm	starts Jun 3	\$30(R); \$39(NR)	
View activity: 10638-423B	14 & up	4 classes	Wed	7:15-8:00 pm	starts Jul 1	\$30(R); \$39(NR)	
View activity: 10638-423C	14 & up	3 classes	Wed	7:15-8:00 pm	starts Jul 29	\$22(R); \$29(NR)	

Lifeguard Pre-Test: Mixed Ages

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 Park						allentownpool@pgparks.com	
View activity: 10603-401A	15 & up	1 classes	Sat	2:00-4:00 pm	starts Jun 6	\$10(R); \$10(NR)	
View activity: 10603-401B	15 & up	1 classes	Sat	2:00-4:00 pm	starts Jul 11	\$10(R); \$10(NR)	
Ellen E. Linson Splash Park						linsonpool@pgparks.com	
View activity: 10603-421A	15 & up	1 classes	Mon	5:00-7:00 pm	starts Jun 1	\$10(R); \$10(NR)	
View activity: 10603-421B	15 & up	1 classes	Tue	5:00-7:00 pm	starts Jun 2	\$10(R); \$10(NR)	
Fairland Aquatics Center						fairlandaquatics@pgparks.com	
View activity: 10603-423G	15 & up	1 classes	Sun	12:00-2:00 pm	starts Jul 12	\$10(R); \$10(NR)	

Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10603-472B	15 & up	1 classes	Fri	6:00-8:00 pm	starts Jun 19		\$10(R); \$10(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10603-4104A	15 & up	1 classes	Sat	1:00-3:00 pm	starts Jun 20		\$10(R); \$10(NR)
View activity: 10603-4104B	15 & up	1 classes	Sat	1:00-3:00 pm	starts Aug 1		\$10(R); \$10(NR)
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10603-483A	15 & up	1 classes	Fri	5:00-7:00 pm	starts Jun 12		\$10(R); \$10(NR)

Lifeguard Prep Swim Lessons: Mixed Ages

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 code 10603) hosted by a department aquatic facility prior to registering or taking this course.

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10602-401A	15 & up	5 classes	Mon-Fri	5:00-6:00 pm	starts Jul 6		Free
Fairland Aquatics Center							fairlandaquatics@pgparks.com
View activity: 10602-423E	15 & up	2 classes	Sat & Sun	12:00-2:30 pm	starts Jul 11		Free
Rollingcrest-Chillum Splash Pool							rollingcrestpool@pgparks.com
View activity: 10602-472B	15 & up	5 classes	Mon-Fri	5:00-6:00 pm	starts Jun 15		Free
Theresa Banks Memorial Aquatics Center							theresa.banks.pool@pgparks.com
View activity: 10602-483A	15 & up	4 classes	Tue & Thu	7:15-8:45 pm	starts Jun 2		Free

Lifeguarding Instructor/Instructor Trainer Review

Recertify your LGI/IT certification and polish your lifeguarding skills! This is an in-person, review course required for all American Red Cross lifeguarding instructor and instructor trainers to recertify. Attendees will participate in a short online session, in-water practice, and sessions to polish lifeguard skills. A review of American Red Cross administrative policies and procedures will also be covered. Requirements for participants: proof of a current American Red Cross Lifeguarding/ First Aid/CPR/AED instructor or instructor trainer certificate. Course objectives: successful performance of lifeguard skills to standards by the completion of the practice session and successful completion of instructor course multiple choice exam with an 80% score.

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10646-4100C	17 & up	1 classes	Tue	9:00 am-9:00 pm	starts Jun 16		\$140(R); \$182(NR)
Fairland Aquatics Center							fairlandaquatics@pgparks.com
View activity: 10646-4100A	17 & up	2 classes	Tue & Thu	10:00 am-2:00 pm	starts Jun 2		\$140(R); \$182(NR)
Southern Area Aquatics & Recreation Complex							saarcaquatics@pgparks.com
View activity: 10646-4100D	17 & up	1 classes	Thu	9:00 am-5:00 pm	starts Jul 30		\$140(R); \$182(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10646-4100B	17 & up	1 classes	Tue	10:00 am-6:00 pm	starts Jun 30		\$140(R); \$182(NR)

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 Park						allentownpool@pgparks.com
View activity: 10645-401A	15 & up	4 classes	Fri-Sun	11:00 am-5:00 pm	starts Jun 12	\$175(R); \$228(NR)
View activity: 10645-401B	15 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Jul 18	\$175(R); \$228(NR)
Ellen E. Linson Splash Park						linsonpool@pgparks.com
View activity: 10645-421A	15 & up	6 classes	Mon-Thu	4:30-8:30 pm	starts Jun 8	\$175(R); \$228(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10645-423E	15 & up	3 classes	Fri-Sun	3:30-9:30 pm	starts Jul 17	\$175(R); \$228(NR)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10645-472B	15 & up	4 classes	Wed-Sun	5:00-10:00 pm	starts Jun 26	\$175(R); \$228(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10645-4104A	15 & up	4 classes	Mon-Thu	11:00 am-5:00 pm	starts Jun 29	\$175(R); \$228(NR)
View activity: 10645-4104B	15 & up	4 classes	Thu-Sun	11:00 am-5:00 pm	starts Aug 6	\$175(R); \$228(NR)
Theresa Banks Memorial Aquatics Center						theresa.banks.pool@pgparks.com
View activity: 10645-483A	16 & up	6 classes	Fri-Sun	4:30-8:30 pm	starts Jun 19	\$175(R); \$228(NR)

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 Park						allentownpool@pgparks.com
View activity: 10636-401D	18 & up	12 classes	Fri	7:00-7:45 pm	starts Jun 5	\$120(R); \$156(NR)
View activity: 10636-401G	18 & up	12 classes	Sun	11:00-11:45 am	starts Jun 7	\$120(R); \$156(NR)
View activity: 10636-401A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jun 9	\$80(R); \$104(NR)
View activity: 10636-401B	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jul 7	\$80(R); \$104(NR)
View activity: 10636-401C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Aug 4	\$80(R); \$104(NR)
Southern Area Aquatics & Recreation Complex						saarcaquatics@pgparks.com
View activity: 10636-475A	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Jun 2	\$80(R); \$104(NR)
View activity: 10636-475B	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Jul 7	\$80(R); \$104(NR)

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 Park						allentownpool@pgparks.com
View activity: 10627-401M	18 & up	12 classes	Sat	7:00-7:45 am	starts Jun 6	\$84(R); \$110(NR)
View activity: 10627-401O	18 & up	12 classes	Sat	8:00-8:45 am	starts Jun 6	\$84(R); \$110(NR)
View activity: 10627-401A	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jun 9	\$56(R); \$73(NR)
View activity: 10627-401B	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Jun 9	\$48(R); \$63(NR)
View activity: 10627-401C	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Jun 9	\$56(R); \$73(NR)
View activity: 10627-401D	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jul 7	\$56(R); \$73(NR)
View activity: 10627-401E	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Jul 7	\$56(R); \$73(NR)
View activity: 10627-401F	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Jul 7	\$56(R); \$73(NR)
View activity: 10627-401G	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Aug 4	\$56(R); \$73(NR)
View activity: 10627-401H	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Aug 4	\$56(R); \$73(NR)
View activity: 10627-401I	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Aug 4	\$56(R); \$73(NR)

COMPUTER SKILLS

CHILDREN

eSports Club

Level up your video gaming experience! Meet other gamers and team up for a friendly competition. More than just a game, esports strengthens problem-solving and social skills. It is also a fun way to explore STEAM subjects and opens doors to scholarship opportunities. Grab your controller and game with us this season!

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 14207-477A	9 - 12yrs.	4 classes	Fri	5:30-7:00 pm	starts Jun 5	\$80(R); \$104(NR)
View activity: 14207-477B	9 - 12yrs.	4 classes	Fri	5:30-7:00 pm	starts Jul 10	\$80(R); \$104(NR)

LEGO® Workshop: Children

LEGOs®... it's more than just toys! Bond with other science-minded kids and learn the basics about robotics. We'll introduce you to the hardware and software behind the machines. Robotic systems shape the world we live in. Now you'll get to shape the world of automation by completing programming challenges and designing LEGO® robots yourself. Enroll today and find out how much fun recreation with robots can be!

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 14201-406A	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$55(R); \$72(NR)
View activity: 14201-406B	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 2	\$55(R); \$72(NR)
View activity: 14201-406C	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Aug 4	\$55(R); \$72(NR)

ADULTS

Computer Skills: Adults, Level 1

Become friends with the computer! Gain the foundational skills and grasp the basic concepts to make you computer literate for the 21st century. Begin to achieve your computer usage goals in this non-judgmental, confidence-building course. Don't be intimidated! Get well-educated!

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 14405-443	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jun 17	\$45(R); \$59(NR)

Computer Skills: Adults, Level 3

It's a golden age for the computer age! Join mature learners in expanding on fundamental computer skills acquired at other levels. Gain the self-confidence to progress in your computer knowledge. Learn basic software programs, how to search the internet, usage of social networking sites, and uploading digital photos. Contact the offering center for details.

Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 14416-446A	18 & up	10 classes	Wed	5:00-6:00 pm	starts Jun 3	\$60(R); \$78(NR)

SENIORS

Computer Skills: PARKS DIRECT Workshop

Learn how to register yourself online with PARKS DIRECT and 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
View activity: 14505-411A	60 & up	1 classes	Fri	12:30-1:30 pm	starts Jun 26	Free
View activity: 14505-411B	60 & up	1 classes	Fri	12:30-1:30 pm	starts Jul 24	Free
View activity: 14505-411C	60 & up	1 classes	Fri	12:30-1:30 pm	starts Aug 7	Free

Langley Park Senior Activity Center						langleyparkseniors@pgparks.com
View activity: 14505-444A	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Jun 1	Free
View activity: 14505-444B	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Jul 6	Free
View activity: 14505-444C	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Aug 3	Free

Computer Skills: Seniors, All Levels

You can bridge the generational gap and the digital divide! Stay on top of your computer skills and even kick them up a notch. Develop self-confidence and have fun in our non-judgmental class. Topics might include: the parts of a computer system, hardware, maintenance, and terminology, creating and maintaining directories, managing documents, an introduction to the Internet, and basic applications. Sign up and don't miss this opportunity to grow digital!

Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 14512-446A	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Jun 1	\$20(R); \$26(NR)
View activity: 14512-446B	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Jul 20	\$20(R); \$26(NR)

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
View activity: 14501-411A	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Jun 1	\$45(R); \$59(NR)
View activity: 14501-411B	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Jul 6	\$45(R); \$59(NR)
View activity: 14501-411C	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Aug 3	\$45(R); \$59(NR)
Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 14501-446A	60 & up	5 classes	Mon	10:00-11:00 am	starts Jun 1	Free
View activity: 14501-446B	60 & up	5 classes	Mon	10:00-11:00 am	starts Jul 20	Free

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	
View activity: 14506-411A	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Jun 1	\$20(R); \$26(NR)	
View activity: 14506-411B	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Jul 6	\$20(R); \$26(NR)	
View activity: 14506-411C	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Aug 3	\$20(R); \$26(NR)	

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.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com	
View activity: 15103-406A	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Jun 6	\$40(R); \$52(NR)	
View activity: 15103-406AA	3 - 5yrs.	1 classes	Sat	12:00-1:00 pm	starts Jun 13	\$25(R); \$33(NR)	
View activity: 15103-406B	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Jul 11	\$40(R); \$52(NR)	
View activity: 15103-406BB	3 - 5yrs.	1 classes	Sat	12:00-1:00 pm	starts Jul 11	\$25(R); \$33(NR)	
View activity: 15103-406C	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Aug 8	\$40(R); \$52(NR)	
View activity: 15103-406CC	3 - 5yrs.	1 classes	Sat	12:00-1:00 pm	starts Aug 8	\$25(R); \$33(NR)	

Palmer Park Community Center						palmerparkcc@pgparks.com	
View activity: 15103-457B	3 - 5yrs.	4 classes	Sat	11:30 am-12:30 pm	starts Jun 6	\$20(R); \$26(NR)	
View activity: 15103-457D	3 - 5yrs.	4 classes	Sat	11:30 am-12:30 pm	starts Jul 11	\$20(R); \$26(NR)	

Kinder Craft and Story

Listen and learn! Let your little ones' imagination expand through composing crafts and listening to stories while positively interacting with other children. Story-listening encourages them to grow in a love for reading, to develop skills in literacy, and to strengthen their memory. Enroll your child in this class of creative self-expression and social maturation

Langley Park Community Center						langleyparkcc@pgparks.com	
View activity: 15101-443A	3 - 5yrs.	8 classes	Sat	1:30-2:30 pm	starts Jun 27	\$60(R); \$78(NR)	

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.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com	
View activity: 15202-406A	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Jun 6	\$40(R); \$52(NR)	
View activity: 15202-406B	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Jul 11	\$40(R); \$52(NR)	
View activity: 15202-406C	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Aug 8	\$40(R); \$52(NR)	

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.

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15201-466	6 - 8yrs.	5 classes	Sat	10:00-11:30 am	starts Jun 20	\$50(R); \$65(NR)
View activity: 15201-466A	9 - 12yrs.	5 classes	Sat	11:45 am-1:15 pm	starts Jun 20	\$50(R); \$65(NR)
View activity: 15201-466B	6 - 8yrs.	4 classes	Sat	10:00-11:30 am	starts Aug 1	\$50(R); \$65(NR)
View activity: 15201-466BB	9 - 12yrs.	4 classes	Sat	11:45 am-1:15 pm	starts Aug 1	\$50(R); \$65(NR)

TEENS

Sewing for Teens

Learn the foundational components to sewing while creating authentic garments and pieces in a class just for teens!

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15301-466AA	13 - 17yrs.	5 classes	Sat	1:30-3:00 pm	starts Jun 20	\$45(R); \$59(NR)
View activity: 15301-466B	13 - 17yrs.	4 classes	Sat	1:30-3:00 pm	starts Aug 1	\$50(R); \$65(NR)

ADULTS

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 pizzazz 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.

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 15401-424A	18 & up	4 classes	Sat	11:00 am-12:30 pm	starts Jun 6	\$48(R); \$63(NR)
View activity: 15401-424B	18 & up	4 classes	Sat	11:00 am-12:30 pm	starts Jul 11	\$48(R); \$63(NR)
View activity: 15401-424C	18 & up	4 classes	Sat	11:00 am-12:30 pm	starts Aug 8	\$48(R); \$63(NR)
Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 15401-432A	18 & up	4 classes	Sat	1:30-3:00 pm	starts Jun 6	\$48(R); \$63(NR)
View activity: 15401-432B	18 & up	4 classes	Sat	1:30-3:00 pm	starts Jul 11	\$48(R); \$63(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 15401-455A	18 & up	4 classes	Fri	10:30 am-12:00 pm	starts Jun 12	\$48(R); \$63(NR)
View activity: 15401-455B	18 & up	4 classes	Fri	10:30 am-12:00 pm	starts Jul 17	\$48(R); \$63(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 15401-462D	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jun 2	\$50(R); \$65(NR)
View activity: 15401-462E	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jul 14	\$50(R); \$65(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15401-466A	18 & up	4 classes	Thu	6:30-8:00 pm	starts Jun 25	\$60(R); \$78(NR)
View activity: 15401-466B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jul 23	\$60(R); \$78(NR)

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.

Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 15502-411A	60 & up	1 classes	Thu	12:30-2:30 pm	starts Jun 25	Free	
View activity: 15502-411B	60 & up	1 classes	Thu	12:30-2:30 pm	starts Jul 23	Free	
View activity: 15502-411C	60 & up	1 classes	Thu	12:30-2:30 pm	starts Aug 27	\$16(R); \$21(NR)	
Gwendolyn Britt Senior Activity Center							gwendolynbrittseniors@pgparks.com
View activity: 15502-430A	60 & up	4 classes	Thu	12:30-2:30 pm	starts Jun 4	\$26(R); \$34(NR)	
View activity: 15502-430B	60 & up	4 classes	Thu	12:30-2:00 pm	starts Jul 9	\$26(R); \$34(NR)	
View activity: 15502-430C	60 & up	4 classes	Thu	12:30-1:30 pm	starts Aug 6	\$26(R); \$34(NR)	
Langley Park Senior Activity Center							langleyparkseniors@pgparks.com
View activity: 15502-444A	60 & up	4 classes	Fri	10:30 am-12:00 pm	starts Jun 5	\$26(R); \$34(NR)	
View activity: 15502-444B	60 & up	4 classes	Fri	10:30 am-12:00 pm	starts Jul 10	\$26(R); \$34(NR)	
View activity: 15502-444C	60 & up	4 classes	Fri	10:30 am-12:00 pm	starts Aug 7	\$26(R); \$34(NR)	

Crocheting: Beginning, Seniors

Learn the art of crocheting! This class is designed with senior beginners in mind - no experience necessary. A skilled instructor will teach you the basics and guide you through the steps to complete your own beautiful, crocheted project. Enjoy the friendly, self-paced atmosphere while learning this popular handicraft.

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 15514-407A	60 & up	4 classes	Tue	12:00-2:00 pm	starts Jun 2	\$25(R); \$33(NR)	
View activity: 15514-407B	60 & up	4 classes	Tue	12:00-2:00 pm	starts Aug 18	\$25(R); \$33(NR)	
Langley Park Senior Activity Center							langleyparkseniors@pgparks.com
View activity: 15514-444A	60 & up	4 classes	Thu	11:30 am-1:30 pm	starts Jun 4	\$30(R); \$39(NR)	
View activity: 15514-444B	60 & up	4 classes	Thu	11:30 am-1:30 pm	starts Jul 9	\$30(R); \$39(NR)	
View activity: 15514-444C	60 & up	4 classes	Thu	11:30 am-1:30 pm	starts Aug 6	\$30(R); \$39(NR)	

Quilting: Seniors, Beginner

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

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 15504-407A	60 & up	4 classes	Tue	12:00-2:00 pm	starts Jun 2	\$25(R); \$33(NR)	
View activity: 15504-407B	60 & up	4 classes	Tue	12:00-2:00 pm	starts Aug 18	\$25(R); \$33(NR)	
Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 15504-411A	60 & up	4 classes	Fri	1:00-3:00 pm	starts Jun 5	\$25(R); \$33(NR)	
View activity: 15504-411B	60 & up	4 classes	Fri	1:00-3:00 pm	starts Jul 10	\$25(R); \$33(NR)	
View activity: 15504-411C	60 & up	4 classes	Fri	1:00-3:00 pm	starts Aug 7	\$25(R); \$33(NR)	

Sewing: Seniors

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

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com
View activity: 15501-411A	60 & up	3 classes	Tue	10:00 am-12:00 pm	starts Jun 9	\$12(R); \$16(NR)

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.

Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 15609-484A	6 & up	1 classes	Sat	12:00-1:00 pm	starts Jun 27	\$5(R); \$7(NR)
View activity: 15609-484B	6 & up	1 classes	Sat	12:00-1:00 pm	starts Aug 8	\$5(R); \$7(NR)

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 & Learning Complex						splex-distribution@pgparks.com
View activity: 15619-468A	15 & up	6 classes	Wed	6:00-8:00 pm	starts Jun 3	\$60(R); \$78(NR); \$45(IA)
View activity: 15619-468B	15 & up	6 classes	Thu	6:00-8:00 pm	starts Jun 4	\$60(R); \$78(NR); \$45(IA)
View activity: 15619-468C	15 & up	5 classes	Wed	6:00-8:00 pm	starts Jul 15	\$60(R); \$78(NR); \$45(IA)
View activity: 15619-468D	15 & up	6 classes	Thu	6:00-8:00 pm	starts Jul 16	\$60(R); \$78(NR); \$45(IA)

Crochet

Did you make that? Say "Yes" to your own crochet creations in this class of basic skill development. Learn essential stitches for a variety of yarncrafts. Be the envy of family and friends as you undertake projects including scarves, shawls, hats, sweaters, blankets, and more. Enroll today and get HOOKed on this exciting craft!

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 15607-425A	12 & up	4 classes	Mon	5:00-6:30 pm	starts Jun 1	\$48(R); \$63(NR)
View activity: 15607-425B	12 & up	4 classes	Mon	5:00-6:30 pm	starts Jul 6	\$48(R); \$63(NR)
View activity: 15607-425C	12 & up	4 classes	Mon	5:00-6:30 pm	starts Aug 3	\$48(R); \$63(NR)

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 15607-443A	18 & up	5 classes	Sat	11:00 am-12:30 pm	starts Jun 20	\$35(R); \$46(NR)
View activity: 15607-443B	18 & up	5 classes	Sat	11:00 am-12:30 pm	starts Aug 1	\$35(R); \$46(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15607-468A	16 & up	6 classes	Tue	6:00-8:00 pm	starts Jun 2	\$60(R); \$78(NR); \$45(IA)
View activity: 15607-468B	16 & up	6 classes	Thu	6:00-8:00 pm	starts Jun 4	\$60(R); \$78(NR); \$45(IA)
View activity: 15607-468C	16 & up	6 classes	Tue	6:00-8:00 pm	starts Jul 14	\$60(R); \$78(NR); \$45(IA)
View activity: 15607-468D	16 & up	6 classes	Thu	6:00-8:00 pm	starts Jul 16	\$60(R); \$78(NR); \$45(IA)

Drawing and Painting

Expand the creative side of your mind! Enjoy the de-stressful and self-expressive arts of drawing and painting. Learn the basics of these two art forms as you bring to life the thoughts of your imagination. This course will help elevate your mood, boost your self-esteem, develop your motor skills, and improve your memory. Register now and discover your hidden artistic talents.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 15615-468A	18 & up	6 classes	Mon	6:00-8:00 pm	starts Jun 1	\$65(R); \$85(NR); \$49(IA)	
View activity: 15615-468C	18 & up	6 classes	Tue	6:00-8:00 pm	starts Jun 2	\$65(R); \$85(NR); \$49(IA)	
View activity: 15615-468E	18 & up	6 classes	Wed	6:00-8:00 pm	starts Jun 3	\$65(R); \$85(NR); \$49(IA)	
View activity: 15615-468B	18 & up	6 classes	Mon	6:00-8:00 pm	starts Jul 13	\$65(R); \$85(NR); \$49(IA)	
View activity: 15615-468D	18 & up	6 classes	Tue	6:00-8:00 pm	starts Jul 14	\$65(R); \$85(NR); \$49(IA)	
View activity: 15615-468F	18 & up	6 classes	Wed	6:00-8:00 pm	starts Jul 15	\$65(R); \$85(NR); \$49(IA)	
Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com	
View activity: 15615-471A	5 - 12yrs.	3 classes	Sat	9:00-10:00 am	starts Jun 6	\$25(R); \$33(NR)	
View activity: 15615-471B	5 - 12yrs.	4 classes	Sat	9:00-10:00 am	starts Jul 11	\$34(R); \$45(NR)	
View activity: 15615-471C	5 - 12yrs.	4 classes	Sat	9:00-10:00 am	starts Aug 8	\$34(R); \$45(NR)	

LEGO® League: Mixed Ages

Are you ready to build the future? Use your imagination in a league shaped with you in mind. Join fellow LEGO® lovers and build friendships as you develop teamwork skills in this exciting course. Design and construct your own LEGO® based robot. Compete with your creations against other students. Research and solve real-world engineering challenges. Register today and become an inventor of tomorrow.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com	
View activity: 15617-406A	9 - 14yrs.	13 classes	Wed	7:00-8:30 pm	starts Jun 3	\$65(R); \$85(NR)	

Sewing: Mixed Ages

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 15601-468B	8 & up	6 classes	Mon	6:00-8:00 pm	starts Jun 1	\$70(R); \$91(NR); \$53(IA)	
View activity: 15601-468C	8 & up	6 classes	Mon	6:00-8:00 pm	starts Jul 13	\$70(R); \$91(NR); \$53(IA)	

Sewing: Mixed Ages, Advanced

Bring you imaginative patterns to life! Learn advanced sewing techniques to create the design you have in mind. Sewing is a great way to exercise the brain, improve hand-eye coordination, and de-stress. Register for this class which is "SEW" amazing! Please consult offering facility regarding necessary materials.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 15612-468A	8 & up	6 classes	Wed	6:00-8:00 pm	starts Jun 3	\$70(R); \$91(NR); \$53(IA)	
View activity: 15612-468B	8 & up	6 classes	Wed	6:00-8:00 pm	starts Jul 15	\$70(R); \$91(NR); \$53(IA)	

FITNESS & HEALTH

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 17301-468B	13 - 17yrs.	8 classes	Sat	2:00-3:00 pm	starts Jul 11	\$60(R); \$78(NR); \$45(IA)	
Stephen Decatur Community Center						stephendecaturcc@pgparks.com	
View activity: 17301-480A	13 - 17yrs.	6 classes	Sat	10:45-11:45 am	starts Jun 6	\$48(R); \$63(NR)	
View activity: 17301-480B	13 - 17yrs.	6 classes	Sat	10:45-11:45 am	starts Jul 25	\$48(R); \$63(NR)	

Youth Fitness Training

This high-energy class is designed to develop all the key fundamentals of fitness that every young athlete needs, including agility, balance, coordination, speed, power, strength, endurance, flexibility, mobility, and overall conditioning.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com	
View activity: 17307-401A	13 - 16yrs.	12 classes	Tue & Thu	5:00-6:30 pm	starts Jul 7	\$72(R); \$94(NR)	
View activity: 17307-401B	13 - 16yrs.	6 classes	Sat	10:00-11:30 am	starts Jul 11	\$36(R); \$47(NR)	

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	
View activity: 17401-405A	18 & up	5 classes	Thu	6:00-7:00 pm	starts Jun 4	\$35(R); \$46(NR)	
View activity: 17401-405B	18 & up	5 classes	Thu	6:00-7:00 pm	starts Jul 16	\$35(R); \$46(NR)	
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com	
View activity: 17401-434A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$40(R); \$52(NR)	
View activity: 17401-434B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 30	\$40(R); \$52(NR)	
View activity: 17401-434D	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 28	\$40(R); \$52(NR)	
Marlow Heights Community Center						marlowheightscc@pgparks.com	
View activity: 17401-447A	18 & up	6 classes	Tue	6:30-7:30 pm	starts Jun 2	\$36(R); \$47(NR)	
View activity: 17401-447C	18 & up	6 classes	Sun	2:30-3:30 pm	starts Jun 7	\$36(R); \$47(NR)	
View activity: 17401-447B	18 & up	6 classes	Tue	6:30-7:30 pm	starts Jul 21	\$36(R); \$47(NR)	
View activity: 17401-447D	18 & up	6 classes	Sun	2:30-3:30 pm	starts Jul 26	\$36(R); \$47(NR)	

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	
View activity: 17402-482A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$48(R); \$63(NR)	
View activity: 17402-482B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7	\$48(R); \$63(NR)	
View activity: 17402-482C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Aug 11	\$48(R); \$63(NR)	

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!

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 17433-401A	18 & up	12 classes	Tue	6:00-7:00 pm	starts Jun 2		\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17433-475AA	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Jun 1		\$68(R); \$89(NR)
View activity: 17433-475AB	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Jul 6		\$51(R); \$67(NR)
View activity: 17433-475AC	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Aug 3		\$68(R); \$89(NR)

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
View activity: 17419-484A	18 & up	4 classes	Tue	9:30-10:30 am	starts Jun 9		\$20(R); \$26(NR)
View activity: 17419-484C	18 & up	4 classes	Thu	9:30-10:30 am	starts Jun 11		\$20(R); \$26(NR)
View activity: 17419-484B	18 & up	4 classes	Tue	9:30-10:30 am	starts Jul 7		\$20(R); \$26(NR)
View activity: 17419-484D	18 & up	4 classes	Thu	9:30-10:30 am	starts Jul 9		\$20(R); \$26(NR)

Bio Fitness and Cardio Fit: Low Impact, 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.

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17420-475A	18 & up	5 classes	Tue	6:00-6:45 pm	starts Jun 2		\$33(R); \$43(NR)
View activity: 17420-475AA	18 & up	4 classes	Thu	6:00-6:45 pm	starts Jun 4		\$26(R); \$34(NR)
View activity: 17420-475BB	18 & up	5 classes	Thu	6:00-6:45 pm	starts Jul 2		\$33(R); \$43(NR)
View activity: 17420-475B	18 & up	4 classes	Tue	6:00-6:45 pm	starts Jul 7		\$26(R); \$34(NR)
View activity: 17420-475C	18 & up	4 classes	Tue	6:00-6:45 pm	starts Aug 4		\$26(R); \$34(NR)
View activity: 17420-475CC	18 & up	4 classes	Thu	6:00-6:45 pm	starts Aug 6		\$26(R); \$34(NR)

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
View activity: 17421-486A	18 & up	5 classes	Tue	5:30-6:30 pm	starts Jun 2		\$25(R); \$33(NR)
View activity: 17421-486C	18 & up	5 classes	Thu	5:30-6:30 pm	starts Jun 4		\$25(R); \$33(NR)
View activity: 17421-486B	18 & up	4 classes	Tue	5:30-6:30 pm	starts Jul 7		\$20(R); \$26(NR)
View activity: 17421-486D	18 & up	4 classes	Thu	5:30-6:30 pm	starts Jul 9		\$20(R); \$26(NR)

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.

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 17484-468A	18 & up	3 classes	Wed	10:00-11:00 am	starts Jun 3		\$18(R); \$24(NR); \$14(IA)
View activity: 17484-468B	18 & up	3 classes	Wed	10:00-11:00 am	starts Jul 1		\$18(R); \$24(NR); \$14(IA)
View activity: 17484-468C	18 & up	4 classes	Wed	10:00-11:00 am	starts Aug 5		\$24(R); \$32(NR); \$18(IA)

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							cedarheightscc@pgparks.com
View activity: 17445-412A	18 & up	6 classes	Mon	10:00-11:00 am	starts Jun 1		\$35(R); \$46(NR)
View activity: 17445-412B	18 & up	6 classes	Mon	10:00-11:00 am	starts Jul 20		\$35(R); \$46(NR)
Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 17445-423A	18 & up	11 classes	Tue	12:00-1:00 pm	starts Jun 2		\$72(R); \$94(NR)
View activity: 17445-423B	18 & up	11 classes	Thu	12:00-1:00 pm	starts Jun 4		\$72(R); \$94(NR)
Laurel-Beltsville Senior Activity Center							laurelbeltsvilleseniors@pgparks.com
View activity: 17445-446A	50 & up	4 classes	Thu	9:30-10:30 am	starts Jun 4		\$36(R); \$47(NR)
View activity: 17445-446B	50 & up	4 classes	Thu	9:30-10:30 am	starts Jul 2		\$36(R); \$47(NR)
View activity: 17445-446C	50 & up	4 classes	Thu	9:30-10:30 am	starts Jul 30		\$36(R); \$47(NR)

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							hillcrestheightscc@pgparks.com
View activity: 17435-434A	50 & up	15 classes	Tue-Thu	9:30-10:30 am	starts Jun 2		\$45(R); \$59(NR)
View activity: 17435-434B	50 & up	12 classes	Tue-Thu	9:30-10:30 am	starts Jul 7		\$36(R); \$47(NR)
Laurel-Beltsville Senior Activity Center							laurelbeltsvilleseniors@pgparks.com
View activity: 17435-446A	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jun 1		\$40(R); \$52(NR)
View activity: 17435-446D	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Jun 1		\$35(R); \$46(NR)
View activity: 17435-446B	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jun 29		\$37(R); \$49(NR)
View activity: 17435-446E	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Jun 29		\$35(R); \$46(NR)
View activity: 17435-446C	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jul 27		\$40(R); \$52(NR)
View activity: 17435-446F	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Jul 27		\$35(R); \$46(NR)

Fit & Strong

Are you looking for a class to improve exercise frequency, increase strength, and help with goal setting to promote overall health? Join us for "Fit & Strong!", an evidence-based physical activity program that combines aerobics, stretching, balance, strength, endurance exercises, and health education to promote healthy behavior changes. Registration is required.

Largo/Kettering/Perrywood Comm. Center							wellness@pgparks.com
View activity: 17488-479A	18 & up	24 classes	Tue & Thu	6:00-7:30 pm	starts Jun 23		Free

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!

Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 17426-432A	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Jun 1		\$48(R); \$63(NR)
View activity: 17426-432D	18 & up	6 classes	Sat	10:00-11:00 am	starts Jun 6		\$36(R); \$47(NR)
View activity: 17426-432B	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Jun 29		\$48(R); \$63(NR)
View activity: 17426-432E	18 & up	6 classes	Sat	10:00-11:00 am	starts Jul 25		\$36(R); \$47(NR)
View activity: 17426-432C	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Jul 27		\$48(R); \$63(NR)

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17426-441A	18 & up	4 classes	Wed	6:30-7:30 pm	starts Jun 3	\$35(R); \$46(NR)
View activity: 17426-441B	18 & up	4 classes	Wed	6:30-7:30 pm	starts Jul 1	\$35(R); \$46(NR)
View activity: 17426-441C	18 & up	4 classes	Wed	6:30-7:30 pm	starts Aug 5	\$35(R); \$46(NR)
Patuxent Community Center						patuxentcc@pgparks.com
View activity: 17426-460A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jun 10	\$36(R); \$47(NR)
View activity: 17426-460B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jul 22	\$36(R); \$47(NR)
Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 17426-484A	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Jun 1	\$48(R); \$63(NR)
View activity: 17426-484AA	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Jun 1	\$48(R); \$63(NR)
View activity: 17426-484D	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jun 6	\$36(R); \$47(NR)
View activity: 17426-484B	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Jun 29	\$48(R); \$63(NR)
View activity: 17426-484BB	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Jun 29	\$48(R); \$63(NR)
View activity: 17426-484E	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jul 25	\$36(R); \$47(NR)
View activity: 17426-484C	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Jul 27	\$48(R); \$63(NR)
View activity: 17426-484CC	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Jul 27	\$48(R); \$63(NR)
Upper Marlboro Community Center						uppermarloroccc@pgparks.com
View activity: 17426-486G	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jun 1	\$48(R); \$63(NR)
View activity: 17426-486A	18 & up	4 classes	Tue	7:00-8:00 pm	starts Jun 9	\$28(R); \$37(NR)
View activity: 17426-486D	18 & up	4 classes	Thu	7:00-8:00 pm	starts Jun 11	\$28(R); \$37(NR)
View activity: 17426-486H	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jul 6	\$48(R); \$63(NR)
View activity: 17426-486B	18 & up	4 classes	Tue	7:00-8:00 pm	starts Jul 7	\$28(R); \$37(NR)
View activity: 17426-486E	18 & up	4 classes	Thu	7:00-8:00 pm	starts Jul 9	\$28(R); \$37(NR)
View activity: 17426-486C	18 & up	4 classes	Tue	7:00-8:00 pm	starts Aug 4	\$28(R); \$37(NR)
View activity: 17426-486F	18 & up	4 classes	Thu	7:00-8:00 pm	starts Aug 6	\$28(R); \$37(NR)
View activity: 17426-486I	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Aug 10	\$48(R); \$63(NR)

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.

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17440-477C	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jun 2	\$36(R); \$47(NR)
View activity: 17440-477A	18 & up	6 classes	Sat	9:15-10:00 am	starts Jun 6	\$36(R); \$47(NR)
View activity: 17440-477D	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jul 21	\$36(R); \$47(NR)
View activity: 17440-477B	18 & up	6 classes	Sat	9:15-10:00 am	starts Jul 25	\$36(R); \$47(NR)
William Beanes Community Center						williambeanesc@pgparks.com
View activity: 17440-491A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jun 4	\$36(R); \$47(NR)
View activity: 17440-491B	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jul 16	\$36(R); \$47(NR)

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.

Glenarden Community Center						glenardenc@pgparks.com
View activity: 17442-426A	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Jun 1	\$30(R); \$39(NR)
View activity: 17442-426B	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Jul 6	\$30(R); \$39(NR)
View activity: 17442-426C	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Aug 3	\$30(R); \$39(NR)

Fitness: Vixen

Bring out your inner vixen! Relieve stress and feel inspired as you let loose to the tune of popular songs while learning classic moves. Tone your physique, strengthen your core, and condition your way to the dancer's body of your dreams! Build self-confidence as you release your most creative and charismatic self. All genders and dance levels are encouraged to participate.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 17479-427A	18 & up	6 classes	Fri	6:00-7:00 pm	starts Jun 12	\$36(R); \$47(NR)
View activity: 17479-427B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Aug 7	\$36(R); \$47(NR)

Fitness: Adults, 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!

Upper Marlboro Community Center						uppermarlorocc@pgparks.com
View activity: 17430-486A	18 & up	9 classes	Sat	8:30-9:30 am	starts Jun 27	\$84(R); \$110(NR)
View activity: 17430-486B	18 & up	9 classes	Sat	9:30-10:30 am	starts Jun 27	\$84(R); \$110(NR)

Health Chats with Mitsue

Join us for an open and informative workshops led by Mitsue Colin, our on-staff medical doctor. These sessions will help you better understand and manage chronic health conditions, including arthritis, insomnia, skin conditions, high blood pressure, heart failure, diabetes and more. Depending on the topic, supportive exercises may also be demonstrated. Participants will have the opportunity to ask questions, gain trusted medical insight, and learn practical, everyday steps to take control of their health.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17496-468A	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Jun 13	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468B	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Jun 27	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468C	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Jul 4	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468D	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Jul 18	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468E	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Aug 1	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468F	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Aug 15	\$5(R); \$7(NR); \$4(IA)
View activity: 17496-468G	18 & up	1 classes	Sat	11:30 am-12:30 pm	starts Aug 29	\$5(R); \$7(NR); \$4(IA)

Heart Healthy Fitness

Join us as we celebrate National Heart Health Month and engage in fitness classes that can help you live a heart-healthy lifestyle! Every Saturday morning in February enjoy a variety cardio-boosting workouts!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17490-468A	18 & up	3 classes	Fri	10:00-10:45 am	starts Jun 5	\$18(R); \$24(NR); \$14(IA)
View activity: 17490-468B	18 & up	3 classes	Fri	10:00-10:45 am	starts Jul 3	\$18(R); \$24(NR); \$14(IA)
View activity: 17490-468C	18 & up	4 classes	Fri	10:00-10:45 am	starts Aug 7	\$24(R); \$32(NR); \$18(IA)

Move & Muscle

This class includes a mix of cardio movement and muscle-building work designed for all fitness levels.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17494-401A	18 & up	12 classes	Thu	6:00-7:00 pm	starts Jun 4	\$72(R); \$94(NR)

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.

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 17429-406A	50 & up	4 classes	Sat	2:30-4:00 pm	starts Jun 6	\$45(R); \$59(NR)
View activity: 17429-406B	50 & up	4 classes	Sat	2:30-4:00 pm	starts Jul 11	\$45(R); \$59(NR)
View activity: 17429-406C	50 & up	4 classes	Sat	2:30-4:00 pm	starts Aug 8	\$45(R); \$59(NR)

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!

Glenarden Community Center						glenardenc@pgparks.com
View activity: 17423-426A	18 & up	8 classes	Tue & Thu	6:30-7:15 pm	starts Jun 2	\$25(R); \$33(NR)
View activity: 17423-426B	18 & up	8 classes	Tue & Thu	6:30-7:15 pm	starts Jul 7	\$25(R); \$33(NR)
Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17423-435	18 & up	8 classes	Mon	6:15-7:00 pm	starts Jun 1	\$45(R); \$59(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 17423-474A	18 & up	4 classes	Mon	6:30-7:30 pm	starts Jun 1	\$30(R); \$39(NR)
View activity: 17423-474B	18 & up	4 classes	Mon	6:30-7:30 pm	starts Aug 3	\$30(R); \$39(NR)

Piloxing: Adults

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.

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17425-435	18 & up	8 classes	Sat	10:00-11:00 am	starts Jun 6	\$45(R); \$59(NR)

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!

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17405-401A	18 & up	12 classes	Fri	11:00-11:45 am	starts Jun 5	\$66(R); \$86(NR)
View activity: 17405-401AA	18 & up	12 classes	Fri	12:00-12:45 pm	starts Jun 5	\$66(R); \$86(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17405-423A	18 & up	11 classes	Tue	9:00-10:00 am	starts Jun 2	\$72(R); \$94(NR)
View activity: 17405-423B	18 & up	11 classes	Wed	6:30-7:30 pm	starts Jun 3	\$72(R); \$94(NR)
View activity: 17405-423C	18 & up	11 classes	Fri	9:00-10:00 am	starts Jun 5	\$72(R); \$94(NR)
View activity: 17405-423D	18 & up	10 classes	Sat	10:00-11:00 am	starts Jun 6	\$66(R); \$86(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17405-477A	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Jun 8	\$40(R); \$52(NR)
View activity: 17405-477E	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 30	\$48(R); \$63(NR)
View activity: 17405-477B	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Jul 13	\$40(R); \$52(NR)
View activity: 17405-477C	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Aug 17	\$40(R); \$52(NR)

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
View activity: 17457-423A	18 & up	11 classes	Mon	7:30-8:30 pm	starts Jun 1	\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17457-475C	18 & up	5 classes	Mon	6:00-6:45 pm	starts Jun 1	\$33(R); \$43(NR)
View activity: 17457-475D	18 & up	4 classes	Mon	6:00-6:45 pm	starts Jul 6	\$26(R); \$34(NR)
View activity: 17457-475E	18 & up	5 classes	Mon	6:00-6:45 pm	starts Aug 3	\$33(R); \$43(NR)

Step Jam

This class features engaging step movements designed to elevate heart rate and promote a positive mood.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17495-401A	18 & up	12 classes	Mon	6:00-7:00 pm	starts Jun 1	\$72(R); \$94(NR)

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 & Recreation Complex						saarc@pgparks.com
View activity: 17451-475A	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Jun 1	\$52(R); \$68(NR)
View activity: 17451-475D	18 & up	4 classes	Sat	8:00-9:00 am	starts Jun 6	\$26(R); \$34(NR)
View activity: 17451-475E	18 & up	4 classes	Sat	8:00-9:00 am	starts Jul 4	\$26(R); \$34(NR)
View activity: 17451-475B	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Jul 6	\$52(R); \$68(NR)
View activity: 17451-475F	18 & up	5 classes	Sat	8:00-9:00 am	starts Aug 1	\$33(R); \$43(NR)
View activity: 17451-475C	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Aug 3	\$52(R); \$68(NR)

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
View activity: 17436-423B	18 & up	11 classes	Mon	6:30-7:30 pm	starts Jun 1	\$72(R); \$94(NR)
View activity: 17436-423A	18 & up	11 classes	Thu	9:00-10:00 am	starts Jun 4	\$72(R); \$94(NR)
View activity: 17436-423C	18 & up	11 classes	Thu	7:30-8:30 pm	starts Jun 4	\$72(R); \$94(NR)
View activity: 17436-423D	18 & up	10 classes	Sat	9:00-10:00 am	starts Jun 6	\$66(R); \$86(NR)
Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17436-435	18 & up	8 classes	Mon & Wed	10:00-11:00 am	starts Jun 1	\$45(R); \$59(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17436-475AD	18 & up	8 classes	Mon & Wed	6:15-7:15 pm	starts Jun 1	\$52(R); \$68(NR)
View activity: 17436-475AE	18 & up	8 classes	Mon & Wed	6:15-7:15 pm	starts Jul 6	\$52(R); \$68(NR)
View activity: 17436-475AF	18 & up	8 classes	Mon & Wed	6:15-7:15 pm	starts Aug 3	\$52(R); \$68(NR)

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!

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 17453-406A	18 & up	12 classes	Sat	9:00-10:00 am	starts Jun 6	\$48(R); \$63(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17453-468A	18 & up	9 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$54(R); \$71(NR); \$41(IA)
View activity: 17453-468B	18 & up	6 classes	Tue & Thu	6:30-7:30 pm	starts Jul 2	\$36(R); \$47(NR); \$27(IA)
View activity: 17453-468C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Aug 4	\$48(R); \$63(NR); \$36(IA)

Weight Training: Adults, 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.

Stephen Decatur Community Center						stephendecaturcc@pgparks.com
View activity: 17411-480A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jun 6	\$48(R); \$63(NR)
View activity: 17411-480B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jul 25	\$48(R); \$63(NR)
William Beanes Community Center						williambeanesc@pgparks.com
View activity: 17411-491A	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Jun 8	\$36(R); \$47(NR)
View activity: 17411-491D	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Jun 8	\$36(R); \$47(NR)
View activity: 17411-491B	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Jul 6	\$36(R); \$47(NR)
View activity: 17411-491E	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Jul 6	\$36(R); \$47(NR)
View activity: 17411-491C	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Aug 3	\$36(R); \$47(NR)
View activity: 17411-491F	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Aug 3	\$36(R); \$47(NR)

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
View activity: 17413-404A	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jun 10	\$36(R); \$47(NR)
View activity: 17413-404B	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jul 22	\$36(R); \$47(NR)
Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 17413-405A	18 & up	5 classes	Tue	6:00-7:00 pm	starts Jun 16	\$35(R); \$46(NR)
View activity: 17413-405B	18 & up	5 classes	Tue	6:00-7:00 pm	starts Jul 28	\$35(R); \$46(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17413-423D	18 & up	11 classes	Mon	10:00-11:00 am	starts Jun 1	\$66(R); \$86(NR)
View activity: 17413-423B	18 & up	11 classes	Wed	9:00-10:00 am	starts Jun 3	\$72(R); \$94(NR)
View activity: 17413-423C	18 & up	11 classes	Fri	10:00-11:00 am	starts Jun 5	\$72(R); \$94(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17413-424C	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jun 4	\$30(R); \$39(NR)
View activity: 17413-424D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jul 23	\$30(R); \$39(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 17413-434A	18 & up	6 classes	Sat	9:30-10:30 am	starts Jun 6	\$36(R); \$47(NR)
View activity: 17413-434B	18 & up	6 classes	Sat	9:30-10:30 am	starts Jul 25	\$36(R); \$47(NR)

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17413-435A	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 2	\$45(R); \$59(NR)
View activity: 17413-435	18 & up	8 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$45(R); \$59(NR)
Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 17413-446A	50 & up	12 classes	Mon	1:15-2:30 pm	starts Jun 1	\$60(R); \$78(NR)
View activity: 17413-446B	50 & up	12 classes	Thu	12:00-1:15 pm	starts Jun 4	\$60(R); \$78(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 17413-452A	18 & up	7 classes	Tue	6:30-7:30 pm	starts Jun 2	\$56(R); \$73(NR)
North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 17413-453A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Jun 4	\$36(R); \$47(NR)
View activity: 17413-453B	18 & up	6 classes	Thu	6:00-7:00 pm	starts Jul 23	\$36(R); \$47(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 17413-455	18 & up	6 classes	Wed	12:30-1:30 pm	starts Jun 10	\$36(R); \$47(NR)
View activity: 17413-455A	18 & up	6 classes	Wed	12:30-1:30 pm	starts Jul 22	\$36(R); \$47(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17413-475D	18 & up	4 classes	Thu	6:30-7:30 pm	starts Jun 4	\$26(R); \$34(NR)
View activity: 17413-475G	18 & up	4 classes	Sat	10:30-11:30 am	starts Jun 6	\$26(R); \$34(NR)
View activity: 17413-475E	18 & up	5 classes	Thu	6:30-7:30 pm	starts Jul 2	\$33(R); \$43(NR)
View activity: 17413-475H	18 & up	4 classes	Sat	10:30-11:30 am	starts Jul 4	\$26(R); \$34(NR)
View activity: 17413-475I	18 & up	5 classes	Sat	10:30-11:30 am	starts Aug 1	\$33(R); \$43(NR)
View activity: 17413-475F	18 & up	4 classes	Thu	6:30-7:30 pm	starts Aug 6	\$24(R); \$32(NR)
T. Howard Duckett Park						deerfieldcc@pgparks.com
View activity: 17413-420A	55 & up	8 classes	Mon	10:00-11:00 am	starts Jul 13	\$40(R); \$52(NR)
Temple Hills Community Center						templehillsc@pgparks.com
View activity: 17413-482D	18 & up	6 classes	Sun	12:30-1:30 pm	starts Jun 7	\$36(R); \$47(NR)
View activity: 17413-482A	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Jun 8	\$36(R); \$47(NR)
View activity: 17413-482B	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Jul 6	\$36(R); \$47(NR)
View activity: 17413-482E	18 & up	6 classes	Sun	12:30-1:30 pm	starts Jul 26	\$36(R); \$47(NR)
View activity: 17413-482C	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Aug 3	\$36(R); \$47(NR)
Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 17413-484A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jun 10	\$36(R); \$47(NR)
View activity: 17413-484B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jul 22	\$36(R); \$47(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 17413-490A	18 & up	8 classes	Tue & Thu	6:00-7:00 pm	starts Jun 30	\$48(R); \$63(NR)
View activity: 17413-490B	18 & up	8 classes	Tue & Thu	6:00-7:00 pm	starts Jul 28	\$48(R); \$63(NR)

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.

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 17412-474A	18 & up	8 classes	Tue	6:00-7:00 pm	starts Jun 2	\$50(R); \$65(NR)
Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 17412-486A	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Jun 2	\$32(R); \$42(NR)
View activity: 17412-486B	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Jun 30	\$32(R); \$42(NR)
View activity: 17412-486C	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Jul 28	\$32(R); \$42(NR)

Zumba: Adults, Fitness

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
View activity: 17414-405A	18 & up	5 classes	Tue	7:30-8:30 pm	starts Jun 30	\$44(R); \$58(NR)
View activity: 17414-405B	18 & up	5 classes	Thu	7:30-8:30 pm	starts Jul 2	\$44(R); \$58(NR)
View activity: 17414-405C	18 & up	6 classes	Tue	7:30-8:30 pm	starts Aug 11	\$44(R); \$58(NR)
View activity: 17414-405D	18 & up	6 classes	Thu	7:30-8:30 pm	starts Aug 13	\$44(R); \$58(NR)
Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 17414-406B	18 & up	26 classes	Wed & Fri	8:15 am-9:45 pm	starts Jun 3	\$65(R); \$85(NR)
View activity: 17414-406A	18 & up	12 classes	Sat	8:15 am-9:45 pm	starts Jun 6	\$65(R); \$85(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17414-423A	18 & up	11 classes	Mon	9:00-10:00 am	starts Jun 1	\$66(R); \$86(NR)
View activity: 17414-423B	18 & up	11 classes	Tue	6:30-7:30 pm	starts Jun 2	\$72(R); \$94(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17414-441A	18 & up	6 classes	Mon	6:30-7:30 pm	starts Jun 1	\$40(R); \$52(NR)
View activity: 17414-441B	18 & up	6 classes	Mon	6:30-7:30 pm	starts Jul 13	\$40(R); \$52(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 17414-416C	18 & up	12 classes	Tue & Thu	7:00-8:00 pm	starts Jun 30	\$40(R); \$52(NR)
View activity: 17414-416D	18 & up	12 classes	Tue & Thu	7:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)
Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 17414-445A	18 & up	15 classes	Mon & Wed	7:00-8:00 pm	starts Jun 3	\$55(R); \$72(NR)
View activity: 17414-445B	18 & up	7 classes	Mon & Wed	7:00-8:00 pm	starts Aug 5	\$28(R); \$37(NR)
Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseiors@pgparks.com
View activity: 17414-446A	50 & up	6 classes	Fri	12:00-1:00 pm	starts Jul 17	\$52(R); \$68(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 17414-462D	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Jun 1	\$50(R); \$65(NR)
View activity: 17414-462E	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Jul 13	\$50(R); \$65(NR)
Potomac Landing Community Center						potomaclandingcc@pgparks.com
View activity: 17414-465A	18 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jun 2	\$48(R); \$63(NR)
View activity: 17414-465B	18 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jun 30	\$48(R); \$63(NR)
View activity: 17414-465C	18 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jul 28	\$48(R); \$63(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 17414-466A	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jun 24	\$45(R); \$59(NR)
View activity: 17414-466B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Aug 12	\$45(R); \$59(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17414-477A	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Jun 1	\$48(R); \$63(NR)
Vansville Community Center						vansvillecc@pgparks.com
View activity: 17414-487A	18 & up	4 classes	Tue	7:15-8:15 pm	starts Jun 2	\$35(R); \$46(NR)
View activity: 17414-487B	18 & up	4 classes	Tue	7:15-8:15 pm	starts Jun 30	\$35(R); \$46(NR)
View activity: 17414-487C	18 & up	4 classes	Tue	7:15-8:15 pm	starts Jul 28	\$35(R); \$46(NR)

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 17414-490A	18 & up	8 classes	Tue & Thu	6:15-7:15 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 17414-490B	18 & up	8 classes	Tue & Thu	6:15-7:15 pm	starts Jun 30	\$40(R); \$52(NR)
View activity: 17414-490C	18 & up	8 classes	Tue & Thu	6:15-7:15 pm	starts Jul 28	\$40(R); \$52(NR)

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
View activity: 17417-443A	18 & up	5 classes	Sat	10:30-11:30 am	starts Jun 6	\$36(R); \$47(NR)
View activity: 17417-443B	18 & up	5 classes	Sat	10:30-11:30 am	starts Jul 25	\$36(R); \$47(NR)

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com
View activity: 17417-446A	18 & up	6 classes	Wed	5:00-6:00 pm	starts Jun 3	\$52(R); \$68(NR)
View activity: 17417-446B	18 & up	6 classes	Wed	5:00-6:00 pm	starts Jul 15	\$52(R); \$68(NR)

SENIORS

Aerobics: Hula Hoop, Seniors

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.

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com
View activity: 17548-411A	60 & up	4 classes	Wed	1:30-2:30 pm	starts Jun 3	\$16(R); \$21(NR)
View activity: 17548-411B	60 & up	4 classes	Wed	1:30-2:30 pm	starts Jul 1	\$16(R); \$21(NR)
View activity: 17548-411C	60 & up	4 classes	Wed	1:30-2:30 pm	starts Aug 5	\$16(R); \$21(NR)

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
View activity: 17521-411A	60 & up	4 classes	Wed	9:30-10:30 am	starts Jun 3	\$16(R); \$21(NR)
View activity: 17521-411B	60 & up	4 classes	Wed	9:30-10:30 am	starts Jul 1	\$16(R); \$21(NR)
View activity: 17521-411C	60 & up	4 classes	Wed	9:30-10:30 am	starts Aug 5	\$16(R); \$21(NR)

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 17521-412A	60 & up	6 classes	Tue	10:00-11:00 am	starts Jun 2	\$35(R); \$46(NR)
View activity: 17521-4122	60 & up	7 classes	Thu	10:00-11:00 am	starts Jun 4	\$35(R); \$46(NR)
View activity: 17521-412B	60 & up	6 classes	Tue	10:00-11:00 am	starts Jul 21	\$35(R); \$46(NR)
View activity: 17521-4123	60 & up	6 classes	Thu	10:00-11:00 am	starts Jul 30	\$35(R); \$46(NR)

Woodlawn Park						kentlandcc@pgparks.com
View activity: 17521-470A	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Jun 16	Free
View activity: 17521-470B	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Jul 14	Free

Balance & Stretch: Seniors

Balance your workout routine while stretching the entire body. This workout is designed to improve flexibility training and reduced risk of injury.

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com
View activity: 17543-446D	60 & up	4 classes	Tue	1:00-2:00 pm	starts Jun 2	\$37(R); \$49(NR)
View activity: 17543-446E	60 & up	4 classes	Tue	1:00-2:00 pm	starts Jun 30	\$37(R); \$49(NR)
View activity: 17543-446F	60 & up	4 classes	Tue	1:00-2:00 pm	starts Jul 28	\$37(R); \$49(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17543-468A	60 & up	4 classes	Mon	10:30-11:30 am	starts Jun 1	\$24(R); \$32(NR); \$18(IA)
View activity: 17543-468B	60 & up	2 classes	Mon	10:30-11:30 am	starts Jul 6	\$12(R); \$16(NR); \$9(IA)
View activity: 17543-468C	60 & up	4 classes	Mon	10:30-11:30 am	starts Aug 3	\$24(R); \$32(NR); \$18(IA)

Belly Dancing: Seniors

Dance the exotic! Discover the beautiful and graceful art of belly dancing. Enjoy improved flexibility, upgraded core strength, and boosted self-confidence as you learn a basic stance along with moves for the hips and upper body. Sign up today and shimmy your way to fitness!

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com
View activity: 17522-411A	60 & up	4 classes	Sat	11:45 am-12:30 pm	starts Jun 6	Free
View activity: 17522-411B	60 & up	3 classes	Sat	11:45 am-12:30 pm	starts Jul 11	Free
View activity: 17522-411C	60 & up	4 classes	Sat	11:45 am-12:30 pm	starts Aug 1	Free

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.

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 17508-447G	60 & up	9 classes	Wed	11:00 am-12:00 pm	starts Jun 3	\$27(R); \$36(NR)
View activity: 17508-447E	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jun 8	\$24(R); \$32(NR)
View activity: 17508-447F	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jul 6	\$24(R); \$32(NR)

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
View activity: 17530-407A	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Jun 16	\$35(R); \$46(NR)
View activity: 17530-407B	60 & up	10 classes	Tue & Thu	9:30-10:30 am	starts Jul 21	\$40(R); \$52(NR)
Kentland Community Center						kentlandcc@pgparks.com
View activity: 17530-440A	60 & up	4 classes	Sat	1:00-2:00 pm	starts Jun 13	\$25(R); \$33(NR)
View activity: 17530-440B	60 & up	4 classes	Sat	12:00-1:00 pm	starts Jul 18	\$25(R); \$33(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17530-441A	60 & up	2 classes	Mon	11:15 am-12:15 pm	starts Jun 1	\$18(R); \$24(NR)
Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 17530-457A	60 & up	4 classes	Wed	11:30 am-12:30 pm	starts Jun 3	\$20(R); \$26(NR)
View activity: 17530-457C	60 & up	2 classes	Wed	11:30 am-12:30 pm	starts Aug 5	\$10(R); \$13(NR)

Drum-n-Tone

Drum to the beat of your favorite song and get in shape while you do! Join us for Drum-n-Tone, you are going to love this fitness-music class. A fitness ball and drumsticks will be provided. Improve your muscle memory, stress management, and cardio exercise.

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com
View activity: 17546-411A	60 & up	1 classes	Fri	1:00-2:00 pm	starts Jun 5	\$5(R); \$7(NR)
View activity: 17546-411B	60 & up	1 classes	Fri	1:00-2:00 pm	starts Jul 10	\$5(R); \$7(NR)
View activity: 17546-411C	60 & up	1 classes	Fri	1:00-2:00 pm	starts Aug 7	\$5(R); \$7(NR)

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
View activity: 17517-411A	60 & up	8 classes	Mon & Fri	10:30-11:15 am	starts Jun 1	\$18(R); \$24(NR)
View activity: 17517-411D	60 & up	8 classes	Mon & Fri	11:30 am-12:15 pm	starts Jun 1	\$18(R); \$24(NR)
View activity: 17517-411B	60 & up	8 classes	Mon & Fri	10:30-11:15 am	starts Jul 6	\$18(R); \$24(NR)
View activity: 17517-411E	60 & up	8 classes	Mon & Fri	11:30 am-12:15 pm	starts Jul 6	\$18(R); \$24(NR)
View activity: 17517-411C	60 & up	8 classes	Mon & Fri	10:30-11:15 am	starts Aug 3	\$16(R); \$21(NR)
View activity: 17517-411F	60 & up	8 classes	Mon & Fri	11:30 am-12:15 pm	starts Aug 3	\$16(R); \$21(NR)

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 17517-471A	60 & up	8 classes	Mon & Wed	9:00-10:00 am	starts Jun 1	\$45(R); \$59(NR)
View activity: 17517-471B	60 & up	8 classes	Mon & Wed	9:00-10:00 am	starts Jul 6	\$45(R); \$59(NR)
View activity: 17517-471C	60 & up	8 classes	Mon & Wed	9:00-10:00 am	starts Aug 5	\$45(R); \$59(NR)

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17517-475A	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Jun 2	\$28(R); \$37(NR)
View activity: 17517-475B	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Jul 7	\$28(R); \$37(NR)
View activity: 17517-475C	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Aug 4	\$28(R); \$37(NR)

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17511-468A	60 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Jun 2	\$54(R); \$71(NR); \$41(IA)
View activity: 17511-468B	60 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Jul 2	\$54(R); \$71(NR); \$41(IA)
View activity: 17511-468C	60 & up	7 classes	Tue & Thu	10:00-11:00 am	starts Aug 5	\$48(R); \$63(NR); \$36(IA)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17511-477A	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 2	\$32(R); \$42(NR)
View activity: 17511-477B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 30	\$32(R); \$42(NR)
View activity: 17511-477C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jul 28	\$32(R); \$42(NR)

Temple Hills Community Center						templehillsc@pgparks.com
View activity: 17511-482A	60 & up	6 classes	Wed	12:00-1:00 pm	starts Jun 10	\$36(R); \$47(NR)
View activity: 17511-482B	60 & up	6 classes	Wed	12:00-1:00 pm	starts Jul 22	\$36(R); \$47(NR)

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!

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17512-424A	60 & up	6 classes	Wed	11:30 am-12:30 pm	starts Jun 3	\$24(R); \$32(NR)
View activity: 17512-424B	60 & up	6 classes	Wed	11:30 am-12:30 pm	starts Jul 22	\$24(R); \$32(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 17512-434A	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Jun 1	\$24(R); \$32(NR)
View activity: 17512-434D	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jun 1	\$24(R); \$32(NR)
View activity: 17512-434B	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Jul 6	\$24(R); \$32(NR)
View activity: 17512-434E	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jul 6	\$24(R); \$32(NR)
View activity: 17512-434C	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Aug 3	\$24(R); \$32(NR)
View activity: 17512-434F	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Aug 3	\$24(R); \$32(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17512-477A	60 & up	6 classes	Thu	10:00-11:00 am	starts Jun 4	\$24(R); \$32(NR)
View activity: 17512-477B	60 & up	6 classes	Thu	10:00-11:00 am	starts Jul 23	\$24(R); \$32(NR)

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.

Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 17531-445A	60 & up	8 classes	Tue & Thu	10:30-11:30 am	starts Jun 2	\$50(R); \$65(NR)

Personal Training: Seniors

What's on the other side of your comfort zone? Get personal training with other seniors and perfect your fitness technique. This course is designed to concentrate on: various exercises, stretches, increased strength, elevated metabolism, and building endurance. As an added bonus, you'll feel great, gain self-confidence, and move toward a healthier you.

Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 17513-446A	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Jun 1	\$45(R); \$59(NR)
View activity: 17513-446D	60 & up	8 classes	Mon & Wed	2:00-3:00 pm	starts Jun 1	\$45(R); \$59(NR)
View activity: 17513-446B	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Jun 29	\$45(R); \$59(NR)
View activity: 17513-446E	60 & up	8 classes	Mon & Wed	2:00-3:00 pm	starts Jun 29	\$45(R); \$59(NR)
View activity: 17513-446C	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Jul 27	\$45(R); \$59(NR)
View activity: 17513-446F	60 & up	8 classes	Mon & Wed	2:00-3:00 pm	starts Jul 27	\$45(R); \$59(NR)

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
View activity: 17545-471A	60 & up	8 classes	Tue & Thu	9:00-10:00 am	starts Jun 2	\$40(R); \$52(NR)
View activity: 17545-471B	60 & up	8 classes	Tue & Thu	9:00-10:00 am	starts Jul 21	\$40(R); \$52(NR)

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 & Recreation Complex							saarc@pgparks.com
View activity: 17540-475A	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jun 1		\$36(R); \$47(NR)
View activity: 17540-475D	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Jun 1		\$36(R); \$47(NR)
View activity: 17540-475B	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jul 6		\$36(R); \$47(NR)
View activity: 17540-475E	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Jul 6		\$36(R); \$47(NR)
View activity: 17540-475C	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Aug 3		\$36(R); \$47(NR)
View activity: 17540-475F	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Aug 3		\$36(R); \$47(NR)

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!

Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 17501-411A	60 & up	4 classes	Thu	11:30 am-12:30 pm	starts Jun 4		\$16(R); \$21(NR)
View activity: 17501-411B	60 & up	4 classes	Thu	11:30 am-12:30 pm	starts Jul 2		\$16(R); \$21(NR)
View activity: 17501-411C	60 & up	4 classes	Thu	11:30 am-12:30 pm	starts Aug 6		\$16(R); \$21(NR)

Suitland Community Center							suitlandcc@pgparks.com
View activity: 17501-481A	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Jun 2		\$24(R); \$32(NR)
View activity: 17501-481B	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Jul 21		\$24(R); \$32(NR)

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
View activity: 17503-407A	60 & up	8 classes	Tue & Thu	10:45-11:45 am	starts Jun 16		\$35(R); \$46(NR)
View activity: 17503-407B	60 & up	7 classes	Tue & Thu	12:00-1:00 pm	starts Jun 16		\$35(R); \$46(NR)
View activity: 17503-407C	60 & up	10 classes	Tue & Thu	10:30-11:30 am	starts Jul 21		\$40(R); \$52(NR)
View activity: 17503-407D	60 & up	10 classes	Tue & Thu	12:00-1:00 pm	starts Jul 21		\$40(R); \$52(NR)

Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 17503-411A	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jun 1		\$20(R); \$26(NR)
View activity: 17503-411B	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jul 6		\$20(R); \$26(NR)
View activity: 17503-411C	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Aug 3		\$20(R); \$26(NR)

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	
View activity: 17504-411A	60 & up	4 classes	Tue	9:30-10:30 am	starts Jun 2	\$20(R); \$26(NR)	
View activity: 17504-411D	60 & up	4 classes	Thu	9:30-10:30 am	starts Jun 4	\$20(R); \$26(NR)	
View activity: 17504-411E	60 & up	4 classes	Thu	9:30-10:30 am	starts Jul 2	\$20(R); \$26(NR)	
View activity: 17504-411B	60 & up	4 classes	Tue	9:30-10:30 am	starts Jul 7	\$20(R); \$26(NR)	
View activity: 17504-411C	60 & up	4 classes	Tue	9:30-10:30 am	starts Aug 4	\$20(R); \$26(NR)	
View activity: 17504-411F	60 & up	4 classes	Thu	9:30-10:30 am	starts Aug 6	\$20(R); \$26(NR)	
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com	
View activity: 17504-475A	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Jun 3	\$22(R); \$29(NR)	
View activity: 17504-475D	60 & up	4 classes	Wed	12:30-1:30 pm	starts Jun 3	\$22(R); \$29(NR)	
View activity: 17504-475B	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Jul 8	\$22(R); \$29(NR)	
View activity: 17504-475E	60 & up	4 classes	Wed	12:30-1:30 pm	starts Jul 8	\$22(R); \$29(NR)	
View activity: 17504-475C	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Aug 5	\$22(R); \$29(NR)	
View activity: 17504-475F	60 & up	4 classes	Wed	12:30-1:30 pm	starts Aug 5	\$22(R); \$29(NR)	

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.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com	
View activity: 17529-475A	60 & up	8 classes	Tue & Thu	12:30-1:30 pm	starts Jun 2	\$28(R); \$37(NR)	
View activity: 17529-475B	60 & up	8 classes	Tue & Thu	12:30-1:30 pm	starts Jul 7	\$28(R); \$37(NR)	
View activity: 17529-475C	60 & up	8 classes	Tue & Thu	12:30-1:30 pm	starts Aug 4	\$28(R); \$37(NR)	

MIXED AGES

Aerobics: Mixed Ages, Bench Step

Step up to next level fitness! We have a full body workout, using a bench, 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'll keep the music high energy and encourage you to remain inspired toward reaching your goals.

Glenn Dale Community Center						glenndalecc@pgparks.com	
View activity: 17610-427AA	18 & up	16 classes	Mon & Wed	6:15-7:15 pm	starts Jun 1	\$70(R); \$91(NR)	
View activity: 17610-427B	18 & up	16 classes	Mon & Wed	6:15-7:15 pm	starts Jul 27	\$70(R); \$91(NR)	

Balance & Stretch: Mixed Ages

Balance your workout routine while stretching the entire body. This workout is designed to improve flexibility training and reduced risk of injury.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com	
View activity: 17675-406A	18 & up	13 classes	Wed	6:30-7:30 pm	starts Jun 3	\$50(R); \$65(NR)	

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
View activity: 17601-423A	16 & up	11 classes	Thu	6:30-7:30 pm	starts Jun 4	\$72(R); \$94(NR)
Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17601-435	16 & up	8 classes	Mon	7:15-8:15 pm	starts Jun 1	\$45(R); \$59(NR)

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!

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17658-424A	50 & up	6 classes	Mon	9:30-10:30 am	starts Jun 1	\$30(R); \$39(NR)
View activity: 17658-424C	50 & up	6 classes	Wed	9:30-10:30 am	starts Jun 3	\$30(R); \$39(NR)
View activity: 17658-424B	50 & up	6 classes	Mon	9:30-10:30 am	starts Jul 20	\$30(R); \$39(NR)
View activity: 17658-424D	50 & up	6 classes	Wed	9:30-10:30 am	starts Jul 22	\$30(R); \$39(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17658-441A	50 & up	2 classes	Wed	10:00-11:00 am	starts Jun 3	\$18(R); \$24(NR)
Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com
View activity: 17658-446A	50 & up	12 classes	Mon	12:05-1:05 pm	starts Jun 1	\$60(R); \$78(NR)
View activity: 17658-446B	50 & up	12 classes	Thu	10:45-11:45 am	starts Jun 4	\$60(R); \$78(NR)
Woodlawn Park						kentlandcc@pgparks.com
View activity: 17658-470A	50 & up	8 classes	Tue & Thu	10:30-11:30 am	starts Jun 16	Free
View activity: 17658-470B	50 & up	8 classes	Tue & Thu	10:30 am-12:00 pm	starts Jul 14	Free

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.com
View activity: 17690-420A	55 & up	8 classes	Wed	10:00-11:00 am	starts Jul 15	\$40(R); \$52(NR)

Fitness in the Parks

Fitness in the Parks is a FREE program that brings a variety of fitness opportunities to parks and natural areas across Prince George's County! We invite you to find the class that best suits your fitness goals and to discover the benefits of exercising in nature. No classes on federal holidays. Classes may be canceled due to inclement weather or wet grounds. Call 301-927-0822 for weather-related cancellations.

Columbia Park Community Center						wellness@pgparks.com
View activity: 17681-479G	13 & up	14 classes	Sat	10:30-11:30 am	starts Jun 6	Free
Fairwood Park						Wellness@pgparks.com
View activity: 17681-479E	13 & up	14 classes	Thu	6:00-7:00 pm	starts Jun 4	Free
Largo/Kettering/Perrywood Comm. Center						wellness@pgparks.com
View activity: 17681-479D	13 & up	14 classes	Wed	6:00-7:00 pm	starts Jun 3	Free

Tucker Road Community Park/Athletic Complex						wellness@pgparks.com
View activity: 17681-479A	13 & up	14 classes	Mon	8:30-9:30 am	starts Jun 1	Free
View activity: 17681-479C	13 & up	14 classes	Wed	8:00-9:00 am	starts Jun 3	Free
Westphalia Community Center						wellness@pgparks.com
View activity: 17681-479B	13 & up	14 classes	Mon	6:30-7:30 pm	starts Jun 1	Free
Woodmore Towne Center Park Turf Field						wellness@pgparks.com
View activity: 17681-479F	13 & up	14 classes	Sat	8:00-9:00 am	starts Jun 6	Free

Fitness: Family

The family that gets fit together stays close-knit together! Get active and get moving! This fun, cardiovascular fitness program includes cardio games, team building, and stretching exercises for the entire family. Strengthen relationships with mom, dad, and the kids. You and your family members will end each session in a great mood as you exercise your way to improved health.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 17626-427C	13 & up	6 classes	Sat	10:00-11:00 am	starts Jun 6	\$30(R); \$39(NR)
View activity: 17626-427A	13 & up	12 classes	Tue & Thu	7:15-8:15 pm	starts Jun 9	\$57(R); \$75(NR)
View activity: 17626-427B	13 & up	12 classes	Tue & Thu	7:15-8:15 pm	starts Jul 28	\$57(R); \$75(NR)
View activity: 17626-427D	13 & up	6 classes	Sat	10:00-11:00 am	starts Aug 1	\$30(R); \$39(NR)

Fitness: Variety

This isn't your garden variety exercise class! We have all the fun formats your body will love. Build your muscles, strengthen your heart, and improve your overall cardiovascular health. Sign up and experience, in one class, a variety of workout activities including kickboxing, resistance training, low impact aerobics, and much more.

Vansville Community Center						vansvillecc@pgparks.com
View activity: 17640-487A	16 & up	5 classes	Sat	9:00-10:00 am	starts Jun 27	\$30(R); \$39(NR)
View activity: 17640-487B	16 & up	6 classes	Sat	9:00-10:00 am	starts Aug 8	\$20(R); \$26(NR)

Get Fit Mobile

The Get Fit Mobile brings dynamic programs to your fingertips. Join us now and embark on a journey towards a healthier and more vibrant lifestyle wherever you are!

Beltsville Community Center						wellness@pgparks.com
View activity: 17629-479C	13 & up	6 classes	Thu	6:00-7:00 pm	starts Jun 4	Free
Tucker Road Community Park/Athletic Complex						wellness@pgparks.com
View activity: 17629-479A	All ages	1 classes	Tue	6:00-7:00 pm	starts Jun 9	Free
Watkins Regional Park						wellness@pgparks.com
View activity: 17629-479B	13 & up	6 classes	Thu	6:00-7:00 pm	starts Jul 16	Free

Living Strong

Whether you're a graduate of Fit & Strong! or new to group fitness and would like a challenge, Living Strong is a great way to stay active and build strength in a supportive environment. This class includes strength training, aerobic exercise, balance, flexibility and more, along with goal setting to help you stay motivated and consistent. Come improve your endurance, boost your energy, and keep Living Strong!

Beltsville Community Center						wellness@pgparks.com
View activity: 17697-479A	18 & up	24 classes	Wed & Fri	10:00-11:00 am	starts Jun 24	\$15(R); \$20(NR)

Parkour in the Park: Mixed Ages

Come learn to jump, climb, balance, vault over objects, and play a few cool games with the Park Rangers and their mobile obstacle kit. Parkour is the practice of overcoming obstacles in an efficient manner with various movements that conserve your momentum and keep you flowing between obstacles. Come get a chance to learn Parkour in a friendly environment with a skilled instructor and meet people interested in training in the art just like you! All skill levels are welcome and all of the challenges presented in this program are scalable to your skill and comfort level, but expect one heck of a workout and to have fun doing it! For returning participants we can develop upon the skills that you have worked on before to help you progress further. Be sure to bring water and to wear comfortable athletic clothes & shoes. All participants under 16 will need to have a Parent/Guardian stay for the duration of the program. This is a family-friendly program and we promote the Parent/Guardian of the participant to take part in the activity at no extra charge (and the Parent/Guardian doesn't need to register separately).

Watkins Regional Park						pgparkrangers@pgparks.com
View activity: 17657-459A	10 & up	1 classes	Sat	10:00 am-12:00 pm	starts Jun 27	\$7(R); \$10(NR)
View activity: 17657-459B	10 & up	1 classes	Sat	10:00 am-12:00 pm	starts Aug 8	\$7(R); \$10(NR)

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
View activity: 17631-423B	18 & up	11 classes	Wed	7:30-8:30 pm	starts Jun 3	\$72(R); \$94(NR)

Ranger Run Club

Become a part of our Ranger Run Club! Together we will do a variety of runs from trail running to road running, or even a mix of the two, all within our beautiful parks in Prince George's County. This club will have a variety of distances and locations. Every month will be different so stay tuned. Running experience preferred.

Carrollton Elementary School						pgparkrangers@pgparks.com
View activity: 176101-459B	15 & up	1 classes	Wed	8:30-9:30 am	starts Jul 1	Free
Governor Bridge Natural Area						pgparkrangers@pgparks.com
View activity: 176101-459C	15 & up	1 classes	Wed	8:30-9:30 am	starts Aug 5	Free
Lake Artemesia Natural Area						pgparkrangers@pgparks.com
View activity: 176101-459A	15 & up	1 classes	Wed	8:30-9:30 am	starts Jun 3	Free

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 & Recreation Complex						saarc@pgparks.com
View activity: 17645-475J	18 & up	4 classes	Sat	9:15-10:15 am	starts Jun 6	\$26(R); \$34(NR)
View activity: 17645-475K	18 & up	4 classes	Sat	9:15-10:15 am	starts Jul 4	\$26(R); \$34(NR)
View activity: 17645-475L	18 & up	5 classes	Sat	9:15-10:15 am	starts Aug 1	\$33(R); \$43(NR)

Toning and Sculpting: Mixed Ages

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!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17615-468A	18 & up	4 classes	Sat	10:00-11:00 am	starts Jun 6	\$24(R); \$32(NR); \$18(IA)
View activity: 17615-468B	18 & up	3 classes	Sat	10:00-11:00 am	starts Jul 4	\$18(R); \$24(NR); \$14(IA)
View activity: 17615-468C	18 & up	4 classes	Sat	10:00-11:00 am	starts Aug 1	\$24(R); \$32(NR); \$18(IA)

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17615-475A	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Jun 2	\$52(R); \$68(NR)
View activity: 17615-475B	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Jul 7	\$52(R); \$68(NR)
View activity: 17615-475C	18 & up	6 classes	Tue & Thu	7:00-8:00 am	starts Aug 4	\$39(R); \$51(NR)

WELL U. Wellness. Empowerment. Lifelong Learning for YOUth.

Unlock the best version of YOU with WELL U., your destination for youth health and wellness programs designed to inspire, educate, and empower. Whether you're looking to fuel your body, strengthen your mind, or build lifelong healthy habits, WELL U. offers engaging workshops, interactive activities, and peer-driven experiences that meet you where you are.

Largo/Kettering/Perrywood Comm. Center						wellness@pgparks.com
View activity: 17698-479G	13 & up	1 classes	Thu	6:00-7:30 pm	starts Jun 11	Free

Yoga in the Parks

Yoga in the Parks is a FREE yoga program where classes take place in the beautiful outdoors. Enjoy the peace and serenity of a yoga class in one of our many scenic parks! Classes are scheduled for one hour and are designed for all fitness levels. Yoga is an excellent form of exercise regardless of your age or practice level. It combines body movement, breathing, and mental relaxation while relieving stress. Learn basic moves to strengthen your body and increase your flexibility.

Bladensburg Waterfront Park						wellness@pgparks.com
View activity: 17680-479F	13 & up	14 classes	Wed	7:30-8:30 pm	starts Jun 3	Free
Enterprise Golf Course						wellness@pgparks.com
View activity: 17680-479G	13 & up	14 classes	Thu	8:30-9:30 am	starts Jun 4	Free
Fairwood Park						wellness@pgparks.com
View activity: 17680-479H	13 & up	14 classes	Fri	8:30-9:30 am	starts Jun 5	Free
Lake Artemesia Natural Area						wellness@pgparks.com
View activity: 17680-479J	13 & up	14 classes	Sat	9:30-10:30 am	starts Jun 6	Free
Marlow Heights Park						wellness@pgparks.com
View activity: 17680-479E	13 & up	14 classes	Wed	9:30-10:30 am	starts Jun 3	Free
Montpelier Arts Center						wellness@pgparks.com
View activity: 17680-479A	13 & up	14 classes	Mon	9:00-10:00 am	starts Jun 1	Free
South Bowie Community Center						wellness@pgparks.com
View activity: 17680-479D	13 & up	14 classes	Tue	6:00-7:00 pm	starts Jun 2	Free
Tucker Road Community Park/Athletic Complex						wellness@pgparks.com
View activity: 17680-479B	13 & up	14 classes	Mon	6:00-7:00 pm	starts Jun 1	Free
Upper Marlboro Community Center						wellness@pgparks.com
View activity: 17680-479I	13 & up	14 classes	Sat	9:00-10:00 am	starts Jun 6	Free
Watkins Regional Park						wellness@pgparks.com
View activity: 17680-479C	13 & up	14 classes	Tue	8:30-9:30 am	starts Jun 2	Free

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!

Vansville Community Center						vansvillecc@pgparks.com
View activity: 17635-487A	5 - 17yrs.	4 classes	Sat	1:00-2:00 pm	starts Jun 6	\$40(R); \$52(NR)
View activity: 17635-487B	5 - 17yrs.	4 classes	Sat	1:00-2:00 pm	starts Jul 11	\$40(R); \$52(NR)

Zumba: Fitness, Mixed Ages

Zumba is a fusion of Latin and International music and dance themes that create a dynamic and exciting workout.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17636-401B	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jul 7	\$48(R); \$63(NR)
Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 17621-407A	16 & up	4 classes	Mon	7:00-8:00 pm	starts Jun 1	\$25(R); \$33(NR)
View activity: 17621-407B	16 & up	4 classes	Sat	10:00-11:00 am	starts Jun 6	\$25(R); \$33(NR)
View activity: 17621-407C	16 & up	4 classes	Mon	7:00-8:00 pm	starts Jun 29	\$25(R); \$33(NR)
View activity: 17621-407D	16 & up	4 classes	Sat	10:00-11:00 am	starts Jul 11	\$25(R); \$33(NR)
View activity: 17621-407E	16 & up	5 classes	Mon	7:00-8:00 pm	starts Jul 27	\$30(R); \$39(NR)
View activity: 17621-407F	16 & up	4 classes	Sat	10:00-11:00 am	starts Aug 8	\$25(R); \$33(NR)
Bowie Community Center						bowiecc@pgparks.com
View activity: 17621-409A	13 & up	6 classes	Wed	6:30-7:30 pm	starts Jun 3	\$36(R); \$47(NR)
View activity: 17621-409B	13 & up	6 classes	Wed	6:30-7:30 pm	starts Jul 15	\$36(R); \$47(NR)
Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 17621-443A	13 & up	5 classes	Mon	7:00-8:00 pm	starts Jun 8	\$36(R); \$47(NR)
View activity: 17621-443B	13 & up	5 classes	Mon	7:00-8:00 pm	starts Jul 20	\$36(R); \$47(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 17621-474BB	13 & up	9 classes	Wed	6:45-7:45 pm	starts Jun 3	\$50(R); \$65(NR)
View activity: 17621-474B	13 & up	9 classes	Sat	10:00-11:00 am	starts Jun 6	\$50(R); \$65(NR)
Upper Marlboro Community Center						uppermarlorocc@pgparks.com
View activity: 17621-486A	13 & up	6 classes	Sat	11:30 am-12:30 pm	starts Jun 6	\$36(R); \$47(NR)
View activity: 17621-486B	13 & up	6 classes	Sat	11:30 am-12:30 pm	starts Jul 25	\$36(R); \$47(NR)

HISTORICAL EVENTS

CHILDREN

Unsung Heroes Who Shaped America

Celebrate America's 250th birthday! Some of the people who have made this country so awesome sometimes go unnoticed. To celebrate them and the incredible ways they have made this country better, each installment of this series pairs a storybook about overlooked American trailblazers with a fun craft activity. In April, we'll be reading *We Are Grateful: Otsaliheliga* by Traci Sorell to honor how American Indians have made America better. Though staffed by the Surratt House Museum, this program is hosted at the Surratts-Clinton Branch of the Prince George's County Memorial Library System.

Surratt Historic Site & Museum						surratthouse@pgparks.com
View activity: 18201-492A	6 - 12yrs.	1 classes	Sat	11:00 am-12:00 pm	starts Jun 13	Free
View activity: 18201-492B	6 - 12yrs.	1 classes	Sat	11:00 am-12:00 pm	starts Aug 8	Free

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

View activity: 18612-415B 8 & up 1 classes Sat 11:00-11:45 am starts Aug 1 Free

Caboose Tours

Take an engaging tour of the 1926 B&O Caboose exhibit. Imagine riding the rails while listening to stories about railroad and train history.

Bladensburg Waterfront Park

bladensburgwp@pgparks.com

View activity: 18607-408A All ages 1 classes Sat 1:00-3:00 pm starts Jun 27 \$7(R); \$10(NR)

View activity: 18607-408B All ages 1 classes Thu 6:00-7:30 pm starts Aug 6 Free

Dinosaur Park Dig Day

Be a paleontologist for the day! This interactive experience will allow you to work in our world-famous bone bed. Help staff and volunteers excavate new and exciting discoveries. This program is 3 hours long and for ages 8 and up. Children 8-16 must have a paying and participating adult with them. Limited to 15 people per date.

Dinosaur Park

dinosaurpark@pgparks.com

View activity: 18625-4107A 8 & up 1 classes Fri 10:00 am-1:00 pm starts Jun 12 \$10(R); \$13(NR)

View activity: 18625-4107B 8 & up 1 classes Sat 10:00 am-1:00 pm starts Jun 13 \$10(R); \$13(NR)

View activity: 18625-4107C 8 & up 1 classes Sat 10:00 am-1:00 pm starts Jun 27 \$10(R); \$13(NR)

View activity: 18625-4107D 8 & up 1 classes Fri 10:00 am-1:00 pm starts Jul 10 \$10(R); \$13(NR)

View activity: 18625-4107E 8 & up 1 classes Fri 10:00 am-1:00 pm starts Jul 17 \$10(R); \$13(NR)

View activity: 18625-4107F 8 & up 1 classes Sat 10:00 am-1:00 pm starts Jul 25 \$10(R); \$13(NR)

View activity: 18625-4107G 8 & up 1 classes Fri 10:00 am-1:00 pm starts Aug 7 \$10(R); \$13(NR)

View activity: 18625-4107H 8 & up 1 classes Sat 10:00 am-1:00 pm starts Aug 8 \$10(R); \$13(NR)

View activity: 18625-4107I 8 & up 1 classes Sat 10:00 am-1:00 pm starts Aug 22 \$10(R); \$13(NR)



I Spy!

Learn real 18th century spying techniques during a role-playing, hands-on spy mission for General George Washington. Find out how the American Army outwitted the British with secrets and tricks to win the American Revolution!

Darnall's Chance Historic Site & Museum						darnallschance@pgparks.com
View activity: 18615-4106A	6 - 14yrs.	1 classes	Tue	10:00-11:00 am	starts Jul 7	Free
View activity: 18615-4106B	6 - 14yrs.	1 classes	Tue	11:00 am-12:00 pm	starts Jul 7	Free
View activity: 18615-4106C	6 - 14yrs.	1 classes	Tue	1:00-2:00 pm	starts Jul 7	Free
View activity: 18615-4106D	6 - 14yrs.	1 classes	Tue	2:00-3:00 pm	starts Jul 7	Free
View activity: 18615-4106E	6 - 14yrs.	1 classes	Wed	10:00-11:00 am	starts Jul 8	Free
View activity: 18615-4106F	6 - 14yrs.	1 classes	Wed	11:00 am-12:00 pm	starts Jul 8	Free
View activity: 18615-4106G	6 - 14yrs.	1 classes	Wed	1:00-2:00 pm	starts Jul 8	Free
View activity: 18615-4106H	6 - 14yrs.	1 classes	Wed	2:00-3:00 pm	starts Jul 8	Free
View activity: 18615-4106I	6 - 14yrs.	1 classes	Thu	10:00-11:00 am	starts Jul 9	Free
View activity: 18615-4106J	6 - 14yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jul 9	Free
View activity: 18615-4106K	6 - 14yrs.	1 classes	Thu	1:00-2:00 pm	starts Jul 9	Free
View activity: 18615-4106L	6 - 14yrs.	1 classes	Thu	2:00-3:00 pm	starts Jul 9	Free
View activity: 18615-4106M	6 - 14yrs.	1 classes	Fri	10:00-11:00 am	starts Jul 10	Free
View activity: 18615-4106N	6 - 14yrs.	1 classes	Fri	11:00 am-12:00 pm	starts Jul 10	Free
View activity: 18615-4106P	6 - 14yrs.	1 classes	Fri	1:00-2:00 pm	starts Jul 10	Free
View activity: 18615-4106Q	6 - 14yrs.	1 classes	Fri	2:00-3:00 pm	starts Jul 10	Free
View activity: 18615-4106R	6 - 14yrs.	1 classes	Tue	10:00-11:00 am	starts Jul 14	Free
View activity: 18615-4106S	6 - 14yrs.	1 classes	Tue	11:00 am-12:00 pm	starts Jul 14	Free
View activity: 18615-4106T	6 - 14yrs.	1 classes	Tue	1:00-2:00 pm	starts Jul 14	Free
View activity: 18615-4106U	6 - 14yrs.	1 classes	Tue	2:00-3:00 pm	starts Jul 14	Free
View activity: 18615-4106V	6 - 14yrs.	1 classes	Wed	10:00-11:00 am	starts Jul 15	Free
View activity: 18615-4106W	6 - 14yrs.	1 classes	Wed	11:00 am-12:00 pm	starts Jul 15	Free
View activity: 18615-4106X	6 - 14yrs.	1 classes	Wed	1:00-2:00 pm	starts Jul 15	Free
View activity: 18615-4106Y	6 - 14yrs.	1 classes	Wed	2:00-3:00 pm	starts Jul 15	Free
View activity: 18615-4106AA	6 - 14yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jul 16	Free
View activity: 18615-4106BB	6 - 14yrs.	1 classes	Tue & Thu	1:00-2:00 pm	starts Jul 16	Free
View activity: 18615-4106CC	6 - 14yrs.	1 classes	Thu	2:00-3:00 pm	starts Jul 16	Free
View activity: 18615-4106Z	6 - 14yrs.	1 classes	Tue & Thu	10:00-11:00 am	starts Jul 16	Free
View activity: 18615-4106DD	6 - 14yrs.	1 classes	Fri	10:00-11:00 am	starts Jul 17	Free
View activity: 18615-4106EE	6 - 14yrs.	1 classes	Fri	11:00 am-12:00 pm	starts Jul 17	Free
View activity: 18615-4106FF	6 - 14yrs.	1 classes	Fri	1:00-2:00 pm	starts Jul 17	Free
View activity: 18615-4106GG	6 - 14yrs.	1 classes	Fri	2:00-3:00 pm	starts Jul 17	Free

Summer Culture Hub

Experience history through engaging hands-on activities at Montpelier House Museum's Culture Hub. Each week features a new historical theme that connects past and present. Discover food traditions shared across the Americas and the Diaspora, historic architectural preservation, and the art of traditional textiles. Walk-ins welcome.

Montpelier Historic Site & Museum						montpeliermansion@pgparks.com
View activity: 18629-4101A	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jun 18	Free
View activity: 18629-4101B	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jun 25	Free
View activity: 18629-4101C	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jul 2	Free
View activity: 18629-4101D	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jul 9	Free
View activity: 18629-4101E	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jul 16	Free
View activity: 18629-4101F	All ages	4 classes	Thu-Sun	10:00 am-4:00 pm	starts Jul 23	Free

Trekking the Tarmac: Touring the College Park Airport, Mixed Ages

You've walked inside an airport but have you ever wanted to walk on the runway? Take a guided, outside walking tour of the College Park Airport. This is the oldest continuously operating airport in the world. Learn about the many "firsts" that happened at the Airport. These milestones include the first military aviation training facility and the first airmail flight. Discover how the Airport is used today. Guest must be able to walk at least an hour on uneven, outside surfaces.

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 18621-415B	12 & up	1 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$10(R); \$13(NR)
View activity: 18621-415C	12 & up	1 classes	Sat	11:00 am-12:00 pm	starts Jul 4	\$10(R); \$13(NR)

Untold Stories Beyond the Battlefield Lecture Series: Women and the Civil War

This presentation will offer deeper insights into nationally significant events, like the American Civil War, and highlight local people who participated in them.

Surratt Historic Site & Museum						surrattthouse@pgparks.com
View activity: 316103-492A	All ages	1 classes	Thu	12:00-1:00 pm	starts Jul 9	Free
View activity: 316103-492B	All ages	1 classes	Thu	12:00-1:00 pm	starts Jul 23	Free

LIFESTYLE & LEARNING

PRE-SCHOOLERS

Etiquette: Pre-school

Etiquette is for everyone! This class includes learning to set and serve the table for eating and greeting our family and friends.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 20106-406A	3 - 5yrs.	4 classes	Sat	12:00-1:00 pm	starts Jun 6	\$45(R); \$59(NR)
View activity: 20106-406B	3 - 5yrs.	4 classes	Sat	12:00-1:00 pm	starts Jul 11	\$45(R); \$59(NR)
View activity: 20106-406C	3 - 5yrs.	4 classes	Sat	12:00-1:00 pm	starts Aug 8	\$45(R); \$59(NR)
Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 20106-457A	3 - 5yrs.	4 classes	Sat	1:00-2:00 pm	starts Jun 6	\$20(R); \$26(NR)
View activity: 20106-457B	3 - 5yrs.	4 classes	Sat	1:00-2:00 pm	starts Jul 11	\$20(R); \$26(NR)

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 must be accompanied by an adult.

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 20115-449A	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jun 4	\$4(R); \$6(NR)
View activity: 20115-449B	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jun 11	\$4(R); \$6(NR)
View activity: 20115-449C	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jun 18	\$4(R); \$6(NR)
View activity: 20115-449D	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jun 25	\$4(R); \$6(NR)
View activity: 20115-449E	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jul 2	\$4(R); \$6(NR)
View activity: 20115-449F	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jul 9	\$4(R); \$6(NR)
View activity: 20115-449G	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jul 16	\$4(R); \$6(NR)
View activity: 20115-449H	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jul 23	\$4(R); \$6(NR)
View activity: 20115-449I	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Jul 30	\$4(R); \$6(NR)
View activity: 20115-449J	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Aug 6	\$4(R); \$6(NR)
View activity: 20115-449K	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Aug 13	\$4(R); \$6(NR)
View activity: 20115-449L	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Aug 20	\$4(R); \$6(NR)
View activity: 20115-449M	1 - 4yrs.	1 classes	Thu	11:00-11:45 am	starts Aug 27	\$4(R); \$6(NR)

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 Elementary School						berwynheightscc@pgparks.com
View activity: 20204-406A	6 - 12yrs.	1 classes	Sat	10:00 am-12:00 pm	starts Jun 13	\$40(R); \$52(NR)
View activity: 20204-406B	6 - 12yrs.	1 classes	Sat	10:00 am-12:00 pm	starts Jul 11	\$40(R); \$52(NR)
View activity: 20204-406C	6 - 12yrs.	1 classes	Sat	10:00 am-12:00 pm	starts Aug 15	\$45(R); \$59(NR)
College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 20204-415D	8-10yrs.	5 classes	Mon-Fri	10:00 am-4:00 pm	starts Jul 13	\$125(R); \$163(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 20204-455A	6 - 12yrs.	6 classes	Thu	4:30-5:30 pm	starts Jun 4	\$60(R); \$78(NR)
View activity: 20204-455B	6 - 12yrs.	6 classes	Thu	4:30-5:30 pm	starts Jul 23	\$60(R); \$78(NR)
Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 20204-486A	6 - 12yrs.	6 classes	Tue	6:00-7:00 pm	starts Jun 2	\$100(R); \$130(NR)
View activity: 20204-486B	6 - 12yrs.	6 classes	Tue	6:00-7:00 pm	starts Jul 21	\$100(R); \$130(NR)

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.

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 20212-424A	6 - 12yrs.	4 classes	Tue	6:30-8:00 pm	starts Jun 2	\$80(R); \$104(NR)
View activity: 20212-424B	6 - 12yrs.	4 classes	Tue	6:30-8:00 pm	starts Jul 7	\$80(R); \$104(NR)

Oakcrest Community Center							oakcrestcc@pgparks.com
View activity: 20212-455A	6 - 12yrs.	4 classes	Mon	6:30-8:00 pm	starts Jul 6		\$80(R); \$104(NR)
View activity: 20212-455B	6 - 12yrs.	4 classes	Mon	6:30-8:00 pm	starts Aug 3		\$80(R); \$104(NR)
Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 20212-471A	6 - 12yrs.	3 classes	Sat	12:00-1:00 pm	starts Jun 6		\$30(R); \$39(NR)
View activity: 20212-471B	6 - 12yrs.	3 classes	Sat	12:00-1:00 pm	starts Jul 18		\$30(R); \$39(NR)
View activity: 20212-471C	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Aug 8		\$40(R); \$52(NR)
Upper Marlboro Community Center							uppermarloroccc@pgparks.com
View activity: 20212-486A	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Jun 6		\$80(R); \$104(NR)
View activity: 20212-486B	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Jul 11		\$80(R); \$104(NR)
View activity: 20212-486C	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Aug 8		\$80(R); \$104(NR)

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							berwynheightscc@pgparks.com
View activity: 20211-406A	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2		\$45(R); \$59(NR)
View activity: 20211-406B	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7		\$45(R); \$59(NR)
View activity: 20211-406C	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Aug 4		\$45(R); \$59(NR)

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.

Berwyn Heights Elementary School							berwynheightscc@pgparks.com
View activity: 20216-406A	7 - 12yrs.	1 classes	Sat	10:00-11:30 am	starts Jun 6		\$65(R); \$85(NR)
View activity: 20216-406B	7 - 12yrs.	4 classes	Sat	10:00-11:30 am	starts Jul 11		\$65(R); \$85(NR)
View activity: 20216-406C	7 - 12yrs.	4 classes	Sat	10:00-11:30 am	starts Aug 8		\$65(R); \$85(NR)
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 20216-477A	9 - 12yrs.	7 classes	Sat	11:00 am-1:00 pm	starts Jun 6		\$150(R); \$195(NR)
View activity: 20216-477C	9 - 12yrs.	6 classes	Sat	11:00 am-1:00 pm	starts Jul 25		\$150(R); \$195(NR)

ADULTS

ESOL: Adults

Do you want to understand and speak English? Build your confidence to speak English at work and at home. Join us in this class of learners excited to help you develop conversational English skills.

Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 20406-443A	18 & up	8 classes	Sat	1:30-2:30 pm	starts Jun 20		\$60(R); \$78(NR)

Introduction to Financial Literacy

Don't burn your money! Register today and learn how to make the most of your funds. Gain information and the skills to make informed financial decisions. Managing money does not have to be a mystery. Take control of your wealth-building strategy. Connect with others making smart choices about money today.

Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 20430-484A	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jun 17		\$48(R); \$63(NR)

Spanish: Adults, Advanced

¡Bienvenido (Welcome)! You have arrived at advanced Spanish and this is the class where your previous language abilities will shine. Develop higher level skills in vocabulary, grammar, and conversation. Build friendships with other learners as you converse in your new language. Sign up today and move closer to Spanish fluency.

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com	
View activity: 20404-446A	18 & up	8 classes	Wed	5:00-6:30 pm	starts Jun 10	\$70(R); \$91(NR)	
View activity: 20404-446B	18 & up	9 classes	Thu	5:00-6:30 pm	starts Jun 11	\$70(R); \$91(NR)	

Spanish: Adults, Beginner

In this introductory Spanish course, empower yourself to speak conversationally to neighbors, develop a useful work skill, and start the process of becoming fluent. As an added benefit, physiological studies show that people who speak more than one language have better brains! Some of those benefits include improved problem solving and negotiating skills. Take this course and get all the benefits of learning the beautiful language of Spanish!

Langley Park Community Center						langleyparkcc@pgparks.com	
View activity: 20402-443A	18 & up	8 classes	Thu	6:30-7:30 pm	starts Jun 18	\$56(R); \$73(NR)	

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com	
View activity: 20422-446B	18 & up	8 classes	Sat	9:00-10:30 am	starts Jun 6	\$60(R); \$78(NR)	
View activity: 20422-446A	18 & up	8 classes	Mon	5:00-6:30 pm	starts Jun 8	\$60(R); \$78(NR)	

Spanish: Adults, Intermediate

Building on the beginner's Spanish course, this level continues the language learning to help students move closer to achieving their conversational goals. Empower yourself to speak conversationally to neighbors, develop a useful work skill, and start the process of becoming fluent. As an added benefit, physiological studies show that people who speak more than one language have better brains! Some of those benefits include better problem solving and negotiating skills. Take this course and get all the benefits of learning the beautiful language of Spanish!

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com	
View activity: 20403-446B	18 & up	9 classes	Sat	10:45 am-12:15 pm	starts Jun 6	\$65(R); \$85(NR)	
View activity: 20403-446A	18 & up	8 classes	Tue	5:00-6:30 pm	starts Jun 9	\$65(R); \$85(NR)	

SENIORS

Senior Educational Workshop

Lifelong learning keeps you young! Medical professionals say keeping the mind sharp may improve the quality of your life and improve your emotional health. Join us and learn valuable information about a variety of topics, specifically designed for seniors, while building relationships with other learners.

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com	
View activity: 20515-411A	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Jun 3	Free	
View activity: 20515-411B	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Jun 17	Free	
View activity: 20515-411D	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Jul 29	Free	
View activity: 20515-411C	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Aug 5	Free	
View activity: 20515-411E	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Aug 5	Free	
View activity: 20515-411F	60 & up	1 classes	Wed	11:00 am-12:00 pm	starts Aug 19	Free	

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						campspringseniors@pgparks.com
View activity: 20501-411A	60 & up	8 classes	Mon & Fri	11:30 am-12:30 pm	starts Jun 1	\$12(R); \$16(NR)
View activity: 20501-411D	60 & up	8 classes	Mon & Fri	10:00-11:15 am	starts Jun 1	\$12(R); \$16(NR)
View activity: 20501-411B	60 & up	8 classes	Mon & Fri	11:30 am-12:30 pm	starts Jul 6	\$12(R); \$16(NR)
View activity: 20501-411E	60 & up	8 classes	Mon & Fri	10:00-11:15 am	starts Jul 6	\$6(R); \$8(NR)
View activity: 20501-411C	60 & up	8 classes	Mon & Fri	11:30 am-12:30 pm	starts Aug 3	\$12(R); \$16(NR)
View activity: 20501-411F	60 & up	8 classes	Mon & Fri	10:00-11:15 am	starts Aug 3	\$12(R); \$16(NR)

MIXED AGES

Cloud & AI Fundamentals for the Next Generation

Gain foundational knowledge in Cloud Computing and Artificial Intelligence (AI) and prepare for Microsoft certification exams such as AZ-900 and AZ-104 while making complex tech concepts relatable.

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 20677-477A	13 & up	10 classes	Mon & Wed	6:00-7:30 pm	starts Jun 8	\$120(R); \$156(NR)
View activity: 20677-477B	13 & up	12 classes	Mon & Wed	6:00-7:30 pm	starts Jul 20	\$120(R); \$156(NR)

William Beaney Community Center						williambeanesc@pgparks.com
View activity: 20677-491A	16-24yrs.	12 classes	Tue & Thu	6:00-7:30 pm	starts Jun 2	\$120(R); \$156(NR)
View activity: 20677-491B	16-24yrs.	12 classes	Tue & Thu	6:00-7:30 pm	starts Jul 21	\$120(R); \$156(NR)

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
View activity: 20658-415H	2 - 10yrs.	1 classes	Sat	10:30-11:30 am	starts Jun 20	Free
View activity: 20658-415I	2 - 10yrs.	1 classes	Sun	10:30-11:30 am	starts Jun 21	Free
View activity: 20658-415J	2 - 10yrs.	1 classes	Sat	10:30-11:30 am	starts Jul 18	Free
View activity: 20658-415K	2 - 10yrs.	1 classes	Sun	10:30-11:30 am	starts Jul 19	Free
View activity: 20658-415L	2 - 10yrs.	1 classes	Sat	10:30-11:30 am	starts Aug 15	Free
View activity: 20658-415M	2 - 10yrs.	1 classes	Sun	10:30-11:30 am	starts Aug 16	Free

Etiquette: Dining

Learn table setting, proper identification of utensils and glassware, proper use of a napkin, how to eat unusual foods, and more.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 20626-406A	12 - 18yrs.	4 classes	Thu	6:00-7:00 pm	starts Jun 4	\$45(R); \$59(NR)
View activity: 20626-406B	12 - 18yrs.	4 classes	Thu	6:00-7:00 pm	starts Jul 9	\$45(R); \$59(NR)
View activity: 20626-406C	12 - 18yrs.	4 classes	Thu	5:00-7:00 pm	starts Aug 6	\$45(R); \$59(NR)

Gardening: Mixed Ages

Connect to sustainable gardening and landscaping practices

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 20672-449A	10 & up	1 classes	Sun	10:30-11:30 am	starts Jun 7	Free
View activity: 20672-449B	10 & up	1 classes	Sun	10:30-11:30 am	starts Jun 21	Free
View activity: 20672-449C	10 & up	1 classes	Sun	10:30-11:30 am	starts Jul 5	Free
View activity: 20672-449D	10 & up	1 classes	Sun	10:30-11:30 am	starts Jul 19	Free
View activity: 20672-449E	10 & up	1 classes	Sun	10:30-11:30 am	starts Aug 2	Free
View activity: 20672-449F	10 & up	1 classes	Sun	10:30-11:30 am	starts Aug 16	Free

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
View activity: 20627-462A	6 - 18yrs.	3 classes	Sat	10:00 am-12:00 pm	starts Jun 6	Free

Youth Aviators

It is the College Park Aviation Museum's mission to connect with young adults who are interested in flight and flight support. In this first of three modules, student participants will get introductory lectures into topic areas covered on the Private Pilot FAA Knowledge Exam. They will be tested on content learned for retention and they will interact with pilots, use flight simulators, and explore fully functioning aircraft. Student participants must be able to commit to all four Saturdays of the program.

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 20663-415B	13 - 18yrs.	4 classes	Sat	10:00-11:30 am	starts Aug 1	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
View activity: 21101-407A	3 - 5yrs.	8 classes	Sat	9:30-10:30 am	starts Jun 27	\$65(R); \$85(NR)
View activity: 21101-407B	3 - 5yrs.	8 classes	Sat	9:30-10:30 am	starts Aug 22	\$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
View activity: 21103-407A	3 - 5yrs.	8 classes	Sat	10:30-11:30 am	starts Jun 27	\$65(R); \$85(NR)
View activity: 21103-407B	3 - 5yrs.	8 classes	Sat	10:30-11:30 am	starts Aug 22	\$65(R); \$85(NR)

CHILDREN

Judo: Children, Beginner

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

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21205-416H	6 - 12yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21205-416I	6 - 12yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)

Judo: Children, Intermediate

Prerequisite: Judo for beginners. Instruction on more difficult skills.

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21206-416H	6 - 12yrs.	20 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21206-416I	6 - 12yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)

Karate: Children, Beginner

An introduction to karate.

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 21207-457A	6 - 12yrs.	4 classes	Wed	6:00-7:00 pm	starts Jun 3	\$20(R); \$26(NR)
View activity: 21207-457C	6 - 12yrs.	2 classes	Wed	6:00-7:00 pm	starts Aug 5	\$10(R); \$13(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
View activity: 21201-407A	6 - 12yrs.	8 classes	Sat	9:30-10:30 am	starts Jun 27	\$65(R); \$85(NR)
View activity: 21201-407B	6 - 12yrs.	8 classes	Sat	10:30-11:30 am	starts Jun 27	\$65(R); \$85(NR)
View activity: 21201-407C	6 - 12yrs.	8 classes	Sat	9:30-10:30 am	starts Aug 22	\$65(R); \$85(NR)
View activity: 21201-407D	6 - 12yrs.	8 classes	Sat	10:30-11:30 am	starts Aug 22	\$65(R); \$85(NR)

TEENS

Judo: Teens, Beginner

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

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21301-416H	13 - 17yrs.	20 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21301-416I	13 - 17yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)

Judo: Teens, Intermediate

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

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21302-416H	13 - 17yrs.	20 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21302-416I	13 - 17yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)

Martial Arts: Muay Thai, Teens

Muay Thai also known as "The Art of Eight Limbs" teaches you how to use your entire body as a weapon. Learn punches, kicks, knees, and elbows in a fun, yet practical class.

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21303-407A	13 - 17yrs.	8 classes	Sat	1:00-2:00 pm	starts Jun 27	\$65(R); \$85(NR)
View activity: 21303-407B	13 - 17yrs.	8 classes	Sat	1:00-2:00 pm	starts Aug 22	\$65(R); \$85(NR)

Indian Queen Elementary School						indianqueenrecreationcenterstaff@mncppc.org
View activity: 21303-436A	13 - 17yrs.	12 classes	Mon & Wed	6:00-7:30 pm	starts Jun 8	\$60(R); \$78(NR)
View activity: 21303-436B	13 - 17yrs.	12 classes	Mon & Wed	6:00-7:30 pm	starts Jul 20	\$60(R); \$78(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 21303-455A	13 - 17yrs.	12 classes	Tue & Thu	6:00-7:30 pm	starts Jun 9	\$60(R); \$78(NR)
View activity: 21303-455B	13 - 17yrs.	12 classes	Tue & Thu	6:00-7:30 pm	starts Jul 21	\$60(R); \$78(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.

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21401-416A	18 - 59yrs.	12 classes	Mon & Wed	7:30-9:00 pm	starts Jun 22	\$65(R); \$85(NR)
View activity: 21401-416B	18 - 59yrs.	12 classes	Mon & Wed	7:30-9:00 pm	starts Aug 3	\$65(R); \$85(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 21401-466A	18 & up	16 classes	Wed & Sat	6:30-8:30 pm	starts Jul 18	\$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.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 21407-475A	18 & up	20 classes	Tue & Thu	7:00-8:00 pm	starts Jun 16	\$130(R); \$169(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 21407-477A	18 & up	20 classes	Mon & Wed	7:30-8:30 pm	starts Jun 15	\$130(R); \$169(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
View activity: 21411-405A	18 & up	16 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7	\$40(R); \$52(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
View activity: 21403-405A	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Jul 7	\$40(R); \$52(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21403-416H	18 - 59yrs.	20 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21403-416I	18 - 59yrs.	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(NR)

Judo: Adults, 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!

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21404-416H	18 & up	20 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 21404-416I	18 & up	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$40(R); \$52(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
View activity: 21410-407A	18 & up	8 classes	Sat	1:00-2:00 pm	starts Jun 27	\$65(R); \$85(NR)
View activity: 21410-407B	18 & up	8 classes	Sat	1:00-2:00 pm	starts Aug 22	\$65(R); \$85(NR)

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 21410-474A	18 & up	9 classes	Thu	5:45-6:45 pm	starts Jun 4	\$45(R); \$59(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
View activity: 21406-490A	18 & up	10 classes	Wed	6:15-7:15 pm	starts Jun 17	\$36(R); \$47(NR)

Tae Kwon Do: Adults

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
View activity: 21402-407A	18 & up	8 classes	Sat	12:00-1:00 pm	starts Jun 27	\$65(R); \$85(NR)
View activity: 21402-407B	18 & up	8 classes	Sat	12:00-1:00 pm	starts Aug 22	\$65(R); \$85(NR)

Tai Chi: Adults, All Levels

Tai Chi is a gentle way to reduce stress. Practiced for centuries and originally a form of self-defense, this is an ancient art of exercise for balance, stretching, muscle tone, and flexibility. Enjoy the beauty of this gentle, flowing, focused movement fitness routine. You can increase self-confidence, awareness, become empowered for daily activities, and move toward achieving your health goals.

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 21412-466A	18 & up	4 classes	Mon	6:00-7:00 pm	starts Jun 22	\$50(R); \$65(NR)
View activity: 21412-466B	18 & up	4 classes	Mon	6:00-7:00 pm	starts Jul 27	\$50(R); \$65(NR)

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
View activity: 21413-405A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Jun 1	\$42(R); \$55(NR)
View activity: 21413-405B	18 & up	6 classes	Mon	7:00-8:00 pm	starts Jul 20	\$42(R); \$55(NR)

Berwyn Heights Elementary School							berwynheightscc@pgparks.com
View activity: 21413-406A	18 & up	13 classes	Wed	6:00-7:00 pm	starts Jun 3		\$85(R); \$111(NR)
Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 21413-412A	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Jun 2		\$35(R); \$46(NR)
View activity: 21413-412B	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Jul 21		\$35(R); \$46(NR)
Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 21413-447A	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jun 2		\$36(R); \$47(NR)
View activity: 21413-447B	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Jun 4		\$36(R); \$47(NR)
View activity: 21413-447C	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jul 14		\$36(R); \$47(NR)
View activity: 21413-447D	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Jul 16		\$36(R); \$47(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 21413-474A	18 & up	9 classes	Thu	7:00-8:00 pm	starts Jun 4		\$40(R); \$52(NR)

Tai Chi: Adults, Intermediate

Tai chi is an art embracing the mind, body and spirit. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 21414-447A	18 & up	6 classes	Tue	12:00-1:00 pm	starts Jun 2		\$36(R); \$47(NR)
View activity: 21414-447B	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jun 4		\$36(R); \$47(NR)
View activity: 21414-447C	18 & up	6 classes	Tue	12:00-1:00 pm	starts Jul 14		\$36(R); \$47(NR)
View activity: 21414-447D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jul 16		\$36(R); \$47(NR)

TKA Karate: All Levels, Adults

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.

Prince George's Plaza Community Center							princegeorgesplazacc@pgparks.com
View activity: 21408-466A	18 & up	11 classes	Tue	7:30-8:55 pm	starts Jun 2		\$88(R); \$115(NR)

SENIORS

Tai Chi: Seniors

Increase your inner peace! Non-competitive, self-paced, and relaxing, Tai Chi is an ancient art of exercise for balance, stretching, muscle tone, and flexibility. In this mind-body practice, as described by Harvard Health, we gain focus, move gently, usually in a small circular fashion, while breathing deeply. Tai Chi is adaptable to those with joint, muscle, and back problems.

Gwendolyn Britt Senior Activity Center							gwendolynbrittseniors@pgparks.com
View activity: 21501-430A	60 & up	4 classes	Wed	10:30-11:30 am	starts Jun 3		\$20(R); \$26(NR)
View activity: 21501-430B	60 & up	4 classes	Wed	10:30-11:30 am	starts Jul 8		\$20(R); \$26(NR)
View activity: 21501-430C	60 & up	4 classes	Wed	10:30-11:30 am	starts Aug 5		\$20(R); \$26(NR)
Langley Park Senior Activity Center							langleyparkseniors@pgparks.com
View activity: 21501-444A	60 & up	4 classes	Thu	10:30-11:30 am	starts Jun 4		\$30(R); \$39(NR)
View activity: 21501-444B	60 & up	4 classes	Thu	10:30-11:30 am	starts Jul 9		\$30(R); \$39(NR)
View activity: 21501-444C	60 & up	4 classes	Thu	10:30-11:30 am	starts Aug 6		\$30(R); \$39(NR)
Laurel-Beltsville Senior Activity Center							laurelbeltsvilleseniors@pgparks.com
View activity: 21501-446A	60 & up	10 classes	Mon	2:45-3:45 pm	starts Jun 1		\$72(R); \$94(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’.

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 21634-434A	17 & up	12 classes	Mon & Wed	7:30-8:30 pm	starts Jun 8	\$50(R); \$65(NR)
View activity: 21634-434B	17 & up	12 classes	Mon & Wed	7:30-8:30 pm	starts Jul 20	\$50(R); \$65(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 & Recreation Complex						saarc@pgparks.com
View activity: 21624-475A	6 - 17yrs.	20 classes	Tue & Thu	6:00-7:00 pm	starts Jun 16	\$130(R); \$169(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 21624-477A	6 - 17yrs.	20 classes	Mon & Wed	6:30-7:30 pm	starts Jun 15	\$130(R); \$169(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.

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 21623-432A	6 - 17yrs.	20 classes	Tue & Thu	3:15-4:15 pm	starts Jun 16	\$130(R); \$169(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 21623-475A	6 - 17yrs.	20 classes	Tue & Thu	5:00-6:00 pm	starts Jun 16	\$130(R); \$169(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 21623-477A	6 - 17yrs.	20 classes	Mon & Wed	5:30-6:30 pm	starts Jun 15	\$130(R); \$169(NR)

Judo: Mixed Ages, Families, Beginner

Course provides a basic introduction to Judo fundamentals.

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 21602-416H	5 & up	16 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$25(R); \$33(NR)
View activity: 21602-416I	5 & up	16 classes	Tue & Thu	6:00-8:00 pm	starts Aug 11	\$25(R); \$33(NR)

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 21603-405A	5 - 17yrs.	16 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7	\$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
View activity: 21604-405A	5 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Jul 7	\$40(R); \$52(NR)
View activity: 21604-405B	5 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Jul 7	\$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
View activity: 21605-441A	5 - 16yrs.	8 classes	Sat	10:00-11:00 am	starts Jun 6		\$80(R); \$104(NR)
View activity: 21605-441AA	5 - 16yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Jun 6		\$80(R); \$104(NR)
View activity: 21605-441AB	5 - 16yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Aug 1		\$80(R); \$104(NR)
View activity: 21605-441B	5 - 16yrs.	8 classes	Sat	10:00-11:00 am	starts Aug 1		\$80(R); \$104(NR)
Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 21605-443b	5 - 12yrs.	8 classes	Mon	6:00-7:00 pm	starts Jun 15		\$56(R); \$73(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 21605-452A	12 & up	6 classes	Wed	6:30-7:30 pm	starts Jun 3		\$45(R); \$59(NR)
Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 21605-457A	18 & up	4 classes	Wed	7:30-8:30 pm	starts Jun 3		\$20(R); \$26(NR)
View activity: 21605-457C	18 & up	2 classes	Wed	7:30-8:30 pm	starts Aug 5		\$10(R); \$13(NR)
Peppermill Community Center							peppermillcc@pgparks.com
View activity: 21605-462A	5 - 16yrs.	6 classes	Sat	12:30-2:00 pm	starts Jun 6		\$80(R); \$104(NR)
View activity: 21605-462B	5 - 16yrs.	6 classes	Sat	12:30-2:00 pm	starts Jul 25		\$80(R); \$104(NR)

Okinawan Karate: Mixed Ages, Advanced

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. Build upon the skills developed in the intermediate-level course. You will be advancing towards mastery!

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 21616-468B	8 & up	4 classes	Sat	11:30 am-1:00 pm	starts Jun 6		\$106(R); \$138(NR); \$80(IA)
View activity: 21616-468E	8 & up	3 classes	Sat	11:30 am-1:00 pm	starts Jul 11		\$80(R); \$104(NR); \$60(IA)
View activity: 21616-468F	8 & up	2 classes	Sat	11:30 am-1:00 pm	starts Aug 8		\$53(R); \$69(NR); \$40(IA)

Okinawan Karate: Mixed Ages, 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 & Learning Complex							splex-distribution@pgparks.com
View activity: 21614-468A	7 & up	4 classes	Wed	6:45-7:45 pm	starts Jun 3		\$80(R); \$104(NR); \$60(IA)
View activity: 21614-468B	7 & up	4 classes	Sat	9:30-10:30 am	starts Jun 6		\$80(R); \$104(NR); \$60(IA)
View activity: 21614-468E	7 & up	5 classes	Wed	6:45-7:45 pm	starts Jul 1		\$100(R); \$130(NR); \$75(IA)
View activity: 21614-468C	7 & up	3 classes	Sat	9:30-10:30 am	starts Jul 11		\$60(R); \$78(NR); \$45(IA)
View activity: 21614-468F	7 & up	3 classes	Wed	6:45-7:45 pm	starts Aug 5		\$60(R); \$78(NR); \$45(IA)
View activity: 21614-468D	7 & up	2 classes	Sat	9:30-10:30 am	starts Aug 8		\$40(R); \$52(NR); \$30(IA)

Okinawan Karate: Mixed Ages, 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 & Learning Complex						splex-distribution@pgparks.com	
View activity: 21615-468A	7 & up	4 classes	Wed	7:45-8:45 pm	starts Jun 3	\$80(R); \$104(NR); \$60(IA)	
View activity: 21615-468D	7 & up	4 classes	Sat	10:30-11:30 am	starts Jun 6	\$80(R); \$104(NR); \$60(IA)	
View activity: 21615-468B	7 & up	5 classes	Wed	7:45-8:45 pm	starts Jul 1	\$100(R); \$130(NR); \$75(IA)	
View activity: 21615-468E	7 & up	3 classes	Sat	10:30-11:30 am	starts Jul 11	\$60(R); \$78(NR); \$45(IA)	
View activity: 21615-468C	7 & up	3 classes	Wed	7:45-8:45 pm	starts Aug 5	\$60(R); \$78(NR); \$45(IA)	
View activity: 21615-468F	7 & up	2 classes	Sat	10:30-11:30 am	starts Aug 8	\$40(R); \$52(NR); \$30(IA)	

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.

Upper Marlboro Community Center						uppermarlborocc@pgparks.com	
View activity: 21627-486A	6 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 8	\$64(R); \$84(NR)	
View activity: 21627-486B	6 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 27	\$64(R); \$84(NR)	
William Beanes Community Center						williambeanesc@pgparks.com	
View activity: 21627-491A	6 & up	6 classes	Sat	10:00 am-12:00 pm	starts Jul 18	\$68(R); \$89(NR)	

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.

Marlow Heights Community Center						marlowheightscc@pgparks.com	
View activity: 21609-447A	10 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Jun 13	\$70(R); \$91(NR)	

Tae Kwon Do: Mixed Ages, All Levels

Train in the national sport of South Korea! Tae Kwon Do is a Korean martial arts program which teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. This active class keeps you self-aware, self-confident, and empowers you. Contact the offering facility for specifics about levels taught in this program.

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com	
View activity: 21620-434A	6 - 16yrs.	12 classes	Mon & Wed	6:30-7:30 pm	starts Jun 8	\$50(R); \$65(NR)	
View activity: 21620-434B	6 - 16yrs.	12 classes	Mon & Wed	6:30-7:30 pm	starts Jul 20	\$50(R); \$65(NR)	

Tae Kwon Do: Mixed Ages, Beginner

Did you know that two former U.S. presidents, a golf legend and many Hollywood actors and actresses are 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	
View activity: 21607-407A	12 - 17yrs.	8 classes	Sat	12:00-1:00 pm	starts Jun 27	\$65(R); \$85(NR)	
View activity: 21607-407B	12 - 17yrs.	8 classes	Sat	12:00-1:00 pm	starts Aug 22	\$65(R); \$85(NR)	
Marlow Heights Community Center						marlowheightscc@pgparks.com	
View activity: 21607-447A	5 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Jun 13	\$70(R); \$91(NR)	

TKA Karate: Mixed Ages, 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
View activity: 21618-405A	5 - 12yrs.	11 classes	Wed	6:30-7:30 pm	starts Jun 3	\$77(R); \$101(NR)
Cheverly Town Hall/Park						kentlandcc@pgparks.com
View activity: 21618-470F	5 - 12yrs.	11 classes	Mon	7:00-8:00 pm	starts Jun 1	\$77(R); \$101(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 21618-466B	5 - 12yrs.	11 classes	Tue	6:30-7:30 pm	starts Jun 2	\$77(R); \$101(NR)

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.

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21611-490A	4 & up	10 classes	Sat	10:15-11:15 am	starts Jun 20	\$45(R); \$59(NR)

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
View activity: 21636-490A	6 & up	10 classes	Sat	11:30 am-12:30 pm	starts Jun 20	\$45(R); \$59(NR)

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
View activity: 21629-490A	5 & up	10 classes	Sat	12:45-1:45 pm	starts Jun 20	\$45(R); \$59(NR)

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.

Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 21612-445A	4-14yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Jun 27	\$60(R); \$78(NR)
View activity: 21612-445B	15 & up	8 classes	Sat	12:05-1:05 pm	starts Jun 27	\$65(R); \$85(NR)

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21612-490A	16 & up	10 classes	Wed	7:30-8:30 pm	starts Jun 17	\$65(R); \$85(NR)

Tukkong Mudo: Beginner

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
View activity: 21628-490A	4 & up	10 classes	Sat	9:15-10:00 am	starts Jun 20	\$45(R); \$59(NR)

NATURE

PRE-SCHOOLERS

Nature: Pre-school

Learn about insects, plants and animals and why we need them!

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 22109-457A	3 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Jun 6	\$20(R); \$26(NR)
View activity: 22109-457B	3 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Jul 11	\$20(R); \$26(NR)

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
View activity: 22103-488A	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Jun 12	\$8(R); \$11(NR)
View activity: 22103-488B	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Jul 10	\$8(R); \$11(NR)
View activity: 22103-488C	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Aug 14	\$8(R); \$11(NR)

Toddler Trail Time

Get out and take a hike with your toddler. Investigate the outdoors. Meet new friends as a naturalist leads you on a themed hike. Connect with nature and expose your little one to the glories of the environment. Sign up for a fun time of physical activity and discovery of nature.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22104-488A	2 - 4yrs.	1 classes	Tue	10:00-10:45 am	starts Jun 16	\$4(R); \$6(NR)
View activity: 22104-488B	2 - 4yrs.	1 classes	Tue	10:00-10:45 am	starts Jul 21	\$4(R); \$6(NR)
View activity: 22104-488C	2 - 4yrs.	1 classes	Tue	10:00-10:45 am	starts Aug 18	\$4(R); \$6(NR)

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!

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22201-449A	8 - 12yrs.	1 classes	Sat	10:00 am-3:00 pm	starts Jun 13	\$4(R); \$6(NR)
View activity: 22201-449B	8 - 12yrs.	1 classes	Sat	10:00 am-3:00 pm	starts Jul 11	\$4(R); \$6(NR)
View activity: 22201-449C	8 - 12yrs.	1 classes	Sat	10:00 am-3:00 pm	starts Aug 1	\$4(R); \$6(NR)

Creek Hike: Children

Put on your boots to explore, examine and identify the many life forms of a local creek using dip nets. Dress to get wet. Wear wading boots, water shoes or old sneakers that can get wet and muddy.

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 22204-475A	7 - 12yrs.	1 classes	Wed	8:00-10:00 am	starts Jun 24		\$6(R); \$8(NR)
View activity: 22204-475B	7 - 12yrs.	1 classes	Wed	8:00-10:00 am	starts Jul 15		\$6(R); \$8(NR)
View activity: 22204-475C	7 - 12yrs.	1 classes	Wed	8:00-10:00 am	starts Aug 12		\$6(R); \$8(NR)

Turtle Tea Time

Join the turtles and tortoises of Watkins Nature Center for a themed tea party! Learn about these charming reptiles as you sip tea and munch on snacks; cookies for humans, lettuce for turtles.

Watkins Nature Center							watkinsnaturecenter@pgparks.com
View activity: 22221-488A	6 - 9yrs.	1 classes	Sun	1:00-2:00 pm	starts Jul 19		\$5(R); \$7(NR)

ADULTS

Archery: Adults

Archery is one of the oldest sports in the world. Come and learn the basics of using a bow and arrow. Concentration, patience, coordination and safety awareness are just a few of the many skills that archery helps develop.

Bladensburg Waterfront Park							bladensburgwp@pgparks.com
View activity: 22402-408B	55 & up	1 classes	Mon	10:00-11:15 am	starts Jun 29		\$3(R); \$4(NR)
Bock Road Maintenance Yard							bladensburgwp@pgparks.com
View activity: 22402-408A	18 & up	1 classes	Sun	11:00 am-12:00 pm	starts Jun 7		Free

Kayak Tour

Explore the natural beauty and cultural history of the river on a guided kayak trip.

Mount Calvert Historic Site							archaeology@pgparks.com
View activity: 22406-461A	18 & up	1 classes	Sat	5:00-7:30 pm	starts Jul 25		\$25(R); \$33(NR)

Mindfulness Nature Walk: Adults

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.

Brandywine-North Keys Park							saarc@pgparks.com
View activity: 22409-475A	18 & up	1 classes	Fri	8:00-9:30 am	starts Jul 24		\$5(R); \$7(NR)
View activity: 22409-475B	18 & up	1 classes	Sat	8:00-9:30 am	starts Aug 8		\$5(R); \$7(NR)

Outdoor Adventures: Adults

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.

Mount Rainier Nature and Recreation Center							mtrainiernaturecenter@pgparks.com
View activity: 22401-449A	18 & up	1 classes	Sat	10:00 am-5:00 pm	starts Jun 20		\$11(R); \$15(NR)
View activity: 22401-449B	18 & up	1 classes	Sat	10:00 am-5:00 pm	starts Jul 18		\$11(R); \$15(NR)
View activity: 22401-449C	18 & up	1 classes	Sat	10:00 am-5:00 pm	starts Aug 15		\$11(R); \$15(NR)

MIXED AGES

Anacostia River Paddle Sport Tour

Go paddling with a guide. Choose a kayak or canoe and enjoy an interpretive paddling tour to various sites on the river.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22640-408A	11 & up	1 classes	Wed	6:30-8:00 pm	starts Jun 17	\$25(R); \$33(NR)
View activity: 22640-408B	11 & up	1 classes	Wed	6:30-8:00 pm	starts Jul 15	\$25(R); \$33(NR)
View activity: 22640-408C	11 & up	1 classes	Wed	6:30-8:00 pm	starts Aug 19	\$25(R); \$33(NR)

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.

Adelphi Manor Community Park						pgparkrangers@pgparks.com
View activity: 22601-459B	10 & up	1 classes	Sun	9:15-10:30 am	starts Jul 19	\$7(R); \$10(NR)
Bock Road Maintenance Yard						pgparkrangers@pgparks.com
View activity: 22601-459A	10 & up	1 classes	Sun	9:15-10:30 am	starts Jun 7	\$7(R); \$10(NR)
View activity: 22601-459C	10 & up	1 classes	Sun	9:00-10:30 am	starts Aug 16	\$7(R); \$10(NR)

Bicycle Nature Tour: Mixed Ages

Hit the park trails with us! Enjoy the beauty of what nature and a guided bike tour offers you in the fresh air of the great outdoors! Improve your cardiovascular fitness, strengthen your bones, and increase your joint mobility! Begin your low impact adventure with us today by use of our bikes or trikes and helmets or bring your own!

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22652-408B	17 & up	1 classes	Tue	6:00-7:30 pm	starts Jul 21	\$10(R); \$13(NR)

Bird Research: M.A.P.S

Join wildlife researchers as they study a variety of bird species to assess local breeding bird populations as part of the international Monitoring Avian Productivity and Survivorship (MAPS) program. Participants will observe live bird capture techniques, banding demonstrations, data collection, and the safe release of birds, gaining a firsthand look at how scientists monitor and protect bird populations.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22697-461A	5 & up	1 classes	Sat	9:00-10:00 am	starts Jun 6	Free
View activity: 22697-461B	5 & up	1 classes	Sat	9:00-10:00 am	starts Jul 18	Free

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 and brush up on your bird identification skills. Sign up for this great activity to de-stress, to connect with others, and to get outside in nature.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22616-461B	14 & up	1 classes	Sat	8:00-11:00 am	starts Jun 13	Free
View activity: 22616-461C	14 & up	1 classes	Sat	8:00-11:00 am	starts Jul 11	Free
View activity: 22616-461D	14 & up	1 classes	Sat	8:00-11:00 am	starts Aug 8	Free

Birding for Beginners

Be as free as a bird in the great outdoors! Borrow a pair of binoculars for a closer look at the birds of southern Maryland. Learn basic bird watching and identification tips. Discover the life histories and great migration patterns of the birds in our area. Birding is an active, satisfying way to improve your mood and to de-stress. Make new friends with similar interests and realize how birds of a feather really do flock together.

Brandywine-North Keys Park						saarc@pgparks.com
View activity: 22675-475B	14 & up	1 classes	Fri	9:00-11:00 am	starts Jun 12	\$5(R); \$7(NR)
View activity: 22675-475C	14 & up	1 classes	Sat	9:00-11:00 am	starts Aug 1	\$5(R); \$7(NR)
Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22675-414A	14 & up	1 classes	Sat	9:00-10:30 am	starts Jun 6	\$5(R); \$7(NR)
View activity: 22675-414B	14 & up	1 classes	Sat	9:00-10:30 am	starts Jul 11	\$5(R); \$7(NR)
View activity: 22675-414C	14 & up	1 classes	Sat	9:00-10:30 am	starts Aug 15	\$5(R); \$7(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22675-475A	14 & up	1 classes	Fri	8:00-10:00 am	starts Jun 26	\$5(R); \$7(NR)

Boat Tour

Board a pontoon boat for a quiet, cruise on one of Prince George's County's beautiful rivers.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22643-408F	55 & up	1 classes	Mon	11:30 am-12:30 pm	starts Jun 15	\$3(R); \$4(NR)
View activity: 22643-408A	10 & up	1 classes	Thu	12:00-12:45 pm	starts Jun 18	\$3(R); \$4(NR)
View activity: 22643-408B	All ages	1 classes	Thu	12:00-12:45 pm	starts Jun 25	\$3(R); \$4(NR)
View activity: 22643-408E	All ages	1 classes	Sat	12:00-12:45 pm	starts Jul 4	\$3(R); \$4(NR)
View activity: 22643-408G	55 & up	1 classes	Mon	11:30 am-12:30 pm	starts Jul 13	\$3(R); \$4(NR)
View activity: 22643-408I	All ages	1 classes	Thu	12:00-12:45 pm	starts Jul 23	\$3(R); \$4(NR)
View activity: 22643-408K	All ages	1 classes	Sat	10:00-10:45 am	starts Aug 8	\$3(R); \$4(NR)
View activity: 22643-408L	All ages	1 classes	Sat	12:00-12:45 pm	starts Aug 8	\$3(R); \$4(NR)
View activity: 22643-408H	55 & up	1 classes	Mon	11:30 am-12:30 pm	starts Aug 10	\$3(R); \$4(NR)
View activity: 22643-408J	16 & up	1 classes	Fri	6:45-8:00 pm	starts Aug 14	\$15(R); \$20(NR)
View activity: 22643-408C	All ages	1 classes	Thu	12:00-12:45 pm	starts Aug 20	\$3(R); \$4(NR)
View activity: 22643-408D	All ages	1 classes	Sat	10:00-10:45 am	starts Aug 22	\$3(R); \$4(NR)
Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22643-461A	All ages	1 classes	Sun	7:00-8:30 pm	starts Jun 21	\$6(R); \$8(NR)
View activity: 22643-461B	All ages	1 classes	Sat	1:00-2:00 pm	starts Jun 27	Free
View activity: 22643-461C	All ages	1 classes	Sat	7:00-8:30 pm	starts Jul 18	\$6(R); \$8(NR)
View activity: 22643-461D	All ages	1 classes	Sat	10:00-11:00 am	starts Aug 1	Free

Campfires

Enjoy nature tales and roasted marshmallows over a community campfire in the beautiful outdoors! Bring hot dogs, if you'd like! Start new friendships and make family memories. Patrons will be notified of weather-related cancellations.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22615-475A	8 & up	1 classes	Sat	7:00-8:30 pm	starts Jun 27	\$6(R); \$8(NR)
View activity: 22615-475B	8 & up	1 classes	Fri	7:00-8:30 pm	starts Aug 14	\$6(R); \$8(NR)

Family Discovery Hike: Mixed Ages

Take a hike! Enjoy the sights and sounds of nature.

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22604-414B	2 & up	1 classes	Sun	10:00-11:30 am	starts Jul 26	\$5(R); \$7(NR)
View activity: 22604-414C	2 & up	1 classes	Sat	10:00-11:30 am	starts Aug 29	\$5(R); \$7(NR)

Family Farm Tours

Enjoy a tour of Old Maryland Farm to meet all of our resident farm animals. Learn about the animals at the farm, the day-to-day operations, and visit behind-the-scenes area.

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22663-456A	2 & up	1 classes	Fri	1:00-2:00 pm	starts Jun 26	\$4(R); \$6(NR)
View activity: 22663-456B	2 & up	1 classes	Fri	1:00-2:00 pm	starts Jul 31	\$4(R); \$6(NR)
View activity: 22663-456C	2 & up	1 classes	Fri	1:00-2:00 pm	starts Aug 28	\$4(R); \$6(NR)

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
View activity: 22625-456A	8 & up	1 classes	Fri	1:00-2:00 pm	starts Jun 12	\$4(R); \$6(NR)
View activity: 22625-456B	8 & up	1 classes	Tue	11:00 am-12:00 pm	starts Jun 23	\$4(R); \$6(NR)
View activity: 22625-456C	8 & up	1 classes	Fri	1:00-2:00 pm	starts Jul 17	\$4(R); \$6(NR)
View activity: 22625-456D	9 & up	1 classes	Tue	11:00 am-12:00 pm	starts Jul 21	\$4(R); \$6(NR)
View activity: 22625-456E	9 & up	1 classes	Tue	11:00 am-12:00 pm	starts Aug 18	\$4(R); \$6(NR)
View activity: 22625-456F	8 & up	1 classes	Fri	1:00-2:00 pm	starts Aug 28	\$4(R); \$6(NR)

Farmer for a Day

Try your hand at being a farmer! Join and help our farm staff with feeding and chores round the farm. Get an up-close experience with our animals and discover what it is like to work on a farm. Participate in farm activities and learn as you go with one of our farm naturalists.

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22681-456A	7 & up	1 classes	Tue	9:00-11:00 am	starts Jun 30	\$10(R); \$13(NR)
View activity: 22681-456B	7 & up	1 classes	Tue	9:00-11:00 am	starts Jul 28	\$10(R); \$13(NR)
View activity: 22681-456C	7 & up	1 classes	Tue	9:00-11:00 am	starts Aug 25	\$10(R); \$13(NR)

Fishing: Mixed Ages

Learn about casting, handling fish, fishing safety and fish biology. This program is for those with little or no experience. Program is weather permitting.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22626-408A	10 & up	1 classes	Sun	9:00-11:30 am	starts Jun 28	\$10(R); \$13(NR)
View activity: 22626-408B	10 & up	1 classes	Sun	9:00-11:30 am	starts Jul 26	\$10(R); \$13(NR)
View activity: 22626-408C	10 & up	1 classes	Sun	9:00-11:30 am	starts Aug 30	\$10(R); \$13(NR)
School House Pond						pgparkrangers@pgparks.com
View activity: 22626-459A	8 - 15yrs.	1 classes	Sat	9:00-10:15 am	starts Jun 20	\$7(R); \$10(NR)

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.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22683-461A	All ages	1 classes	Wed	1:00-3:00 pm	starts Aug 5	Free

Kayak Lessons

Learn kayak paddling skills from a certified instructor. Boats, paddles, and life jackets provided. Persons under 16 must be accompanied by an adult. Wear shoes that can get wet. Contact the offering facility for details.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22628-408A	11 & up	1 classes	Sat	10:00 am-1:00 pm	starts Jun 20	\$40(R); \$52(NR)
View activity: 22628-408B	11 & up	1 classes	Sat	10:00 am-1:00 pm	starts Jul 25	\$40(R); \$52(NR)
View activity: 22628-408C	11 & up	1 classes	Sat	10:00 am-1:00 pm	starts Aug 29	\$40(R); \$52(NR)

Live Animal Show: Mixed Ages

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
View activity: 22610-414A	2 & up	1 classes	Sun	1:00-1:45 pm	starts Jun 7	\$4(R); \$6(NR)
View activity: 22610-414B	2 & up	1 classes	Sat	1:00-1:45 pm	starts Jul 11	\$4(R); \$6(NR)
View activity: 22610-414C	2 & up	1 classes	Sun	1:00-1:45 pm	starts Aug 9	\$4(R); \$6(NR)
Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22610-449A	2 & up	1 classes	Sat	11:00 am-12:00 pm	starts Jun 27	\$4(R); \$6(NR)
View activity: 22610-449B	2 & up	1 classes	Sat	11:00 am-12:00 pm	starts Jul 25	\$4(R); \$6(NR)
View activity: 22610-449C	2 & up	1 classes	Sat	11:00 am-12:00 pm	starts Aug 22	\$4(R); \$6(NR)

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
View activity: 22674-488A	3-7yrs.	1 classes	Wed	10:00-10:45 am	starts Jun 3	\$4(R); \$6(NR)
View activity: 22674-488B	3-7yrs.	1 classes	Wed	10:00-10:45 am	starts Jul 1	\$4(R); \$6(NR)
View activity: 22674-488C	3-7yrs.	1 classes	Wed	10:00-10:45 am	starts Aug 5	\$4(R); \$6(NR)

Mindfulness Nature Walk: Mixed Ages

De-stress the natural way and put your mind at ease! Take a walk with us and experience guided mindfulness activities on one of our trails. Refresh your body, mind, and spirit.

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22690-414A	2 & up	1 classes	Sat	2:00-3:00 pm	starts Jun 6	\$10(R); \$13(NR)
View activity: 22690-414B	2 & up	1 classes	Sat	2:00-3:00 pm	starts Jul 11	\$10(R); \$13(NR)
View activity: 22690-414C	2 & up	1 classes	Sat	2:00-3:00 pm	starts Aug 1	\$10(R); \$13(NR)

Mountain Biking with a Ranger

Ready to hit the trails with confidence? This program is the perfect introduction for riders who already have basic biking skills and fitness but want to build their trail-riding confidence. This fun, hands-on course focuses on essential mountain biking techniques, including body positioning, braking, cornering, and navigating trail features -- all with an emphasis on safety and control. You'll be learning from skilled and knowledgeable Park Rangers, ready to guide you through each skill with patience and encouragement. Bring your own bike and helmet if you have them! All equipment must pass a quick safety check before hitting the trail. If your gear isn't trail-ready, no worries -- a program hardtail mountain bike will be provided so you can focus on learning and having fun. Whether you're new to the trails or looking to sharpen your foundational skills, this course will help you ride smarter, safer, and with more joy.

Cosca Regional Park						pgparkrangers@pgparks.com
View activity: 22694-459A	15 & up	1 classes	Sat	9:00 am-12:00 pm	starts Aug 15	\$5(R); \$7(NR)

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.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22651-408A	16 & up	1 classes	Tue	6:30-7:30 pm	starts Jun 23	\$4(R); \$6(NR)
View activity: 22651-408B	17 & up	1 classes	Tue & Wed	6:30-7:30 pm	starts Aug 12	\$4(R); \$6(NR)

Nature Club

Connection to nature is an essential part of being human and sustainability starts when youth connect with the natural world. Youth ages 10-14, are invited to increase their understanding and appreciation of nature and learn how to raise awareness about the consequences of human activity on the natural world through hiking, nature observations, wildlife management, STEAM activities, and exploring the outdoors. They can help build a better tomorrow. It starts right here. Right now.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22688-488A	10 - 14yrs.	3 classes	Sat	9:00-11:00 am	starts Jun 13	Free

Nature Crafts: Mixed Ages

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.

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22605-408B	55 & up	1 classes	Mon	10:30-11:30 am	starts Jul 27	\$7(R); \$10(NR)
View activity: 22605-408C	55 & up	1 classes	Mon	10:30 am-12:00 pm	starts Aug 24	\$5(R); \$7(NR)

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22605-449A	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Jun 2	\$4(R); \$6(NR)
View activity: 22605-449B	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Jun 16	\$4(R); \$6(NR)
View activity: 22605-449C	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Jul 7	\$4(R); \$6(NR)
View activity: 22605-449D	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Jul 21	\$4(R); \$6(NR)
View activity: 22605-449E	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Aug 4	\$4(R); \$6(NR)
View activity: 22605-449F	2 - 10yrs.	1 classes	Tue	3:30-4:30 pm	starts Aug 18	\$4(R); \$6(NR)

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22605-456A	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jun 4	\$4(R); \$6(NR)
View activity: 22605-456B	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jun 25	\$4(R); \$6(NR)
View activity: 22605-456C	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jul 9	\$4(R); \$6(NR)
View activity: 22605-456D	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Jul 23	\$4(R); \$6(NR)
View activity: 22605-456E	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Aug 20	\$4(R); \$6(NR)
View activity: 22605-456F	2 - 10yrs.	1 classes	Thu	11:00 am-12:00 pm	starts Aug 27	\$4(R); \$6(NR)

Nature Education

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.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22678-461A	6 & up	1 classes	Thu	8:30-10:00 pm	starts Jun 11	Free
View activity: 22678-461B	6 & up	1 classes	Thu	8:30-10:00 pm	starts Jul 9	Free
View activity: 22678-461C	6 & up	1 classes	Thu	8:00-9:30 pm	starts Aug 13	Free
Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22678-488A	6 & up	1 classes	Fri	10:00-11:30 am	starts Jul 24	\$6(R); \$8(NR)

Nature Hike: Mixed Ages

Enjoy a Naturalist-led, woodland nature hike.

Carrollton Elementary School						pgparkrangers@pgparks.com
View activity: 22630-459C	All ages	1 classes	Sat	10:00-11:00 am	starts Aug 15	Free

Night Hike: Mixed Ages

Come join a naturalist on a nocturnal nature-themed hike in the park. This is primarily an outdoor activity so please contact the facility in the case of inclement weather.

Governor Bridge Natural Area						pgparkrangers@pgparks.com
View activity: 22636-461A	6 & up	1 classes	Fri	8:30-9:30 pm	starts Jul 17	\$4(R); \$6(NR)

Open Barn Day

Old Maryland Farm invites you to visit and get up close with our friendly livestock. Step into our horse barn and meet our majestic residents. Whether you're a horse or cow enthusiast or just curious, you'll have the chance to get to know these incredible animals and learn about their care, training, and history.

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22691-456A	All ages	1 classes	Sat	10:30 am-1:30 pm	starts Jul 11	Free
View activity: 22691-456B	All ages	1 classes	Sat	10:30 am-1:30 pm	starts Aug 22	Free

Sensory-Friendly Days in Nature

Beat the crowd and visit the Nature Center off-hours for a special self-paced program for those with sensory processing differences. Each sensory-friendly day will feature a "touch table" of animal artifacts, access to sensory play bins and fidget toys, and a fun, easy craft.

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22653-414A	2 & up	1 classes	Sat	9:00-10:30 am	starts Jun 6	\$5(R); \$7(NR)
View activity: 22653-414B	2 & up	1 classes	Sun	9:00-10:30 am	starts Jul 12	\$5(R); \$7(NR)
View activity: 22653-414C	2 & up	1 classes	Sat	9:00-10:30 am	starts Aug 8	\$5(R); \$7(NR)

Wilderness Survival With A Ranger

Outdo! Outsmart! Outside! Are you a survivor? Start your adventure with a Park Ranger who will teach you basic to intermediate survival skills! Learn survival techniques applicable to various recreational activities such as camping and fishing. Uncover how to use resources to thrive in nature! We provide the survival tools but we suggest you bring your own and be comfortable with their usage. ** Waiver: usage of knife and sharp tools will take place.

Clearwater Nature Center						pgparkrangers@pgparks.com
View activity: 22603-459A	10 & up	1 classes	Sat	10:00 am-12:00 pm	starts Jul 11	\$7(R); \$10(NR)

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
View activity: 23102-407A	3 - 5yrs.	8 classes	Wed	6:00-7:00 pm	starts Jun 24	\$50(R); \$65(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!

Glenarden Community Center						glenardenc@pgparks.com
View activity: 23103-426A	3 - 4yrs.	10 classes	Sat	9:00-10:30 am	starts Jun 20	\$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.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23104-427A	3 - 5yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 23104-427B	3 - 5yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Aug 8	\$35(R); \$46(NR)

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.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 23107-423B	3 - 5yrs.	6 classes	Sat	11:15 am-12:00 pm	starts Jul 11	\$48(R); \$63(NR)

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23107-424A	3 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jun 2	\$48(R); \$63(NR)
View activity: 23107-424B	3 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jul 21	\$48(R); \$63(NR)

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23107-447A	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jun 6	\$48(R); \$63(NR)
View activity: 23107-447B	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jul 25	\$48(R); \$63(NR)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23107-477A	4 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jun 2	\$48(R); \$63(NR)
View activity: 23107-477B	4 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jul 21	\$48(R); \$63(NR)

Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 23107-484A	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jun 6	\$48(R); \$63(NR)
View activity: 23107-484B	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jul 25	\$48(R); \$63(NR)

Creative Movement

Learn dance movements to develop gross motor skills.

Bowie Community Center						bowiecc@pgparks.com
View activity: 23108-409A	3 - 5yrs.	4 classes	Sat	9:00-9:45 am	starts Jun 6	\$32(R); \$42(NR)
View activity: 23108-409B	3 - 5yrs.	4 classes	Sat	9:00-9:45 am	starts Jul 11	\$32(R); \$42(NR)

Hip-Hop: Pre-Schoolers

Get your child 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!

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23101-412A	3 - 5yrs.	7 classes	Sat	10:15-11:00 am	starts Jun 6	\$35(R); \$46(NR)
View activity: 23101-412B	3 - 5yrs.	6 classes	Sat	10:15-11:00 am	starts Jul 25	\$35(R); \$46(NR)

CHILDREN

Ballet and Jazz: Children

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 23203-407A	6 - 12yrs.	8 classes	Wed	7:15-8:30 pm	starts Jun 24	\$50(R); \$65(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23203-477A	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jun 2	\$54(R); \$71(NR)
View activity: 23203-477B	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jul 21	\$54(R); \$71(NR)

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.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23204-427A	6 - 12yrs.	6 classes	Sat	10:00-11:00 am	starts Jun 13	\$35(R); \$46(NR)
View activity: 23204-427B	6 - 12yrs.	6 classes	Sat	10:00-11:00 am	starts Aug 8	\$35(R); \$46(NR)

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 Community Center						fortwashingtoncc@pgparks.com
View activity: 23205-424A	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jun 2	\$54(R); \$71(NR)
View activity: 23205-424B	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jul 21	\$54(R); \$71(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23205-447A	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jun 6	\$54(R); \$71(NR)
View activity: 23205-447B	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jul 25	\$54(R); \$71(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23205-477A	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Jun 6	\$42(R); \$55(NR)
View activity: 23205-477B	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Jul 25	\$42(R); \$55(NR)
Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 23205-484A	6 - 12yrs.	6 classes	Sat	10:20-11:20 am	starts Jun 6	\$54(R); \$71(NR)
View activity: 23205-484B	6 - 12yrs.	6 classes	Sat	10:20-11:20 am	starts Jul 25	\$54(R); \$71(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 23205-490A	6 - 12yrs.	6 classes	Mon	7:15-8:15 pm	starts Jun 1	\$54(R); \$71(NR)
View activity: 23205-490B	6 - 12yrs.	6 classes	Mon	7:15-8:15 pm	starts Jul 20	\$54(R); \$71(NR)

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.

Glenarden Community Center						glenardencc@pgparks.com
View activity: 23206-426C	8 - 12yrs.	10 classes	Sat	12:30-2:30 pm	starts Jun 20	\$100(R); \$130(NR)

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
View activity: 23210-409A	8 - 12yrs.	4 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$35(R); \$46(NR)
View activity: 23210-409B	8 - 12yrs.	4 classes	Sat	11:00 am-12:00 pm	starts Jul 11	\$35(R); \$46(NR)

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!

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23201-412A	6 - 12yrs.	7 classes	Sat	2:00-3:00 pm	starts Jun 6	\$35(R); \$46(NR)
View activity: 23201-412B	6 - 12yrs.	6 classes	Sat	2:00-3:00 pm	starts Jul 25	\$35(R); \$46(NR)

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23201-427A	6 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 23201-427B	6 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Aug 8	\$35(R); \$46(NR)

Latin Dance: Children

Latin dance for kids is a high-energy, engaging activity blending, rhythm, and structured movement, including styles like Salsa, Merengue, Cha-cha, and Samba. This class will build confidence, coordination, and social skills through fun-paced, and often partner-based choreography.

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 23234-443A	6 - 12yrs.	10 classes	Thu	4:30-6:00 pm	starts Jun 18	\$70(R); \$91(NR)

Piano Keyboard: Children, 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 Elementary School						berwynheightscc@pgparks.com
View activity: 23212-406A	9 - 12yrs.	12 classes	Sat	10:00-10:45 am	starts Jun 6	\$60(R); \$78(NR)

Piano Keyboard: Children, Intermediate

Did you know that music boosts brain power? University studies show that kids who learn musical instruments improve their academics along with self-esteem. Continuing music fundamentals and beginning keyboard harmony, children will further develop keyboard skills through scales, chords, and technical studies. Better grades and new self-confidence sound like music to your ears? Then enroll your budding Mozart in this class today!

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 23213-406A	9 - 12yrs.	12 classes	Sat	12:00-12:45 pm	starts Jun 6	\$60(R); \$78(NR)

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 & Recreation Complex							saarc@pgparks.com
View activity: 23214-475PA	6 - 8yrs.	13 classes	Sat	8:15-9:15 am	starts Jun 6		\$78(R); \$102(NR)
View activity: 23214-475PB	6 - 8yrs.	13 classes	Sat	9:30-10:30 am	starts Jun 6		\$78(R); \$102(NR)
View activity: 23214-475PC	9 - 12yrs.	13 classes	Sat	10:45-11:45 am	starts Jun 6		\$78(R); \$102(NR)

TEENS

Latin Dance: Teens

Latin dance for teens is a high-energy, fast-paced, and social activity featuring popular styles like Salsa, Bachata, Cha-Cha, Samba. These classes focus on developing rhythm, technical precision, and partner communication, offering a great workout while building confidence.

Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 23315-443B	13 - 17yrs.	10 classes	Thu	6:00-7:30 pm	starts Jun 18		\$70(R); \$91(NR)

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 & Recreation Complex							saarc@pgparks.com
View activity: 23306-475A	13 - 17yrs.	13 classes	Sat	12:00-1:00 pm	starts Jun 6		\$78(R); \$102(NR)

Studio Jams

Studio Jams is a live recording of rising stars in the DMV sharing and showcasing their art. Teens ages 13-17 are invited to learn about cameras, sound engineering, and artist professionalism while participating in a live recording session.

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 23313-475A	13 - 17yrs.	1 classes	Sat	5:00-10:30 pm	starts Aug 8		Free

ADULTS

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23413-412A	18 & up	7 classes	Sat	12:00-1:00 pm	starts Jun 6		\$35(R); \$46(NR)
View activity: 23413-412B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jul 25		\$35(R); \$46(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.

Baden Community Center							badenc@pgparks.com
View activity: 23402-404A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jun 3		\$48(R); \$63(NR)
View activity: 23402-404B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jul 22		\$48(R); \$63(NR)

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23402-424A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jun 4	\$48(R); \$63(NR)
View activity: 23402-424B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jul 23	\$48(R); \$63(NR)
John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 23402-438A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 1	\$42(R); \$55(NR)
View activity: 23402-438B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 20	\$48(R); \$63(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'll 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.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 23401-401A	18 & up	12 classes	Tue	1:00-2:30 pm	starts Jun 2	\$72(R); \$94(NR)
Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 23401-407A	21 & up	4 classes	Mon	2:00-3:30 pm	starts Jun 1	\$30(R); \$39(NR)
View activity: 23401-407B	21 & up	4 classes	Mon	2:00-3:30 pm	starts Jun 29	\$30(R); \$39(NR)
View activity: 23401-407C	21 & up	5 classes	Mon	2:00-3:30 pm	starts Jul 27	\$35(R); \$46(NR)
Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23401-412A	21 & up	6 classes	Wed	12:00-1:00 pm	starts Jun 3	\$35(R); \$46(NR)
View activity: 23401-412B	21 & up	6 classes	Wed	12:00-1:00 pm	starts Jul 22	\$35(R); \$46(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23401-427A	21 & up	6 classes	Mon	7:30-8:30 pm	starts Jun 8	\$30(R); \$39(NR)
View activity: 23401-427B	21 & up	6 classes	Mon	7:30-8:30 pm	starts Jul 27	\$30(R); \$39(NR)
Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 23401-432A	18 & up	8 classes	Mon	6:30-7:30 pm	starts Jun 1	\$60(R); \$78(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 23401-434A	18 & up	4 classes	Sat	12:00-2:30 pm	starts Jun 6	\$70(R); \$91(NR)
View activity: 23401-434B	18 & up	4 classes	Sat	12:00-2:30 pm	starts Jul 11	\$70(R); \$91(NR)
View activity: 23401-434C	18 & up	4 classes	Sat	12:00-2:30 pm	starts Aug 8	\$70(R); \$91(NR)
Kentland Community Center						kentlandcc@pgparks.com
View activity: 23401-440A	18 & up	4 classes	Sat	10:00-11:30 am	starts Jun 13	\$20(R); \$26(NR)
View activity: 23401-440B	18 & up	4 classes	Sat	10:00-11:30 am	starts Jul 18	\$20(R); \$26(NR)
Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 23401-446A	50 & up	12 classes	Mon	4:30-6:00 pm	starts Jun 1	\$60(R); \$78(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23401-447A	18 & up	8 classes	Thu	6:30-7:30 pm	starts Jun 4	\$60(R); \$78(NR)
North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 23401-453A	30 & up	5 classes	Mon	6:30-8:00 pm	starts Jun 1	\$45(R); \$59(NR)
View activity: 23401-453B	30 & up	5 classes	Mon	6:30-8:00 pm	starts Aug 3	\$45(R); \$59(NR)

Hand Dance: Adults, Intermediate

What is the District's official dance and recognized by the U.S. government as a national treasure? It's Hand Dance and now that you've had success at the beginner's level, keep the momentum going by learning intermediate level steps. You'll expand your social circle, lift your mood, and develop dance skills others will envy. Get fit and have fun!

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 23419-401A	21 & up	12 classes	Mon	7:00-8:30 pm	starts Jun 1	\$72(R); \$94(NR)

Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23419-427A	21 & up	6 classes	Thu	7:00-8:30 pm	starts Jun 11	\$30(R); \$39(NR)	
View activity: 23419-427B	21 & up	6 classes	Thu	7:00-8:30 pm	starts Jul 30	\$30(R); \$39(NR)	
Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 23419-432A	18 & up	8 classes	Mon	7:30-8:30 pm	starts Jun 1	\$60(R); \$78(NR)	
Laurel-Beltsville Senior Activity Center							laurelbeltsvilleseniors@pgparks.com
View activity: 23419-446A	18 & up	12 classes	Mon	6:00-7:00 pm	starts Jun 1	\$60(R); \$78(NR)	
Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 23419-447A	18 & up	8 classes	Thu	7:30-8:30 pm	starts Jun 4	\$60(R); \$78(NR)	

Latin Dance: Adults

Adult Latin dance is an energetic, rhythmic, and expressive partner or solo activity focusing on fluid body movement, hip action, and musicality. This social work-out activity featuring popular styles like Salsa, Bachata, Cha-Cha, Samba.

Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 23425-443C	18 & up	10 classes	Sat	1:00-2:30 pm	starts Jun 13	\$70(R); \$91(NR)	

Line Dance: Adults, Beginner

Step it up! Get your steps in learning the latest party 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!

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 23407-401A	18 & up	12 classes	Wed	6:00-7:00 pm	starts Jun 3	\$72(R); \$94(NR)	
Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23407-412C	18 & up	6 classes	Tue	9:15-10:15 am	starts Jun 2	\$35(R); \$46(NR)	
View activity: 23407-412E	18 & up	7 classes	Thu	10:00-11:00 am	starts Jun 4	\$35(R); \$46(NR)	
View activity: 23407-412A	18 & up	7 classes	Sat	10:00-11:00 am	starts Jun 6	\$35(R); \$46(NR)	
View activity: 23407-412D	18 & up	6 classes	Tue	9:15-10:15 am	starts Jul 21	\$35(R); \$46(NR)	
View activity: 23407-412B	18 & up	6 classes	Sat	10:00-11:00 am	starts Jul 25	\$35(R); \$46(NR)	
View activity: 23407-412F	18 & up	6 classes	Thu	10:00-11:00 am	starts Jul 30	\$35(R); \$46(NR)	
Deerfield Run Community Center							deerfieldcc@pgparks.com
View activity: 23407-420A	18 & up	6 classes	Wed	6:00-7:30 pm	starts Jul 8	\$30(R); \$39(NR)	
View activity: 23407-420B	18 & up	6 classes	Wed	6:00-7:30 pm	starts Aug 26	\$30(R); \$39(NR)	
Fort Washington Forest Community Center							fortwashingtoncc@pgparks.com
View activity: 23407-424A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 1	\$54(R); \$71(NR)	
View activity: 23407-424B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 20	\$54(R); \$71(NR)	
Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23407-427AA	18 & up	12 classes	Mon & Wed	6:30-8:30 pm	starts Jun 1	\$66(R); \$86(NR)	
View activity: 23407-427BB	18 & up	12 classes	Mon & Wed	6:30-8:30 pm	starts Jul 20	\$66(R); \$86(NR)	
Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 23407-432AA	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 1	\$54(R); \$71(NR)	
View activity: 23407-432BB	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 20	\$54(R); \$71(NR)	
Huntington Community Center							huntingtoncc@pgparks.com
View activity: 23407-435	18 & up	9 classes	Mon	1:00-2:30 pm	starts Jun 1	\$40(R); \$52(NR)	
Lake Arbor Community Center							lakearborcc@pgparks.com
View activity: 23407-441A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jun 4	\$35(R); \$46(NR)	
View activity: 23407-441B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jul 16	\$35(R); \$46(NR)	

Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 23407-447A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jun 3		\$54(R); \$71(NR)
View activity: 23407-447B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jul 22		\$54(R); \$71(NR)
Stephen Decatur Community Center							stephendecaturcc@pgparks.com
View activity: 23407-480A	18 & up	6 classes	Thu	6:00-7:30 pm	starts Jun 4		\$54(R); \$71(NR)
View activity: 23407-480B	18 & up	6 classes	Thu	6:00-7:30 pm	starts Jul 23		\$54(R); \$71(NR)
Temple Hills Community Center							templehillsc@pgparks.com
View activity: 23407-482A	18 & up	6 classes	Sat	10:00-11:30 am	starts Jun 6		\$48(R); \$63(NR)
View activity: 23407-482B	18 & up	6 classes	Sat	10:00-11:30 am	starts Jul 25		\$48(R); \$63(NR)
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 23407-484A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 1		\$54(R); \$71(NR)
View activity: 23407-484B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 20		\$54(R); \$71(NR)
Upper Marlboro Community Center							uppermarloroc@pgparks.com
View activity: 23407-486A	18 & up	6 classes	Wed	5:00-6:30 pm	starts Jun 3		\$42(R); \$55(NR)
View activity: 23407-486B	18 & up	6 classes	Wed	5:00-6:30 pm	starts Jul 22		\$42(R); \$55(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
View activity: 23408-412C	18 & up	6 classes	Fri	10:00-11:00 am	starts Jun 5		\$35(R); \$46(NR)
View activity: 23408-412E	18 & up	7 classes	Sat	12:00-1:00 pm	starts Jun 6		\$35(R); \$46(NR)
View activity: 23408-412D	18 & up	6 classes	Fri	10:00-11:00 am	starts Jul 24		\$35(R); \$46(NR)
View activity: 23408-412F	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jul 25		\$35(R); \$46(NR)
Temple Hills Community Center							templehillsc@pgparks.com
View activity: 23408-482A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jun 3		\$54(R); \$71(NR)
View activity: 23408-482B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jul 22		\$54(R); \$71(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.

Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 23510-411A	60 & up	12 classes	Mon	11:00 am-12:30 pm	starts Jun 1		\$54(R); \$71(NR)
View activity: 23510-411B	60 & up	12 classes	Mon	12:30-2:00 pm	starts Jun 1		\$54(R); \$71(NR)
Lake Arbor Community Center							lakearborcc@pgparks.com
View activity: 23510-441AA	60 & up	2 classes	Mon	11:30 am-12:30 pm	starts Jun 1		\$25(R); \$33(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
View activity: 23501-407A	60 & up	4 classes	Fri	10:00-11:00 am	starts Jun 5	\$27(R); \$36(NR)	
View activity: 23501-407B	60 & up	4 classes	Fri	10:00-11:00 am	starts Jul 10	\$27(R); \$36(NR)	
View activity: 23501-407C	60 & up	4 classes	Fri	10:00-11:00 am	starts Aug 7	\$27(R); \$36(NR)	
Bowie Community Center							bowiecc@pgparks.com
View activity: 23501-409A	60 & up	10 classes	Tue	6:30-7:30 pm	starts Jun 2	\$60(R); \$78(NR)	
Camp Springs Senior Activity Center							campspringsseniors@pgparks.com
View activity: 23501-411A	60 & up	4 classes	Wed	9:30-11:30 am	starts Jun 3	\$15(R); \$20(NR)	
View activity: 23501-411D	60 & up	4 classes	Sat	9:15-11:15 am	starts Jun 6	\$15(R); \$20(NR)	
View activity: 23501-411B	60 & up	4 classes	Wed	9:30-11:30 am	starts Jul 1	\$15(R); \$20(NR)	
View activity: 23501-411E	60 & up	3 classes	Sat	9:15-11:15 am	starts Jul 11	\$15(R); \$20(NR)	
View activity: 23501-411F	60 & up	4 classes	Sat	9:15-11:15 am	starts Aug 1	\$15(R); \$20(NR)	
View activity: 23501-411C	60 & up	4 classes	Wed	9:30-11:30 am	starts Aug 5	\$15(R); \$20(NR)	
Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23501-412A	60 & up	6 classes	Mon	9:15-10:15 am	starts Jun 1	\$35(R); \$46(NR)	
View activity: 23501-412C	60 & up	6 classes	Wed	10:00-11:00 am	starts Jun 3	\$35(R); \$46(NR)	
View activity: 23501-412B	60 & up	6 classes	Mon	9:15-10:15 am	starts Jul 20	\$35(R); \$46(NR)	
View activity: 23501-412D	60 & up	6 classes	Wed	10:00-11:00 am	starts Jul 22	\$35(R); \$46(NR)	
Fort Washington Forest Community Center							fortwashingtoncc@pgparks.com
View activity: 23501-424A	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Jun 2	\$32(R); \$42(NR)	
View activity: 23501-424B	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Jul 21	\$32(R); \$42(NR)	
Langley Park Senior Activity Center							langleyparkseniors@pgparks.com
View activity: 23501-444H	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Jun 8	\$28(R); \$37(NR)	
View activity: 23501-444O	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Jul 6	\$28(R); \$37(NR)	
View activity: 23501-444P	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Aug 3	\$28(R); \$37(NR)	
Laurel-Beltsville Senior Activity Center							laurelbeltsvilleseniors@pgparks.com
View activity: 23501-446A	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jun 2	\$30(R); \$39(NR)	
View activity: 23501-446B	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jul 14	\$30(R); \$39(NR)	
Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 23501-457A	60 & up	4 classes	Wed	6:00-8:00 pm	starts Jun 3	\$40(R); \$52(NR)	
View activity: 23501-457C	60 & up	2 classes	Wed	6:00-8:00 pm	starts Aug 5	\$20(R); \$26(NR)	
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 23501-477A	60 & up	6 classes	Mon	10:30 am-12:00 pm	starts Jun 1	\$35(R); \$46(NR)	
View activity: 23501-477B	60 & up	6 classes	Mon	10:30 am-12:00 pm	starts Jul 20	\$35(R); \$46(NR)	
Suitland Community Center							suitlandcc@pgparks.com
View activity: 23501-481A	60 & up	6 classes	Tue	12:30-2:00 pm	starts Jun 2	\$24(R); \$32(NR)	
View activity: 23501-481B	60 & up	6 classes	Tue	12:30-2:00 pm	starts Jul 21	\$24(R); \$32(NR)	

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
View activity: 23508-407A	60 & up	4 classes	Fri	11:00 am-12:00 pm	starts Jun 5	\$27(R); \$36(NR)
View activity: 23508-407B	60 & up	4 classes	Fri	11:00 am-12:00 pm	starts Jul 10	\$27(R); \$36(NR)
View activity: 23508-407C	60 & up	4 classes	Fri	11:00 am-12:00 pm	starts Aug 7	\$27(R); \$36(NR)
Bowie Community Center						bowiecc@pgparks.com
View activity: 23508-409A	60 & up	10 classes	Tue	7:30-8:30 pm	starts Jun 2	\$60(R); \$78(NR)

Piano: Seniors, Advanced

Prerequisite: Beginners and Intermediate Piano. Learn advanced piano literature and continuing technical studies.

Langley Park Senior Activity Center						langleyparkseniors@pgparks.com
View activity: 23504-444A	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Jun 2	\$68(R); \$89(NR)
View activity: 23504-444B	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Jul 7	\$68(R); \$89(NR)
View activity: 23504-444C	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Aug 4	\$68(R); \$89(NR)

Piano: Seniors, Beginner

Listen to the music! It's never too late to learn the piano! Be introduced to music fundamentals and keyboard techniques including the skills of note reading, fingering, and rhythm! Participate in this course and you'll experience a variety of benefits such as memory enhancement, stress relief, self-awareness, and the start of wonderful creative expression.

Langley Park Senior Activity Center						langleyparkseniors@pgparks.com
View activity: 23502-444D	60 & up	8 classes	Tue & Thu	9:00-10:00 am	starts Jun 2	\$68(R); \$89(NR)
View activity: 23502-444E	60 & up	8 classes	Tue & Thu	9:00-10:00 am	starts Jul 7	\$68(R); \$89(NR)
View activity: 23502-444F	60 & up	8 classes	Tue & Thu	9:00-10:00 am	starts Aug 4	\$68(R); \$89(NR)

Piano: Seniors, Intermediate

Let's tickle the ivories! Continuing piano students will develop keyboard skills through scales, chords, and technical studies. Keep the music going to boost your mood, increase self-confidence, and achieve your piano goals.

Langley Park Senior Activity Center						langleyparkseniors@pgparks.com
View activity: 23503-444G	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jun 2	\$68(R); \$89(NR)
View activity: 23503-444H	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jul 7	\$68(R); \$89(NR)
View activity: 23503-444K	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Aug 4	\$68(R); \$89(NR)

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 Community Center						fortwashingtoncc@pgparks.com
View activity: 23634-424A	5 & up	6 classes	Thu	6:30-7:30 pm	starts Jun 4	\$48(R); \$63(NR)
View activity: 23634-424B	5 & up	6 classes	Thu	6:30-7:30 pm	starts Jul 23	\$48(R); \$63(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 23634-452A	5 & up	6 classes	Mon	6:30-7:30 pm	starts Jun 1	\$48(R); \$63(NR)
View activity: 23634-452B	5 & up	6 classes	Mon	6:30-7:30 pm	starts Jul 20	\$48(R); \$63(NR)

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.

Glenarden Community Center						glenardencc@pgparks.com
View activity: 23604-426B	5 - 7yrs.	10 classes	Sat	10:30 am-12:30 pm	starts Jun 20	\$100(R); \$130(NR)

Desktop Music Production: Mixed Ages

Drop the beat! Master the skills to be a grand master of music production on your computer. Gain the creative tools and techniques to compose, record, remix, improvise, as well as edit your musical ideas. Use the latest audio and MIDI sequencing software. Learn a broad overview of the recording and music industry. Reserve a spot now to put a creative spin on your own musical tracks.

Deerfield Run Community Center						deerfieldcc@pgparks.com
View activity: 23614-420A	12 - 17yrs.	6 classes	Wed	5:00-6:30 pm	starts Jun 10	\$60(R); \$78(NR)
View activity: 23614-420B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jun 10	\$60(R); \$78(NR)

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 Center						lakearborcc@pgparks.com
View activity: 23619-441A	5 & up	5 classes	Mon	6:30-7:30 pm	starts Jun 1	\$65(R); \$85(NR)
View activity: 23619-441B	5 & up	4 classes	Mon	6:30-7:30 pm	starts Jul 6	\$65(R); \$85(NR)
View activity: 23619-441C	5 & up	4 classes	Mon	6:30-7:30 pm	starts Aug 3	\$65(R); \$85(NR)

Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 23619-445A	6 & up	8 classes	Sat	11:00-11:45 am	starts Jun 6	\$66(R); \$86(NR)

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 23619-474A	6 & up	9 classes	Sat	9:15-10:00 am	starts Jun 6	\$45(R); \$59(NR)

Guitar: Mixed Ages, Intermediate

The next level from the beginning course. Students will work more on their technique.

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23620-441A	5 & up	4 classes	Wed	6:30-7:30 pm	starts Jun 3	\$65(R); \$85(NR)
View activity: 23620-441B	5 & up	4 classes	Wed	6:30-7:30 pm	starts Jul 1	\$65(R); \$85(NR)
View activity: 23620-441C	5 & up	4 classes	Wed	6:30-7:30 pm	starts Jul 29	\$65(R); \$85(NR)

Line Dance: Mixed Ages, 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						badenc@pgparks.com
View activity: 23624-404A	13 & up	6 classes	Thu	7:00-8:00 pm	starts Jun 4	\$48(R); \$63(NR)
View activity: 23624-404B	13 & up	6 classes	Thu	7:00-8:00 pm	starts Jul 16	\$48(R); \$63(NR)

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!

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 23645-475DA	18 & up	4 classes	Sun	2:00-3:30 pm	starts Jun 7	\$26(R); \$34(NR)
View activity: 23645-475DB	18 & up	4 classes	Sun	2:00-3:30 pm	starts Jul 5	\$26(R); \$34(NR)
View activity: 23645-475DC	18 & up	5 classes	Sun	2:00-3:30 pm	starts Aug 2	\$33(R); \$43(NR)

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				indianqueenrecreationcenterstaff@mncppc.org			
View activity: 23646-436A	13 & up	6 classes	Tue	7:00-8:30 pm	starts Jun 2	\$60(R); \$78(NR)	
View activity: 23646-436B	13 & up	6 classes	Tue	7:00-8:30 pm	starts Jul 21	\$60(R); \$78(NR)	
Patuxent Community Center				patuxentcc@pgparks.com			
View activity: 23646-460A	13 & up	6 classes	Tue	6:30-8:00 pm	starts Jun 2	\$60(R); \$78(NR)	
View activity: 23646-460B	13 & up	6 classes	Tue	6:30-8:00 pm	starts Jul 21	\$60(R); \$78(NR)	

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.

Cedar Heights Community Center				cedarheightscc@pgparks.com			
View activity: 23639-412A	13 & up	1 classes	Sun	3:00-7:00 pm	starts Jun 7	\$10(R); \$13(NR)	
View activity: 23639-412D	13 & up	1 classes	Sun	3:00-7:00 pm	starts Jul 5	\$10(R); \$13(NR)	
View activity: 23639-412F	13 & up	1 classes	Sun	3:00-7:00 pm	starts Aug 2	\$10(R); \$13(NR)	
Southern Region Technology & Recreation				techrec@pgparks.com			
View activity: 23639-477A	13 & up	6 classes	Thu	6:30-8:00 pm	starts Jun 4	\$54(R); \$71(NR)	
View activity: 23639-477C	13 & up	6 classes	Sat	12:00-1:30 pm	starts Jun 6	\$54(R); \$71(NR)	
View activity: 23639-477B	13 & up	6 classes	Thu	6:30-8:00 pm	starts Jul 23	\$54(R); \$71(NR)	
View activity: 23639-477D	13 & up	6 classes	Sat	12:00-1:30 pm	starts Jul 25	\$54(R); \$71(NR)	

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!

Berwyn Heights Elementary School				berwynheightscc@pgparks.com			
View activity: 23648-406A	18 & up	13 classes	Sat	3:00-3:45 pm	starts Jun 6	\$75(R); \$98(NR)	

Piano Keyboard: Mixed Ages, Beginner

Want to give your brain power and mood a boost? Enroll today in our exciting course of keyboarding and watch your life fill with the joy of music. We will introduce you to notes, musical alphabets, finger numbers, and basic piano performance. Build on the piano knowledge you have gained thus far and be inspired for greater accomplishments.

Berwyn Heights Elementary School				berwynheightscc@pgparks.com			
View activity: 23615-406A	18 & up	12 classes	Sat	11:00-11:45 am	starts Jun 6	\$60(R); \$78(NR)	
South Bowie Community Center				southbowiecc@pgparks.com			
View activity: 23615-474A	6 & up	9 classes	Sat	1:00-2:00 pm	starts Jun 6	\$55(R); \$72(NR)	

Piano Keyboard: Mixed Ages, Intermediate

Want to give your brain power and mood a boost? Enroll today in our intermediate level course of keyboarding and watch your life fill with the joy of music. We will introduce you to notes, musical alphabets, finger numbers, and basic piano performance. Build on the piano knowledge you have gained thus far and be inspired for greater accomplishments.

Berwyn Heights Elementary School				berwynheightscc@pgparks.com			
View activity: 23649-406A	18 & up	12 classes	Sat	1:00-1:45 pm	starts Jun 6	\$60(R); \$78(NR)	

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 & Recreation Complex						saarc@pgparks.com
View activity: 23616-475PA	18 & up	13 classes	Sat	1:15-2:15 pm	starts Jun 6	\$78(R); \$102(NR)
View activity: 23616-475PC	18 & up	13 classes	Sat	2:30-3:30 pm	starts Jun 6	\$78(R); \$102(NR)

Pre-Ballet: Mixed Ages

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
View activity: 23617-409A	5 - 7yrs.	4 classes	Sat	10:00-11:00 am	starts Jun 6	\$35(R); \$46(NR)
View activity: 23617-409B	5 - 7yrs.	4 classes	Sat	10:00-11:00 am	starts Jul 11	\$35(R); \$46(NR)

Salsa Dance

You don't need to come with a partner. You can still learn to salsa even with two left feet. We will be going slow, building your confidence every week. So come out and have some fun!

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 236100-432A	18 & up	6 classes	Wed	6:30-7:45 pm	starts Jun 3	\$60(R); \$78(NR)
View activity: 236100-432B	18 & up	6 classes	Wed	6:30-7:45 pm	starts Jul 22	\$60(R); \$78(NR)

Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 236100-446A	18 & up	6 classes	Fri	12:00-1:00 pm	starts Jun 5	\$43(R); \$56(NR)

SEASONAL & COMMUNITY EVENTS

SENIORS

Bingo

Want to have some fun while helping others? Starting the school year off with the right school supplies is challenging for many students. Come play Bingo and win great prizes just for donating school supply items for Prince George's County school students in need. Let's get our youth off to a great start this school year!

Camp Springs Senior Activity Center						campsprings seniors@pgparks.com
View activity: 26504-411A	60 & up	1 classes	Thu	10:00 am-12:00 pm	starts Jun 18	Free
View activity: 26504-411B	60 & up	1 classes	Thu	10:00 am-12:00 pm	starts Jul 16	Free
View activity: 26504-411C	60 & up	1 classes	Thu	10:00 am-12:00 pm	starts Aug 20	Free

Gwendolyn Britt Senior Activity Center						gwendolynbritt seniors@pgparks.com
View activity: 26504-430A	60 & up	4 classes	Tue	12:30-1:30 pm	starts Jun 2	\$20(R); \$26(NR)
View activity: 26504-430B	60 & up	4 classes	Tue	12:30-1:30 pm	starts Jul 7	\$20(R); \$26(NR)
View activity: 26504-430C	60 & up	4 classes	Tue	12:30-1:30 pm	starts Aug 4	\$20(R); \$26(NR)

MIXED AGES

Family Movie Night

Come and join us as we relax and enjoy popular movie titles. Please check with the offering facility for the movie. Pre-registration is required.

Camp Springs Senior Activity Center						campspringsseniors@pgparks.com
View activity: 26604-411A	50 & up	1 classes	Fri	1:00-3:30 pm	starts Jun 12	Free
View activity: 26604-411B	50 & up	1 classes	Fri	1:00-3:30 pm	starts Jul 10	Free
View activity: 26604-411C	50 & up	1 classes	Fri	1:00-3:30 pm	starts Aug 14	Free
Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 26604-461A	All ages	1 classes	Fri	8:00-10:30 pm	starts Jun 26	Free
View activity: 26604-461B	All ages	1 classes	Fri	7:30-10:00 pm	starts Aug 14	Free

Flea Market: Mixed Ages

Is it trash or treasure? Clean out your house and garage then come join us for a flea market where your sold goods could be golden! Feel accomplished as you clear out your garage! Pre-registration is required.

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 26605-406A	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jun 6	Free
View activity: 26605-406B	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jun 13	Free
View activity: 26605-406C	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jun 20	Free
View activity: 26605-406D	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jun 27	Free
View activity: 26605-406E	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jul 11	Free
View activity: 26605-406F	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jul 18	Free
View activity: 26605-406G	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Jul 25	Free
View activity: 26605-406H	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Aug 1	Free
View activity: 26605-406I	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Aug 15	Free
View activity: 26605-406J	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Aug 22	Free
View activity: 26605-406K	15 & up	1 classes	Sat	9:00 am-3:00 pm	starts Aug 29	Free

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.

Baden Community Center						badencc@pgparks.com
View activity: 27114-404A	3 - 5yrs.	5 classes	Sat	9:30-10:15 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 27114-404B	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jul 25	\$48(R); \$63(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27114-434A	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Jun 2	\$48(R); \$63(NR)
View activity: 27114-434B	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Jul 21	\$48(R); \$63(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 27114-416A	3 - 5yrs.	6 classes	Sat	10:30-11:15 am	starts Jul 25	\$35(R); \$46(NR)

Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 27114-447A	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jun 3	\$48(R); \$63(NR)	
View activity: 27114-447B	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jul 22	\$48(R); \$63(NR)	
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27114-452A	3 - 5yrs.	8 classes	Sat	10:15-11:15 am	starts Jul 11	\$64(R); \$84(NR)	
North Forestville Community Center							northforestvillecc@pgparks.com
View activity: 27114-453C	3 - 5yrs.	5 classes	Sat	9:30-10:15 am	starts Jun 6	\$40(R); \$52(NR)	
Patuxent Community Center							patuxentcc@pgparks.com
View activity: 27114-460A	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jun 3	\$48(R); \$63(NR)	
View activity: 27114-460B	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jul 22	\$48(R); \$63(NR)	
Peppermill Community Center							peppermillcc@pgparks.com
View activity: 27114-462D	3 - 5yrs.	6 classes	Sat	10:00-11:00 am	starts Jun 6	\$50(R); \$65(NR)	
View activity: 27114-462E	3 - 5yrs.	6 classes	Sat	10:00-11:00 am	starts Jul 25	\$50(R); \$65(NR)	
Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 27114-475A	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Jun 2	\$39(R); \$51(NR)	
View activity: 27114-475DA	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Jun 2	\$39(R); \$51(NR)	
View activity: 27114-475B	3 - 5yrs.	6 classes	Thu	5:30-6:15 pm	starts Jun 4	\$39(R); \$51(NR)	
View activity: 27114-475DB	3 - 5yrs.	6 classes	Thu	6:30-7:15 pm	starts Jun 4	\$39(R); \$51(NR)	
View activity: 27114-475C	3 - 5yrs.	6 classes	Sat	8:00-8:45 am	starts Jun 6	\$39(R); \$51(NR)	
View activity: 27114-475DC	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jun 6	\$39(R); \$51(NR)	
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 27114-477C	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Jun 2	\$48(R); \$63(NR)	
View activity: 27114-477A	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jun 6	\$48(R); \$63(NR)	
View activity: 27114-477D	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Jul 21	\$48(R); \$63(NR)	
View activity: 27114-477B	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jul 25	\$48(R); \$63(NR)	
Stephen Decatur Community Center							stephendecaturcc@pgparks.com
View activity: 27114-480A	3 - 5yrs.	6 classes	Mon	6:30-7:15 pm	starts Jun 1	\$48(R); \$63(NR)	
View activity: 27114-480B	3 - 5yrs.	6 classes	Mon	6:30-7:15 pm	starts Jul 20	\$48(R); \$63(NR)	
Suitland Community Center							suitlandcc@pgparks.com
View activity: 27114-481A	3 - 5yrs.	6 classes	Mon	6:15-7:00 pm	starts Jun 1	\$48(R); \$63(NR)	
View activity: 27114-481B	3 - 5yrs.	6 classes	Mon	6:15-7:00 pm	starts Jul 20	\$48(R); \$63(NR)	
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 27114-484A	3 - 5yrs.	6 classes	Sat	11:00-11:45 am	starts Jun 6	\$48(R); \$63(NR)	
View activity: 27114-484B	3 - 5yrs.	6 classes	Sat	11:00-11:45 am	starts Jul 25	\$48(R); \$63(NR)	
Upper Marlboro Community Center							uppermarlborocc@pgparks.com
View activity: 27114-486A	3 - 5yrs.	6 classes	Wed	6:40-7:25 pm	starts Jun 3	\$48(R); \$63(NR)	
View activity: 27114-486B	3 - 5yrs.	6 classes	Wed	6:40-7:25 pm	starts Jul 22	\$48(R); \$63(NR)	

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
View activity: 27102-423A	4 - 5yrs.	9 classes	Tue	4:00-4:45 pm	starts Jun 16	\$135(R); \$176(NR)
View activity: 27102-423B	4 - 5yrs.	9 classes	Tue	6:00-6:45 pm	starts Jun 16	\$135(R); \$176(NR)
View activity: 27102-423C	4 - 5yrs.	9 classes	Wed	4:30-5:15 pm	starts Jun 17	\$135(R); \$176(NR)
View activity: 27102-423D	4 - 5yrs.	9 classes	Thu	6:00-6:45 pm	starts Jun 18	\$135(R); \$176(NR)
View activity: 27102-423E	4 - 5yrs.	9 classes	Thu	5:00-5:45 pm	starts Jun 18	\$135(R); \$176(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27102-468A	4yrs.	10 classes	Mon	4:30-5:15 pm	starts Jun 8	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468B	4yrs.	10 classes	Mon	5:30-6:15 pm	starts Jun 8	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468C	4yrs.	10 classes	Tue	10:00-10:45 am	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468D	4yrs.	10 classes	Tue	4:30-5:15 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468E	4yrs.	10 classes	Tue	5:30-6:15 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468L	4yrs.	10 classes	Tue	6:30-7:15 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468F	4yrs.	10 classes	Wed	4:30-5:15 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468G	4yrs.	10 classes	Wed	5:30-6:15 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468H	4yrs.	10 classes	Wed	6:30-7:15 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468I	4yrs.	10 classes	Thu	4:30-5:15 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468J	4yrs.	10 classes	Thu	5:30-6:15 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-468K	4yrs.	10 classes	Thu	6:15-7:00 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27103-468A	1 - 3yrs.	10 classes	Mon	6:15-7:00 pm	starts Jun 8	\$154(R); \$201(NR); \$116(IA)
View activity: 27103-468B	1 - 3yrs.	10 classes	Tue	10:45-11:30 am	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27103-468C	1 - 3yrs.	10 classes	Tue	6:15-7:00 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27103-468D	1 - 3yrs.	10 classes	Wed	6:15-7:00 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)

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 & Learning Complex						splex-distribution@pgparks.com
View activity: 27101-468A	5yrs.	10 classes	Mon	5:30-6:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468B	5yrs.	10 classes	Mon	6:30-7:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468C	5yrs.	20 classes	Tue & Thu	5:45-6:45 pm	starts Jun 9	\$291(R); \$379(NR); \$219(IA)
View activity: 27101-468D	5yrs.	10 classes	Tue	10:15-11:15 am	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468e	5yrs.	10 classes	Tue	4:30-5:30 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468F	5yrs.	10 classes	Tue	5:45-6:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468G	5yrs.	10 classes	Wed	4:30-5:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468H	5yrs.	10 classes	Wed	5:30-6:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468I	5yrs.	10 classes	Thu	5:45-6:45 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)
View activity: 27101-468J	5yrs.	10 classes	Thu	6:45-7:45 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)

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
View activity: 27104-423A	3 - 4yrs.	9 classes	Tue	5:00-5:45 pm	starts Jun 16	\$135(R); \$176(NR)
View activity: 27104-423B	3 - 4yrs.	9 classes	Wed	5:30-6:15 pm	starts Jun 17	\$135(R); \$176(NR)
View activity: 27104-423D	3 - 4yrs.	9 classes	Thu	4:00-4:45 pm	starts Jun 18	\$135(R); \$176(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27104-468A	3yrs.	10 classes	Mon	4:30-5:15 pm	starts Jun 8	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468B	3yrs.	10 classes	Mon	5:30-6:15 pm	starts Jun 8	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468C	3yrs.	10 classes	Mon	6:30-7:15 pm	starts Jun 8	\$137(R); \$179(NR); \$103(IA)
View activity: 27104-468D	3yrs.	10 classes	Tue	10:00-10:45 am	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468E	3yrs.	10 classes	Tue	4:30-5:15 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468F	3yrs.	10 classes	Tue	5:30-6:15 pm	starts Jun 9	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468G	3yrs.	10 classes	Wed	4:30-5:15 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468H	3yrs.	10 classes	Wed	5:30-6:15 pm	starts Jun 10	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468J	3yrs.	10 classes	Thu	4:30-5:15 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468K	3yrs.	10 classes	Thu	5:30-6:15 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-468L	3yrs.	10 classes	Thu	6:15-7:00 pm	starts Jun 11	\$154(R); \$201(NR); \$116(IA)

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
View activity: 27130-485A	3 - 5yrs.	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 27131-485A	3 - 5yrs.	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 27132-485A	3 - 5yrs.	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 27133-485A	3 - 5yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$90(R); \$117(NR)

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.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27109-427A	3 - 5yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27109-427B	3 - 5yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Aug 8	\$35(R); \$46(NR)

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27109-452A	3 - 5yrs.	7 classes	Sat	10:15-11:15 am	starts Jun 6	\$45(R); \$59(NR)
View activity: 27109-452B	3 - 5yrs.	6 classes	Sat	10:15-11:15 am	starts Aug 1	\$45(R); \$59(NR)

North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27109-453A	3 - 5yrs.	5 classes	Sat	11:25 am-12:10 pm	starts Jun 6	\$40(R); \$52(NR)

Peppermill Community Center						peppermillcc@pgparks.com
View activity: 27109-462A	3 - 5yrs.	6 classes	Sat	10:00-10:45 am	starts Jun 6	\$35(R); \$46(NR)
View activity: 27109-462B	3 - 5yrs.	6 classes	Sat	10:00-10:45 am	starts Jul 25	\$35(R); \$46(NR)

Potomac Landing Community Center						potomaclandingcc@pgparks.com
View activity: 27109-465A	3 - 5yrs.	6 classes	Mon	5:30-6:15 pm	starts Jun 1	\$48(R); \$63(NR)

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 Elementary School						berwynheightscc@pgparks.com
View activity: 27112-406A	3 - 5yrs.	4 classes	Sat	11:00-11:45 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 27112-406D	3 - 5yrs.	4 classes	Sat	9:30-10:15 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 27112-406B	3 - 5yrs.	4 classes	Sat	11:00-11:45 am	starts Jul 11	\$40(R); \$52(NR)
View activity: 27112-406E	3 - 5yrs.	4 classes	Sat	9:30-10:15 am	starts Jul 11	\$40(R); \$52(NR)
View activity: 27112-406C	3 - 5yrs.	4 classes	Sat	11:00-11:45 am	starts Aug 8	\$40(R); \$52(NR)
View activity: 27112-406F	3 - 5yrs.	4 classes	Sat	9:30-10:15 am	starts Aug 8	\$40(R); \$52(NR)

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27112-434A	3 - 5yrs.	4 classes	Tue	10:00-11:00 am	starts Jun 30	\$35(R); \$46(NR)
View activity: 27112-434B	3 - 5yrs.	4 classes	Tue	10:00-11:00 am	starts Jul 28	\$35(R); \$46(NR)

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 27112-466A	3 - 5yrs.	8 classes	Sun	12:00-1:00 pm	starts Jun 28	\$35(R); \$46(NR)
View activity: 27112-466B	3 - 5yrs.	8 classes	Sun	1:00-2:00 pm	starts Jun 28	\$35(R); \$46(NR)

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
View activity: 27266-406A	6 - 9yrs.	13 classes	Tue	6:00-7:15 pm	starts Jun 2	\$60(R); \$78(NR)
View activity: 27266-406B	10-12yrs.	13 classes	Thu	6:00-7:15 pm	starts Jun 4	\$60(R); \$78(NR)
Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27266-460A	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jun 3	\$54(R); \$71(NR)
View activity: 27266-460B	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jul 22	\$54(R); \$71(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 27266-490A	6 - 8yrs.	10 classes	Sat	10:00-11:00 am	starts Jun 6	\$70(R); \$91(NR)
View activity: 27266-490B	9 - 12yrs.	10 classes	Sat	11:10 am-12:10 pm	starts Jun 6	\$70(R); \$91(NR)

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!

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 27227-436A	6 - 12yrs.	8 classes	Fri	6:00-7:00 pm	starts Jun 5	\$64(R); \$84(NR)
View activity: 27227-425A	6 - 12yrs.	5 classes	Sat	9:30-10:30 am	starts Jun 6	\$40(R); \$52(NR)
View activity: 27227-425B	6 - 12yrs.	5 classes	Sat	9:30-10:30 am	starts Jul 25	\$40(R); \$52(NR)
View activity: 27227-436B	6 - 12yrs.	5 classes	Fri	6:00-7:00 pm	starts Jul 31	\$40(R); \$52(NR)
Glenarden Community Center						glenardenc@pgparks.com
View activity: 27227-426A	6 - 8yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 27227-426B	9 - 12yrs.	8 classes	Tue & Thu	7:30-8:30 pm	starts Jun 2	\$40(R); \$52(NR)
View activity: 27227-426C	6 - 8yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7	\$40(R); \$52(NR)
View activity: 27227-426D	9 - 12yrs.	8 classes	Tue & Thu	7:30-8:30 pm	starts Jul 7	\$40(R); \$52(NR)
View activity: 27227-426E	6 - 8yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Aug 4	\$40(R); \$52(NR)
View activity: 27227-426F	9 - 12yrs.	8 classes	Tue & Thu	7:30-8:30 pm	starts Aug 4	\$40(R); \$52(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27227-427A	6 - 8yrs.	6 classes	Sat	11:15 am-12:15 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27227-427B	9 - 12yrs.	6 classes	Sat	12:30-1:30 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27227-427C	6 - 8yrs.	6 classes	Sat	11:15 am-12:15 pm	starts Aug 8	\$35(R); \$46(NR)
View activity: 27227-427D	9 - 12yrs.	6 classes	Sat	12:30-1:30 pm	starts Aug 8	\$35(R); \$46(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27227-434A	6 - 12yrs.	6 classes	Tue	7:20-8:20 pm	starts Jun 2	\$54(R); \$71(NR)
View activity: 27227-434B	6 - 12yrs.	6 classes	Tue	7:20-8:20 pm	starts Jul 21	\$48(R); \$63(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 27227-416A	6 - 8yrs.	6 classes	Sat	9:30-10:15 am	starts Jul 25	\$35(R); \$46(NR)
View activity: 27227-416D	9 - 12yrs.	6 classes	Sat	11:30 am-12:30 pm	starts Jul 25	\$35(R); \$46(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 27227-447A	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jun 3	\$54(R); \$71(NR)
View activity: 27227-447B	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jul 22	\$54(R); \$71(NR)

Peppermill Community Center							peppermillcc@pgparks.com
View activity: 27227-462D	6 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$50(R); \$65(NR)	
View activity: 27227-462E	6 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jul 25	\$50(R); \$65(NR)	
Prince George's Plaza Community Center							princegeorgesplazacc@pgparks.com
View activity: 27227-466A	6 - 8yrs.	8 classes	Sun	2:00-3:00 pm	starts Jun 28	\$45(R); \$59(NR)	
View activity: 27227-466B	9 - 12yrs.	8 classes	Sun	3:00-4:00 pm	starts Jun 28	\$45(R); \$59(NR)	
Stephen Decatur Community Center							stephendecaturcc@pgparks.com
View activity: 27227-480A	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Jun 1	\$48(R); \$63(NR)	
View activity: 27227-480B	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Jul 20	\$48(R); \$63(NR)	
Suitland Community Center							suitlandcc@pgparks.com
View activity: 27227-481A	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Jun 1	\$48(R); \$63(NR)	
View activity: 27227-481B	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Jul 20	\$48(R); \$63(NR)	
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 27227-484A	6 - 12yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Jun 6	\$54(R); \$71(NR)	
View activity: 27227-484B	6 - 12yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Jul 25	\$54(R); \$71(NR)	
Upper Marlboro Community Center							uppermarlorocc@pgparks.com
View activity: 27227-486A	6 - 12yrs.	6 classes	Wed	7:30-8:30 pm	starts Jun 3	\$54(R); \$71(NR)	
View activity: 27227-486B	6 - 12yrs.	6 classes	Wed	7:30-8:30 pm	starts Jul 22	\$54(R); \$71(NR)	

Basketball: Children, Advanced

Learn advanced basketball skills. Topics to be covered on and off the court include skills, team play, nutrition, physical training, officiating and more.

Berwyn Heights Community Center							berwynheightscc@pgparks.com
View activity: 27257-406A	6 - 9yrs.	4 classes	Sat	3:00-4:15 pm	starts Jun 6	\$45(R); \$59(NR)	
View activity: 27257-406B	6 - 9yrs.	4 classes	Sat	3:00-4:15 pm	starts Jul 11	\$45(R); \$59(NR)	
View activity: 27257-406C	6 - 9yrs.	4 classes	Sat	3:00-4:15 pm	starts Aug 8	\$45(R); \$59(NR)	

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!

Baden Community Center							badencc@pgparks.com
View activity: 27228-404A	6 - 12yrs.	5 classes	Sat	10:15-11:15 am	starts Jun 6	\$45(R); \$59(NR)	
View activity: 27228-404B	6 - 12yrs.	6 classes	Sat	10:15-11:15 am	starts Jul 18	\$54(R); \$71(NR)	
Berwyn Heights Community Center							berwynheightscc@pgparks.com
View activity: 27228-406A	6 - 9yrs.	4 classes	Sat	3:00-4:00 pm	starts Jun 6	\$40(R); \$52(NR)	
View activity: 27228-406B	6 - 9yrs.	4 classes	Sat	12:30-1:30 pm	starts Jul 11	\$40(R); \$52(NR)	
View activity: 27228-406C	6 - 9yrs.	4 classes	Sat	12:30-1:30 pm	starts Aug 8	\$40(R); \$52(NR)	
Largo/Kettering/Perrywood Comm. Center							largoketteringperrywoodcc@pgparks.com
View activity: 27228-445A	6 - 8yrs.	8 classes	Sat	9:45-10:45 am	starts Jun 6	\$55(R); \$72(NR)	
View activity: 27228-445B	9-11yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$55(R); \$72(NR)	
View activity: 27228-445C	6 - 8yrs.	4 classes	Sat	9:45-10:45 am	starts Aug 8	\$28(R); \$37(NR)	
View activity: 27228-445D	9-11yrs.	4 classes	Sat	11:00 am-12:00 pm	starts Aug 8	\$28(R); \$37(NR)	
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27228-452A	6 - 12yrs.	8 classes	Sat	1:15-2:15 pm	starts Jul 11	\$64(R); \$84(NR)	

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 27228-475A	6 - 12yrs.	6 classes	Tue	5:30-6:15 pm	starts Jul 14	\$39(R); \$51(NR)
View activity: 27228-475DA	6 - 12yrs.	6 classes	Tue	6:30-7:15 pm	starts Jul 14	\$39(R); \$51(NR)
View activity: 27228-475B	6 - 12yrs.	6 classes	Thu	5:30-6:15 pm	starts Jul 16	\$39(R); \$51(NR)
View activity: 27228-475DB	6 - 12yrs.	6 classes	Thu	6:30-7:15 pm	starts Jul 16	\$39(R); \$51(NR)
View activity: 27228-475C	6 - 12yrs.	6 classes	Sat	8:00-8:45 am	starts Jul 18	\$39(R); \$51(NR)
View activity: 27228-475DC	6 - 12yrs.	6 classes	Sat	9:00-9:45 am	starts Jul 18	\$39(R); \$51(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 27228-477E	6 - 12yrs.	6 classes	Tue	6:20-7:20 pm	starts Jun 2	\$54(R); \$71(NR)
View activity: 27228-477A	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jun 6	\$54(R); \$71(NR)
View activity: 27228-477F	6 - 12yrs.	6 classes	Tue	6:20-7:20 pm	starts Jul 21	\$54(R); \$71(NR)
View activity: 27228-477B	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jul 25	\$54(R); \$71(NR)

Basketball: Children, Intermediate

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

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 27243-406A	6 - 9yrs.	1 classes	Sat	1:45-2:45 pm	starts Jun 6	\$40(R); \$52(NR)
View activity: 27243-406B	6 - 9yrs.	3 classes	Sat	1:45-2:45 pm	starts Jul 11	\$40(R); \$52(NR)
View activity: 27243-406C	6 - 9yrs.	4 classes	Sat	1:45-2:45 pm	starts Aug 8	\$40(R); \$52(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 27243-477A	8 - 12yrs.	6 classes	Sat	10:55-11:55 am	starts Jun 6	\$60(R); \$78(NR)
View activity: 27243-477B	8 - 12yrs.	6 classes	Sat	10:55-11:55 am	starts Jul 25	\$60(R); \$78(NR)

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
View activity: 27230-426A	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$60(R); \$78(NR)
View activity: 27230-426B	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Jul 7	\$60(R); \$78(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27230-427A	6 - 8yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Jun 9	\$60(R); \$78(NR)
View activity: 27230-427B	9 - 12yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Jun 9	\$60(R); \$78(NR)
View activity: 27230-427C	6 - 8yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Jul 28	\$60(R); \$78(NR)
View activity: 27230-427D	9 - 12yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Jul 28	\$60(R); \$78(NR)

Cheerleading: Children

Celebrities are not the only ones with a squad! Get pumped for awesome team building, tumblers, confidence-raising, and improved strength! In our cheer squad, you will also learn basic jumps, get great exercise, and have tons of fun. Sign up and learn the moves that will help you develop the skills to become an all-star cheerleader!

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27231-427AA	6 - 8yrs.	6 classes	Sat	1:00-2:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27231-427B	9 - 12yrs.	6 classes	Sat	2:00-3:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27231-427C	6 - 8yrs.	6 classes	Sat	1:00-2:00 pm	starts Aug 8	\$35(R); \$46(NR)
View activity: 27231-427D	9 - 12yrs.	6 classes	Sat	2:00-3:00 pm	starts Aug 8	\$35(R); \$46(NR)

Flag Football: Children

Learn the rules and fundamentals of flag football.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27245-427AA	6 - 8yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27245-427BB	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27245-427CC	6 - 8yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Aug 8	\$35(R); \$46(NR)
View activity: 27245-427DD	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Aug 8	\$35(R); \$46(NR)

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
View activity: 27212-423B	7 - 12yrs.	9 classes	Wed	5:30-6:30 pm	starts Jun 17	\$150(R); \$195(NR)

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
View activity: 27239-423A	7 - 12yrs.	9 classes	Tue	6:00-7:00 pm	starts Jun 16	\$150(R); \$195(NR)

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
View activity: 27208-423A	7 - 9yrs.	9 classes	Tue	7:00-8:00 pm	starts Jun 16	\$150(R); \$195(NR)
View activity: 27208-423B	7 - 9yrs.	9 classes	Wed	5:30-6:30 pm	starts Jun 17	\$150(R); \$195(NR)
View activity: 27208-423C	7 - 9yrs.	9 classes	Wed	7:30-8:30 pm	starts Jun 17	\$150(R); \$195(NR)
View activity: 27208-423D	7 - 9yrs.	9 classes	Thu	5:00-6:00 pm	starts Jun 18	\$150(R); \$195(NR)
View activity: 27208-423E	7 - 9yrs.	9 classes	Thu	7:00-8:00 pm	starts Jun 18	\$150(R); \$195(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27208-468AA	6 - 8yrs.	10 classes	Mon	4:30-5:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468B	6 - 8yrs.	10 classes	Mon	5:30-6:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468C	6 - 8yrs.	10 classes	Mon	6:30-7:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468O	6 - 8yrs.	20 classes	Mon & Wed	6:30-7:30 pm	starts Jun 8	\$291(R); \$379(NR); \$219(IA)
View activity: 27208-468P	9 - 12yrs.	10 classes	Mon	7:30-8:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468W	9 - 12yrs.	10 classes	Mon	5:30-6:30 pm	starts Jun 8	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468Q	9 - 12yrs.	10 classes	Tue	7:45-8:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468R	6 - 8yrs.	10 classes	Tue	10:15-11:15 am	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468S	6 - 8yrs.	10 classes	Tue	4:30-5:30 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468T	6 - 8yrs.	10 classes	Tue	6:45-7:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468A	9 - 12yrs.	10 classes	Wed	5:30-6:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468H	6 - 8yrs.	10 classes	Wed	7:15-8:15 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468U	6 - 8yrs.	10 classes	Wed	4:30-5:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468V	6 - 8yrs.	10 classes	Wed	6:30-7:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468X	9 - 12yrs.	10 classes	Thu	7:45-8:45 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468Y	6 - 8yrs.	10 classes	Thu	4:30-5:30 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-468Z	6 - 8yrs.	10 classes	Thu	5:45-6:45 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)

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
View activity: 27210-423A	6 - 10yrs.	9 classes	Tue	6:00-7:00 pm	starts Jun 16	\$150(R); \$195(NR)
View activity: 27210-423B	6 - 10yrs.	9 classes	Tue	7:00-8:00 pm	starts Jun 16	\$150(R); \$195(NR)
View activity: 27210-423C	6 - 10yrs.	9 classes	Wed	6:30-7:30 pm	starts Jun 17	\$150(R); \$195(NR)
View activity: 27210-423E	6 - 10yrs.	9 classes	Thu	5:00-6:00 pm	starts Jun 18	\$150(R); \$195(NR)
View activity: 27210-423F	6 - 10yrs.	9 classes	Thu	6:00-7:00 pm	starts Jun 18	\$150(R); \$195(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27210-468D	6 - 12yrs.	10 classes	Mon	4:30-5:45 pm	starts Jun 8	\$189(R); \$246(NR); \$142(IA)
View activity: 27210-468E	6 - 12yrs.	20 classes	Mon & Thu	4:30-5:45 pm	starts Jun 8	\$325(R); \$423(NR); \$244(IA)
View activity: 27210-468F	6 - 12yrs.	10 classes	Mon	7:15-8:30 pm	starts Jun 8	\$189(R); \$246(NR); \$142(IA)
View activity: 27210-468G	6 - 12yrs.	20 classes	Mon & Wed	7:15-8:30 pm	starts Jun 8	\$325(R); \$423(NR); \$244(IA)
View activity: 27210-468H	6 - 12yrs.	10 classes	Tue	6:45-8:00 pm	starts Jun 9	\$186(R); \$242(NR); \$140(IA)
View activity: 27210-468I	6 - 12yrs.	20 classes	Tue & Thu	6:45-8:00 pm	starts Jun 9	\$325(R); \$423(NR); \$244(IA)
View activity: 27210-468K	6 - 12yrs.	10 classes	Wed	5:30-6:45 pm	starts Jun 10	\$189(R); \$246(NR); \$142(IA)
View activity: 27210-468L	6 - 12yrs.	10 classes	Thu	6:45-8:00 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)
View activity: 27210-468M	6 - 12yrs.	10 classes	Thu	4:30-5:45 pm	starts Jun 11	\$189(R); \$246(NR); \$142(IA)

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
View activity: 27209-423A	7 - 12yrs.	9 classes	Tue	6:00-7:00 pm	starts Jun 16	\$150(R); \$195(NR)
View activity: 27209-423C	7 - 12yrs.	9 classes	Thu	6:00-7:00 pm	starts Jun 18	\$150(R); \$195(NR)

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
View activity: 27211-423B	8 - 12yrs.	9 classes	Thu	7:00-8:00 pm	starts Jun 18	\$150(R); \$195(NR)
View activity: 27211-423A	6 - 8yrs.	8 classes	Thu	6:00-7:00 pm	starts Jun 25	\$150(R); \$195(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.

Glenarden Community Center						glenardenc@pgparks.com
View activity: 27220-426A	6 - 8yrs.	4 classes	Tue	6:15-7:15 pm	starts Jun 2	\$25(R); \$33(NR)
View activity: 27220-426B	9 - 12yrs.	4 classes	Wed	6:15-7:15 pm	starts Jun 3	\$25(R); \$33(NR)
View activity: 27220-426C	6 - 8yrs.	4 classes	Tue	6:15-7:15 pm	starts Jul 7	\$25(R); \$33(NR)
View activity: 27220-426D	9 - 12yrs.	4 classes	Wed	6:15-7:15 pm	starts Jul 8	\$25(R); \$33(NR)
View activity: 27220-426E	6 - 8yrs.	4 classes	Tue	6:15-7:15 pm	starts Aug 4	\$25(R); \$33(NR)
View activity: 27220-426F	9 - 12yrs.	4 classes	Wed	6:15-7:15 pm	starts Aug 5	\$25(R); \$33(NR)

Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 27220-427A	6 - 8yrs.	6 classes	Sat	12:30-1:30 pm	starts Jun 13	\$35(R); \$46(NR)	
View activity: 27220-427B	9 - 12yrs.	6 classes	Sat	1:30-2:30 pm	starts Jun 13	\$35(R); \$46(NR)	
View activity: 27220-427C	6 - 8yrs.	6 classes	Sat	12:30-1:30 pm	starts Aug 8	\$35(R); \$46(NR)	
View activity: 27220-427D	9 - 12yrs.	6 classes	Sat	1:30-2:30 pm	starts Aug 8	\$35(R); \$46(NR)	
Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 27220-443B	6 - 9yrs.	8 classes	Sat	10:30-11:30 am	starts Jun 20	\$56(R); \$73(NR)	
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27220-452A	6 - 12yrs.	7 classes	Sat	11:15 am-12:15 pm	starts Jun 6	\$45(R); \$59(NR)	
View activity: 27220-452B	6 - 12yrs.	6 classes	Sat	6:30-7:30 pm	starts Aug 1	\$45(R); \$59(NR)	
North Forestville Community Center							northforestvillecc@pgparks.com
View activity: 27220-453A	6 - 12yrs.	5 classes	Sat	12:15-1:15 pm	starts Jun 6	\$45(R); \$59(NR)	
Potomac Landing Community Center							potomaclandingcc@pgparks.com
View activity: 27220-465A	6 - 12yrs.	6 classes	Mon	6:20-7:20 pm	starts Jun 1	\$54(R); \$71(NR)	

Tennis Clinic 7-12

This clinic is designed to help players elevate their current playstyle through extended rallying and point play, with less emphasis on static drills and more on real hitting time alongside players of similar skill levels.

Cosca Tennis Bubble							coscatennisbubble@pgparks.com
View activity: 27290-419A	7 - 12yrs.	12 classes	Sat & Sun	9:00-11:00 am	starts Jun 6	\$232(R); \$302(NR)	
View activity: 27290-419B	7 - 12yrs.	12 classes	Sat & Sun	9:00-11:00 am	starts Jul 25	\$232(R); \$302(NR)	

Tennis: Children, USTA Orange Beginner

This class is for kids who are learning to play with orange balls on a 60 ft. court. We focus on improving groundstrokes, serving, and net play Intermediate. Players will also get introduced to team tennis. The class is designed to meet USTA standards.

Cosca Tennis Bubble							coscatennisbubble@pgparks.com
View activity: 27283-419A	9 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$57(R); \$75(NR)	
View activity: 27283-419B	9 - 12yrs.	6 classes	Sun	12:00-1:00 pm	starts Jun 7	\$57(R); \$75(NR)	
View activity: 27283-419C	9 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jul 25	\$57(R); \$75(NR)	
View activity: 27283-419D	9 - 12yrs.	6 classes	Sun	12:00-1:00 pm	starts Jul 26	\$57(R); \$75(NR)	
Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 27283-423A	6 - 11yrs.	11 classes	Mon	5:00-6:00 pm	starts Jun 1	\$121(R); \$158(NR)	
Watkins Tennis Bubble							watkinstennisbubble@pgparks.com
View activity: 27283-489C	9 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$60(R); \$78(NR)	
View activity: 27283-489D	9 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jul 18	\$60(R); \$78(NR)	

Tennis: Children, USTA Orange Intermediate

Designed for kids who can consistently rally and cooperate. We work on grip changes, directional control, and teamwork, while continuing to use orange balls on a 60 ft. court. The class is designed to meet USTA standards.

Cosca Tennis Bubble							coscatennisbubble@pgparks.com
View activity: 27284-419A	9 - 12yrs.	6 classes	Sat	10:00-11:00 am	starts Jun 6	\$57(R); \$75(NR)	
View activity: 27284-419B	9 - 12yrs.	6 classes	Sat	10:00-11:00 am	starts Jul 25	\$57(R); \$75(NR)	
Watkins Tennis Bubble							watkinstennisbubble@pgparks.com
View activity: 27284-489A	9 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Jun 4	\$60(R); \$78(NR)	
View activity: 27284-489C	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jun 6	\$60(R); \$78(NR)	
View activity: 27284-489B	9 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Jul 16	\$60(R); \$78(NR)	
View activity: 27284-489D	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jul 18	\$60(R); \$78(NR)	

Tennis: Children, USTA Red Advanced

For advancing players, this class focuses on technical development, precision, and tactics. Using red balls and a 36 ft. court, it prepares players for the next level. Also, it introduces team tennis via Red Ball Team Challenges. The class is designed to meet USTA standards.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com	
View activity: 27282-419A	6 - 8yrs.	6 classes	Mon	5:00-6:00 pm	starts Jun 1	\$57(R); \$75(NR)	
View activity: 27282-419B	6 - 8yrs.	6 classes	Mon	5:00-6:00 pm	starts Jul 20	\$57(R); \$75(NR)	

Tennis: Children, USTA Red Beginner

Join the fun with our Red Ball class. Discover tennis while developing agility, balance, and coordination. Our engaging activities ensure an enjoyable learning experience. The class is designed to meet USTA standards.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com	
View activity: 27280-419A	6 - 8yrs.	6 classes	Wed	6:00-7:00 pm	starts Jun 3	\$57(R); \$75(NR)	
View activity: 27280-419B	6 - 8yrs.	6 classes	Thu	5:00-6:00 pm	starts Jun 4	\$57(R); \$75(NR)	
View activity: 27280-419C	9 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Jun 4	\$57(R); \$75(NR)	
View activity: 27280-419D	6 - 8yrs.	6 classes	Wed	6:00-7:00 pm	starts Jul 22	\$57(R); \$75(NR)	
View activity: 27280-419E	6 - 8yrs.	6 classes	Thu	5:00-6:00 pm	starts Jul 23	\$57(R); \$75(NR)	
View activity: 27280-419F	9 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Jul 23	\$57(R); \$75(NR)	

Fairland Sports Complex						fairlandsports@pgparks.com	
View activity: 27280-423A	6 - 11yrs.	11 classes	Mon	12:00-1:00 pm	starts Jun 1	\$121(R); \$158(NR)	
View activity: 27280-423B	6 - 11yrs.	11 classes	Tue	4:00-5:00 pm	starts Jun 2	\$121(R); \$158(NR)	
View activity: 27280-423C	6 - 11yrs.	11 classes	Wed	4:00-5:00 pm	starts Jun 3	\$121(R); \$158(NR)	

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com	
View activity: 27280-489A	6 - 8yrs.	6 classes	Tue	5:00-6:00 pm	starts Jun 2	\$60(R); \$78(NR)	
View activity: 27280-489AA	9 - 12yrs.	6 classes	Thu	5:00-6:00 pm	starts Jun 4	\$60(R); \$78(NR)	
View activity: 27280-489C	6 - 8yrs.	6 classes	Sat	10:00-11:00 am	starts Jun 6	\$60(R); \$78(NR)	
View activity: 27280-489B	6 - 8yrs.	6 classes	Tue	5:00-6:00 pm	starts Jul 14	\$60(R); \$78(NR)	
View activity: 27280-489BB	9 - 12yrs.	6 classes	Thu	5:00-6:00 pm	starts Jul 16	\$60(R); \$78(NR)	
View activity: 27280-489D	6 - 8yrs.	6 classes	Sat	10:00-11:00 am	starts Jul 18	\$60(R); \$78(NR)	

Tennis: Children, USTA Red Intermediate

Join the fun with the Red Ball - where young players embark on an exciting journey of skill development and teamwork. Through age-appropriate drills and games, children build confidence, coordination, and a solid foundation for future tennis success. The class is designed to meet USTA standards.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com	
View activity: 27281-419A	6 - 8yrs.	6 classes	Mon	6:00-7:00 pm	starts Jun 1	\$57(R); \$75(NR)	
View activity: 27281-419B	9 - 12yrs.	6 classes	Tue	5:00-6:00 pm	starts Jun 2	\$57(R); \$75(NR)	
View activity: 27281-419F	6 - 8yrs.	6 classes	Mon	6:00-7:00 pm	starts Jul 20	\$57(R); \$75(NR)	
View activity: 27281-419G	9 - 12yrs.	6 classes	Tue	5:00-6:00 pm	starts Jul 21	\$57(R); \$75(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.

Berwyn Heights Community Center						berwynheightscc@pgparks.com	
View activity: 27273-406A	8 - 12yrs.	8 classes	Sat	12:00-1:00 pm	starts Jun 6	\$60(R); \$78(NR)	
View activity: 27273-406B	8 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Aug 8	\$40(R); \$52(NR)	

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27273-418A	10 - 11yrs.	16 classes	Tue & Thu	5:30-6:30 pm	starts Jun 2	\$50(R); \$65(NR)
View activity: 27273-418B	10 - 11yrs.	16 classes	Tue & Thu	5:30-6:30 pm	starts Aug 11	\$50(R); \$65(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 Center						glenndalecc@pgparks.com
View activity: 27318-427A	13 - 17yrs.	6 classes	Sat	1:30-2:30 pm	starts Jun 13	\$35(R); \$46(NR)
View activity: 27318-427BB	13 - 17yrs.	6 classes	Sat	1:30-2:30 pm	starts Aug 8	\$35(R); \$46(NR)

Peppermill Community Center						peppermillcc@pgparks.com
View activity: 27318-462A	13 - 17yrs.	6 classes	Sat	12:00-1:00 pm	starts Jun 6	\$50(R); \$65(NR)
View activity: 27318-462B	13 - 17yrs.	6 classes	Sat	12:00-1:00 pm	starts Jul 25	\$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 & Learning Complex						splex-distribution@pgparks.com
View activity: 27316-468A	13 - 17yrs.	10 classes	Tue	7:45-8:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27316-468B	13 - 17yrs.	10 classes	Thu	7:45-8:45 pm	starts Jun 11	\$169(R); \$220(NR); \$127(IA)

Tennis Clinic

Clinic is designed to help players elevate their current playstyle through extended rallying and point play with less emphasis on static drills and more on real hitting time alongside players of similar skill levels.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27354-419A	13 - 17yrs.	12 classes	Sat & Sun	11:00 am-1:00 pm	starts Jun 6	\$232(R); \$302(NR)
View activity: 27354-419B	13 - 17yrs.	12 classes	Sat & Sun	11:00 am-1:00 pm	starts Jul 25	\$232(R); \$302(NR)

Tennis: Advanced 1

High school play level or formal tournament experience.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27304-423A	13 - 17yrs.	11 classes	Fri	5:00-7:00 pm	starts Jun 5	\$198(R); \$258(NR)

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@pgparks.com
View activity: 27302-419A	13 - 17yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Jun 7	\$48(R); \$63(NR)
View activity: 27302-419B	13 - 17yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Jul 26	\$48(R); \$63(NR)

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27302-489A	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Jun 6	\$60(R); \$78(NR)
View activity: 27302-489B	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Jul 18	\$60(R); \$78(NR)

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	
View activity: 27303-419A	13 - 17yrs.	6 classes	Fri	5:00-6:00 pm	starts Jun 5	\$57(R); \$75(NR)	
View activity: 27303-419B	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Jun 6	\$57(R); \$75(NR)	
View activity: 27303-419C	13 - 17yrs.	6 classes	Fri	5:00-6:00 pm	starts Jul 24	\$57(R); \$75(NR)	
View activity: 27303-419D	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Jul 25	\$57(R); \$75(NR)	

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	
View activity: 27322-418A	13 - 15yrs.	16 classes	Tue & Thu	6:30-7:30 pm	starts Jun 2	\$50(R); \$65(NR)	
View activity: 27322-418B	13 - 15yrs.	16 classes	Tue & Thu	6:30-7:30 pm	starts Aug 11	\$50(R); \$65(NR)	

ADULTS

Golf: Adults

An introduction to the skills and etiquette of golf.

Paint Branch Golf Course						paintbranchgolf@pgparks.com	
View activity: 27428-494A	18 & up	4 classes	Fri	6:00-7:00 pm	starts Jun 5	\$200(R); \$260(NR)	
View activity: 27428-494C	18 & up	4 classes	Sun	5:00-6:00 pm	starts Jun 7	\$99(R); \$129(NR)	
View activity: 27428-494D	18 & up	4 classes	Sun	5:00-6:00 pm	starts Jul 5	\$99(R); \$129(NR)	
View activity: 27428-494B	18 & up	4 classes	Fri	6:00-7:00 pm	starts Jul 10	\$200(R); \$260(NR)	

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27416-468A	18 & up	10 classes	Thu	7:30-8:45 pm	starts Jun 11	\$189(R); \$246(NR); \$142(IA)	

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	
View activity: 27431-485A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 27432-485A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 27433-485A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 27434-485A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 27435-485A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 27436-485A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$80(R); \$104(NR)	

Pickleball: Adults

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.

Baden Community Center							badencc@pgparks.com
View activity: 27429-404A	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jun 2	\$54(R); \$71(NR)	
View activity: 27429-404B	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jul 21	\$54(R); \$71(NR)	
North Forestville Community Center							northforestvillecc@pgparks.com
View activity: 27429-453A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jun 3	\$54(R); \$71(NR)	
View activity: 27429-453B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jul 22	\$54(R); \$71(NR)	

Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27429-460A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jun 1	\$54(R); \$71(NR)
View activity: 27429-460D	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jun 4	\$60(R); \$78(NR)
View activity: 27429-460B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jul 20	\$54(R); \$71(NR)
View activity: 27429-460E	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jul 23	\$60(R); \$78(NR)

Temple Hills Community Center						templehillsc@pgparks.com
View activity: 27429-482A	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jun 2	\$54(R); \$71(NR)
View activity: 27429-482B	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jul 21	\$54(R); \$71(NR)

Tennis Clinic 2.5-3.0

This clinic is designed to help players elevate their current playstyle through extended rallying and point play, with less emphasis on static drills and more on real hitting time alongside players of similar skill levels.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27442-419A	18 & up	12 classes	Mon & Wed	6:00-8:00 pm	starts Jun 1	\$232(R); \$302(NR)
View activity: 27442-419B	18 & up	12 classes	Mon & Wed	6:00-8:00 pm	starts Jul 20	\$232(R); \$302(NR)

Tennis Clinic 3.5-5.0

This clinic is designed to help players elevate their current playstyle through extended rallying and point play with less emphasis on static drills and more on real hitting time alongside players of similar skill levels.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27443-419A	18 & up	12 classes	Tue & Thu	6:00-8:00 pm	starts Jun 2	\$232(R); \$302(NR)
View activity: 27443-419B	18 & up	12 classes	Tue & Thu	6:00-8:00 pm	starts Jul 21	\$232(R); \$302(NR)

Tennis: Adults, Cardio

A fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Class includes a warm-up, cardio workout, and cool down segment, and features short cycles of high intensity workout and periods of rest. Skills include running, moving sideways, stretching, forehands, backhands, volleys. No previous experience required.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27425-419A	18 & up	18 classes	Mon,Wed,Fri	5:00-6:00 pm	starts Jun 1	\$189(R); \$246(NR)
View activity: 27425-419B	18 & up	18 classes	Mon,Wed,Fri	5:00-6:00 pm	starts Jul 20	\$189(R); \$246(NR)

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
View activity: 27402-419A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jun 2	\$63(R); \$82(NR)
View activity: 27402-419B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Jun 5	\$63(R); \$82(NR)
View activity: 27402-419C	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jun 7	\$63(R); \$82(NR)
View activity: 27402-419D	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jul 21	\$63(R); \$82(NR)
View activity: 27402-419E	18 & up	6 classes	Fri	6:00-7:00 pm	starts Jul 24	\$63(R); \$82(NR)
View activity: 27402-419F	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jul 26	\$63(R); \$82(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27402-423A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jun 2	\$60(R); \$78(NR)
View activity: 27402-423C	18 & up	6 classes	Sat	10:00-11:00 am	starts Jun 6	\$60(R); \$78(NR)

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27402-489A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jun 2	\$60(R); \$78(NR)
View activity: 27402-489B	18 & up	6 classes	Sun	3:00-4:00 pm	starts Jun 7	\$60(R); \$78(NR)
View activity: 27402-489D	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jul 14	\$60(R); \$78(NR)
View activity: 27402-489E	18 & up	6 classes	Sun	3:00-4:00 pm	starts Jul 19	\$60(R); \$78(NR)

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
View activity: 27403-419A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Jun 1	\$63(R); \$82(NR)
View activity: 27403-419B	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jun 7	\$63(R); \$82(NR)
View activity: 27403-419C	18 & up	6 classes	Mon	7:00-8:00 pm	starts Jul 20	\$63(R); \$82(NR)
View activity: 27403-419D	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jul 26	\$63(R); \$82(NR)

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27403-489A	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jun 3	\$60(R); \$78(NR)
View activity: 27403-489C	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jun 7	\$60(R); \$78(NR)
View activity: 27403-489B	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jul 15	\$60(R); \$78(NR)
View activity: 27403-489D	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jul 19	\$60(R); \$78(NR)

Tennis: Doubles Drill

Tennis anyone? Youve 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! Well get you ready for center court!

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27407-423A	18 & up	11 classes	Mon	12:00-2:00 pm	starts Jun 1	\$242(R); \$315(NR)

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27410-423A	18 & up	11 classes	Mon	7:00-9:00 pm	starts Jun 1	\$242(R); \$315(NR)

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
View activity: 27404-419A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jun 2	\$63(R); \$82(NR)
View activity: 27404-419B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jun 3	\$63(R); \$82(NR)
View activity: 27404-419C	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jun 7	\$63(R); \$82(NR)
View activity: 27404-419D	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jul 21	\$63(R); \$82(NR)
View activity: 27404-419E	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jul 22	\$63(R); \$82(NR)
View activity: 27404-419F	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jul 26	\$63(R); \$82(NR)

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27404-489B	18 & up	6 classes	Wed	5:00-6:00 pm	starts Jun 3	\$60(R); \$78(NR)
View activity: 27404-489A	18 & up	6 classes	Sun	12:00-1:00 pm	starts Jun 7	\$60(R); \$78(NR)
View activity: 27404-489D	18 & up	6 classes	Wed	5:00-6:00 pm	starts Jul 15	\$60(R); \$78(NR)
View activity: 27404-489C	18 & up	6 classes	Sun	12:00-1:00 pm	starts Jul 19	\$60(R); \$78(NR)

Tennis: Intermediate 2

Learn advanced tennis skills.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com	
View activity: 27405-419A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jun 4	\$63(R); \$82(NR)	
View activity: 27405-419B	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jun 7	\$63(R); \$82(NR)	
View activity: 27405-419C	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jul 23	\$63(R); \$82(NR)	
View activity: 27405-419D	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jul 26	\$63(R); \$82(NR)	
Watkins Tennis Bubble						watkinstennisbubble@pgparks.com	
View activity: 27405-489A	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jun 7	\$60(R); \$78(NR)	
View activity: 27405-489B	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jul 19	\$60(R); \$78(NR)	

Tennis: Technique Drills, Intermediate

Classes feature drills and technique with play, positioning, and strategy work.

Fairland Sports Complex						fairlandsports@pgparks.com	
View activity: 27411-423A	18 & up	11 classes	Thu	7:00-9:00 pm	starts Jun 4	\$242(R); \$315(NR)	
View activity: 27411-423C	18 & up	11 classes	Fri	10:00 am-12:00 pm	starts Jun 5	\$242(R); \$315(NR)	
View activity: 27411-423B	18 & up	11 classes	Sat	10:00 am-12:00 pm	starts Jun 6	\$220(R); \$286(NR)	

SENIORS

Senior Golf Fitness

Physical and mental fitness and healthiness are vital for safe athletic performance. Maintaining flexibility, stretching, golf-specific core strength, rotational power, and strength training specific to our individual bodies are important components for longevity and to enjoy golf at any age.

Paint Branch Golf Course						paintbranchgolf@pgparks.com	
View activity: 27506-494A	60 & up	4 classes	Fri	3:30-4:30 pm	starts Jun 5	\$140(R); \$182(NR)	

MIXED AGES

Basketball Clinic: Mixed Ages

It's a slam dunk! We will get you ready for the basketball courts in this clinic where we teach shooting, defensive techniques, and other moves in the sport. Develop your game skills and become more self-confident in being a good player!

Seat Pleasant Activity Center						seatpleasantcc@pgparks.com	
View activity: 27627-473A	3 - 6yrs.	8 classes	Mon & Wed	6:00-6:50 pm	starts Jun 1	\$60(R); \$78(NR)	
View activity: 27627-473D	6 - 13yrs.	8 classes	Mon & Wed	7:00-7:50 pm	starts Jun 1	\$60(R); \$78(NR)	
View activity: 27627-473B	3 - 6yrs.	8 classes	Mon & Wed	6:00-6:50 pm	starts Jul 6	\$60(R); \$78(NR)	
View activity: 27627-473G	6 - 13yrs.	8 classes	Mon & Wed	7:00-7:50 pm	starts Jul 6	\$60(R); \$78(NR)	
View activity: 27627-473C	6 - 13yrs.	8 classes	Mon & Wed	7:00-7:50 pm	starts Aug 10	\$60(R); \$78(NR)	
View activity: 27627-473H	3 - 6yrs.	8 classes	Mon & Wed	6:00-6:50 pm	starts Aug 10	\$60(R); \$78(NR)	

Basketball Skills: Mixed Ages

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 Forestville Community Center						northforestvillecc@pgparks.com	
View activity: 27667-453A	6 - 13yrs.	5 classes	Sat	10:20-11:20 am	starts Jun 6	\$45(R); \$59(NR)	

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.

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 27629-474B	10 - 15yrs.	9 classes	Sat	2:00-3:00 pm	starts Jun 6	\$50(R); \$65(NR)

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.

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 27628-474A	5 - 8yrs.	9 classes	Sat	11:30 am-12:30 pm	starts Jun 6	\$50(R); \$65(NR)
View activity: 27628-474B	9 - 15yrs.	9 classes	Sat	12:45-1:45 pm	starts Jun 6	\$50(R); \$65(NR)

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!

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 27631-490A	5 - 13yrs.	4 classes	Mon	6:00-7:00 pm	starts Jun 1	\$36(R); \$47(NR)
View activity: 27631-490B	5 - 13yrs.	4 classes	Mon	6:00-7:00 pm	starts Jul 6	\$36(R); \$47(NR)
View activity: 27631-490C	5 - 13yrs.	4 classes	Mon	6:00-7:00 pm	starts Aug 3	\$36(R); \$47(NR)

Community Center Basketball League

Got b-ball skills? Join our center summer basketball league to compete, attend clinics, elevate your skills. Jersey tops will be provided. No shorts with pockets.

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 27655-407A	8 - 13yrs.	18 classes	Tue & Thu	6:00-8:30 pm	starts Jun 23	\$55(R); \$72(NR)
View activity: 27655-407B	12 - 16yrs.	16 classes	Tue & Thu	6:00-8:30 pm	starts Jun 30	\$55(R); \$72(NR)

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.

Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27684-460A	4 - 7yrs.	10 classes	Sat	10:00-11:30 am	starts Jun 6	\$150(R); \$195(NR)

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.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 276033-452A	5 - 6yrs.	4 classes	Sat	10:15 am-12:15 pm	starts Jul 25	\$45(R); \$59(NR)

Gymnastics: Boys Silver

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.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27657-423A	5 - 8yrs.	9 classes	Tue	5:00-6:00 pm	starts Jun 16	\$150(R); \$195(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27657-468A	6 & up	10 classes	Tue	6:45-8:00 pm	starts Jun 9	\$189(R); \$246(NR); \$142(IA)

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
View activity: 27634-423C	5 - 8yrs.	9 classes	Tue	4:00-4:45 pm	starts Jun 16	\$135(R); \$176(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27634-468B	5 - 8yrs.	10 classes	Tue	4:30-5:30 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-468C	5 - 8yrs.	10 classes	Tue	5:45-6:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-468D	9 - 17yrs.	10 classes	Tue	7:45-8:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-468A	5 - 8yrs.	10 classes	Wed	6:30-7:30 pm	starts Jun 10	\$169(R); \$220(NR); \$127(IA)

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
View activity: 27608-423B	5 - 6yrs.	9 classes	Tue	5:00-5:45 pm	starts Jun 16	\$135(R); \$176(NR)
View activity: 27608-423C	5 - 6yrs.	9 classes	Tue	6:00-6:45 pm	starts Jun 16	\$135(R); \$176(NR)
View activity: 27608-423D	5 - 6yrs.	9 classes	Wed	4:30-5:15 pm	starts Jun 17	\$135(R); \$176(NR)
View activity: 27608-423E	5 - 6yrs.	9 classes	Wed	5:30-6:15 pm	starts Jun 17	\$135(R); \$176(NR)
View activity: 27608-423G	5 - 6yrs.	9 classes	Thu	4:00-4:45 pm	starts Jun 18	\$135(R); \$176(NR)

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 & Learning Complex						splex-distribution@pgparks.com
View activity: 27609-468A	7 - 17yrs.	10 classes	Mon	7:00-8:15 pm	starts Jun 8	\$189(R); \$246(NR); \$127(IA)
View activity: 27609-468B	7 - 17yrs.	20 classes	Mon & Wed	7:00-8:15 pm	starts Jun 8	\$325(R); \$423(NR); \$244(IA)
View activity: 27609-468C	7 - 17yrs.	10 classes	Tue	5:45-7:00 pm	starts Jun 9	\$189(R); \$246(NR); \$127(IA)
View activity: 27609-468D	7 - 17yrs.	20 classes	Tue & Thu	5:45-7:00 pm	starts Jun 9	\$325(R); \$423(NR); \$244(IA)
View activity: 27609-468BB	7 - 13yrs.	6 classes	Wed	6:45-8:00 pm	starts Jun 10	\$71(R); \$93(NR); \$54(IA)
View activity: 27609-468E	7 - 17yrs.	10 classes	Wed	7:00-8:15 pm	starts Jun 10	\$189(R); \$246(NR); \$127(IA)
View activity: 27609-468F	7 - 17yrs.	10 classes	Thu	5:45-7:00 pm	starts Jun 11	\$189(R); \$246(NR); \$127(IA)

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
View activity: 27642-423A	10 - 17yrs.	9 classes	Wed	7:30-8:30 pm	starts Jun 17	\$150(R); \$195(NR)

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 & Learning Complex						splex-distribution@pgparks.com	
View activity: 27610-468E	8 - 17yrs.	10 classes	Mon	7:00-8:30 pm	starts Jun 8	\$203(R); \$264(NR); \$153(IA)	
View activity: 27610-468F	8 - 17yrs.	20 classes	Mon & Wed	7:00-8:30 pm	starts Jun 8	\$350(R); \$455(NR); \$263(IA)	
View activity: 27610-468A	8 - 17yrs.	10 classes	Tue	7:00-8:30 pm	starts Jun 9	\$203(R); \$264(NR); \$153(IA)	
View activity: 27610-468C	8 - 17yrs.	20 classes	Tue & Thu	7:00-8:30 pm	starts Jun 9	\$350(R); \$455(NR); \$263(IA)	
View activity: 27610-468D	8 - 17yrs.	10 classes	Wed	7:00-8:30 pm	starts Jun 10	\$203(R); \$264(NR); \$153(IA)	
View activity: 27610-468B	8 - 17yrs.	10 classes	Thu	7:00-8:30 pm	starts Jun 11	\$203(R); \$264(NR); \$153(IA)	

Gymnastics: Girls, Mixed Ages, 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	
View activity: 27640-423A	8 - 17yrs.	9 classes	Tue	7:00-8:30 pm	starts Jun 16	\$183(R); \$238(NR)	
View activity: 27640-423C	8 - 17yrs.	9 classes	Thu	7:00-8:30 pm	starts Jun 18	\$183(R); \$238(NR)	

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 & Learning Complex						splex-distribution@pgparks.com	
View activity: 27617-468A	7 - 17yrs.	10 classes	Wed	7:30-8:45 pm	starts Jun 10	\$189(R); \$246(NR); \$142(IA)	

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 & Learning Complex						splex-distribution@pgparks.com	
View activity: 27615-468A	6 - 17yrs.	10 classes	Tue	7:45-8:45 pm	starts Jun 9	\$169(R); \$220(NR); \$127(IA)	

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 & Learning Complex						splex-distribution@pgparks.com	
View activity: 27616-468A	6 - 17yrs.	10 classes	Wed	7:30-8:45 pm	starts Jun 10	\$189(R); \$246(NR); \$142(IA)	

Ice Hockey Clinic: Mixed Ages

For all levels of youth players interested in learning the game or enhancing their skills. Clinics emphasize hockey fundamentals, including skating, puck skills and game play skills and concepts. Great for existing players looking for extra practice time. Basic skating skills recommended. Full ice hockey equipment is required.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com	
View activity: 27618-485A	6 - 14yrs.	6 classes	Sun	8:00-8:45 am	starts Jul 12	\$110(R); \$143(NR)	
View activity: 27618-485B	6 - 14yrs.	6 classes	Sun	9:00-9:45 am	starts Jul 12	\$110(R); \$143(NR)	

Ice Skating: Jump, Spin, Stretch

An off-ice class designed to improve skating techniques, balance, leg strength, rotation speed, and jump landing form. Skaters will gain a better understanding of basic body alignment, movement, and line. Designed for Freestyle Level 1 skaters & up.

Tucker Road Ice Rink							tuckerroadicerink@pgparks.com
View activity: 27624-485A	6 & up	6 classes	Sat	9:00-10:45 am	starts Jul 11	\$200(R); \$260(NR)	

Ice Skating: Mixed Ages, All Levels

Participants must have completed beginning level instruction. This course focuses on forward V push, forward stroking, forward edges, forward sculling, forward crossovers, in both directions, back glides, snowplow stops, back glides on one foot, and shoot the duck.

Tucker Road Ice Rink							tuckerroadicerink@pgparks.com
View activity: 27646-485A	3 & up	10 classes	Sat	3:00-4:30 pm	starts Jun 6	\$200(R); \$260(NR)	

Junior Golf Fitness

Physical and mental fitness and healthiness are vital for athletic performance. Flexibility, stretching, golf-specific core strength, rotational power, and strength training are all components covered in this class.

Paint Branch Golf Course							paintbranchgolf@pgparks.com
View activity: 276115-494A	All ages	4 classes	Fri	5:00-6:00 pm	starts Jun 5	\$140(R); \$182(NR)	
View activity: 276115-494B	All ages	4 classes	Fri	5:00-6:00 pm	starts Jul 10	\$140(R); \$182(NR)	

Kickball Skills

Kick start your road to good health and wellness! Take a break from video games and raiding the refrigerator. Become competent in the exciting and fun recreation of kickball. This popular sport is great for developing discipline, socializing with others, learning leadership, and working as team. Register today and kick into gear your skills for the game.

Berwyn Heights Community Center							berwynheightscc@pgparks.com
View activity: 27673-406A	8 - 15yrs.	12 classes	Sat	1:30-3:30 pm	starts Jun 6	\$40(R); \$52(NR)	

Lacrosse: Mixed Ages

Lacrosse is the fastest growing sport in the U.S. Don't miss this action-packed opportunity to learn this exciting activity. Register to master the basics of scooping, throwing, and catching. Grasp offensive and defensive techniques. Enjoy high-level instruction in small groups and get the added bonus of making friendships with your teammates.

Patuxent Community Center							patuxentcc@pgparks.com
View activity: 27683-460A	5 - 8yrs.	10 classes	Sun	1:00-2:30 pm	starts Jun 7	\$150(R); \$195(NR)	

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
View activity: 276012-485A	6 - 16yrs.	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 276013-485A	6 - 16yrs.	6 classes	Sat	12:15-12:45 pm	starts Jul 11	\$90(R); \$117(NR)	

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
View activity: 276014-485A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 276015-485A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 276016-485A	6 - 16yrs.	6 classes	Sat	11:15-11:45 am	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 276017-485A	6 - 16yrs.	6 classes	Sat	11:15-11:45 am	starts Jul 11	\$90(R); \$117(NR)

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
View activity: 276018-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)

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
View activity: 276019-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)

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
View activity: 276020-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)	

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
View activity: 276021-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)	

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
View activity: 276022-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(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
View activity: 276023-485A	8 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)	

Pickleball: Mix Ages

Come join local USA Pickleball Ambassadors on the court! Pickleball is the fastest growing sport in the United States. The game combines elements of tennis and ping pong on a badminton size court. It's easy to learn, has simple rules, and has the potential for challenging competition. Learn basic strokes and rule knowledge. Demo paddles will be provided for use.

Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 276024-457A	18 & up	4 classes	Tue	12:30-1:30 pm	starts Jun 2	\$20(R); \$26(NR)	
View activity: 276024-457C	18 & up	2 classes	Tue	12:30-1:30 pm	starts Aug 4	\$10(R); \$13(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
View activity: 276104-485A	6 & up	6 classes	Sat	11:00-11:45 am	starts Jul 11	\$110(R); \$143(NR)	

Soccer Skills: Mixed Ages

Do you know the SCORE? Here is how the numbers stack up! 1 class of learning 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 no longer watch from the sidelines!

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 27603-443A	10-13yrs.	8 classes	Sat	11:45 am-12:45 pm	starts Jun 20	\$56(R); \$73(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 27603-462A	6 - 13yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jun 6	\$35(R); \$46(NR)
View activity: 27603-462B	6 - 13yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jul 25	\$35(R); \$46(NR)

Sports Performance and Agility

Build a strong foundation for all sports! This program introduces youth to basic strength, agility, and athletic movement using bodyweight exercises, running mechanics, plyometrics, and dynamic warm-ups. Participants will improve coordination, speed, and overall athletic confidence.

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 276114-425A	10 - 16yrs.	6 classes	Wed	6:00-7:00 pm	starts Jun 3	\$66(R); \$86(NR)
View activity: 276114-425B	10 - 16yrs.	6 classes	Wed	6:00-7:00 pm	starts Jul 22	\$66(R); \$86(NR)

Tennis Junior Clinics: Intermediate

These half-day clinics are for the intermediate level player. The program's focus is intense daily drill sessions from certified instructors. Geared to the competitive player, workouts focus on skill development and play strategy.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27648-423A	6 - 17yrs.	8 classes	Mon-Thu	9:00 am-12:00 pm	starts Jun 22	\$216(R); \$281(NR)
View activity: 27648-423B	6 - 17yrs.	8 classes	Mon-Thu	9:00 am-12:00 pm	starts Jul 6	\$216(R); \$281(NR)
View activity: 27648-423C	6 - 17yrs.	8 classes	Mon-Thu	9:00 am-12:00 pm	starts Jul 20	\$216(R); \$281(NR)
View activity: 27648-423D	6 - 17yrs.	8 classes	Mon-Thu	9:00 am-12:00 pm	starts Aug 3	\$216(R); \$281(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.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27641-419A	10 - 16yrs.	6 classes	Sat	12:00-1:00 pm	starts Jun 6	\$57(R); \$75(NR)
View activity: 27641-419B	10 - 16yrs.	6 classes	Sat	12:00-1:00 pm	starts Jul 25	\$57(R); \$75(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27641-423A	10 - 16yrs.	11 classes	Tue	5:00-6:00 pm	starts Jun 2	\$198(R); \$258(NR)
View activity: 27641-423B	10 - 16yrs.	11 classes	Wed	5:00-6:00 pm	starts Jun 3	\$121(R); \$158(NR)
View activity: 27641-423C	10 - 16yrs.	11 classes	Thu	5:00-6:00 pm	starts Jun 4	\$121(R); \$158(NR)
Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27641-489A	10 - 17yrs.	6 classes	Sat	3:00-5:00 pm	starts Jun 6	\$120(R); \$156(NR)
View activity: 27641-489C	10 - 17yrs.	6 classes	Sun	3:00-5:00 pm	starts Jun 7	\$120(R); \$156(NR)
View activity: 27641-489B	10 - 17yrs.	6 classes	Sat	3:00-5:00 pm	starts Jul 18	\$120(R); \$156(NR)
View activity: 27641-489D	10 - 17yrs.	6 classes	Sun	3:00-5:00 pm	starts Jul 19	\$120(R); \$156(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	
View activity: 27625-438A	10 & up	4 classes	Wed	5:00-6:00 pm	starts Jun 3	\$42(R); \$55(NR)	
View activity: 27625-438B	10 & up	4 classes	Wed	5:00-6:00 pm	starts Jul 1	\$42(R); \$55(NR)	
View activity: 27625-438C	10 & up	4 classes	Wed	5:00-6:00 pm	starts Aug 5	\$42(R); \$55(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 Community Center						berwynheightscc@pgparks.com	
View activity: 27649-406A	12 - 17yrs.	4 classes	Sat	1:00-2:00 pm	starts Jun 6	\$50(R); \$65(NR)	
View activity: 27649-406B	12 - 17yrs.	4 classes	Sat	5:30-6:30 pm	starts Jul 11	\$50(R); \$65(NR)	
View activity: 27649-406C	12 - 17yrs.	4 classes	Sat	5:30-6:30 pm	starts Aug 8	\$50(R); \$65(NR)	
Glenn Dale Community Center						glenndalecc@pgparks.com	
View activity: 27649-427A	8 - 14yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Jun 9	\$50(R); \$65(NR)	
View activity: 27649-427B	8 - 13yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Jul 28	\$50(R); \$65(NR)	
North Brentwood Community Center						northbrentwoodcc@pgparks.com	
View activity: 27649-452A	8 - 13yrs.	13 classes	Sat	9:15-10:15 am	starts Jun 6	\$96(R); \$125(NR)	
Upper Marlboro Community Center						uppermarlorocc@pgparks.com	
View activity: 27649-486A	9 - 17yrs.	6 classes	Mon	6:30-7:30 pm	starts Jun 1	\$48(R); \$63(NR)	
View activity: 27649-486B	9 - 17yrs.	6 classes	Mon	6:30-7:30 pm	starts Jul 20	\$48(R); \$63(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.

Berwyn Heights Community Center						berwynheightscc@pgparks.com	
View activity: 27653-406A	12 - 17yrs.	9 classes	Sat	3:00-4:00 pm	starts Jun 6	\$60(R); \$78(NR)	
Upper Marlboro Community Center						uppermarlorocc@pgparks.com	
View activity: 27653-486A	9 - 17yrs.	6 classes	Mon	7:30-8:30 pm	starts Jun 1	Free	
View activity: 27653-486B	9 - 17yrs.	6 classes	Mon	7:30-8:30 pm	starts Jul 20	Free	

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		
View activity: 25420-478D	18 & up	10 classes	Tue	10:00-10:45 am	starts Jun 2	\$50(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		
View activity: 25414-478A	18 & up	8 classes	Mon	11:00-11:45 am	starts Jun 8	\$48(R)
Theresa Banks Memorial Aquatics Center				countywidetrprograms@pgparks.com		
View activity: 25414-478B	18 & up	8 classes	Mon & Wed	2:00-2:45 pm	starts Jun 1	\$48(R)
View activity: 25414-478C	18 & up	8 classes	Mon & Wed	2:00-2:45 pm	starts Jul 6	\$48(R)

MIXED AGES

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.

Ellen E. Linson Splash Park				countywidetrprograms@pgparks.com		
View activity: 25627-478E	4 & up	6 classes	Sat	9:00-9:40 am	starts Jul 25	\$105(R)
View activity: 25627-478F	4 & up	6 classes	Sat	9:45-10:25 am	starts Jul 25	\$105(R)
View activity: 25627-478G	4 & up	6 classes	Sat	10:30-11:10 am	starts Jul 25	\$105(R)
View activity: 25627-478H	4 & up	6 classes	Sat	11:15-11:55 am	starts Jul 25	\$105(R)
Prince George's Sports & Learning Complex				countywidetrprograms@pgparks.com		
View activity: 25627-478I	4 & up	8 classes	Tue	4:30-5:10 pm	starts Jun 2	\$140(R); \$105(IA)
View activity: 25627-478J	4 & up	8 classes	Tue	5:15-5:55 pm	starts Jun 2	\$140(R); \$105(IA)
View activity: 25627-478K	4 & up	8 classes	Tue	6:00-6:40 pm	starts Jun 2	\$140(R); \$105(IA)

Southern Regional Aquatic Wellness Center						countywidetrprograms@pgparks.com
View activity: 25627-478M	4 & up	8 classes	Thu	5:00-5:40 pm	starts Jun 4	\$140(R)
View activity: 25627-478N	4 & up	8 classes	Thu	5:45-6:25 pm	starts Jun 4	\$140(R)
View activity: 25627-478O	4 & up	8 classes	Thu	6:30-7:10 pm	starts Jun 4	\$140(R)
View activity: 25627-478A	4 & up	8 classes	Sat	9:00-9:40 am	starts Jul 11	\$140(R)
View activity: 25627-478B	4 & up	8 classes	Sat	9:45-10:25 am	starts Jul 11	\$140(R)
View activity: 25627-478C	4 & up	8 classes	Sat	10:30-11:10 am	starts Jul 11	\$140(R)
View activity: 25627-478D	4 & up	8 classes	Sat	11:15-11:55 am	starts Jul 11	\$140(R)
Theresa Banks Memorial Aquatics Center						countywidetrprograms@pgparks.com
View activity: 25627-478P	4 & up	8 classes	Mon & Wed	3:00-3:40 pm	starts Jun 1	\$140(R); \$182(NR)
View activity: 25627-478Q	4 & up	8 classes	Mon & Wed	3:00-3:40 pm	starts Jul 6	\$140(R); \$182(NR)

VISUAL ARTS

CHILDREN

Ceramics: Children, Beginner

Basic techniques of hand-built including glazes and firing process. Intermediate students focus on materials, techniques, control and fluency through practice.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30202-448A	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30202-448B	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 27	\$65(R); \$85(NR)
View activity: 30202-448C	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Aug 10	\$65(R); \$85(NR)

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
View activity: 30203-448A	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 6	\$65(R); \$85(NR)
View activity: 30203-448B	8 - 12yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30203-448C	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Aug 3	\$65(R); \$85(NR)
View activity: 30203-448D	8 - 12yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Aug 10	\$65(R); \$85(NR)

Drawing: Children

Learn to draw by developing hand and eye coordination. Students will experiment with pencil, paper, and markers.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30204-468A	8 - 12yrs.	6 classes	Sat	10:00 am-12:00 pm	starts Jun 6	\$40(R); \$52(NR); \$30(IA)

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
View activity: 30210-448A	8 - 12yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 6	\$65(R); \$85(NR)
View activity: 30210-448B	8 - 12yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30210-448C	8 - 12yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Aug 3	\$65(R); \$85(NR)
View activity: 30210-448D	8 - 12yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Aug 10	\$65(R); \$85(NR)

TEENS

Ceramics: Teens, Beginner

An introduction to working with clay. Learn hand building and/or throwing on a potter's wheel, and glazing. See individual course details for extra fees.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30304-448A	13 - 16yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30304-448B	13 - 16yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 27	\$65(R); \$85(NR)
View activity: 30304-448C	13 - 16yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Aug 10	\$65(R); \$85(NR)

Comic Books: Teens

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story. Lab fee: \$10 payable to instructor.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30310-448A	13 - 17yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 6	\$65(R); \$85(NR)
View activity: 30310-448B	13 - 17yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30310-448C	13 - 17yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Aug 3	\$65(R); \$85(NR)
View activity: 30310-448D	13 - 17yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Aug 10	\$65(R); \$85(NR)

Drawing: Teens

Experiment with pencil and paper including coordination exercises between hand and eye. Materials: sketch pad, 2 (B) pencils, and a kneaded eraser.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30307-468A	13 - 17yrs.	6 classes	Sat	12:30-2:30 pm	starts Jun 6	\$40(R); \$52(NR); \$30(IA)

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
View activity: 30309-448A	13 - 17yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Jul 6	\$65(R); \$85(NR)
View activity: 30309-448B	13 - 17yrs.	5 classes	Mon-Fri	1:00-3:30 pm	starts Jul 13	\$65(R); \$85(NR)
View activity: 30309-448C	13 - 17yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Aug 3	\$65(R); \$85(NR)
View activity: 30309-448D	13 - 17yrs.	5 classes	Mon-Fri	9:30 am-12:00 pm	starts Aug 10	\$65(R); \$85(NR)

ADULTS

Ceramics: Adults, All Levels

Develop your own work of art! Join our ceramics course to learn wheel practice and hand-building techniques. We will emphasize individual learning needs so you achieve your artistic goals in a relaxed, confidence-building environment.

Laurel-Beltsville Senior Activity Center						laurelbeltsville seniors@pgparks.com
View activity: 30403-446A	50 & up	10 classes	Tue	10:00 am-2:00 pm	starts Jun 23	\$70(R); \$91(NR)
View activity: 30403-446B	50 & up	10 classes	Wed	10:00 am-2:00 pm	starts Jun 24	\$70(R); \$91(NR)
View activity: 30403-446C	50 & up	10 classes	Thu	10:00 am-2:00 pm	starts Jun 25	\$70(R); \$91(NR)

Graphic Design: Adults

Learn how to combine text and graphics to communicate an effective message in the design of logos, newsletters, brochures, and other types of visual communication.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30431-468A	18 & up	6 classes	Sat	12:00-1:30 pm	starts Jun 20	\$60(R); \$78(NR); \$45(IA)

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.

Laurel-Beltsville Senior Activity Center						laurelbeltsvilleseniors@pgparks.com
View activity: 30428-446B	50 & up	12 classes	Tue	1:00-3:00 pm	starts Jun 2	\$80(R); \$104(NR)
View activity: 30428-446A	50 & up	12 classes	Thu	2:00-4:00 pm	starts Jun 4	\$80(R); \$104(NR)

SENIORS

Jewelry

Learn the proper and safe way to use tools for the production of hand-constructed metal jewelry. Learn how different techniques are used to produce a finished piece of jewelry. Additional materials or material fee may be required.

Langley Park Senior Activity Center						langleyparkseniors@pgparks.com
View activity: 30502-444A	60 & up	4 classes	Wed	10:30 am-12:00 pm	starts Jun 3	\$28(R); \$37(NR)
View activity: 30502-444B	60 & up	4 classes	Wed	10:30 am-12:00 pm	starts Jul 8	\$28(R); \$37(NR)
View activity: 30502-444C	60 & up	4 classes	Wed	10:30 am-12:00 pm	starts Aug 5	\$28(R); \$37(NR)

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 Center						lakearborcc@pgparks.com
View activity: 30507-441A	60 & up	2 classes	Fri	9:00 am-12:30 pm	starts Jun 5	\$18(R); \$24(NR)

MIXED AGES

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
View activity: 30643-443A	18 & up	11 classes	Mon	10:00 am-12:30 pm	starts Jun 8	\$250(R); \$325(NR)
View activity: 30643-443B	18 & up	11 classes	Mon	6:00-8:30 pm	starts Jun 8	\$250(R); \$325(NR)
View activity: 30643-443C	18 & up	11 classes	Tue	6:00-8:30 pm	starts Jun 9	\$250(R); \$325(NR)
View activity: 30643-443D	18 & up	11 classes	Tue	10:30 am-1:00 pm	starts Jun 9	\$250(R); \$325(NR)
View activity: 30643-443E	18 & up	11 classes	Wed	6:00-8:30 pm	starts Jun 10	\$250(R); \$325(NR)

Comic Books: Mixed Ages

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story.

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 30649-471A	8 - 14yrs.	3 classes	Sat	10:00-11:00 am	starts Jun 6	\$25(R); \$33(NR)
View activity: 30649-471B	8 - 14yrs.	4 classes	Sat	10:00-11:00 am	starts Jul 11	\$34(R); \$45(NR)
View activity: 30649-471C	8 - 14yrs.	4 classes	Sat	10:00-11:00 am	starts Aug 8	\$34(R); \$45(NR)

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

View activity: 30629-438A	10 & up	4 classes	Thu	5:00-6:00 pm	starts Jun 4	\$42(R); \$55(NR)
View activity: 30629-438B	10 & up	4 classes	Thu	5:00-6:00 pm	starts Jul 2	\$42(R); \$55(NR)
View activity: 30629-438C	10 & up	4 classes	Thu	5:00-6:00 pm	starts Aug 6	\$42(R); \$55(NR)



Witty and romantic, this classic celebrates love in all its unexpected forms. Bring a lawn chair and picnic, and enjoy the Bard under the stars.

**Various dates and locations
June 14-July 5.**

[Click here for more information on Shakespeare in the Parks.](#)



TEENS, GET OUT and EXPLORE!



Jobs.
Parties.
Special Events.
Sports.
And Much More.

Visit pgparks.com/teens
or scan the QR code:



SAFE SUMMER



**JUNE 29 - AUGUST 7
2026**

Mon. thru Sat.
9PM - 12 Midnight

Late Night Recreation for Teens and Young Adults

M-NCPPC Community centers remain open late to provide a variety of activities (leagues, crafts, workshops & more), safe spaces, and positive youth development for Prince George's County residents.

pgparks.com/safe-summer





live more, play more
pgparks.com

CHILD CARE PROGRAMS

Registration begins June 10
for the
2026-2027
school year.

When Learning Meets Play: Nurturing a Future of Live More, Play More

- ★ A variety of educational and play activities
- ★ Safe, healthy, and comfortable environments
- ★ Caring supervision and guidance by qualified staff
- ★ Opportunities for recreational and social growth through various activities
- ★ A consistent group of playmates
- ★ The M-NCPPC fee assistance program is available to Prince George's County residents based on income.



Available Programs:

- ★ Morning Care
- ★ Kids' Care
- ★ Kids' Club
- ★ Therapeutic Recreation Kids' Care After-School and Leisure and Life Skills for Teens

MORE INFORMATION?

[Click here for registration and program details.](#)



¡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 “Select Language” 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.

Invitenos 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.



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.”

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.

JUNETEENTH

HISTORY

ART

CULTURE

Join us and celebrate the oldest nationally observed commemoration of ending slavery in the United States!

SATURDAY
JUNE 13, 2026
WATKINS REGIONAL PARK
12 NOON – 5 PM FREE EVENT

Arts Activities • Live entertainment
 Food and Shopping Exhibitors • and MUCH MORE!



Click here for
 up-to-date
 information.



The M-NCPPC Prince George's County Planning Department helps shape how our communities grow and thrive. They guide everything from new development and neighborhood design to long-term planning for parks, transportation, and vibrant public spaces. Their work helps make Prince George's County a great place to live, work, and play.

Click here to visit: pgplanning.org



M-NCPPC
Department of Parks and Recreation
Prince George's County
6600 Kenilworth Ave., Riverdale, MD 20737



For children ages 6-12
Hours: 9 am-3 pm



For teens ages 13-17
Hours: 11 am-5 pm

Families can mix and match Summer Playtime or Summer Teen Centers with day camps or other family activities.



For more information and to register, scan the QR Code or visit pgparksdirect.com