

your. guide

to Parks and Recreation in Prince George's County



live more, play more
pgparks.com

Classes, Programs & Events
SPRING 2026 / MARCH 1 – MAY 31

Ah!
Warmer weather
and longer days!



Ahh! Warmer weather and longer days!

It's time to get outdoors and enjoy all that spring has to offer. While you are soaking up the sun, why not check out M-NCPPC, Department of Parks and Recreation in Prince George's County?

After all, we are all about springtime FUN!



Did you know that Prince Georgians played nearly 90,000+ rounds of golf on our four amazing golf courses last year?

You, too, can get into the swing. It's not only **FUN**, but it's great for your physical and mental health, too.

Henson Creek Golf Course – Fort Washington

Opened in 1963, Henson Creek is a beginner-friendly, nine-hole par-33 golf course designed for players looking for a quick yet high-quality round. The facility includes a driving range, practice green, fully stocked golf shop, and a snack bar. Golfers enjoy excellent course conditions, comfortable golf carts, and GPS yardage technology, making it an ideal spot for both casual play and skill development.



Paint Branch Golf – College Park

Paint Branch Golf is dedicated to helping golfers improve their game. The par-31, nine-hole executive course is complemented by the on-site Performance Center, featuring two state-of-the-art Trackman Golf simulator rooms, specialty clinics, golf fitness classes, and an indoor putting green for all-weather practice. The heated, canopied driving range, three-hole short game area, and outdoor putting green are fully lighted and available for FREE public use in the evenings, offering unmatched practice opportunities for golfers of all levels.





Kentland Golf Park – Landover

Kentland Golf Park offers a unique and accessible golfing experience with its three-hole par-3 layout. Golfers can play the course three times from different tee boxes—front, middle, and back—to enjoy a full nine-hole round or more. Built on part of the historic Prince George’s Country Club, this facility requires no reservations and charges no fees, making it a fun, casual, and completely FREE golf destination for all.



Enterprise Golf Course – Mitchellville

Enterprise Golf Course is the Department’s premier 18-hole golf facility, located on the historic grounds of the former Newton White Dairy Farm. This par-72 course offers a full-service clubhouse with food and beverages, a fully stocked golf shop, and practice facilities that are unmatched in the area. Enterprise Golf Course is ideal for tournaments, events, and leagues, providing a top-tier golf experience in the Mid-Atlantic region.



All courses provide adult and junior leagues, personal instruction, private and group lessons!

Don't let mobility challenges stop you from enjoying a round of golf!

We offer accessible golf carts to make the popular sport of golf more available to players with mobility impairments.

Accessible golf carts are available at Henson Creek, Paint Branch, and Enterprise Golf Courses.

Operated by hand controls, the golf cart seat rises and lowers as well as swivels to allow positioning to the ball. The golf bag is mounted to the front for easy access to the clubs.

Reservations are required, so plan ahead and call the golf course where you will be playing at least 48-hours before your scheduled tee time.

All of our golf carts have GPS monitoring.

These state-of-the-art units help golfers measure distances from the flag and navigate the course efficiently. They also convey current golf course information and keep golfers in contact with course staff in case of extreme weather or other emergencies.

No clubs? No problem! Paint Branch and Enterprise Golf Courses offer rental sets at affordable prices.

Call the course where you plan to play for more information.



Get the kids onto the course and they will be playing golf in no time!

The Department is proud to offer three nationally-recognized junior golf programs for players 18 and under, taught by certified coaches and instructors: First Tee of Greater Washington, DC; PGA Junior League; and Operation 36.

The Department's Junior Golf Program provides youth year-round opportunities, offering both outdoor and indoor learning with the use of the Trackman simulators.

Once kids learn to play golf, they will have a lifelong hobby that promotes a healthy lifestyle while instilling valuable life skills.



To learn all about our golf courses, clinics, classes, camps, leagues and more, visit pgparks.com and use "golf" as your keyword. Live more, play more—with us!

MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Join us throughout the month of May for a variety of FREE and low-cost sports and fitness programs that will support your path to wellness. Participate in one or more of our programs this month, including:

- Fitness Classes
- Health Education & Nutrition Programs
- Sports and Aquatic Programs
- Senior Programs
- Fitness Center Open Houses
- Outdoor Adventures



¡MAYO ES EL MES NACIONAL DE EDUCACIÓN FÍSICA Y DEPORTES!

Únase a nosotros durante todo el mes de mayo para disfrutar de una variedad de programas deportivos y de acondicionamiento físico GRATIS y de bajo costo que le ayudarán en su camino hacia el bienestar. Participe en uno o varios de nuestros numerosos programas, incluyendo:

- Clases de acondicionamiento físico
- Programas de educación para la salud y nutrición
- Programas deportivos y acuáticos
- Programas para personas de la tercera edad
- Visitas al gimnasio
- Aventuras al aire libre



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

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Scan the QR code to view the complete list of May is National Physical Fitness & Sports Month programs offerings! Or search keyword "MAYFIT" on pgparksdirect.com to sign up today!

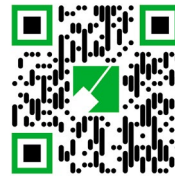
Escanee el código QR para ver todos los programas de Mayo es el Mes Nacional de Educación Física y Deportes o visite pgparksdirect.com e ingrese "MAYFIT" en el cuadro de búsqueda para inscribirse hoy.





WORK WHERE YOU PLAY, with great benefits and pay!

We're looking for talented people to work in a variety of full-time, part-time, and seasonal positions.



live more, play more
pgparks.com

Put your passion to work!

Positions available:

- Adapted Aquatics Staff
- Administrative Staff
- Course Instructors
- Customer Service Representatives
- Drivers
- Facility Technicians
- Health & Wellness Staff
- Internships (summer and year-round)
- Lifeguards
- Park Maintenance
- Rental Site Support Staff
- Senior Activity Center
- Summer Camp & Playground Leaders & Staff
- Summer Day Camp, Summer Playtime & Summer Teen Center positions
- Therapeutic Recreation Staff
- and MORE!



Apply Today!

Visit pgparks.com/careers to search for jobs and
Live More, Play More where you work.

PRINCE GEORGE'S PLANNING BOARD

Darryl Barnes, *Chairman*
Manuel R. Geraldo
Dr. Billy Okoye

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

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

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

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Planning Department**



Photo and Video Policy

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



How to register for an activity...

Registration for an activity begins:

Wednesday, February 11 for Prince George's County Residents

Wednesday, February 18 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 below.



Validate your address!

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

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? Then, 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 PGParks Alerts notification service. Visit pgparks.com and search "PGParks 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.





Información sobre cómo inscribirse para actividades

La inscripción para las actividades/clases en persona empieza:

Miércoles, 11 de febrero para los residentes del Condado de Prince George's

Miércoles, 18 de febrero 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 11.**

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

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

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

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

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

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

Cedar Heights Comm. Center
1200 Glen Willow Dr., 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 Comm. Center
1901 Kent Village Dr., Landover 20785
301-341-3749 • columbiaparkcc@pgparks.com

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

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

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

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

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

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

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

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

Huntington Comm. Center
13022 8th St., Bowie 20720
301-464-3725 • Huntingtoncc@pgparks.com

Indian Queen Rec. Center
9551 Fort Foote Rd., Fort Washington 20744
301-839-7816 • southernareaprograms@pgparks.com

John E. Howard Comm. Center
4400 Shell St., Capitol Heights 20743
301-735-3340 • johnehowardcc@pgparks.com

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

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

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

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

Largo/Kettering/Perrywood Comm. Center
431 Watkins Park Dr., Upper Marlboro 20774
301-390-8390
largoketteringperrywoodcc@pgparks.com



Marlow Heights Comm. Center

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

North Brentwood Comm. Center

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

North Forestville Comm. Center

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

Northern Recreation & Leisure Services

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6700
Northernareaprograms@pgparks.com
Northerninclusion@pgparks.com

Oakcrest Comm. Center

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

Palmer Park Comm. Center

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

Patuxent Comm. Center

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

Peppermill Comm. Center

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

Potomac Landing Comm. Center

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

Prince George's Plaza Comm. Center

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

Rollingcrest-Chillum Comm. Center

6120 Sargent Rd., Chillum 20782
301-853-2005 • Rollingcrestcc@pgparks.com

Seat Pleasant Activity Center

5720 Addison Rd., Seat Pleasant 20743
301-773-6685 • seatpleasantacc@pgparks.com

South Bowie Comm. Center

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

Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Ave., Brandywine 20613
301-782-1442 • saarc@pgparks.com

Southern Recreation & Leisure Services

10701 Livingston Rd., Fort Washington 20744
301-203-6000 • southernareaprograms@pgparks.com

Southern Regional Technology and Recreation Complex

7007 Bock Rd., Fort Washington 20744
301-749-4160 • techrec@pgparks.com

Stephen Decatur Comm. Center

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

Suitland Comm. Center

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

Temple Hills Comm. Center

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

Tucker Road Comm. Center

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

Upper Marlboro Comm. Center

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

Vansville Comm. Center

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

Westphalia Comm. Center

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

William Beanes Comm. Center

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

DOG PARKS

College Park Dog Park

4300 Metzertott 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

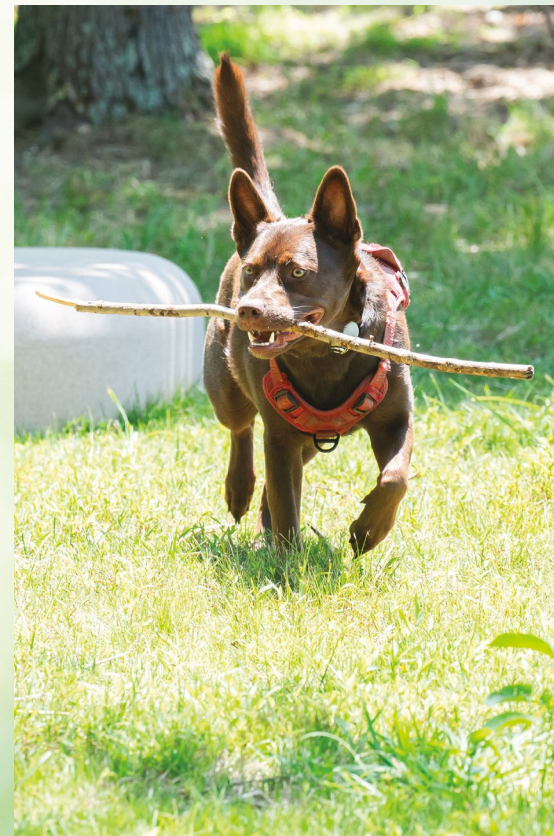
10601 Riverview Rd.
Fort Washington 20744 • 301-203-6000
southernareaprograms@pgparks.com

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 Comm. 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
patuxentriverpark@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 • surratthouse@pgparks.com

NATURAL AREAS, NATURE CENTERS & REGIONAL PARKS

Aquasco Farm

16665 Aquasco Farm Rd., Aquasco 20608
301-627-7755 • PGParkRangers@pgparks.com

Bladensburg Waterfront Park

4601 Annapolis Rd., Bladensburg 20710
301-779-0371 • Bladensburgwp@pgparks.com

Cedar Haven Fishing Area

18400 Phyllis Wheatley Blvd.,
Eagle Harbor 20608 • 301-627-7755
PGParkRangers@pgparks.com

Cheltenham Natural Area

Commo Rd. near Frank Tippet Rd.
in Cheltenham • 301-627-7755
PGParkRangers@pgparks.com

Clearwater Nature Center (at Cosca Reg. Park)

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

8200 55th Ave., Berwyn Heights 20740
301-627-7755 • PGParkRangers@pgparks.com

Marlboro Natural Area

17100 Swanson Rd., Upper Marlboro 20774
301-627-7755 • PGParkRangers@pgparks.com

Mount Calvert Historical and Archaeological Park

16801 Mount Calvert Rd.,
Upper Marlboro 20772 • 301-627-1286
Archaeology@pgparks.com

Mount Rainier Nature & Recreation Center

4701 31st Pl., Mount Rainier 20712
301-927-2163
mtrainiernaturecenter@pgparks.com

Old Maryland Farm (at Watkins Reg. Park)

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 • campspringsseiors@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 • johnehowardseiors@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 • linsontpool@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 • sugararrayleonard@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 • watkinsennisbubble@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.



In Person Tickets

Lunchtime Listening with Carly Harvey, Vocals, Guitar

Celebrate Women's History Month & Mardi Gras with DC's Queen of Blues. Join 7-time WAMMIE Award nominee Carly Harvey for a powerful afternoon of music, history, and soul! Known as "DC's Queen of Blues", Carly blends blues, jazz, soul, and Americana, channeling legends like Etta James, Bonnie Raitt, and Nina Simone. As an African American and Native American artist, she explores the deep connections between blues and Indigenous music, bringing a fresh and dynamic perspective to the stage. Don't miss this electrifying celebration of culture, heritage, and the spirit of Mardi Gras!

Southern Area Aquatics Rec Complex saarc@pgparks.com

SAARC-CON-GA-20260304

Wed Mar 4

11:00 am-1:00 pm

All ages

\$5(R); \$7(NR)

Savory & Sensible: Low Sodium Cooking Demonstration

Support your blood pressure levels and make mindful, low-sodium choices without sacrificing taste during this cooking demonstration. Learn how to create recipes that are low in added sodium and bursting with flavor! Registration is required.

Marlow Heights Community Center marlowheightscc@pgparks.com

SPD-SPEC-GA-20260304

Wed Mar 4

12:00 -1:00 pm

All ages

Free

Ladies of Liber-Tea: A Sesquicentennial Program

Enjoy an afternoon tasting historically-based teas and food that were originally served by a unique group of 18th century women who chose to support the American Revolution. As part of Women's History Month, help recognize the women who formed the "Daughters of Liberty" in 1766 boycotting goods from Britain, including tea, textiles, paper, and more. Historian Tracy Gillespie and members of the Fiber Arts Guild will discuss women's roles in the Revolutionary War. Ages 12 and older. All children must be accompanied by an adult.

Marietta Historic Site & Museum mariettahouse@pgparks.com

MHM-SPEC-GA-20260308

Sun Mar 8

1:00 -3:00 pm

12 & up

\$25(R); \$33(NR)

Film Screening: *All Dirt Roads Taste of Salt* (2023)

One of the most visually striking, profoundly moving American moviemaking debuts in years, Raven Jackson's *All Dirt Roads Taste of Salt* is an arresting immersion into a young woman's inner world, filmed and edited with an extraordinary tactility and attention to the tiniest detail. This impressionistic journey skips through decades to tell the story of Mack, whose upbringing in rural Mississippi is touched by grace, dotted with heartbreak, and always carried aloft by the surrounding natural beauty. It's a haunting and richly layered portrait, a beautiful ode to the generations of people and places that shape us. Rated PG | Run time: 1h 32m

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260312

Thu Mar 12

11:00 am-12:30 pm

60 & up

\$5(R); \$7(NR)



live more, play more
pgparks.com

Ignatius and Friends

Legendary musician and Washington, D.C., native Ignatius is an artist, songwriter, vocalist, music producer, and renowned drummer whose musical journey spans five decades -- and counting! The former lead vocalist of the internationally known funk band Heatwave has also performed with The Stylistics, The Delfonics, RCA recording group Destiny, and The Voices Tribute to Motown.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260312 All ages
Thu Mar 12 12:00 -1:00 pm \$15(R); \$20(NR)

Sonic Frontiers Jam Session

Brentwood Arts Exchange is excited to host ongoing jam sessions featuring a unique, original synth and modular music style. Drop-in musicians of every genre are invited to join and contribute. Bring your instrument, plug in, and be part of the sound!

Brentwood Arts Exchange brentwoodarts@pgparks.com

BAE-CON-GA-20260313A All ages
Fri Mar 13 7:00 -9:00 pm \$20(R); \$26(NR)

Listening Room Presents JabariDC

A percussionist, hip-hop artist, and actor from D.C., Jabari Exum worked on the film *Black Panther* as a movement coach and lead djembe player. In his Percussion Theater concept, he fuses music, theater, and storytelling.

Brentwood Arts Exchange brentwoodarts@pgparks.com

BAE-CON-GA-20260313 All ages
Fri Mar 13 8:00 -10:00 pm \$20(R); \$26(NR)

Jazzmeia Horn

Grammy nominee Jazzmeia Horn released her fourth album, *Messages*, in 2024. *The New York Times* raves, "Horn is among the most exciting young vocalists in jazz, with a proud traditionalism that keeps her tightly linked to the sound of classic figures like Nancy Wilson and Betty Carter, but a vivacity of spirit and conviction that places her firmly in the present."

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260313 All ages
Fri Mar 13 8:00 -10:00 pm \$30(R); \$39(NR)

Global Tales and Traditions Series: Jewish American Heritage

Let's take a trip around the world! Celebrate cultures and people from across the globe by exploring a variety of traditions and how they are preserved. Each month will feature a different heritage community, children's book, and applicable craft. In March, we'll focus on Jewish American heritage. We will be reading *Bring Back the Babka!* by Marilyn Wolpin with illustrations by Madison Safer, and we'll be making paper Purim grogger flip drums.

Surratt Historic Site & Museum surratthouse@pgparks.com

SH-SPEC-GA-20260314 6 - 12yrs.
Sat Mar 14 11:00 am-12:00 pm Free

Hackathon: Capture the Flag

Join us for a fun and fast-paced hackathon where individuals compete to solve cybersecurity challenges by developing innovative solutions within a limited timeframe.

Southern Reg Tec & Rec Complex techrec@pgparks.com

SRTRC-SPEC-GA-20260314 15 - 23yrs.
Sat Mar 14 1:00 -4:00 pm \$30(R); \$39(NR)



Zo! & Tall Black Guy Featuring Deborah Bond

Regarding innovative takes on R&B, you can't go wrong with Zo! and Tall Black Guy. The set showcases the undeniable chemistry between the musicians and features vocalist Deborah Bond. Zo!, a keyboardist and producer, draws inspiration from '70s and '80s soul and jazz-R&B. Lead singles "Talkin' To Myself" and "Hold My Hand" incorporate downtempo house elements, enriched with keys, warm synths, and elastic bass lines, leaving listeners wanting more.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260314 All ages
Sat Mar 14 8:00 -9:30 pm \$28(R); \$37(NR)

Anti-Inflammatory Cooking Demonstration

Chronic inflammation can be linked to conditions such as arthritis, diabetes, heart disease, and even cognitive decline. In this session, learn how to prepare anti-inflammatory dishes while enjoying flavorful, nutritious recipes! Registration is required.

Bladensburg Community Center bladensburgcc@pgparks.com

SPD-SPEC-GA-20260317 All ages
Tue Mar 17 12:30 -1:30 pm Free

Con Brio!

In honor of Women's History Month, please join ensemble Con Brio! on a musical journey through compositions of these and other women composers. We hope you will enjoy this opportunity to celebrate the significant impact women composers have on popular and classical music.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260318 All ages
Wed Mar 18 2:00 -3:30 pm \$22(R); \$29(NR)

Plant Power: Protein-Packed Cooking Demonstration

Fuel your body with the power of plants! In this cooking demonstration, you'll learn how to prepare flavorful, high-protein plant-based meals that nourish your muscles and support heart health. Discover simple ways to include protein-rich foods into your daily diet. Registration required. All ages welcome.

Bowie Community Center bowiecc@pgparks.com

BCC-SPEC-GA-20260319 All ages
Thu Mar 19 6:30 -7:30 pm Free

Budget Like a Boss: Teen Finance

Teens learn how to manage money like pros! This workshop covers budgeting basics, saving strategies, and smart spending tips to build strong financial habits for the future.

Marlow Heights Community Center marlowheightscc@pgparks.com

MHCC-SPEC-GA-20260320 All ages
Fri Mar 20 3:00 -5:00 pm Free

Astronomy on the Sphere

Curious what lies beyond our atmosphere? Join a naturalist at Clearwater Nature Center for our new Astronomy on the Sphere program! Learn astronomy concepts with our new Science on the Sphere exhibit, then step outside and explore the night sky using star maps, binoculars, and telescopes.

Clearwater Nature Center clearwaturnaturecenter@pgparks.com

CNC-SPEC-GA-20260320 10 & up
Fri Mar 20 7:00 -8:30 pm \$5(R); \$7(NR)

Parent & Me Cooking Workshop

This workshop encourages teamwork and creativity between parents and their children as they prepare pre-selected menu items together.

Bowie Community Center bowiecc@pgparks.com

BCC-SPEC-GA-20260321 6 & up
Sat Mar 21 10:00 am-12:00 pm \$18(R); \$24(NR)

Aqua Egg Hunt

Join us for our annual Aqua Egg Hunt, where the fun of an egg hunt meets the excitement of the pool! Participants will dive, splash, and swim to collect floating and sinking eggs filled with surprises. Once the hunt is over, trade your eggs for prizes.

Southern Regional Aquatic Wellness Ce wellnesscenterpool@pgparks.com

AAFD-SPEC-GA-20260321A 0 - 12yrs.
Sat Mar 21 12:00 -4:30 pm \$10(R); \$13(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

AAFD-SPEC-GA-20260321B 0 - 12yrs.
Sat Mar 21 12:00 -4:30 pm \$10(R); \$13(NR)

Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com

AAFD-SPEC-GA-20260321C 0 - 12yrs.
Sat Mar 21 12:00 -2:00 pm \$10(R); \$13(NR)

Uncorked and Unfiltered

Where self-expression takes center stage and creativity flows as freely as the mocktails! Let go of the rules and dive into bold color, unfiltered art, and unforgettable vibes. Freestyle Art Stations, graffiti stencil workshop, and mocktail bar are all a part of the experience. Come dressed as your most creative self. Refreshments will be available while supplies last.

Tucker Road Community Center tuckerroadcc@pgparks.com

TRCC-SPEC-GA-20260321 18 & up
Sat Mar 21 2:00 -6:00 pm \$20(R); \$26(NR)

Teen Vocal Showcase 2026

This program gives teens the opportunity to display their talents on stage. First place winner will receive \$1000. Second place winner will receive \$500.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260321 All ages
Sat Mar 21 6:00 -9:00 pm \$10(R); \$13(NR)



Galapagos George with Barefoot Puppets

This performance is part of our Tiny Tots Series and is recommended for PreK-Grade 2. Based on the true story of Lonesome George, this uplifting eco-fable tells the tale of a truly one-of-a-kind tortoise from the Galapagos Islands. Watch George, a GIANT tortoise, grow up among sea turtles, lizards, hungry goats, sea lions, and dancing birds with blue feet. As you visit his island, you hear the story of the last tortoise found on Pinta Island in the Galapagos archipelago. Fall in love with these islands -- and this not-so-little tortoise -- while learning an important lesson about man's impact on the environment. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for Group Sales.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260324A 3 - 7yrs.
Tue Mar 24 10:00 -10:45 am \$8(R); \$11(NR)

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260324B 3 - 7yrs.
Tue Mar 24 11:15 am-12:00 pm \$8(R); \$11(NR)

Fueling Wellness with Fiber: High-Fiber Cooking Demo

Did you know that most people don't get enough fiber in their daily diet? Fiber plays a key role in supporting digestive health, lowering cholesterol, balancing blood sugar, and keeping you feeling fuller for longer. In this interactive cooking demonstration, discover delicious, high-fiber recipes made with whole grains, fruits, vegetables, and legumes that can help you meet your daily fiber needs and boost overall health. Registration is required.

William Beanes Community Center williambeanesc@pgparks.com

SPD-SPEC-GA-20260324 All ages
Tue Mar 24 3:00 -4:00 pm Free

Piscataway People Watershed Series: Tribal History with the Potomac

Cultural ambassadors from the Piscataway tribe will share their history, kinship, and perspectives relating to the Potomac River. This event is the last in a series of three programs, with the previous two taking place on the Anacostia and Patuxent Rivers.

Accokeek Foundation info@accokeek.org

NHRD-SPEC-GA-20260326 All ages
Thu Mar 26 1:00 -3:00 pm Free



All Comers Track Meet

This high-quality event is open to runners of all levels. We use professional-quality timing, so runners can actively assess their ability and have a place to compete. Race officials will assess which runners will make up the best heats. Families are encouraged to participate. We will have special heats just for kids. High school athletes, college athletes, and road racers of all ages are welcome. Runners will have the opportunity to compete in various event including the 100-meter dash, 400-meter run, 1-mile run, 200-meter, 800-meter, and 4x100 relay.

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

SPLEX-SPEC-GA-20260327	5 & up
Fri Mar 27 5:00 -7:30 pm	\$5(R); \$7(NR)
SPLEX-SPEC-GA-20260331	5 & up
Tue Mar 31 5:00 -7:30 pm	\$5(R); \$7(NR)
SPLEX-SPEC-GA-20260410	5 & up
Fri Apr 10 5:00 -7:30 pm	\$5(R); \$7(NR)
SPLEX-SPEC-GA-20260417	5 & up
Fri Apr 17 5:00 -7:30 pm	\$5(R); \$7(NR)
SPLEX-SPEC-GA-20260424	5 & up
Fri Apr 24 5:00 -7:30 pm	\$5(R); \$7(NR)
SPLEX-SPEC-GA-20260501	5 & up
Fri May 1 5:00 -7:30 pm	\$5(R); \$7(NR)

Halley Shoenberg

Jazz artist Halley Shoenberg has been a dynamic presence in the D.C. area for decades, composing, arranging, and performing on saxophone and clarinet. This captivating concert features Shoenberg's compositions and original arrangements of standards covering 100 years of jazz. The sounds of Chick Corea, Weather Report, Pat Metheny, and Branford Marsalis influence several of her originals.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260327	All ages
Fri Mar 27 8:00 -10:00 pm	\$25(R); \$33(NR)

The Prospect Portal

Get ready to ball out! Join us for a high-energy, action-packed youth basketball combine, the ultimate showcase for young basketball players ready to showcase their skills, hustle, and heart!

Southern Reg Tec & Rec Complex techrec@pgparks.com

SRTRC-SPEC-GA-20260328	14 - 19yrs.
Sat Mar 28 9:00 am-4:00 pm	\$25(R); \$33(NR)
SRTRC-SPEC-GA-20260329	14 - 19yrs.
Sun Mar 29 9:00 am-4:00 pm	\$25(R); \$33(NR)

Fitness in the Parks Spring Kickoff

"Spring" into fitness with our FREE Fitness in the Parks Spring Kickoff. As the weather gets warmer, get back to your fitness routine! At this event, you will meet our instructors, work out, and get assistance in registering for our upcoming Fitness in the Parks classes. Also, enjoy smoothie samples from Smoothies on the Move with Get Fit Mobile!

Watkins Regional Park wellness@pgparks.com

SPD-SPEC-GA-20260328	13 & up
Sat Mar 28 10:00 am-12:00 pm	Free

Remembrance, Reflections, and Resilience at Nottingham Schoolhouse

This special event is dedicated to honoring the history and legacy of the Nottingham Schoolhouse and the community it served. This program brings together residents, historians, and cultural leaders to reflect on the experiences of students, share stories of resilience, and celebrate the strength of community connections. The day will feature interactive activities, historical interpretation, and opportunities for dialogue, ensuring that the voices and perspectives of the community remain central to how this historic site is understood and preserved. Through remembrance and reflection, we aim to inspire resilience and foster a deeper appreciation for the role Nottingham has played in shaping local history.

Nottingham School Historic Site archaeology@pgparks.com

NHRD-SPEC-GA-20260328	18 & up
Sat Mar 28 11:00 am-4:00 pm	Free

Eggstravaganza Hunt

Celebrate spring by joining us for a special Eggstravaganza for the whole family! Don't miss fun, hands-on activities, arm painters, and an egg hunt. Don't forget to bring your baskets and a camera to take a picture with Mr. Bunny!

Langley Park Community Center langleyparkccc@pgparks.com

LPCC-SPEC-GA-20260328	3 - 12yrs.
Sat Mar 28 11:00 am-1:00 pm	\$3(R); \$4(NR)

The Chuck Brown Band

The Chuck Brown Band honors the "Godfather of Go-Go" by continuing his legacy, touring with his classics and new material from the band. Led by Chuck's son, Wiley, and featuring his daughter, KK, they embody the "Family Affair" vibe. Don't miss this uplifting, non-stop performance that blends jazz, funk, and soul while engaging the audience. The Godfather may be gone, but his legacy continues as The Chuck Brown Band carries his funky groove forward without missing a B-E-A-T. Wind Us Up, Chuck!

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260328	All ages
Sat Mar 28 8:00 -9:30 pm	\$35(R); \$46(NR)

The Supreme Divas - Tribute to The Supremes

The Supreme Divas-Tribute to The Supremes comprises some of the DMV's most talented artists. They flawlessly bring to life the music of one of the most successful female groups in American history, The Supremes. With 12 number-one singles on the Billboard Hot 100, The Supremes set the standard for female vocal groups during the '60s and '70s. Their chart-busting hits included "Where Did Our Love Go", "Baby Love", "Come See About Me", "Stop, In The Name of Love," and many others. They will take you back to when the Motown sound was supreme.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-CON-AS-20260328	All ages
Sat Mar 28 8:00 -10:00 pm	\$30(R); \$39(NR)

Runway Rhythms featuring Riverdale Chamber Music: Revolution and Freedom Music

Join us for a powerful concert exploring the role of music in times of revolution. Join Netanel Draiblate, airline pilot and violinist, along with Robert DiLutis (clarinet) and Mary-Victoria Voutsas (piano) for a stirring program that reflects on revolution through sound. Written in the wake of WWI and the Russian Revolution, Igor Stravinsky's *The Soldier's Tale* offers a profound exploration of modern themes: the erosion of individual identity and the enticing, yet often costly, pursuit of material gain over personal freedom. Enjoy refreshments and meet the musicians after the performance. Register in advance to secure your spot! Walk-in spaces will be available on a first-come, first-served basis. Includes museum admission.

College Park Aviation Museum collegeparkaviation@pgparks.com

CPAM-SPEC-GA-20260329 All ages
Sun Mar 29 3:00 -4:30 pm \$5(R); \$7(NR)

Tech Teammates

Let's bridge the generational gap while empowering seniors with essential tech skills! Team up with your friendly TechMate and learn how to confidently navigate your smartphone, tablet, or other smart devices.

Temple Hills Community Center templehillsc@pgparks.com

THCC-SPEC-GA-20260330 50 & up
Mon Mar 30 11:00 am-1:00 pm Free

Give Me a Liberty Tree!

Discover how a simple tree became the symbol of a revolution. In 1765, Boston colonists began gathering around a large elm tree to voice their opposition to the newly imposed Stamp Act. This tree soon became a powerful symbol of resistance against British rule. The concept of the "Liberty Tree" spread throughout the American Colonies, taking root in cities like Annapolis, where citizens rallied around their own trees to express shared ideals of freedom and unity.

Darnall's Chance Historic Site & Museum darnallschance@pgparks.com

DCHM-SPEC-GA-20260401 6 - 14yrs.
Wed Apr 1 10:30 -11:30 am \$5(R); \$7(NR)

Lunchtime Listening with Kevin Levi, Saxophone

Get ready for an afternoon of electrifying music as Kevin Levi takes the stage, blending hip-hop, R&B, neo-soul, and ballads with his signature rich and melodic saxophone sound. With over two decades as one of the most sought-after musicians on both coasts, Kevin brings an unforgettable performance that moves the soul and ignites the spirit. Now touring with his groundbreaking new album, ATONE, Kevin pushes creative boundaries with a fresh, rhythmically rooted sound, inspiring a new generation of saxophonists. Don't miss your chance to witness this masterful musician live--feel the rhythm, embrace the soul, and experience the magic of Kevin Levi!

Southern Area Aquatics Rec Complex saarc@pgparks.com

SAARC-CON-GA-20260401 All ages
Wed Apr 1 11:00 am-1:00 pm \$5(R); \$7(NR)

Message Session VII - Peace

Message is not your typical concert series. It is an oasis where local artists find their voice and share their stories. Here, music transcends mere entertainment - it becomes personal. Local talent takes center stage. These are the musicians who play at the neighborhood cafes, scribble lyrics on napkins, and dream big. They're not chasing fame, they're chasing connection. From soulful ballads to introspective rap, their performances resonate with authenticity. Every "Message" event is unrepeatably, no two shows are alike- each carries a unique message. The audience sits close enough to see the artist's fingertips on the strings and feel the raw emotion in every lyric. This is an event for anyone seeking refuge from the noise, who craves more than a passive concert experience.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260403 All ages
Fri Apr 3 7:00 -9:00 pm \$15(R); \$20(NR)

Nature Center Community Days

Celebrate Earth Day all month long with us! Join us to celebrate and connect with the people, places, and natural resources that make Prince George's County special. Engage with nature, meet our dedicated staff, and enjoy nature activities and giveaways! FREE and open to all. Registration is not required.

Clearwater Nature Center clearwaturnaturecenter@pgparks.com

CNC-SPEC-GA-20260404 All ages
Sat Apr 4 11:00 am-2:00 pm Free

Bladensburg Waterfront Park bladensburgwp@pgparks.com

BWP-SPEC-GA-20260404 All ages
Sat Apr 4 11:00 am-2:00 pm Free

Mt. Rainier Nature and Rec Center mtrainiernaturecenter@pgparks.com

MRNRC-SPEC-GA-20260411 All ages
Sat Apr 11 11:00 am-2:00 pm

Watkins Nature Center watkinsnaturecenter@pgparks.com

WNC-SPEC-GA-20260418 All ages
Sat Apr 18 11:00 am-2:00 pm Free

Old Maryland Farm oldmarylandfarm@pgparks.com

OMF-SPEC-GA-20260418 All ages
Sat Apr 18 11:00 am-2:00 pm Free

Patuxent River Park patuxentriverpark@pgparks.com

PRP-SPEC-GA-20260425 All ages
Sat Apr 25 11:00 am-2:00 pm Free



Spring Egg Hunt

Celebrate the season with a fun-filled spring event for the whole family!

Upper Marlboro Community Center	uppermarlborocc@pgparks.com
UMCC-SPEC-GA-20260404	All ages
Sat Apr 4	12:00 -2:00 pm
	Free

Eggtastic

Join us for an egg-citing afternoon of Easter egg dyeing! Experiment with colors, patterns, and fun techniques to create one-of-a-kind eggs for your spring celebrations.

Brentwood Arts Exchange	brentwoodarts@pgparks.com
BAE-SPEC-GA-20260404	All ages
Sat Apr 4	1:00 -3:00 pm
	Free

Eggstrordinary Egg Hunt

Join us for a family fun-filled, carnival style "Eggstrordinary" Egg Hunt with a special bunny and friends. Egg collecting baskets will be provided. All ages are welcome. This will be an extraordinary good time so be sure to be in attendance to make memories.

Prince George's Plaza Community Ctr	princegeorgesplazacc@pgparks.com
PGPCC-SPEC-GA-20260404	2 - 12yrs.
Sat Apr 4	1:00 -3:00 pm
	Free

Unfinished Revolutions: Annual Giving Voice Initiative Event

Mark the nation's 250th anniversary with poetry! Marietta House Museum and The Voices of Woodlawn worked with the community to write poetry based on the theme "Unfinished Revolutions". Free copies will be given to all attending visitors. Refreshments will be served. All children must be accompanied by an adult. Walk-ins are welcome.

Marietta Historic Site & Museum	mariettahouse@pgparks.com
MHM-SPEC-GA-20260404	12 & up
Sat Apr 4	2:00 -4:00 pm
	Free

Soul Line Dance Rodeo

Whether you're a beginner or a seasoned stepper, this event is for everyone who loves to move, groove, and connect with community. Kick off the evening with an easy-to-follow soul line dance workshop, then keep the energy high with a live DJ-led dance party that will have you two-stepping all night long! Delicious food will be served--come hungry and come dressed to impress!

Westphalia Community Center	westphaliacc@pgparks.com
WCC-SPEC-GA-20260404	18 & up
Sat Apr 4	4:00 -7:00 pm
	\$20(R); \$26(NR)

Hip-Hop Bunny Hunt

Come join the fun! Children are invited to get creative by making their own bunny ears and themed crafts. Then, join the excitement of a fast-paced egg hunt to see how many eggs you can gather in just 30 seconds! Keep all the eggs you find, and be on the lookout for the special golden egg to win an extra prize!

Peppermill Community Center	peppermillcc@pgparks.com
PCC-SPEC-GA-20260406	3 - 12yrs.
Mon Apr 6	11:00 am-1:00 pm
	\$5(R); \$7(NR)

Senior Health and Fitness Day 2026

Join us for Senior Health and Fitness Day, an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to engage in a wide range of activities focusing on their overall health and wellness. Participate in a variety of fitness and wellness activities, health screenings, and interact with health/senior-specific vendors.

Prince George's Sports & Learn Cmplx	splex@pgparks.com
SPLEX-SPEC-GA-20260408	60 & up
Wed Apr 8	9:00 am-1:00 pm
	Free

Jazz Beyond The Swing

Immerse yourself in the rich and musical traditions that span continents and cultures, bringing together the joyous and infectious rhythms that have shaped global music. Velebrate and move to the captivating sounds of Samba, Bossa Nova, Calypso, Cha Cha Cha, and other world beats. Join us for an unforgettable experience that celebrates the diversity and beauty of these timeless sounds.

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-SPEC-GA-20260408	All ages
Wed Apr 8	2:00 -3:30 pm
	\$30(R); \$39(NR)

Kevin Howard

National recording artist Kevin Howard is an award-winning keyboardist, writer, composer, and producer. Born and raised in Pittsburgh, he was named Jazz Artist of the Year in 2018 by the Pennsylvania House of Representatives. He and his band of world-class musicians will tantalize and delight you with their energy, charisma, and smooth, dynamic sounds.

Montpelier Arts Center	montpelierarts@pgparks.com
MAC-SPEC-GA-20260409	All ages
Thu Apr 9	12:00 -1:00 pm
	\$15(R); \$20(NR)

Teen Night with the Young Stars

Young Stars Live: A Showcase of Rising Talent! Get ready for an electrifying night of music, theater, and dance as the Young Stars take the stage. This dynamic showcase features incredible teen performers who have honed their talents through our artist development program, bringing creativity, passion, and high-energy performances to the spotlight. From powerful vocals to stunning choreography and captivating drama, this is a show you don't want to miss. Come cheer on the next generation of stars and experience the magic of live performance. One night only--don't miss it!

Southern Area Aquatics Rec Complex	saarc@pgparks.com
SAARC-SPEC-GA-20260410	All ages
Fri Apr 10	7:30 -9:30 pm
	Free



Listening Room Presents Tower Green

A high-energy folk ensemble specializing in medieval and Renaissance music, played on both period and modern instruments.

Brentwood Arts Exchange	brentwoodarts@pgparks.com
BAE-CON-GA-20260410	All ages
Fri Apr 10	8:00 -10:00 pm
	\$20(R); \$26(NR)

Juanito Pascual Trio

Jonathan "Juanito" Pascual is an internationally recognized guitarist and "flamenco phenom" (The Boston Globe). The Trio creates a sound that seamlessly merges flamenco with elements of jazz, world music, rock, pop, and soul. This performance features exciting new music, including arrangements of Jimi Hendrix and other pop and jazz icons.

Montpelier Arts Center	montpelierarts@pgparks.com
MAC-SPEC-GA-20260410	All ages
Fri Apr 10	8:00 -10:00 pm
	\$25(R); \$33(NR)

Tribute to the Music of Prince

Dive into the electrifying journey of Prince's early career with groundbreaking albums like "Prince," "Dirty Mind," and "Controversy," where he masterfully blended religious and sexual themes. Experience the magic of his rise to superstardom with iconic albums "1999" and "Purple Rain," featuring chart-topping hits like "When Doves Cry" and "Let's Go Crazy." Join us for an unforgettable evening as we honor the music of this legendary artist. Gather your friends, secure your tickets, and immerse yourself in the timeless sounds of Prince!

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-CON-AS-20260411	All ages
Sat Apr 11	8:00 -10:00 pm
	\$30(R); \$39(NR)

A Princess Party: Snow White

Jump into spring with a little cosplay costume and some animated magic! Join us at the Publick Playhouse for our annual Family Dress-up & Movie Day. Dress as your favorite royal character and capture memorable photos with our special guest, a real-life princess. Enjoy craft activities for kids and then settle in to watch the film *Snow White* (2025). Please note, this event is recommended for ages 3-12; however, everyone must have a ticket to enter.

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-GA-20260412	3 - 12yrs.
Sun Apr 12	2:00 -4:00 pm
	\$8(R); \$11(NR)

Powerful Pollinators

This performance is part of our Tiny Tots Series and is recommended for PreK-Grade 2. Bats, butterflies, and bees -- OH MY! Join us on a journey to learn about the world of our planet's powerful pantheon of pollinators! Take an adventure to meet pollinators big and small as they do their part to keep the biodiversity of all our ecosystems thriving. Get ready to dance like a honeybee, leap like a lemur and beat those hummingbird wings in this new Discovery Theater Original piece! Note: this show has two versions, one targeting the science curriculum focuses of K to Grade 2 ('Powerful Pollinators' at 10 am), and the other for Grades 3 to 5 ('Mother Earth & Me' at 11:15 am), each reinforcing topics explored in the state standards for DMV schools. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for Group Sales.

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-GA-20260414A	3 - 7yrs.
Tue Apr 14	10:00 -10:45 am
	\$8(R); \$11(NR)

Mother Earth & Me with Smithsonian's Discovery Theater

This performance is part of our Education on Stage Series and is recommended for Grades 3-5. The magic of earth science takes center stage in this fun, interactive Discovery Theater original as we explore the origins of our planet, the water cycle, and our essential role in protecting the ecosystem, as well as folklore about the "big blue marble" we call home. Kick off Earth Month by pledging to become an Earth Warrior--and find some great ways to start immediately! Note: this show has two versions, one targeting the science curriculum focuses of K to Grade 2 ('Powerful Pollinators' at 10 am), and the other for Grades 3 to 5 ('Mother Earth & Me' at 11:15 am), each reinforcing topics explored in the state standards for DMV schools. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for Group Sales.

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-GA-20260414B	8 - 10yrs.
Tue Apr 14	11:15 am-12:00 pm
	\$8(R); \$11(NR)

Sonic Frontiers Jam Session

Brentwood Arts Exchange is excited to host ongoing jam sessions featuring a unique, original synth and modular music style. Drop-in musicians of every genre are invited to join and contribute. Bring your instrument, plug in, and be part of the sound!

Brentwood Arts Exchange	brentwoodarts@pgparks.com
BAE-CON-GA-20260416	All ages
Thu Apr 16	7:00 -9:00 pm
	\$20(R); \$26(NR)

Parent & Me Cooking Workshop

This workshop encourages teamwork and creativity between parents and their children as they prepare pre-selected menu items together.

Bowie Community Center	bowiecc@pgparks.com
BCC-SPEC-GA-20260418	6 & up
Sat Apr 18	10:00 am-12:00 pm
	\$18(R); \$24(NR)

Defenders of Freedom: A Tribute to Black Veterans, Living History Day

In recognition of the contributions that Black veterans have made in defense of this country, from the Revolutionary War to the present, children and adults alike are encouraged to visit the museum for a hands-on, interactive living history day that builds on our kickoff program from last year. Come meet historical reenactors who specialize in food, music, and weaponry, and practice some of their skills while learning about life on the front lines. For history enthusiasts, a special rifle firing and drilling demonstration will take place starting at 1 pm. This event is FREE, but registration is recommended.

Surratt Historic Site & Museum	surratthouse@pgparks.com
SH-SPEC-GA-20260418	All ages
Sat Apr 18	11:00 am-4:00 pm
	Free

Taste & Play Day

Enjoy a day full of flavor and fun! This program features food/snacks, music, face painting, games, and family activities for everyone to enjoy.

William Beanes Community Center	williambeanescc@pgparks.com
WBCC-SPEC-GA-20260418	5 & up
Sat Apr 18	12:00 -4:00 pm
	\$10(R); \$13(NR)

The Business of Music & Performing Arts

Designed for musicians and performing artists, this session dives into branding, booking gigs, securing royalties, and building a sustainable career in the performing arts industry.

Brentwood Arts Exchange brentwoodarts@pgparks.com

ACHD-SPEC-GA-20260418 18 & up
Sat Apr 18 1:00 -4:00 pm Free



Glow Walk/Run for Autism

Come dressed in your best glow gear for the 2026 Glow Walk/Run, 5k or 1-mile Fun Run. Raise awareness and acceptance for Autism. Proceeds benefit the YouFit Scholarship Fund, helping send children and youth with disabilities to M-NCPPC summer camps. This Inclusive fun-walk/run is designed for community members of all abilities and is not a timed race. The event is sensory-friendly and fully accessible. Paid registration includes a t-shirt, glow gear, and post-race refreshments. Register by Friday, March 20, to be guaranteed your requested shirt size. This is a rain-or-shine event.

Watkins Regional Park countywidetrprograms@pgparks.com

SPD-SPEC-GA-20260418 All ages
Sat Apr 18 7:30 -9:00 pm \$25(R); \$33(NR)

T-Shirts and Tennis Social

Get ready for a fun time! Join us for our lively T-Shirt and Tennis Social--a special event just for seniors! Enjoy delicious food, great music for dancing, and good company. Wear your favorite T-shirt and tennis shoes and prepare for a day of prizes, smiles, and social time with friends!

Temple Hills Community Center templehillsc@pgparks.com

THCC-SPEC-GA-20260422 55 & up
Wed Apr 22 11:00 am-2:00 pm \$20(R); \$26(NR)

Dallas Black Dance Theatre

Enjoy the abbreviated matinee show presentation from the acclaimed Dallas Black Dance Theatre (DBDT). For nearly 50 years, DBDT has mesmerized audiences with its spellbinding performances and educational programs that bridge cultures and reach diverse communities. Founded in 1976, DBDT is the oldest, continuously operating professional dance company in Dallas. The ensemble, a contemporary modern dance company, consists of experienced, full-time dancers performing a mixed repertory of modern, jazz, ethnic, and spiritual works by nationally and internationally known choreographers. Their repertoire includes works by Alvin Ailey, Elisa Monte, Milton Myers, Asadata Dafora, Matthew Rushing, Christopher L. Huggins, Twyla Tharp, and others. Note: there are TWO showtimes for this performance, 10:30am and 1:30pm. Please double check your showtime before completing your purchase.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260423A 60 & up
Thu Apr 23 10:30 -11:30 am \$20(R); \$26(NR)

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260423B 60 & up
Thu Apr 23 1:30 -2:30 pm \$20(R); \$26(NR)

Liturgical Dance Master Class with Dallas Black Dance Theatre

Dancers learn praise choreography from the professionals of Dallas Black Dance Theatre. Spaces are limited; advanced registration is recommended.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260423A 15 & up
Thu Apr 23 6:00 -7:15 pm \$20(R); \$26(NR)

African Dance Master Class with Dallas Black Dance Theatre

Dancers learn a mixture of regional dances of Africa from the professionals of Dallas Black Dance Theatre. Women/girls can wear a lappa (2 yards of African print fabric to be wrapped around the waist). Spaces are limited; advanced registration is recommended.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260423B 15 & up
Thu Apr 23 7:45 -9:00 pm \$20(R); \$26(NR)

Dallas Black Dance Theatre (School Groups Only)

Middle & High School students can enjoy an abbreviated performance from the acclaimed Dallas Black Dance Theatre (DBDT), including a brief talkback after the show. For nearly 50 years, DBDT has mesmerized audiences with its spellbinding performances and educational programs that bridge cultures and reach diverse communities. Founded in 1976, DBDT is the oldest, continuously operating professional dance company in Dallas. The ensemble, a contemporary modern dance company, consists of experienced, full-time dancers performing a mixed repertory of modern, jazz, ethnic, and spiritual works by nationally and internationally known choreographers. Their repertoire includes works by Alvin Ailey, Elisa Monte, Milton Myers, Asadata Dafora, Matthew Rushing, Christopher L. Huggins, Twyla Tharp, and others. For Grades 7-12. Groups can call our Box Office at 301-277-1710 to reserve tickets.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260424 13 - 18yrs.
Fri Apr 24 10:30 -11:45 am \$15(R); \$20(NR)

Comedy Night with Miss Gayle & Friends

A spellbinding and hilarious lady, Miss Gayle began her comedy career at Jeff Valdez Comedy Club in Colorado Springs in 1992. After a standing ovation for her first performance, she was hooked. Born in Chatham, Virginia, and now residing in Danville, Virginia, she has been amusing audiences since age six. Known for her down-home humor, Miss Gayle is bright, energetic, and outrageously funny. She has headlined and featured before sold-out audiences nationwide, opened for national acts, and appeared on national television. She performs across the US and abroad, captivating audiences with humor and charm.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-CON-AS-20260424 All ages
Fri Apr 24 8:00 -10:00 pm \$30(R); \$39(NR)

Enchanted Encore

Step into the spotlight once more in either your wedding dress, prom dress, formal gown, or semi-formal attire. This event is all about reviving memories and celebrating you! DJ, mocktails, dancing, games, speeches, and activities. Bring your favorite escort! Refreshments will be available while supplies last.

Tucker Road Community Center tuckerroadcc@pgparks.com

TRCC-SPEC-GA-20260425 21 & up
Sat Apr 25 2:00 -6:00 pm \$20(R); \$26(NR)

Fences (2016)

Fences is a 2016 American period drama film directed and co-produced by Denzel Washington from a screenplay by August Wilson, based on his 1985 play. It stars Washington, Viola Davis, Stephen McKinley Henderson, Jovan Adepo, Russell Hornsby, Mykelti Williamson, and Saniyya Sidney. It follows a working-class African-American father who tries to raise his family in the 1950s, while coming to terms with the events of his life.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260425 All ages
Sat Apr 25 2:00 -4:00 pm \$5(R); \$7(NR)

Dallas Black Dance Theatre

For nearly 50 years, the Dallas Black Dance Theatre has mesmerized audiences with its spellbinding performances and educational programs that bridge cultures and reach diverse communities. Founded in 1976, DBDT is the oldest, continuously operating professional dance company in Dallas. The ensemble, a contemporary modern dance company, consists of experienced, full-time dancers performing a mixed repertoire of modern, jazz, ethnic, and spiritual works by nationally and internationally known choreographers. Their repertoire includes works by Alvin Ailey, Elisa Monte, Milton Myers, Asadata Dafora, Matthew Rushing, Christopher L. Huggins, Twyla Sharp, and others.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260425 All ages
Sat Apr 25 7:00 -8:30 pm \$35(R); \$46(NR)

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260426 All ages
Sun Apr 26 4:00 -5:30 pm \$35(R); \$46(NR)

Sharp Radway Trio

Pianist, composer, arranger, and author Sharp Radway is a protege of jazz legend Dr. Randy Weston. With deep roots in the church, his debut album of gospel jazz is *Hymns and Things*. His latest endeavor, *Black Woman (A Conversation)*, combines Latin jazz, spoken word, ensemble pieces, pocket grooves, and more in tribute to Black women.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260501 All ages
Fri May 1 8:00 -10:00 pm \$25(R); \$33(NR)

Sesquicentennial Family Day at Marietta

Prince George's County is a special place to live, rich with history, culture, and community care. Join us for a fun filled day featuring American music including Fife & Drum and African Drumming performances from 1-3 pm. All the historic buildings will be open for visitors, a children's craft tent will offer easy make-n-take projects, and an archaeology table offers hands-on exploration. The Farmers Market will be on site from 9 am-1 pm.

Marietta Historic Site & Museum mariettahouse@pgparks.com

MHM-SPEC-GA-20260502 All ages
Sat May 2 11:00 am-3:00 pm Free

Paper Flower Sculptures

Celebrate Spring in full bloom with a paper flower-making workshop! Learn techniques to craft delicate and vibrant paper flowers that will never wilt--perfect for home decor or gifts.

Brentwood Arts Exchange brentwoodarts@pgparks.com

BAE-SPEC-GA-20260502 All ages
Sat May 2 1:00 -3:00 pm \$20(R); \$26(NR)

PLAYdate with Happenstance Theater

This is a super-charged explosion of original work by Happenstance Theater collaborators from the DC/MD Theatre community who want to dive into devising. In only ONE day, the generative artists will assemble an assemblage of vignettes and scenes and perform them for you! It will be Happenstance Theater's version of "a play in a day." Let the adrenaline soar!

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260502 All ages
Sat May 2 7:00 -8:30 pm \$25(R); \$33(NR)

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260503 All ages
Sun May 3 4:00 -5:30 pm \$25(R); \$33(NR)

Introduction to Taiko, the Art of Japanese Drumming Featuring Mark H Rooney

This performance is part of our Education on Stage Series and is recommended for Grades K-6. Join us in celebrating Asian American and Pacific Islander Heritage Month with an engaging program led by taiko performer Mark H Rooney. This event showcases traditional and contemporary songs and rhythms of this full-body drumming art form, delving into the instruments, use of the voice in taiko, and a touch of Japanese history and vocabulary. Audience members might even be able to play these LARGE drums on stage! Mark H blends a traditional foundation with modern elements, delivering high-energy performances that are vibrant, dynamic, and exciting. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for Group Sales.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260505A 5 - 11yrs.
Tue May 5 10:00 -10:45 am \$8(R); \$11(NR)

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260505B 5 - 11yrs.
Tue May 5 11:15 am-12:00 pm \$8(R); \$11(NR)

Fuel for Fitness Cooking Demonstration

Fueling your workouts with nutrient-dense meals is crucial for optimizing performance, recovery, and reaching your wellness goals. During this cooking demonstration, learn how to prepare recipes that are perfect for fueling your body before physical activity. Registration is required.

Southern Area Aquatics Rec Complex	saarc@pgparks.com
SPD-SPEC-GA-20260505	All ages
Tue May 5	12:30 -1:30 pm
	Free

Lunchtime Listening with Tomika Arnold, Vocals

Back by popular demand, celebrated vocalist Tomika Arnold has been hailed for her captivating and powerful voice. Ms. Arnold has shared the stage with music giants such as Michael Jackson, Sting, Bon Jovi, Beyonce, CeCe Winans, Stevie Wonder, Ray Charles, and Gloria Estefan. She has sung for three U.S. Presidents: President George W. Bush, President William Clinton, and the inauguration of President Barack Obama. A true powerhouse vocalist, this performance, including gospel, jazz, R&B, and everything in between, is not to be missed!

Southern Area Aquatics Rec Complex	saarc@pgparks.com
SAARC-CON-GA-20260506	All ages
Wed May 6	11:00 am-1:00 pm
	\$5(R); \$7(NR)

Healthy Blood Pressure Cooking Demonstration

Eating for heart health is key to managing blood pressure and staying active. Join us to learn how to create flavorful, blood-pressure-friendly meals and snacks that support your energy and overall wellness. Registration is required.

Southern Area Aquatics Rec Complex	saarc@pgparks.com
SPD-SPEC-GA-20260506	All ages
Wed May 6	12:30 -1:30 pm
	Free

Immersive Sound Meditation

May is National Physical Fitness & Sports Month! Take a trip to a calming destination as the Publick Playhouse stage transforms into a peaceful retreat. Sound Meditation provides an opportunity to slow down and dive deeper into a state of relaxation to bring balance to your mental, physical and spiritual health. The use of instruments such as crystal and Himalayan singing bowls, chimes, bells, gong and voice blend together to invite the mind to a state of calm and the body to release held emotions and tension. Whether you are looking to try something new, meditate or seek a moment of peace, sound meditation can help you do it. Space is limited; advanced registration is recommended.

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-GA-20260506	18 & up
Wed May 6	2:00 -3:00 pm
	\$7(R); \$10(NR)

Hawaiian Dance Workshop

Experience the transformative power of Hawaiian hula. We invite older adults to engage with this Polynesian art form and connect with Hawaii's rich heritage through graceful movements, music, and captivating storytelling. With gentle exercise benefits, cognitive stimulation, and social connection, hula nourishes both body and soul.

Harmony Hall Arts Center	harmonyhallarts@pgparks.com
HHAC-SPEC-GA-20260507	All ages
Thu May 7	1:00 -2:30 pm
	Free



Tribute to Roberta Flack

Hailed as one of the greatest songstresses of our time, GRAMMY Award-winning Roberta Flack remains unparalleled in her ability to tell a story through her music. Her songs bring insight into our lives, love, culture, and politics, while effortlessly traversing a broad musical landscape from pop to soul to folk to jazz. Following her passing in February 2025, this tribute concert will honor her life and legacy by showcasing some of her most cherished music, thoughtfully curated by musical director and Roberta Flack band alumnus Daryl L.A. Hunt.

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-AS-20260508	60 & up
Fri May 8	11:00 am-12:00 pm
	\$15(R); \$20(NR)

Prince George's Publick Playhouse	publickplayhouse@pgparks.com
PGPP-SPEC-AS-20260509	All ages
Sat May 9	8:00 -9:30 pm
	\$35(R); \$46(NR)

Listening Room Presents Fuad Foty

An oud virtuoso and Arabic vocalist, Foty has dedicated his life to preserving and innovating Arabic music. His work blends traditional Arabic folk with contemporary influences.

Brentwood Arts Exchange	brentwoodarts@pgparks.com
BAE-CON-GA-20260508	All ages
Fri May 8	8:00 -10:00 pm
	\$20(R); \$26(NR)

Book Talk: *The American Revolution and the Fate of the World*

Join University of Maryland College Park Professor Dr. Richard Bell for an illuminating presentation of his new book, *The American Revolution and the Fate of the World*. Discover the sweeping global impact of our nation's founding through powerful, personal stories, including those of women, minorities, and other marginalized voices. Register in advance to secure your spot! Tickets are limited. Includes museum admission.

College Park Aviation Museum	collegeparkaviation@pgparks.com
CPAM-SPEC-GA-20260509	12 & up
Sat May 9	10:00 -11:30 am
	\$10(R); \$13(NR)

Rock, Paper, Scissors: A Celebration of World Collage Day

Led by resident artist Racquel Keller, this dynamic, hands-on collage workshop is designed to inspire creativity and facilitate the exploration of this versatile art form. Listen to music (the rock) as you dive into the world of collage (the paper and scissors), creating unique pieces using a wide range of materials while learning the history and techniques behind the medium.

Montpelier Arts Center	montpelierarts@pgparks.com
MAC-SPEC-GA-20260509	18 & up
Sat May 9	11:00 am-1:00 pm
	\$5(R); \$7(NR)

Rooted in History: Plant Your Own Herb Container

Learn what herbs were grown in colonial Maryland and how they were used in recipes, household products, and as medicine. Plant your own herb container to take home. All plants and supplies will be provided.

Darnall's Chance Historic Site & Museum darnallschance@pgparks.com

DCHM-SPEC-GA-20260509 14 & up
Sat May 9 11:00 am-12:00 pm \$15(R); \$20(NR)

XHH Step Jam

Step into the beat this May with Xtreme Hip-Hop Step (XHH)! In celebration of May is Fitness Month, we're bringing the community together for a high-energy, all-ages step event that mixes cardio, choreography, and hip hop flavor. Whether you're a first-timer or a seasoned stepper, this class is designed to get everyone moving, sweating, and having fun. Come ready to dance, laugh, and connect with your community as we groove to great music and celebrate fitness in a fresh, exciting way. All ages and fitness levels are welcome—just bring your energy and a smile!

Harmony Hall Regional Center harmonyhallrc@pgparks.com

HHRC-SPEC-GA-20260509 15 & up
Sat May 9 1:30 -5:30 pm Free



Paper Lotus Lantern Workshop

Artist Sookkyung Park will lead participants in creating small lamps inspired by the lotus flower. Participants will explore the cultural and historical significance of the lotus while learning craft skills. Attendees will make their lotus lamps, symbolizing purity and enlightenment. This experience offers a creative and therapeutic activity, providing time for personal reflection. The fee includes all materials.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260509A 18 & up
Sat May 9 2:00 -3:00 pm \$10(R); \$13(NR)

Tribute to the Music of Mary J. Blige

Experience the soulful and powerful music of Mary J. Blige like never before with this tribute performance. This event celebrates the iconic career of the multi-award-winning artist, known for her groundbreaking contributions to R&B and Hip-Hop. Talented musicians and vocalists come together to deliver an unforgettable evening filled with Mary J. Blige's greatest hits. From her early classics to her recent chart-toppers, you'll be immersed in the emotional depth and vibrant energy that defines her music. Join us for a night of live music that honors the Queen of Hip-Hop Soul, capturing her artistry's essence and impact on the music industry. Whether you're a longtime fan or new to her work, this tribute promises to be a memorable celebration of Mary J. Blige's legacy.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-CON-AS-20260509 All ages
Sat May 9 8:00 -10:00 pm \$30(R); \$39(NR)

David Wright & The Wright Touch

Instrumentalist, vocalist, bandleader, Master of Ceremonies, producer, and Harmony Hall favorite, David Wright is returning Harmony Hall with his quartet of award-winning instrumentalists. As a member of "The President's Own" the United States Marine Band, David performed during 6 Presidential administrations. Mr. Wright received his master's degree in music performance on the bassoon and performed on that instrument in the Concert Band and Chamber Orchestra. His duties also included performing as jazz saxophonist and vocalist with the 8-member White House Dance Band. For his Harmony Hall appearance David will offer stories about each song. A variety of popular musical styles will have you tapping your feet with a smile on your face.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260513 All ages
Wed May 13 2:00 -3:30 pm \$22(R); \$29(NR)

Pups in the Park: Outdoor Yoga with Your Dog

Unroll your mat and leash up your pup for a unique yoga class that invites you to practice alongside your canine companion. This class blends gentle yoga with the joy of having your dog by your side. Whether you're a seasoned yogi or a beginner, this session is designed to be accessible and enjoyable for both humans and dogs.

Temple Hills Community Center templehillsc@pgparks.com

THCC-SPEC-GA-20260513 18 & up
Wed May 13 6:30 -7:30 pm Free

Film Screening: *Grandpa Was an Emperor* (2021)

This documentary follows Yeshe Kassa, great-granddaughter of Emperor Haile Selassie of Ethiopia, as she embarks on a personal quest to discover what happened to her closest relatives during the coup of 1974. While Yeshe and her older sister were thousands of miles away in a British boarding school, her great-grandfather was deposed by a revolution, setting off a harrowing chain of events that would put her parents and siblings in grave danger. For the first time, the royal family examines the events that led to the collapse of a 3,000-year-old dynasty and reflects on how, against all odds, they survived this turbulent time in Ethiopian history. Not Rated | Run time: 1h 30m

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-GA-20260514 60 & up
Thu May 14 11:00 am-12:30 pm \$5(R); \$7(NR)

Heavenly Blessed

Male a cappella group Heavenly Blessed was formed in Baltimore 28 years ago. The five members blend their voices in perfect harmony to perform gospel-style music that will have you clapping your hands. The group's current lineup features original founding member Elijah Williams, Larry Chew, Reggie Thomas, Sterling Finch, and Walter Davies.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260514 All ages
Thu May 14 12:00 -1:00 pm \$15(R); \$20(NR)

Sonic Frontiers Jam Session

Brentwood Arts Exchange is excited to host ongoing jam sessions featuring a unique, original synth and modular music style. Drop-in musicians of every genre are invited to join and contribute. Bring your instrument, plug in, and be part of the sound!

Brentwood Arts Exchange brentwoodarts@pgparks.com

BAE-CON-GA-20260514 All ages
Thu May 14 7:00 -9:00 pm \$20(R); \$26(NR)

Hubby Jenkins

Hubby Jenkins is a talented multi-instrumentalist who endeavors to share his love and knowledge of old-time American music, following the thread of African American history in traditional music forms. As a member of the Carolina Chocolate Drops and later Rhiannon Giddens' band, he has performed worldwide, earning both Grammy and Americana award nominations.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260515 All ages
Fri May 15 8:00 -10:00 pm \$30(R); \$39(NR)

Mindful Motion

Celebrate May is Fitness Month with this outdoor Tai Chi class. This gentle, flowing practice is perfect for all ages and fitness levels.

Marlow Heights Community Center marlowheightscc@pgparks.com

MHCC-SPEC-GA-20260516 18 & up
Sat May 16 10:00 am-12:00 pm Free

American Indian Culture on the Patuxent

Join us for a captivating guided pontoon boat exploration of the centuries-long history and cultural kinship that the Piscataway People have had with the Patuxent River.

Mount Calvert Historic Site archaeology@pgparks.com

NHRD-SPEC-GA-20260516 All ages
Sat May 16 10:00 am-12:00 pm Free

Parent & Me Cooking Workshop

This workshop encourages teamwork and creativity between parents and their children as they prepare pre-selected menu items together.

Bowie Community Center bowiecc@pgparks.com

BCC-SPEC-GA-20260516 6 & up
Sat May 16 10:00 am-12:00 pm \$18(R); \$24(NR)

Herbs, Tea, and Potpourri: A Wellness Month Program

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

MHM-SPEC-GA-20260516 12 & up
Sat May 16 1:00 -2:30 pm \$5(R); \$7(NR)

Lion (2016)

Lion is a 2016 biographical drama film directed by Garth Davis, based on the true story of Saroo Brierley. The film stars Dev Patel, Sunny Pawar, Rooney Mara, David Wenham, and Nicole Kidman. The story follows a five-year-old Indian boy named Saroo who gets lost on a train that takes him thousands of kilometers away from his home and family. After surviving on the streets of Calcutta, he is eventually adopted by an Australian couple. Twenty-five years later, Saroo, now an adult, embarks on a journey to find his lost family using memories and Google Earth

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260516 All ages
Sat May 16 2:00 -4:00 pm \$5(R); \$7(NR)

The Enchanted Prince & Princess Prom

This program is a fun-filled afternoon where children can dress up in their royal best and enjoy dancing, games, and light refreshments. It's a magical celebration designed to make every child feel like royalty!

William Beanes Community Center williambeanesc@pgparks.com

WBCC-SPEC-GA-20260516 3 - 5yrs.
Sat May 16 2:00 -5:00 pm \$15(R); \$20(NR)

Amethyst Afternoon Social

Join us for a delightful afternoon filled with a sophisticated setting with a delicious luncheon, music, and the afternoon glow. Dress Code? Shades of Amethyst!

Marlow Heights Community Center marlowheightscc@pgparks.com

MHCC-SPEC-GA-20260516 21 & up
Sat May 16 3:00 -6:00 pm \$25(R); \$33(NR)

International Dance Experience

Dancers representing countries from across the globe get together to showcase their talent in this interactive and immersive dance experience. Enjoy a live DJ spinning the latest international dance tracks and learning a few new moves to celebrate diversity in our community.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

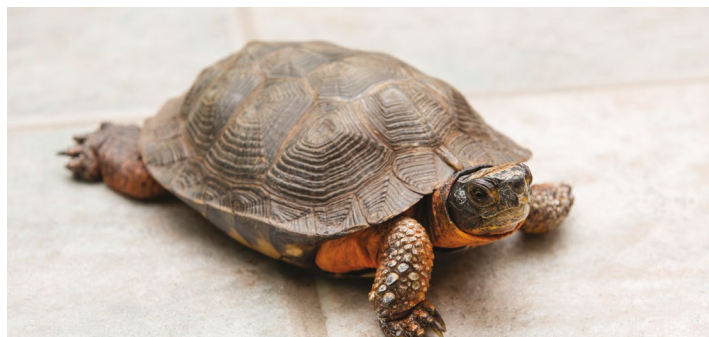
PGPP-SPEC-GA-20260517 All ages
Sun May 17 4:00 -5:30 pm \$20(R); \$26(NR)

Peace, Love, & Talent

Get ready to boogie! Join us for a '70s-themed talent show and party celebrating the amazing talents of our Temple Hills Senior Social Club community. Dress in your grooviest outfits, show off your skills, and enjoy music, fun, and good vibes from the decade of disco and soul!

Temple Hills Community Center templehillsc@pgparks.com

THCC-SPEC-GA-20260518 All ages
Mon May 18 11:00 am-2:00 pm \$10(R); \$13(NR)



Turtles in Maryland

Learn the importance of turtles to Maryland's ecosystem and their use in the colonial period as a food source. Children will also learn how reptiles were used as powerful political symbols of independence. A naturalist from Watkins Park Nature Center will bring reptiles to the museum.

Darnall's Chance Historic Site & Museum darnallchance@pgparks.com

DCHM-SPEC-GA-20260520 6 - 14yrs.
Wed May 20 10:30 -11:30 am \$5(R); \$7(NR)

Belly Dance for Bitness Month: Embrace the Rhythm of Health and Wellness

Join us this month to celebrate the mesmerizing art of belly dance as a powerful fitness routine. Discover the enchanting fusion of cultural expression and physical movement that tones muscles, improves flexibility, and boosts confidence. Experience the joy of dance while reaping the benefits of a full-body workout. Let music guide you on a journey towards strength, grace, and vitality. Unleash your inner dancer this Fitness Month with the ancient art of belly dancing!

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-GA-20260521 All ages
Thu May 21 1:00 -2:30 pm Free

From Wright "B" to F-4 Phantom II: Fighter Combat in Vietnam Living History Tour

Experience the thrill of being a combat pilot and walk in the footsteps of those who flew from 1909 to 1970. Led by a military historian clad in authentic Vietnam era flight gear, discover the stories of the people and events that led from College Park Airport to Southeast Asia, from the early age of flight to the age of jet propulsion. In the face of challenges, learn about the evolution of flight, and the people who were involved. Explore how the Tuskegee Experience opened the doors to a desegregated military, which led to integrated skies. Registration required. Includes museum admission.

College Park Aviation Museum collegeparkaviation@pgparks.com

CPAM-SPEC-GA-20260523 All ages
Sat May 23 11:00 -11:45 am \$10(R); \$13(NR)

Sonic Frontiers Experimental Electronic Music Festival

With intriguing soundscapes and dazzling visuals, Sonic Frontiers curates eclectic, improvisatory experiences with live electronic music and projection art. With a focus on community engagement, The DC Modular Collective members will host fall and spring mini-electronic music festivals at Brentwood Arts Exchange, presenting featured headliners, inviting drop-in performances, and offering hands-on education, demonstrations, and insight into this unique art form.

Brentwood Arts Exchange brentwoodarts@pgparks.com

BAE-CON-GA-20260523 All ages
Sat May 23 5:00 -10:00 pm \$20(R); \$26(NR)

Davey Yarborough and Esther Williams: A Beautiful Friendship

Husband-and-wife duo Davey Yarborough and Esther Williams thrill audiences with their soulful jazz and original songwriting. Esther (vocals) has an extensive repertoire in jazz, R&B, pop, and gospel; Davey (saxophone) is an accomplished performer, bandleader, composer, arranger, and educator. They have performed together for decades and co-founded the Washington Jazz Arts Institute.

Montpelier Arts Center montpelierarts@pgparks.com

MAC-SPEC-GA-20260529 All ages
Fri May 29 8:00 -10:00 pm \$25(R); \$33(NR)

Heritage at Work: Discover, Build, Preserve

Do you like building with your hands? Are you curious about building practices? If so, come to the Heritage at Work Fest where you can engage with real-life construction workers who save historic places and even try some of their skills via hands-on activities. Learn the secrets behind how these preservationists keep centuries-old buildings standing for decades to come, as a way to celebrate National Historic Preservation Month. This event is FREE but registration is recommended.

Surratt Historic Site & Museum surratthouse@pgparks.com

SH-SPEC-GA-20260530 All ages
Sat May 30 11:00 am-4:00 pm Free

Rally to Rank: Pickleball Skills Clinic

Join us for a fun and competitive event designed to help players determine their skill level--beginner, intermediate, or advanced--through a series of exciting skill stations and round-robin games. Whether you're just getting into the game or looking to climb the competitive ladder, this event is the perfect opportunity to learn, connect, and level up.

Westphalia Community Center westphaliacc@pgparks.com

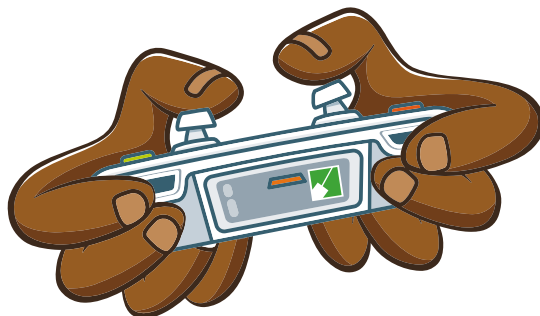
WCC-SPEC-GA-20260530 All ages
Sat May 30 1:00 -3:00 pm Free

Lights Out: The Science to Sleep

Learn about the science of sleep and how it impacts your overall well-being. During this event, we will discuss common sleeping disorders, sleep habits, sleep therapy, lifestyle tips, and natural ways to rest. Interactive Sleep Zones, Zen Zones, workshops, and crafts. Dress comfortably. Refreshments will be available while supplies last.

Tucker Road Community Center tuckerroadcc@pgparks.com

TRCC-SPEC-GA-20260530 18 & up
Sat May 30 2:00 -5:00 pm Free



Esports Takeover

Calling all gamers! Join us for a chill tournament with high energy, cool prizes, and good vibes. NBA 2K26, Madden 26, and Super Smash Bros.

William Beanes Community Center williambeanesc@pgparks.com

WBCC-SPEC-GA-20260530 12 - 17yrs.
Sat May 30 2:00 -6:30 pm \$8(R); \$11(NR)

William Beanes Community Center williambeanesc@pgparks.com

WBCC-SPEC-GA-20260530A 12 - 17yrs.
Sat May 30 2:00 -6:30 pm \$8(R); \$11(NR)

Take 6

The most awarded a cappella group in history, heralded by Quincy Jones as the "Baddest vocal cats on the planet!" is the quintessential a cappella model for vocal genius. With 10 Grammy Awards, 10 Dove Awards, 2 NAACP Image Awards, a Soul Train Award, and more, Take 6 continues to bring extraordinary vocals to their worldwide audiences. From jazz to pop, adult R&B, doo wop and blues, they admirably and adeptly cross most musical genres. Like a fine-tuned vocal orchestra, the group continues pushing the boundaries of creativity and musical genius with every new release and their ever-evolving live performances.

Prince George's Publick Playhouse publickplayhouse@pgparks.com

PGPP-SPEC-AS-20260530 All ages
Sat May 30 8:00 -9:30 pm \$45(R); \$59(NR)

PGPP-SPEC-AS-20260531 All ages
Sun May 31 4:00 -5:30 pm \$45(R); \$59(NR)

Soul Generation Featuring Cliff Perkins

Soul Generation, featuring Cliff Perkins, out of Jersey City, New Jersey, is led by original member and founder Cliff Perkins. With Cliff Perkins as lead singer, they are considered one of the supergroups of the 1970s. They are known for chart-busting hits such as "Body and Soul," "Million Dollars," and "I Wonder What She's Doin'." Cliff Perkins' smooth tenor voice is legendary among the singers of an era known for great lead singers. They continue to perform worldwide and are a staple on the "70's Soul Jam Tour". Stroll down memory lane with Soul Generation featuring Cliff Perkins.

Harmony Hall Arts Center harmonyhallarts@pgparks.com

HHAC-SPEC-AS-20260530 All ages
Sat May 30 8:00 -10:00 pm \$50(R); \$65(NR)



live more, play more



Commemorating America's 250th birthday!

PASTPORT TO HISTORY

You belong here!



Win a FREE Trip to a National Trust for Historic Preservation Site.

Explore, Discover, and Learn the Lived Experiences of Prince Georgians!



Pastport / Pasaporte



Riversdale Historic Site & Museum

Walk through Riversdale and discover the human stories of the trailblazing men, women, and children who changed the cultural landscape of 19th century Maryland.

Camine por Riversdale y descubra las historias humanas de los hombres, mujeres y niños pioneros que cambiaron el panorama cultural de Maryland del siglo XIX.

ADDRESS / DIRECCIÓN

4811 Riverdale Road
Riverdale Park, MD

CONTACT / CONTACTO

(301) 864-0420
riversdale@pgparks.com
pgparks.com/riversdalemuseum

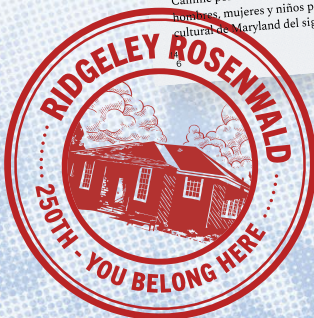
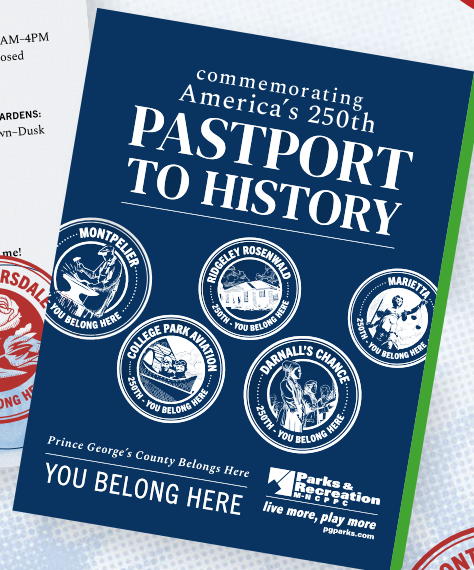
KEY PROGRAMMING

Genealogy 101.
1/10, 10AM
A Sweet History: Chocolate Through the Ages with Joyce White. 2/14, 10-11:30AM
Plummer's Kitchen: Pathways to Freedom. 2/22, 12-3PM
18th Century Cooking Demos with the Kitchen Guild 7/12 & 7/26, 11-3PM
'We the People' Community Conversations 4/16, 7/16, 10/10 6:30-7:30PM

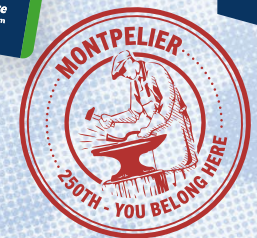
HOURS / HORAS

Thurs-Sun: 10AM-4PM
Mon-Wed: Closed
TOURS
Noon & 2PM
GROUNDS & GARDENS:
Sun-Sat: Dawn-Dusk

pgparks.com



FOR MORE INFORMATION VISIT:
pgparks.com/250



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.

Virtual Tickets

Sleep Enhancing Foods Nutrition Workshop

Did you know that the food you eat can impact your sleeping routine? In honor of Sleep Awareness Week, join us for this virtual session to learn about the best foods to help you achieve a good night's sleep and why healthy sleep is essential for your overall well-being. Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260310 All ages
Tue Mar 10 6:00 -7:00 pm Free

Freedom Was in Sight: A Women's History Month Program

Join history professor Kate Masur for a virtual lecture and book discussion focused on our region during Reconstruction. Dr. Masur will discuss the many African American women who played central roles in the struggle to build their lives and communities in Washington, D.C. and Prince George's County following the U.S. Civil War. Visitors must register to receive the TEAMS link to the program.

mariettahouse@pgparks.com

MHM-SPEC-GA-20260312 12 & up
Thu Mar 12 6:30 -8:00 pm \$5(R); \$7(NR)

Dine, Learn & Move: Plant-Based Made Simple

March is National Nutrition Month, and this year we're celebrating the power of plants! Join us to discover the many benefits of a plant-based diet and learn simple ways to add more fruits, vegetables, whole grains, and legumes to your meals. We'll begin with a heart-pumping workout, followed by a nutrition segment focused on plant-based eating, and we will wrap up with a live cooking demonstration showcasing easy plant-based meal prep ideas. Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260325 All ages
Wed Mar 25 6:00 -7:30 pm Free

Vitamins and Minerals: How to Get What You Need

This interactive virtual session led by a Giant nutritionist will illuminate the world of essential nutrients, their profound influence on your health, and practical strategies for obtaining them from your diet. Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260331 All ages
Tue Mar 31 6:00 -7:00 pm Free

Book Talk with Zaakir Tameez on Charles Sumner: *Conscience of a Nation*

Join us for a virtual talk on the life of Charles Sumner presented by author historian Zaakir Tameez. Sumner, a Massachusetts Senator, is frequently remembered for the physical beating he received while serving in Congress in 1856 and for his civil rights leadership during and after the U.S. Civil War. Drawing from hundreds of letters, newspapers, and speeches, Tameez has created a remarkable portrait of a complex man who faced many personal challenges. The book is a moving portrayal of a courageous, long-overlooked American who, in the words of one contemporary, "stood in the vanguard of freedom". Visitors must register to receive the TEAMS link to the program.

mariettahouse@pgparks.com

MHM-SPEC-GA-20260416 12 & up
Thu Apr 16 6:30 am-8:00 am \$5(R); \$7(NR)

Dine, Learn & Move: Smart Screening for Colon Health

Did you know that screening can find, and in some cases, prevent colon cancer? We will learn about the different ways you can reduce your risk of colon cancer starting with a screening and supported by a healthy diet and regular exercise. As always, we will kick off the session with some group movement and end with a live cooking demonstration! Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260422 All ages
Wed Apr 22 6:00 -7:30 pm Free

Women's Wellness Nutrition Workshop

May is Women's Health Month! Join us for this interactive virtual workshop led by a Giant nutritionist, where we'll explore the unique nutritional needs of women, particularly as they age. You'll discover practical tips for incorporating these essential nutrients into your daily diet to support vibrant health through every stage of life. Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260512 All ages
Tue May 12 6:00 -7:00 pm Free





Solutions for Better Sleep Presentation

Sleep is essential for all of us. It supports important aspects of our overall health, our weight, our mood and memory, and even our heart health. In this session, a member of the Johns Hopkins Behavioral Sleep Medicine program will highlight what you can do to improve your sleep as you age! Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260519

Tue May 19 6:00 -7:00 pm

All ages
Free

Beyond Self-Care: Resilience and Well-Being

What are the building blocks of well-being? Is it possible to strengthen these in others and ourselves? What should we focus on to flourish? The field of Positive Psychology provides research supported theory to promote well-being by focusing on what is good, instead of what is bad. This training provides participants with an introduction to the P.E.R.M.A model of well-being and practical strategies to incorporate the framework into their daily lives.

wellness@pgparks.com

SPD-SPEC-GA-20260526

Tue May 26 6:00 -7:00 pm

All ages
Free

Dine, Learn & Move: Living Well With Arthritis

Join us as we recognize Arthritis Awareness Month! Living with arthritis can be distracting, difficult, and quite literally a pain. During this virtual session, learn valuable information, practical tips, and expert insights on managing arthritis and improving quality of life. The program will begin with a guided physical activity session to promote flexibility and joint mobility, and will end with a live cooking demonstration. Registration is required.

wellness@pgparks.com

SPD-SPEC-GA-20260527

Wed May 27 6:00 -7:30 pm

All ages
Free

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

NATURE IN YOUR BACKYARD!

Celebrate Earth Day all month long at our nature centers and regional parks!

Every Saturday in April from 11 am to 2 pm!
FREE Family-Friendly Activities

Scan the QR code or go to pgparks.com/nature to learn more!

AQUATICS

MIXED AGES

Becoming a Water Safety Ambassador

Be an H2O hero! Teachers, adult, and youth leaders can become water safety ambassadors in our exciting, free, online course from The American Red Cross. Learn water safety basics. Understand how to teach water safety in a classroom to your community with American Red Cross materials. Register now and have a positive impact on the drowning rates in your locality.

pg-aquatics@pgparks.com

31691-2100		13 & up	92 classes
Mon-Sun	12:00-12:00 am	starts Mar 1	Free

Child and Baby First Aid/CPR/AED

Be prepared for real world emergencies! Learn, virtually, how to recognize and respond to a variety of dangers. These incidents may include breathing and cardiac emergencies involving children and babies as well as the need for first aid. Sign up for this American Red Cross online course featuring award-winning, interactive simulation. Course requirement: PC or tablet with high-speed internet connection. Not supported: smart phones, Internet Explorer. Our course does not meet OSHA requirements for workplace certification.

pg-aquatics@pgparks.com

31697-2100		15 & up	92 classes
Mon-Sun	12:00-12:00 am	starts Mar 1	Free

Water Safety for Parents and Caregivers

Be water safe! This important, free, online course from The American Red Cross, will develop your awareness of the risks of drowning and how to minimize the danger, especially for young children. Adults learn drowning prevention, water safety skills especially concerning children in common environments and the chain of drowning survival. Don't miss this opportunity to become confident and safe around water.

pg-aquatics@pgparks.com

31692-2100		16 & up	92 classes
Mon-Sun	12:00-12:00 am	starts Mar 1	Free

CRAFTS AND HOBBIES

SENIORS

Bingo

Play bingo virtually and win prizes!

gwendolynbrittseniors@pgparks.com

31510-230A		60 & up	4 classes
Fri	12:00-1:00 pm	starts Mar 6	\$20(R); \$26(NR)
31510-230D		60 & up	4 classes
Fri	12:00-1:00 pm	starts Apr 3	\$20(R); \$26(NR)
31510-230C		60 & up	4 classes
Fri	12:00-1:00 pm	starts May 8	\$20(R); \$26(NR)

Home Projects

Enjoy making items for the home, including baskets, vases, tablemats, etc.

gwendolynbrittseniors@pgparks.com

31523-230A		60 & up	4 classes
Wed	10:00-11:00 am	starts Mar 4	\$26(R); \$34(NR)
31523-230B		60 & up	4 classes
Wed	10:00-11:00 am	starts Apr 8	\$26(R); \$34(NR)
31523-230C		60 & up	4 classes
Wed	10:00-11:00 am	starts May 6	\$26(R); \$34(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.

uppermarlboroccc@pgparks.com

31415-276A		18 & up	7 classes
Tue	5:30-6:30 pm	starts Mar 3	\$26(R); \$34(NR)
31415-276C		18 & up	7 classes
Thu	5:30-6:30 pm	starts Mar 5	\$26(R); \$34(NR)
31415-276B		18 & up	6 classes
Tue	5:30-6:30 pm	starts Apr 21	\$23(R); \$30(NR)
31415-276D		18 & up	6 classes
Thu	5:30-6:30 pm	starts Apr 23	\$23(R); \$30(NR)

SENIORS

Bio Fitness and Cardio Fit: Seniors

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

southernareaprograms@pgparks.com

31511-276A		60 & up	6 classes
Tue	9:30-10:30 am	starts Mar 10	\$15(R); \$20(NR)
31511-276C		60 & up	6 classes
Thu	9:30-10:30 am	starts Mar 12	\$15(R); \$20(NR)
31511-276B		60 & up	6 classes
Tue	9:30-10:30 am	starts Apr 21	\$15(R); \$20(NR)
31511-276D		60 & up	6 classes
Thu	9:30-10:30 am	starts Apr 23	\$15(R); \$20(NR)

Chair Yoga

Learn to relax with breathing and meditation techniques.

campspringsseniors@pgparks.com

31515-211A		60 & up	4 classes
Mon	12:30-1:30 pm	starts Mar 2	\$10(R); \$13(NR)
31515-211B		60 & up	4 classes
Mon	12:30-1:30 pm	starts Apr 6	\$10(R); \$13(NR)
31515-211C		60 & up	3 classes
Mon	12:30-1:30 pm	starts May 4	\$7(R); \$10(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.

glennnalecc@pgparks.com

31402-227A	18 & up	6 classes
Thu 6:00-7:00 pm	starts Mar 5	\$55(R); \$72(NR)
31402-227B	18 & up	6 classes
Thu 7:00-8:00 pm	starts Mar 5	\$55(R); \$72(NR)
31402-227C	18 & up	6 classes
Thu 6:00-7:00 pm	starts Apr 23	\$55(R); \$72(NR)
31402-227D	18 & up	6 classes
Thu 7:00-8:00 pm	starts Apr 23	\$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.

glennnalecc@pgparks.com

31606-227A	6 - 13yrs.	6 classes
Tue 6:00-7:00 pm	starts Mar 3	\$55(R); \$72(NR)
31606-227B	6 - 13yrs.	6 classes
Tue 7:00-8:00 pm	starts Mar 3	\$55(R); \$72(NR)
31606-227C	6 - 17yrs.	6 classes
Tue 6:00-7:00 pm	starts Apr 21	\$55(R); \$72(NR)
31606-227D	6 - 17yrs.	6 classes
Tue 7:00-8:00 pm	starts Apr 21	\$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

31526-244A	60 & up	8 classes
Mon & Wed 9:30-11:30 am	starts Mar 2	\$68(R); \$89(NR)
31526-230A	60 & up	8 classes
Tue & Thu 10:00-11:00 am	starts Mar 3	\$68(R); \$89(NR)
31526-244B	60 & up	8 classes
Mon & Wed 9:30-11:30 am	starts Apr 6	\$68(R); \$89(NR)
31526-230B	60 & up	8 classes
Tue & Thu 10:00-11:00 am	starts Apr 7	\$68(R); \$89(NR)
31526-244C	60 & up	8 classes
Mon & Wed 9:30-11:30 am	starts May 4	\$68(R); \$89(NR)
31526-230C	60 & up	8 classes
Tue & Thu 10:00-11:00 am	starts May 5	\$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

31538-230A	60 & up	8 classes
Tue & Thu 1:00-2:00 pm	starts Mar 3	\$68(R); \$89(NR)
31538-230C	60 & up	8 classes
Tue & Thu 1:00-2:00 pm	starts Apr 7	\$68(R); \$89(NR)
31538-230B	60 & up	8 classes
Tue & Thu 1:00-2:00 pm	starts May 5	\$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

31541-230A	60 & up	8 classes
Tue & Thu 11:30 am-12:30 pm	starts Mar 3	\$68(R); \$89(NR)
31541-230B	60 & up	8 classes
Tue & Thu 11:30 am-12:30 pm	starts Apr 7	\$68(R); \$89(NR)
31541-230C	60 & up	8 classes
Tue & Thu 11:30 am-12:30 pm	starts May 5	\$68(R); \$89(NR)

VISUAL ARTS

ADULTS

Watercolor: Adults

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.

harmonyhallrc@pgparks.com

31451-203A	18 & up	10 classes
Thu 10:00 am-1:00 pm	starts Mar 26	\$90(R); \$117(NR)

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.

Glenn Dale Community Center

wellness@pgparks.com

32401-279B	18 & up	13 classes
Mon & Wed 8:00-9:00 am	starts Apr 27	\$10(R); \$13(NR)

Southern Region Technology & Recreation

wellness@pgparks.com

32401-279A	18 & up	12 classes
Tue & Thu 8:30-9:30 am	starts Mar 17	\$10(R); \$13(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

10101-201A	3 - 5yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 9
		\$66(R); \$86(NR)
10101-201B	3 - 5yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 9
		\$66(R); \$86(NR)
10101-201I	3 - 5yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 10
		\$66(R); \$86(NR)
10101-201J	3 - 5yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 14
		\$66(R); \$86(NR)
10101-201K	3 - 5yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 14
		\$66(R); \$86(NR)
10101-201C	3 - 5yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$66(R); \$86(NR)
10101-201d	3 - 5yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 7
		\$66(R); \$86(NR)
10101-201F	3 - 5yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 7
		\$66(R); \$86(NR)
10101-201G	3 - 5yrs.	8 classes
Mon-Thu	6:00-6:30 pm	starts May 4
		\$66(R); \$86(NR)
10101-201H	3 - 5yrs.	8 classes
Mon-Thu	6:40-7:10 pm	starts May 4
		\$66(R); \$86(NR)

Fairland Aquatics Center

fairlandaquatics@pgparks.com

10101-223B	3 - 5yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2
		\$66(R); \$86(NR)
10101-223C	3 - 5yrs.	8 classes
Tue & Thu	10:20-10:50 am	starts Mar 3
		\$66(R); \$86(NR)
10101-223D	3 - 5yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 3
		\$66(R); \$86(NR)
10101-223A	3 - 5yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 7
		\$66(R); \$86(NR)
10101-223E	3 - 5yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 30
		\$66(R); \$86(NR)
10101-223F	3 - 5yrs.	8 classes
Tue & Thu	10:20-10:50 am	starts Mar 31
		\$66(R); \$86(NR)
10101-223G	3 - 5yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 31
		\$66(R); \$86(NR)
10101-223H	3 - 5yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 27
		\$66(R); \$86(NR)
10101-223I	3 - 5yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 28
		\$66(R); \$86(NR)
10101-223J	3 - 5yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 28
		\$66(R); \$86(NR)



live more, play more
pgparks.com

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10101-268A	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268B	Mon & Wed	7:20-7:50 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268C	Mon & Wed	8:00-8:30 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268D	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268E	Tue & Thu	6:40-7:10 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268F	Tue & Thu	8:00-8:30 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268G	Mon-Thu	7:20-7:50 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268H	Mon-Thu	7:20-7:50 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)
10101-268I	Mon-Thu	7:20-7:50 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10101-272D	Sun	5:45-6:15 pm	3 - 5yrs. starts Mar 8	9 classes \$66(R); \$86(NR)
10101-272A	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 17	8 classes \$66(R); \$86(NR)
10101-272B	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Apr 20	8 classes \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10101-275A	Mon & Wed	7:20-7:50 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10101-275B	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 3	8 classes \$66(R); \$86(NR)
10101-275C	Sat	10:20-10:50 am	3 - 5yrs. starts Mar 21	8 classes \$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10101-2104A	Tue & Thu	6:10-6:40 pm	3 - 5yrs. starts Mar 17	8 classes \$66(R); \$86(NR)
10101-2104C	Sat	10:20-10:50 am	3 - 5yrs. starts Mar 21	8 classes \$66(R); \$86(NR)
10101-2104B	Tue & Thu	5:30-6:00 pm	3 - 5yrs. starts Apr 21	8 classes \$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10101-283A	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10101-283C	Sat	9:00-9:30 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10101-283B	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)

We Are Hiring!

FUN jobs in



Aquatics

Enjoy swimming and working with people?
Lifeguard pay starts at \$18.96!

Meet our amazing
Aquatics Team
at our upcoming
**Aquatics 2026
Recruitment Fairs**

Saturday, March 14
at Allentown Splash,
Tennis & Fitness Park

Saturday, April 18
at Fairland Sports
and Aquatics Complex



Help us break the record for
WORLD'S LARGEST SWIM LESSON
Thursday, June 25 at J. Franklyn Bourne Pool

FREE EVENT, bring the whole family!



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

10102-201A	6mo - 3yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 10
		\$66(R); \$86(NR)
10102-201C	6mo - 3yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 14
		\$66(R); \$86(NR)
10102-201B	6mo - 3yrs.	8 classes
Mon-Thu	6:00-6:30 pm	starts May 4
		\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10102-223B	6mo - 3yrs.	8 classes
Tue & Thu	11:00-11:30 am	starts Mar 3
		\$66(R); \$86(NR)
10102-223C	6mo - 3yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 3
		\$66(R); \$86(NR)
10102-223A	6mo - 3yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 7
		\$66(R); \$86(NR)
10102-223D	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 30
		\$66(R); \$86(NR)
10102-223E	6mo - 3yrs.	8 classes
Tue & Thu	11:00-11:30 am	starts Mar 31
		\$66(R); \$86(NR)
10102-223F	6mo - 3yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 31
		\$66(R); \$86(NR)
10102-223G	6mo - 3yrs.	8 classes
Tue & Thu	11:00-11:30 am	starts Apr 28
		\$66(R); \$86(NR)
10102-223H	6mo - 3yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 28
		\$66(R); \$86(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10102-268A	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 23
		\$66(R); \$86(NR); \$50(IA)
10102-268B	6mo - 3yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 23
		\$66(R); \$86(NR); \$50(IA)
10102-268C	6mo - 3yrs.	8 classes
Mon-Thu	6:00-6:30 pm	starts Apr 27
		\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10102-272C	6mo - 3yrs.	9 classes
Sun	5:45-6:15 pm	starts Mar 8
		\$66(R); \$86(NR)
10102-272A	6mo - 3yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 17
		\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10102-275A	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10102-2104A	6mo - 3yrs.	8 classes
Tue & Thu	5:30-6:00 pm	starts Mar 17
		\$66(R); \$86(NR)
10102-2104B	6mo - 3yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 21
		\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10102-283A	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 2
		\$66(R); \$86(NR)
10102-283C	6mo - 3yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7
		\$66(R); \$86(NR)
10102-283B	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$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

10103-201B	6mo - 3yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 14
		\$66(R); \$86(NR)
10103-201A	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10103-223B	1 - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 2
		\$66(R); \$86(NR)
10103-223A	1 - 3yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 7
		\$66(R); \$86(NR)
10103-223C	1 - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 27
		\$66(R); \$86(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10103-268A	1 - 3yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 24
		\$66(R); \$86(NR); \$50(IA)
10103-268B	1 - 3yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 24
		\$66(R); \$86(NR); \$50(IA)
10103-268C	1 - 3yrs.	8 classes
Mon-Thu	6:40-7:10 pm	starts Apr 27
		\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10103-272A	6mo - 3yrs.	9 classes
Sat	6:25-6:55 pm	starts Mar 14
		\$66(R); \$86(NR)
10103-272C	6mo - 3yrs.	9 classes
Sat	9:55-10:25 am	starts Mar 14
		\$66(R); \$86(NR)
10103-272B	6mo - 3yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 16
		\$66(R); \$86(NR)
10103-272D	6mo - 3yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 21
		\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10103-275A	6mo - 3yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 7
		\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10103-2104A	1 - 3yrs.	8 classes
Tue & Thu	4:50-5:20 pm	starts Apr 21
		\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10103-283B	Mon & Wed	7:20-7:50 pm	6mo - 3yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10103-283A	Sat	9:00-9:30 am	6mo - 3yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10103-283C	Mon & Wed	7:20-7:50 pm	6mo - 3yrs. starts Apr 6	8 classes \$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

10104-201A	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 9	8 classes \$66(R); \$86(NR)
10104-201D	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Mar 9	8 classes \$66(R); \$86(NR)
10104-201E	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 10	8 classes \$66(R); \$86(NR)
10104-201I	Tue & Thu	6:40-7:10 pm	3 - 5yrs. starts Mar 10	8 classes \$66(R); \$86(NR)
10104-201J	Sat	9:00-9:30 am	3 - 5yrs. starts Mar 14	8 classes \$66(R); \$86(NR)
10104-201L	Sat	10:20-10:50 am	3 - 5yrs. starts Mar 14	8 classes \$66(R); \$86(NR)
10104-201B	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)
10104-201C	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)
10104-201F	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Apr 7	8 classes \$66(R); \$86(NR)
10104-201K	Tue & Thu	6:40-7:10 pm	3 - 5yrs. starts Apr 7	8 classes \$66(R); \$86(NR)
10104-201G	Mon-Thu	6:00-6:30 pm	3 - 5yrs. starts May 4	8 classes \$66(R); \$86(NR)
10104-201H	Mon-Thu	7:20-7:50 pm	3 - 5yrs. starts May 4	8 classes \$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10104-223B	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10104-223C	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 3	8 classes \$66(R); \$86(NR)
10104-223A	Sat	9:00-9:30 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10104-223D	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 30	8 classes \$66(R); \$86(NR)
10104-223E	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Mar 31	8 classes \$66(R); \$86(NR)
10104-223F	Tue & Thu	6:40-7:10 pm	3 - 5yrs. starts Mar 31	8 classes \$66(R); \$86(NR)
10104-223G	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR)
10104-223H	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR)
10104-223I	Tue & Thu	10:20-10:50 am	3 - 5yrs. starts Apr 28	8 classes \$66(R); \$86(NR)

10104-223J	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Apr 28	8 classes \$66(R); \$86(NR)
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Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10104-268A	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10104-268B	Tue & Thu	7:20-7:50 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10104-268C	Mon-Thu	6:40-7:10 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10104-272B	Sun	6:25-6:55 pm	3 - 5yrs. starts Mar 8	9 classes \$66(R); \$86(NR)
10104-272A	Sat	5:45-6:15 pm	3 - 5yrs. starts Mar 14	9 classes \$66(R); \$86(NR)
10104-272D	Sat	11:15-11:45 am	3 - 5yrs. starts Mar 14	9 classes \$66(R); \$86(NR)
10104-272C	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Mar 16	8 classes \$66(R); \$86(NR)
10104-272F	Mon & Wed	7:20-7:50 pm	3 - 5yrs. starts Apr 20	8 classes \$66(R); \$86(NR)
10104-272E	Tue & Thu	6:00-6:30 pm	3 - 5yrs. starts Apr 21	8 classes \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10104-275A	Mon & Wed	6:40-7:10 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10104-275B	Sat	11:00-11:30 am	3 - 5yrs. starts Mar 21	8 classes \$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10104-2104A	Tue & Thu	6:50-7:20 pm	3 - 5yrs. starts Mar 17	8 classes \$66(R); \$86(NR)
10104-2104C	Fri	5:30-6:00 pm	3 - 5yrs. starts Mar 20	8 classes \$66(R); \$86(NR)
10104-2104D	Sat	9:40-10:10 am	3 - 5yrs. starts Mar 21	8 classes \$66(R); \$86(NR)
10104-2104B	Tue & Thu	6:10-6:40 pm	3 - 5yrs. starts Apr 21	8 classes \$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10104-283A	Mon & Wed	6:00-6:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10104-283C	Sat	9:00-9:30 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10104-283B	Mon & Wed	6:00-6:40 pm	3 - 5yrs. starts Apr 6	8 classes \$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	
10105-201A	Mon & Wed 7:20-7:50 pm	3 - 5yrs. starts Mar 9	8 classes \$66(R); \$86(NR)
10105-201D	Tue & Thu 7:20-7:50 pm	3 - 5yrs. starts Mar 10	8 classes \$66(R); \$86(NR)
10105-201B	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)
10105-201C	Mon-Thu 7:20-7:50 pm	3 - 5yrs. starts May 4	8 classes \$66(R); \$86(NR)
Fairland Aquatics Center		fairlandaquatics@pgparks.com	
10105-223B	Mon & Wed 6:00-6:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10105-223C	Tue & Thu 6:00-6:30 pm	3 - 5yrs. starts Mar 3	8 classes \$66(R); \$86(NR)
10105-223A	Sat 10:20-10:50 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10105-223D	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Mar 30	8 classes \$66(R); \$86(NR)
10105-223E	Tue & Thu 6:00-6:30 pm	3 - 5yrs. starts Mar 31	8 classes \$66(R); \$86(NR)
10105-223F	Mon & Wed 6:00-6:30 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR)
10105-223G	Tue & Thu 6:00-6:30 pm	3 - 5yrs. starts Apr 28	8 classes \$66(R); \$86(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
10105-268A	Mon & Wed 6:00-6:30 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10105-268B	Mon & Wed 7:20-7:50 pm	3 - 5yrs. starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10105-268D	Tue & Thu 6:00-6:30 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10105-268E	Tue & Thu 7:20-7:50 pm	3 - 5yrs. starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10105-268F	Mon-Thu 6:00-6:30 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)
10105-268G	Mon-Thu 6:40-7:10 pm	3 - 5yrs. starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool		rollingcrestpool@pgparks.com	
10105-272B	Sun 7:05-7:35 pm	3 - 5yrs. starts Mar 8	9 classes \$66(R); \$86(NR)
10105-272A	Sat 5:45-6:15 pm	3 - 5yrs. starts Mar 14	9 classes \$66(R); \$86(NR)
10105-272D	Sat 9:15-9:45 am	3 - 5yrs. starts Mar 14	9 classes \$66(R); \$86(NR)
10105-272C	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Mar 16	8 classes \$66(R); \$86(NR)
10105-272E	Tue & Thu 6:40-7:10 pm	3 - 5yrs. starts Apr 21	8 classes \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10105-275A	Mon & Wed 6:00-6:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10105-275B	Mon & Wed 8:00-8:30 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10105-2104A	Tue & Thu 6:50-7:20 pm	3 - 5yrs. starts Apr 21	8 classes \$66(R); \$86(NR)
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Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10105-283A	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10105-283C	Sat 9:40-10:10 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10105-283B	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Apr 6	8 classes \$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

10106-201B	Mon & Wed 7:20-7:50 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)
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Fairland Aquatics Center fairlandaquatics@pgparks.com

10106-223A	Tue & Thu 6:40-7:10 pm	3 - 5yrs. starts Mar 3	8 classes \$66(R); \$86(NR)
10106-223B	Tue & Thu 6:40-7:10 pm	3 - 5yrs. starts Apr 28	8 classes \$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10106-272B	Tue & Thu 6:40-7:10 pm	3 - 5yrs. starts Mar 17	8 classes \$66(R); \$86(NR)
10106-272C	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Apr 20	8 classes \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10106-275A	Mon & Wed 6:40-7:10 pm	3 - 5yrs. starts Apr 6	8 classes \$66(R); \$86(NR)
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Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10106-2104A	Fri 6:10-6:40 pm	3 - 5yrs. starts Mar 20	8 classes \$66(R); \$86(NR)
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Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10106-283B	Mon & Wed 7:20-7:50 pm	3 - 5yrs. starts Mar 2	8 classes \$66(R); \$86(NR)
10106-283A	Sat 11:00-11:30 am	3 - 5yrs. starts Mar 7	8 classes \$66(R); \$86(NR)
10106-283C	Mon & Wed 7:20-7:50 pm	3 - 5yrs. starts Apr 6	8 classes \$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

10201-201A	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 9
		\$66(R); \$86(NR)
10201-201B	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 9
		\$66(R); \$86(NR)
10201-201D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 10
		\$66(R); \$86(NR)
10201-201F	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 10
		\$66(R); \$86(NR)
10201-201G	6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 14
		\$66(R); \$86(NR)
10201-201H	6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 14
		\$66(R); \$86(NR)
10201-201I	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 7
		\$66(R); \$86(NR)
10201-201J	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 7
		\$66(R); \$86(NR)
10201-201C	6 - 12yrs.	8 classes
Mon-Thu	6:40-7:10 pm	starts May 4
		\$66(R); \$86(NR)
10201-201E	6 - 12yrs.	8 classes
Mon-Thu	8:00-8:30 pm	starts May 4
		\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10201-223B	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 2
		\$66(R); \$86(NR)
10201-223C	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2
		\$66(R); \$86(NR)
10201-223D	6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 3
		\$66(R); \$86(NR)
10201-223E	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 3
		\$66(R); \$86(NR)
10201-223A	6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 7
		\$66(R); \$86(NR)
10201-223F	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 30
		\$66(R); \$86(NR)
10201-223G	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 30
		\$66(R); \$86(NR)
10201-223H	6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 31
		\$66(R); \$86(NR)
10201-223I	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 31
		\$66(R); \$86(NR)
10201-223J	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 27
		\$66(R); \$86(NR)
10201-223K	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 27
		\$66(R); \$86(NR)
10201-223L	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 28
		\$66(R); \$86(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10201-268A	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 23
		\$66(R); \$86(NR); \$50(IA)
10201-268C	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 23
		\$66(R); \$86(NR); \$50(IA)
10201-268B	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 24
		\$66(R); \$86(NR); \$50(IA)
10201-268D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 24
		\$66(R); \$86(NR); \$50(IA)
10201-268E	6 - 12yrs.	8 classes
Mon-Thu	7:20-7:50 pm	starts Apr 27
		\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10201-272A	6 - 12yrs.	9 classes
Sun	7:45-8:15 pm	starts Mar 8
		\$66(R); \$86(NR)
10201-272D	6 - 12yrs.	9 classes
Sat	10:30-11:05 am	starts Mar 14
		\$66(R); \$86(NR)
10201-272E	6 - 12yrs.	9 classes
Sat	7:05-7:35 pm	starts Mar 14
		\$66(R); \$86(NR)
10201-272B	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 16
		\$66(R); \$86(NR)
10201-272G	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 17
		\$66(R); \$86(NR)
10201-272F	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 20
		\$66(R); \$86(NR)
10201-272C	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 21
		\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10201-275A	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 2
		\$66(R); \$86(NR)
10201-275D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3
		\$66(R); \$86(NR)
10201-275E	6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 21
		\$66(R); \$86(NR)
10201-275B	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$66(R); \$86(NR)
10201-275C	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6
		\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10201-2104A	6 - 12yrs.	8 classes
Tue & Thu	5:30-6:00 pm	starts Mar 17
		\$66(R); \$86(NR)
10201-2104C	6 - 12yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 21
		\$66(R); \$86(NR)
10201-2104D	6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 21
		\$66(R); \$86(NR)
10201-2104B	6 - 12yrs.	8 classes
Tue & Thu	5:30-6:00 pm	starts Apr 21
		\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10201-283A	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2
		\$66(R); \$86(NR)
10201-283E	6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 7
		\$66(R); \$86(NR)
10201-283F	6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 7
		\$66(R); \$86(NR)
10201-283B	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 6
		\$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

10202-201A	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 9 \$66(R); \$86(NR)
10202-201B	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 9 \$66(R); \$86(NR)
10202-201C	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 10 \$66(R); \$86(NR)
10202-201D	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 10 \$66(R); \$86(NR)
10202-201E	6 - 12yrs.	8 classes
Sat	11:40 am-12:10 pm	starts Mar 14 \$66(R); \$86(NR)
10202-201F	6 - 12yrs.	8 classes
Sat	12:20-12:50 pm	starts Mar 14 \$66(R); \$86(NR)
10202-201G	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 6 \$66(R); \$86(NR)
10202-201H	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6 \$66(R); \$86(NR)
10202-201I	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 7 \$66(R); \$86(NR)
10202-201J	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 7 \$66(R); \$86(NR)
10202-201K	6 - 12yrs.	8 classes
Mon-Thu	7:20-7:50 pm	starts May 4 \$66(R); \$86(NR)
10202-201L	6 - 12yrs.	8 classes
Mon-Thu	8:00-8:30 pm	starts May 4 \$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10202-223B	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2 \$66(R); \$86(NR)
10202-223C	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2 \$66(R); \$86(NR)
10202-223D	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 3 \$66(R); \$86(NR)
10202-223E	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3 \$66(R); \$86(NR)
10202-223A	6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 7 \$66(R); \$86(NR)
10202-223F	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 30 \$66(R); \$86(NR)
10202-223G	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 30 \$66(R); \$86(NR)
10202-223H	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 30 \$66(R); \$86(NR)
10202-223I	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 31 \$66(R); \$86(NR)
10202-223J	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 31 \$66(R); \$86(NR)
10202-223K	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 27 \$66(R); \$86(NR)
10202-223L	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 27 \$66(R); \$86(NR)
10202-223M	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 28 \$66(R); \$86(NR)
10202-223N	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 28 \$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10202-272C	6 - 12yrs.	9 classes
Sun	7:45-8:15 pm	starts Mar 8 \$66(R); \$86(NR)
10202-272A	6 - 12yrs.	9 classes
Sat	6:25-6:55 pm	starts Mar 14 \$66(R); \$86(NR)
10202-272B	6 - 12yrs.	9 classes
Sat	7:05-7:35 pm	starts Mar 14 \$66(R); \$86(NR)
10202-272E	6 - 12yrs.	9 classes
Sat	9:55-10:25 am	starts Mar 14 \$66(R); \$86(NR)
10202-272G	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 16 \$66(R); \$86(NR)
10202-272D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 17 \$66(R); \$86(NR)
10202-272H	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 21 \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10202-275A	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2 \$66(R); \$86(NR)
10202-275D	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 3 \$66(R); \$86(NR)
10202-275E	6 - 12yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 21 \$66(R); \$86(NR)
10202-275B	6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 6 \$66(R); \$86(NR)
10202-275C	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 7 \$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10202-2104A		6 - 12yrs.	8 classes
Tue & Thu	6:10-6:40 pm	starts Mar 17	\$66(R); \$86(NR)
10202-2104C		6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 21	\$66(R); \$86(NR)
10202-2104B		6 - 12yrs.	8 classes
Tue & Thu	6:10-6:40 pm	starts Apr 21	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10202-283A		6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2	\$66(R); \$86(NR)
10202-283E		6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 7	\$66(R); \$86(NR)
10202-283F		6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 7	\$66(R); \$86(NR)
10202-283B		6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 6	\$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

10203-201A		6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 9	\$66(R); \$86(NR)
10203-201B		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 10	\$66(R); \$86(NR)
10203-201C		6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 14	\$66(R); \$86(NR)
10203-201D		6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 6	\$66(R); \$86(NR)
10203-201E		6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 7	\$66(R); \$86(NR)
10203-201F		6 - 12yrs.	8 classes
Mon-Thu	6:40-7:10 pm	starts May 4	\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10203-223B		6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2	\$66(R); \$86(NR)
10203-223C		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$66(R); \$86(NR)
10203-223D		6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3	\$66(R); \$86(NR)
10203-223A		6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7	\$66(R); \$86(NR)
10203-223E		6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 30	\$66(R); \$86(NR)
10203-223F		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 30	\$66(R); \$86(NR)
10203-223G		6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 31	\$66(R); \$86(NR)
10203-223H		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 31	\$66(R); \$86(NR)

10203-223I		6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 27	\$66(R); \$86(NR)
10203-223J		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 27	\$66(R); \$86(NR)
10203-223K		6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 28	\$66(R); \$86(NR)
10203-223L		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 28	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10203-272B		6 - 12yrs.	9 classes
Sun	6:25-6:55 pm	starts Mar 8	\$66(R); \$86(NR)
10203-272A		6 - 12yrs.	9 classes
Sat	7:45-8:15 pm	starts Mar 14	\$66(R); \$86(NR)
10203-272C		6 - 12yrs.	9 classes
Sat	9:15-9:45 am	starts Mar 14	\$66(R); \$86(NR)
10203-272D		6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 16	\$66(R); \$86(NR)
10203-272F		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 20	\$66(R); \$86(NR)
10203-272E		6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 21	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10203-275A		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$66(R); \$86(NR)
10203-275B		6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 3	\$66(R); \$86(NR)
10203-275C		6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Apr 7	\$66(R); \$86(NR)
10203-275D		6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 7	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10203-2104A		6 - 12yrs.	8 classes
Tue & Thu	6:50-7:20 pm	starts Mar 17	\$66(R); \$86(NR)
10203-2104C		6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 21	\$66(R); \$86(NR)
10203-2104B		6 - 12yrs.	8 classes
Tue & Thu	6:50-7:20 pm	starts Apr 21	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10203-283A		6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2	\$66(R); \$86(NR)
10203-283C		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$66(R); \$86(NR)
10203-283E		6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 7	\$66(R); \$86(NR)
10203-283F		6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7	\$66(R); \$86(NR)
10203-283B		6 - 12yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 6	\$66(R); \$86(NR)
10203-283D		6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$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

10204-201A	6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 10
		\$77(R); \$101(NR)
10204-201B	6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 14
		\$77(R); \$101(NR)
10204-201C	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 6
		\$77(R); \$101(NR)
10204-201D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 7
		\$77(R); \$101(NR)
10204-201E	6 - 12yrs.	8 classes
Mon-Thu	8:00-8:30 pm	starts May 4
		\$77(R); \$101(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10204-223B	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2
		\$77(R); \$101(NR)
10204-223C	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2
		\$77(R); \$101(NR)
10204-223D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3
		\$77(R); \$101(NR)
10204-223A	6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7
		\$77(R); \$101(NR)
10204-223E	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 30
		\$77(R); \$101(NR)
10204-223F	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 31
		\$77(R); \$101(NR)
10204-223G	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 27
		\$77(R); \$101(NR)
10204-223H	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 28
		\$77(R); \$101(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10204-272A	6 - 12yrs.	9 classes
Sun	7:05-7:35 pm	starts Mar 8
		\$77(R); \$101(NR)
10204-272B	6 - 12yrs.	9 classes
Sat	7:45-8:15 pm	starts Mar 14
		\$77(R); \$101(NR)
10204-272C	6 - 12yrs.	8 classes
Tue & Thu	6:00-6:30 pm	starts Mar 17
		\$77(R); \$101(NR)
10204-272D	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 20
		\$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10204-275A	6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 3
		\$77(R); \$101(NR)
10204-275B	6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 21
		\$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10204-2104A	6 - 12yrs.	8 classes
Tue & Thu	7:30-8:00 pm	starts Mar 17
		\$77(R); \$101(NR)
10204-2104B	6 - 12yrs.	8 classes
Tue & Thu	7:30-8:00 pm	starts Apr 21
		\$77(R); \$101(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10204-283A	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Mar 2
		\$77(R); \$101(NR)
10204-283C	6 - 12yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 7
		\$77(R); \$101(NR)
10204-283D	6 - 12yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7
		\$77(R); \$101(NR)
10204-283B	6 - 12yrs.	8 classes
Mon & Wed	6:00-6:30 pm	starts Apr 6
		\$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

10205-201A	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 9
		\$77(R); \$101(NR)
10205-201B	6 - 12yrs.	8 classes
Sat	11:40 am-12:10 pm	starts Mar 14
		\$77(R); \$101(NR)
10205-201C	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6
		\$77(R); \$101(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10205-223A	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2
		\$77(R); \$101(NR)
10205-223B	6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 3
		\$77(R); \$101(NR)
10205-223C	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 30
		\$77(R); \$101(NR)
10205-223D	6 - 12yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 31
		\$77(R); \$101(NR)
10205-223E	6 - 12yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 27
		\$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10205-275A	6 - 12yrs.	8 classes
Sat	9:00-9:30 am	starts Mar 21
		\$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10205-2104A	6 - 12yrs.	8 classes
Fri	6:50-7:20 pm	starts Mar 20
		\$77(R); \$101(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10205-283A	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2
		\$77(R); \$101(NR)
10205-283B	6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 6
		\$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

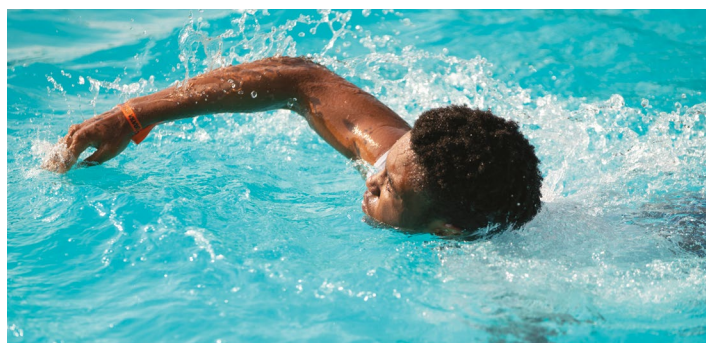
10206-201A		6 - 12yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 9	\$77(R); \$101(NR)
10206-201B		6 - 12yrs.	8 classes
Sat	10:20-10:50 am	starts Mar 14	\$77(R); \$101(NR)
10206-201C		6 - 12yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 7	\$77(R); \$101(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10206-223A		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 3	\$77(R); \$101(NR)
10206-223B		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 31	\$77(R); \$101(NR)
10206-223C		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 28	\$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10206-275B		6 - 12yrs.	8 classes
Sat	9:40-10:10 am	starts Mar 21	\$77(R); \$101(NR)
10206-275A		6 - 12yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 7	\$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

10301-201A		13 - 17yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 10	\$66(R); \$86(NR)
10301-201B		13 - 17yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10301-223A		13 - 17yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Mar 2	\$66(R); \$86(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10301-268A		13 - 17yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 23	\$66(R); \$86(NR); \$50(IA)
10301-268B		13 - 17yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 24	\$66(R); \$86(NR); \$50(IA)
10301-268C		13 - 17yrs.	8 classes
Mon-Thu	7:20-7:50 pm	starts Apr 27	\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10301-272B		13 - 17yrs.	9 classes
Sun	7:05-7:35 pm	starts Mar 8	\$66(R); \$86(NR)
10301-272A		13 - 17yrs.	9 classes
Sat	7:45-8:15 pm	starts Mar 14	\$66(R); \$86(NR)
10301-272C		13 - 17yrs.	9 classes
Sat	11:15-11:45 am	starts Mar 14	\$66(R); \$86(NR)
10301-272D		13 - 17yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 17	\$66(R); \$86(NR)
10301-272E		13 - 17yrs.	8 classes
Mon & Wed	6:40-7:10 pm	starts Apr 20	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10301-275A		13 - 17yrs.	8 classes
Tue & Thu	6:40-7:10 pm	starts Mar 3	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10301-283A		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 2	\$66(R); \$86(NR)
10301-283B		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 6	\$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

10302-201B		13 - 17yrs.	8 classes
Sat	12:20-12:50 pm	starts Mar 14	\$66(R); \$86(NR)
10302-201A		13 - 17yrs.	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 7	\$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10302-223B		13 - 17yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3	\$66(R); \$86(NR)
10302-223A		13 - 17yrs.	8 classes
Sat	11:00-11:30 am	starts Mar 7	\$66(R); \$86(NR)
10302-223C		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 30	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10302-272C		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Mar 16	\$66(R); \$86(NR)
10302-272A		13 - 17yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 21	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10302-275A		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 6	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10302-283A		13 - 17yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$66(R); \$86(NR)
10302-283B		13 - 17yrs.	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$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.

Fairland Aquatics Center fairlandaquatics@pgparks.com

10303-223A		13 - 17yrs.	8 classes
Mon & Wed	7:20-7:50 pm	starts Apr 27	\$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10303-275A		13 - 17yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 7	\$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.

Fairland Aquatics Center fairlandaquatics@pgparks.com

10304-223A		13 - 17yrs.	8 classes
Tue & Thu	7:20-7:50 pm	starts Apr 28	\$77(R); \$101(NR)

ADULTS

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

10427-283A		18 & up	8 classes
Sun	10:00-10:45 am	starts Mar 8	\$52(R); \$68(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

10402-201A		18 & up	8 classes
Tue & Thu	12:00-12:45 pm	starts Mar 10	\$56(R); \$73(NR)
10402-201B		18 & up	8 classes
Tue & Thu	12:00-12:45 pm	starts Apr 7	\$56(R); \$73(NR)
10402-201C		18 & up	8 classes
Tue & Thu	12:00-12:45 pm	starts May 5	\$56(R); \$73(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10402-223A		18 & up	8 classes
Tue & Thu	10:00-10:45 am	starts Mar 3	\$56(R); \$73(NR)
10402-223B		18 & up	8 classes
Tue & Thu	10:00-10:45 am	starts Mar 31	\$56(R); \$73(NR)
10402-223C		18 & up	8 classes
Tue & Thu	10:00-10:45 am	starts Apr 28	\$56(R); \$73(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10402-268A		18 & up	8 classes
Tue & Thu	10:00-10:45 am	starts Mar 31	\$56(R); \$73(NR); \$42(IA)
10402-268B		18 & up	8 classes
Tue & Thu	10:00-10:45 am	starts May 5	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10402-272A		18 - 59yrs.	8 classes
Tue & Thu	10:00-10:45 am	starts Mar 17	\$56(R); \$73(NR)
10402-272B		18 - 59yrs.	8 classes
Tue & Thu	10:00-10:45 am	starts Apr 21	\$56(R); \$73(NR)
10402-272C		18 - 59yrs.	8 classes
Tue & Thu	11:00-11:45 am	starts Apr 21	\$56(R); \$73(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	
10403-268A	18 & up	8 classes	
Tue & Thu	5:30-6:15 pm	starts Mar 31	\$56(R); \$73(NR); \$42(IA)
10403-268B	18 & up	8 classes	
Tue & Thu	5:30-6:15 pm	starts May 5	\$56(R); \$73(NR); \$42(IA)

Theresa Banks Memorial Aquatics Center		theresa.banks.pool@pgparks.com	
10403-283A	18 & up	4 classes	
Sat	7:15-8:00 am	starts Mar 7	\$26(R); \$34(NR)
10403-283B	18 & up	4 classes	
Sat	7:15-8:00 am	starts Mar 7	\$26(R); \$34(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	
10411-268A	18 & up	8 classes	
Tue & Thu	7:20-8:05 pm	starts Mar 31	\$56(R); \$73(NR); \$42(IA)
10411-268B	18 & up	8 classes	
Tue & Thu	7:20-8:05 pm	starts May 5	\$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	
10404-268A	18 & up	8 classes	
Mon & Wed	7:05-7:50 pm	starts Mar 30	\$56(R); \$73(NR); \$42(IA)
10404-268B	18 & up	8 classes	
Mon & Wed	7:05-7:50 pm	starts May 4	\$56(R); \$73(NR); \$42(IA)

Southern Regional Aquatic Wellness Center		wellnesscenterpool@pgparks.com	
10404-2104A	18 & up	6 classes	
Mon & Wed	6:00-6:45 pm	starts Apr 6	\$42(R); \$55(NR)
10404-2104B	18 & up	6 classes	
Mon & Wed	6:00-6:45 pm	starts May 4	\$42(R); \$55(NR)

Deep Water Aerobics: Adults

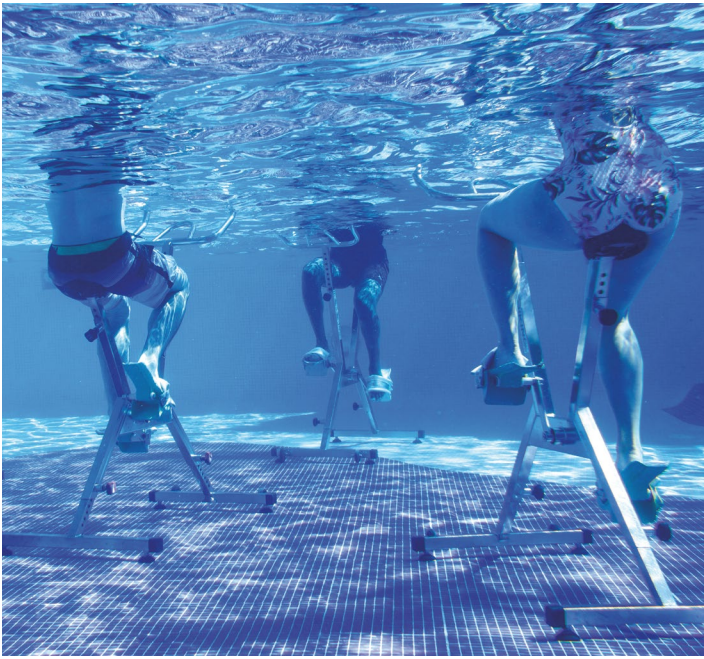
Want to defy gravity? Deep water is nature's aquatic fitness machine making you feel pounds lighter and allowing you to achieve your health goals through a balanced workout routine. This class is perfect for those hoping to relieve stress on their joints. We'll tone abs, thighs, glutes, and the upper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

Fairland Aquatics Center		fairlandaquatics@pgparks.com	
10405-223A	18 & up	8 classes	
Tue & Thu	6:15-7:00 pm	starts Mar 3	\$56(R); \$73(NR)
10405-223D	18 & up	8 classes	
Tue & Thu	9:00-9:45 am	starts Mar 3	\$56(R); \$73(NR)
10405-223B	18 & up	8 classes	
Tue & Thu	6:15-7:00 pm	starts Mar 31	\$56(R); \$73(NR)
10405-223E	18 & up	8 classes	
Tue & Thu	9:00-9:45 am	starts Mar 31	\$56(R); \$73(NR)
10405-223C	18 & up	8 classes	
Tue & Thu	6:15-7:00 pm	starts Apr 28	\$56(R); \$73(NR)
10405-223F	18 & up	8 classes	
Tue & Thu	9:00-9:45 am	starts Apr 28	\$56(R); \$73(NR)

Rollingcrest-Chillum Splash Pool		rollingcrestpool@pgparks.com	
10405-272A	18 - 59yrs.	8 classes	
Tue & Thu	9:00-9:45 am	starts Mar 17	\$56(R); \$73(NR)
10405-272B	18 - 59yrs.	4 classes	
Wed	11:00-11:45 am	starts Mar 18	\$28(R); \$37(NR)
10405-272C	18 - 59yrs.	8 classes	
Tue & Thu	9:00-9:45 am	starts Apr 21	\$56(R); \$73(NR)
10405-272D	18 - 59yrs.	4 classes	
Wed	11:00-11:45 am	starts Apr 22	\$28(R); \$37(NR)

Southern Regional Aquatic Wellness Center		wellnesscenterpool@pgparks.com	
10405-2104A	18 & up	6 classes	
Tue & Thu	9:00-9:45 am	starts Apr 14	\$42(R); \$55(NR)

Theresa Banks Memorial Aquatics Center		theresa.banks.pool@pgparks.com	
10405-283A	18 & up	8 classes	
Tue & Thu	7:00-7:45 am	starts Mar 3	\$50(R); \$65(NR)
10405-283B	18 & up	8 classes	
Tue & Thu	5:00-5:45 pm	starts Mar 3	\$50(R); \$65(NR)
10405-283D	18 & up	8 classes	
Tue & Thu	6:00-6:45 pm	starts Mar 3	\$50(R); \$65(NR)
10405-283H	18 & up	4 classes	
Sat	9:00-9:45 am	starts Mar 7	\$25(R); \$33(NR)
10405-283I	18 & up	4 classes	
Sat	9:00-9:45 am	starts Mar 7	\$25(R); \$33(NR)
10405-283E	18 & up	8 classes	
Tue & Thu	7:00-7:45 am	starts Apr 7	\$50(R); \$65(NR)
10405-283F	18 & up	8 classes	
Tue & Thu	5:00-5:45 pm	starts Apr 7	\$50(R); \$65(NR)
10405-283G	18 & up	8 classes	
Tue & Thu	6:00-6:45 pm	starts Apr 7	\$50(R); \$65(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

10408-201A	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Mar 10 \$80(R); \$104(NR)
10408-201L	18 & up	8 classes
Fri	6:00-6:45 pm	starts Mar 27 \$80(R); \$104(NR)
10408-201M	18 & up	8 classes
Sun	10:00-10:45 am	starts Mar 29 \$80(R); \$104(NR)
10408-201B	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Apr 7 \$80(R); \$104(NR)
10408-201C	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts May 5 \$80(R); \$104(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10408-223A	18 & up	4 classes
Mon	8:00-8:45 pm	starts Mar 2 \$40(R); \$52(NR)
10408-223G	18 & up	4 classes
Tue	8:00-8:45 am	starts Mar 3 \$40(R); \$52(NR)
10408-223D	18 & up	4 classes
Wed	8:15-9:00 pm	starts Mar 4 \$40(R); \$52(NR)
10408-223B	18 & up	4 classes
Mon	8:00-8:45 pm	starts Mar 30 \$40(R); \$52(NR)
10408-223H	18 & up	4 classes
Tue	8:00-8:45 am	starts Mar 31 \$40(R); \$52(NR)
10408-223E	18 & up	4 classes
Wed	8:15-9:00 pm	starts Apr 1 \$40(R); \$52(NR)
10408-223C	18 & up	4 classes
Mon	8:00-8:45 pm	starts Apr 27 \$40(R); \$52(NR)
10408-223I	18 & up	4 classes
Tue	8:00-8:45 am	starts Apr 28 \$40(R); \$52(NR)
10408-223F	18 & up	4 classes
Wed	8:15-9:00 pm	starts Apr 29 \$40(R); \$52(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10408-272A	18 - 59yrs.	3 classes
Sat	7:30-8:15 am	starts Mar 14 \$30(R); \$39(NR)
10408-272B	18 - 59yrs.	3 classes
Sat	8:30-9:15 am	starts Mar 14 \$30(R); \$39(NR)
10408-272C	18 - 59yrs.	3 classes
Sun	6:30-7:15 pm	starts Mar 15 \$30(R); \$39(NR)
10408-272D	18 - 59yrs.	8 classes
Mon & Wed	7:30-8:15 pm	starts Mar 16 \$80(R); \$104(NR)
10408-272E	18 - 59yrs.	8 classes
Mon & Fri	11:05-11:50 am	starts Mar 16 \$80(R); \$104(NR)
10408-272F	18 - 59yrs.	8 classes
Tue & Thu	11:00-11:45 am	starts Mar 17 \$80(R); \$104(NR)
10408-272G	18 - 59yrs.	5 classes
Sat	7:30-8:15 am	starts Apr 11 \$50(R); \$65(NR)
10408-272H	18 - 59yrs.	5 classes
Sat	8:30-9:15 am	starts Apr 11 \$50(R); \$65(NR)
10408-272I	18 - 59yrs.	4 classes
Sun	6:30-7:15 pm	starts Apr 12 \$40(R); \$52(NR)
10408-272J	18 & up	8 classes
Mon & Wed	7:30-8:15 pm	starts Apr 20 \$80(R); \$104(NR)
10408-272K	18 & up	8 classes
Mon & Fri	11:05-11:50 am	starts Apr 20 \$80(R); \$104(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10408-2104A	18 & up	4 classes
Sun	1:15-2:00 pm	starts Mar 1 \$40(R); \$52(NR)
10408-2104B	18 & up	8 classes
Mon & Wed	7:00-7:45 pm	starts Mar 2 \$80(R); \$104(NR)
10408-2104C	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Mar 10 \$80(R); \$104(NR)
10408-2104D	18 & up	4 classes
Sun	1:15-2:00 pm	starts Apr 12 \$40(R); \$52(NR)
10408-2104E	18 & up	6 classes
Mon & Wed	7:00-7:45 pm	starts May 4 \$60(R); \$78(NR)
10408-2104F	18 & up	6 classes
Tue & Thu	8:00-8:45 am	starts May 5 \$60(R); \$78(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10408-283G	18 & up	8 classes
Mon & Wed	4:00-4:45 pm	starts Mar 2 \$72(R); \$94(NR)
10408-283A	18 & up	8 classes
Tue & Thu	5:00-5:45 pm	starts Mar 3 \$72(R); \$94(NR)
10408-283C	18 & up	8 classes
Tue & Thu	6:00-6:45 pm	starts Mar 3 \$72(R); \$94(NR)
10408-283E	18 & up	8 classes
Sat	8:00-8:45 am	starts Mar 7 \$72(R); \$94(NR)
10408-283F	18 & up	8 classes
Sun	8:00-8:45 am	starts Mar 8 \$72(R); \$94(NR)
10408-283H	18 & up	8 classes
Mon & Wed	4:00-4:45 pm	starts Apr 6 \$72(R); \$94(NR)
10408-283B	18 & up	8 classes
Tue & Thu	5:00-5:45 pm	starts Apr 7 \$72(R); \$94(NR)
10408-283D	18 & up	8 classes
Tue & Thu	6:00-6:45 pm	starts Apr 7 \$72(R); \$94(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

10407-283A	Mon,Wed,Fri	6:15-7:00 am	18 & up starts Mar 2	12 classes \$108(R); \$141(NR)
10407-283B	Mon,Wed,Fri	7:15-8:00 am	18 & up starts Mar 2	12 classes \$108(R); \$141(NR)
10407-283C	Mon,Wed,Fri	8:15-9:00 am	18 & up starts Mar 2	12 classes \$108(R); \$141(NR)
10407-283H	Tue & Thu	7:00-7:45 pm	18 & up starts Mar 3	8 classes \$72(R); \$94(NR)
10407-283D	Mon,Wed,Fri	6:15-7:00 am	18 & up starts Apr 6	12 classes \$108(R); \$141(NR)
10407-283E	Mon,Wed,Fri	7:15-8:00 am	18 & up starts Apr 6	12 classes \$108(R); \$141(NR)
10407-283F	Mon,Wed,Fri	8:15-9:00 am	18 & up starts Apr 6	12 classes \$108(R); \$141(NR)
10407-283I	Tue & Thu	7:00-7:45 pm	18 & up starts Apr 7	8 classes \$72(R); \$94(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

10414-2104A	Tue & Thu	9:00-9:45 am	18 & up starts Mar 10	8 classes \$80(R); \$104(NR)
10414-2104B	Tue & Thu	8:00-8:45 am	18 & up starts Apr 14	6 classes \$60(R); \$78(NR)
10414-2104C	Tue & Thu	9:00-9:45 am	18 & up starts May 5	6 classes \$60(R); \$78(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

10420-201A	Fri	6:00-6:30 pm	18 & up starts Mar 13	8 classes \$66(R); \$86(NR)
10420-201B	Fri	6:40-7:10 pm	18 & up starts Mar 13	8 classes \$66(R); \$86(NR)
10420-201C	Sat	11:00-11:30 am	18 & up starts Mar 14	8 classes \$66(R); \$86(NR)
10420-201D	Sat	12:20-12:50 pm	18 & up starts Mar 14	8 classes \$66(R); \$86(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10420-223B	Mon & Wed	8:00-8:30 pm	18 & up starts Mar 2	8 classes \$66(R); \$86(NR)
10420-223C	Tue & Thu	9:00-9:30 am	18 & up starts Mar 3	8 classes \$66(R); \$86(NR)
10420-223D	Tue & Thu	8:00-8:30 pm	18 & up starts Mar 3	8 classes \$66(R); \$86(NR)
10420-223A	Sat	9:00-9:30 am	18 & up starts Mar 7	8 classes \$66(R); \$86(NR)
10420-223E	Mon & Wed	8:00-8:30 pm	18 & up starts Mar 30	8 classes \$66(R); \$86(NR)
10420-223F	Tue & Thu	9:00-9:30 am	18 & up starts Mar 31	8 classes \$66(R); \$86(NR)
10420-223G	Tue & Thu	8:00-8:30 pm	18 & up starts Mar 31	8 classes \$66(R); \$86(NR)
10420-223H	Mon & Wed	8:00-8:30 pm	18 & up starts Apr 27	8 classes \$66(R); \$86(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10420-268A	Mon & Wed	8:00-8:30 pm	18 & up starts Mar 23	8 classes \$66(R); \$86(NR); \$50(IA)
10420-268B	Tue & Thu	8:00-8:30 pm	18 & up starts Mar 24	8 classes \$66(R); \$86(NR); \$50(IA)
10420-268C	Mon-Thu	8:00-8:30 pm	18 & up starts Apr 27	8 classes \$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10420-272C	Sun	7:45-8:15 pm	18 - 59yrs. starts Mar 8	9 classes \$66(R); \$86(NR)
10420-272A	Mon & Wed	8:00-8:30 pm	18 - 59yrs. starts Mar 16	8 classes \$66(R); \$86(NR)
10420-272B	Mon & Wed	8:00-8:30 pm	18 - 59yrs. starts Apr 20	8 classes \$66(R); \$86(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10420-275A	Mon & Wed	7:20-7:50 pm	18 & up starts Mar 2	8 classes \$66(R); \$86(NR)
10420-275D	Sat	11:00-11:30 am	18 & up starts Mar 21	8 classes \$66(R); \$86(NR)
10420-275B	Mon & Wed	7:20-7:50 pm	18 & up starts Apr 6	8 classes \$66(R); \$86(NR)
10420-275C	Tue & Thu	8:00-8:30 pm	18 & up starts Apr 7	8 classes \$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10420-2104A		18 & up	8 classes
Tue & Thu	6:50-7:20 pm	starts Mar 17	\$66(R); \$86(NR)
10420-2104D		18 & up	8 classes
Fri	5:30-6:00 pm	starts Mar 20	\$66(R); \$86(NR)
10420-2104E		18 & up	8 classes
Sat	9:00-9:30 am	starts Mar 21	\$66(R); \$86(NR)
10420-2104F		18 & up	8 classes
Sat	10:20-10:50 am	starts Mar 21	\$66(R); \$86(NR)
10420-2104B		18 & up	8 classes
Tue & Thu	5:30-6:00 pm	starts Apr 21	\$66(R); \$86(NR)
10420-2104C		18 & up	8 classes
Tue & Thu	7:30-8:00 pm	starts Apr 21	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10420-283A		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$66(R); \$86(NR)
10420-283C		18 & up	8 classes
Sat	10:20-10:50 am	starts Mar 7	\$66(R); \$86(NR)
10420-283B		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$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

10421-201A		18 & up	8 classes
Fri	7:20-7:50 pm	starts Mar 13	\$77(R); \$101(NR)
10421-201B		18 & up	8 classes
Sat	11:40 am-12:10 pm	starts Mar 14	\$77(R); \$101(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10421-223B		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$77(R); \$101(NR)
10421-223C		18 & up	8 classes
Tue & Thu	9:40-10:10 am	starts Mar 3	\$77(R); \$101(NR)
10421-223D		18 & up	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 3	\$77(R); \$101(NR)
10421-223A		18 & up	8 classes
Sat	9:40-10:10 am	starts Mar 7	\$77(R); \$101(NR)
10421-223E		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 30	\$77(R); \$101(NR)
10421-223F		18 & up	8 classes
Tue & Thu	9:40-10:10 am	starts Mar 31	\$77(R); \$101(NR)
10421-223G		18 & up	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 31	\$77(R); \$101(NR)
10421-223H		18 & up	8 classes
Tue & Thu	9:00-9:30 am	starts Apr 28	\$77(R); \$101(NR)
10421-223I		18 & up	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 28	\$77(R); \$101(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10421-272A		18 & up	9 classes
Sat	10:35-11:05 am	starts Mar 14	\$77(R); \$101(NR)
10421-272B		18 & up	9 classes
Sat	10:35-11:05 am	starts Mar 14	\$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10421-275B		18 & up	8 classes
Tue & Thu	8:00-8:30 pm	starts Mar 3	\$77(R); \$101(NR)
10421-275A		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10421-2104A		18 & up	8 classes
Tue & Thu	6:10-6:40 pm	starts Mar 17	\$77(R); \$101(NR)
10421-2104C		18 & up	8 classes
Fri	6:10-6:40 pm	starts Mar 20	\$77(R); \$101(NR)
10421-2104D		18 & up	8 classes
Sat	9:40-10:10 am	starts Mar 21	\$77(R); \$101(NR)
10421-2104B		18 & up	8 classes
Tue & Thu	6:10-6:40 pm	starts Apr 21	\$77(R); \$101(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10421-283A		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Mar 2	\$77(R); \$101(NR)
10421-283C		18 & up	8 classes
Sat	10:20 am-10:50 pm	starts Mar 7	\$77(R); \$101(NR)
10421-283B		18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 6	\$77(R); \$101(NR)



Swim Lessons: Adults, Advanced

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

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

10423-201A	18 & up	8 classes
Fri	8:00-8:30 pm	starts Mar 13 \$77(R); \$101(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10423-223A	18 & up	8 classes
Mon & Wed	8:00-8:30 pm	starts Apr 27 \$77(R); \$101(NR)

10423-223B	18 & up	8 classes
Tue & Thu	9:40-10:10 am	starts Apr 28 \$77(R); \$101(NR)

10423-223C	18 & up	8 classes
Tue & Thu	8:00-8:30 pm	starts Apr 28 \$77(R); \$101(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10423-275A	18 & up	8 classes
Tue & Thu	7:20-7:50 pm	starts Mar 3 \$77(R); \$101(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10423-2104A	18 & up	8 classes
Tue & Thu	5:30-6:00 pm	starts Mar 17 \$77(R); \$101(NR)

10423-2104B	18 & up	8 classes
Tue & Thu	7:30-8:00 pm	starts Mar 17 \$77(R); \$101(NR)

10423-2104D	18 & up	8 classes
Fri	6:50-7:20 pm	starts Mar 20 \$77(R); \$101(NR)

10423-2104E	18 & up	8 classes
Fri	11:00-11:30 am	starts Mar 20 \$77(R); \$101(NR)

10423-2104C	18 & up	8 classes
Tue & Thu	6:50-7:20 pm	starts Apr 21 \$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

10422-275A	18 & up	8 classes
Tue & Thu	6:40-7:10 pm	starts Apr 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

10424-223A	18 & up	4 classes
Mon	7:15-8:00 pm	starts Mar 2 \$28(R); \$37(NR)

10424-223B	18 & up	8 classes
Mon	7:15-8:00 pm	starts Mar 30 \$56(R); \$73(NR)

10424-223C	18 & up	4 classes
Mon	7:15-8:00 pm	starts Apr 27 \$28(R); \$37(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

10409-223A	18 & up	4 classes
Mon	7:00-7:45 pm	starts Mar 2 \$28(R); \$37(NR)

10409-223D	18 & up	8 classes
Tue & Thu	7:15-8:00 pm	starts Mar 3 \$56(R); \$73(NR)

10409-223B	18 & up	4 classes
Mon	7:00-7:45 pm	starts Mar 30 \$28(R); \$37(NR)

10409-223F	18 & up	8 classes
Tue & Thu	7:15-8:00 pm	starts Mar 31 \$56(R); \$73(NR)

10409-223C	18 & up	4 classes
Mon	7:00-7:45 pm	starts Apr 27 \$28(R); \$37(NR)

10409-223J	18 & up	8 classes
Tue & Thu	7:15-8:00 pm	starts Apr 28 \$56(R); \$73(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10409-268A	18 & up	8 classes
Mon & Wed	10:30-11:15 am	starts Mar 30 \$56(R); \$73(NR); \$42(IA)

10409-268B	18 & up	8 classes
Mon & Wed	6:10-6:55 pm	starts Mar 30 \$56(R); \$73(NR); \$42(IA)

10409-268C	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Mar 31 \$56(R); \$73(NR); \$42(IA)

10409-268D	18 & up	8 classes
Tue & Thu	9:00-9:45 am	starts Mar 31 \$56(R); \$73(NR); \$42(IA)

10409-268E	18 & up	8 classes
Sat	9:15-10:00 am	starts Apr 11 \$56(R); \$73(NR); \$42(IA)

10409-268F	18 & up	8 classes
Sat	10:15-11:00 am	starts Apr 11 \$56(R); \$73(NR); \$42(IA)

10409-268G	18 & up	8 classes
Sat	11:15 am-12:00 pm	starts Apr 11 \$56(R); \$73(NR); \$42(IA)

10409-268H	18 & up	8 classes
Mon & Wed	10:30-11:15 am	starts May 4 \$56(R); \$73(NR); \$42(IA)

10409-268I	18 & up	8 classes
Mon & Wed	6:10-6:55 pm	starts May 4 \$56(R); \$73(NR); \$42(IA)

10409-268J	18 & up	8 classes
Tue & Thu	8:00-8:45 am	starts May 5 \$56(R); \$73(NR); \$42(IA)

10409-268K	18 & up	8 classes
Tue & Thu	9:00-9:45 am	starts May 5 \$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10409-272B	Mon,Wed,Fri	8:00-8:45 am	18 - 59yrs. starts Mar 16	12 classes \$84(R); \$110(NR)
10409-272D	Mon,Wed,Fri	9:00-9:45 am	18 - 59yrs. starts Mar 16	12 classes \$84(R); \$110(NR)
10409-272F	Mon,Wed,Fri	10:00-10:45 am	18 - 59yrs. starts Mar 16	12 classes \$84(R); \$110(NR)
10409-272A	Tue & Thu	8:00-8:45 am	18 - 59yrs. starts Mar 17	8 classes \$56(R); \$73(NR)
10409-272H	Mon,Wed,Fri	8:00-8:45 am	18 - 59yrs. starts Apr 20	12 classes \$84(R); \$110(NR)
10409-272I	Mon,Wed,Fri	9:00-9:45 am	18 - 59yrs. starts Apr 20	12 classes \$84(R); \$110(NR)
10409-272J	Mon,Wed,Fri	10:00-10:45 am	18 - 59yrs. starts Apr 20	12 classes \$84(R); \$110(NR)
10409-272G	Tue & Thu	8:00-8:45 am	18 - 59yrs. starts Apr 21	8 classes \$56(R); \$73(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10409-275E	Mon,Wed,Fri	8:00-8:45 am	18 & up starts May 11	6 classes \$42(R); \$55(NR)
10409-275F	Tue & Thu	9:00-9:45 am	18 & up starts May 12	4 classes \$28(R); \$37(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10409-2104A	Sun	12:15-1:00 pm	18 & up starts Mar 1	4 classes \$28(R); \$37(NR)
10409-2104B	Mon & Wed	6:00-6:45 pm	18 & up starts Mar 2	8 classes \$56(R); \$73(NR)
10409-2104C	Sun	12:15-1:00 pm	18 & up starts Apr 12	4 classes \$28(R); \$37(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10409-283C	Mon & Wed	5:00-5:45 pm	18 & up starts Mar 2	8 classes \$52(R); \$68(NR)
10409-283A	Tue & Thu	9:00-9:45 am	18 & up starts Mar 3	8 classes \$52(R); \$68(NR)
10409-283D	Mon & Wed	5:00-5:45 pm	18 & up starts Apr 6	8 classes \$52(R); \$68(NR)
10409-283B	Tue & Thu	9:00-9:45 am	18 & up starts Apr 7	8 classes \$52(R); \$68(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

10401-268A	Tue & Thu	6:25-7:10 pm	18 & up starts Mar 31	8 classes \$56(R); \$73(NR); \$42(IA)
10401-268B	Tue & Thu	6:25-7:10 pm	18 & up starts May 5	8 classes \$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10401-272A	Sat	5:30-6:15 pm	18 - 59yrs. starts Mar 14	3 classes \$21(R); \$28(NR)
10401-272B	Mon & Wed	6:30-7:15 pm	18 - 59yrs. starts Mar 16	8 classes \$56(R); \$73(NR)
10401-272C	Sat	5:30-6:15 pm	18 - 59yrs. starts Apr 11	5 classes \$35(R); \$46(NR)
10401-272D	Mon & Wed	6:30-7:15 pm	18 - 59yrs. starts Apr 20	8 classes \$56(R); \$73(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

10501-223A	Mon,Wed,Fri	7:00-7:45 am	60 & up starts Mar 2	36 classes \$216(R); \$281(NR)
10501-223B	Mon,Wed,Fri	8:00-8:45 am	60 & up starts Mar 2	36 classes \$216(R); \$281(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10501-272A	Tue & Thu	10:00-10:45 am	60 & up starts Mar 17	8 classes \$48(R); \$63(NR)
10501-272B	Tue & Thu	10:00-10:45 am	60 & up starts Apr 21	8 classes \$48(R); \$63(NR)
10501-272C	Tue & Thu	11:00-11:45 am	60 & up starts Apr 21	8 classes \$48(R); \$63(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10501-283A	Mon,Wed,Fri	9:30-10:15 am	60 & up starts Mar 2	12 classes \$66(R); \$86(NR)
10501-283C	Tue & Thu	10:00-10:45 am	60 & up starts Mar 3	8 classes \$42(R); \$55(NR)
10501-283B	Mon,Wed,Fri	9:30-10:15 am	60 & up starts Apr 6	12 classes \$63(R); \$82(NR)
10501-283D	Tue & Thu	10:00-10:45 am	60 & up starts Apr 7	8 classes \$42(R); \$55(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	
10502-223A	60 & up	36 classes	
Mon,Wed,Fri	10:00-10:45 am	starts Mar 2	\$216(R); \$281(NR)
10502-223B	60 & up	36 classes	
Mon,Wed,Fri	11:00-11:45 am	starts Mar 2	\$216(R); \$281(NR)
Rollingcrest-Chillum Splash Pool		rollingcrestpool@pgparks.com	
10502-272A	60 & up	8 classes	
Tue & Thu	9:00-9:45 am	starts Mar 17	\$48(R); \$63(NR)
10502-272B	60 & up	4 classes	
Wed	11:00-11:45 am	starts Mar 18	\$24(R); \$32(NR)
10502-272C	60 & up	8 classes	
Tue & Thu	9:00-9:45 am	starts Apr 21	\$48(R); \$63(NR)
10502-272D	60 & up	4 classes	
Wed	11:00-11:45 am	starts Apr 22	\$24(R); \$32(NR)
Southern Area Aquatics & Recreation Complex		saarcaquatics@pgparks.com	
10502-275A	60 & up	12 classes	
Mon,Wed,Fri	9:00-9:45 am	starts Mar 2	\$72(R); \$94(NR)
10502-275B	60 & up	12 classes	
Mon,Wed,Fri	9:00-9:45 am	starts Apr 6	\$72(R); \$94(NR)
10502-275C	60 & up	6 classes	
Mon,Wed,Fri	9:00-9:45 am	starts May 11	\$36(R); \$47(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	
10503-272A	60 & up	3 classes	
Sat	7:30-8:15 am	starts Mar 14	\$24(R); \$32(NR)
10503-272B	60 & up	3 classes	
Sat	8:30-9:15 am	starts Mar 14	\$24(R); \$32(NR)
10503-272C	60 & up	3 classes	
Sun	6:30-7:15 pm	starts Mar 15	\$24(R); \$32(NR)
10503-272D	60 & up	8 classes	
Mon & Wed	6:30-7:15 pm	starts Mar 16	\$64(R); \$84(NR)
10503-272E	60 & up	8 classes	
Mon & Fri	11:05-11:50 am	starts Mar 16	\$64(R); \$84(NR)
10503-272F	60 & up	8 classes	
Tue & Thu	11:00-11:45 am	starts Mar 17	\$64(R); \$84(NR)
10503-272G	60 & up	5 classes	
Sat	7:30-8:15 am	starts Apr 11	\$40(R); \$52(NR)
10503-272H	60 & up	5 classes	
Sat	8:30-9:15 am	starts Apr 11	\$40(R); \$52(NR)
10503-272I	60 & up	4 classes	
Sun	6:30-7:15 pm	starts Apr 12	\$32(R); \$42(NR)
10503-272J	60 & up	8 classes	
Mon & Wed	7:30-8:15 pm	starts Apr 20	\$64(R); \$84(NR)
10503-272K	60 & up	8 classes	
Mon & Fri	11:05-11:50 am	starts Apr 20	\$64(R); \$84(NR)
Southern Area Aquatics & Recreation Complex		saarcaquatics@pgparks.com	
10503-275A	60 & up	8 classes	
Tue & Thu	8:00-8:45 am	starts Mar 3	\$64(R); \$84(NR)
10503-275B	60 & up	8 classes	
Tue & Thu	8:00-8:45 am	starts Apr 7	\$64(R); \$84(NR)
10503-275C	60 & up	4 classes	
Tue & Thu	8:00-8:45 am	starts May 12	\$32(R); \$42(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	
10504-201A	60 & up	8 classes	
Tue & Thu	10:00-10:45 am	starts Mar 10	\$48(R); \$63(NR)
10504-201B	60 & up	8 classes	
Tue & Thu	11:00-11:45 am	starts Mar 10	\$48(R); \$63(NR)
10504-201C	60 & up	8 classes	
Tue & Thu	10:00-10:45 am	starts Apr 7	\$48(R); \$63(NR)
10504-201D	60 & up	8 classes	
Tue & Thu	11:00-11:45 am	starts Apr 7	\$48(R); \$63(NR)
10504-201E	60 & up	8 classes	
Tue & Thu	10:00-10:45 am	starts May 5	\$48(R); \$63(NR)
10504-201F	60 & up	8 classes	
Tue & Thu	11:00-11:45 am	starts May 5	\$48(R); \$63(NR)



Fairland Aquatics Center fairlandaquatics@pgparks.com

10504-223A		60 & up	36 classes
Mon,Wed,Fri	9:00-9:45 am	starts Mar 2	\$216(R); \$281(NR)
10504-223B		60 & up	36 classes
Mon,Wed,Fri	10:00-10:45 am	starts Mar 2	\$216(R); \$281(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10504-268A		60 & up	8 classes
Mon & Wed	9:30-10:15 am	starts Mar 30	\$48(R); \$63(NR); \$36(IA)
10504-268B		60 & up	8 classes
Mon & Wed	9:30-10:15 am	starts May 4	\$48(R); \$63(NR); \$36(IA)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10504-272B		60 & up	12 classes
Mon,Wed,Fri	8:00-8:45 am	starts Mar 16	\$72(R); \$94(NR)
10504-272D		60 & up	12 classes
Mon,Wed,Fri	9:00-9:45 am	starts Mar 16	\$72(R); \$94(NR)
10504-272F		60 & up	12 classes
Mon,Wed,Fri	10:00-10:45 am	starts Mar 16	\$72(R); \$94(NR)
10504-272A		60 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Mar 17	\$48(R); \$63(NR)
10504-272H		60 & up	12 classes
Mon,Wed,Fri	8:00-8:45 am	starts Apr 20	\$72(R); \$94(NR)
10504-272I		60 & up	12 classes
Mon,Wed,Fri	9:00-9:45 am	starts Apr 20	\$72(R); \$94(NR)
10504-272J		60 & up	12 classes
Mon,Wed,Fri	10:00-10:45 am	starts Apr 20	\$72(R); \$94(NR)
10504-272G		60 & up	8 classes
Tue & Thu	8:00-8:45 am	starts Apr 21	\$48(R); \$63(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10504-2104A		60 & up	8 classes
Mon & Wed	5:00-5:45 pm	starts Mar 2	\$48(R); \$63(NR)
10504-2104B		60 & up	6 classes
Mon & Wed	5:00-5:45 pm	starts Apr 6	\$36(R); \$47(NR)
10504-2104C		60 & up	6 classes
Mon & Wed	5:00-5:45 pm	starts May 4	\$36(R); \$47(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

10506-272A		60 & up	3 classes
Sat	5:30-6:15 pm	starts Mar 14	\$18(R); \$24(NR)
10506-272B		60 & up	8 classes
Mon & Wed	6:30-7:15 pm	starts Mar 16	\$48(R); \$63(NR)
10506-272C		60 & up	5 classes
Sat	5:30-6:15 pm	starts Apr 11	\$30(R); \$39(NR)
10506-272D		60 & up	8 classes
Mon & Wed	5:30-6:15 pm	starts Apr 20	\$48(R); \$63(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

10653-272A		14 & up	3 classes
Sat	6:30-7:15 pm	starts Mar 14	\$30(R); \$39(NR)
10653-272B		14 & up	3 classes
Sun	5:30-6:15 pm	starts Mar 15	\$30(R); \$39(NR)
10653-272C		14 & up	4 classes
Mon	12:00-12:45 pm	starts Mar 16	\$40(R); \$52(NR)
10653-272D		14 & up	5 classes
Sat	6:30-7:15 pm	starts Apr 11	\$50(R); \$65(NR)
10653-272E		14 & up	4 classes
Sun	5:30-6:15 pm	starts Apr 12	\$40(R); \$52(NR)
10653-272F		14 & up	4 classes
Mon	12:00-12:45 pm	starts Apr 20	\$40(R); \$52(NR)

Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

10653-2104A		18 & up	6 classes
Mon & Wed	7:00-7:45 pm	starts Apr 6	\$60(R); \$78(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

10610-223A		18 & up	8 classes
Mon & Wed	11:00-11:45 am	starts Mar 2	\$56(R); \$73(NR)
10610-223B		18 & up	8 classes
Mon & Wed	11:00-11:45 am	starts Mar 30	\$56(R); \$73(NR)
10610-223C		18 & up	8 classes
Mon & Wed	11:00-11:45 am	starts Apr 27	\$56(R); \$73(NR)

Certified Pool Operator: Blended

Become self-confident and certified in pool operations through a blended learning format! The Pool and Hot Tub Alliance (PHTA) Certified Pool Operator (CPO) Certification is designed to provide you with basic knowledge, techniques, and skills of efficient, pool and spa operations. Candidates will receive the Pool Operator Primer online class, a Pool & Spa Operator Handbook, and a one-day classroom session. The online curriculum consists of 8 lessons covering all 18 chapters in the Pool & Spa Operator Handbook. The classroom session is led by a PHTA instructor. CPO certification is widely accepted by industry authorities and valid for five years. To be issued the CPO Certification, students must complete the Pool Operator Primer, attend the classroom session, and successfully pass the certification exam.

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

10643-2100B		16 & up	1 classes
Tue	8:30 am-5:30 pm	starts May 12	\$290(R); \$377(NR); \$218(IA)

Tucker Road Ice Rink tuckerroadicerink@pgparks.com

10643-2100A		16 & up	2 classes
Mon & Tue	10:00 am-2:00 pm	starts Mar 30	\$290(R); \$377(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	
10629-201A	18 & up	8 classes	
Mon & Wed	10:00-10:45 am	starts Mar 9	\$56(R); \$73(NR)
10629-201B	18 & up	8 classes	
Mon & Wed	11:00-11:45 am	starts Mar 9	\$56(R); \$73(NR)
10629-201H	18 & up	8 classes	
Fri	10:00-10:45 am	starts Mar 27	\$56(R); \$73(NR)
10629-201I	18 & up	8 classes	
Fri	11:00-11:45 am	starts Mar 27	\$56(R); \$73(NR)
10629-201C	18 & up	8 classes	
Mon & Wed	10:00-10:45 am	starts Apr 6	\$56(R); \$73(NR)
10629-201D	18 & up	8 classes	
Mon & Wed	11:00-11:45 am	starts Apr 6	\$56(R); \$73(NR)
10629-201E	18 & up	8 classes	
Mon & Wed	10:00-10:45 am	starts May 4	\$56(R); \$73(NR)
10629-201F	18 & up	8 classes	
Mon & Wed	11:00-11:45 am	starts May 4	\$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	
10638-223A	14 & up	4 classes	
Wed	7:15-8:00 pm	starts Mar 4	\$28(R); \$37(NR)
10638-223B	14 & up	4 classes	
Wed	7:15-8:00 pm	starts Apr 1	\$28(R); \$37(NR)
10638-223C	14 & up	4 classes	
Wed	7:00-7:45 pm	starts Apr 29	\$28(R); \$37(NR)

Lifeguarding Instructor Course

Achieve your dream of training lifeguards and save lives in the water! You must sign up for and pass this pre-test in order to register for the Lifeguard Instructor Training course. Must possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED and be at least 17 years of age. Candidates will need to demonstrate competency in two skill assessment scenarios, in a practice, and polish skill session. Scenario 1: Conduct a primary assessment and two-rescuer CPR for an Infant suspected of a drowning incident. Scenario 2: Rescue a submerged victim in 7-10 feet of deep water with extrication followed by one-rescuer CPR for 3 minutes. In addition to performing the skills to meet the standards, candidates will need to identify critical decision points and act appropriately, safely, and effectively. Candidates must have internet access in order to complete the online component of the Instructor Course.

Allentown Splash, Tennis & Fitness Park		allentownpool@pgparks.com	
10613-2100A	17 & up	5 classes	
Mon-Thu & Sun	10:00 am-4:00 pm	starts Mar 8	\$250(R); \$325(NR)
Fairland Regional Park		fairlandsports@pgparks.com	
10613-2100B	17 & up	5 classes	
Sat	10:00 am-4:00 pm	starts Apr 4	\$250(R); \$325(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	
10603-201A	15 & up	1 classes	
Sat	2:00-4:00 pm	starts Mar 21	\$10(R); \$10(NR)
10603-201B	15 & up	1 classes	
Sat	12:00-2:00 pm	starts Apr 11	\$10(R); \$10(NR)
Fairland Aquatics Center		fairlandaquatics@pgparks.com	
10603-223I	15 & up	1 classes	
Sun	12:00-2:00 pm	starts Mar 8	\$10(R); \$10(NR)
10603-223J	15 & up	1 classes	
Sun	12:00-2:00 pm	starts Apr 12	\$10(R); \$10(NR)
10603-223k	15 & up	1 classes	
Sat	12:00-2:00 pm	starts May 9	\$10(R); \$10(NR)
Rollingcrest-Chillum Splash Pool		rollingcrestpool@pgparks.com	
10603-272A	15 & up	1 classes	
Fri	6:00-8:00 pm	starts Mar 6	\$10(R); \$10(NR)
10603-272B	15 & up	1 classes	
Fri	6:00-8:00 pm	starts Apr 10	\$10(R); \$10(NR)
Theresa Banks Memorial Aquatics Center		theresa.banks.pool@pgparks.com	
10603-283A	15 & up	1 classes	
Fri	5:00-7:00 pm	starts Mar 20	\$10(R); \$10(NR)
10603-283B	15 & up	1 classes	
Fri	5:00-7:00 pm	starts Apr 3	\$10(R); \$10(NR)
10603-283C	15 & up	1 classes	
Fri	5:00-7:00 pm	starts May 1	\$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

10602-201A		15 & up	5 classes
Mon-Fri	4:00-5:00 pm	starts Apr 6	Free

Fairland Aquatics Center fairlandaquatics@pgparks.com

10602-223D		15 & up	2 classes
Sat & Sun	10:00 am-12:00 pm	starts Mar 7	Free

10602-223E		15 & up	1 classes
Sat & Sun	10:00 am-12:00 pm	starts Apr 12	Free

10602-223F		15 & up	1 classes
Sat	10:00 am-12:00 pm	starts May 9	Free

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10602-272A		15 & up	5 classes
Mon-Fri	5:00-6:00 pm	starts Mar 2	Free

10602-272B		15 & up	5 classes
Mon-Fri	5:00-6:00 pm	starts Apr 6	Free

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10602-283A		16 & up	6 classes
Fri & Sat	6:00-2:00 pm	starts Mar 6	Free

10602-283B		16 & up	4 classes
Fri & Sat	6:00-2:00 pm	starts Apr 3	Free



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

10645-201A		15 & up	4 classes
Mon-Thu	11:00 am-5:00 pm	starts Mar 30	\$175(R); \$228(NR)

10645-201B		15 & up	4 classes
Sat & Sun	11:00 am-5:00 pm	starts Apr 18	\$175(R); \$228(NR)

Fairland Aquatics Center fairlandaquatics@pgparks.com

10645-223h		15 & up	3 classes
Fri-Sun	3:30-9:30 pm	starts Mar 6	\$175(R); \$228(NR)

10645-223d		15 & up	3 classes
Fri-Sun	3:30-10:30 pm	starts Mar 27	\$175(R); \$228(NR)

10645-223j		15 & up	3 classes
Fri-Sun	3:30-9:30 pm	starts Apr 17	\$175(R); \$228(NR)

10645-223K		15 & up	3 classes
Fri-Sun	3:30-9:30 pm	starts May 22	\$175(R); \$228(NR)

Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

10645-272A		15 & up	6 classes
Fri-Sun	4:00-9:00 pm	starts Mar 13	\$175(R); \$228(NR)

Southern Area Aquatics & Recreation Complex saarcaquatics@pgparks.com

10645-275B		15 & up	4 classes
Sat & Sun	9:00 am-4:00 pm	starts May 2	\$175(R); \$228(NR)

Theresa Banks Memorial Aquatics Center theresa.banks.pool@pgparks.com

10645-283A		15 & up	5 classes
Mon-Fri	10:00 am-4:00 pm	starts Mar 30	\$175(R); \$228(NR)

10645-283B		15 & up	6 classes
Fri-Sun	4:30-8:30 pm	starts Apr 10	\$175(R); \$228(NR)

10645-283C		15 & up	6 classes
Fri-Sun	4:30-8:30 pm	starts May 8	\$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	
10636-201A	Tue & Thu	9:00-9:45 am	18 & up starts Mar 10
			8 classes \$80(R); \$104(NR)
10636-201D	Fri	7:00-7:45 pm	18 & up starts Mar 27
			8 classes \$80(R); \$104(NR)
10636-201E	Sun	11:00-11:45 am	18 & up starts Mar 29
			8 classes \$80(R); \$104(NR)
10636-201B	Tue & Thu	9:00-9:45 am	18 & up starts Apr 7
			8 classes \$80(R); \$104(NR)
10636-201C	Tue & Thu	9:00-9:45 am	18 & up starts May 5
			8 classes \$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	
10627-201M	Tue & Thu	6:00-6:45 pm	18 & up starts Mar 10
			8 classes \$56(R); \$73(NR)
10627-201N	Tue & Thu	7:00-7:45 pm	18 & up starts Mar 10
			8 classes \$56(R); \$73(NR)
10627-201O	Tue & Thu	8:00-8:45 pm	18 & up starts Mar 10
			8 classes \$56(R); \$73(NR)
10627-201J	Sat	7:00-7:45 am	18 & up starts Mar 28
			8 classes \$56(R); \$73(NR)
10627-201K	Sat	8:00-8:45 am	18 & up starts Mar 28
			8 classes \$56(R); \$73(NR)
10627-201P	Tue & Thu	6:00-6:45 pm	18 & up starts Apr 7
			8 classes \$56(R); \$73(NR)
10627-201Q	Tue & Thu	7:00-7:45 pm	18 & up starts Apr 7
			8 classes \$56(R); \$73(NR)
10627-201R	Tue & Thu	8:00-8:45 pm	18 & up starts Apr 7
			8 classes \$56(R); \$73(NR)
10627-201S	Tue & Thu	6:00-6:45 pm	18 & up starts May 5
			8 classes \$56(R); \$73(NR)
10627-201T	Tue & Thu	7:00-7:45 pm	18 & up starts May 5
			8 classes \$56(R); \$73(NR)
10627-201U	Tue & Thu	8:00-8:45 pm	18 & up starts May 5
			8 classes \$56(R); \$73(NR)



Water Safety Instructor: Blended Learning

Learn the skills to keep yourself and others safe in the water! The purpose of the American Red Cross Water Safety Instructor Blended Learning course is to train instructor candidates to teach swim lessons and other water safety programs through instructor led sessions and interactive online homework assignments. Must be at least 16 years old. Participants must have previously passed the Pre-test for Water Safety Instructor Training course (both pre-test and course must be taken at the same facility) where they demonstrated their ability to perform the following swimming skills at Youth 4/Adult 4 level proficiency: 25 yards Front Crawl, 25 yards Back Crawl, 25 yards Breaststroke, 25 yards Elementary Backstroke, 25 yards Sidestroke, 15 yards Butterfly, maintain position on back for 1 minute in deep water (floating or sculling), and tread water for 1 minute. Each homework assignments will require participants to have access to the internet.

Fairland Regional Park		fairlandsports@pgparks.com	
10615-2100B	Mon-Fri	9:30 am-5:30 pm	16 & up starts Mar 16
			5 classes \$250(R); \$325(NR)
Southern Area Aquatics & Recreation Complex		saarcaquatics@pgparks.com	
10615-2100A	Tue,Thu,Sun	12:00-12:00 am	16 & up starts Mar 15
			11 classes \$250(R); \$325(NR)

CHILD CARE

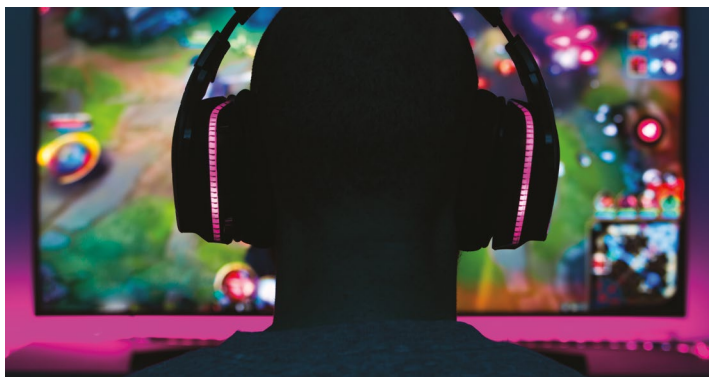
CHILDREN

KDI: Kids' Day In

Join us for this Kids' Day In Program! Children will enjoy fun activities including arts & crafts and games. Contact the facility for specific program information.

Huntington Community Center		huntingtoncc@pgparks.com	
13212-235A	Fri	9:00 am-4:30 pm	6 - 12yrs. starts Mar 20
			1 classes \$24(R); \$32(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!

Fort Washington Forest Community Center fortwashingtoncc@pgparks.com

14207-224A	8 - 12yrs.	4 classes
Mon	11:30 am-12:30 pm	starts Mar 9 \$35(R); \$46(NR)
14207-224B	8 - 12yrs.	4 classes
Mon	11:30 am-12:30 pm	starts Apr 6 \$35(R); \$46(NR)
14207-224C	8 - 12yrs.	3 classes
Mon	11:30 am-12:30 pm	starts May 4 \$35(R); \$46(NR)

Southern Region Technology & Recreation techrec@pgparks.com

14207-277A	9 - 12yrs.	4 classes
Fri	5:30-7:00 pm	starts Mar 13 \$80(R); \$104(NR)
14207-277B	9 - 12yrs.	4 classes
Fri	5:30-7:00 pm	starts Apr 17 \$80(R); \$104(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

14405-243A	18 & up	6 classes
Wed	6:30-7:30 pm	starts Mar 11 \$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 Ctr laurelbeltsvilleseniors@pgparks.com

14416-246A	18 & up	6 classes
Wed	5:00-6:00 pm	starts Mar 4 \$36(R); \$47(NR)
14416-246B	18 & up	6 classes
Wed	5:00-6:00 pm	starts Apr 15 \$36(R); \$47(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

14505-211A	60 & up	1 classes
Fri	12:30-1:30 pm	starts Mar 20 Free
14505-211B	60 & up	1 classes
Fri	12:30-1:30 pm	starts Apr 17 Free
14505-211C	60 & up	1 classes
Fri	12:30-1:30 pm	starts May 8 Free

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

14505-239A	60 & up	1 classes
Fri	11:00 am-12:00 pm	starts Mar 6 Free
14505-239B	60 & up	1 classes
Fri	11:00 am-12:00 pm	starts Apr 3 Free
14505-239C	60 & up	1 classes
Fri	11:00 am-12:00 pm	starts May 1 Free

Langley Park Senior Activity Center langleyparkseniors@pgparks.com

14505-244A	60 & up	5 classes
Mon	11:00 am-12:00 pm	starts Mar 2 Free
14505-244B	60 & up	4 classes
Mon	11:00 am-12:00 pm	starts Apr 6 Free
14505-244C	60 & up	3 classes
Mon	11:00 am-12:00 pm	starts May 4 Free

Computer Skills: Seniors, All Levels

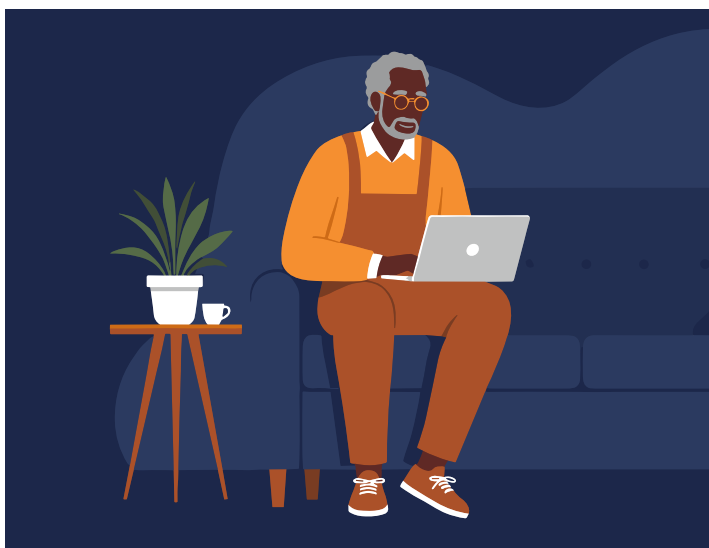
You can bridge the generational gap and the digital divide! Stay on top of your computer skills and even kick them up a notch. Develop self-confidence and have fun in our non-judgmental class. Topics might include: the parts of a computer system, hardware, maintenance, and terminology, creating and maintaining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

John E. Howard Community Center johnehowardcc@pgparks.com

14512-238A	60 & up	4 classes
Sat	12:30-2:00 pm	starts Mar 14 \$40(R); \$52(NR)
14512-238B	60 & up	4 classes
Sat	12:30-2:00 pm	starts Apr 11 \$40(R); \$52(NR)
14512-238C	60 & up	4 classes
Sat	12:30-2:00 pm	starts May 9 \$40(R); \$52(NR)

Tucker Road Community Center tuckerroadcc@pgparks.com

14512-284A	60 & up	4 classes
Tue	1:30-3:00 pm	starts Mar 10 \$40(R); \$52(NR)
14512-284B	60 & up	4 classes
Tue	1:30-3:00 pm	starts Apr 7 \$40(R); \$52(NR)
14512-284C	60 & up	4 classes
Tue	1:30-3:00 pm	starts May 5 \$40(R); \$52(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

14501-211A	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts Mar 2
		\$20(R); \$26(NR)
14501-211B	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts Mar 30
		\$20(R); \$26(NR)
14501-211C	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts Apr 27
		\$20(R); \$26(NR)

Laurel-Beltsville Senior Activity Ctr laurelbeltsvilleseniors@pgparks.com

14501-246A	60 & up	6 classes
Mon	10:00-11:00 am	starts Mar 2
		Free
14501-246B	60 & up	6 classes
Mon	10:00-11:00 am	starts Apr 13
		Free

Computer Skills: Seniors, Level 2

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

Camp Springs Senior Activity Center campspringsseniors@pgparks.com

14502-211A	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts Mar 16
		\$20(R); \$26(NR)
14502-211B	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts Apr 13
		\$20(R); \$26(NR)
14502-211C	60 & up	4 classes
Mon & Wed	12:15-2:15 pm	starts May 11
		\$20(R); \$26(NR)

Laurel-Beltsville Senior Activity Ctr laurelbeltsvilleseniors@pgparks.com

14502-246A	60 & up	6 classes
Mon	11:30 am-12:30 pm	starts Mar 2
		\$20(R); \$26(NR)
14502-246B	60 & up	6 classes
Mon	11:30 am-12:30 pm	starts Apr 13
		\$20(R); \$26(NR)

Smart Devices: Seniors

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

Camp Springs Senior Activity Center campspringsseniors@pgparks.com

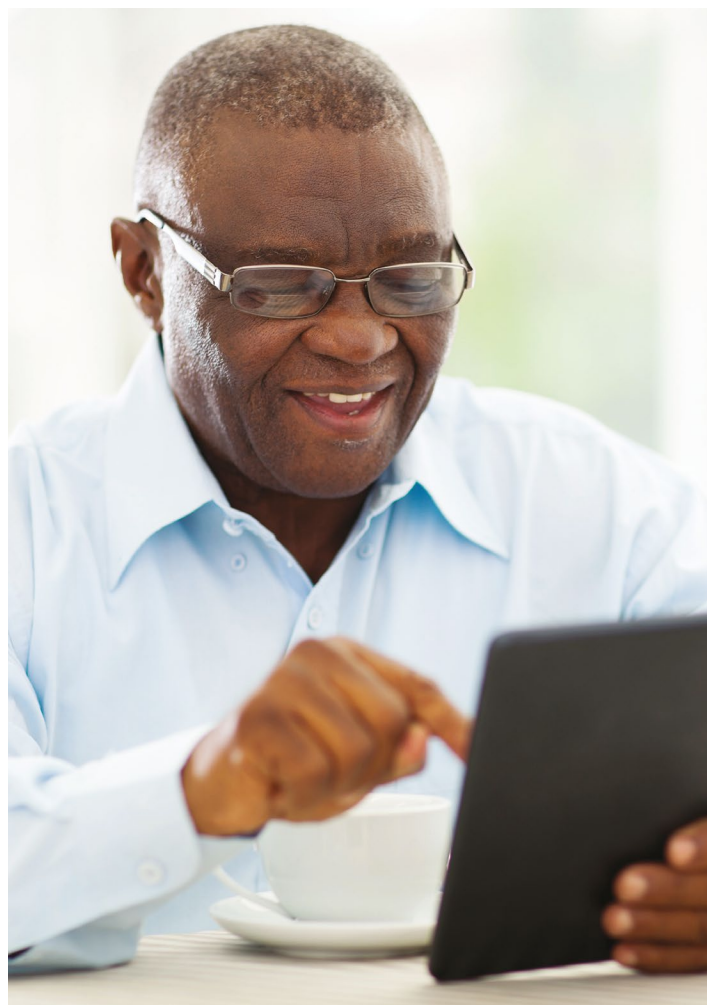
14506-211A	60 & up	6 classes
Mon & Thu	9:00-10:00 am	starts Mar 2
		\$15(R); \$20(NR)
14506-211C	60 & up	6 classes
Mon & Thu	9:00-10:00 am	starts May 4
		\$15(R); \$20(NR)

Palmer Park Community Center palmerparkcc@pgparks.com

14506-257A	60 & up	4 classes
Wed	12:30-2:00 pm	starts Mar 4
		\$30(R); \$39(NR)
14506-257B	60 & up	4 classes
Wed	12:30-2:00 pm	starts Apr 1
		\$30(R); \$39(NR)
14506-257C	60 & up	4 classes
Wed	12:30-2:00 pm	starts May 6
		\$30(R); \$39(NR)

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

14506-266A	60 & up	4 classes
Mon	11:30 am-12:30 pm	starts Mar 9
		\$20(R); \$26(NR)
14506-266B	60 & up	4 classes
Mon	11:30 am-12:30 pm	starts Apr 13
		\$20(R); \$26(NR)
14506-266C	60 & up	5 classes
Mon	11:30 am-12:30 pm	starts May 18
		\$20(R); \$26(NR)



MIXED AGES

Home-School: Computer Lab

Explore all aspects of computers from parts of a computer system, hardware, maintenance, and terminology to creating and maintaining directories, managing documents, basic applications, technology trends and AI with home-schoolers.

Southern Region Technology & Recreation		techrec@pgparks.com	
14616-277A		8 - 15yrs.	4 classes
Wed	10:30-11:30 am	starts Mar 11	\$35(R); \$46(NR)
14616-277B		8 - 15yrs.	4 classes
Wed	10:30-11:30 am	starts Apr 8	\$35(R); \$46(NR)
14616-277C		8 - 15yrs.	4 classes
Wed	10:30-11:30 am	starts May 6	\$35(R); \$46(NR)

Smart Devices: Mixed Ages

The smart money is on you mastering a smart device! Increase self-confidence, develop digital skills, and stay real-time connected with your social circles through this course. Enroll to understand and to 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.

Oakcrest Community Center		oakcrestcc@pgparks.com	
14605-255A		18 & up	4 classes
Wed	12:30-1:30 pm	starts Mar 11	\$40(R); \$52(NR)
14605-255B		18 & up	4 classes
Wed	12:30-1:30 pm	starts Apr 15	\$40(R); \$52(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.

Glenn Dale Community Center		glenndalecc@pgparks.com	
15103-227A		3 - 5yrs.	12 classes
Mon-Wed	9:30 am-12:00 pm	starts Mar 2	\$90(R); \$117(NR)
15103-227B		3 - 5yrs.	12 classes
Mon-Wed	9:30 am-12:00 pm	starts Mar 30	\$90(R); \$117(NR)
15103-227C		3 - 5yrs.	12 classes
Mon-Wed	9:30 am-12:00 pm	starts Apr 27	\$90(R); \$117(NR)

Palmer Park Community Center		palmerparkcc@pgparks.com	
15103-257A		3 - 5yrs.	4 classes
Sat	10:00-11:00 am	starts Mar 7	\$20(R); \$26(NR)
15103-257B		3 - 5yrs.	4 classes
Sat	10:00-11:00 am	starts Apr 4	\$20(R); \$26(NR)
15103-257C		3 - 5yrs.	4 classes
Sat	10:00-11:00 am	starts May 2	\$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	
15101-243		3 - 5yrs.	12 classes
Tue & Thu	11:00 am-12:00 pm	starts Mar 3	\$80(R); \$104(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.

Huntington Community Center		huntingtoncc@pgparks.com	
15202-235A		6 - 9yrs.	8 classes
Sat	12:00-1:00 pm	starts Mar 14	\$50(R); \$65(NR)
15202-235B		10 - 12yrs.	8 classes
Sat	1:30-2:30 pm	starts Mar 14	\$50(R); \$65(NR)

Crafts for Kids

Get ready to create, imagine, and have fun! In this 4-week class, young artists will explore a variety of hands-on craft projects using paint, paper, fabric, and found materials. Each session introduces a new theme that encourages creativity, problem-solving, and self-expression. Perfect for kids who love to make things and try new art techniques--everyone leaves with projects they'll be proud to show off!

Brentwood Arts Exchange		brentwoodarts@pgparks.com	
15206-210A		6 - 12yrs.	4 classes
Sat	10:30 am-12:00 pm	starts Mar 7	\$95(R); \$124(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	
15201-266D		6 - 12yrs.	6 classes
Thu	1:00-2:30 pm	starts Mar 12	\$40(R); \$52(NR)
15201-266A		6 - 12yrs.	6 classes
Sat	10:00-11:15 am	starts Mar 14	\$40(R); \$52(NR)
15201-266B		9 - 12yrs.	6 classes
Sat	11:30 am-12:45 pm	starts Mar 14	\$40(R); \$52(NR)
15201-266DD		6 - 12yrs.	6 classes
Thu	1:00-2:30 pm	starts Apr 30	\$40(R); \$52(NR)
15201-266AA		6 - 8yrs.	6 classes
Sat	10:00-11:15 am	starts May 2	\$40(R); \$52(NR)
15201-266BB		9 - 12yrs.	6 classes
Sat	11:30 am-12:45 pm	starts May 2	\$40(R); \$52(NR)

ADULTS

Knitting: Adults

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

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

15403-268B		18 & up	6 classes
Tue	6:00-8:00 pm	starts Mar 3	\$60(R); \$78(NR); \$45(IA)

Quilting: Adults

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

Kentland Community Center kentlandcc@pgparks.com

15405-240A		18 & up	4 classes
Tue	5:00-7:00 pm	starts Apr 7	\$25(R); \$33(NR)

15405-240B		18 & up	4 classes
Tue	5:00-7:00 pm	starts May 12	\$25(R); \$33(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

15405-268D		18 & up	6 classes
Sat	10:00 am-12:00 pm	starts Mar 7	\$60(R); \$78(NR); \$45(IA)

15405-268		18 & up	6 classes
Sat	6:00-8:00 pm	starts Apr 25	\$60(R); \$78(NR); \$45(IA)

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

15401-224A		18 & up	4 classes
Sat	11:00 am-12:30 pm	starts Mar 7	\$48(R); \$63(NR)

15401-224B		18 & up	4 classes
Sat	11:00 am-12:30 pm	starts Apr 4	\$48(R); \$63(NR)

15401-224C		18 & up	4 classes
Sat	11:00 am-12:30 pm	starts May 2	\$48(R); \$63(NR)

Harmony Hall Regional Center harmonyhallrc@pgparks.com

15401-232A		18 & up	4 classes
Sat	1:30-3:00 pm	starts Mar 21	\$48(R); \$63(NR)

15401-232B		18 & up	4 classes
Sat	1:30-3:00 pm	starts Apr 25	\$48(R); \$63(NR)

Lake Arbor Community Center lakearborcc@pgparks.com

15401-241A		18 & up	7 classes
Mon & Wed	11:00 am-1:00 pm	starts Mar 2	\$55(R); \$72(NR)

15401-241B		18 & up	7 classes
Mon & Wed	11:00 am-1:00 pm	starts Mar 30	\$55(R); \$72(NR)

15401-241C		18 & up	9 classes
Mon & Wed	11:00 am-1:00 pm	starts Apr 27	\$55(R); \$72(NR)



Peppermill Community Center peppermillcc@pgparks.com

15401-262B		18 & up	6 classes
Tue	6:30-8:00 pm	starts Apr 14	\$50(R); \$65(NR)

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

15401-266A		18 & up	6 classes
Thu	6:30-8:30 pm	starts Mar 19	\$50(R); \$65(NR)

15401-266B		18 & up	6 classes
Thu	6:30-8:30 pm	starts May 7	\$50(R); \$65(NR)

Westphalia Community Center westphaliacc@pgparks.com

15401-290A		18 & up	4 classes
Wed	1:30-3:30 pm	starts Mar 18	\$48(R); \$63(NR)

15401-290B		18 & up	4 classes
Wed	1:30-3:30 pm	starts Apr 22	\$48(R); \$63(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.

Gwendolyn Britt Senior Activity Center gwendolynbrittseniors@pgparks.com

15502-230A		60 & up	4 classes
Thu	12:30-2:00 pm	starts Mar 5	\$26(R); \$34(NR)

15502-230B		60 & up	4 classes
Thu	12:30-2:00 pm	starts Apr 2	\$26(R); \$34(NR)

15502-230C		60 & up	4 classes
Thu	12:30-2:00 pm	starts May 7	\$26(R); \$34(NR)

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

15502-239A		60 & up	1 classes
Mon	12:30-2:00 pm	starts Mar 9	\$5(R); \$7(NR)

15502-239B		60 & up	1 classes
Mon	12:00-2:30 pm	starts Apr 13	\$5(R); \$7(NR)

15502-239C		60 & up	1 classes
Mon	12:00-2:30 pm	starts May 11	\$5(R); \$7(NR)

Langley Park Senior Activity Center langleyparkseniors@pgparks.com

15502-244A		60 & up	4 classes
Fri	10:30 am-12:00 pm	starts Mar 6	\$28(R); \$37(NR)

15502-244B		60 & up	4 classes
Fri	10:30 am-12:00 pm	starts Apr 3	\$28(R); \$37(NR)

15502-244C		60 & up	4 classes
Fri	10:30 am-12:00 pm	starts May 8	\$28(R); \$37(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	
15514-207A	60 & up	4 classes	
Tue	11:00 am-1:00 pm	starts Mar 10	\$25(R); \$33(NR)
15514-207B	60 & up	4 classes	
Tue	11:00 am-1:00 pm	starts Apr 7	\$25(R); \$33(NR)
15514-207C	60 & up	4 classes	
Tue	11:00 am-1:00 pm	starts May 5	\$25(R); \$33(NR)
Langley Park Senior Activity Center		langleyparkseniors@pgparks.com	
15514-244A	60 & up	4 classes	
Thu	11:30 am-1:30 pm	starts Mar 5	\$30(R); \$39(NR)
15514-244B	60 & up	4 classes	
Thu	11:30 am-1:30 pm	starts Apr 2	\$30(R); \$39(NR)
15514-244C	60 & up	4 classes	
Thu	11:30 am-1:30 pm	starts May 7	\$30(R); \$39(NR)

Home Projects

Create something spectacular at this hands-on workshop! Past projects have included a battery-operated clock, a decorative 8-inch hot air balloon, and a 14-inch holiday lamp post with a real light! Display your project in your home, and all your friends will be asking, "Where did you buy this?" No experience necessary!

Gwendolyn Britt Senior Activity Center		gwendolynbrittseniors@pgparks.com	
15518-230A	60 & up	4 classes	
Wed	10:00-11:00 am	starts Mar 4	\$26(R); \$34(NR)
15518-230B	60 & up	4 classes	
Wed	10:00-11:00 am	starts Apr 8	\$26(R); \$34(NR)
15518-230C	60 & up	4 classes	
Wed	10:00-11:00 am	starts May 6	\$26(R); \$34(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	
15504-207A	60 & up	4 classes	
Tue	12:00-2:00 pm	starts Mar 10	\$25(R); \$33(NR)
15504-207B	60 & up	4 classes	
Tue	12:00-2:00 pm	starts Apr 7	\$25(R); \$33(NR)
15504-207C	60 & up	4 classes	
Tue	12:00-2:00 pm	starts May 5	\$25(R); \$33(NR)
Camp Springs Senior Activity Center		campspringsseniors@pgparks.com	
15504-211A	60 & up	4 classes	
Fri	1:00-3:00 pm	starts Mar 6	\$25(R); \$33(NR)
15504-211B	60 & up	4 classes	
Fri	1:00-3:00 pm	starts Apr 3	\$25(R); \$33(NR)
15504-211C	60 & up	4 classes	
Fri	1:00-3:00 pm	starts May 8	\$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	
15501-211C	60 & up	56 classes	
Tue	10:00 am-12:00 pm	starts May 6	\$24(R); \$32(NR)
15501-211A	60 & up	4 classes	
Tue	10:00 am-12:00 pm	starts Mar 3	\$24(R); \$32(NR)
15501-211B	60 & up	4 classes	
Tue	10:00 am-12:00 pm	starts Apr 7	\$24(R); \$32(NR)
John E. Howard Senior Activity Center		johnehowardseniors@pgparks.com	
15501-239A	60 & up	8 classes	
Thu & Fri	10:00 am-2:00 pm	starts Mar 5	\$50(R); \$65(NR)
15501-239B	60 & up	8 classes	
Thu & Fri	10:00 am-2:00 pm	starts Apr 2	\$50(R); \$65(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	
15609-284A	6 & up	5 classes	
Sat	12:00-1:00 pm	starts Mar 14	\$40(R); \$52(NR)
15609-284B	18 & up	5 classes	
Sat	12:00-1:00 pm	starts Apr 25	\$40(R); \$52(NR)

Collage Making

Explore the limitless possibilities of collage as you cut, layer, and assemble found materials into fresh new compositions. Over four weeks, you'll experiment with color, texture, and storytelling using paper, fabric, and mixed media. Learn techniques to express emotion and perspective through unexpected combinations, guided by artists who celebrate play and personal narrative. No experience needed--just your imagination and a willingness to experiment.

Brentwood Arts Exchange		brentwoodarts@pgparks.com	
15626-210A	14 & up	4 classes	
Tue	6:00-8:00 pm	starts Apr 28	\$125(R); \$163(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

15619-268AB		10 - 18yrs.	6 classes
Tue	6:00-8:00 pm	starts Mar 3	\$60(R); \$78(NR); \$45(IA)
15619-268G		18 & up	6 classes
Wed	6:00-8:00 pm	starts Mar 4	\$65(R); \$85(NR); \$49(IA)
15619-268H		10 & up	6 classes
Thu	6:00-8:00 pm	starts Mar 5	\$65(R); \$85(NR); \$49(IA)
15619-268BA		13 - 18yrs.	6 classes
Tue	6:00-8:00 pm	starts Apr 21	\$60(R); \$78(NR); \$45(IA)
15619-268J		18 & up	6 classes
Wed	6:00-8:00 pm	starts Apr 22	\$65(R); \$85(NR); \$49(IA)
15619-268I		10 & up	6 classes
Thu	6:00-8:00 pm	starts Apr 23	\$65(R); \$85(NR); \$49(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

15607-225A		12 & up	4 classes
Wed	5:00-6:30 pm	starts Mar 18	\$48(R); \$63(NR)
15607-225B		12 & up	4 classes
Wed	5:00-6:30 pm	starts Apr 22	\$48(R); \$63(NR)

Kentland Community Center kentlandcc@pgparks.com

15607-240A		10 - 17yrs.	4 classes
Sat	11:00 am-12:30 pm	starts Apr 4	\$35(R); \$46(NR)
15607-240AA		18 & up	4 classes
Sat	1:00-2:30 pm	starts Apr 4	\$35(R); \$46(NR)
15607-240B		10 - 17yrs.	4 classes
Sat	11:00 am-12:30 pm	starts May 9	\$35(R); \$46(NR)
15607-240BB		18 & up	4 classes
Sat	1:00-2:30 pm	starts May 9	\$35(R); \$46(NR)

Langley Park Community Center langleyparkcc@pgparks.com

15607-243A		18 & up	5 classes
Mon	11:00 am-12:30 pm	starts Mar 2	\$35(R); \$46(NR)
15607-243B		18 & up	5 classes
Mon	11:00 am-12:30 pm	starts Apr 13	\$35(R); \$46(NR)

Seat Pleasant Activity Center seatpleasantcc@pgparks.com

15607-273A		6 & up	6 classes
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$40(R); \$52(NR)
15607-273B		6 & up	6 classes
Tue & Thu	6:00-7:00 pm	starts Mar 31	\$40(R); \$52(NR)
15607-273C		6 & up	6 classes
Tue & Thu	6:00-7:00 pm	starts Apr 28	\$40(R); \$52(NR)



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.

Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com

15615-271A		5 - 12yrs.	4 classes
Sat	9:00-10:00 am	starts Mar 7	\$34(R); \$45(NR)
15615-271B		5 - 12yrs.	4 classes
Sat	9:00-10:00 am	starts Apr 4	\$34(R); \$45(NR)
15615-271C		5 - 12yrs.	4 classes
Sat	9:00-10:00 am	starts May 2	\$34(R); \$45(NR)

Home-School: Art & Crafts

Use your imagination to make and decorate various crafts. Join us to grow in your self-confidence as a young artist and crafter in our fun, interactive class with home-schoolers.

Upper Marlboro Community Center uppermarborocc@pgparks.com

15623-286A		8 - 15yrs.	2 classes
Fri	12:30-1:30 pm	starts Mar 13	\$35(R); \$46(NR)
15623-286B		8 - 15yrs.	2 classes
Fri	12:30-1:30 pm	starts Apr 3	\$35(R); \$46(NR)
15623-286C		8 - 15yrs.	2 classes
Fri	12:30-1:30 pm	starts May 8	\$35(R); \$46(NR)

Home-School: Sewing, Beginning

Learn 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 the facility staff regarding the necessary class materials and details with home-schoolers.

Harmony Hall Regional Center harmonyhallrc@pgparks.com

15622-232A		12 - 17yrs.	4 classes
Mon	1:00-2:30 pm	starts Mar 9	\$35(R); \$46(NR)
15622-232B		12 - 17yrs.	4 classes
Mon	1:00-2:30 pm	starts Apr 6	\$35(R); \$46(NR)
15622-232C		12 - 17yrs.	3 classes
Mon	1:00-2:30 pm	starts May 4	\$35(R); \$46(NR)

Oakcrest Community Center oakcrestcc@pgparks.com

15622-255A		8 - 15yrs.	4 classes
Fri	10:30 am-12:00 pm	starts Mar 13	\$35(R); \$46(NR)
15622-255B		8 - 15yrs.	4 classes
Fri	10:30 am-12:00 pm	starts Apr 10	\$35(R); \$46(NR)
15622-255C		8 - 15yrs.	4 classes
Fri	10:30 am-12:00 pm	starts May 8	\$35(R); \$46(NR)

Indigo Dyeing

Discover the ancient art of indigo dyeing and the magic of creating color from nature. In this 4-week workshop, you'll learn traditional and contemporary dyeing techniques to transform fabric into one-of-a-kind textiles. Explore the deep blue hues of indigo while experimenting with folding, binding, and resist methods to create striking patterns and designs. Perfect for beginners and enthusiasts alike--come ready to get your hands blue!

Brentwood Arts Exchange		brentwoodarts@pgparks.com	
15625-210A		14 & up	4 classes
Tue	6:00-8:00 pm	starts Mar 31	\$125(R); \$163(NR)

Kick Kreation Lab

Get ready to step up your style! This hands-on sneaker customization workshop lets students transform plain kicks into one-of-a-kind masterpieces. During this fun and creative session, participants will learn basic design techniques, color blending, stenciling, and hand-painting to bring their sneaker vision to life. Guided by skilled instructors, students will explore their artistic side while building confidence, patience, and attention to detail. By the end of the workshop, each participant will walk away with a pair of uniquely designed sneakers that showcase their personal flair, perfect to rock all spring long!

Southern Region Technology & Recreation		techrec@pgparks.com	
15624-277A		10 - 17yrs.	2 classes
Mon & Tue	9:00 am-4:00 pm	starts Mar 30	\$100(R); \$130(NR)

Knitting: Mixed Ages, All Levels

Get in the loop! Join our creative and exciting class of knitters. Develop your skills in this centuries-old craft by starting with the purl and knit stitches or build on your existing knitting knowledge. No matter your ability level, join our warm, welcoming community and make friends. Hurry and sign up today because a stitch in time saves nine!

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
15608-268A		10 - 18yrs.	6 classes
Tue	6:00-8:00 pm	starts Apr 21	\$60(R); \$78(NR); \$45(IA)

Knitting: Mixed Ages, Intermediate

Build on your knowledge of knitting. Develop in your yarncraft skills as you learn how to read a pattern and how to do a knitting project. Participants must know casting-on in addition to knit and purl stitches. Hurry and sign up today because a stitch in time saves nine!

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
15604-268A		10 & up	6 classes
Wed	6:00-8:00 pm	starts Mar 4	\$60(R); \$78(NR); \$45(IA)
15604-268		10 - 18yrs.	6 classes
Wed	6:00-8:00 pm	starts Apr 22	\$60(R); \$78(NR); \$45(IA)



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.

Lake Arbor Community Center		lakearborcc@pgparks.com	
15601-241A		8 & up	8 classes
Tue & Thu	6:30-8:30 pm	starts Mar 3	\$55(R); \$72(NR)
15601-241B		8 & up	8 classes
Tue & Thu	6:30-8:30 pm	starts Apr 7	\$55(R); \$72(NR)
15601-241C		8 & up	8 classes
Tue & Thu	6:30-8:30 pm	starts May 5	\$55(R); \$72(NR)
Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
15601-266A		8 - 17yrs.	6 classes
Sat	1:00-2:15 pm	starts Mar 14	\$40(R); \$52(NR)
15601-266B		5 - 12yrs.	6 classes
Sat	1:00-2:15 pm	starts May 2	\$40(R); \$52(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
15601-268AA		10 - 18yrs.	6 classes
Mon	6:00-8:00 pm	starts Mar 2	\$65(R); \$85(NR); \$49(IA)
15601-268G		18 & up	6 classes
Wed	6:00-8:00 pm	starts Mar 4	\$65(R); \$85(NR); \$49(IA)
15601-268BB		10 & up	6 classes
Thu	6:00-8:00 pm	starts Mar 5	\$65(R); \$85(NR); \$49(IA)
15601-268GA		10 - 18yrs.	6 classes
Mon	6:00-8:00 pm	starts Apr 20	\$65(R); \$85(NR); \$49(IA)
15601-268H		10 & up	6 classes
Wed	6:00-8:00 pm	starts Apr 22	\$65(R); \$85(NR); \$49(IA)
15601-268I		18 & up	6 classes
Wed	6:00-8:00 pm	starts Apr 22	\$65(R); \$85(NR); \$49(IA)



DAY CAMPS

CHILDREN

Spring Break Camp: Culinary, Children

Join us on a journey of culinary exploration, friendship, and fun! This experience is designed to promote healthy eating and boost confidence in the kitchen.

Suitland Community Center		suitlandcc@pgparks.com	
162119-281A	6 - 12yrs.	5 classes	
Mon-Fri	9:30 am-4:30 pm	starts Mar 30	\$170(R); \$221(NR)

Spring Break Camp: Enrichment, Children

Enrich your child's life with a variety of activities designed to stimulate and educate. Participants will explore their creative side with activities in art, history, writing, math, fitness, swimming, field trips, and much more! Please contact the offering facility for details on camp activities.

Berwyn Heights Community Center		berwynheightscc@pgparks.com	
162111-206A	5 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$180(R); \$234(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
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162111-268A	6 - 12yrs.	1 classes	
Mon	8:00 am-5:00 pm	starts Mar 30	\$34(R); \$45(NR); \$26(IA)
162111-268B	6 - 12yrs.	1 classes	
Tue	8:00 am-5:00 pm	starts Mar 31	\$34(R); \$45(NR); \$26(IA)
162111-268AA	6 - 12yrs.	1 classes	
Wed	8:00 am-5:00 pm	starts Apr 1	\$34(R); \$45(NR); \$26(IA)
162111-268BB	6 - 12yrs.	1 classes	
Thu	8:00 am-5:00 pm	starts Apr 2	\$34(R); \$45(NR); \$26(IA)

William Beaness Community Center		williambeanesscc@pgparks.com	
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162111-291A	5 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$140(R); \$182(NR)

Spring Break Camp: Gymnastics

Develop as a gymnast! Join our Spring Break Camp: Gymnastics to begin or improve your gymnastic abilities under the instruction of experienced instructors. We emphasize safety and skill progression. Enjoy other activities, which may include arts & crafts, swimming, fitness games, and a camp-wide event.

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
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16248-268A	6 - 12yrs.	1 classes	
Mon	8:00 am-5:00 pm	starts Mar 30	\$34(R); \$45(NR); \$26(IA)
16248-268B	6 - 12yrs.	1 classes	
Tue	8:00 am-5:00 pm	starts Mar 31	\$34(R); \$45(NR); \$26(IA)
16248-268C	6 - 12yrs.	1 classes	
Wed	8:00 am-5:00 pm	starts Apr 1	\$34(R); \$45(NR); \$26(IA)
16248-268D	6 - 12yrs.	1 classes	
Thu	8:00 am-5:00 pm	starts Apr 2	\$34(R); \$45(NR); \$26(IA)

Spring Break Camp: Recreation, Children

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

Baden Community Center		badencc@pgparks.com	
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16250-204A	6 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$150(R); \$189(NR)

Indian Queen Recreation Center		indianqueenrecreationcenterstaff@mncppc.org	
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16250-236C	6 - 12yrs.	6 classes	
Mon-Fri	9:00 am-4:00 pm	starts Mar 30	\$175(R); \$228(NR)

Rollingcrest-Chillum Community Center		rollingcrestcc@pgparks.com	
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16250-271A	6 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$150(R); \$195(NR)

Spring Break Camp: Sports

Be a sports champ! Join our Spring Break Camp to learn a variety of indoor/outdoor sports. Accomplish your goals in making progress and building technique in various athletics. Sports may include gymnastics, soccer, flag football, T-ball, basketball, tennis, and volleyball.

Oakcrest Community Center		oakcrestcc@pgparks.com	
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16252-252A	6 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$140(R); \$182(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
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16252-268A	6 - 12yrs.	1 classes	
Mon	8:00 am-5:00 pm	starts Mar 30	\$34(R); \$45(NR); \$26(IA)
16252-268B	6 - 12yrs.	1 classes	
Tue	8:00 am-5:00 pm	starts Mar 31	\$34(R); \$45(NR); \$26(IA)
16252-268C	6 - 12yrs.	1 classes	
Wed	8:00 am-5:00 pm	starts Apr 1	\$34(R); \$45(NR); \$26(IA)
16252-268D	6 - 12yrs.	1 classes	
Thu	8:00 am-5:00 pm	starts Apr 2	\$34(R); \$45(NR); \$26(IA)
16252-268E	6 - 12yrs.	1 classes	
Fri	8:00 am-5:00 pm	starts Apr 3	\$34(R); \$45(NR); \$26(IA)

Suitland Community Center		suitlandcc@pgparks.com	
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16252-281A	6 - 12yrs.	5 classes	
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$140(R); \$182(NR)

MIXED AGES

Spring Break Camp: Recreation, Mixed Ages

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

Upper Marlboro Community Center		uppermarlborocc@pgparks.com	
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16643-286A	5 - 12yrs.	5 classes	
Mon-Fri	9:00 am-5:00 pm	starts Mar 30	\$125(R); \$163(NR)



FITNESS & HEALTH

PRE-SCHOOLERS

Little Ninja

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

Fairland Sports Complex		fairlandsports@pgparks.com	
17101-223A	3 - 5yrs.	12 classes	
Sat	11:30 am-12:15 pm	starts Mar 7	\$186(R); \$242(NR)

CHILDREN

Parkour: Children

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

Fairland Sports Complex		fairlandsports@pgparks.com	
17205-223A	7 - 10yrs.	11 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$215(R); \$280(NR)

TEENS

Home-School: Weight Training for Teens

Teens will learn to safely tone and strengthen their body. Medical experts suggest that strength training is good for developing strong bones, enhancing weight management, and sharpening cognition with home-schoolers.

Suitland Community Center		suitlandcc@pgparks.com	
17305-281A	13 - 17yrs.	4 classes	
Wed	10:30-11:30 am	starts Mar 11	\$35(R); \$46(NR)
17305-281B	13 - 17yrs.	4 classes	
Wed	10:30-11:30 am	starts Apr 8	\$35(R); \$46(NR)
17305-281C	13 - 17yrs.	4 classes	
Wed	10:30-11:30 am	starts May 6	\$35(R); \$46(NR)

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.

Stephen Decatur Community Center		stephendecaturcc@pgparks.com	
17301-280A	13 - 17yrs.	4 classes	
Sat	10:45-11:45 am	starts Mar 7	\$30(R); \$39(NR)
17301-280B	13 - 17yrs.	4 classes	
Sat	10:45-11:45 am	starts Apr 4	\$30(R); \$39(NR)
17301-280C	13 - 17yrs.	4 classes	
Sat	10:45-11:45 am	starts May 9	\$30(R); \$39(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	
17401-205A	18 & up	5 classes	
Thu	6:00-7:00 pm	starts Mar 12	\$35(R); \$46(NR)
17401-205B	18 & up	5 classes	
Thu	6:00-7:00 pm	starts Apr 23	\$35(R); \$46(NR)
Glenn Dale Community Center		glenndalecc@pgparks.com	
17401-227AA	18 & up	6 classes	
Wed	10:00-11:00 am	starts Mar 4	\$35(R); \$46(NR)
17401-227BB	18 & up	6 classes	
Wed	10:00-11:00 am	starts Apr 22	\$35(R); \$46(NR)
Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
17401-234A	18 & up	8 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 3	\$40(R); \$52(NR)
17401-234B	18 & up	10 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 31	\$50(R); \$65(NR)
17401-234C	18 & up	8 classes	
Tue & Thu	6:30-7:30 pm	starts May 5	\$40(R); \$52(NR)
Marlow Heights Community Center		marlowheightscc@pgparks.com	
17401-247A	18 & up	7 classes	
Tue	6:30-7:30 pm	starts Mar 3	\$42(R); \$55(NR)
17401-247C	18 & up	6 classes	
Sun	2:30-3:30 pm	starts Mar 8	\$36(R); \$47(NR)
17401-247D	18 & up	7 classes	
Sun	2:30-3:30 pm	starts Apr 19	\$42(R); \$55(NR)
17401-247B	18 & up	6 classes	
Tue	6:30-7:30 pm	starts Apr 21	\$36(R); \$47(NR)
Suitland Community Center		suitlandcc@pgparks.com	
17401-281A	18 & up	6 classes	
Mon	10:00-11:00 am	starts Mar 2	\$24(R); \$32(NR)
17401-281B	18 & up	6 classes	
Mon	10:00-11:00 am	starts Apr 13	\$24(R); \$32(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	
17402-282A	18 & up	8 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 24	\$40(R); \$52(NR)
17402-282B	18 & up	8 classes	
Tue & Thu	6:30-7:30 pm	starts Apr 28	\$40(R); \$52(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!

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
17433-275A	18 & up	10 classes	
Mon & Wed	5:00-6:00 pm	starts Mar 2	\$85(R); \$111(NR)
17433-275B	18 & up	8 classes	
Mon & Wed	5:00-6:00 pm	starts Apr 6	\$68(R); \$89(NR)
17433-275C	18 & up	8 classes	
Mon & Wed	5:00-6:00 pm	starts May 4	\$59.50(R); \$77.50(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	
17419-284A	18 & up	6 classes	
Tue	9:30-10:30 am	starts Mar 10	\$28(R); \$37(NR)
17419-284C	18 & up	6 classes	
Thu	9:30-10:30 am	starts Mar 12	\$28(R); \$37(NR)
17419-284B	18 & up	6 classes	
Tue	9:30-10:30 am	starts Apr 21	\$28(R); \$37(NR)
17419-284D	18 & up	6 classes	
Thu	9:30-10:30 am	starts Apr 23	\$28(R); \$37(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	
17420-275A	18 & up	5 classes	
Tue	6:00-6:45 pm	starts Mar 3	\$32.50(R); \$42.50(NR)
17420-275B	18 & up	4 classes	
Tue	6:00-6:45 pm	starts Apr 7	\$26(R); \$34(NR)
17420-275C	18 & up	4 classes	
Tue	6:00-6:45 pm	starts May 5	\$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	
17421-286A	18 & up	7 classes	
Tue	5:30-6:30 pm	starts Mar 3	\$42(R); \$55(NR)
17421-286C	18 & up	7 classes	
Thu	5:30-6:30 pm	starts Mar 5	\$42(R); \$55(NR)
17421-286B	18 & up	6 classes	
Tue	5:30-6:30 pm	starts Apr 21	\$36(R); \$47(NR)
17421-286D	18 & up	6 classes	
Thu	5:30-6:30 pm	starts Apr 23	\$36(R); \$47(NR)



Chair Aerobics: Adults

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

Cedar Heights Community Center		cedarheightsc@pgparks.com	
17445-212A	18 & up	6 classes	
Mon	10:00-11:00 am	starts Mar 2	\$35(R); \$46(NR)
17445-212B	18 & up	6 classes	
Mon	10:00-11:00 am	starts Apr 13	\$35(R); \$46(NR)
Fairland Sports Complex		fairlandsports@pgparks.com	
17445-223A	18 & up	12 classes	
Tue	12:00-1:00 pm	starts Mar 3	\$72(R); \$94(NR)
17445-223B	18 & up	12 classes	
Thu	12:00-1:00 pm	starts Mar 5	\$72(R); \$94(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
17445-246A	50 & up	4 classes	
Thu	9:30-10:30 am	starts Mar 5	\$36(R); \$47(NR)
17445-246B	50 & up	4 classes	
Thu	9:30-10:30 am	starts Apr 2	\$36(R); \$47(NR)
17445-246C	50 & up	4 classes	
Thu	9:30-10:30 am	starts Apr 30	\$36(R); \$47(NR)

CIRCL Mobility

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

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
17489-268D	18 & up	4 classes	
Fri	7:30-8:30 pm	starts Mar 6	\$24(R); \$32(NR); \$18(IA)
17489-268E	18 & up	4 classes	
Fri	7:30-8:30 pm	starts Apr 3	\$24(R); \$32(NR); \$18(IA)
17489-268F	18 & up	5 classes	
Fri	7:30-8:30 pm	starts May 1	\$30(R); \$39(NR); \$23(IA)

Core and More

Are you hard core? Get your midsection in formation for better posture and overall better health. Join our empowering class to strengthen your entire core. Focused exercise will be on abdominal muscles, obliques, and the lower back. Register now and set the tone for the rest of your life as you tone your body.

Lakeland College Park Community Center		collegeparkcc@pgparks.com	
17483-216A	18 & up	9 classes	
Mon & Wed	11:15 am-12:15 pm	starts Mar 2	\$35(R); \$46(NR)
17483-216B	18 & up	9 classes	
Mon & Wed	11:15 am-12:15 pm	starts Apr 1	\$35(R); \$46(NR)
17483-216C	18 & up	8 classes	
Mon & Wed	11:15 am-12:15 pm	starts May 4	\$35(R); \$46(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	
17435-234A	50 & up	12 classes	
Tue-Thu	9:30-10:30 am	starts Mar 3	\$36(R); \$47(NR)
17435-234B	50 & up	15 classes	
Tue-Thu	9:30-10:30 am	starts Mar 31	\$38(R); \$50(NR)
17435-234C	50 & up	12 classes	
Tue-Thu	9:30-10:30 am	starts May 5	\$36(R); \$47(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvillesseniors@pgparks.com	
17435-246A	50 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Mar 2	\$40(R); \$52(NR)
17435-246D	50 & up	8 classes	
Mon & Wed	11:00 am-12:00 pm	starts Mar 2	\$35(R); \$46(NR)
17435-246B	50 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Mar 30	\$40(R); \$52(NR)
17435-246E	50 & up	8 classes	
Mon & Wed	11:00 am-12:00 pm	starts Mar 30	\$35(R); \$46(NR)
17435-246C	50 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Apr 27	\$40(R); \$52(NR)
17435-246F	50 & up	8 classes	
Mon & Wed	11:00 am-12:00 pm	starts Apr 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.

South Bowie Community Center		wellness@pgparks.com	
17488-279B	18 & up	35 classes	
Tue,Thu,Fri	11:00 am-12:30 pm	starts Mar 17	Free
William Beanes Community Center		wellness@pgparks.com	
17488-279C	18 & up	35 classes	
Tue,Thu,Fri	9:30-11:00 am	starts Mar 31	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	
17426-232A	18 & up	12 classes	
Mon,Wed,Fri	6:00-7:00 pm	starts Mar 2	\$43(R); \$56(NR)
17426-232D	18 & up	7 classes	
Sat	10:00-11:00 am	starts Mar 7	\$42(R); \$55(NR)
17426-232B	18 & up	15 classes	
Mon,Wed,Fri	6:00-7:00 pm	starts Mar 30	\$54(R); \$71(NR)
17426-232E	18 & up	6 classes	
Sat	10:00-11:00 am	starts Apr 25	\$36(R); \$47(NR)
17426-232C	18 & up	11 classes	
Mon,Wed,Fri	6:00-7:00 pm	starts May 4	\$43(R); \$56(NR)
Kentland Community Center		kentlandcc@pgparks.com	
17426-240A	18 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Apr 6	\$60(R); \$78(NR)
17426-240B	18 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts May 11	\$60(R); \$78(NR)



Lake Arbor Community Center		lakearborcc@pgparks.com	
17426-241A	18 & up	4 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$35(R); \$46(NR)
17426-241B	18 & up	4 classes	
Wed	6:30-7:30 pm	starts Apr 1	\$35(R); \$46(NR)
17426-241C	18 & up	4 classes	
Wed	6:30-7:30 pm	starts Apr 29	\$35(R); \$46(NR)
Lakeland College Park Community Center		collegeparkcc@pgparks.com	
17426-216CC	18 - 59yrs.	8 classes	
Mon & Wed	6:15-7:15 pm	starts Mar 2	\$40(R); \$52(NR)
17426-216A	18 & up	8 classes	
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$40(R); \$52(NR)
17426-216E	18 - 59yrs.	8 classes	
Mon & Wed	6:15-7:15 pm	starts Apr 1	\$40(R); \$52(NR)
17426-216F	18 & up	8 classes	
Tue & Thu	6:00-7:00 pm	starts Apr 7	\$40(R); \$52(NR)
17426-216EE	18 - 59yrs.	8 classes	
Mon & Wed	6:15-7:15 pm	starts May 4	\$40(R); \$52(NR)
17426-216G	18 & up	8 classes	
Tue & Thu	6:00-7:00 pm	starts May 5	\$40(R); \$52(NR)
Patuxent Community Center		patuxentcc@pgparks.com	
17426-260A	18 & up	6 classes	
Wed	6:30-7:30 pm	starts Mar 11	\$42(R); \$55(NR)
17426-260B	18 & up	6 classes	
Wed	6:30-7:30 pm	starts Apr 22	\$42(R); \$55(NR)
Tucker Road Community Center		tuckerroadcc@pgparks.com	
17426-284A	18 & up	12 classes	
Mon,Wed,Fri	7:30-8:30 am	starts Mar 2	\$43(R); \$56(NR)
17426-284D	18 & up	12 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Mar 2	\$43(R); \$56(NR)
17426-284G	18 & up	12 classes	
Mon,Wed,Fri	11:00 am-12:00 pm	starts Mar 2	\$44(R); \$58(NR)
17426-284B	18 & up	15 classes	
Mon,Wed,Fri	7:30-8:30 am	starts Mar 30	\$54(R); \$71(NR)
17426-284E	18 & up	15 classes	
Mon,Wed,Fri	9:00-10:00 am	starts Mar 30	\$54(R); \$71(NR)
17426-284H	18 & up	15 classes	
Mon,Wed,Fri	11:00 am-12:00 pm	starts Mar 30	\$55(R); \$72(NR)
17426-284C	18 & up	11 classes	
Mon,Wed,Fri	7:30-8:30 am	starts May 4	\$43(R); \$56(NR)
17426-284F	18 & up	11 classes	
Mon,Wed,Fri	9:00-10:00 am	starts May 4	\$43(R); \$56(NR)
17426-284I	18 & up	11 classes	
Mon,Wed,Fri	11:00 am-12:00 pm	starts May 4	\$44(R); \$58(NR)

Upper Marlboro Community Center uppermarborocc@pgparks.com

17426-286A	Tue	7:00-8:00 pm	18 & up starts Mar 3	5 classes \$35(R); \$46(NR)
17426-286D	Thu	7:00-8:00 pm	18 & up starts Mar 5	4 classes \$28(R); \$37(NR)
17426-286G	Mon & Wed	9:30-10:30 am	18 & up starts Mar 16	8 classes \$48(R); \$63(NR)
17426-286E	Thu	7:00-8:00 pm	18 & up starts Apr 2	5 classes \$35(R); \$46(NR)
17426-286B	Tue	7:00-8:00 pm	18 & up starts Apr 7	4 classes \$28(R); \$37(NR)
17426-286H	Mon & Wed	9:30-10:30 am	18 & up starts Apr 20	8 classes \$48(R); \$63(NR)
17426-286C	Tue	7:00-8:00 pm	18 & up starts May 5	4 classes \$28(R); \$37(NR)
17426-286F	Thu	7:00-8:00 pm	18 & up starts May 7	4 classes \$28(R); \$37(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

17440-277C	Tue	7:00-8:00 pm	18 & up starts Mar 3	7 classes \$42(R); \$55(NR)
17440-277A	Sat	9:15-10:00 am	18 & up starts Mar 7	7 classes \$42(R); \$55(NR)
17440-277D	Tue	7:00-8:00 pm	18 & up starts Apr 21	6 classes \$36(R); \$47(NR)
17440-277B	Sat	9:15-10:00 am	18 & up starts Apr 25	6 classes \$36(R); \$47(NR)

William Beanes Community Center williambeanesc@pgparks.com

17440-291A	Thu	7:00-8:00 pm	18 & up starts Mar 12	6 classes \$36(R); \$47(NR)
17440-291B	Thu	7:00-8:00 pm	18 & up starts Apr 30	5 classes \$30(R); \$39(NR)

Fitness Frenzy

Rejuvenate your health goals in a Fitness Frenzy! Join us for an empowering day of fun, fitness activities. Get excited about exercise and wild about wellness! Sign up, bring your positive energy, and be inspired.

Lakeland College Park Community Center collegeparkcc@pgparks.com

17477-216A	Tue & Thu	10:00-11:00 am	18 & up starts Mar 3	9 classes \$35(R); \$46(NR)
17477-216B	Tue & Thu	10:00-11:00 am	18 & up starts Apr 2	9 classes \$35(R); \$46(NR)
17477-216C	Tue & Thu	10:00-11:00 am	18 & up starts May 5	8 classes \$35(R); \$46(NR)

Fitness: Adults, Beginner

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

Westphalia Community Center westphaliacc@pgparks.com

17468-290A	Tue & Thu	9:15-10:15 am	40 & up starts Mar 3	12 classes \$48(R); \$63(NR)
17468-290B	Tue & Thu	9:15-10:15 am	40 & up starts Apr 14	14 classes \$56(R); \$73(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

17442-226A	Mon & Wed	6:30-8:00 pm	18 & up starts Mar 2	8 classes \$30(R); \$39(NR)
17442-226B	Mon & Wed	6:30-8:00 pm	18 & up starts Apr 6	8 classes \$30(R); \$39(NR)
17442-226C	Mon & Wed	6:30-8:00 pm	18 & up starts May 4	8 classes \$30(R); \$39(NR)

Kentland Community Center kentlandcc@pgparks.com

17442-240A	Mon	7:00-8:00 pm	18 & up starts Apr 6	4 classes \$40(R); \$52(NR)
17442-240B	Mon	7:00-8:00 pm	18 & up starts May 11	4 classes \$40(R); \$52(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

17479-227A	Fri	6:00-7:00 pm	18 & up starts Mar 6	6 classes \$36(R); \$47(NR)
17479-227B	Fri	6:00-7:00 pm	18 & up starts Apr 24	6 classes \$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 uppermarborocc@pgparks.com

17430-286A	Sat	8:30-9:30 am	18 & up starts Apr 4	12 classes \$84(R); \$110(NR)
17430-286B	Sat	9:30-10:30 am	18 & up starts Apr 4	12 classes \$84(R); \$110(NR)

Health & Nutrition

Get the vision to make the right health decision! Sign up to discover what is fact and what is fiction in the world of diet, nutrition, and exercise! We'll set the record straight by empowering you with information to make healthy choices that will last a lifetime, tips for weight management, and the balanced strategies for making it all happen.

Suitland Community Center suitlandcc@pgparks.com

17475-281A	Mon	11:15 am-12:15 pm	18 & up starts Mar 2	6 classes \$24(R); \$32(NR)
17475-281B	Mon	11:15 am-12:15 pm	18 & up starts Apr 13	6 classes \$24(R); \$32(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	
17423-226A	18 & up	8 classes	
Tue & Thu	6:30-7:15 pm	starts Mar 3	\$30(R); \$39(NR)
17423-226B	18 & up	8 classes	
Tue & Thu	6:30-7:15 pm	starts Apr 7	\$30(R); \$39(NR)
17423-226C	18 & up	8 classes	
Tue & Thu	6:30-7:15 pm	starts May 5	\$30(R); \$39(NR)
Huntington Community Center		huntingtoncc@pgparks.com	
17423-235A	18 & up	8 classes	
Mon	6:15-7:00 pm	starts Apr 6	\$45(R); \$59(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	
17425-235	18 & up	8 classes	
Sat	10:00-11:00 am	starts Apr 4	\$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	
17405-201A	18 & up	12 classes	
Fri	11:00-11:45 am	starts Mar 6	\$66(R); \$86(NR)
Fairland Sports Complex		fairlandsports@pgparks.com	
17405-223A	18 & up	12 classes	
Tue	9:00-10:00 am	starts Mar 3	\$72(R); \$94(NR)
17405-223B	18 & up	12 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$72(R); \$94(NR)
17405-223C	18 & up	12 classes	
Fri	9:00-10:00 am	starts Mar 6	\$72(R); \$94(NR)
17405-223D	18 & up	12 classes	
Sat	10:00-11:00 am	starts Mar 7	\$72(R); \$94(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
17405-277C	18 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Mar 3	\$40(R); \$52(NR)
17405-277A	18 & up	8 classes	
Mon & Wed	6:00-6:45 pm	starts Mar 30	\$40(R); \$52(NR)
17405-277D	18 & up	10 classes	
Tue & Thu	10:00-11:00 am	starts Mar 31	\$50(R); \$65(NR)
17405-277B	18 & up	7 classes	
Mon & Wed	6:00-6:45 pm	starts May 4	\$40(R); \$52(NR)
17405-277E	18 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts May 5	\$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	
17457-223A	18 & up	12 classes	
Mon	7:30-8:30 pm	starts Mar 2	\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
17457-275A	18 & up	5 classes	
Tue	6:00-6:45 pm	starts Mar 3	\$32.50(R); \$42.50(NR)
17457-275B	18 & up	4 classes	
Tue	6:00-6:45 pm	starts Apr 7	\$26(R); \$34(NR)
17457-275C	18 & up	4 classes	
Tue	6:00-6:45 pm	starts May 5	\$26(R); \$34(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	
17451-275A	18 & up	10 classes	
Mon & Wed	7:30-8:30 pm	starts Mar 2	\$65(R); \$85(NR)
17451-275D	18 & up	4 classes	
Sat	8:00-9:00 am	starts Mar 7	\$26(R); \$34(NR)
17451-275E	18 & up	4 classes	
Sat	8:00-9:00 am	starts Apr 4	\$26(R); \$34(NR)
17451-275B	18 & up	8 classes	
Mon & Wed	7:30-8:30 pm	starts Apr 6	\$52(R); \$68(NR)
17451-275F	18 & up	4 classes	
Sat	8:00-9:00 am	starts May 2	\$26(R); \$34(NR)
17451-275C	18 & up	8 classes	
Mon & Wed	7:30-8:30 pm	starts May 4	\$45.50(R); \$59.50(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	
17436-223B	18 & up	12 classes	
Mon	6:30-7:30 pm	starts Mar 2	\$72(R); \$94(NR)
17436-223A	18 & up	12 classes	
Thu	9:00-10:00 am	starts Mar 5	\$72(R); \$94(NR)
17436-223C	18 & up	12 classes	
Thu	7:30-8:30 pm	starts Mar 5	\$72(R); \$94(NR)
17436-223D	18 & up	12 classes	
Sat	9:00-10:00 am	starts Mar 7	\$72(R); \$94(NR)
Huntington Community Center		huntingtoncc@pgparks.com	
17436-235A	18 & up	8 classes	
Mon & Wed	10:00-11:00 am	starts Mar 2	\$45(R); \$59(NR)
17436-235C	18 & up	8 classes	
Mon & Wed	10:00-11:00 am	starts Apr 6	\$45(R); \$59(NR)
17436-235B	18 & up	8 classes	
Mon & Wed	10:00-11:00 am	starts May 4	\$45(R); \$59(NR)

Southern Area Aquatics & Recreation Complex saarc@pgparks.com

17436-275D	18 & up	10 classes
Mon & Wed	6:15-7:15 pm	starts Mar 2 \$65(R); \$85(NR)
17436-275EE	18 & up	8 classes
Mon & Wed	6:15-7:15 pm	starts Apr 6 \$52(R); \$68(NR)
17436-275FF	18 & up	8 classes
Mon & Wed	6:15-7:15 pm	starts May 4 \$59.50(R); \$77.50(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!

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

17453-268D	18 & up	9 classes
Tue & Thu	6:30-7:30 pm	starts Mar 3 \$54(R); \$71(NR); \$41(IA)
17453-268E	18 & up	9 classes
Tue & Thu	6:30-7:30 pm	starts Apr 2 \$54(R); \$71(NR); \$41(IA)
17453-268F	18 & up	8 classes
Tue & Thu	6:30-7:30 pm	starts May 5 \$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.

Lakeland College Park Community Center collegeparkcc@pgparks.com

17411-216A	18 & up	9 classes
Mon & Wed	10:00-11:00 am	starts Mar 2 \$35(R); \$46(NR)
17411-216B	18 & up	9 classes
Mon & Wed	10:00-11:00 am	starts Apr 1 \$35(R); \$46(NR)
17411-216C	18 & up	8 classes
Mon & Wed	10:00-11:00 am	starts May 4 \$35(R); \$46(NR)

Stephen Decatur Community Center stephendecaturcc@pgparks.com

17411-280A	18 & up	4 classes
Sat	12:00-1:00 pm	starts Mar 7 \$30(R); \$39(NR)
17411-280B	18 & up	4 classes
Sat	12:00-1:00 pm	starts Apr 4 \$30(R); \$39(NR)
17411-280C	18 & up	4 classes
Sat	12:00-1:00 pm	starts May 9 \$30(R); \$39(NR)

William Beaney Community Center williambeanesc@pgparks.com

17411-291A	18 & up	8 classes
Mon & Wed	6:00-7:00 pm	starts Mar 2 \$36(R); \$47(NR)
17411-291D	18 & up	8 classes
Mon & Wed	7:05-8:05 pm	starts Mar 2 \$36(R); \$47(NR)
17411-291B	18 & up	10 classes
Mon & Wed	6:00-7:00 pm	starts Mar 30 \$45(R); \$59(NR)
17411-291E	18 & up	10 classes
Mon & Wed	7:05-8:05 pm	starts Mar 30 \$45(R); \$59(NR)
17411-291C	18 & up	7 classes
Mon & Wed	6:00-7:00 pm	starts May 4 \$32(R); \$42(NR)
17411-291F	18 & up	7 classes
Mon & Wed	7:05-8:05 pm	starts May 4 \$32(R); \$42(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.

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

17413-201A	18 & up	8 classes
Tue & Thu	5:00-6:00 pm	starts Mar 24 \$40(R); \$52(NR)
17413-201B	18 & up	8 classes
Tue & Thu	5:00-6:00 pm	starts Apr 21 \$40(R); \$52(NR)

Baden Community Center badencc@pgparks.com

17413-204A	18 & up	6 classes
Wed	6:00-7:00 pm	starts Mar 11 \$36(R); \$47(NR)
17413-204B	18 & up	6 classes
Wed	6:00-7:00 pm	starts Apr 22 \$36(R); \$47(NR)

Beltsville Community Center beltsvillecc@pgparks.com

17413-205A	18 & up	7 classes
Tue	6:00-7:00 pm	starts Mar 10 \$35(R); \$46(NR)
17413-205B	18 & up	6 classes
Tue	6:00-7:00 pm	starts Apr 28 \$35(R); \$46(NR)

Fairland Sports Complex fairlandsports@pgparks.com

17413-223D	18 & up	12 classes
Mon	10:00-11:00 am	starts Mar 2 \$72(R); \$94(NR)
17413-223B	18 & up	12 classes
Wed	9:00-10:00 am	starts Mar 4 \$72(R); \$94(NR)
17413-223C	18 & up	12 classes
Fri	10:00-11:00 am	starts Mar 6 \$72(R); \$94(NR)

Fort Washington Forest Community Center fortwashingtoncc@pgparks.com

17413-224A	18 & up	7 classes
Tue	12:00-1:00 pm	starts Mar 3 \$35(R); \$46(NR)
17413-224C	18 & up	7 classes
Thu	12:00-1:00 pm	starts Mar 5 \$35(R); \$46(NR)
17413-224B	18 & up	6 classes
Tue	12:00-1:00 pm	starts Apr 21 \$30(R); \$39(NR)
17413-224D	18 & up	6 classes
Thu	12:00-1:00 pm	starts Apr 23 \$30(R); \$39(NR)

Glenn Dale Community Center glenndalecc@pgparks.com

17413-227AA	18 & up	4 classes
Thu	11:30 am-12:30 pm	starts Mar 12 \$25(R); \$33(NR)
17413-227BB	18 & up	7 classes
Tue & Thu	11:30 am-12:30 pm	starts Apr 16 \$25(R); \$33(NR)

Hillcrest Heights Community Center hillcrestheightscc@pgparks.com

17413-234A	18 & up	4 classes
Sat	9:30-10:30 am	starts Mar 7 \$24(R); \$32(NR)
17413-234B	18 & up	5 classes
Sat	9:30-10:30 am	starts Apr 4 \$30(R); \$39(NR)
17413-234C	18 & up	4 classes
Sat	9:30-10:30 am	starts May 9 \$24(R); \$32(NR)

Huntington Community Center huntingtoncc@pgparks.com

17413-235C	18 & up	8 classes
Sat	11:00 am-12:00 pm	starts Apr 4 \$45(R); \$59(NR)
17413-235A	18 & up	8 classes
Tue & Thu	10:00-11:00 am	starts Apr 7 \$45(R); \$59(NR)
17413-235B	18 & up	8 classes
Tue & Thu	10:00-11:00 am	starts May 5 \$45(R); \$59(NR)

Laurel-Beltsville Senior Activity Ctr laurelbeltsvilleseniors@pgparks.com

17413-246A		50 & up	12 classes
Mon	1:15-2:30 pm	starts Mar 2	\$60(R); \$78(NR)
17413-246B		50 & up	12 classes
Thu	12:00-1:15 pm	starts Mar 5	\$60(R); \$78(NR)

North Brentwood Community Center northbrentwoodcc@pgparks.com

17413-252A		18 & up	6 classes
Tue	6:30-7:30 pm	starts Mar 3	\$48(R); \$63(NR)
17413-252B		18 & up	6 classes
Tue	6:30-7:30 pm	starts Apr 14	\$48(R); \$63(NR)

North Forestville Community Center northforestvillecc@pgparks.com

17413-253A		18 & up	7 classes
Thu	6:00-7:00 pm	starts Mar 5	\$42(R); \$55(NR)
17413-253B		18 & up	6 classes
Thu	6:00-7:00 pm	starts Apr 23	\$36(R); \$47(NR)

Oakcrest Community Center oakcrestcc@pgparks.com

17413-255A		18 & up	6 classes
Wed	12:30-1:30 pm	starts Mar 11	\$24(R); \$32(NR)
17413-255B		18 & up	6 classes
Wed	12:30-1:30 pm	starts Apr 22	\$24(R); \$32(NR)

Southern Area Aquatics & Recreation Complex saarc@pgparks.com

17413-275G		18 & up	5 classes
Mon	12:00-1:00 pm	starts Mar 2	\$32.50(R); \$42.50(NR)
17413-275A		18 & up	4 classes
Thu	6:30-7:30 pm	starts Mar 5	\$26(R); \$34(NR)
17413-275D		18 & up	4 classes
Sat	10:30-11:30 am	starts Mar 7	\$26(R); \$34(NR)
17413-275B		18 & up	5 classes
Thu	6:30-7:30 pm	starts Apr 2	\$32.50(R); \$42.50(NR)
17413-275E		18 & up	4 classes
Sat	10:30-11:30 am	starts Apr 4	\$26(R); \$34(NR)
17413-275H		18 & up	4 classes
Mon	12:00-1:00 pm	starts Apr 6	\$32.50(R); \$42.50(NR)
17413-275F		18 & up	4 classes
Sat	10:30-11:30 am	starts May 2	\$26(R); \$34(NR)
17413-275I		18 & up	4 classes
Mon	12:00-1:00 pm	starts May 4	\$26(R); \$34(NR)
17413-275C		18 & up	4 classes
Thu	6:30-7:30 pm	starts May 7	\$26(R); \$34(NR)

T. Howard Duckett Park deerfieldcc@pgparks.com

17413-220A		55 & up	8 classes
Mon	10:00-11:00 am	starts Mar 9	\$40(R); \$52(NR)
17413-220B		55 & up	9 classes
Mon	10:00-11:00 am	starts May 11	\$40(R); \$52(NR)

Temple Hills Community Center templehillsc@pgparks.com

17413-282A		18 & up	8 classes
Mon & Wed	10:30-11:30 am	starts Mar 2	\$40(R); \$52(NR)
17413-282D		18 & up	6 classes
Sun	12:30-1:30 pm	starts Mar 8	\$36(R); \$47(NR)
17413-282B		18 & up	10 classes
Mon & Wed	10:30-11:30 am	starts Mar 30	\$50(R); \$65(NR)
17413-282E		18 & up	7 classes
Sun	12:30-1:30 pm	starts Apr 19	\$42(R); \$55(NR)
17413-282C		18 & up	7 classes
Mon & Wed	10:30-11:30 am	starts May 4	\$40(R); \$52(NR)

Tucker Road Community Center tuckerroadcc@pgparks.com

17413-284A		18 & up	6 classes
Wed	6:30-7:30 pm	starts Mar 11	\$36(R); \$47(NR)
17413-284B		18 & up	6 classes
Wed	6:30-7:30 pm	starts Apr 22	\$36(R); \$47(NR)

Westphalia Community Center westphaliacc@pgparks.com

17413-290A		18 & up	8 classes
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$48(R); \$63(NR)
17413-290B		18 & up	10 classes
Tue & Thu	6:00-7:00 pm	starts Mar 31	\$60(R); \$78(NR)
17413-290C		18 & up	8 classes
Tue & Thu	6:00-7:00 pm	starts May 5	\$48(R); \$63(NR)

William Beanes Community Center williambeanesc@pgparks.com

17413-291A		18 & up	8 classes
Mon & Wed	12:00-1:00 pm	starts Mar 2	\$32(R); \$42(NR)
17413-291B		18 & up	10 classes
Mon & Wed	12:00-1:00 pm	starts Mar 30	\$40(R); \$52(NR)
17413-291C		18 & up	7 classes
Mon & Wed	12:00-1:00 pm	starts May 4	\$28(R); \$37(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.

Lakeland College Park Community Center collegeparkcc@pgparks.com

17412-216A		18 & up	12 classes
Mon & Wed	9:30-11:00 am	starts Apr 8	\$50(R); \$65(NR)
17412-216B		18 & up	13 classes
Mon & Wed	9:30-11:00 am	starts May 20	\$50(R); \$65(NR)

Upper Marlboro Community Center uppermarlborocc@pgparks.com

17412-286A		18 & up	8 classes
Tue & Thu	9:15-10:15 am	starts Mar 3	\$32(R); \$42(NR)
17412-286B		18 & up	10 classes
Tue & Thu	9:15-10:15 am	starts Mar 31	\$40(R); \$52(NR)
17412-286C		18 & up	8 classes
Tue & Thu	9:15-10:15 am	starts May 5	\$32(R); \$42(NR)

Zumba and Strength Training

Dance and tone your way to fitness! Join us for an action-packed course of aerobic activity and muscle toning. We'll sweat to Latin-inspired and international music while building strength throughout our bodies. Register for a global experience like no other!

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
17456-268D	18 & up	4 classes	
Wed	12:00-1:00 pm	starts Mar 4	\$24(R); \$32(NR); \$18(IA)
17456-268E	18 & up	5 classes	
Wed	12:00-1:00 pm	starts Apr 1	\$30(R); \$39(NR); \$23(IA)
17456-268F	18 & up	4 classes	
Wed	12:00-1:00 pm	starts May 6	\$24(R); \$32(NR); \$18(IA)

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	
17414-205A	18 & up	6 classes	
Tue	7:30-8:30 pm	starts Mar 24	\$40(R); \$52(NR)
17414-205B	18 & up	6 classes	
Thu	7:30-8:30 pm	starts Mar 26	\$40(R); \$52(NR)
17414-205C	18 & up	6 classes	
Tue	7:30-8:30 pm	starts May 12	\$40(R); \$52(NR)
17414-205D	18 & up	6 classes	
Thu	7:30-8:30 pm	starts May 14	\$40(R); \$52(NR)
Fairland Sports Complex		fairlandsports@pgparks.com	
17414-223A	18 & up	12 classes	
Mon	9:00-10:00 am	starts Mar 2	\$72(R); \$94(NR)
17414-223B	18 & up	12 classes	
Tue	6:30-7:30 pm	starts Mar 3	\$72(R); \$94(NR)
Lake Arbor Community Center		lakearborcc@pgparks.com	
17414-241A	18 & up	6 classes	
Mon	6:30-7:30 pm	starts Mar 2	\$40(R); \$52(NR)
17414-241B	18 & up	6 classes	
Mon	6:30-7:30 pm	starts Apr 13	\$40(R); \$52(NR)
Lakeland College Park Community Center		collegeparkcc@pgparks.com	
17414-216A	18 & up	12 classes	
Tue & Thu	7:00-8:00 pm	starts Apr 7	\$40(R); \$52(NR)
17414-216B	18 & up	12 classes	
Tue & Thu	7:00-8:00 pm	starts May 19	\$40(R); \$52(NR)
Largo/Kettering/Perrywood Comm. Center		largoketteringperrywoodcc@pgparks.com	
17414-245A	18 & up	8 classes	
Mon & Wed	7:00-8:00 pm	starts Mar 2	\$43.75(R); \$57.75(NR)
17414-245B	18 & up	8 classes	
Mon & Wed	7:00-8:00 pm	starts Mar 30	\$43.75(R); \$57.75(NR)
17414-245C	18 & up	8 classes	
Mon & Wed	7:00-8:00 pm	starts Apr 27	\$43.75(R); \$57.75(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsville seniors@pgparks.com	
17414-246C	50 & up	6 classes	
Fri	12:00-1:00 pm	starts Mar 6	\$52(R); \$68(NR)
17414-246D	50 & up	6 classes	
Fri	12:00-1:00 pm	starts Apr 17	\$52(R); \$68(NR)

Peppermill Community Center		peppermillcc@pgparks.com	
17414-262A	18 & up	12 classes	
Mon & Wed	6:30-7:30 pm	starts Mar 2	\$50(R); \$65(NR)
17414-262B	18 & up	12 classes	
Mon & Wed	6:30-7:30 pm	starts Apr 13	\$50(R); \$65(NR)
Potomac Landing Community Center		potomaclandingcc@pgparks.com	
17414-265A	18 & up	8 classes	
Tue & Thu	7:00-8:00 pm	starts Mar 3	\$48(R); \$63(NR)
17414-265B	18 & up	10 classes	
Tue & Thu	7:00-8:00 pm	starts Mar 31	\$60(R); \$78(NR)
17414-265C	18 & up	8 classes	
Tue & Thu	7:00-8:00 pm	starts May 5	\$48(R); \$63(NR)
Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
17414-266A	18 & up	6 classes	
Wed	7:00-8:00 pm	starts Mar 18	\$30(R); \$39(NR)
17414-266AA	18 & up	6 classes	
Wed	7:00-8:00 pm	starts May 6	\$30(R); \$39(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
17414-277A	18 & up	8 classes	
Mon & Wed	7:00-8:00 pm	starts Mar 16	\$48(R); \$63(NR)
17414-277B	18 & up	8 classes	
Mon & Wed	7:00-8:00 pm	starts Apr 20	\$48(R); \$63(NR)
Vansville Community Center		vansvillecc@pgparks.com	
17414-287A	18 & up	4 classes	
Tue	7:15-8:15 pm	starts Mar 3	\$35(R); \$46(NR)
17414-287B	18 & up	4 classes	
Tue	7:15-8:15 pm	starts Mar 31	\$35(R); \$46(NR)
17414-287C	18 & up	4 classes	
Tue	7:15-8:15 pm	starts Apr 28	\$35(R); \$46(NR)
Westphalia Community Center		westphaliacc@pgparks.com	
17414-290A	18 & up	8 classes	
Tue & Thu	6:15-7:15 pm	starts Mar 3	\$40(R); \$52(NR)
17414-290B	18 & up	10 classes	
Tue & Thu	6:15-7:15 pm	starts Mar 31	\$50(R); \$65(NR)
17414-290C	18 & up	8 classes	
Tue & Thu	6:15-7:15 pm	starts May 5	\$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	
17417-243A	18 & up	5 classes	
Sat	10:30-11:30 am	starts Mar 14	\$36(R); \$47(NR)
17417-243B	18 & up	5 classes	
Sat	10:30-11:30 am	starts Apr 25	\$36(R); \$47(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsville seniors@pgparks.com	
17417-246A	18 & up	6 classes	
Wed	5:00-6:00 pm	starts Mar 4	\$52(R); \$68(NR)
17417-246B	18 & up	6 classes	
Wed	5:00-6:00 pm	starts Apr 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	
17548-211A		60 & up	4 classes
Wed	1:30-2:30 pm	starts Mar 4	\$18(R); \$24(NR)
17548-211B		60 & up	4 classes
Wed	1:30-2:30 pm	starts Apr 1	\$18(R); \$24(NR)
17548-211C		60 & up	4 classes
Wed	1:30-2:30 pm	starts May 6	\$18(R); \$24(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	
17521-211B		60 & up	4 classes
Wed	9:30-10:30 am	starts Apr 1	\$16(R); \$21(NR)
17521-211A		60 & up	4 classes
Wed	9:30-10:30 am	starts Mar 4	\$16(R); \$21(NR)
17521-211C		60 & up	4 classes
Wed	9:30-10:30 am	starts May 6	\$16(R); \$21(NR)

Cedar Heights Community Center		cedarheightscc@pgparks.com	
17521-212A		60 & up	6 classes
Tue	10:00-11:00 am	starts Mar 3	\$35(R); \$46(NR)
17521-212C		60 & up	6 classes
Thu	10:00-11:00 am	starts Mar 5	\$35(R); \$46(NR)
17521-212B		60 & up	6 classes
Tue	10:00-11:00 am	starts Apr 14	\$35(R); \$46(NR)
17521-212D		60 & up	6 classes
Thu	10:00-11:00 am	starts Apr 16	\$35(R); \$46(NR)

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 Ctr		laurelbeltsvilleseniors@pgparks.com	
17543-246D		60 & up	4 classes
Tue	1:00-2:00 pm	starts Mar 3	\$37(R); \$49(NR)
17543-246E		60 & up	4 classes
Tue	1:00-2:00 pm	starts Mar 31	\$37(R); \$49(NR)
17543-246F		60 & up	4 classes
Tue	1:00-2:00 pm	starts Apr 28	\$37(R); \$49(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
17543-268E		60 & up	5 classes
Mon	10:30-11:30 am	starts Mar 2	\$30(R); \$39(NR); \$23(IA)
17543-268F		60 & up	4 classes
Mon	10:30-11:30 am	starts Apr 6	\$24(R); \$32(NR); \$18(IA)
17543-268G		60 & up	4 classes
Mon	10:30-11:30 am	starts May 4	\$24(R); \$32(NR); \$18(IA)

Balance Training

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

John E. Howard Senior Activity Center		johnehowardseniors@pgparks.com	
17507-239B		60 & up	8 classes
Mon & Wed	11:00-11:30 am	starts Apr 6	\$12(R); \$16(NR)
17507-239C		60 & up	8 classes
Mon & Wed	11:00-11:30 am	starts May 4	\$12(R); \$16(NR)

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	
17522-211A		60 & up	4 classes
Sat	11:45 am-12:30 pm	starts Mar 7	Free
17522-211B		60 & up	4 classes
Sat	11:45 am-12:30 pm	starts Apr 4	Free
17522-211C		60 & up	4 classes
Sat	11:45 am-12:30 pm	starts May 2	Free

Cardio Circuit Training: Seniors

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	
17584-268D		60 & up	4 classes
Wed	10:00-11:00 am	starts Mar 4	\$24(R); \$32(NR); \$18(IA)
17584-268e		60 & up	5 classes
Wed	10:00-11:00 am	starts Apr 1	\$30(R); \$39(NR); \$23(IA)
17584-268F		60 & up	4 classes
Wed	10:00-11:00 am	starts May 6	\$24(R); \$32(NR); \$18(IA)

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	
17508-247A		60 & up	12 classes
Mon & Fri	9:30-10:30 am	starts Mar 2	\$36(R); \$47(NR)
17508-247C		60 & up	7 classes
Wed	11:00 am-12:00 pm	starts Mar 4	\$21(R); \$28(NR)
17508-247B		60 & up	13 classes
Mon & Fri	9:30-10:30 am	starts Apr 13	\$42(R); \$55(NR)
17508-247D		60 & up	6 classes
Wed	11:00 am-12:00 pm	starts Apr 22	\$18(R); \$24(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	
17530-207A	60 & up	8 classes	
Tue & Thu	9:30-10:30 am	starts Mar 3	\$35(R); \$46(NR)
17530-207B	60 & up	8 classes	
Tue & Thu	9:30-10:30 am	starts Apr 7	\$35(R); \$46(NR)
17530-207C	60 & up	8 classes	
Tue & Thu	9:30-10:30 am	starts May 12	\$35(R); \$46(NR)
Kentland Community Center		kentlandcc@pgparks.com	
17530-240A	60 & up	4 classes	
Sat	1:00-2:00 pm	starts Apr 4	\$25(R); \$33(NR)
17530-240B	60 & up	4 classes	
Sat	12:00-1:00 pm	starts May 9	\$25(R); \$33(NR)
Lake Arbor Community Center		lakearborcc@pgparks.com	
17530-241A	60 & up	4 classes	
Mon	11:15 am-12:15 pm	starts Mar 2	\$35(R); \$46(NR)
17530-241B	60 & up	4 classes	
Mon	11:15 am-12:15 pm	starts Mar 30	\$35(R); \$46(NR)
17530-241C	60 & up	4 classes	
Mon	11:15 am-12:15 pm	starts Apr 27	\$35(R); \$46(NR)
Lakeland College Park Community Center		collegeparkcc@pgparks.com	
17530-216A	60 & up	9 classes	
Tue & Thu	11:30 am-12:30 pm	starts Mar 3	\$35(R); \$46(NR)
17530-216B	60 & up	9 classes	
Tue & Thu	11:30 am-12:30 pm	starts Apr 2	\$35(R); \$46(NR)
17530-216C	60 & up	8 classes	
Tue & Thu	11:30 am-12:30 pm	starts May 5	\$35(R); \$46(NR)
Palmer Park Community Center		palmerparkcc@pgparks.com	
17530-257A	60 & up	4 classes	
Wed	11:30 am-12:30 pm	starts Mar 4	\$20(R); \$26(NR)
17530-257B	60 & up	4 classes	
Wed	11:30 am-12:30 pm	starts Apr 1	\$20(R); \$26(NR)
17530-257C	60 & up	4 classes	
Wed	11:30 am-12:30 pm	starts May 6	\$20(R); \$26(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	
17546-211A	60 & up	1 classes	
Fri	1:00-2:00 pm	starts Mar 6	\$5(R); \$7(NR)
17546-211B	60 & up	1 classes	
Fri	1:00-2:00 pm	starts Apr 3	\$5(R); \$7(NR)
17546-211C	60 & up	1 classes	
Fri	1:00-2:00 pm	starts May 1	\$5(R); \$7(NR)
John E. Howard Senior Activity Center		johnhowardseniors@pgparks.com	
17546-239A	60 & up	1 classes	
Mon	1:00-2:00 pm	starts Mar 2	\$5(R); \$7(NR)
17546-239B	60 & up	1 classes	
Mon	1:00-2:00 pm	starts Apr 6	\$5(R); \$7(NR)
17546-239C	60 & up	1 classes	
Mon	1:00-2:00 pm	starts May 4	\$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	
17517-211A	60 & up	8 classes	
Mon & Fri	10:30-11:15 am	starts Mar 2	\$18(R); \$24(NR)
17517-211D	60 & up	8 classes	
Mon & Fri	11:30 am-12:15 pm	starts Mar 2	\$18(R); \$24(NR)
17517-211B	60 & up	8 classes	
Mon & Fri	10:30-11:15 am	starts Mar 30	\$18(R); \$24(NR)
17517-211E	60 & up	8 classes	
Mon & Fri	11:30 am-12:15 pm	starts Mar 30	\$18(R); \$24(NR)
17517-211C	60 & up	8 classes	
Mon & Fri	10:30-11:15 am	starts May 1	\$18(R); \$24(NR)
17517-211F	60 & up	8 classes	
Mon & Fri	11:30 am-12:15 pm	starts May 1	\$18(R); \$24(NR)
Rollingcrest-Chillum Community Center		rollingcrestcc@pgparks.com	
17517-271A	60 & up	12 classes	
Mon,Wed,Fri	10:00-11:00 am	starts Mar 23	\$45(R); \$59(NR)
17517-271B	60 & up	12 classes	
Mon,Wed,Fri	10:00-11:00 am	starts Apr 20	\$45(R); \$59(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.

John E. Howard Senior Activity Center		johnhowardseniors@pgparks.com	
17511-239A	60 & up	8 classes	
Mon & Wed	11:45 am-12:15 pm	starts Mar 2	\$12(R); \$16(NR)
17511-239B	60 & up	8 classes	
Mon & Wed	11:45 am-12:15 pm	starts Apr 6	\$12(R); \$16(NR)
17511-239C	60 & up	8 classes	
Mon & Wed	11:45 am-12:15 pm	starts May 4	\$12(R); \$16(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
17511-268E	60 & up	9 classes	
Tue & Thu	10:00-11:00 am	starts Mar 3	\$54(R); \$71(NR); \$41(IA)
17511-268F	60 & up	9 classes	
Tue & Thu	10:00-11:00 am	starts Apr 2	\$54(R); \$71(NR); \$41(IA)
17511-268G	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts May 5	\$48(R); \$63(NR); \$36(IA)
Southern Region Technology & Recreation		techrec@pgparks.com	
17511-277A	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Mar 3	\$32(R); \$42(NR)
17511-277B	60 & up	10 classes	
Tue & Thu	10:00-11:00 am	starts Mar 31	\$40(R); \$52(NR)
17511-277C	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts May 5	\$32(R); \$42(NR)
Temple Hills Community Center		templehillsc@pgparks.com	
17511-282A	60 & up	6 classes	
Wed	12:00-1:00 pm	starts Mar 11	\$24(R); \$32(NR)
17511-282B	60 & up	6 classes	
Wed	12:00-1:00 pm	starts Apr 22	\$24(R); \$32(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

17512-224A		60 & up	6 classes
Wed	11:30 am-12:30 pm	starts Feb 25	\$24(R); \$32(NR)
17512-224B		60 & up	6 classes
Wed	11:30 am-12:30 pm	starts Apr 15	\$24(R); \$32(NR)

Hillcrest Heights Community Center hillcrestheightscc@pgparks.com

17512-234A		60 & up	8 classes
Mon & Fri	9:30-10:30 am	starts Mar 2	\$24(R); \$32(NR)
17512-234D		60 & up	8 classes
Mon & Fri	11:00 am-12:00 pm	starts Mar 2	\$24(R); \$32(NR)
17512-234B		60 & up	8 classes
Mon & Fri	9:30-10:30 am	starts Apr 6	\$24(R); \$32(NR)
17512-234E		60 & up	8 classes
Mon & Fri	11:00 am-12:00 pm	starts Apr 6	\$24(R); \$32(NR)
17512-234C		60 & up	7 classes
Mon & Fri	9:30-10:30 am	starts May 4	\$24(R); \$32(NR)
17512-234F		60 & up	7 classes
Mon & Fri	11:00 am-12:00 pm	starts May 4	\$24(R); \$32(NR)

Southern Region Technology & Recreation techrec@pgparks.com

17512-277A		60 & up	6 classes
Thu	10:00-11:00 am	starts Feb 26	\$24(R); \$32(NR)
17512-277B		60 & up	6 classes
Thu	10:00-11:00 am	starts Apr 16	\$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.

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

17531-239A		60 & up	4 classes
Thu	9:30-10:30 am	starts Mar 5	\$20(R); \$26(NR)
17531-239B		60 & up	4 classes
Thu	9:30-10:30 am	starts Apr 2	\$20(R); \$26(NR)
17531-239C		60 & up	4 classes
Thu	9:30-10:30 am	starts May 7	\$20(R); \$26(NR)

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

17531-245A		60 & up	7 classes
Tue & Thu	10:30-11:30 am	starts Mar 3	\$50(R); \$65(NR)
17531-245B		60 & up	8 classes
Tue & Thu	10:30-11:30 am	starts Apr 7	\$50(R); \$65(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

17531-268A		60 & up	4 classes
Fri	10:00-11:00 am	starts Mar 6	\$24(R); \$32(NR); \$18(IA)
17531-268B		60 & up	4 classes
Fri	10:00-11:00 am	starts Apr 3	\$24(R); \$32(NR); \$18(IA)
17531-268C		60 & up	5 classes
Fri	10:00-11:00 am	starts May 1	\$30(R); \$39(NR); \$23(IA)



Healthy Lifestyles: Seniors

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

Palmer Park Community Center palmerparkcc@pgparks.com

17519-257A		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Mar 2	\$5(R); \$7(NR)
17519-257B		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Mar 9	\$5(R); \$7(NR)
17519-257C		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Mar 16	\$5(R); \$7(NR)
17519-257D		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Mar 23	\$5(R); \$7(NR)
17519-257E		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Mar 30	\$5(R); \$7(NR)
17519-257F		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Apr 6	\$5(R); \$7(NR)
17519-257G		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Apr 13	\$5(R); \$7(NR)
17519-257H		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Apr 20	\$5(R); \$7(NR)
17519-257I		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts Apr 27	\$5(R); \$7(NR)
17519-257J		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts May 4	\$5(R); \$7(NR)
17519-257K		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts May 11	\$5(R); \$7(NR)
17519-257L		60 & up	5 classes
Mon-Fri	10:00 am-2:00 pm	starts May 18	\$5(R); \$7(NR)
17519-257M		60 & up	4 classes
Mon-Fri	10:00 am-2:00 pm	starts May 26	\$5(R); \$7(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 Ctr laurelbeltsvilleeniors@pgparks.com

17513-246A		60 & up	8 classes
Mon & Wed	1:00-2:00 pm	starts Mar 2	\$45(R); \$59(NR)
17513-246B		60 & up	8 classes
Mon & Wed	1:00-2:00 pm	starts Mar 30	\$45(R); \$59(NR)
17513-246C		60 & up	8 classes
Mon & Wed	1:00-2:00 pm	starts Apr 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	
17545-271A	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Mar 24	\$40(R); \$52(NR)
17545-271B	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Apr 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	
17540-275A	60 & up	10 classes	
Mon & Wed	9:30-10:30 am	starts Mar 2	\$45(R); \$59(NR)
17540-275D	60 & up	10 classes	
Mon & Wed	10:45-11:45 am	starts Mar 2	\$45(R); \$59(NR)
17540-275B	60 & up	8 classes	
Mon & Wed	9:30-10:30 am	starts Apr 6	\$36(R); \$47(NR)
17540-275E	60 & up	8 classes	
Mon & Wed	10:45-11:45 am	starts Apr 6	\$36(R); \$47(NR)
17540-275C	60 & up	8 classes	
Mon & Wed	9:30-10:30 am	starts May 4	\$36(R); \$47(NR)
17540-275F	60 & up	8 classes	
Mon & Wed	10:45-11:45 am	starts May 4	\$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	
17501-211A	60 & up	4 classes	
Thu	11:30 am-12:30 pm	starts Mar 5	\$16(R); \$21(NR)
17501-211B	60 & up	4 classes	
Thu	11:30 am-12:30 pm	starts Apr 2	\$16(R); \$21(NR)
17501-211C	60 & up	3 classes	
Thu	11:30 am-12:30 pm	starts Apr 30	\$16(R); \$21(NR)

Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
17501-266AA	60 & up	7 classes	
Mon	10:00-11:00 am	starts Mar 2	\$40(R); \$52(NR)
17501-266A	60 & up	12 classes	
Tue & Thu	11:00 am-12:00 pm	starts Mar 3	\$40(R); \$52(NR)
17501-266D	60 & up	6 classes	
Fri	10:00-11:00 am	starts Mar 20	\$20(R); \$26(NR)
17501-266B	60 & up	12 classes	
Tue & Thu	10:00-11:00 am	starts Apr 21	\$40(R); \$52(NR)
17501-266AB	60 & up	7 classes	
Mon	10:00-11:00 am	starts Apr 27	\$40(R); \$52(NR)
17501-266E	60 & up	6 classes	
Fri	10:00-11:00 am	starts May 8	\$20(R); \$26(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	
17503-207A	60 & up	8 classes	
Tue & Thu	10:45-11:45 am	starts Mar 3	\$35(R); \$46(NR)
17503-207B	60 & up	8 classes	
Tue & Thu	10:45-11:45 am	starts Apr 7	\$35(R); \$46(NR)
17503-207C	60 & up	8 classes	
Tue & Thu	10:45-11:45 am	starts May 12	\$35(R); \$46(NR)

Camp Springs Senior Activity Center		campspringsseniors@pgparks.com	
17503-211A	60 & up	8 classes	
Mon & Wed	9:30-10:30 am	starts Mar 2	\$20(R); \$26(NR)
17503-211B	60 & up	8 classes	
Mon & Wed	9:30-10:30 am	starts Apr 6	\$20(R); \$26(NR)
17503-211C	60 & up	8 classes	
Mon & Wed	9:30-10:30 am	starts May 4	\$18(R); \$24(NR)

Kentland Community Center		kentlandcc@pgparks.com	
17503-240A	60 & up	8 classes	
Tue & Thu	12:00-1:00 pm	starts Apr 7	\$30(R); \$39(NR)
17503-240B	60 & up	8 classes	
Tue & Thu	12:00-1:00 pm	starts May 12	\$30(R); \$39(NR)

Rollingcrest-Chillum Community Center		rollingcrestcc@pgparks.com	
17503-271A	60 & up	8 classes	
Mon & Wed	11:30 am-12:30 pm	starts Mar 23	\$45(R); \$59(NR)
17503-271B	60 & up	8 classes	
Mon & Wed	11:30 am-12:30 pm	starts Apr 20	\$45(R); \$59(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	
17504-211A	60 & up	4 classes	
Tue	9:30-10:30 am	starts Mar 3	\$20(R); \$26(NR)
17504-211D	60 & up	4 classes	
Thu	9:30-10:30 am	starts Mar 5	\$20(R); \$26(NR)
17504-211F	60 & up	4 classes	
Thu	9:30-10:30 am	starts Apr 2	\$20(R); \$26(NR)
17504-211B	60 & up	4 classes	
Tue	9:30-10:30 am	starts Apr 7	\$20(R); \$26(NR)
17504-211C	60 & up	4 classes	
Tue	9:30-10:30 am	starts May 5	\$20(R); \$26(NR)
17504-211G	60 & up	4 classes	
Thu	9:30-10:30 am	starts May 7	\$20(R); \$26(NR)

Cedar Heights Community Center		cedarheightscc@pgparks.com	
17504-212A	60 & up	6 classes	
Wed	10:00-11:00 am	starts Mar 4	\$35(R); \$46(NR)
17504-212B	60 & up	6 classes	
Wed	10:00-11:00 am	starts Apr 15	\$35(R); \$46(NR)

MIXED AGES

5K Training Program

Don't drag your heels in signing up for this exciting running club! Being a runner can change your life for the better. Our club provides personalized coaching along with free personal training consultation with before and after body composition tracking. Develop run partners who will provide motivation to reach your goals. Our team equips you with nutrition coaching and running gear inclusive of a T-shirt plus other giveaways.

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
17676-275A	15 & up	6 classes	
Sat	7:00-8:00 am	starts Mar 7	\$39(R); \$51(NR)
17676-275B	15 & up	6 classes	
Sat	7:00-8:00 am	starts Apr 18	\$39(R); \$51(NR)

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	
17610-227B	18 & up	16 classes	
Mon & Wed	6:15-7:15 pm	starts Mar 2	\$70(R); \$91(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	
17601-223A	16 & up	12 classes	
Thu	6:30-7:30 pm	starts Mar 5	\$72(R); \$94(NR)

Huntington Community Center		huntingtoncc@pgparks.com	
17601-235	16 & up	8 classes	
Mon	7:15-8:15 pm	starts Apr 6	\$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	
17658-224A	50 & up	6 classes	
Mon	9:30-10:30 am	starts Mar 2	\$30(R); \$39(NR)
17658-224C	50 & up	7 classes	
Wed	9:30-10:30 am	starts Mar 4	\$35(R); \$46(NR)
17658-224B	50 & up	6 classes	
Mon	9:30-10:30 am	starts Apr 13	\$30(R); \$39(NR)
17658-224D	50 & up	6 classes	
Wed	9:30-10:30 am	starts Apr 22	\$30(R); \$39(NR)

Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
17658-246A	50 & up	12 classes	
Mon	12:05-1:05 pm	starts Mar 2	\$60(R); \$78(NR)
17658-246B	50 & up	12 classes	
Thu	10:45-11:45 am	starts Mar 5	\$60(R); \$78(NR)

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	
17690-220A	55 & up	61 classes	
Wed	10:00-11:00 am	starts Mar 5	\$40(R); \$52(NR)
17690-220B	55 & up	8 classes	
Wed	10:00-11:00 am	starts May 13	\$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	
17681-279G	13 & up	9 classes	
Sat	10:30-11:30 am	starts Apr 4	Free

Fairwood Park		wellness@pgparks.com	
17681-279E	13 & up	9 classes	
Thu	6:00-7:00 pm	starts Apr 2	Free

Largo/Kettering/Perrywood Comm. Center		wellness@pgparks.com	
17681-279D	13 & up	9 classes	
Wed	6:00-7:00 pm	starts Apr 1	Free

Tucker Road Community Park/Athletic Complex		wellness@pgparks.com	
17681-279A	13 & up	8 classes	
Mon	8:30-9:30 am	starts Mar 30	Free
17681-279C	13 & up	9 classes	
Wed	8:00-9:00 am	starts Apr 1	Free

Westphalia Community Center		wellness@pgparks.com	
17681-279B	13 & up	8 classes	
Mon	6:30-7:30 pm	starts Mar 30	Free

Woodmore Towne Center Park Turf Field		wellness@pgparks.com	
17681-279F	13 & up	9 classes	
Sat	8:00-9:00 am	starts Apr 4	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	
17626-227A		13 & up	12 classes
Tue & Thu	7:15-8:15 pm	starts Mar 3	\$57(R); \$75(NR)
17626-227AA		13 & up	6 classes
Sat	10:00-11:00 am	starts Mar 7	\$30(R); \$39(NR)
17626-227B		13 & up	12 classes
Tue & Thu	7:15-8:15 pm	starts Apr 21	\$57(R); \$75(NR)
17626-227BB		13 & up	6 classes
Sat	10:00-11:00 am	starts Apr 25	\$30(R); \$39(NR)

Fitness: Home-School

Get healthy with homeschoolers! You don't have to miss out on physical education. We'll have fun with all forms of fitness activities. Socialize with other students. Contact center for specific course information.

Huntington Community Center		huntingtoncc@pgparks.com	
17618-235		7 - 16yrs.	8 classes
Fri	12:00-1:00 pm	starts Apr 3	\$50(R); \$65(NR)

Seat Pleasant Activity Center		seatpleasantcc@pgparks.com	
17618-273A		5 - 11yrs.	6 classes
Mon & Wed	11:00 am-12:00 pm	starts Mar 9	\$40(R); \$52(NR)
17618-273B		5 - 11yrs.	6 classes
Mon & Wed	11:00 am-12:00 pm	starts Apr 13	\$40(R); \$52(NR)

Temple Hills Community Center		templehillsc@pgparks.com	
17618-282B		8 - 15yrs.	4 classes
Fri	10:00-11:00 am	starts Apr 10	\$35(R); \$46(NR)
17618-282C		8 - 15yrs.	4 classes
Fri	10:00-11:00 am	starts May 8	\$35(R); \$46(NR)

Tucker Road Community Center		tuckerroadcc@pgparks.com	
17618-282A		8 - 15yrs.	4 classes
Fri	10:00-11:00 am	starts Mar 13	\$35(R); \$46(NR)

Westphalia Community Center		westphaliacc@pgparks.com	
17618-290A		8 - 15yrs.	4 classes
Wed	10:00-11:00 am	starts Mar 11	\$35(R); \$46(NR)
17618-290B		8 - 15yrs.	4 classes
Wed	10:00-11:00 am	starts Apr 8	\$35(R); \$46(NR)
17618-290C		8 - 15yrs.	4 classes
Wed	10:00-11:00 am	starts May 6	\$35(R); \$46(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	
17640-287A		16 & up	6 classes
Sat	9:00-10:00 am	starts Mar 28	\$30(R); \$39(NR)
17640-287B		16 & up	6 classes
Sat	9:00-10:00 am	starts May 9	\$30(R); \$39(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!

Fairwood Community Park		wellness@pgparks.com	
17629-278A		13 & up	6 classes
Thu	6:00-7:00 pm	starts Mar 12	Free
Watkins Regional Park		wellness@pgparks.com	
17629-278B		13 & up	6 classes
Thu	6:00-7:00 pm	starts Apr 23	Free

Home-School: Yoga

Yoga combines body movement, breathing, and mental relaxation while relieving stress. Learn basic moves to strengthen your body and increase your flexibility with home-schoolers.

Oakcrest Community Center		oakcrestcc@pgparks.com	
17696-255A		8 - 15yrs.	4 classes
Wed	12:30-1:30 pm	starts Mar 11	\$35(R); \$46(NR)
17696-255B		8 - 15yrs.	4 classes
Wed	12:30-1:30 pm	starts Apr 8	\$35(R); \$46(NR)
17696-255C		8 - 15yrs.	4 classes
Wed	12:30-1:30 pm	starts May 6	\$35(R); \$46(NR)

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!

Evelyn Cole Senior Activity Center		wellness@pgparks.com	
17697-279A		18 & up	26 classes
Mon & Wed	9:30-10:30 am	starts Mar 23	\$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).

Southern Region Technology & Recreation pgparkrangers@pgparks.com

17657-259A	10 & up	1 classes
Sat	10:00 am-12:00 pm starts May 16	\$5(R); \$7(NR)

Watkins Regional Park pgparkrangers@pgparks.com

17657-259B	10 & up	1 classes
Sat	10:00 am-12:00 pm starts Apr 4	\$5(R); \$7(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

17631-223B	18 & up	12 classes
Wed	7:30-8:30 pm starts Mar 4	\$72(R); \$94(NR)

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.

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

17645-201A	18 & up	12 classes
Fri	1:00-1:45 pm starts Mar 6	\$66(R); \$86(NR)

Kentland Community Center kentlandcc@pgparks.com

17645-240A	16 & up	4 classes
Thu	6:30-7:30 pm starts Apr 2	\$40(R); \$52(NR)

17645-240B	16 & up	5 classes
Thu	6:30-7:30 pm starts May 7	\$40(R); \$52(NR)

Southern Area Aquatics & Recreation Complex saarc@pgparks.com

17645-275J	18 & up	4 classes
Sat	9:15-10:15 am starts Mar 7	\$26(R); \$34(NR)

17645-275K	18 & up	4 classes
Sat	9:15-10:15 am starts Apr 4	\$26(R); \$34(NR)

17645-275L	18 & up	4 classes
Sat	9:15-10:15 am starts May 2	\$26(R); \$34(NR)

Tucker Road Community Center tuckerroadcc@pgparks.com

17645-284A	18 & up	7 classes
Sat	10:00-11:00 am starts Mar 7	\$49(R); \$64(NR)

17645-284B	18 & up	6 classes
Sat	10:00-11:00 am starts Apr 25	\$42(R); \$55(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!

Southern Area Aquatics & Recreation Complex saarc@pgparks.com

17615-275A	18 & up	8 classes
Tue & Thu	7:00-8:00 am starts Mar 3	\$52(R); \$68(NR)

17615-275B	18 & up	8 classes
Tue & Thu	7:00-8:00 am starts Apr 7	\$54(R); \$71(NR)

17615-275C	18 & up	8 classes
Tue & Thu	7:00-8:00 am starts May 5	\$52(R); \$68(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.

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

17698-268A	6 - 19yrs.	1 classes
Sat	10:00 am-1:00 pm starts Mar 14	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

17680-279C	13 & up	1 classes
Wed	7:00-8:00 pm starts May 27	Free

Enterprise Golf Course wellness@pgparks.com

17680-279D	13 & up	1 classes
Thu	8:30-9:30 am starts May 28	Free

Fairwood Park wellness@pgparks.com

17680-279E	13 & up	1 classes
Fri	8:30-9:30 am starts May 29	Free

Lake Artemesia Park wellness@pgparks.com

17680-279G	13 & up	1 classes
Sat	9:30-10:30 am starts May 30	Free

Marlow Heights Community Center wellness@pgparks.com

17680-279H	13 & up	1 classes
Wed	9:30-10:30 am starts May 27	Free

South Bowie Community Center wellness@pgparks.com

17680-279B	13 & up	1 classes
Tue	6:00-7:00 pm starts May 26	Free

Upper Marlboro Community Center wellness@pgparks.com

17680-279F	13 & up	1 classes
Sat	9:00-10:00 am starts May 30	Free

Watkins Regional Park wellness@pgparks.com

17680-279A	13 & up	1 classes
Tue	8:30-9:30 am starts May 26	Free



Yoga: Mixed Ages, 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.

Marlow Heights Community Center		wellness@pgparks.com	
17651-279A	Wed 9:30-10:30 am	13 & up starts Mar 4	12 classes Free

Yoga: Mixed Ages, Beginner

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

Deerfield Run Community Center		deerfieldcc@pgparks.com	
17634-220A	Wed 7:30-8:30 pm	16 & up starts Apr 15	6 classes \$35(R); \$46(NR)

Glenn Dale Community Center		glenndalecc@pgparks.com	
17634-227A	Mon 10:00-11:00 am	18 & up starts Mar 16	4 classes \$25(R); \$33(NR)
17634-227B	Mon 10:00-11:00 am	18 & up starts Apr 20	4 classes \$25(R); \$33(NR)

Peppermill Community Center		peppermillcc@pgparks.com	
17634-262A	Tue 10:00-11:00 am	13 & up starts Mar 3	13 classes 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	
17635-287A	Sat 1:00-2:00 pm	5 - 17yrs. starts Mar 14	4 classes \$40(R); \$52(NR)
17635-287B	Sat 1:00-2:00 pm	5 - 17yrs. starts Apr 18	4 classes \$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	
17636-201A	Tue 6:00-7:00 pm	18 & up starts Mar 24	8 classes \$48(R); \$63(NR)

Bladensburg Community Center		bladensburgcc@pgparks.com	
17621-207A	Mon 7:00-8:00 pm	16 & up starts Mar 2	4 classes \$25(R); \$33(NR)
17621-207B	Sat 10:00-11:00 am	16 & up starts Mar 7	4 classes \$25(R); \$33(NR)
17621-207C	Mon 7:00-8:00 pm	16 & up starts Mar 30	4 classes \$25(R); \$33(NR)
17621-207D	Sat 10:00-11:00 am	16 & up starts Apr 4	4 classes \$25(R); \$33(NR)
17621-207E	Mon 7:00-8:00 pm	16 & up starts Apr 27	4 classes \$25(R); \$33(NR)
17621-207F	Sat 10:00-11:00 am	16 & up starts May 2	5 classes \$30(R); \$39(NR)

Bowie Community Center		bowiecc@pgparks.com	
17621-209A	Wed 6:30-7:30 pm	13 & up starts Mar 4	6 classes \$36(R); \$47(NR)
17621-209B	Wed 6:30-7:30 pm	13 & up starts Apr 22	6 classes \$36(R); \$47(NR)

Langley Park Community Center		langleyparkcc@pgparks.com	
17621-243A	Mon 7:00-8:00 pm	13 & up starts Mar 9	5 classes \$36(R); \$47(NR)
17621-243B	Mon 7:00-8:00 pm	13 & up starts Apr 20	5 classes \$36(R); \$47(NR)

South Bowie Community Center		southbowiecc@pgparks.com	
17621-274A	Wed 6:45-7:45 pm	13 & up starts Mar 11	8 classes \$50(R); \$65(NR)
17621-274B	Sat 10:00-11:00 am	13 & up starts Mar 14	8 classes \$50(R); \$65(NR)

Upper Marlboro Community Center		uppermarborocc@pgparks.com	
17621-286A	Sat 11:30 am-12:30 pm	13 & up starts Mar 7	7 classes \$42(R); \$55(NR)
17621-286B	Sat 11:30 am-12:30 pm	13 & up starts Apr 25	6 classes \$36(R); \$47(NR)





HISTORICAL EVENTS

MIXED AGES

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	
18607-208A		All ages	1 classes
Wed	10:00-11:00 am	starts Apr 1	\$4(R); \$6(NR)
18607-208B		All ages	1 classes
Wed	1:00-2:00 pm	starts Apr 1	\$4(R); \$6(NR)
18607-208C		All ages	1 classes
Fri	6:30-7:30 pm	starts May 8	\$4(R); \$6(NR)

Darnall's Chance Historic Site & Museum Guided Tour

Visit Darnall's Chance Historic Site & Museum and travel back in time to the 18th century! Step inside and take a guided tour of Lettice Lee's home to learn what life was like for the colonial women who lived and labored there. Contact the museum directly to learn about other fee-based tours offered throughout the week.

Darnall's Chance Historic Site & Museum		darnallchance@pgparks.com	
18614-2106A		8 & up	1 classes
Thu	1:00-2:00 pm	starts Mar 5	Free
18614-2106B		8 & up	1 classes
Thu	1:00-2:00 pm	starts Mar 12	Free
18614-2106C		8 & up	1 classes
Thu	1:00-2:00 pm	starts Mar 19	Free
18614-2106D		8 & up	1 classes
Thu	1:00-2:00 pm	starts Mar 26	Free
18614-2106E		8 & up	1 classes
Thu	1:00-2:00 pm	starts Apr 2	Free
18614-2106F		8 & up	1 classes
Thu	1:00-2:00 pm	starts Apr 9	Free
18614-2106G		8 & up	1 classes
Thu	1:00-2:00 pm	starts Apr 16	Free

18614-2106H		8 & up	1 classes
Thu	1:00-2:00 pm	starts Apr 23	Free
18614-2106I		8 & up	1 classes
Thu	1:00-2:00 pm	starts Apr 30	Free
18614-2106J		8 & up	1 classes
Thu	1:00-2:00 pm	starts May 7	Free
18614-2106K		8 & up	1 classes
Thu	1:00-2:00 pm	starts May 14	Free
18614-2106L		8 & up	1 classes
Thu	1:00-2:00 pm	starts May 21	Free
18614-2106M		8 & up	1 classes
Thu	1:00-2:00 pm	starts May 28	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	
18625-2107A		8 & up	1 classes
Sat	10:00 am-1:00 pm	starts Apr 11	\$10(R); \$13(NR)
18625-2107B		8 & up	1 classes
Fri	10:00 am-1:00 pm	starts Apr 24	\$10(R); \$13(NR)
18625-2107C		8 & up	1 classes
Sat	10:00 am-1:00 pm	starts Apr 25	\$10(R); \$13(NR)
18625-2107D		8 & up	1 classes
Fri	10:00 am-1:00 pm	starts May 8	\$10(R); \$13(NR)
18625-2107E		8 & up	1 classes
Sat	10:00 am-1:00 pm	starts May 9	\$10(R); \$13(NR)
18625-2107F		8 & up	1 classes
Sat	10:00 am-1:00 pm	starts May 23	\$10(R); \$13(NR)

Montpelier Historic Site & Museum Guided Tour

For visitors who want an engaging, more nuanced experience, knowledgeable staff provide glimpses into the lives, struggles, and triumphs of the people who were enslaved at this 1783 plantation.

Montpelier Historic Site & Museum		montpeliermansion@pgparks.com	
18618-2101A		10 & up	1 classes
Sat	2:30-3:30 pm	starts Mar 7	Free
18618-2101B		10 & up	1 classes
Thu	2:30-3:30 pm	starts Mar 12	Free
18618-2101C		10 & up	1 classes
Thu	2:30-3:30 pm	starts Mar 26	Free
18618-2101D		10 & up	1 classes
Sat	2:30-3:30 pm	starts Apr 4	Free
18618-2101E		10 & up	1 classes
Thu	2:30-3:30 pm	starts Apr 9	Free
18618-2101F		10 & up	1 classes
Sat	2:30-3:30 pm	starts May 2	Free
18618-2101G		10 & up	1 classes
Thu	2:30-3:30 pm	starts May 14	Free
18618-2101H		10 & up	1 classes
Sat	2:30-3:30 pm	starts May 16	Free
18618-2101I		10 & up	1 classes
Thu	2:30-3:30 pm	starts May 28	Free

Riversdale Historic Site & Museum Guided Tour

Join the Riversdale Historic Site & Museum for a tour as we interpret the history of the people who lived and worked at this former plantation, from the house's construction in 1801 through Emancipation in 1864. Visitors will engage in facilitated dialogue with Tour Guides while being led through rooms of the historic house and dependency buildings. Contact the facility directly to learn about other fee-based tours offered throughout the week.

Riversdale Historic Site & Museum		riversdale@pgparks.com	
18619-2102A	All ages	1 classes	
Fri	12:00-1:00 pm	starts Mar 6	Free
18619-2102B	All ages	1 classes	
Fri	2:00-3:00 pm	starts Mar 6	Free
18619-2102C	All ages	1 classes	
Fri	12:00-1:00 pm	starts Mar 13	Free
18619-2102D	All ages	1 classes	
Fri	2:00-3:00 pm	starts Mar 13	Free
18619-2102E	All ages	1 classes	
Fri	12:00-1:00 pm	starts Mar 20	Free
18619-2102F	All ages	1 classes	
Fri	2:00-3:00 pm	starts Mar 20	Free
18619-2102G	All ages	1 classes	
Fri	12:00-1:00 pm	starts Mar 27	Free
18619-2102H	All ages	1 classes	
Fri	2:00-3:00 pm	starts Mar 27	Free
18619-2102I	All ages	1 classes	
Fri	12:00-1:00 pm	starts Apr 3	Free
18619-2102J	All ages	1 classes	
Fri	2:00-3:00 pm	starts Apr 3	Free
18619-2102K	All ages	1 classes	
Fri	12:00-1:00 pm	starts Apr 10	Free
18619-2102L	All ages	1 classes	
Fri	2:00-3:00 pm	starts Apr 10	Free
18619-2102M	All ages	1 classes	
Fri	12:00-1:00 pm	starts Apr 17	Free
18619-2102N	All ages	1 classes	
Fri	2:00-3:00 pm	starts Apr 17	Free
18619-2102O	All ages	1 classes	
Fri	12:00-1:00 pm	starts Apr 24	Free
18619-2102P	All ages	1 classes	
Fri	2:00-3:00 pm	starts Apr 24	Free
18619-2102Q	All ages	1 classes	
Fri	12:00-1:00 pm	starts May 1	Free
18619-2102R	All ages	1 classes	
Fri	2:00-3:00 pm	starts May 1	Free
18619-2102S	All ages	1 classes	
Fri	12:00-1:00 pm	starts May 8	Free
18619-2102T	All ages	1 classes	
Fri	2:00-3:00 pm	starts May 8	Free
18619-2102U	All ages	1 classes	
Fri	12:00-1:00 pm	starts May 15	Free
18619-2102V	All ages	1 classes	
Fri	2:00-3:00 pm	starts May 15	Free
18619-2102W	All ages	1 classes	
Fri	12:00-1:00 pm	starts May 22	Free
18619-2102X	All ages	1 classes	
Fri	2:00-3:00 pm	starts May 22	Free
18619-2102Y	All ages	1 classes	
Fri	12:00-1:00 pm	starts May 29	Free
18619-2102Z	All ages	1 classes	
Fri	2:00-3:00 pm	starts May 29	Free

Surratt Historic Site & Museum Guided Tour

The Surratt Historic Site & Museum provides a place for visitors to reckon with the historical legacy of enslavement and the enduring struggle for racial justice. Going beyond the site's connection to the assassination of President Lincoln, the Surratt Historic Site uses history to acknowledge our past and promote a more just future. Contact the facility directly to learn about other fee-based tours offered throughout the week.

Surratt Historic Site & Museum		surratthouse@pgparks.com	
18616-292A	All ages	1 classes	
Thu	6:00-7:00 pm	starts Mar 5	Free
18616-292B	All ages	1 classes	
Thu	6:00-7:00 pm	starts Mar 12	Free
18616-292C	All ages	1 classes	
Thu	6:00-7:00 pm	starts Mar 19	Free
18616-292D	All ages	1 classes	
Thu	6:00-7:00 pm	starts Mar 26	Free
18616-292E	All ages	1 classes	
Thu	6:00-7:00 pm	starts Apr 2	Free
18616-292F	All ages	1 classes	
Thu	6:00-7:00 pm	starts Apr 9	Free
18616-292G	All ages	1 classes	
Thu	6:00-7:00 pm	starts Apr 16	Free
18616-292H	All ages	1 classes	
Thu	6:00-7:00 pm	starts Apr 23	Free
18616-292I	All ages	1 classes	
Thu	6:00-7:00 pm	starts Apr 30	Free
18616-292J	All ages	1 classes	
Thu	6:00-7:00 pm	starts May 7	Free
18616-292K	All ages	1 classes	
Thu	6:00-7:00 pm	starts May 14	Free
18616-292L	All ages	1 classes	
Thu	6:00-7:00 pm	starts May 21	Free
18616-292M	All ages	1 classes	
Thu	6:00-7:00 pm	starts May 28	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	
18621-215D	12 & up	1 classes	
Sat	11:00 am-12:00 pm	starts Apr 4	\$10(R); \$13(NR)
18621-215C	12 & up	1 classes	
Sat	11:00 am-12:00 pm	starts May 2	\$10(R); \$13(NR)



LIFESTYLE & LEARNING

PRE-SCHOOLERS

Academic Enrichment: Pre-Schoolers

Give your preschooler the advantage they need in academics! Enroll now in this captivating, early learning program of scholastics and fun. Your child will engage in STEAM (Science, Technology, Education, Arts, Mathematics) activities which will expand their mind. Start today and watch them grow.

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
20105-275A	3 - 5yrs.	12 classes	
Wed-Fri	9:30 am-12:00 pm	starts Mar 4	\$150(R); \$195(NR)
20105-275B	3 - 5yrs.	12 classes	
Wed-Fri	9:30 am-12:00 pm	starts Apr 1	\$150(R); \$195(NR)
20105-275C	3 - 5yrs.	12 classes	
Wed-Fri	9:30 am-12:00 pm	starts May 6	\$150(R); \$195(NR)

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.

Palmer Park Community Center		palmerparkcc@pgparks.com	
20106-257A	3 - 5yrs.	4 classes	
Sat	2:30-3:30 pm	starts Mar 7	\$20(R); \$26(NR)
20106-257B	3 - 5yrs.	4 classes	
Sat	2:30-3:30 pm	starts Apr 4	\$20(R); \$26(NR)
20106-257C	3 - 5yrs.	4 classes	
Sat	2:30-3:30 pm	starts May 2	\$20(R); \$26(NR)

Pre-School Play Center

It's the ultimate play date! Bring your preschooler to our lively play center for an active time of creativity and fun play. Watch them climb through tunnels, ride tricycles, and interact with their peers. Parents and/or guardians must stay with children at all times. Equipment is provided.

Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
20108-234A	3 - 5yrs.	4 classes	
Thu	10:00-11:00 am	starts Mar 12	\$35(R); \$46(NR)
20108-234B	3 - 5yrs.	4 classes	
Thu	10:00-11:00 am	starts Apr 9	\$35(R); \$46(NR)
20108-234C	3 - 5yrs.	4 classes	
Thu	10:00-11:00 am	starts May 7	\$35(R); \$46(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.

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
20115-214A	1 - 4yrs.	1 classes	
Thu	10:30-11:30 am	starts Mar 19	\$4(R); \$6(NR)
20115-214B	1 - 4yrs.	1 classes	
Thu	10:30-11:30 am	starts Apr 16	\$4(R); \$6(NR)
20115-214C	1 - 4yrs.	1 classes	
Thu	10:30-11:30 am	starts May 21	\$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.

Oakcrest Community Center		oakcrestcc@pgparks.com	
20204-255A	6 - 12yrs.	12 classes	
Tue & Thu	3:00-4:00 pm	starts Mar 10	\$100(R); \$130(NR)
20204-255B	6 - 12yrs.	12 classes	
Tue & Thu	3:00-4:00 pm	starts Apr 21	\$100(R); \$130(NR)
Upper Marlboro Community Center		uppermarlborocc@pgparks.com	
20204-286A	6 - 12yrs.	10 classes	
Tue & Sat	5:30-7:00 pm	starts Mar 10	\$125(R); \$163(NR)
20204-286B	6 - 12yrs.	12 classes	
Tue & Sat	5:30-7:00 pm	starts Apr 21	\$125(R); \$163(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.

Baden Community Center		badencc@pgparks.com	
20212-204A	6 - 12yrs.	4 classes	
Sat	10:30 am-12:00 pm	starts Mar 14	\$80(R); \$104(NR)
20212-204B	6 - 12yrs.	4 classes	
Sat	10:30 am-12:00 pm	starts Apr 18	\$80(R); \$104(NR)
Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
20212-224A	6 - 12yrs.	4 classes	
Tue	6:30-8:00 pm	starts Mar 10	\$80(R); \$104(NR)
20212-224B	6 - 12yrs.	4 classes	
Tue	6:30-8:00 pm	starts Apr 7	\$80(R); \$104(NR)
Rollingcrest-Chillum Community Center		rollingcrestcc@pgparks.com	
20212-271A	6 - 12yrs.	4 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$40(R); \$52(NR)
20212-271B	6 - 12yrs.	4 classes	
Sat	12:00-1:00 pm	starts Apr 4	\$40(R); \$52(NR)
20212-271C	6 - 12yrs.	4 classes	
Sat	12:00-1:00 pm	starts May 2	\$40(R); \$52(NR)
Suitland Community Center		suitlandcc@pgparks.com	
20212-281A	6 - 12yrs.	4 classes	
Thu	6:00-7:30 pm	starts Apr 9	\$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	
20211-206A	6 - 12yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 3	\$45(R); \$59(NR)
20211-206B	6 - 12yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts Apr 7	\$45(R); \$59(NR)
20211-206C	6 - 12yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts May 5	\$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.

Southern Region Technology & Recreation		techrec@pgparks.com	
20216-277A	9 - 12yrs.	6 classes	
Sat	11:00 am-1:00 pm	starts Mar 7	\$150(R); \$195(NR)
20216-277C	9 - 12yrs.	6 classes	
Sat	1:30-2:30 pm	starts Mar 7	\$75(R); \$98(NR)
20216-277B	9 - 12yrs.	6 classes	
Sat	11:00 am-1:00 pm	starts Apr 25	\$150(R); \$195(NR)
20216-277D	9 - 12yrs.	6 classes	
Sat	1:30-2:30 pm	starts Apr 25	\$75(R); \$98(NR)



Science: Children

Science is everywhere and in almost everything! We will use various types of media, outdoor nature hikes, hands-on activities, and discussions to experience the science that is all around us. Make friends with other kids as we celebrate science. Topics/themes to be determined. Please contact the offering facility for more details.

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
20210-214A	6 - 10yrs.	1 classes	
Tue	9:00 am-3:00 pm	starts Mar 31	\$60(R); \$78(NR)
20210-214B	6 - 10yrs.	1 classes	
Thu	9:00 am-3:00 pm	starts Apr 2	\$60(R); \$78(NR)

Tutoring: Children

Does your child need a helping hand with their school work? Children will be assisted with educational projects in reading, writing, and math. More than tutoring, kids will gain self-confidence they can apply in the classroom, improve their feelings toward learning, and achieve new levels of success.

Stephen Decatur Community Center		stephendecaturcc@pgparks.com	
20207-280A	6 - 12yrs.	12 classes	
Mon & Wed	3:00-4:00 pm	starts Mar 9	\$48(R); \$63(NR)
20207-280B	10 - 12yrs.	12 classes	
Mon & Wed	4:30-5:30 pm	starts Mar 9	\$48(R); \$63(NR)

TEENS

Young Entrepreneurs

Our Young Entrepreneurs Workshop builds the skills and confidence for our youth and young adults to thrive in business and life. Learn about financial literacy, marketing, advertising, web design, pitching ideas, business plans, idea development and product design. This is also a wonderful opportunity to immerse youth in experiences that inspire them and empower them to create their own opportunities while learning soft professional skills.

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
20316-275A	13 - 17yrs.	11 classes	
Sat	6:00-8:00 pm	starts Mar 21	\$50(R); \$65(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	
20406-243A	18 & up	8 classes	
Thu	6:30-8:00 pm	starts Mar 19	\$100(R); \$130(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	
20402-243A	18 & up	8 classes	
Thu	6:30-7:30 pm	starts Mar 26	\$56(R); \$73(NR)

Laurel-Beltville Senior Activity Ctr		laurelbeltvilleseniors@pgparks.com	
20422-246A	18 & up	8 classes	
Mon	5:00-6:30 pm	starts Mar 9	\$60(R); \$78(NR)
20422-246B	18 & up	8 classes	
Sat	9:00-10:30 am	starts Mar 14	\$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 Ctr		laurelbeltsvilleeniors@pgparks.com	
20403-246A	18 & up	8 classes	
Tue	5:00-6:30 pm	starts Mar 10	\$65(R); \$85(NR)
20403-246B	18 & up	8 classes	
Sat	10:45 am-12:15 pm	starts Mar 14	\$65(R); \$85(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 Ctr		laurelbeltsvilleeniors@pgparks.com	
20404-246A	18 & up	8 classes	
Wed	5:00-6:30 pm	starts Mar 11	\$70(R); \$91(NR)
20404-246B	18 & up	8 classes	
Thu	5:00-6:30 pm	starts Mar 12	\$70(R); \$91(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.

Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleeniors@pgparks.com	
20515-246A	60 & up	1 classes	
Thu	10:30-11:30 am	starts Mar 26	Free
20515-246B	60 & up	1 classes	
Thu	10:30-11:30 am	starts Apr 9	Free
20515-246C	60 & up	1 classes	
Thu	11:30 am-12:30 pm	starts May 21	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	
20501-211A	60 & up	8 classes	
Mon & Fri	10:00-11:15 am	starts Mar 2	\$12(R); \$16(NR)
20501-211D	60 & up	8 classes	
Mon & Fri	11:30 am-12:30 pm	starts Mar 2	\$12(R); \$16(NR)
20501-211B	60 & up	8 classes	
Mon & Fri	10:00-11:15 am	starts Apr 3	\$12(R); \$16(NR)
20501-211E	60 & up	8 classes	
Mon & Fri	11:30 am-12:30 pm	starts Apr 3	\$12(R); \$16(NR)
20501-211C	60 & up	9 classes	
Mon & Fri	10:00-11:15 am	starts May 1	\$12(R); \$16(NR)
20501-211F	60 & up	9 classes	
Mon & Fri	11:30 am-12:30 pm	starts May 1	\$12(R); \$16(NR)

MIXED AGES

Academic Enrichment: STEAM, Mixed Ages

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

North Forestville Community Center		northforestvillecc@pgparks.com	
20617-253A	10 - 17yrs.	3 classes	
Sat	10:00 am-1:00 pm	starts Mar 7	\$200(R); \$260(NR)

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	
20677-277A	13 & up	12 classes	
Mon & Wed	6:00-7:30 pm	starts Mar 2	\$120(R); \$156(NR)
20677-277B	13 & up	11 classes	
Mon & Wed	6:00-7:30 pm	starts Apr 20	\$120(R); \$156(NR)
William Beanes Community Center		williambeanesc@pgparks.com	
20677-291A	16 - 24yrs.	12 classes	
Tue & Thu	6:00-7:30 pm	starts Mar 10	\$120(R); \$156(NR)
20677-291b	16 - 24yrs.	12 classes	
Tue & Thu	6:00-7:30 pm	starts Apr 28	\$120(R); \$156(NR)

Cooking: Home-School

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

Suitland Community Center		suitlandcc@pgparks.com	
20611-281A	8 - 15yrs.	4 classes	
Fri	11:30 am-12:30 pm	starts Mar 13	\$35(R); \$46(NR)
20611-281B	8 - 15yrs.	4 classes	
Fri	11:30 am-12:30 pm	starts Apr 10	\$35(R); \$46(NR)
20611-281C	8 - 15yrs.	4 classes	
Fri	11:30 am-12:30 pm	starts May 8	\$35(R); \$46(NR)



Cosmetology

Learn the fundamentals of cosmetology such as braiding, finger waving, makeup application, flat ironing, manicures, etc. Our hands-on training program is the perfect blend of fun and education for those interested in state board preparation.

Southern Region Technology & Recreation		techrec@pgparks.com	
20612-277A		12 - 17yrs.	12 classes
Tue & Thu	6:00-7:00 pm	starts Mar 10	\$96(R); \$125(NR)
20612-277B		12 - 17yrs.	12 classes
Tue & Thu	6:00-7:00 pm	starts Apr 21	\$96(R); \$125(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	
20658-215G		2 - 10yrs.	1 classes
Sat	10:30-11:30 am	starts Mar 21	Free
20658-215H		2 - 10yrs.	1 classes
Sun	10:30-11:30 am	starts Mar 22	Free
20658-215I		2 - 10yrs.	1 classes
Sat	10:30-11:30 am	starts Apr 18	Free
20658-215J		2 - 10yrs.	1 classes
Sun	10:30-11:30 am	starts Apr 19	Free
20658-215K		2 - 10yrs.	1 classes
Sat	10:30-11:30 am	starts May 16	Free
20658-215L		2 - 10yrs.	1 classes
Sun	10:30-11:30 am	starts May 17	Free

Home-School: Science

Come experience a variety of hands-on science-based activities, experiments, and presentations with home-schoolers.

Temple Hills Community Center		templehillsc@pgparks.com	
20679-282A		8 - 15yrs.	2 classes
Mon	12:30-1:30 pm	starts Mar 9	\$35(R); \$46(NR)
20679-282B		8 - 15yrs.	2 classes
Mon	12:30-1:30 pm	starts Apr 6	\$35(R); \$46(NR)
20679-282C		8 - 15yrs.	3 classes
Mon	12:30-1:30 pm	starts May 4	\$35(R); \$46(NR)
Westphalia Community Center		westphaliacc@pgparks.com	
20679-290A		8 - 15yrs.	2 classes
Wed	12:00-1:00 pm	starts Mar 11	\$35(R); \$46(NR)
20679-290B		8 - 15yrs.	2 classes
Wed	12:00-1:00 pm	starts Apr 8	\$35(R); \$46(NR)
20679-290C		8 - 15yrs.	2 classes
Wed	12:00-1:00 pm	starts May 6	\$35(R); \$46(NR)

Home-School: Study Hall

Whether your student needs a productive workspace or a fun way to stay active and socialize, our Home-School Study Hall with Physical Education provides the perfect balance of academics and movement. This study hall offers a structured yet flexible environment where home-schooled students can concentrate on their studies while benefiting from social interaction and physical activity. Weekly activities vary and include team sports, fitness challenges, outdoor games, and more -- all designed to promote physical development, coordination, and healthy habits.

Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
20678-224A		8 - 15yrs.	4 classes
Wed	12:30-2:00 pm	starts Mar 11	\$35(R); \$46(NR)
20678-224B		8 - 15yrs.	4 classes
Wed	12:30-2:00 pm	starts Apr 8	\$35(R); \$46(NR)
20678-224C		8 - 15yrs.	4 classes
Wed	12:30-2:00 pm	starts May 6	\$35(R); \$46(NR)
Oakcrest Community Center		oakcrestcc@pgparks.com	
20678-255A		8 - 15yrs.	4 classes
Mon	12:00-1:30 pm	starts Mar 9	\$35(R); \$46(NR)
20678-255B		8 - 15yrs.	4 classes
Mon	12:00-1:30 pm	starts Apr 6	\$35(R); \$46(NR)
20678-255C		8 - 15yrs.	4 classes
Mon	12:00-1:30 pm	starts May 4	\$35(R); \$46(NR)

Mentoring: Mixed Ages, Girls

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

Peppermill Community Center		peppermillcc@pgparks.com	
20627-262A		8 - 18yrs.	6 classes
Sat	10:00 am-12:00 pm	starts Mar 7	Free
Vansville Community Center		vansvillecc@pgparks.com	
20606-287A		9 - 13yrs.	4 classes
Wed	6:30-7:30 pm	starts Apr 8	Free

Science: Mixed Ages

Participants will experience a variety of science related topics/themes through multimedia presentations, discussion, hikes, and/or hands-on activities. Topic/theme to be determined. Please contact the offering facility for more details.

Old Maryland Farm		oldmarylandfarm@pgparks.com	
20601-256B	7 - 13yrs.	1 classes	
Thu	1:00-2:00 pm	starts Mar 5	\$8(R); \$11(NR)
20601-256A	7 - 13yrs.	3 classes	
Tue	1:00-2:00 pm	starts Mar 24	\$24(R); \$32(NR)
20601-256C	7 - 13yrs.	1 classes	
Thu	1:00-2:00 pm	starts Apr 23	\$8(R); \$11(NR)
20601-256D	7 - 13yrs.	1 classes	
Thu	1:00-2:00 pm	starts May 14	\$8(R); \$11(NR)

Sign Language: Mixed Ages

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

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
20616-268D	10 & up	6 classes	
Sat	10:00 am-12:00 pm	starts Mar 7	\$60(R); \$78(NR); \$45(IA)
20616-268DD	10 & up	6 classes	
Sat	10:00 am-12:00 pm	starts Apr 25	\$60(R); \$78(NR); \$45(IA)

Social Time: Home-School

A program for homeschoolers to meet and socialize with others in a variety of learning activities to include guest speakers, arts and crafts, games, technology and cooking.

Oakcrest Community Center		oakcrestcc@pgparks.com	
20634-255A	8 - 15yrs.	4 classes	
Fri	12:00-1:00 pm	starts Mar 13	\$35(R); \$46(NR)
20634-255B	8 - 15yrs.	4 classes	
Fri	12:00-1:00 pm	starts Apr 10	\$35(R); \$46(NR)
20634-255C	8 - 15yrs.	4 classes	
Fri	12:00-1:00 pm	starts May 8	\$35(R); \$46(NR)

STEAM Hour

Join our educators at this hands-on activity where creativity takes flight! This interactive, educator-led program allows visitors to design and build their creations. Part makerspace, part mini-science lesson, this is perfect for budding engineers and aviation enthusiasts. Whether constructing airplanes, airports, or inventing something entirely new, you can dream big and bring your ideas to life. Drop in anytime during the hour to explore the wonders of aviation through play.

College Park Aviation Museum		collegeparkaviation@pgparks.com	
20675-215D	4 - 15yrs.	1 classes	
Sat	10:30-11:30 am	starts Mar 28	Free
20675-215E	4 - 15yrs.	1 classes	
Sun	10:30-11:30 am	starts Mar 29	Free
20675-215F	4 - 15yrs.	1 classes	
Sat	10:30-11:30 am	starts Apr 25	Free
20675-215G	4 - 15yrs.	1 classes	
Sun	10:30-11:30 am	starts Apr 26	Free
20675-215H	4 - 15yrs.	1 classes	
Sat	10:30-11:30 am	starts May 23	Free
20675-215I	4 - 15yrs.	1 classes	
Sun	10:30-11:30 am	starts May 24	Free

MARTIAL ARTS

PRE-SCHOOLERS

Tae Kwon Do: Pre-Schoolers

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

Bladensburg Community Center		bladensburgcc@pgparks.com	
21101-207A	3 - 5yrs.	8 classes	
Sat	9:30-10:30 am	starts Mar 7	\$65(R); \$85(NR)
21101-207B	3 - 5yrs.	8 classes	
Sat	9:30-10:30 am	starts May 2	\$65(R); \$85(NR)

Tae Kwon Do: Pre-Schoolers, Advanced

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

Bladensburg Community Center		bladensburgcc@pgparks.com	
21103-207A	3 - 5yrs.	8 classes	
Sat	10:30-11:30 am	starts Mar 7	\$65(R); \$85(NR)
21103-207B	3 - 5yrs.	8 classes	
Sat	10:30-11:30 am	starts May 2	\$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	
21205-216E	6 - 12yrs.	16 classes	
Tue & Thu	6:00-8:00 pm	starts Apr 7	\$40(R); \$52(NR)
North Brentwood Community Center		northbrentwoodcc@pgparks.com	
21205-252A	6 - 12yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 7	\$45(R); \$59(NR)
21205-252B	6 - 12yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 18	\$45(R); \$59(NR)

Judo: Children, Intermediate

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

North Brentwood Community Center		northbrentwoodcc@pgparks.com	
21206-252A	6 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Mar 7	\$45(R); \$59(NR)
21206-252B	6 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Apr 18	\$45(R); \$59(NR)

Karate: Children, Beginner

An introduction to karate.

Palmer Park Community Center		palmerparkcc@pgparks.com	
21207-257A	6 - 12yrs.	4 classes	
Wed	6:00-7:00 pm	starts Mar 4	\$20(R); \$26(NR)
21207-257B	6 - 12yrs.	4 classes	
Wed	6:00-7:00 pm	starts Apr 1	\$20(R); \$26(NR)
21207-257C	6 - 12yrs.	4 classes	
Wed	6:00-7:00 pm	starts May 6	\$20(R); \$26(NR)

Tae Kwon Do: Children

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

Bladensburg Community Center		bladensburgcc@pgparks.com	
21201-207A	6 - 12yrs.	8 classes	
Sat	9:30-10:30 am	starts Mar 7	\$65(R); \$85(NR)
21201-207B	6 - 12yrs.	8 classes	
Sat	10:30-11:30 am	starts Mar 7	\$65(R); \$85(NR)
21201-207C	6 - 12yrs.	8 classes	
Sat	9:30-10:30 am	starts May 2	\$65(R); \$85(NR)
21201-207D	6 - 12yrs.	8 classes	
Sat	10:30-11:30 am	starts May 2	\$65(R); \$85(NR)
Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
21201-234A	6 - 12yrs.	6 classes	
Mon & Wed	6:30-7:30 pm	starts Mar 30	\$25(R); \$33(NR)
21201-234B	6 - 12yrs.	11 classes	
Mon & Wed	6:30-7:30 pm	starts Apr 20	\$50(R); \$65(NR)

TEENS

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	
21303-207A	13 - 17yrs.	8 classes	
Sat	1:00-2:00 pm	starts Mar 7	\$65(R); \$85(NR)
21303-207B	13 - 17yrs.	8 classes	
Sat	7:30-8:30 pm	starts May 2	\$65(R); \$85(NR)
Indian Queen Elementary School		indianqueenrecreationcenterstaff@mncppc.org	
21303-236A	13 - 17yrs.	12 classes	
Mon & Wed	6:30-7:30 pm	starts Mar 9	\$60(R); \$78(NR)
21303-236B	13 - 17yrs.	12 classes	
Mon & Wed	6:30-7:30 pm	starts Apr 20	\$60(R); \$78(NR)
Oakcrest Community Center		oakcrestcc@pgparks.com	
21303-255A	13 - 17yrs.	12 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 10	\$60(R); \$78(NR)
21303-255B	13 - 17yrs.	12 classes	
Tue & Thu	6:30-7:30 pm	starts Apr 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	
21401-216C	18 - 59yrs.	12 classes	
Mon & Wed	7:30-9:00 pm	starts Mar 23	\$65(R); \$85(NR)
21401-216D	18 - 59yrs.	13 classes	
Mon & Wed	7:30-9:00 pm	starts May 4	\$65(R); \$85(NR)
Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
21401-266A	18 & up	18 classes	
Wed & Sat	6:45-8:45 pm	starts May 13	\$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	
21407-275A	18 & up	14 classes	
Tue & Thu	7:00-8:00 pm	starts Mar 3	\$91(R); \$119(NR)
21407-275B	18 & up	14 classes	
Tue & Thu	7:00-8:00 pm	starts Apr 28	\$91(R); \$119(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
21407-277A	18 & up	14 classes	
Mon & Wed	7:30-8:30 pm	starts Mar 2	\$84(R); \$110(NR)
21407-277B	18 & up	15 classes	
Mon & Wed	7:30-8:30 pm	starts Apr 20	\$90(R); \$117(NR)

Judo: Adults, Beginner

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

Beltsville Community Center		beltsvillecc@pgparks.com	
21403-205A	18 & up	16 classes	
Tue & Thu	7:30-8:30 pm	starts Mar 3	\$40(R); \$52(NR)
21403-205B	18 & up	16 classes	
Tue & Thu	7:30-8:30 pm	starts May 5	\$40(R); \$52(NR)
Lakeland College Park Community Center		collegeparkcc@pgparks.com	
21403-216F	18 - 59yrs.	16 classes	
Tue & Thu	6:00-8:00 pm	starts Apr 7	\$40(R); \$52(NR)



Judo: Adults, Advanced

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

Beltsville Community Center		beltsvillecc@pgparks.com	
21411-205A	18 & up	16 classes	
Tue & Thu	6:15-7:15 pm	starts Mar 3	\$40(R); \$52(NR)
21411-205B	18 & up	16 classes	
Tue & Thu	6:15-7:15 pm	starts May 5	\$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	
21410-207A	18 & up	8 classes	
Sat	1:00-2:00 pm	starts Mar 7	\$65(R); \$85(NR)
21410-207B	18 & up	8 classes	
Sat	1:00-2:00 pm	starts May 2	\$65(R); \$85(NR)

Self-Defense: Women

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

Westphalia Community Center		westphaliacc@pgparks.com	
21406-290A	18 & up	10 classes	
Wed	6:15-7:15 pm	starts Mar 18	\$35(R); \$46(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	
21402-207A	18 & up	8 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$65(R); \$85(NR)
21402-207B	18 & up	8 classes	
Sat	12:00-1:00 pm	starts May 2	\$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	
21412-266A	18 & up	4 classes	
Mon	6:00-7:00 pm	starts Mar 9	\$40(R); \$52(NR)
21412-266B	18 & up	4 classes	
Mon	6:00-7:00 pm	starts Apr 13	\$40(R); \$52(NR)
21412-266C	18 & up	4 classes	
Mon	6:00-7:00 pm	starts May 18	\$40(R); \$52(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	
21413-205A	18 & up	5 classes	
Mon	7:00-8:00 pm	starts Mar 9	\$42(R); \$55(NR)
21413-205B	18 & up	5 classes	
Mon	7:00-8:00 pm	starts Apr 20	\$42(R); \$55(NR)

Cedar Heights Community Center		cedarheightscc@pgparks.com	
21413-212A	18 & up	6 classes	
Tue	11:15 am-12:15 pm	starts Mar 3	\$35(R); \$46(NR)
21413-212B	18 & up	6 classes	
Tue	11:15 am-12:15 pm	starts Apr 14	\$35(R); \$46(NR)

Glenn Dale Community Center		glenndalecc@pgparks.com	
21413-227A	18 & up	6 classes	
Thu	10:00-11:00 am	starts Mar 5	\$40(R); \$52(NR)
21413-227B	18 & up	6 classes	
Thu	10:00-11:00 am	starts Apr 23	\$40(R); \$52(NR)

Marlow Heights Community Center		marlowheightscc@pgparks.com	
21413-247A	18 & up	6 classes	
Tue	11:00 am-12:00 pm	starts Mar 3	\$30(R); \$39(NR)
21413-247B	18 & up	6 classes	
Thu	11:00 am-12:00 pm	starts Mar 5	\$20(R); \$26(NR)
21413-247C	18 & up	7 classes	
Tue	11:00 am-12:00 pm	starts Apr 14	\$30(R); \$39(NR)
21413-247D	18 & up	7 classes	
Thu	11:00 am-12:00 pm	starts Apr 16	\$30(R); \$39(NR)

South Bowie Community Center		southbowiecc@pgparks.com	
21413-274A	18 & up	9 classes	
Thu	6:45-7:45 pm	starts Mar 5	\$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	
21414-247A	18 & up	6 classes	
Tue	12:00-1:00 pm	starts Mar 3	\$30(R); \$39(NR)
21414-247B	18 & up	6 classes	
Thu	12:00-1:00 pm	starts Mar 5	\$20(R); \$26(NR)
21414-247C	18 & up	7 classes	
Tue	12:00-1:00 pm	starts Apr 14	\$30(R); \$39(NR)
21414-247D	18 & up	7 classes	
Thu	12:00-1:00 pm	starts Apr 16	\$30(R); \$39(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.

Glenn Dale Community Center		glenndalecc@pgparks.com	
21501-227A	60 & up	6 classes	
Wed	11:00 am-12:00 pm	starts Mar 4	\$40(R); \$52(NR)
21501-227B	60 & up	6 classes	
Wed	11:00 am-12:00 pm	starts Apr 22	\$40(R); \$52(NR)
John E. Howard Senior Activity Center		johnehowardseiors@pgparks.com	
21501-239A	60 & up	4 classes	
Thu	11:00-11:30 am	starts Mar 5	\$12(R); \$16(NR)
21501-239B	60 & up	4 classes	
Thu	11:00-11:30 am	starts Apr 2	\$12(R); \$16(NR)
21501-239C	60 & up	4 classes	
Thu	11:00-11:30 am	starts May 7	\$12(R); \$16(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
21501-246A	60 & up	11 classes	
Mon	2:45-3:45 pm	starts Mar 2	\$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	
21634-234A	17 & up	6 classes	
Mon & Wed	7:30-8:30 pm	starts Mar 30	\$25(R); \$33(NR)
21634-234B	17 & up	11 classes	
Mon & Wed	7:30-8:30 pm	starts Apr 20	\$50(R); \$65(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	
21623-232A	6 - 17yrs.	14 classes	
Tue & Thu	3:15-4:15 pm	starts Mar 3	\$84(R); \$110(NR)
21623-232B	6 - 17yrs.	16 classes	
Tue & Thu	3:15-4:15 pm	starts Apr 21	\$96(R); \$125(NR)

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
21623-275A	6 - 17yrs.	14 classes	
Tue & Thu	5:00-6:00 pm	starts Mar 3	\$91(R); \$119(NR)
21623-275B	6 - 17yrs.	14 classes	
Tue & Thu	5:00-6:00 pm	starts Apr 28	\$91(R); \$119(NR)

Southern Region Technology & Recreation		techrec@pgparks.com	
21623-277A	6 - 17yrs.	14 classes	
Mon & Wed	5:30-6:30 pm	starts Mar 2	\$84(R); \$110(NR)
21623-277B	6 - 17yrs.	15 classes	
Mon & Wed	5:30-6:30 pm	starts Apr 20	\$90(R); \$117(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	
21624-275A	6 - 17yrs.	14 classes	
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$91(R); \$119(NR)
21624-275B	6 - 17yrs.	14 classes	
Tue & Thu	6:00-7:00 pm	starts Apr 28	\$91(R); \$119(NR)

Southern Region Technology & Recreation		techrec@pgparks.com	
21624-277A	6 - 17yrs.	14 classes	
Mon & Wed	6:30-7:30 pm	starts Mar 2	\$84(R); \$110(NR)
21624-277B	6 - 17yrs.	15 classes	
Mon & Wed	6:30-7:30 pm	starts Apr 20	\$90(R); \$117(NR)

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

Beltsville Community Center		beltsvillecc@pgparks.com	
21603-205A		5 - 17yrs.	16 classes
Tue & Thu	6:15-7:15 pm	starts Mar 3	\$40(R); \$52(NR)
21603-205B		5 - 17yrs.	16 classes
Tue & Thu	6:15-7:15 pm	starts May 5	\$40(R); \$52(NR)

Judo: Mixed Ages, Intermediate

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

Beltsville Community Center		beltsvillecc@pgparks.com	
21604-205A		5 & up	16 classes
Tue & Thu	7:30-8:30 pm	starts Mar 3	\$40(R); \$52(NR)
21604-205C		5 & up	16 classes
Tue & Thu	6:15-7:15 pm	starts Mar 3	\$40(R); \$52(NR)
21604-205B		5 & up	16 classes
Tue & Thu	7:30-8:30 pm	starts May 5	\$40(R); \$52(NR)
21604-205D		5 & up	16 classes
Tue & Thu	6:15-7:15 pm	starts May 5	\$40(R); \$52(NR)

Karate: Mixed Ages, Beginner

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

Lake Arbor Community Center		lakearborcc@pgparks.com	
21605-241A		5 - 16yrs.	8 classes
Sat	10:00-11:00 am	starts Apr 4	\$80(R); \$104(NR)
21605-241AA		5 - 16yrs.	8 classes
Sat	11:00 am-12:00 pm	starts Apr 4	\$80(R); \$104(NR)

Langley Park Community Center		langleyparkcc@pgparks.com	
21605-243B		5 - 13yrs.	8 classes
Mon	6:00-7:00 pm	starts Mar 16	\$65(R); \$85(NR)

North Brentwood Community Center		northbrentwoodcc@pgparks.com	
21605-252A		12 & up	6 classes
Wed	6:30-7:30 pm	starts Mar 4	\$45(R); \$59(NR)
21605-252B		12 & up	6 classes
Wed	6:30-7:30 pm	starts Apr 15	\$45(R); \$59(NR)

Palmer Park Community Center		palmerparkcc@pgparks.com	
21605-257A		18 & up	4 classes
Wed	7:30-8:30 pm	starts Mar 4	\$20(R); \$26(NR)
21605-257B		18 & up	4 classes
Wed	7:30-8:30 pm	starts Apr 1	\$20(R); \$26(NR)
21605-257C		18 & up	4 classes
Wed	7:30-8:30 pm	starts May 6	\$20(R); \$26(NR)

Peppermill Community Center		peppermillcc@pgparks.com	
21605-262B		5 - 16yrs.	6 classes
Sat	12:30-2:00 pm	starts Mar 7	\$80(R); \$104(NR)
21605-262c		5 - 16yrs.	6 classes
Sat	12:30-2:00 pm	starts Apr 18	\$80(R); \$104(NR)

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	
21614-268A		7 & up	4 classes
Wed	6:45-7:45 pm	starts Mar 4	\$80(R); \$104(NR); \$60(IA)
21614-268B		7 & up	4 classes
Sat	9:30-10:30 am	starts Mar 7	\$80(R); \$104(NR); \$60(IA)
21614-268C		7 & up	5 classes
Wed	6:45-7:45 pm	starts Apr 1	\$100(R); \$130(NR); \$75(IA)
21614-268D		7 & up	3 classes
Sat	9:30-10:30 am	starts Apr 11	\$60(R); \$78(NR); \$45(IA)
21614-268F		7 & up	5 classes
Sat	9:30-10:30 am	starts May 2	\$100(R); \$130(NR); \$75(IA)
21614-268E		7 & up	4 classes
Wed	6:45-7:45 pm	starts May 6	\$80(R); \$104(NR); \$60(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	
21615-268A		7 & up	4 classes
Wed	7:45-8:45 pm	starts Mar 4	\$80(R); \$104(NR); \$60(IA)
21615-268B		7 & up	4 classes
Sat	10:30-11:30 am	starts Mar 7	\$80(R); \$104(NR); \$60(IA)
21615-268C		7 & up	5 classes
Wed	7:45-8:45 pm	starts Apr 1	\$100(R); \$130(NR); \$75(IA)
21615-268D		7 & up	3 classes
Sat	10:30-11:30 am	starts Apr 11	\$60(R); \$78(NR); \$45(IA)
21615-268F		7 & up	5 classes
Sat	10:30-11:30 am	starts May 2	\$100(R); \$130(NR); \$75(IA)
21615-268E		7 & up	4 classes
Wed	7:45-8:45 pm	starts May 6	\$80(R); \$104(NR); \$60(IA)

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	
21616-268B		8 & up	4 classes
Sat	11:30 am-1:00 pm	starts Mar 7	\$106(R); \$138(NR); \$80(IA)
21616-268D		8 & up	3 classes
Sat	11:30 am-1:00 pm	starts Apr 11	\$80(R); \$104(NR); \$60(IA)
21616-268F		8 & up	5 classes
Sat	11:30 am-1:00 pm	starts May 2	\$133(R); \$173(NR); \$100(IA)

Self-Defense with a Ranger

Take control of your personal space! Learn basic self-defense methods to stay safe and in control of your responses to danger. Our park rangers will teach important skills which can improve your overall fitness and self-confidence. Sign up and gain peace of mind. You can be aware and not despair when you know how to use self-defense.

Southern Region Technology & Recreation		pgparkrangers@pgparks.com	
21633-259A	16 & up	1 classes	
Sat	9:30 am-12:00 pm	starts Mar 7	\$7(R); \$10(NR)

Self-Defense: Mixed Ages

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

South Bowie Community Center		southbowiecc@pgparks.com	
21617-274A	12 & up	9 classes	
Thu	5:30-6:30 pm	starts Mar 5	\$45(R); \$59(NR)

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.

Patuxent Community Center		patuxentcc@pgparks.com	
21627-260A	6 & up	6 classes	
Mon	6:30-8:00 pm	starts Mar 9	\$64(R); \$84(NR)
21627-260B	6 & up	6 classes	
Mon	6:30-8:00 pm	starts Apr 27	\$64(R); \$84(NR)

William Beaney Community Center		williambeanesc@pgparks.com	
21627-291A	6 & up	6 classes	
Sat	10:00 am-12:00 pm	starts Mar 21	\$64(R); \$84(NR)
21627-291B	6 & up	6 classes	
Sat	10:00 am-12:00 pm	starts May 2	\$64(R); \$84(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	
21607-207A	12 - 17yrs.	8 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$65(R); \$85(NR)
21607-207B	12 - 17yrs.	8 classes	
Sat	12:00-1:00 pm	starts May 2	\$65(R); \$85(NR)

Marlow Heights Community Center		marlowheightsc@pgparks.com	
21607-247A	5 - 17yrs.	20 classes	
Tue & Sat	6:00-7:30 pm	starts Apr 7	\$70(R); \$91(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		marlowheightsc@pgparks.com	
21609-247A	10 & up	30 classes	
Tue & Sat	6:00-7:30 pm	starts Apr 7	\$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	
21618-205A	5 - 12yrs.	12 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$77(R); \$101(NR)

Cheverly Town Hall		kentland@pgparks.com	
21618-270D	5 - 12yrs.	10 classes	
Mon	7:00-8:00 pm	starts Mar 2	\$70(R); \$91(NR)

Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
21618-266a	5 - 12yrs.	12 classes	
Tue	6:30-7:30 pm	starts Mar 3	\$77(R); \$101(NR)
21618-266b	13 & up	12 classes	
Tue	7:30-9:00 pm	starts Mar 10	\$80(R); \$104(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	
21611-290A	4 - 15yrs.	10 classes	
Sat	10:15-11:15 am	starts Mar 28	\$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	
21636-290A	6 & up	10 classes	
Sat	11:30 am-12:30 pm	starts Mar 28	\$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	
21629-290A	8 & up	10 classes	
Sat	12:45-1:45 pm	starts Mar 28	\$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

21612-245		4-14yrs.	8 classes
Sat	11:00 am-12:00 pm	starts Mar 7	\$60(R); \$78(NR)
21612-245A		15 & up	8 classes
Sat	12:05-1:05 pm	starts Mar 7	\$65(R); \$85(NR)

Westphalia Community Center westphaliacc@pgparks.com

21612-290A		16 & up	10 classes
Wed	7:30-8:30 pm	starts Apr 1	\$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

21628-290A		4 - 15yrs.	10 classes
Sat	9:15-10:00 am	starts Mar 28	\$45(R); \$59(NR)



NATURE

PRE-SCHOOLERS

Gardening: Pre-School

A flourishing garden is a great place to be! Let your pre-schooler experience the joy of planting fruit, flowers and vegetables.

Palmer Park Community Center palmerparkcc@pgparks.com

22108-257A		3 - 5yrs.	4 classes
Sat	11:30 am-12:30 pm	starts Mar 7	\$20(R); \$26(NR)
22108-257B		3 - 5yrs.	4 classes
Sat	11:30 am-12:30 pm	starts Apr 4	\$20(R); \$26(NR)
22108-257C		3 - 5yrs.	4 classes
Sat	11:30 am-12:30 pm	starts May 2	\$20(R); \$26(NR)



Nature: Pre-School

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

Palmer Park Community Center palmerparkcc@pgparks.com

22109-257A		3 - 5yrs.	4 classes
Sat	1:00-2:00 pm	starts Mar 7	\$20(R); \$26(NR)
22109-257B		3 - 5yrs.	4 classes
Sat	1:00-2:00 pm	starts Apr 4	\$20(R); \$26(NR)
22109-257C		3 - 5yrs.	4 classes
Sat	1:00-2:00 pm	starts May 2	\$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

22103-288A		2 - 4yrs.	2 classes
Fri	10:00-10:45 am	starts Mar 6	\$8(R); \$11(NR)
22103-288B		2 - 4yrs.	2 classes
Fri	10:00-10:45 am	starts Apr 3	\$8(R); \$11(NR)
22103-288C		2 - 4yrs.	2 classes
Fri	10:00-10:45 am	starts May 1	\$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

22104-288A		2 - 4yrs.	1 classes
Wed	10:00-10:45 am	starts Mar 11	\$4(R); \$6(NR)
22104-288B		2 - 4yrs.	1 classes
Wed	10:00-10:45 am	starts Apr 8	\$4(R); \$6(NR)
22104-288C		2 - 4yrs.	1 classes
Wed	10:00-10:45 am	starts May 13	\$4(R); \$6(NR)

CHILDREN

Home-School Nature Club

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

Southern Region Technology & Recreation		techrec@pgparks.com	
22215-277A	Wed	11:30 am-12:45 pm	7 - 12yrs. starts Mar 11
			1 classes \$10(R); \$13(NR)
22215-277B	Wed	11:30 am-12:45 pm	7 - 12yrs. starts Apr 8
			1 classes \$10(R); \$13(NR)
22215-277C	Wed	11:30 am-12:45 pm	7 - 12yrs. starts May 13
			1 classes \$10(R); \$13(NR)

Science: Children, Home-School, Nature Rangers

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

Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22202-288A	Tue	1:00-2:00 pm	7 - 9yrs. starts Mar 10
			2 classes \$20(R); \$26(NR)
22202-288B	Tue	1:00-2:00 pm	7 - 9yrs. starts Apr 14
			2 classes \$20(R); \$26(NR)
22202-288C	Tue	1:00-2:00 pm	7 - 9yrs. starts May 12
			2 classes \$20(R); \$26(NR)

ADULTS

Kayak Tour

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

Mount Calvert Historical And Archaeological Park		archaeology@pgparks.com	
22406-261A	Sat	9:30 am-12:00 pm	18 & up starts May 16
			1 classes \$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.

Patuxent River Park		patuxentriverpark@pgparks.com	
22409-261A	Mon	10:00-11:30 am	18 & up starts Mar 23
			1 classes Free
22409-261B	Mon	10:00-11:30 am	18 & up starts Apr 13
			1 classes Free

Wandering Warblers

Avid birders will enjoy this boat tour to observe warblers and other neotropical migrants. The May Bird Count will be conducted on this trip.

Patuxent River Park		patuxentriverpark@pgparks.com	
22403-261B	Sat	7:00-10:00 am	18 & up starts May 9
			1 classes \$12(R); \$16(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	
22640-208B	Wed	6:00-7:30 pm	11 & up starts May 13
			1 classes \$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	
22601-259A	Sun	9:15-10:30 am	10 & up starts Mar 29
			1 classes \$7(R); \$10(NR)
22601-259C	Sun	9:00-10:30 am	10 & up starts May 10
			1 classes \$7(R); \$10(NR)

Bock Road Maintenance Yard		pgparkrangers@pgparks.com	
22601-259B	Sat	9:00-10:30 am	10 & up starts Apr 11
			1 classes \$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	
22652-208A	Fri	1:00-2:30 pm	6 & up starts Apr 3
			1 classes \$7(R); \$10(NR)

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	
22616-261A	Sat	8:00-11:00 am	14 & up starts Mar 14
			1 classes Free
22616-261B	Sat	8:00-11:00 am	14 & up starts Apr 11
			1 classes Free





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	
22643-208A	Thu 12:00-1:00 pm	All ages starts Apr 2	1 classes \$3(R); \$4(NR)
22643-208B	Mon 11:30 am-12:30 pm	55 & up starts Apr 13	1 classes \$3(R); \$4(NR)
22643-208C	Mon 11:30 am-12:30 pm	55 & up starts May 11	1 classes \$3(R); \$4(NR)
22643-208D	Sun 2:00-3:00 pm	18 & up starts May 17	1 classes \$3(R); \$4(NR)
22643-208F	Fri 6:45-8:00 pm	16 & up starts May 22	1 classes \$15(R); \$20(NR)
Patuxent River Park		patuxentriverpark@pgparks.com	
22643-261A	Sun 1:00-2:00 pm	All ages starts Apr 26	1 classes Free
22643-261B	Sun 6:00-7:30 pm	All ages starts May 10	1 classes \$4(R); \$6(NR)

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.

Bladensburg Waterfront Park		bladensburgwp@pgparks.com	
22615-208A	Fri 7:00-8:00 pm	All ages starts Mar 20	1 classes \$5(R); \$7(NR)
Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22615-214A	Fri 5:30-7:00 pm	2 & up starts Mar 13	1 classes \$6(R); \$8(NR)
22615-214B	Fri 5:30-7:00 pm	2 & up starts Apr 10	1 classes \$6(R); \$8(NR)
22615-214C	Fri 5:30-7:00 pm	2 & up starts May 15	1 classes \$6(R); \$8(NR)

Enchanted Trail Adventure

Step into a world of wonder on our Enchanted Trail! Enjoy a magical story, take a short nature walk through the woods, and create your own fairy house using natural materials. This charming outdoor adventure invites young explorers to discover the magic of nature all around them.

Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22695-288A	Sat 10:00-11:00 am	4 - 9yrs. starts May 30	1 classes \$5(R); \$7(NR)

Family Discovery Hike: Mixed Ages

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

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22604-214A	Sun 10:00-11:30 am	All ages starts Mar 29	1 classes \$5(R); \$7(NR)
22604-214B	Sat 10:00-11:30 am	All ages starts Apr 25	1 classes \$5(R); \$7(NR)
22604-214C	Sun 10:00-11:30 am	All ages starts May 31	1 classes \$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	
22663-256B	Fri 1:00-2:00 pm	2 & up starts Mar 27	1 classes \$4(R); \$6(NR)
22663-256C	Fri 1:00-2:00 pm	2 & up starts Apr 24	1 classes \$4(R); \$6(NR)
22663-256D	Fri 1:00-2:00 pm	2 & up starts May 29	1 classes \$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	
22625-256A	Fri 1:00-2:00 pm	7 - 16yrs. starts Mar 13	1 classes \$8(R); \$11(NR)
22625-256E	Fri 1:00-2:00 pm	7 - 16yrs. starts Apr 3	1 classes \$8(R); \$11(NR)
22625-256F	Fri 1:00-2:00 pm	7 - 16yrs. starts May 8	1 classes \$8(R); \$11(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	
22626-208A	Sun 9:00-11:30 am	10 & up starts Apr 26	1 classes \$10(R); \$13(NR)
22626-208B	Sun 9:00-11:30 am	10 & up starts May 31	1 classes \$10(R); \$13(NR)
Lake Artemesia Natural Area		pgparkrangers@pgparks.com	
22626-259B	Sun 9:30-10:45 am	8 - 15yrs. starts May 17	1 classes \$7(R); \$10(NR)
School House Pond		pgparkrangers@pgparks.com	
22626-259A	Sun 9:30-10:45 am	8 - 15yrs. starts Apr 26	1 classes \$7(R); \$10(NR)
22626-259C	Sat 9:30-11:30 am	5 - 15yrs. starts May 16	1 classes \$20(R); \$26(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	
22683-261A	Wed 1:00-2:30 pm	5 - 10yrs. starts Mar 4	1 classes \$6(R); \$8(NR)
22683-261B	Wed 2:30-4:00 pm	11 - 16yrs. starts Mar 4	1 classes \$6(R); \$8(NR)
22683-261C	Wed 1:00-2:30 pm	5 - 10yrs. starts Mar 11	1 classes \$6(R); \$8(NR)
22683-261D	Wed 2:30-4:00 pm	11 - 16yrs. starts Mar 11	1 classes \$6(R); \$8(NR)
22683-261E	Wed 1:00-2:30 pm	5 - 10yrs. starts Mar 18	1 classes \$6(R); \$8(NR)
22683-261F	Wed 2:30-4:00 pm	11 - 16yrs. starts Mar 18	1 classes \$6(R); \$8(NR)
22683-261G	Wed 1:00-2:30 pm	5 - 10yrs. starts Mar 25	1 classes \$6(R); \$8(NR)
22683-261H	Wed 2:30-4:00 pm	11 - 16yrs. starts Mar 25	1 classes \$6(R); \$8(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
22683-277A	Wed 11:30 am-12:30 pm	2 - 6yrs. starts Mar 25	1 classes \$8(R); \$11(NR)
22683-277B	Wed 11:30 am-12:30 pm	2 - 6yrs. starts Apr 22	1 classes \$8(R); \$11(NR)
22683-277C	Wed 11:30 am-12:30 pm	2 - 6yrs. starts May 27	1 classes \$8(R); \$11(NR)



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	
22628-208A	Sat 10:00 am-1:00 pm	11 & up starts May 30	1 classes \$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	
22610-214A	Sun 1:00-1:45 pm	2 & up starts Mar 8	1 classes \$4(R); \$6(NR)
22610-214C	Sun 1:00-1:45 pm	2 & up starts May 3	1 classes \$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	
22674-288A	Thu 10:00-10:45 am	3 - 7yrs. starts Mar 26	1 classes \$4(R); \$6(NR)
22674-288B	Thu 10:00-10:45 am	3 - 7yrs. starts Apr 23	1 classes \$4(R); \$6(NR)
22674-288C	Thu 10:00-10:45 am	3 - 7yrs. starts May 28	1 classes \$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	
22690-214A	Sat 2:00-3:00 pm	2 & up starts Mar 7	1 classes \$10(R); \$13(NR)
22690-214B	Sat 2:00-3:00 pm	2 & up starts Apr 11	1 classes \$10(R); \$13(NR)
22690-214C	Sat 2:00-3:00 pm	2 & up starts May 9	1 classes \$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.

Patuxent River Park		pgparkrangers@pgparks.com	
22694-259A	Sat 9:00 am-12:00 pm	15 & up starts Apr 11	1 classes \$10(R); \$13(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	
22651-208A	Tue 1:00-2:00 pm	6 & up starts Mar 31	1 classes \$4(R); \$6(NR)
22651-208B	Wed 6:30-7:30 pm	16 & up starts May 20	1 classes \$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	
22688-288A	Sat	9:00-11:00 am	10 - 14yrs. starts Mar 14
			1 classes Free
22688-288B	Sat	9:00-11:00 am	10 - 14yrs. starts Apr 11
			1 classes Free
22688-288C	Sat	9:00-11:00 am	10 - 14yrs. starts May 9
			1 classes 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	
22605-208A	Mon	1:00-3:00 pm	3 & up starts Mar 30
			1 classes \$4(R); \$6(NR)
Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22605-214A	Sat	2:00-4:00 pm	All ages starts May 9
			1 classes \$8(R); \$11(NR)
Old Maryland Farm		oldmarylandfarm@pgparks.com	
22605-256A	Thu	11:00 am-12:00 pm	2 - 10yrs. starts Mar 19
			1 classes \$4(R); \$6(NR)
22605-256B	Tue	11:00 am-12:00 pm	2 - 10yrs. starts Mar 31
			1 classes \$4(R); \$6(NR)
22605-256C	Thu	11:00 am-12:00 pm	2 - 10yrs. starts Apr 9
			1 classes \$4(R); \$6(NR)
22605-256D	Tue	11:00 am-12:00 pm	2 - 10yrs. starts Apr 21
			1 classes \$4(R); \$6(NR)
22605-256E	Thu	11:00 am-12:00 pm	2 - 10yrs. starts May 7
			1 classes \$4(R); \$6(NR)
22605-256F	Tue	11:00 am-12:00 pm	2 - 10yrs. starts May 12
			1 classes \$4(R); \$6(NR)
Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22605-288A	Sat	1:00-2:30 pm	4 - 12yrs. starts Mar 28
			1 classes \$6(R); \$8(NR)

Nature Discovery Walk

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

Bladensburg Waterfront Park		bladensburgwp@pgparks.com	
22629-208A	Sun	2:00-3:00 pm	All ages starts Mar 8
			1 classes Free
22629-208B	Sun	2:00-3:00 pm	All ages starts Mar 22
			1 classes Free

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.

Bladensburg Waterfront Park		bladensburgwp@pgparks.com	
22678-208C	Sat	11:00 am-12:30 pm	16 & up starts Mar 21
			1 classes Free
Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22678-214A	Sat	9:00-10:30 am	5 & up starts Mar 28
			1 classes \$5(R); \$7(NR)
22678-214H	Sun	10:30 am-12:00 pm	8 & up starts Apr 12
			1 classes \$6(R); \$8(NR)
22678-214B	Tue	9:00-10:30 am	5 & up starts Apr 14
			1 classes \$5(R); \$7(NR)
22678-214C	Sat	9:00-10:30 am	5 & up starts Apr 18
			1 classes \$5(R); \$7(NR)
22678-214K	Sat	10:30-11:30 am	18 & up starts Apr 18
			1 classes \$4(R); \$6(NR)
22678-214G	Sat	1:30-3:30 pm	9 & up starts May 2
			1 classes \$7(R); \$10(NR)
22678-214D	Tue	9:00-10:30 am	5 & up starts May 12
			1 classes \$5(R); \$7(NR)
22678-214J	Sat	1:00-3:00 pm	18 & up starts May 16
			1 classes \$10(R); \$13(NR)
22678-214I	Sun	9:00-10:30 am	2 & up starts May 17
			1 classes \$4(R); \$6(NR)
22678-214E	Sat	9:00-10:30 am	5 & up starts May 23
			1 classes \$5(R); \$7(NR)
22678-214F	Sat	1:00-3:00 pm	2 & up starts May 23
			1 classes Free
22678-214L	Sat	9:00-10:30 am	5 & up starts May 23
			1 classes \$5(R); \$7(NR)
Patuxent River Park		patuxentriverpark@pgparks.com	
22678-261A	Thu	7:00-8:30 pm	5 & up starts Mar 12
			1 classes Free
22678-261B	Thu	7:30-9:00 pm	5 & up starts Apr 9
			1 classes Free
22678-261C	Thu	8:00-9:30 pm	5 & up starts May 14
			1 classes Free
Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22678-208D	Fri & Sat	4:00-12:00 pm	17 & up starts Apr 17
			2 classes \$15(R); \$20(NR)
Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22630-214A	Sun	2:00-3:30 pm	18 & up starts Mar 29
			1 classes \$5(R); \$7(NR)
22630-214D	Sat	9:00-10:30 am	18 & up starts Apr 11
			1 classes \$5(R); \$7(NR)

Nature Hike: Mixed Ages

Enjoy a Naturalist-led, woodland nature hike.

22630-214B		18 & up	1 classes
Sat	2:00-3:30 pm	starts Apr 25	\$5(R); \$7(NR)
22630-214E		18 & up	1 classes
Tue	9:00-10:30 am	starts May 19	\$5(R); \$7(NR)
22630-214C		18 & up	1 classes
Sun	2:00-3:30 pm	starts May 31	\$5(R); \$7(NR)

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.

Clearwater Nature Center	clearwaturnaturecenter@pgparks.com		
22636-214A		10 & up	1 classes
Fri	7:00-8:30 pm	starts Mar 6	\$6(R); \$8(NR)

Patuxent River Park	patuxentriverpark@pgparks.com		
22636-261A		6 & up	1 classes
Fri	8:00-9:00 pm	starts Apr 17	\$4(R); \$6(NR)

Watkins Nature Center	watkinsnaturecenter@pgparks.com		
22636-288A		7 & up	1 classes
Sat	7:00-8:30 pm	starts Apr 25	\$6(R); \$8(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		
22691-256A		All ages	1 classes
Sat	10:30 am-1:30 pm	starts Mar 21	Free
22691-256B		All ages	1 classes
Sat	10:30 am-1:30 pm	starts May 16	Free

Science: Home-School, Nature Explorers: Mixed Ages

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

Watkins Nature Center	watkinsnaturecenter@pgparks.com		
22607-288A		10 - 14yrs.	2 classes
Tue	2:30-4:00 pm	starts Mar 10	\$20(R); \$26(NR)
22607-288B		10 - 14yrs.	2 classes
Tue	2:30-4:00 pm	starts Apr 14	\$20(R); \$26(NR)
22607-288C		10 - 14yrs.	2 classes
Tue	2:30-4:00 pm	starts May 12	\$20(R); \$26(NR)

Patuxent River Park **patuxentriverpark@pgparks.com**

22630-261A		All ages	1 classes
Sun	10:00-11:00 am	starts Mar 22	\$4(R); \$6(NR)
22630-261B		All ages	1 classes
Sun	10:00-11:00 am	starts Apr 12	Free
22630-259B		All ages	1 classes
Sat	10:00-11:00 am	starts Apr 25	Free

Suitland Bog Natural Area **pgparkrangers@pgparks.com**

22630-259A		All ages	1 classes
Sat	10:00-11:00 am	starts Mar 21	Free

Watkins Nature Center **pgparkrangers@pgparks.com**

22630-259C		All ages	1 classes
Sat	10:00-11:00 am	starts May 23	Free

Nature: Explore Insects, Mixed Ages

Explore the world of insects and learn about their life cycles and how they can be harmful or helpful. A short hike is included to search for some insects in their natural habitat.

Patuxent River Park **patuxentriverpark@pgparks.com**

22645-261A		4 - 16yrs.	1 classes
Sat	10:30 am-12:00 pm	starts Apr 11	\$4(R); \$6(NR)

Nature: Wild Reading

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

Clearwater Nature Center **clearwaturnaturecenter@pgparks.com**

22656-214A		5 - 12yrs.	1 classes
Wed	11:00 am-12:00 pm	starts Mar 18	\$4(R); \$6(NR)
22656-214B		5 - 12yrs.	1 classes
Wed	11:00 am-12:00 pm	starts Apr 15	\$4(R); \$6(NR)
22656-214C		5 - 12yrs.	1 classes
Wed	11:00 am-12:00 pm	starts May 20	\$4(R); \$6(NR)

Night at the Nature Center

Looking for a great overnight adventure? Come to Watkins Nature Center for a "Night at the Nature Center!" Your overnight package of nature fun includes overnight lodging in the nature center (bring your sleeping gear); evening campfire with dinner and s'mores; nocturnal nature walks with one of our experienced naturalists; a continental breakfast, and wake-up animal yoga!

Watkins Nature Center **watkinsnaturecenter@pgparks.com**

22634-288A		6 & up	2 classes
Sat & Sun	6:00 pm-9:00 am	starts Mar 21	\$50(R); \$65(NR)



Science: Mixed Ages, Home-School, Nature Friends

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

Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22614-288A		4 - 6yrs.	2 classes
Tue	10:00-11:00 am	starts Mar 10	\$20(R); \$26(NR)
22614-288B		4 - 6yrs.	2 classes
Tue	10:00-11:00 am	starts Apr 14	\$20(R); \$26(NR)
22614-288C		4 - 6yrs.	3 classes
Tue	10:00-11:00 am	starts May 12	\$20(R); \$26(NR)

Science: Nature, Home-School, Mixed Ages

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

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22606-214A		9 - 14yrs.	1 classes
Fri	1:00-2:30 pm	starts Mar 6	\$10(R); \$13(NR)
22606-214B		9 - 14yrs.	1 classes
Fri	1:00-2:30 pm	starts Apr 3	\$10(R); \$13(NR)
22606-214C		9 - 14yrs.	1 classes
Fri	1:00-2:30 pm	starts May 1	\$10(R); \$13(NR)

Sensory-Friendly Days in Nature

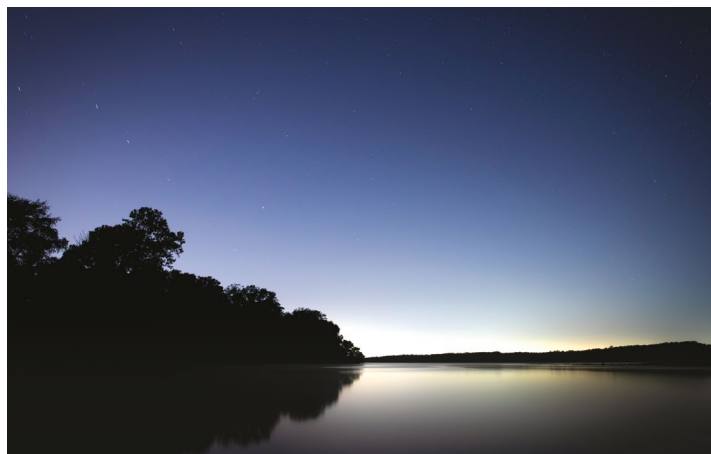
Beat the crowd and visit the Nature Center off-hours for a special self-paced program for those with sensory processing differences. Each sensory-friendly day will feature a "touch table" of animal artifacts, access to sensory play bins and fidget toys, and a fun, easy craft.

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22653-214A		2 & up	1 classes
Sat	9:00-10:30 am	starts Mar 7	\$5(R); \$7(NR)
22653-214B		2 & up	1 classes
Sun	9:00-10:30 am	starts Apr 12	\$5(R); \$7(NR)
22653-214C		2 & up	1 classes
Sat	9:00-10:30 am	starts May 2	\$5(R); \$7(NR)

Stargazing

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

Patuxent River Park		patuxentriverpark@pgparks.com	
22661-261A		All ages	1 classes
Fri	8:00-10:00 pm	starts Mar 20	\$8(R); \$11(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	
22603-259B		10 & up	1 classes
Sat	9:30 am-12:00 pm	starts May 9	\$7(R); \$10(NR)
Watkins Nature Center		pgparkrangers@pgparks.com	
22603-259A		10 & up	1 classes
Sat	9:30 am-12:00 pm	starts Mar 14	\$7(R); \$10(NR)

Wildlife Help 101

Wildlife is all around us, even in our own backyards! With climate change and human-wildlife conflicts, wildlife needs our help more than ever to survive. Are you interested in learning about how to get more involved with our natural world? Do you have a passion for nature? In this class, we'll discuss what to do when you find wildlife (whether orphaned/injured/healthy), how to identify, and the skills on how to stay safe when approaching or handling wildlife.

Clearwater Nature Center		clearwaturnaturecenter@pgparks.com	
22689-214A		16 & up	1 classes
Fri	6:00-8:00 pm	starts May 8	\$15(R); \$20(NR)
22689-214B		16 & up	1 classes
Sat	10:00 am-12:00 pm	starts May 9	\$15(R); \$20(NR)

Wings of Watkins

Come face-to-face with a powerful bird of prey! Learn all about what makes raptors so incredible, then enjoy a thrilling training session and watch a bird take flight in an exciting live demonstration.

Watkins Nature Center		watkinsnaturecenter@pgparks.com	
22692-288A		5 & up	1 classes
Sat	10:30-11:00 am	starts Mar 7	\$3(R); \$4(NR)
22692-288B		5 & up	1 classes
Sat	10:30-11:00 am	starts Apr 4	\$3(R); \$4(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	
23102-207A	3 - 5yrs.	8 classes	
Wed	6:00-7:00 pm	starts Apr 22	\$50(R); \$65(NR)
Kentland Community Center		kentlandcc@pgparks.com	
23102-240A	3 - 5yrs.	4 classes	
Tue	6:00-7:00 pm	starts Apr 7	\$50(R); \$65(NR)
23102-240AA	3 - 5yrs.	4 classes	
Thu	6:00-7:00 pm	starts Apr 9	\$50(R); \$65(NR)
23102-240B	3 - 5yrs.	4 classes	
Tue	6:00-7:00 pm	starts May 12	\$50(R); \$65(NR)
23102-240BB	3 - 5yrs.	4 classes	
Thu	6:00-7:00 pm	starts May 14	\$50(R); \$65(NR)
Palmer Park Community Center		palmerparkcc@pgparks.com	
23102-257A	3 - 5yrs.	4 classes	
Sat	10:00 am-12:00 pm	starts Mar 7	\$40(R); \$52(NR)
23102-257B	3 - 5yrs.	4 classes	
Sat	10:00 am-12:00 pm	starts Apr 4	\$40(R); \$52(NR)
23102-257C	3 - 5yrs.	4 classes	
Sat	10:00 am-12:00 pm	starts May 2	\$40(R); \$52(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	
23103-226A	3 - 4yrs.	9 classes	
Sat	9:00-10:30 am	starts Mar 21	\$60(R); \$78(NR)
Langley Park Community Center		langleyparkcc@pgparks.com	
23103-243B	3 - 5yrs.	8 classes	
Wed	4:00-5:00 pm	starts Mar 18	\$70(R); \$91(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	
23104-227A	3 - 5yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Mar 7	\$35(R); \$46(NR)
23104-227B	3 - 5yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Apr 25	\$35(R); \$46(NR)
Tucker Road Community Center		tuckerroadcc@pgparks.com	
23104-284A	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Mar 4	\$48(R); \$63(NR)
23104-284B	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Apr 22	\$48(R); \$63(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	
23107-223A	3 - 5yrs.	12 classes	
Sat	11:15 am-12:00 pm	starts Mar 7	\$96(R); \$125(NR)
Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
23107-224A	3 - 5yrs.	6 classes	
Tue	6:00-6:45 pm	starts Mar 3	\$48(R); \$63(NR)
23107-224B	3 - 5yrs.	6 classes	
Tue	6:00-6:45 pm	starts Apr 21	\$48(R); \$63(NR)
Lakeland College Park Community Center		collegeparkcc@pgparks.com	
23107-216E	3 - 5yrs.	6 classes	
Wed	5:30-6:30 pm	starts Apr 8	\$35(R); \$46(NR)
23107-216C	3 - 5yrs.	6 classes	
Sat	10:45-11:45 am	starts Apr 11	\$35(R); \$46(NR)
23107-216F	3 - 5yrs.	6 classes	
Wed	6:00-7:00 pm	starts May 27	\$35(R); \$46(NR)
23107-216D	3 - 5yrs.	7 classes	
Sat	10:45-11:45 am	starts May 30	\$35(R); \$46(NR)
Marlow Heights Community Center		marlowheightscc@pgparks.com	
23107-247A	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Mar 7	\$48(R); \$63(NR)
23107-247B	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Apr 25	\$48(R); \$63(NR)
Oakcrest Community Center		oakcrestcc@pgparks.com	
23107-255A	3 - 5yrs.	6 classes	
Tue	6:30-7:15 pm	starts Mar 3	\$48(R); \$63(NR)
23107-255B	3 - 5yrs.	6 classes	
Tue	6:30-7:15 pm	starts Apr 21	\$48(R); \$63(NR)
Potomac Landing Community Center		potomaclandingcc@pgparks.com	
23107-265A	3 - 5yrs.	6 classes	
Thu	6:00-6:45 pm	starts Mar 5	\$48(R); \$63(NR)
23107-265B	3 - 5yrs.	6 classes	
Thu	6:00-6:45 pm	starts Apr 23	\$48(R); \$63(NR)

Creative Movement

Learn dance movements to develop gross motor skills.

Bowie Community Center		bowiecc@pgparks.com	
23108-209A	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Mar 7	\$42(R); \$55(NR)
23108-209B	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Apr 18	\$42(R); \$55(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	
23101-212A	3 - 5yrs.	6 classes	
Sat	10:15-11:00 am	starts Mar 7	\$35(R); \$46(NR)
23101-212B	3 - 5yrs.	6 classes	
Sat	10:15-11:00 am	starts Apr 18	\$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	
23203-207A	6 - 12yrs.	8 classes	
Wed	7:15-8:30 pm	starts Apr 22	\$50(R); \$65(NR)
Kentland Community Center		kentlandcc@pgparks.com	
23203-240A	6 - 12yrs.	4 classes	
Tue	7:00-8:00 pm	starts Apr 7	\$50(R); \$65(NR)
23203-240B	6 - 12yrs.	4 classes	
Tue	7:00-8:00 pm	starts May 12	\$50(R); \$65(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	
23204-227A	6 - 12yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 7	\$35(R); \$46(NR)
23204-227B	6 - 12yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 25	\$30(R); \$39(NR)
Langley Park Community Center		langleyparkcc@pgparks.com	
23204-243A	6 - 12yrs.	8 classes	
Wed	5:15-6:30 pm	starts Mar 18	\$70(R); \$91(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	
23205-224A	6 - 12yrs.	6 classes	
Tue	6:50-7:50 pm	starts Mar 3	\$54(R); \$71(NR)
23205-224B	6 - 12yrs.	6 classes	
Tue	6:50-7:50 pm	starts Apr 21	\$54(R); \$71(NR)

Marlow Heights Community Center		marlowheightscc@pgparks.com	
23205-247A	6 - 12yrs.	6 classes	
Sat	9:50-10:50 am	starts Mar 7	\$54(R); \$71(NR)
23205-247B	6 - 12yrs.	6 classes	
Sat	9:50-10:50 am	starts Apr 25	\$54(R); \$71(NR)

Oakcrest Community Center		oakcrestcc@pgparks.com	
23205-255A	6 - 12yrs.	6 classes	
Tue	7:20-8:20 pm	starts Mar 3	\$54(R); \$71(NR)
23205-255B	6 - 12yrs.	6 classes	
Tue	7:20-8:20 pm	starts Apr 21	\$54(R); \$71(NR)

Potomac Landing Community Center		potomaclandingcc@pgparks.com	
23205-265A	6 - 12yrs.	6 classes	
Thu	6:50-7:50 pm	starts Mar 5	\$54(R); \$71(NR)
23205-265B	6 - 12yrs.	6 classes	
Thu	6:50-7:50 pm	starts Apr 23	\$54(R); \$71(NR)

Southern Region Technology & Recreation		techrec@pgparks.com	
23205-277A	7 - 12yrs.	6 classes	
Sat	10:30-11:30 am	starts Mar 7	\$42(R); \$55(NR)
23205-277B	7 - 12yrs.	6 classes	
Sat	10:30-11:30 am	starts Apr 25	\$42(R); \$55(NR)

Tucker Road Community Center		tuckerroadcc@pgparks.com	
23205-284A	6 - 12yrs.	6 classes	
Wed	7:20-8:20 pm	starts Mar 4	\$54(R); \$71(NR)
23205-284B	6 - 12yrs.	6 classes	
Wed	7:20-8:20 pm	starts Apr 22	\$54(R); \$71(NR)

Westphalia Community Center		westphaliacc@pgparks.com	
23205-290A	6 - 12yrs.	6 classes	
Mon	7:15-8:15 pm	starts Mar 2	\$54(R); \$71(NR)
23205-290B	6 - 12yrs.	5 classes	
Mon	7:15-8:15 pm	starts Apr 20	\$45(R); \$59(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		glenardenc@pgparks.com	
23206-226C	8 - 12yrs.	9 classes	
Sat	12:30-2:30 pm	starts Mar 21	\$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	
23210-209A	8 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Mar 7	\$48(R); \$63(NR)
23210-209B	8 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Apr 18	\$48(R); \$63(NR)
Fairland Sports Complex		fairlandsports@pgparks.com	
23210-223A	6 - 9yrs.	12 classes	
Fri	4:30-5:30 pm	starts Mar 6	\$114(R); \$149(NR)
Lakeland College Park Community Center		collegetparkcc@pgparks.com	
23210-216G	6 - 9yrs.	6 classes	
Wed	6:45-7:45 pm	starts Apr 8	\$35(R); \$46(NR)
23210-216B	6 - 9yrs.	6 classes	
Sat	9:30-10:30 am	starts Apr 11	\$35(R); \$46(NR)
23210-216H	6 - 9yrs.	6 classes	
Wed	7:15-8:15 pm	starts May 27	\$35(R); \$46(NR)
23210-216C	6 - 9yrs.	7 classes	
Sat	9:30-10:30 am	starts May 30	\$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	
23201-212B	6 - 12yrs.	6 classes	
Sat	10:15-11:00 am	starts Apr 18	\$35(R); \$46(NR)
23201-212A	6 - 12yrs.	6 classes	
Sat	10:15-11:00 am	starts Mar 7	\$35(R); \$46(NR)
Glenn Dale Community Center		glenndalecc@pgparks.com	
23201-227A	6 - 12yrs.	6 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$35(R); \$46(NR)
23201-227B	6 - 12yrs.	6 classes	
Sat	12:00-1:00 pm	starts Apr 25	\$35(R); \$46(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.

Glenn Dale Community Center		glenndalecc@pgparks.com	
23212-227AA	6 - 12yrs.	6 classes	
Tue	4:00-4:45 pm	starts Mar 3	\$50(R); \$65(NR)
23212-227BB	6 - 12yrs.	6 classes	
Tue	5:00-5:45 pm	starts Mar 3	\$50(R); \$65(NR)
23212-227CC	6 - 12yrs.	6 classes	
Tue	4:00-4:45 pm	starts Apr 21	\$50(R); \$65(NR)
23212-227DD	6 - 12yrs.	6 classes	
Tue	5:00-5:45 pm	starts Apr 21	\$50(R); \$65(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	
23214-275A	6 - 8yrs.	12 classes	
Sat	8:15-9:15 am	starts Mar 7	\$78(R); \$102(NR)
23214-275B	6 - 8yrs.	12 classes	
Sat	9:30-10:30 am	starts Mar 7	\$78(R); \$102(NR)
23214-275C	9 - 12yrs.	12 classes	
Sat	10:45-11:45 am	starts Mar 7	\$78(R); \$102(NR)

TEENS

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	
23306-275A	13 - 17yrs.	12 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$78(R); \$102(NR)

ADULTS

Belly Dancing: Adults, Beginner

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

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
23404-203A	18 & up	8 classes	
Sat	10:30 am-12:00 pm	starts Mar 14	\$80(R); \$104(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	
23402-204A	18 & up	6 classes	
Wed	6:30-8:00 pm	starts Mar 4	\$48(R); \$63(NR)
23402-204B	18 & up	6 classes	
Wed	6:30-8:00 pm	starts Apr 22	\$48(R); \$63(NR)
Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
23402-224A	18 & up	6 classes	
Thu	6:30-8:00 pm	starts Mar 5	\$48(R); \$63(NR)
23402-224B	18 & up	6 classes	
Thu	6:30-8:00 pm	starts Apr 23	\$48(R); \$63(NR)
John E. Howard Community Center		johnehowardcc@pgparks.com	
23402-238A	18 & up	6 classes	
Mon	6:30-8:00 pm	starts Mar 2	\$48(R); \$63(NR)
23402-238B	18 & up	5 classes	
Mon	6:30-8:00 pm	starts Apr 20	\$40(R); \$52(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	
23401-201A	Tue 1:00-2:30 pm	21 & up starts Mar 24	10 classes \$72(R); \$94(NR)
Bladensburg Community Center		bladensburgcc@pgparks.com	
23401-207A	Mon 2:00-3:30 pm	21 & up starts Mar 2	4 classes \$30(R); \$39(NR)
23401-207B	Mon 2:00-3:30 pm	21 & up starts Mar 30	4 classes \$30(R); \$39(NR)
23401-207C	Mon 2:00-3:30 pm	21 & up starts Apr 27	4 classes \$30(R); \$39(NR)
Glenn Dale Community Center		glenndalecc@pgparks.com	
23401-227A	Mon 7:30-8:30 pm	21 & up starts Mar 2	6 classes \$30(R); \$39(NR)
23401-227B	Mon 7:30-8:30 pm	21 & up starts Apr 20	6 classes \$30(R); \$39(NR)
Harmony Hall Regional Center		harmonyhallrc@pgparks.com	
23401-232A	Mon 6:30-7:30 pm	21 & up starts Mar 2	12 classes \$84(R); \$110(NR)
Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
23401-234A	Sat 12:00-2:30 pm	18 & up starts Mar 7	4 classes \$70(R); \$91(NR)
23401-234B	Sat 12:00-2:30 pm	18 & up starts Apr 4	4 classes \$70(R); \$91(NR)
23401-234C	Sat 12:00-2:30 pm	18 & up starts May 9	4 classes \$70(R); \$91(NR)
Kentland Community Center		kentlandcc@pgparks.com	
23401-240A	Sat 10:00-11:30 am	18 & up starts Apr 4	4 classes \$25(R); \$33(NR)
23401-240B	Sat 10:00-11:30 am	18 & up starts May 9	4 classes \$25(R); \$33(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
23401-246A	Tue 6:00-7:30 pm	50 & up starts Mar 3	12 classes \$60(R); \$78(NR)
Marlow Heights Community Center		marlowheightscc@pgparks.com	
23401-247A	Thu 6:30-7:30 pm	18 & up starts Mar 5	12 classes \$84(R); \$110(NR)
North Forestville Community Center		northforestvillecc@pgparks.com	
23401-253A	Mon 6:30-8:00 pm	30 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23401-253B	Mon 6:30-8:00 pm	18 & up starts Apr 20	5 classes \$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	
23419-201A	Mon 7:00-8:30 pm	21 & up starts Mar 23	10 classes \$72(R); \$94(NR)
Glenn Dale Community Center		glenndalecc@pgparks.com	
23419-227A	Thu 7:00-8:30 pm	21 & up starts Mar 5	6 classes \$30(R); \$39(NR)
23419-227B	Thu 7:00-8:30 pm	21 & up starts Apr 23	6 classes \$30(R); \$39(NR)
Harmony Hall Regional Center		harmonyhallrc@pgparks.com	
23419-232A	Mon 7:30-8:30 pm	18 & up starts Mar 2	12 classes \$91(R); \$119(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
23419-246A	Wed 6:30-7:30 pm	18 & up starts Mar 4	12 classes \$60(R); \$78(NR)
Marlow Heights Community Center		marlowheightscc@pgparks.com	
23419-247A	Thu 7:30-8:30 pm	18 & up starts Mar 5	12 classes \$91(R); \$119(NR)

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

Cedar Heights Community Center		cedarheightscc@pgparks.com	
23413-212A	Sat 12:00-1:00 pm	18 & up starts Mar 7	6 classes \$35(R); \$46(NR)
23413-212B	Sat 12:00-1:00 pm	18 & up starts Apr 18	6 classes \$20(R); \$26(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!

Cedar Heights Community Center		cedarheightscc@pgparks.com	
23407-212C	Tue 9:15-10:15 am	18 & up starts Mar 3	6 classes \$35(R); \$46(NR)
23407-212D	Tue 9:15-10:15 am	18 & up starts Mar 3	6 classes \$35(R); \$46(NR)
23407-212E	Thu 10:00-11:00 am	18 & up starts Mar 5	6 classes \$35(R); \$46(NR)
23407-212A	Sat 10:00-11:00 am	18 & up starts Mar 7	6 classes \$35(R); \$46(NR)
23407-212F	Thu 10:00-11:00 am	18 & up starts Apr 16	6 classes \$35(R); \$46(NR)
23407-212B	Sat 10:00-11:00 am	18 & up starts Apr 18	6 classes \$35(R); \$46(NR)
Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
23407-224A	Mon 6:30-8:00 pm	18 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23407-224B	Mon 6:30-8:00 pm	18 & up starts Apr 20	5 classes \$45(R); \$59(NR)

Glenn Dale Community Center				glenndalecc@pgparks.com
23407-227A	Mon & Wed	6:30-8:00 pm	18 & up starts Mar 2	12 classes \$66(R); \$86(NR)
23407-227D	Tue	10:00-11:30 am	18 & up starts Mar 3	6 classes \$30(R); \$39(NR)
23407-227B	Mon & Wed	6:30-8:00 pm	18 & up starts Apr 20	12 classes \$66(R); \$86(NR)
23407-227E	Tue	10:00-11:30 am	18 & up starts Apr 21	6 classes \$30(R); \$39(NR)
Harmony Hall Regional Center				harmonyhallrc@pgparks.com
23407-232A	Mon	6:30-8:00 pm	18 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23407-232B	Mon	6:30-8:00 pm	18 & up starts Apr 20	5 classes \$45(R); \$59(NR)
Huntington Community Center				huntingtoncc@pgparks.com
23407-235A	Mon	1:00-2:30 pm	18 & up starts Apr 6	8 classes \$40(R); \$52(NR)
Lake Arbor Community Center				lakearborcc@pgparks.com
23407-241A	Thu	6:30-8:00 pm	18 & up starts Mar 5	6 classes \$35(R); \$46(NR)
23407-241B	Thu	6:30-8:00 pm	18 & up starts Apr 16	6 classes \$35(R); \$46(NR)
Marlow Heights Community Center				marlowheightscc@pgparks.com
23407-247A	Wed	6:30-8:00 pm	18 & up starts Mar 4	6 classes \$54(R); \$71(NR)
23407-247B	Wed	6:30-8:00 pm	18 & up starts Apr 22	6 classes \$54(R); \$71(NR)
Patuxent Community Center				patuxentcc@pgparks.com
23407-260A	Tue	6:15-7:15 pm	18 & up starts Mar 3	6 classes \$48(R); \$63(NR)
23407-260B	Tue	6:15-7:15 pm	18 & up starts Apr 21	6 classes \$48(R); \$63(NR)
Stephen Decatur Community Center				stephendecaturcc@pgparks.com
23407-280A	Thu	6:00-7:30 pm	18 & up starts Mar 5	6 classes \$54(R); \$71(NR)
23407-280B	Thu	6:00-7:30 pm	18 & up starts Apr 23	6 classes \$54(R); \$71(NR)
Temple Hills Community Center				templehillsc@pgparks.com
23407-282A	Sat	10:00-11:30 am	18 & up starts Mar 7	6 classes \$48(R); \$63(NR)
23407-282B	Sat	10:00-11:30 am	18 & up starts Apr 25	6 classes \$48(R); \$63(NR)
Tucker Road Community Center				tuckerroadcc@pgparks.com
23407-284A	Mon	6:30-8:00 pm	18 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23407-284B	Mon	6:30-8:00 pm	18 & up starts Apr 20	5 classes \$45(R); \$59(NR)
Upper Marlboro Community Center				uppermarlborocc@pgparks.com
23407-286A	Wed	5:30-6:30 pm	18 & up starts Mar 4	6 classes \$42(R); \$55(NR)
23407-286B	Wed	5:30-6:30 pm	18 & up starts Apr 22	6 classes \$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
23408-212A	Fri	10:00-11:00 am	18 & up starts Mar 6	6 classes \$35(R); \$46(NR)
23408-212C	Sat	12:00-1:00 pm	18 & up starts Mar 7	6 classes \$35(R); \$46(NR)
23408-212B	Fri	10:00-11:00 am	18 & up starts Apr 17	6 classes \$35(R); \$46(NR)
23408-212D	Sat	12:00-1:00 pm	18 & up starts Apr 18	6 classes \$35(R); \$46(NR)
Temple Hills Community Center				templehillsc@pgparks.com
23408-282A	Wed	6:30-8:00 pm	18 & up starts Mar 4	6 classes \$54(R); \$71(NR)
23408-282B	Wed	6:30-8:00 pm	18 & up starts Apr 22	6 classes \$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
23510-211A	Mon	11:00 am-12:30 pm	60 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23510-211D	Mon	12:30-2:00 pm	60 & up starts Mar 2	6 classes \$54(R); \$71(NR)
23510-211B	Mon	11:00 am-12:30 pm	60 & up starts Apr 13	6 classes \$54(R); \$71(NR)
23510-211E	Mon	12:30-2:00 pm	60 & up starts Apr 13	6 classes \$54(R); \$71(NR)
Lake Arbor Community Center				lakearborcc@pgparks.com
23510-241AA	Mon	11:30 am-12:30 pm	60 & up starts Mar 2	6 classes \$50(R); \$65(NR)
23510-241AB	Mon	11:30 am-12:30 pm	60 & up starts Apr 13	6 classes \$50(R); \$65(NR)

Line Dance: Seniors, Beginner

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

Bladensburg Community Center		bladensburgcc@pgparks.com	
23501-207A	60 & up	4 classes	
Fri	10:00-11:00 am	starts Mar 6	\$27(R); \$36(NR)
23501-207B	60 & up	4 classes	
Fri	10:00-11:00 am	starts Apr 3	\$27(R); \$36(NR)
23501-207C	60 & up	4 classes	
Fri	10:00-11:00 am	starts May 1	\$27(R); \$36(NR)
Bowie Community Center		bowiecc@pgparks.com	
23501-209A	60 & up	6 classes	
Thu	11:00 am-12:00 pm	starts Mar 5	\$36(R); \$47(NR)
23501-209B	60 & up	6 classes	
Thu	11:00 am-12:00 pm	starts Apr 16	\$36(R); \$47(NR)
Camp Springs Senior Activity Center		campspringseniors@pgparks.com	
23501-211A	60 & up	4 classes	
Wed	9:30-11:30 am	starts Mar 4	\$15(R); \$20(NR)
23501-211D	60 & up	4 classes	
Sat	9:15-11:15 am	starts Mar 7	\$15(R); \$20(NR)
23501-211B	60 & up	4 classes	
Wed	9:30-11:30 am	starts Apr 1	\$15(R); \$20(NR)
23501-211E	60 & up	4 classes	
Sat	9:15-11:15 am	starts Apr 4	\$15(R); \$20(NR)
23501-211F	60 & up	4 classes	
Sat	9:15-11:15 am	starts May 2	\$15(R); \$20(NR)
23501-211C	60 & up	4 classes	
Wed	9:30-11:30 am	starts May 6	\$15(R); \$20(NR)
Fort Washington Forest Community Center		fortwashingtoncc@pgparks.com	
23501-224A	60 & up	6 classes	
Tue	11:00 am-12:30 pm	starts Mar 3	\$32(R); \$42(NR)
23501-224B	60 & up	6 classes	
Tue	11:00 am-12:30 pm	starts Apr 21	\$32(R); \$42(NR)
Glenn Dale Community Center		glenndalecc@pgparks.com	
23501-227A	60 & up	6 classes	
Fri	10:00-11:30 am	starts Mar 6	Free
23501-227B	60 & up	6 classes	
Fri	10:00-11:30 am	starts Apr 24	Free
Lake Arbor Community Center		lakearborcc@pgparks.com	
23501-241A	60 & up	5 classes	
Mon	9:30-11:00 am	starts Mar 30	\$35(R); \$46(NR)
23501-241B	60 & up	5 classes	
Mon	9:30-11:00 am	starts May 11	\$35(R); \$46(NR)
Langley Park Senior Activity Center		langleyparkseniors@pgparks.com	
23501-244A	60 & up	4 classes	
Mon	11:00 am-12:30 pm	starts Mar 2	\$28(R); \$37(NR)
23501-244B	60 & up	4 classes	
Mon	11:00 am-12:30 pm	starts Apr 6	\$28(R); \$37(NR)
23501-244C	60 & up	4 classes	
Mon	11:00 am-12:30 pm	starts May 4	\$28(R); \$37(NR)
Laurel-Beltsville Senior Activity Ctr		laurelbeltsvilleseniors@pgparks.com	
23501-246A	60 & up	6 classes	
Tue	11:00 am-12:00 pm	starts Mar 3	\$30(R); \$39(NR)
23501-246B	60 & up	6 classes	
Tue	11:00 am-12:00 pm	starts Apr 14	\$30(R); \$39(NR)

Palmer Park Community Center		palmerparkcc@pgparks.com	
23501-257A	60 & up	4 classes	
Wed	6:00-8:00 pm	starts Mar 4	\$24(R); \$32(NR)
23501-257B	60 & up	4 classes	
Wed	6:00-8:00 pm	starts Apr 1	\$24(R); \$32(NR)
23501-257C	60 & up	4 classes	
Wed	6:00-8:00 pm	starts May 6	\$24(R); \$32(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
23501-277A	60 & up	6 classes	
Mon	10:30 am-12:00 pm	starts Mar 2	\$35(R); \$46(NR)
23501-277B	60 & up	5 classes	
Mon	10:30 am-12:00 pm	starts Apr 20	\$30(R); \$39(NR)
Suitland Community Center		suitlandcc@pgparks.com	
23501-281A	60 & up	6 classes	
Tue	12:30-2:00 pm	starts Mar 3	\$24(R); \$32(NR)
23501-281B	60 & up	6 classes	
Tue	12:30-2:00 pm	starts Apr 21	\$24(R); \$32(NR)
Westphalia Community Center		westphaliacc@pgparks.com	
23501-290A	60 & up	6 classes	
Wed	12:00-1:30 pm	starts Mar 4	\$36(R); \$47(NR)
23501-290B	60 & up	6 classes	
Wed	12:00-1:30 pm	starts Apr 22	\$36(R); \$47(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	
23508-207A	60 & up	4 classes	
Fri	11:00 am-12:00 pm	starts Mar 6	\$27(R); \$36(NR)
23508-207B	60 & up	4 classes	
Fri	11:00 am-12:00 pm	starts Apr 3	\$27(R); \$36(NR)
23508-207C	60 & up	4 classes	
Fri	11:00 am-12:00 pm	starts May 1	\$27(R); \$36(NR)
Bowie Community Center		bowiecc@pgparks.com	
23508-209B	60 & up	6 classes	
Thu	12:00-1:00 pm	starts Mar 5	\$36(R); \$47(NR)
23508-209C	60 & up	6 classes	
Thu	12:00-1:00 pm	starts Apr 16	\$36(R); \$47(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	
23502-244A	60 & up	8 classes	
Tue & Thu	9:00-10:00 am	starts Mar 3	\$68(R); \$89(NR)
23502-244B	60 & up	8 classes	
Tue & Thu	9:00-10:00 am	starts Apr 7	\$68(R); \$89(NR)
23502-244C	60 & up	8 classes	
Tue & Thu	9:00-10:00 am	starts May 5	\$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	
23503-244A	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Mar 3	\$68(R); \$89(NR)
23503-244B	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts Apr 7	\$68(R); \$89(NR)
23503-244C	60 & up	8 classes	
Tue & Thu	10:00-11:00 am	starts May 5	\$68(R); \$89(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	
23504-244A	60 & up	8 classes	
Tue & Thu	11:00 am-12:00 pm	starts Mar 3	\$68(R); \$89(NR)
23504-244B	60 & up	8 classes	
Tue & Thu	11:00 am-12:00 pm	starts Apr 7	\$68(R); \$89(NR)
23504-244C	60 & up	8 classes	
Tue & Thu	11:00 am-12:00 pm	starts May 5	\$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	
23634-224A	5 & up	6 classes	
Thu	6:30-7:30 pm	starts Mar 5	\$48(R); \$63(NR)
23634-224B	5 & up	6 classes	
Thu	6:30-7:30 pm	starts Apr 23	\$48(R); \$63(NR)
North Brentwood Community Center		northbrentwoodcc@pgparks.com	
23634-252A	5 & up	6 classes	
Mon	6:30-7:30 pm	starts Mar 2	\$48(R); \$63(NR)
23634-252B	5 & up	6 classes	
Mon	6:30-7:30 pm	starts Apr 13	\$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		glenardenc@pgparks.com	
23604-226B	5 - 7yrs.	9 classes	
Sat	10:30 am-12:30 pm	starts Mar 21	\$100(R); \$130(NR)

Ballet: Mixed Ages

Dance like you are walking on air! Have fun with other kids learning this classical form of dance. Explore the beauty of ballet as you build your muscle strength, increase your self-confidence, and improve your brain's focus for possible better grades. Discover with us how ballet is beneficial for inner and outer wellness.

Seat Pleasant Activity Center		seatpleasantcc@pgparks.com	
23632-273A	3 - 6yrs.	4 classes	
Sat	11:00 am-12:00 pm	starts Mar 21	\$50(R); \$65(NR)
23632-273B	3 - 6yrs.	4 classes	
Sat	11:00 am-12:00 pm	starts Apr 18	\$50(R); \$65(NR)

Dance: Mixed Ages

Did you know dancing is art and poetry in motion? Move into a masterpiece! You'll learn the techniques and foundations of various dances. Improve your self-confidence, social skills, and lift your mood. Try this class and move your way into shape!

Lake Arbor Community Center		lakearborcc@pgparks.com	
23612-241A	6 - 13yrs.	5 classes	
Fri	6:30-8:00 pm	starts Mar 27	\$60(R); \$78(NR)
23612-241B	6 - 13yrs.	5 classes	
Fri	6:30-8:00 pm	starts May 1	\$60(R); \$78(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	
23614-220A	12 - 19yrs.	6 classes	
Wed	5:00-6:30 pm	starts Apr 15	\$60(R); \$78(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
23614-277A	12 - 17yrs.	8 classes	
Tue	6:00-7:30 pm	starts Mar 17	\$120(R); \$156(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!

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
23619-203A	15 & up	10 classes	
Sat	12:00-2:00 pm	starts Mar 7	\$120(R); \$156(NR)
Lake Arbor Community Center		lakearborcc@pgparks.com	
23619-241A	5 & up	4 classes	
Mon	6:30-7:30 pm	starts Mar 2	\$65(R); \$85(NR)
23619-241B	5 & up	4 classes	
Mon	6:30-7:30 pm	starts Mar 30	\$65(R); \$85(NR)
23619-241C	5 & up	4 classes	
Mon	6:30-7:30 pm	starts Apr 27	\$65(R); \$85(NR)
Largo/Kettering/Perrywood Comm. Center		largoketteringperrywoodcc@pgparks.com	
23619-245A	6 & up	8 classes	
Sat	11:00 am-12:00 pm	starts Mar 7	\$35(R); \$46(NR)
South Bowie Community Center		southbowiecc@pgparks.com	
23619-274A	6 & up	8 classes	
Sat	9:15-10:00 am	starts Mar 7	\$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	
23620-241A	5 & up	4 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$65(R); \$85(NR)
23620-241B	5 & up	4 classes	
Wed	6:30-7:30 pm	starts Apr 1	\$65(R); \$85(NR)
23620-241C	5 & up	4 classes	
Wed	6:30-7:30 pm	starts Apr 29	\$65(R); \$85(NR)

Hip-Hop: Mixed Ages, Beginner

Get your kid up and dancing! Hip-hop dance is an aerobic way for children to get healthy while developing memory, judgment, and reasoning skills. This is an art form which builds hip-hop dance techniques and self-confidence the fun way. Sign up and get in on the action!

Lakeland College Park Community Center		collegeparkcc@pgparks.com	
23601-216E	6 - 13yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 11	\$35(R); \$46(NR)
23601-216G	6 - 13yrs.	6 classes	
Sat	11:30 am-12:30 pm	starts Apr 11	\$35(R); \$46(NR)
23601-216F	6 - 13yrs.	7 classes	
Sat	10:00-11:00 am	starts May 30	\$35(R); \$46(NR)
23601-216H	6 - 13yrs.	7 classes	
Sat	11:30 am-12:30 pm	starts May 30	\$35(R); \$46(NR)

Home-School: Dance

This class will teach positions and movements from different medium of dance from ballet to jazz to hip-hop. Dancing brings out feelings of joy while developing memory, judgment, and reasoning skills through this artistic expression with home-schoolers.

Harmony Hall Regional Center		harmonyhallrc@pgparks.com	
23675-232A	8 - 15yrs.	4 classes	
Fri	9:30-10:30 am	starts Mar 13	\$35(R); \$46(NR)
23675-232B	8 - 15yrs.	4 classes	
Fri	9:30-10:30 am	starts Apr 10	\$35(R); \$46(NR)
23675-232C	8 - 15yrs.	4 classes	
Fri	9:30-10:30 am	starts May 8	\$35(R); \$46(NR)

Junior Academy of the Performing Arts

Calling all future stars! Discover your stellar talent and build self confidence in our intensive musical theatre training course. Each day will consist of a rotation of classes in voice, acting and dance. At the end of the session students will put on a fully staged production to wow family and friends.

Clarice Smith Performing Arts Center		arts@pgparks.com	
23643-202A	8 - 13yrs.	14 classes	
Sat	10:00 am-3:00 pm	starts Feb 14	\$525(R); \$683(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		badencc@pgparks.com	
23624-204A	13 & up	6 classes	
Thu	7:00-8:00 pm	starts Mar 5	\$48(R); \$63(NR)
23624-204B	13 & up	6 classes	
Thu	7:00-8:00 pm	starts Apr 23	\$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!

Glenn Dale Community Center		glenndalecc@pgparks.com	
23645-227A	18 & up	6 classes	
Tue	9:00-10:00 am	starts Mar 3	\$30(R); \$39(NR)
23645-227BB	18 & up	6 classes	
Tue	9:00-10:00 am	starts Apr 21	\$30(R); \$39(NR)

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
23645-275A	18 & up	5 classes	
Sun	2:00-3:30 pm	starts Mar 1	\$42.50(R); \$55.50(NR)
23645-275B	18 & up	3 classes	
Sun	2:00-3:30 pm	starts Apr 12	\$25.50(R); \$33.50(NR)
23645-275C	18 & up	4 classes	
Sun	2:00-3:30 pm	starts May 3	\$34(R); \$45(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	
23646-236A	13 & up	6 classes	
Tue	7:00-8:30 pm	starts Mar 3	\$60(R); \$78(NR)
23646-236B	13 & up	6 classes	
Tue	7:00-8:30 pm	starts Apr 21	\$60(R); \$78(NR)
Patuxent Community Center		patuxentcc@pgparks.com	
23646-260A	13 & up	6 classes	
Tue	7:20-8:50 pm	starts Mar 3	\$60(R); \$78(NR)
23646-260B	13 & up	6 classes	
Tue	7:20-8:50 pm	starts Apr 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.

Glassmanor Community Center		glassmanorcc@pgparks.com	
23639-225A	13 & up	6 classes	
Mon	7:00-8:30 pm	starts Mar 2	\$54(R); \$71(NR)
23639-225B	13 & up	5 classes	
Mon	7:00-8:30 pm	starts Apr 20	\$45(R); \$59(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
23639-277B	13 & up	6 classes	
Thu	6:30-8:00 pm	starts Mar 5	\$54(R); \$71(NR)
23639-277D	13 & up	6 classes	
Sat	12:00-1:30 pm	starts Mar 7	\$54(R); \$71(NR)
23639-277C	13 & up	6 classes	
Thu	6:30-8:00 pm	starts Apr 23	\$54(R); \$71(NR)
23639-277E	13 & up	6 classes	
Sat	12:00-1:30 pm	starts Apr 25	\$54(R); \$71(NR)
Stephen Decatur Community Center		stephendecaturcc@pgparks.com	
23639-280A	21 & up	1 classes	
Sat	1:00-4:00 pm	starts Mar 21	\$15(R); \$20(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.

South Bowie Community Center		southbowiecc@pgparks.com	
23615-274A	6 & up	8 classes	
Sat	1:00-2:00 pm	starts Mar 7	\$55(R); \$72(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	
23616-275A	18 & up	12 classes	
Sat	1:15-2:15 pm	starts Mar 7	\$78(R); \$102(NR)
23616-275B	18 & up	12 classes	
Sat	2:30-3:30 pm	starts Mar 7	\$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	
23617-209A	5 - 7yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 7	\$48(R); \$63(NR)
23617-209B	5 - 7yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 18	\$48(R); \$63(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	
176100-232A	18 & up	6 classes	
Wed	6:30-7:45 pm	starts Mar 4	\$60(R); \$78(NR)
176100-232B	18 & up	6 classes	
Wed	6:30-7:45 pm	starts Apr 22	\$60(R); \$78(NR)

Theatre Skills Workshop: Mixed Ages

Steal the spotlight! Discover the excitement of live theatre. Acquire skill in how to stage a play including acting, stage and costume design, and stage presence. Sign up today to build self-confidence and a network of friends as you prepare for a production to show an audience. At the end of our workshop, we will present our play to family and friends.

Kentland Community Center		kentlandcc@pgparks.com	
23626-240A	6 - 13yrs.	4 classes	
Thu	6:30-7:30 pm	starts Apr 2	\$40(R); \$52(NR)
23626-240B	6 - 13yrs.	4 classes	
Thu	6:00-7:00 pm	starts May 7	\$40(R); \$52(NR)

Theatre: Home-School

Get in on the act and explore the high energy of the dramatic arts. Gain an enriching experience with other homeschoolers as you learn the basics of theatre production. Discover what it takes to bring an idea for a play to life on stage and behind the curtains. Grow in your self-confidence and develop in your skills for public or private performances. You will be a hard act to follow when you learn theatre.

Huntington Community Center		huntingtoncc@pgparks.com	
23628-235B	9 - 16yrs.	8 classes	
Thu	1:00-2:30 pm	starts Apr 2	\$50(R); \$65(NR)

Therapeutic Line Dancing

Individuals with disabilities will learn the basic moves of line dancing.

Westphalia Community Center		westphaliacc@pgparks.com	
23674-278B	13 & up	6 classes	
Tue	7:15-8:15 pm	starts Mar 3	\$30(R); \$39(NR)
23674-278 A	13 & up	6 classes	
Wed	7:15-8:15 pm	starts Mar 4	\$30(R); \$39(NR)

Voice: Mixed Ages

Sing out loud and sing out strong! Whether you want to improve for public performance or to achieve your personal best, we will help you develop your ability to sing. Study tone production, breathing, and related singing skills. Build a sense of community with other participants, improve your mental alertness, and decrease your stress levels through this energizing course. Get started today and you will change your tune for the better.

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
23630-203A	16 & up	10 classes	
Tue	6:00-7:30 pm	starts Mar 17	\$120(R); \$156(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!

Gwendolyn Britt Senior Activity Center		gwendolynbrittseniors@pgparks.com	
26504-230A	60 & up	4 classes	
Tue	12:30-1:00 pm	starts Mar 3	\$20(R); \$26(NR)
26504-230B	60 & up	4 classes	
Tue	12:30-1:30 pm	starts Apr 7	\$20(R); \$26(NR)
26504-230C	60 & up	4 classes	
Tue	12:30-1:30 pm	starts May 5	\$20(R); \$26(NR)

MIXED AGES

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	
26605-206A	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts Apr 4	Free
26605-206B	15 & up	1 classes	
Sat	9:00 am-2:00 pm	starts Apr 11	Free
26605-206C	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts Apr 18	Free
26605-206D	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts Apr 25	Free
26605-206F	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts May 16	Free
26605-206G	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts May 23	Free
26605-206H	15 & up	1 classes	
Sat	9:00 am-3:00 pm	starts May 30	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			
27114-204A	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Mar 7	\$48(R); \$63(NR)
27114-204B	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Apr 25	\$48(R); \$63(NR)
Glassmanor Community Center glassmanorcc@pgparks.com			
27114-225A	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Mar 7	\$48(R); \$63(NR)
27114-225B	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Apr 25	\$48(R); \$63(NR)
Hillcrest Heights Community Center hillcrestheightscc@pgparks.com			
27114-234A	3 - 5yrs.	6 classes	
Tue	6:30-7:15 pm	starts Mar 3	\$48(R); \$63(NR)
27114-234B	3 - 5yrs.	6 classes	
Tue	6:30-7:15 pm	starts Apr 21	\$48(R); \$63(NR)
Lakeland College Park Community Center collegeparkcc@pgparks.com			
27114-216C	3 - 5yrs.	6 classes	
Sat	10:30-11:15 am	starts Apr 11	\$35(R); \$46(NR)
27114-216F	3 - 5yrs.	7 classes	
Sat	10:30-11:15 am	starts May 30	\$35(R); \$46(NR)
Marlow Heights Community Center marlowheightscc@pgparks.com			
27114-247A	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Mar 4	\$48(R); \$63(NR)
27114-247B	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Apr 22	\$48(R); \$63(NR)
North Forestville Community Center northforestvillecc@pgparks.com			
27114-253A	4 - 5yrs.	6 classes	
Tue	6:00-6:45 pm	starts Mar 3	\$48(R); \$63(NR)
27114-253C	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Mar 7	\$48(R); \$63(NR)
27114-253B	4 - 5yrs.	6 classes	
Tue	6:00-6:45 pm	starts Apr 21	\$48(R); \$63(NR)
27114-253D	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Apr 25	\$48(R); \$63(NR)
Patuxent Community Center patuxentcc@pgparks.com			
27114-260A	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Mar 4	\$48(R); \$63(NR)
27114-260B	3 - 5yrs.	6 classes	
Wed	6:30-7:15 pm	starts Apr 22	\$48(R); \$63(NR)
Peppermill Community Center peppermillcc@pgparks.com			
27114-262A	3 - 5yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 7	\$50(R); \$65(NR)
27114-262B	3 - 5yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 18	\$50(R); \$65(NR)
Potomac Landing Community Center potomaclandingcc@pgparks.com			
27114-265A	3 - 5yrs.	6 classes	
Sat	9:15-10:00 am	starts Mar 7	\$48(R); \$63(NR)
27114-265B	3 - 5yrs.	6 classes	
Sat	9:15-10:00 am	starts Apr 25	\$30(R); \$39(NR)
Southern Area Aquatics & Recreation Complex saarc@pgparks.com			
27114-275A	3 - 5yrs.	6 classes	
Tue	5:30-6:15 pm	starts Mar 3	\$39(R); \$51(NR)
27114-275C	3 - 5yrs.	6 classes	
Thu	5:30-6:15 pm	starts Mar 5	\$39(R); \$51(NR)
27114-275E	3 - 5yrs.	6 classes	
Sat	8:00-8:45 am	starts Mar 7	\$39(R); \$51(NR)
27114-275B	3 - 5yrs.	6 classes	
Tue	5:30-6:15 pm	starts Apr 21	\$39(R); \$51(NR)
27114-275D	3 - 5yrs.	6 classes	
Thu	5:30-6:15 pm	starts Apr 23	\$39(R); \$51(NR)
27114-275F	3 - 5yrs.	5 classes	
Sat	8:00-8:45 am	starts Apr 25	\$32.50(R); \$42.50(NR)
Southern Region Technology & Recreation techrec@pgparks.com			
27114-277C	3 - 5yrs.	6 classes	
Tue	5:30-6:15 pm	starts Mar 3	\$48(R); \$63(NR)
27114-277A	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Mar 7	\$48(R); \$63(NR)
27114-277D	3 - 5yrs.	6 classes	
Tue	5:30-6:15 pm	starts Apr 21	\$48(R); \$63(NR)
27114-277B	3 - 5yrs.	6 classes	
Sat	9:00-9:45 am	starts Apr 25	\$48(R); \$63(NR)
Stephen Decatur Community Center stephendecaturcc@pgparks.com			
27114-280A	3 - 5yrs.	6 classes	
Mon	6:30-7:15 pm	starts Mar 2	\$48(R); \$63(NR)
27114-280B	3 - 5yrs.	5 classes	
Mon	6:30-7:15 pm	starts Apr 20	\$40(R); \$52(NR)
Suitland Community Center suitlandcc@pgparks.com			
27114-281B	3 - 5yrs.	6 classes	
Mon	6:15-7:00 pm	starts Mar 2	\$48(R); \$63(NR)
27114-281C	3 - 5yrs.	5 classes	
Mon	6:15-7:00 pm	starts Apr 20	\$40(R); \$52(NR)
Tucker Road Community Center tuckerroadcc@pgparks.com			
27114-284A	3 - 5yrs.	6 classes	
Sat	11:00-11:45 am	starts Mar 7	\$48(R); \$63(NR)
27114-284B	3 - 5yrs.	6 classes	
Sat	11:00-11:45 am	starts Apr 25	\$48(R); \$63(NR)
Upper Marlboro Community Center uppermarlborocc@pgparks.com			
27114-286A	3 - 5yrs.	6 classes	
Wed	6:40-7:25 pm	starts Mar 4	\$48(R); \$63(NR)
27114-286B	3 - 5yrs.	6 classes	
Wed	6:40-7:25 pm	starts Apr 22	\$48(R); \$63(NR)

Basketball: Pre-Schoolers

Jumpstart your preschool-aged kids' basketball skills. Your child will be introduced to the sport of basketball and learn the fundamentals of the sport. Parent participation is highly encouraged.

Kentland Community Center		kentlandcc@pgparks.com	
27115-240A	3 - 5yrs.	4 classes	
Mon	6:00-7:00 pm	starts Apr 6	\$40(R); \$52(NR)
27115-240B	3 - 5yrs.	4 classes	
Mon	6:00-7:00 pm	starts May 11	\$40(R); \$52(NR)

Boxing: Pre-School

Introduce your little ones to the basics of boxing in a fun and playful environment. Through engaging activities and simple drills, kids will develop coordination, balance, and confidence. Our friendly instructors create a positive and safe atmosphere where preschoolers can learn fundamental movements, socialize, and have a blast. Perfect for budding athletes with big energy!

Kentland Community Center		kentlandcc@pgparks.com	
27139-240A	3 - 5yrs.	4 classes	
Mon	4:00-4:25 pm	starts Apr 6	\$30(R); \$39(NR)
27139-240AA	3 - 5yrs.	4 classes	
Mon	4:30-4:55 pm	starts Apr 6	\$30(R); \$39(NR)
27139-240B	3 - 5yrs.	4 classes	
Mon	4:00-4:25 pm	starts May 11	\$30(R); \$39(NR)
27139-240BB	3 - 5yrs.	4 classes	
Mon	4:30-4:55 pm	starts May 11	\$30(R); \$39(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		fairlandports@pgparks.com	
27102-223A	4 - 5yrs.	13 classes	
Mon & Fri	5:30-6:15 pm	starts Mar 2	\$195(R); \$254(NR)
27102-223C	4 - 5yrs.	13 classes	
Mon & Fri	6:30-7:15 pm	starts Mar 2	\$195(R); \$254(NR)
27102-223I	3 - 5yrs.	13 classes	
Tue	5:00-5:45 pm	starts Mar 3	\$195(R); \$254(NR)
27102-223F	4 - 5yrs.	13 classes	
Thu	6:00-6:45 pm	starts Mar 5	\$195(R); \$254(NR)
27102-223G	4 - 5yrs.	12 classes	
Sat	10:30-11:15 am	starts Mar 7	\$180(R); \$234(NR)
27102-223H	4 - 5yrs.	12 classes	
Sat	9:30-10:15 am	starts Mar 7	\$180(R); \$234(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27102-268A	4yrs.	12 classes	
Mon	4:30-5:15 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27102-268F	4yrs.	12 classes	
Mon	5:30-6:15 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27102-268G	4yrs.	12 classes	
Mon	6:30-7:15 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27102-268B	4yrs.	13 classes	
Tue	10:00-10:45 am	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27102-268H	4yrs.	13 classes	
Tue	4:30-5:15 pm	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27102-268I	4yrs.	13 classes	
Tue	5:30-6:15 pm	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27102-268J	4yrs.	13 classes	
Wed	4:30-5:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)

27102-268K	4yrs.	13 classes	
Wed	5:30-6:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)
27102-268O	4yrs.	13 classes	
Wed	6:30-7:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)
27102-268D	4yrs.	12 classes	
Thu	4:30-5:15 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27102-268P	4yrs.	12 classes	
Thu	5:30-6:15 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27102-268R	4yrs.	12 classes	
Thu	6:15-7:00 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27102-268E	4yrs.	11 classes	
Sat	9:15-10:00 am	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27102-268L	4yrs.	11 classes	
Sat	10:30-11:15 am	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27102-268M	4yrs.	11 classes	
Sat	11:15 am-12:00 pm	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27102-268N	4yrs.	11 classes	
Sat	12:00-12:45 pm	starts Mar 7	\$168(R); \$219(NR); \$126(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.

Fairland Sports Complex		fairlandports@pgparks.com	
27103-223A	1 - 3yrs.	13 classes	
Tue	10:30-11:15 am	starts Mar 3	\$195(R); \$254(NR)
27103-223B	1 - 3yrs.	12 classes	
Sat	9:30-10:15 am	starts Mar 7	\$180(R); \$234(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27103-268a	1 - 3yrs.	12 classes	
Mon	6:15-7:00 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27103-268B	1 - 3yrs.	13 classes	
Tue	10:45-11:30 am	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27103-268C	1 - 3yrs.	13 classes	
Tue	6:15-7:00 pm	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27103-268E	1 - 3yrs.	11 classes	
Sat	10:00-10:45 am	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27103-268F	1 - 3yrs.	11 classes	
Sat	10:45-11:30 am	starts Mar 7	\$168(R); \$219(NR); \$126(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

27101-2681	5yrs.	12 classes
Mon 5:30-6:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27101-268J	5yrs.	12 classes
Mon 6:30-7:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27101-268H	5yrs.	13 classes
Tue 5:45-6:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27101-268K	5yrs.	25 classes
Tue & Thu 5:45-6:45 pm	starts Mar 3	\$362(R); \$471(NR); \$272(IA)
27101-268F	5yrs.	13 classes
Wed 4:30-5:30 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)
27101-268G	5yrs.	13 classes
Wed 5:30-6:30 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)
27101-268E	5yrs.	12 classes
Thu 6:45-7:45 pm	starts Mar 5	\$201(R); \$262(NR); \$151(IA)
27101-268L	5yrs.	12 classes
Thu 5:45-6:45 pm	starts Mar 5	\$201(R); \$262(NR); \$151(IA)
27101-268A	5yrs.	11 classes
Sat 9:15-10:15 am	starts Mar 7	\$185(R); \$241(NR); \$139(IA)
27101-268B	5yrs.	11 classes
Sat 10:15-11:15 am	starts Mar 7	\$185(R); \$241(NR); \$139(IA)
27101-268C	5yrs.	11 classes
Sat 12:30-1:30 pm	starts Mar 7	\$185(R); \$241(NR); \$139(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

27104-223A	3 - 4yrs.	13 classes
Mon & Fri 4:30-5:15 pm	starts Mar 2	\$195(R); \$254(NR)
27104-223B	3 - 4yrs.	13 classes
Tue 4:00-4:45 pm	starts Mar 3	\$195(R); \$254(NR)
27104-223C	3 - 4yrs.	13 classes
Thu 10:30-11:15 am	starts Mar 5	\$195(R); \$254(NR)
27104-223E	3 - 4yrs.	12 classes
Sat 9:30-10:15 am	starts Mar 7	\$180(R); \$234(NR)
27104-223F	3 - 4yrs.	12 classes
Sat 10:30-11:15 am	starts Mar 7	\$180(R); \$234(NR)

Prince George's Sports & Learning Complex splex-distribution@pgparks.com

27104-268A	3yrs.	12 classes
Mon 4:30-5:15 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27104-268B	3yrs.	12 classes
Mon 5:30-6:15 pm	starts Mar 2	\$183(R); \$238(NR); \$138(IA)
27104-268D	3yrs.	13 classes
Tue 10:00-10:45 am	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27104-268F	3yrs.	13 classes
Tue 4:30-5:15 pm	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27104-268G	3yrs.	13 classes
Tue 5:30-6:15 pm	starts Mar 3	\$199(R); \$259(NR); \$150(IA)
27104-268I	3yrs.	13 classes
Wed 4:30-5:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)
27104-268J	3yrs.	13 classes
Wed 5:30-6:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)

27104-268K	3yrs.	13 classes
Wed 6:30-7:15 pm	starts Mar 4	\$199(R); \$259(NR); \$150(IA)
27104-268C	3 - 5yrs.	12 classes
Thu 5:30-6:15 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27104-268E	3yrs.	12 classes
Thu 6:15-7:00 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27104-268L	3yrs.	12 classes
Thu 4:30-5:15 pm	starts Mar 5	\$183(R); \$238(NR); \$138(IA)
27104-268M	3yrs.	11 classes
Sat 9:15-10:00 am	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27104-268N	3yrs.	11 classes
Sat 10:30-11:15 am	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27104-268O	3yrs.	11 classes
Sat 11:15 am-12:00 pm	starts Mar 7	\$168(R); \$219(NR); \$126(IA)
27104-268P	3yrs.	12 classes
Sat 12:00-12:45 pm	starts Mar 7	\$168(R); \$219(NR); \$126(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

27130-285A	3 - 5yrs.	6 classes
Sat 11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27130-285B	3 - 5yrs.	6 classes
Sat 12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
27130-285C	3 - 5yrs.	6 classes
Sat 12:15-12:45 pm	starts May 9	\$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

27131-285A	3 - 5yrs.	6 classes
Sat 11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27131-285B	3 - 5yrs.	6 classes
Sat 12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
27131-285C	3 - 5yrs.	6 classes
Sat 12:15-12:45 pm	starts May 9	\$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	
27132-285A	3 - 5yrs.	6 classes	
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27132-285B	3 - 5yrs.	6 classes	
Sat	12:15-12:45 pm	starts May 9	\$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	
27133-285A	3 - 5yrs.	6 classes	
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27133-285B	3 - 5yrs.	6 classes	
Sat	11:45 am-12:15 pm	starts May 9	\$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	
27109-227A	3 - 5yrs.	6 classes	
Sat	11:30 am-12:15 pm	starts Mar 7	\$35(R); \$46(NR)
27109-227B	3 - 5yrs.	6 classes	
Sat	11:30 am-12:15 pm	starts Apr 25	\$35(R); \$46(NR)
Kentland Community Center		kentlandcc@pgparks.com	
27109-240A	3 - 5yrs.	4 classes	
Tue	6:00-6:55 pm	starts Apr 7	\$35(R); \$46(NR)
27109-240B	3 - 5yrs.	4 classes	
Tue	6:00-6:55 pm	starts May 12	\$35(R); \$46(NR)



Lakeland College Park Community Center		collegeparkcc@pgparks.com	
27109-216A	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Apr 11	\$35(R); \$46(NR)
27109-216B	3 - 5yrs.	6 classes	
Sat	10:30-11:15 am	starts Apr 11	\$35(R); \$46(NR)
27109-216E	3 - 5yrs.	7 classes	
Sat	9:30-10:15 am	starts May 30	\$35(R); \$46(NR)
27109-216F	3 - 5yrs.	7 classes	
Sat	10:30-11:15 am	starts May 30	\$35(R); \$46(NR)

North Forestville Community Center		northforestvillecc@pgparks.com	
27109-253A	3 - 5yrs.	6 classes	
Sat	11:25 am-12:10 pm	starts Mar 7	\$48(R); \$63(NR)
27109-253B	3 - 5yrs.	6 classes	
Sat	11:25 am-12:10 pm	starts Apr 25	\$48(R); \$63(NR)

Patuxent Community Center		patuxentcc@pgparks.com	
27109-260A	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Mar 7	\$48(R); \$63(NR)
27109-260B	3 - 5yrs.	6 classes	
Sat	9:30-10:15 am	starts Apr 25	\$48(R); \$63(NR)

Potomac Landing Community Center		potomaclandingcc@pgparks.com	
27109-265A	3 - 5yrs.	6 classes	
Mon	5:30-6:15 pm	starts Mar 2	\$48(R); \$63(NR)
27109-265B	3 - 5yrs.	5 classes	
Mon	5:30-6:15 pm	starts Apr 20	\$40(R); \$52(NR)

South Bowie Community Center		southbowiecc@pgparks.com	
27109-274A	3 - 5yrs.	8 classes	
Sat	3:00-4:00 pm	starts Mar 7	\$50(R); \$65(NR)

Tennis: Pre-Schoolers, Beginner

Help your child stay ahead of the game! Our class introduces your pre-schooler to the game of tennis which can jumpstart your kids brain development, hand-eye coordination, lifelong, healthy fitness habits, and self-confidence. Reserve your spot now!

Kentland Community Center		kentlandcc@pgparks.com	
27110-240A	4 - 5yrs.	4 classes	
Tue	4:00-4:55 pm	starts Apr 7	\$40(R); \$52(NR)
27110-240B	4 - 5yrs.	4 classes	
Tue	4:00-4:55 pm	starts May 12	\$40(R); \$52(NR)

Tiny Tots Tennis

A fun and interactive class designed for children aged 4 and 5, accompanied by a parent or guardian. Join us for an exciting playtime that introduces fundamental athletic and movement Intermediate for tennis and other sports. Parents or adults are encouraged to participate in the fun on the court, so don't forget to bring your tennis shoes!

Cosca Tennis Bubble		coscatennisbubble@pgparks.com	
27137-219A	4 - 5yrs.	6 classes	
Mon	5:00-6:00 pm	starts Mar 2	\$54(R); \$71(NR)
27137-219B	4 - 5yrs.	6 classes	
Mon	5:00-6:00 pm	starts Apr 20	\$54(R); \$71(NR)

Fairland Sports Complex		fairlandsports@pgparks.com	
27137-223A	3 - 5yrs.	6 classes	
Wed	11:00 am-12:00 pm	starts Mar 4	\$60(R); \$78(NR)
27137-223B	3 - 5yrs.	6 classes	
Wed	11:00 am-12:00 pm	starts Apr 15	\$60(R); \$78(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 Community Center		berwynheightscc@pgparks.com	
27112-206AAA	6mo - 5yrs.	4 classes	
Sat	10:30-11:15 am	starts Apr 4	\$40(R); \$52(NR)
27112-206BBB	6mo - 5yrs.	4 classes	
Sat	10:30-11:15 am	starts Apr 4	\$40(R); \$52(NR)
27112-206CCC	6mo - 5yrs.	4 classes	
Sat	10:30-11:15 am	starts May 2	\$40(R); \$52(NR)
Berwyn Heights Elementary School		berwynheightscc@pgparks.com	
27112-206AA	6mo - 5yrs.	4 classes	
Sat	9:30-10:15 am	starts Mar 7	\$40(R); \$52(NR)
27112-206B	6mo - 5yrs.	4 classes	
Sat	1:00-1:45 pm	starts Apr 4	\$40(R); \$52(NR)
27112-206BB	6mo - 5yrs.	4 classes	
Sat	9:30-10:15 am	starts Apr 4	\$40(R); \$52(NR)
27112-206C	6mo - 5yrs.	4 classes	
Sat	1:00-1:45 pm	starts May 2	\$40(R); \$52(NR)
27112-206CC	6mo - 5yrs.	4 classes	
Sat	9:30-10:15 am	starts May 2	\$40(R); \$52(NR)
Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
27112-234A	6mo - 5yrs.	4 classes	
Tue	10:00-11:00 am	starts Mar 10	\$35(R); \$46(NR)
27112-234B	6mo - 5yrs.	4 classes	
Tue	10:00-11:00 am	starts Apr 7	\$35(R); \$46(NR)
27112-234C	6mo - 5yrs.	4 classes	
Tue	10:00-11:00 am	starts May 5	\$35(R); \$46(NR)
North Brentwood Community Center		northbrentwoodcc@pgparks.com	
27112-252A	6mo - 5yrs.	8 classes	
Mon & Wed	10:00-10:45 am	starts Mar 2	\$50(R); \$65(NR)
Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
27112-266A	6mo - 5yrs.	6 classes	
Sun	12:00-1:00 pm	starts Mar 8	\$35(R); \$46(NR)
27112-266B	6mo - 5yrs.	7 classes	
Sun	12:00-1:00 pm	starts Apr 26	\$34(R); \$45(NR)

CHILDREN

Basketball Clinic: Children

Do you want to be a basketball star but do not know where to start? Come to our clinic to learn a variety of basketball skills and make friends with other young players. Feel excited as you build team spirit and understand teamwork! We will have lots of fun and get great exercise too.

Southern Area Aquatics & Recreation Complex		saarc@pgparks.com	
27226-275A	8 - 12yrs.	3 classes	
Fri-Sun	9:00 am-9:00 pm	starts May 29	\$100(R); \$130(NR)



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!

Patuxent Community Center		patuxentcc@pgparks.com	
27266-260A	7 - 12yrs.	6 classes	
Wed	7:20-8:20 pm	starts Mar 4	\$54(R); \$71(NR)
27266-260B	7 - 12yrs.	6 classes	
Wed	7:20-8:20 pm	starts Apr 22	\$54(R); \$71(NR)
Westphalia Community Center		westphaliacc@pgparks.com	
27266-290A	6 - 8yrs.	10 classes	
Sat	10:00-11:00 am	starts Mar 7	\$70(R); \$91(NR)
27266-290B	9 - 12yrs.	10 classes	
Sat	11:10 am-12:10 pm	starts Mar 7	\$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!

Glenarden Community Center		glenardenc@pgparks.com	
27227-226A	6 - 8yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts Mar 3	\$40(R); \$52(NR)
27227-226B	9 - 12yrs.	8 classes	
Tue & Thu	7:30-8:30 pm	starts Mar 3	\$40(R); \$52(NR)
27227-226E	6 - 8yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts Apr 7	\$40(R); \$52(NR)
27227-226G	9 - 12yrs.	8 classes	
Tue & Thu	7:30-8:30 pm	starts Apr 7	\$40(R); \$52(NR)
27227-226F	6 - 8yrs.	8 classes	
Tue & Thu	6:30-7:30 pm	starts May 5	\$40(R); \$52(NR)
27227-226H	9 - 12yrs.	8 classes	
Tue & Thu	7:30-8:30 pm	starts May 5	\$40(R); \$52(NR)

Glenn Dale Community Center		glenndalecc@pgparks.com	
27227-227A		6 - 8yrs.	6 classes
Sat	11:15 am-12:15 pm	starts Mar 7	\$35(R); \$46(NR)
27227-227B		9 - 12yrs.	6 classes
Sat	12:30-1:30 pm	starts Mar 7	\$35(R); \$46(NR)
27227-227C		6 - 8yrs.	6 classes
Sat	11:15 am-12:15 pm	starts Apr 25	\$35(R); \$46(NR)
27227-227D		9 - 12yrs.	6 classes
Sat	12:30-1:30 pm	starts Apr 25	\$35(R); \$46(NR)

Hillcrest Heights Community Center		hillcrestheightscc@pgparks.com	
27227-234A		6 - 12yrs.	6 classes
Tue	7:15-8:15 pm	starts Mar 3	\$54(R); \$71(NR)
27227-236A		6 - 12yrs.	6 classes
Fri	6:00-7:00 pm	starts Mar 6	\$54(R); \$71(NR)
27227-234B		6 - 12yrs.	6 classes
Tue	7:20-8:20 pm	starts Apr 21	\$54(R); \$71(NR)
27227-236B		6 - 12yrs.	6 classes
Fri	6:00-7:00 pm	starts Apr 24	\$54(R); \$71(NR)

Lakeland College Park Community Center		collegeparkcc@pgparks.com	
27227-216AA		9 - 12yrs.	6 classes
Sat	11:30 am-12:15 pm	starts Apr 11	\$35(R); \$46(NR)
27227-216E		6 - 8yrs.	6 classes
Sat	9:30-10:15 am	starts Apr 11	\$35(R); \$46(NR)
27227-216BB		9 - 12yrs.	7 classes
Sat	11:30 am-12:15 pm	starts May 30	\$35(R); \$46(NR)
27227-216J		6 - 8yrs.	7 classes
Sat	9:30-10:15 am	starts May 30	\$35(R); \$46(NR)

Marlow Heights Community Center		marlowheightscc@pgparks.com	
27227-247A		6 - 12yrs.	6 classes
Wed	7:20-8:20 pm	starts Mar 4	\$54(R); \$71(NR)
27227-247B		6 - 12yrs.	6 classes
Wed	7:20-8:20 pm	starts Apr 22	\$54(R); \$71(NR)

North Forestville Community Center		northforestvillecc@pgparks.com	
27227-253A		6 - 12yrs.	6 classes
Tue	6:50-7:50 pm	starts Mar 3	\$54(R); \$71(NR)
27227-253B		6 - 12yrs.	6 classes
Tue	6:50-7:50 pm	starts Apr 21	\$54(R); \$71(NR)

Peppermill Community Center		peppermillcc@pgparks.com	
27227-262A		6 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Mar 7	\$50(R); \$65(NR)
27227-262B		6 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Apr 18	\$50(R); \$65(NR)

Prince George's Plaza Community Center		princegeorgesplazacc@pgparks.com	
27227-266A		6 - 8yrs.	7 classes
Sun	1:00-2:00 pm	starts Mar 8	\$40(R); \$52(NR)
27227-266C		6 - 8yrs.	7 classes
Sun	2:00-3:00 pm	starts Mar 8	\$40(R); \$52(NR)
27227-266B		6 - 8yrs.	7 classes
Sun	1:00-2:00 pm	starts May 3	\$40(R); \$52(NR)
27227-266D		9 - 12yrs.	7 classes
Sun	2:00-3:00 pm	starts May 3	\$40(R); \$52(NR)

Seat Pleasant Activity Center		seatpleasantcc@pgparks.com	
27227-273H		7 - 12yrs.	8 classes
Mon & Wed	7:00-7:50 pm	starts Apr 6	\$60(R); \$78(NR)
27227-273G		7 - 12yrs.	8 classes
Mon & Wed	7:00-7:50 pm	starts May 4	\$60(R); \$78(NR)



Stephen Decatur Community Center		stephendecaturcc@pgparks.com	
27227-280A		6 - 12yrs.	6 classes
Mon	7:20-8:20 pm	starts Mar 2	\$54(R); \$71(NR)
27227-280B		6 - 12yrs.	5 classes
Mon	7:20-8:20 pm	starts Apr 20	\$45(R); \$59(NR)

Suitland Community Center		suitlandcc@pgparks.com	
27227-281A		6 - 12yrs.	6 classes
Mon	7:00-8:00 pm	starts Mar 2	\$54(R); \$71(NR)
27227-281B		6 - 12yrs.	5 classes
Mon	7:20-8:20 pm	starts Apr 20	\$45(R); \$59(NR)

Tucker Road Community Center		tuckerroadcc@pgparks.com	
27227-284A		6 - 12yrs.	6 classes
Sat	11:50 am-12:50 pm	starts Mar 7	\$54(R); \$71(NR)
27227-284B		6 - 12yrs.	6 classes
Sat	11:50 am-12:50 pm	starts Apr 25	\$54(R); \$71(NR)

Upper Marlboro Community Center		uppermarborocc@pgparks.com	
27227-286A		6 - 12yrs.	6 classes
Wed	7:30-8:30 pm	starts Mar 4	\$54(R); \$71(NR)
27227-286B		6 - 12yrs.	6 classes
Wed	7:30-8:30 pm	starts Apr 22	\$54(R); \$71(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		badenc@pgparks.com	
27228-204A		6 - 12yrs.	6 classes
Sat	10:15-11:15 am	starts Mar 7	\$54(R); \$71(NR)
27228-204B		6 - 12yrs.	6 classes
Sat	10:15-11:15 am	starts Apr 25	\$54(R); \$71(NR)

Largo/Kettering/Perrywood Comm. Center		largoketteringperrywoodcc@pgparks.com	
27228-245A		6 - 8yrs.	8 classes
Sat	9:45-10:45 am	starts Mar 7	\$55(R); \$72(NR)
27228-245B		9-11yrs.	8 classes
Sat	11:00 am-12:00 pm	starts Mar 7	\$55(R); \$72(NR)
27228-245AA		6 - 8yrs.	4 classes
Sat	9:45-10:45 am	starts May 9	\$25(R); \$33(NR)
27228-245BB		6 - 8yrs.	4 classes
Sat	9:45-10:45 am	starts May 9	\$25(R); \$33(NR)

Southern Area Aquatics & Recreation Complex saarc@pgparks.com

27228-275A		6 - 12yrs.	6 classes
Tue	6:30-7:15 pm	starts Mar 3	\$39(R); \$51(NR)
27228-275C		6 - 12yrs.	6 classes
Thu	6:30-7:15 pm	starts Mar 5	\$39(R); \$51(NR)
27228-275E		6 - 12yrs.	6 classes
Sat	9:00-9:45 am	starts Mar 7	\$39(R); \$51(NR)
27228-275B		6 - 12yrs.	6 classes
Tue	6:30-7:15 pm	starts Apr 21	\$39(R); \$51(NR)
27228-275D		6 - 12yrs.	6 classes
Thu	6:30-7:15 pm	starts Apr 23	\$39(R); \$51(NR)
27228-275F		6 - 12yrs.	5 classes
Sat	9:00-9:45 am	starts Apr 25	\$32.50(R); \$42.50(NR)

Southern Region Technology & Recreation techrec@pgparks.com

27228-277CC		6 - 12yrs.	6 classes
Tue	6:20-7:20 pm	starts Mar 3	\$54(R); \$71(NR)
27228-277A		6 - 12yrs.	6 classes
Sat	9:50-10:50 am	starts Mar 7	\$54(R); \$71(NR)
27228-277DD		6 - 12yrs.	6 classes
Tue	6:20-7:20 pm	starts Apr 21	\$54(R); \$71(NR)
27228-277B		6 - 12yrs.	6 classes
Sat	9:50-10:50 am	starts Apr 25	\$54(R); \$71(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!

Glenn Dale Community Center glenndalecc@pgparks.com

27230-227A		6 - 8yrs.	12 classes
Tue & Thu	5:00-6:00 pm	starts Mar 3	\$60(R); \$78(NR)
27230-227B		9 - 12yrs.	12 classes
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$60(R); \$78(NR)
27230-227C		6 - 8yrs.	12 classes
Tue & Thu	5:00-6:00 pm	starts Apr 21	\$60(R); \$78(NR)
27230-227D		9 - 12yrs.	12 classes
Tue & Thu	6:00-7:00 pm	starts Apr 21	\$60(R); \$78(NR)

Kentland Community Center kentlandcc@pgparks.com

27230-240A		6 - 12yrs.	4 classes
Mon	5:00-6:00 pm	starts Apr 6	\$35(R); \$46(NR)
27230-240B		6 - 12yrs.	4 classes
Mon	5:00-6:00 pm	starts May 11	\$35(R); \$46(NR)

Cheerleading: Children

Celebrities are not the only ones with a squad! Get pumped for awesome team building, tumbles, 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

27231-227A		6 - 8yrs.	6 classes
Sat	1:00-2:00 pm	starts Mar 7	\$35(R); \$46(NR)
27231-227AA		9 - 12yrs.	6 classes
Sat	2:00-3:00 pm	starts Mar 7	\$35(R); \$46(NR)
27231-227B		6 - 8yrs.	6 classes
Sat	1:00-2:00 pm	starts Apr 25	\$35(R); \$46(NR)
27231-227BB		9 - 12yrs.	6 classes
Sat	2:00-3:00 pm	starts Apr 25	\$35(R); \$46(NR)

**Flag Football: Children**

Learn the rules and fundamentals of flag football.

Glenn Dale Community Center glenndalecc@pgparks.com

27245-227A		6 - 8yrs.	6 classes
Sat	10:00-11:00 am	starts Mar 7	\$35(R); \$46(NR)
27245-227B		9 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Mar 7	\$35(R); \$46(NR)
27245-227C		6 - 8yrs.	6 classes
Sat	10:00-11:00 am	starts Apr 25	\$35(R); \$46(NR)
27245-227D		9 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Apr 25	\$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

27212-223A		7 - 12yrs.	13 classes
Wed	4:30-5:30 pm	starts Mar 4	\$216(R); \$281(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

27239-223B		7 - 12yrs.	13 classes
Wed	6:00-7:00 pm	starts Mar 4	\$216(R); \$281(NR)
27239-223C		7 - 12yrs.	12 classes
Sat	12:00-1:00 pm	starts Mar 7	\$200(R); \$260(NR)

Gymnastics: Boys Silver/Gold Level

Raise the bar on your gymnastic skills! Improve your self-confidence as you strive for gymnastics greatness! Prerequisites: Boys Bronze Level or floor skills including: forward and backward rolls, cartwheels, round-offs, and handstand rolls. On the horizontal and parallel bars you'll need to know prior to class: pullovers, back hip circles, pull-ups, tap swings, upper arm support swings, and straddle travels.

Fairland Sports Complex fairlandsports@pgparks.com

27240-223A		7 - 12yrs.	13 classes
Wed	7:00-8:00 pm	starts Mar 4	\$216(R); \$281(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	
27208-223A	7 - 9yrs.	13 classes	
Mon	5:30-6:30 pm	starts Mar 2	\$216(R); \$281(NR)
27208-223B	7 - 9yrs.	13 classes	
Tue	5:00-6:00 pm	starts Mar 3	\$216(R); \$281(NR)
27208-223C	7 - 9yrs.	13 classes	
Wed	5:30-6:30 pm	starts Mar 4	\$216(R); \$281(NR)
27208-223E	7 - 9yrs.	13 classes	
Thu	5:00-6:00 pm	starts Mar 5	\$216(R); \$281(NR)
27208-223F	7 - 9yrs.	13 classes	
Thu	6:00-7:00 pm	starts Mar 5	\$216(R); \$281(NR)
27208-223H	7 - 9yrs.	12 classes	
Sat	11:30 am-12:30 pm	starts Mar 7	\$200(R); \$260(NR)
27208-223I	7 - 9yrs.	12 classes	
Sat	12:30-1:30 pm	starts Mar 7	\$200(R); \$260(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27208-268AA	6 - 8yrs.	12 classes	
Mon	4:30-5:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27208-268B	6 - 8yrs.	12 classes	
Mon	6:30-7:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27208-268C	6 - 8yrs.	12 classes	
Mon	5:30-6:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27208-268D	9 - 12yrs.	12 classes	
Mon	7:30-8:30 pm	starts Mar 2	\$201(R); \$262(NR); \$151(IA)
27208-268E	6 - 8yrs.	25 classes	
Mon & Wed	6:30-7:30 pm	starts Mar 2	\$362(R); \$471(NR); \$272(IA)
27208-268G	9 - 12yrs.	13 classes	
Tue	7:45-8:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27208-268H	6 - 8yrs.	13 classes	
Tue	4:30-5:30 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27208-268I	6 - 8yrs.	13 classes	
Tue	6:45-7:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27208-268J	6 - 8yrs.	13 classes	
Wed	4:30-5:30 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)
27208-268M	6 - 8yrs.	13 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)

27208-268ZZ	6 - 8yrs.	13 classes	
Wed	7:15-8:15 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)
27208-268L	6 - 8yrs.	12 classes	
Thu	4:30-5:30 pm	starts Mar 5	\$218(R); \$284(NR); \$164(IA)
27208-268O	9 - 12yrs.	12 classes	
Thu	5:45-6:45 pm	starts Mar 5	\$201(R); \$262(NR); \$151(IA)
27208-268X	9 - 12yrs.	12 classes	
Thu	7:45-8:45 pm	starts Mar 5	\$201(R); \$262(NR); \$151(IA)
27208-268R	6 - 8yrs.	11 classes	
Sat	9:15-10:15 am	starts Mar 7	\$185(R); \$241(NR); \$139(IA)
27208-268S	6 - 8yrs.	11 classes	
Sat	10:15-11:15 am	starts Mar 7	\$185(R); \$241(NR); \$139(IA)
27208-268T	6 - 8yrs.	11 classes	
Sat	11:30 am-12:30 pm	starts Mar 7	\$185(R); \$241(NR); \$139(IA)
27208-268V	9 - 12yrs.	11 classes	
Sat	12:30-1:30 pm	starts Mar 7	\$185(R); \$241(NR); \$139(IA)

Gymnastics: Girls, Children, Mixed Skills

Become head over heels for gymnastics! Bond with other pre-teen and teen girls in this empowering class of agility. Develop your flexibility, strengthen your mental focus, grow your self-confidence, and expand your social skills with each session. Begin to achieve balance in your life. Reserve your spot and turn your life upside down.

Fairland Sports Complex		fairlandsports@pgparks.com	
27244-223A	10 - 12yrs.	13 classes	
Mon	7:30-8:30 pm	starts Mar 2	\$216(R); \$281(NR)
27244-223B	10 - 12yrs.	13 classes	
Thu	7:00-8:00 pm	starts Mar 5	\$216(R); \$281(NR)

Gymnastics: Girls, Silver Level

Are your gymnastic skills chalked up to what they ought to be? We'll get you Silver medal-worthy for those who have mastered the Bronze level or Floor skills. Get ready to learn forward and backward rolls, cartwheels, bridges, and handstands. Learn bar skills including pullover off block or wall and front support. Learn new skills and improve your self-confidence with this exciting class! Prerequisites: Girls Bronze Level or Floor skills.

Fairland Sports Complex		fairlandsports@pgparks.com	
27210-223B	6 - 10yrs.	13 classes	
Mon	7:30-8:30 pm	starts Mar 2	\$216(R); \$281(NR)
27210-223D	6 - 10yrs.	13 classes	
Tue	7:00-8:00 pm	starts Mar 3	\$216(R); \$281(NR)
27210-223F	6 - 10yrs.	13 classes	
Wed	7:30-8:30 pm	starts Mar 4	\$212(R); \$276(NR)
27210-223G	6 - 10yrs.	13 classes	
Thu	5:00-6:00 pm	starts Mar 5	\$216(R); \$281(NR)
27210-223J	6 - 10yrs.	12 classes	
Sat	11:30 am-12:30 pm	starts Mar 7	\$200(R); \$260(NR)
27210-223K	6 - 10yrs.	12 classes	
Sat	12:30-1:30 pm	starts Mar 7	\$200(R); \$260(NR)



Prince George's Sports & Learning Complex splex-distribution@pgparks.com

27210-268A	6 - 12yrs.	12 classes
Mon 4:30-5:45 pm	starts Mar 2	\$225(R); \$293(NR); \$169(IA)
27210-268B	6 - 12yrs.	12 classes
Mon 7:15-8:30 pm	starts Mar 2	\$225(R); \$293(NR); \$169(IA)
27210-268C	6 - 12yrs.	24 classes
Mon & Thu 4:30-5:45 pm	starts Mar 2	\$387(R); \$504(NR); \$291(IA)
27210-268N	6 - 12yrs.	25 classes
Mon & Wed 7:15-8:30 pm	starts Mar 2	\$403(R); \$524(NR); \$303(IA)
27210-268D	6 - 12yrs.	13 classes
Tue 6:45-8:00 pm	starts Mar 3	\$244(R); \$318(NR)
27210-268E	6 - 12yrs.	25 classes
Tue & Thu 6:45-8:00 pm	starts Mar 3	\$403(R); \$524(NR); \$303(IA)
27210-268F	6 - 12yrs.	13 classes
Wed 5:30-6:45 pm	starts Mar 4	\$244(R); \$318(NR); \$183(IA)
27210-268G	6 - 12yrs.	13 classes
Wed 7:15-8:30 pm	starts Mar 4	\$244(R); \$318(NR); \$183(IA)
27210-268H	6 - 12yrs.	12 classes
Thu 4:30-5:45 pm	starts Mar 5	\$225(R); \$293(NR); \$169(IA)
27210-268I	6 - 12yrs.	12 classes
Thu 6:45-8:00 pm	starts Mar 5	\$225(R); \$293(NR); \$169(IA)
27210-268K	6 - 12yrs.	11 classes
Sat 9:15-10:30 am	starts Mar 7	\$206(R); \$268(NR); \$155(IA)
27210-268L	6 - 12yrs.	11 classes
Sat 11:30 am-12:45 pm	starts Mar 7	\$206(R); \$268(NR); \$155(IA)
27210-268M	6 - 12yrs.	11 classes
Sat 12:30-1:45 pm	starts Mar 7	\$206(R); \$268(NR); \$155(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 fairlandssports@pgparks.com

27209-223B	7 - 12yrs.	13 classes
Tue 6:00-7:00 pm	starts Mar 3	\$216(R); \$281(NR)
27209-223C	7 - 12yrs.	13 classes
Thu 6:00-7:00 pm	starts Mar 5	\$216(R); \$281(NR)
27209-223D	7 - 12yrs.	12 classes
Sat 10:00-11:00 am	starts Mar 7	\$200(R); \$260(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 fairlandssports@pgparks.com

27211-223B	8 - 12yrs.	13 classes
Fri 7:30-8:30 pm	starts Mar 6	\$216(R); \$281(NR)
27211-223C	6 - 8yrs.	13 classes
Fri 6:30-7:30 pm	starts Mar 6	\$216(R); \$281(NR)

**Lacrosse Clinic: Children**

Did you know lacrosse is the official team sport of the state of Maryland? Get in the game with this active clinic designed to introduce beginners to this sport. Learn basic skills including catching, throwing, and cradling the ball. Sticks are available to borrow and participants are encouraged to wear sneakers to be able to fully enjoy this fast-paced game. Register today!

Patuxent Community Center patuxentcc@pgparks.com

27271-260A	6 - 12yrs.	1 classes
Sat 1:00-3:00 pm	starts May 2	\$25(R); \$33(NR)

Roller Skating: Children

Good things come to those who skate! Claim your spot in this action-packed course full of fun and great fitness. Learn to roller skate as you build strength and muscle endurance. Get and stay healthy in this recreational activity which is less stressful on your joints than running. It's a sport that is enjoyable for all ages. That's how we roll!

Glenn Dale Community Center glenndalecc@pgparks.com

27265-227AA	6 - 12yrs.	12 classes
Tue & Thu 5:00-6:00 pm	starts Mar 3	\$55(R); \$72(NR)
27265-227CC	6 - 12yrs.	12 classes
Tue & Thu 5:00-6:00 pm	starts Apr 21	\$55(R); \$72(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.

Glenn Dale Community Center glenndalecc@pgparks.com

27220-227A	6 - 8yrs.	6 classes
Sat 12:30-1:30 pm	starts Mar 7	\$35(R); \$46(NR)
27220-227AA	9 - 12yrs.	6 classes
Sat 1:30-2:30 pm	starts Mar 7	\$35(R); \$46(NR)
27220-227BB	6 - 8yrs.	6 classes
Sat 12:30-1:30 pm	starts Apr 25	\$35(R); \$46(NR)
27220-227C	9 - 12yrs.	6 classes
Sat 1:30-2:30 pm	starts Apr 25	\$35(R); \$46(NR)

Kentland Community Center kentlandcc@pgparks.com

27220-240A	6 - 12yrs.	4 classes
Tue 7:00-8:00 pm	starts Apr 7	\$40(R); \$52(NR)
27220-240B	6 - 12yrs.	4 classes
Tue 5:00-6:00 pm	starts May 12	\$40(R); \$52(NR)

Lake Arbor Community Center lakearborcc@pgparks.com

27220-241A		6 - 8yrs.	6 classes
Tue	6:30-7:30 pm	starts Mar 3	\$35(R); \$46(NR)
27220-241AA		9 - 12yrs.	6 classes
Thu	6:30-8:00 pm	starts Mar 5	\$40(R); \$52(NR)
27220-241B		6 - 8yrs.	6 classes
Tue	6:30-7:30 pm	starts Apr 14	\$35(R); \$46(NR)
27220-241AB		9 - 12yrs.	6 classes
Thu	6:30-8:00 pm	starts Apr 16	\$40(R); \$52(NR)

Lakeland College Park Community Center collegeparkcc@pgparks.com

27220-216D		6 - 10yrs.	6 classes
Sat	11:30 am-12:15 pm	starts Apr 11	\$35(R); \$46(NR)
27220-216G		6 - 10yrs.	7 classes
Sat	11:30 am-12:15 pm	starts May 30	\$35(R); \$46(NR)

Langley Park Community Center langleyparkcc@pgparks.com

27220-243A		6 - 8yrs.	8 classes
Sat	12:30-1:30 pm	starts Mar 14	\$65(R); \$85(NR)

North Brentwood Community Center northbrentwoodcc@pgparks.com

27220-252A		6 - 12yrs.	6 classes
Thu	6:30-7:30 pm	starts Mar 5	\$45(R); \$59(NR)
27220-252B		6 - 12yrs.	6 classes
Thu	6:30-7:30 pm	starts Apr 16	\$45(R); \$59(NR)

North Forestville Community Center northforestvillecc@pgparks.com

27220-253A		6 - 12yrs.	6 classes
Sat	12:15-1:15 pm	starts Mar 7	\$54(R); \$71(NR)
27220-253B		6 - 12yrs.	6 classes
Sat	12:15-1:15 pm	starts Apr 25	\$54(R); \$71(NR)

Patuxent Community Center patuxentcc@pgparks.com

27220-260A		6 - 12yrs.	6 classes
Sat	10:20-11:20 am	starts Mar 7	\$54(R); \$71(NR)
27220-260B		6 - 12yrs.	6 classes
Sat	10:20-11:20 am	starts Apr 25	\$54(R); \$71(NR)

Potomac Landing Community Center potomaclandingcc@pgparks.com

27220-265A		6 - 12yrs.	6 classes
Mon	6:20-7:20 pm	starts Mar 2	\$54(R); \$71(NR)
27220-265B		6 - 12yrs.	5 classes
Mon	6:20-7:20 pm	starts Apr 20	\$45(R); \$59(NR)

Tennis: Children, Beginner

Get your child excited about this sport of kings in our fun-filled beginning tennis class. They will also benefit from a healthy amount of physical activity, brain development that may lead to better grades, improved hand-eye coordination, and increased strength and flexibility. You and your child win when you enroll in this fun and enriching class!

Kentland Community Center kentlandcc@pgparks.com

27221-240A		6 - 12yrs.	4 classes
Tue	5:00-5:55 pm	starts Apr 7	\$50(R); \$65(NR)
27221-240B		6 - 12yrs.	5 classes
Tue	5:00-5:55 pm	starts May 5	\$50(R); \$65(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

27283-219A		9 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Mar 7	\$57(R); \$75(NR)
27283-219B		9 - 12yrs.	6 classes
Sun	12:00-1:00 pm	starts Mar 8	\$57(R); \$75(NR)
27283-219C		9 - 12yrs.	6 classes
Sat	11:00 am-12:00 pm	starts Apr 25	\$57(R); \$75(NR)
27283-219D		9 - 12yrs.	6 classes
Sun	12:00-1:00 pm	starts Apr 26	\$57(R); \$75(NR)

Fairland Sports Complex fairlandsports@pgparks.com

27283-223A		6 - 11yrs.	12 classes
Mon	5:00-6:00 pm	starts Mar 2	\$132(R); \$172(NR)
27283-223B		6 - 11yrs.	12 classes
Tue	5:00-6:00 pm	starts Mar 3	\$132(R); \$172(NR)
27283-223C		6 - 11yrs.	12 classes
Wed	5:00-6:00 pm	starts Mar 4	\$132(R); \$172(NR)
27283-223D		6 - 11yrs.	12 classes
Thu	5:00-6:00 pm	starts Mar 5	\$132(R); \$172(NR)

Watkins Tennis Bubble watkinstennisbubble@pgparks.com

27283-289A		9 - 12yrs.	6 classes
Sat	1:00-2:00 pm	starts Mar 14	\$60(R); \$78(NR)
27283-289B		9 - 12yrs.	6 classes
Sat	1:00-2:00 pm	starts Apr 25	\$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

27284-219A		6 - 9yrs.	6 classes
Sat	10:00-11:00 am	starts Mar 7	\$57(R); \$75(NR)
27284-219B		6 - 9yrs.	6 classes
Sat	10:00-11:00 am	starts Apr 25	\$57(R); \$75(NR)

Watkins Tennis Bubble watkinstennisbubble@pgparks.com

27284-289A		9 - 12yrs.	6 classes
Sat	12:00-1:00 pm	starts Mar 14	\$60(R); \$78(NR)
27284-289B		9 - 12yrs.	6 classes
Sat	12:00-1:00 pm	starts Apr 25	\$60(R); \$78(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	
27280-219A	6 - 8yrs.	6 classes	
Wed	6:00-7:00 pm	starts Mar 4	\$57(R); \$75(NR)
27280-219B	6 - 8yrs.	6 classes	
Thu	5:00-6:00 pm	starts Mar 5	\$57(R); \$75(NR)
27280-219K	9 - 12yrs.	6 classes	
Thu	6:00-7:00 pm	starts Mar 5	\$57(R); \$75(NR)
27280-219C	6 - 8yrs.	6 classes	
Wed	6:00-7:00 pm	starts Apr 22	\$57(R); \$75(NR)
27280-219D	6 - 8yrs.	6 classes	
Thu	5:00-6:00 pm	starts Apr 23	\$57(R); \$75(NR)
27280-219L	9 - 12yrs.	6 classes	
Thu	6:00-7:00 pm	starts Apr 23	\$57(R); \$75(NR)

Fairland Sports Complex		fairlandsports@pgparks.com	
27280-223A	6 - 8yrs.	12 classes	
Mon	4:00-5:00 pm	starts Mar 2	\$132(R); \$172(NR)
27280-223B	6 - 8yrs.	12 classes	
Tue	4:00-5:00 pm	starts Mar 3	\$132(R); \$172(NR)
27280-223C	6 - 8yrs.	12 classes	
Wed	4:00-5:00 pm	starts Mar 4	\$132(R); \$172(NR)
27280-223D	6 - 8yrs.	12 classes	
Wed	6:00-7:00 pm	starts Mar 4	\$132(R); \$172(NR)
27280-223E	6 - 8yrs.	12 classes	
Fri	4:00-5:00 pm	starts Mar 6	\$132(R); \$172(NR)
27280-223F	6 - 8yrs.	12 classes	
Sat	11:00 am-12:00 pm	starts Mar 7	\$132(R); \$172(NR)

Watkins Tennis Bubble		watkinstennisbubble@pgparks.com	
27280-289C	6 - 8yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 14	\$60(R); \$78(NR)
27280-289G	9 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Mar 14	\$60(R); \$78(NR)
27280-289D	6 - 8yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 25	\$60(R); \$78(NR)
27280-289H	9 - 12yrs.	6 classes	
Sat	11:00 am-12:00 pm	starts Apr 25	\$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	
27281-219A	6 - 8yrs.	6 classes	
Mon	6:00-7:00 pm	starts Mar 2	\$57(R); \$75(NR)
27281-219B	6 - 8yrs.	6 classes	
Tue	5:00-6:00 pm	starts Mar 3	\$57(R); \$75(NR)
27281-219C	6 - 8yrs.	6 classes	
Tue	6:00-7:00 pm	starts Mar 3	\$57(R); \$75(NR)
27281-219D	6 - 8yrs.	6 classes	
Mon	6:00-7:00 pm	starts Apr 20	\$57(R); \$75(NR)
27281-219E	6 - 8yrs.	6 classes	
Tue	5:00-6:00 pm	starts Apr 21	\$57(R); \$75(NR)
27281-219F	6 - 8yrs.	6 classes	
Tue	6:00-7:00 pm	starts Apr 21	\$57(R); \$75(NR)

Tennis: Home-School, Children

Tennis starts with LOVE! Get your child excited about this "sport of kings" in our fun-filled class. Tennis players benefit from the exercise, brain development that may lead to better grades, improved hand-eye coordination plus increased strength and flexibility. Register for a win in life and on the court!

Fairland Sports Complex		fairlandsports@pgparks.com	
27250-223A	6 - 12yrs.	12 classes	
Mon	11:00 am-12:00 pm	starts Mar 2	\$120(R); \$156(NR)
27250-223B	6 - 12yrs.	12 classes	
Thu	11:00 am-12:00 pm	starts Mar 5	\$120(R); \$156(NR)
Watkins Tennis Bubble		watkinstennisbubble@pgparks.com	
27250-289A	6 - 12yrs.	6 classes	
Wed	1:00-2:00 pm	starts Mar 4	\$60(R); \$78(NR)
27250-289B	6 - 12yrs.	6 classes	
Wed	1:00-2:00 pm	starts Apr 15	\$60(R); \$78(NR)

Volleyball: Children

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other kids excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

Columbia Park Community Center		columbiaparkcc@pgparks.com	
27273-218A	10 - 12yrs.	16 classes	
Tue & Thu	5:30-6:30 pm	starts Mar 17	\$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	
27318-227A	13 - 17yrs.	6 classes	
Sat	1:30-2:30 pm	starts Mar 7	\$35(R); \$46(NR)
27318-227B	13 - 17yrs.	6 classes	
Sat	1:30-2:30 pm	starts Apr 25	\$35(R); \$46(NR)
Peppermill Community Center		peppermillcc@pgparks.com	
27318-262A	13 - 17yrs.	6 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$50(R); \$65(NR)
27318-262B	13 - 17yrs.	6 classes	
Sat	12:00-1:00 pm	starts Apr 18	\$50(R); \$65(NR)





Basketball: Teens, Advanced Workout

Maximize your potential as a player during the season by dedicating yourself to developing your fundamental skills during the off season. These courses are designed for players to develop the competitive edge needed to succeed.

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

27319-266A		13 - 17yrs.	7 classes
Sun	3:00-4:00 pm	starts Mar 8	\$50(R); \$65(NR)
27319-266B		13 - 17yrs.	7 classes
Sun	3:00-4:00 pm	starts May 3	\$50(R); \$65(NR)

Boxing: Teens

Elevate your boxing game with our Teen Titans Boxing class, crafted for teens aged 13-17! This session is designed to challenge and inspire, focusing on advanced techniques, conditioning, and strategy. Participants will engage in dynamic drills, pad work, and controlled sparring to enhance their skills and physical fitness.

Kentland Community Center kentlandcc@pgparks.com

27343-240A		13 - 17yrs.	4 classes
Mon	6:00-7:00 pm	starts Apr 6	\$35(R); \$46(NR)
27343-240B		13 - 17yrs.	4 classes
Mon	6:00-7:00 pm	starts May 11	\$35(R); \$46(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

27316-268A		13 - 17yrs.	13 classes
Tue	7:45-8:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27316-268B		13 - 17yrs.	12 classes
Thu	7:45-8:45 pm	starts Mar 5	\$201(R); \$262(NR); \$151(IA)

RBI League Juniors

The RBI League Juniors is a community-driven program designed to provide youth with a fun, competitive, and inclusive baseball experience. Hosted by M-NCPPC, Department of Parks and Recreation, this league focuses on skill development, teamwork, and sportsmanship while promoting a love for the game.

Watkins Regional Park	countywidesports@pgparks.com		
27351-299A		13 - 16yrs.	15 classes
Mon & Thu	6:00 am-8:00 pm	starts May 14	\$60(R); \$78(NR)

RBI League Seniors

The RBI League Seniors is a community-driven program designed to provide youth with a fun, competitive, and inclusive baseball experience. Hosted by M-NCPPC, Department of Parks and Recreation, this league focuses on skill development, teamwork, and sportsmanship while promoting a love for the game.

Watkins Regional Park	countywidesports@pgparks.com		
27352-299A		13 - 17yrs.	16 classes
Wed & Thu	6:00-8:00 pm	starts May 13	\$60(R); \$78(NR)

RBI League Softball

The RBI League is a community-driven program designed to provide youth with a fun, competitive, and inclusive softball experience. This league focuses on skill development, teamwork, and sportsmanship while promoting a love for the game.

Walker Mill Regional Park	countywidesports@pgparks.com		
27353-299A		13 - 17yrs.	8 classes
Fri	6:00-8:00 pm	starts May 15	\$60(R); \$78(NR)

Tennis: Advanced 1

High school play level or formal tournament experience.

Fairland Sports Complex fairlandsports@pgparks.com

27304-223C		13 - 17yrs.	12 classes
Fri	5:00-7:00 pm	starts Mar 6	\$216(R); \$281(NR)
27304-223D		13 - 17yrs.	12 classes
Sat	2:00-4:00 pm	starts Mar 7	\$216(R); \$281(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

27302-219A		13 - 17yrs.	6 classes
Sun	11:00 am-12:00 pm	starts Mar 8	\$57(R); \$75(NR)
27302-219B		13 - 17yrs.	6 classes
Sun	11:00 am-12:00 pm	starts Apr 26	\$57(R); \$75(NR)

Kentland Community Center kentlandcc@pgparks.com

27302-240A		13 - 17yrs.	4 classes
Tue	6:00-6:55 pm	starts Apr 7	\$55(R); \$72(NR)
27302-240B		13 - 17yrs.	4 classes
Tue	10:00-11:00 am	starts May 12	\$55(R); \$72(NR)

Watkins Tennis Bubble watkinsennisbubble@pgparks.com

27302-289A		13 - 17yrs.	6 classes
Sat	2:00-3:00 pm	starts Mar 14	\$60(R); \$78(NR)
27302-289B		13 - 17yrs.	6 classes
Sat	2:00-3:00 pm	starts Apr 25	\$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	
27303-219A		13 - 17yrs.	6 classes
Fri	5:00-6:00 pm	starts Mar 6	\$57(R); \$75(NR)
27303-219B		13 - 17yrs.	6 classes
Sat	1:00-2:00 pm	starts Mar 7	\$57(R); \$75(NR)
27303-219C		13 - 17yrs.	6 classes
Fri	5:00-6:00 pm	starts Apr 24	\$57(R); \$75(NR)
27303-219D		13 - 17yrs.	6 classes
Sat	1:00-2:00 pm	starts Apr 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	
27322-218A		13 - 15yrs.	16 classes
Tue & Thu	6:30-7:30 pm	starts Mar 17	\$50(R); \$65(NR)

ADULTS

Gymnastics: Adults

Lift your body and lift your spirits! You can remain flexible at any age when you begin with basic gymnastic skills. We'll show you, in a safe and fun environment, how to become more bendable with your muscles. Sign up today and cultivate comradery with your new friends. Watch your love for gymnastics grow as your strength, balance, and mood improves by the end of our course.

Fairland Sports Complex		fairlandsports@pgparks.com	
27416-223A		18 & up	12 classes
Wed	8:00-9:00 pm	starts Mar 4	\$204(R); \$266(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27416-268C		18 & up	12 classes
Thu	7:30-8:45 pm	starts Mar 5	\$225(R); \$293(NR); \$169(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	
27431-285A		18 & up	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
27431-285B		18 & up	6 classes
Sat	12:15-12:45 pm	starts May 9	\$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	
27432-285A		18 & up	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
27432-285B		18 & up	6 classes
Sat	12:15-12:45 pm	starts May 9	\$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	
27433-285A		18 & up	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
27433-285B		18 & up	6 classes
Sat	11:45 am-12:15 pm	starts May 9	\$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	
27434-285A		18 & up	6 classes
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27434-285B		18 & up	6 classes
Sat	11:45 am-12:15 pm	starts May 9	\$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	
27435-285A		18 & up	6 classes
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
27435-285B		18 & up	6 classes
Sat	11:45 am-12:15 pm	starts May 9	\$90(R); \$117(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	
27429-204A		18 & up	6 classes
Tue	6:30-8:00 pm	starts Mar 3	\$54(R); \$71(NR)
27429-204B		18 & up	6 classes
Tue	6:30-8:00 pm	starts Apr 21	\$54(R); \$71(NR)

Kentland Community Center kentlandcc@pgparks.com

27429-240A		18 & up	4 classes
Thu	12:30-1:30 pm	starts Apr 2	\$25(R); \$33(NR)
27429-240B		18 & up	4 classes
Thu	12:30-1:30 pm	starts May 7	\$25(R); \$33(NR)

North Forestville Community Center northforestvillecc@pgparks.com

27429-253A		18 & up	6 classes
Wed	6:30-8:00 pm	starts Mar 4	\$54(R); \$71(NR)
27429-253B		18 & up	6 classes
Wed	6:30-8:00 pm	starts Apr 22	\$54(R); \$71(NR)

Patuxent Community Center patuxentcc@pgparks.com

27429-260A		18 & up	6 classes
Mon	6:30-8:00 pm	starts Mar 2	\$54(R); \$71(NR)
27429-260E		18 & up	13 classes
Sat	9:00 am-1:30 pm	starts Mar 7	Free
27429-260B		18 & up	5 classes
Mon	6:30-8:00 pm	starts Apr 20	\$45(R); \$59(NR)

Temple Hills Community Center templehillsc@pgparks.com

27429-282A		18 & up	6 classes
Tue	9:00-10:30 am	starts Mar 3	\$54(R); \$71(NR)
27429-282B		18 & up	6 classes
Tue	9:00-10:30 am	starts Apr 21	\$54(R); \$71(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

27402-219A		18 & up	6 classes
Tue	6:00-7:00 pm	starts Mar 3	\$63(R); \$82(NR)
27402-219B		18 & up	6 classes
Fri	6:00-7:00 pm	starts Mar 6	\$63(R); \$82(NR)
27402-219C		18 & up	6 classes
Sun	1:00-2:00 pm	starts Mar 8	\$63(R); \$82(NR)
27402-219D		18 & up	6 classes
Tue	6:00-7:00 pm	starts Apr 21	\$63(R); \$82(NR)
27402-219E		18 & up	6 classes
Fri	6:00-7:00 pm	starts Apr 24	\$63(R); \$82(NR)
27402-219F		18 & up	6 classes
Sun	1:00-2:00 pm	starts Apr 26	\$63(R); \$82(NR)

Fairland Sports Complex fairlandsports@pgparks.com

27402-223A		18 & up	6 classes
Tue	6:00-7:00 pm	starts Mar 3	\$60(R); \$78(NR)
27402-223C		18 & up	6 classes
Sat	10:00-11:00 am	starts Mar 7	\$60(R); \$78(NR)
27402-223B		18 & up	6 classes
Tue	6:00-7:00 pm	starts Apr 14	\$60(R); \$78(NR)
27402-223D		18 & up	6 classes
Sat	10:00-11:00 am	starts Apr 18	\$60(R); \$78(NR)



Watkins Tennis Bubble watkinstennisbubble@pgparks.com

27402-289A		18 & up	6 classes
Sun	3:00-4:00 pm	starts Mar 8	\$60(R); \$78(NR)
27402-289B		18 & up	6 classes
Tue	6:00-7:00 pm	starts Mar 10	\$60(R); \$78(NR)
27402-289D		18 & up	6 classes
Tue	6:00-7:00 pm	starts Apr 21	\$60(R); \$78(NR)
27402-289C		18 & up	6 classes
Sun	3:00-4:00 pm	starts Apr 26	\$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

27403-219A		18 & up	6 classes
Mon	7:00-8:00 pm	starts Mar 2	\$63(R); \$82(NR)
27403-219B		18 & up	6 classes
Sun	7:00-8:00 pm	starts Mar 8	\$63(R); \$82(NR)
27403-219C		18 & up	6 classes
Mon	7:00-8:00 pm	starts Apr 20	\$63(R); \$82(NR)
27403-219D		18 & up	6 classes
Sun	1:00-2:00 pm	starts Apr 26	\$63(R); \$82(NR)

Watkins Tennis Bubble watkinstennisbubble@pgparks.com

27403-289C		18 & up	6 classes
Wed	6:00-7:00 pm	starts Mar 11	\$60(R); \$78(NR)
27403-289D		18 & up	6 classes
Thu	6:00-7:00 pm	starts Mar 12	\$60(R); \$78(NR)
27403-289F		18 & up	6 classes
Wed	6:00-7:00 pm	starts Apr 22	\$60(R); \$78(NR)
27403-289G		18 & up	6 classes
Thu	6:00-7:00 pm	starts Apr 23	\$60(R); \$78(NR)

Tennis: Doubles Drill

Tennis anyone? You've got the moves and we've got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! We'll get you ready for center court!

Fairland Sports Complex		fairlandsports@pgparks.com	
27407-223A		18 & up	12 classes
Mon	12:00-2:00 pm	starts Mar 2	\$264(R); \$344(NR)
27407-223B		18 & up	12 classes
Mon	7:00-9:00 pm	starts Mar 2	\$264(R); \$344(NR)
27407-223C		18 & up	12 classes
Sat	9:00-11:00 am	starts Mar 7	\$264(R); \$344(NR)

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

Watkins Tennis Bubble		watkinstennisbubble@pgparks.com	
27410-289A		18 & up	6 classes
Sun	5:00-7:00 pm	starts Mar 8	\$120(R); \$156(NR)
27410-289B		18 & up	6 classes
Sun	3:00-5:00 pm	starts Apr 26	\$120(R); \$156(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	
27404-219A		18 & up	6 classes
Tue	7:00-8:00 pm	starts Mar 3	\$63(R); \$82(NR)
27404-219B		18 & up	6 classes
Wed	7:00-8:00 pm	starts Mar 4	\$63(R); \$82(NR)
27404-219C		18 & up	6 classes
Sun	2:00-3:00 pm	starts Mar 8	\$63(R); \$82(NR)
27404-219D		18 & up	6 classes
Tue	7:00-8:00 pm	starts Apr 21	\$63(R); \$82(NR)
27404-219E		18 & up	6 classes
Wed	7:00-8:00 pm	starts Apr 22	\$63(R); \$82(NR)
27404-219F		18 & up	6 classes
Sun	2:00-3:00 pm	starts Apr 26	\$63(R); \$82(NR)

Fairland Sports Complex		fairlandsports@pgparks.com	
27404-223B		18 & up	12 classes
Mon	7:00-9:00 pm	starts Mar 2	\$264(R); \$344(NR)
27404-223A		18 & up	12 classes
Thu	7:00-9:00 pm	starts Mar 5	\$264(R); \$344(NR)
27404-223C		18 & up	12 classes
Sat	8:30-10:00 am	starts Mar 7	\$198(R); \$258(NR)

Tennis: Intermediate 2

Learn advanced tennis skills.

Cosca Tennis Bubble		coscatennisbubble@pgparks.com	
27405-219A		18 & up	6 classes
Thu	7:00-8:00 pm	starts Mar 5	\$63(R); \$82(NR)
27405-219B		18 & up	6 classes
Sun	2:00-3:00 pm	starts Mar 8	\$63(R); \$82(NR)
27405-219C		18 & up	6 classes
Thu	7:00-8:00 pm	starts Apr 23	\$63(R); \$82(NR)
27405-219D		18 & up	6 classes
Sun	2:00-3:00 pm	starts Apr 26	\$63(R); \$82(NR)

Tennis: Technique Drills, Beginner

Don't throw in the towel! Learn drills and techniques with play, positioning, and strategy work. You'll improve your fitness level and build self-confidence as you achieve your tennis goals. Take this class to perfect your backhand and get the advantage!

Kentland Community Center		kentlandcc@pgparks.com	
27408-240A		18 & up	4 classes
Tue	7:00-7:55 pm	starts Apr 7	\$65(R); \$85(NR)
27408-240fit		18 & up	4 classes
Tue	11:00 am-12:00 pm	starts May 12	\$65(R); \$85(NR)

Tennis: Technique Drills, Intermediate

Classes feature drills and technique with play, positioning, and strategy work.

Fairland Sports Complex		fairlandsports@pgparks.com	
27411-223A		18 & up	12 classes
Tue	7:00-9:00 pm	starts Mar 3	\$264(R); \$344(NR)
27411-223B		18 & up	12 classes
Fri	11:00 am-1:00 pm	starts Mar 6	\$264(R); \$344(NR)

MIXED AGES

Baseball Skills: Mixed Ages

Baseball classes designed to improve hitting techniques, proper stance, and hand placement.

Riverdale Park		countywidesports@pgparks.com	
27696-299K		5 - 6yrs.	6 classes
Tue	6:00-6:50 pm	starts Apr 7	\$60(R); \$78(NR)

Tucker Road Community Park/Athletic Complex		countywidesports@pgparks.com	
27696-299G		5 - 6yrs.	5 classes
Mon	6:00-6:50 pm	starts Apr 13	\$60(R); \$78(NR)

Walker Mill Regional Park		countywidesports@pgparks.com	
27696-299J		5 - 6yrs.	1 classes
Thu	6:00-6:50 pm	starts May 14	\$60(R); \$78(NR)

Watkins Regional Park		countywidesports@pgparks.com	
27696-299H		5 - 6yrs.	5 classes
Wed	6:00-6:50 pm	starts Apr 15	\$60(R); \$78(NR)



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	
27627-273F		3 - 6yrs.	8 classes
Mon & Wed	6:00-6:50 pm	starts Apr 6	\$60(R); \$78(NR)
27627-273E		3 - 6yrs.	8 classes
Mon & Wed	6:00-6:50 pm	starts May 4	\$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 Brentwood Community Center		northbrentwoodcc@pgparks.com	
27667-252A		4 - 6yrs.	8 classes
Sat	12:15-1:15 pm	starts Mar 7	\$64(R); \$84(NR)
27667-252B		4 - 6yrs.	8 classes
Sat	12:15-1:15 pm	starts May 2	\$64(R); \$84(NR)
North Forestville Community Center		northforestvillecc@pgparks.com	
27667-253A		6 - 13yrs.	6 classes
Sat	10:20-11:20 am	starts Mar 7	\$54(R); \$71(NR)
27667-253B		6 - 13yrs.	6 classes
Sat	10:20-11:20 am	starts Apr 25	\$54(R); \$71(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.

Bladensburg Community Center		bladensburgcc@pgparks.com	
27629-207A		6 - 16yrs.	8 classes
Thu	7:00-8:00 pm	starts Mar 26	\$40(R); \$52(NR)
South Bowie Community Center		southbowiecc@pgparks.com	
27629-274A		10 - 15yrs.	8 classes
Sat	2:00-3:00 pm	starts Mar 7	\$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.

Bladensburg Community Center		bladensburgcc@pgparks.com	
27628-207A		6 - 16yrs.	8 classes
Tue	7:00-8:00 pm	starts Mar 31	\$40(R); \$52(NR)

South Bowie Community Center		southbowiecc@pgparks.com	
27628-274A		5 - 8yrs.	8 classes
Sat	11:30 am-12:30 pm	starts Mar 7	\$50(R); \$65(NR)
27628-274B		9 - 15yrs.	8 classes
Sat	12:45-1:45 pm	starts Mar 7	\$50(R); \$65(NR)

Basketball: Shooting Skills

Shoot and score! Join us to improve your free throw and jump shot. Build your basic basketball fundamentals while meeting new friends. We will be using a shooting machine to allow you to reach your potential!

Bladensburg Community Center		bladensburgcc@pgparks.com	
276010-207A		10 - 17yrs.	8 classes
Mon	7:00-8:00 pm	starts Mar 16	\$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!

Potomac Landing Community Center		potomaclandingcc@pgparks.com	
27631-265A		5 - 13yrs.	6 classes
Wed	6:30-7:30 pm	starts Mar 4	\$54(R); \$71(NR)
27631-265B		5 - 13yrs.	6 classes
Wed	6:30-7:30 pm	starts Apr 22	\$54(R); \$71(NR)
Westphalia Community Center		westphaliacc@pgparks.com	
27631-290A		5 - 13yrs.	4 classes
Mon	6:00-7:00 pm	starts Mar 2	\$36(R); \$47(NR)
27631-290B		5 - 13yrs.	4 classes
Mon	6:00-7:00 pm	starts Apr 6	\$36(R); \$47(NR)
27631-290C		5 - 13yrs.	3 classes
Mon	6:00-7:00 pm	starts May 4	\$27(R); \$36(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.

Bladensburg Community Center		bladensburgcc@pgparks.com	
276033-207A	8 - 13yrs.	8 classes	
Wed & Fri	6:00-8:00 pm	starts Mar 18	\$40(R); \$52(NR)
276033-207B	8 - 13yrs.	10 classes	
Wed & Fri	6:00-7:00 pm	starts Apr 22	\$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.

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27657-268A	6 & up	13 classes	
Tue	6:45-8:00 pm	starts Mar 3	\$244(R); \$318(NR); \$183(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	
27634-223A	5 - 8yrs.	13 classes	
Wed	5:00-5:45 pm	starts Mar 4	\$195(R); \$254(NR)
27634-223B	5 - 8yrs.	12 classes	
Sat	11:00-11:45 am	starts Mar 7	\$180(R); \$234(NR)

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27634-268B	5 - 8yrs.	13 classes	
Tue	4:30-5:30 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27634-268C	5 - 8yrs.	13 classes	
Tue	5:45-6:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27634-268F	9 - 17yrs.	13 classes	
Tue	7:45-8:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27634-268A	5 - 8yrs.	13 classes	
Wed	6:30-7:30 pm	starts Mar 4	\$218(R); \$284(NR); \$164(IA)
27634-268E	5 - 8yrs.	11 classes	
Sat	9:15-10:15 am	starts Mar 7	\$185(R); \$241(NR); \$139(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	
27608-223A	5 - 6yrs.	13 classes	
Mon	4:30-5:15 pm	starts Mar 2	\$195(R); \$254(NR)
27608-223B	5 - 6yrs.	13 classes	
Mon	6:30-7:15 pm	starts Mar 2	\$195(R); \$254(NR)
27608-223C	5 - 6yrs.	13 classes	
Tue	4:15-5:00 pm	starts Mar 3	\$195(R); \$254(NR)
27608-223D	5 - 6yrs.	13 classes	
Tue	5:00-5:45 pm	starts Mar 3	\$195(R); \$254(NR)
27608-223E	5 - 6yrs.	13 classes	
Wed	4:30-5:15 pm	starts Mar 4	\$195(R); \$254(NR)
27608-223G	5 - 6yrs.	13 classes	
Thu	4:15-5:00 pm	starts Mar 5	\$195(R); \$254(NR)
27608-223H	5 - 6yrs.	12 classes	
Sat	11:30 am-12:15 pm	starts Mar 7	\$180(R); \$234(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	
27609-268A	7 - 17yrs.	12 classes	
Mon	7:00-8:15 pm	starts Mar 2	\$225(R); \$293(NR); \$169(IA)
27609-268B	7 - 17yrs.	25 classes	
Mon & Wed	7:00-8:15 pm	starts Mar 2	\$403(R); \$524(NR); \$303(IA)
27609-268C	7 - 17yrs.	13 classes	
Tue	5:45-7:00 pm	starts Mar 3	\$244(R); \$318(NR); \$183(IA)
27609-268D	7 - 17yrs.	25 classes	
Tue & Thu	5:45-7:00 pm	starts Mar 3	\$403(R); \$524(NR); \$303(IA)
27609-268E	7 - 17yrs.	13 classes	
Wed	7:00-8:15 pm	starts Mar 4	\$244(R); \$318(NR); \$183(IA)
27609-268F	7 - 17yrs.	12 classes	
Thu	5:45-7:00 pm	starts Mar 5	\$225(R); \$293(NR); \$169(IA)
27609-268I	7 - 17yrs.	12 classes	
Thu	6:45-8:00 pm	starts Mar 5	\$225(R); \$293(NR); \$169(IA)
27609-268G	7 - 17yrs.	11 classes	
Sat	9:15-10:30 am	starts Mar 7	\$206(R); \$268(NR); \$155(IA)
27609-268H	7 - 17yrs.	11 classes	
Sat	11:30 am-12:45 pm	starts Mar 7	\$206(R); \$268(NR); \$155(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	
27642-223A	12 - 17yrs.	13 classes	
Wed	7:30-8:30 pm	starts Mar 4	\$216(R); \$281(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	
27610-268E	8 - 17yrs.	25 classes	
Mon & Wed	7:00-8:30 pm	starts Mar 2	\$436(R); \$567(NR); \$327(IA)
27610-268F	8 - 17yrs.	12 classes	
Mon	7:00-8:30 pm	starts Mar 2	\$243(R); \$316(NR); \$183(IA)
27610-268A	8 - 17yrs.	13 classes	
Tue	7:00-8:30 pm	starts Mar 3	\$264(R); \$344(NR); \$198(IA)
27610-268B	8 - 17yrs.	25 classes	
Tue & Thu	7:00-8:30 pm	starts Mar 3	\$436(R); \$567(NR); \$327(IA)
27610-268D	8 - 17yrs.	13 classes	
Wed	7:00-8:30 pm	starts Mar 4	\$264(R); \$344(NR); \$198(IA)
27610-268C	8 - 17yrs.	12 classes	
Thu	7:00-8:30 pm	starts Mar 5	\$243(R); \$316(NR); \$183(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	
27640-223A	8 - 17yrs.	13 classes	
Tue	7:00-8:30 pm	starts Mar 3	\$264(R); \$344(NR)
27640-223B	8 - 17yrs.	13 classes	
Thu	7:00-8:30 pm	starts Mar 5	\$264(R); \$344(NR)

Gymnastics: Home-School, Coed, Bronze Level

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	
27613-268A	4 - 6yrs.	13 classes	
Tue	1:00-2:00 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)
27613-268B	7 - 17yrs.	13 classes	
Tue	1:00-2:00 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)

Gymnastics: Home-School, Girls, Silver & Gold

Improve your gymnastic skills with us! Get ready to learn bridges, round-offs, and handstand rolls. We'll introduce you to more difficult tumbling skills. Gain knowledge of bar skills including pullovers, tap swings, and casting to back hip circle. Enjoy the strength, discipline, coordination, and balance which gymnastics continues to develop at this level. Prerequisites: girls bronze level or home school bronze level.

Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27671-268A	6 - 17yrs.	13 classes	
Tue	2:00-3:00 pm	starts Mar 3	\$218(R); \$284(NR); \$164(IA)

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	
27617-268A	7 - 17yrs.	13 classes	
Wed	7:30-8:45 pm	starts Mar 4	\$244(R); \$318(NR); \$183(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.

Fairland Sports Complex		fairlandsports@pgparks.com	
27615-223A	8 - 13yrs.	12 classes	
Tue	7:00-8:00 pm	starts Mar 3	\$183(R); \$238(NR)
Prince George's Sports & Learning Complex		splex-distribution@pgparks.com	
27615-268A	6 - 17yrs.	13 classes	
Tue	7:45-8:45 pm	starts Mar 3	\$218(R); \$284(NR); \$164(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	
27616-268A	6 - 17yrs.	13 classes	
Wed	7:30-8:45 pm	starts Mar 4	\$244(R); \$318(NR); \$183(IA)

Home-School: Boxing

Come learn the basics of boxing in a fun and playful environment. Through engaging activities and simple drills, youth will develop coordination, balance, and confidence. Our friendly instructors create a positive and safe atmosphere for learning fundamental movements, and socializing with home-schoolers.

Westphalia Community Center		westphaliacc@pgparks.com	
276111-290A	8 - 15yrs.	4 classes	
Mon	10:30-11:30 am	starts Mar 9	\$35(R); \$46(NR)
276111-290B	8 - 15yrs.	4 classes	
Mon	10:30-11:30 am	starts Apr 6	\$35(R); \$46(NR)
276111-290C	8 - 15yrs.	4 classes	
Mon	10:30-11:30 am	starts May 4	\$35(R); \$46(NR)

Home-School: Cheer

Get pumped for awesome team building, confidence-raising, and improved strength! Learn basic jumps, get great exercise, and have tons of fun with home-schoolers.

Harmony Hall Regional Center		harmonyhallrc@pgparks.com	
276112-232A	8 - 15yrs.	4 classes	
Fri	11:00 am-12:00 pm	starts Mar 13	\$35(R); \$46(NR)
276112-232B	8 - 15yrs.	4 classes	
Fri	11:00 am-12:00 pm	starts Apr 10	\$35(R); \$46(NR)
276112-232C	8 - 15yrs.	4 classes	
Fri	11:00 am-12:00 pm	starts May 8	\$35(R); \$46(NR)
Huntington Community Center		huntingtoncc@pgparks.com	
276112-235	5 - 13yrs.	8 classes	
Tue	1:00-2:00 pm	starts Apr 7	\$50(R); \$65(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	
276012-285A	6 - 16yrs.	6 classes	
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
276012-285B	6 - 16yrs.	6 classes	
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
276012-285C	6 - 16yrs.	6 classes	
Sat	12:15-12:45 pm	starts May 9	\$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	
276013-285A		6 - 16yrs.	6 classes
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
276013-285B		6 - 16yrs.	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
276013-285C		6 - 16yrs.	6 classes
Sat	12:15-12:45 pm	starts May 9	\$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	
276014-285A		6 - 16yrs.	6 classes
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
276014-285B		6 - 16yrs.	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
276014-285C		6 - 16yrs.	6 classes
Sat	11:45 am-12:15 pm	starts May 9	\$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	
276015-285A		6 - 16yrs.	6 classes
Sat	11:45 am-12:15 pm	starts Mar 7	\$90(R); \$117(NR)
276015-285B		6 - 16yrs.	6 classes
Sat	12:15-12:45 pm	starts Mar 7	\$90(R); \$117(NR)
276015-285C		6 - 16yrs.	6 classes
Sat	11:45 am-12:15 pm	starts May 9	\$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	
276016-285A		6 - 16yrs.	6 classes
Sat	11:15-11:45 am	starts Mar 7	\$90(R); \$117(NR)
276016-285B		6 - 16yrs.	6 classes
Sat	11:15-11:45 am	starts May 9	\$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	
276017-285A		6 - 16yrs.	6 classes
Sat	11:15-11:45 am	starts Mar 7	\$90(R); \$117(NR)
276017-285B		6 - 16yrs.	6 classes
Sat	11:15-11:45 am	starts May 9	\$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	
276018-285A		9 & up	6 classes
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276018-285B		9 & up	6 classes
Sat	11:00-11:45 am	starts May 9	\$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	
276019-285A		9 & up	6 classes
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276019-285B		9 & up	6 classes
Sat	11:00-11:45 am	starts May 9	\$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	
276020-285A		9 & up	6 classes
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276020-285B		9 & up	6 classes
Sat	11:00-11:45 am	starts May 9	\$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	
276021-285A		9 & up	6 classes
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276021-285B		9 & up	6 classes
Sat	11:00-11:45 am	starts May 9	\$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	
276022-285A	9 & up	6 classes	
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276022-285B	9 & up	6 classes	
Sat	11:00-11:45 am	starts May 9	\$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	
276023-285A	9 & up	6 classes	
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276023-285B	9 & up	6 classes	
Sat	11:00-11:45 am	starts May 9	\$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	
276024-257A	18 & up	4 classes	
Tue	12:30-1:30 pm	starts Mar 3	\$20(R); \$26(NR)
276024-257B	18 & up	4 classes	
Tue	12:30-1:30 pm	starts Apr 7	\$20(R); \$26(NR)
276024-257C	18 & up	4 classes	
Tue	12:30-1:30 pm	starts May 5	\$20(R); \$26(NR)
Patuxent Community Center		patuxentcc@pgparks.com	
276024-260A	18 & up	6 classes	
Thu	6:30-8:00 pm	starts Mar 5	\$60(R); \$78(NR)
276024-260B	18 & up	6 classes	
Thu	6:30-8:00 pm	starts Apr 23	\$60(R); \$78(NR)



Skate: Pre-Free Skate

Learn the foundational skills for free skate level skating. Begin learning forward inside open mohawk from standstill position and backward crossovers to a backward outside edge glide, clockwise and counterclockwise. Work on backward outside edge to a forward outside edge transition, clockwise and counterclockwise. Also, work on one-foot upright spin, mazurka, and waltz jump.

Tucker Road Ice Rink		tuckerroadicerink@pgparks.com	
276104-285A	6 - 50yrs.	6 classes	
Sat	11:00-11:45 am	starts Mar 7	\$110(R); \$143(NR)
276104-285B	6 - 50yrs.	7 classes	
Sat	11:00-11:45 am	starts May 9	\$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	
27603-243B	9 - 13yrs.	8 classes	
Sat	1:30-2:30 pm	starts Mar 14	\$65(R); \$85(NR)
Peppermill Community Center		peppermillcc@pgparks.com	
27603-262C	6 - 12yrs.	6 classes	
Sat	11:00 am-12:15 pm	starts Apr 25	\$35(R); \$46(NR)
South Bowie Community Center		southbowiecc@pgparks.com	
27603-274B	5 - 12yrs.	8 classes	
Sat	4:00-5:00 pm	starts Mar 7	\$50(R); \$65(NR)
27603-274C	12 - 15yrs.	8 classes	
Sat	5:00-6:00 pm	starts Mar 7	\$50(R); \$65(NR)

Tennis: Mixed Ages, Intermediate

Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Keep your eye on the ball and enroll today.

Cosca Tennis Bubble		coscatennisbubble@pgparks.com	
27641-219A	10 - 16yrs.	6 classes	
Sat	12:00-1:00 pm	starts Mar 7	\$57(R); \$75(NR)
27641-219B	10 - 16yrs.	6 classes	
Sat	12:00-1:00 pm	starts Apr 25	\$57(R); \$75(NR)
Fairland Sports Complex		fairlandsports@pgparks.com	
27641-223A	10 - 16yrs.	12 classes	
Mon	6:00-7:00 pm	starts Mar 2	\$132(R); \$172(NR)
27641-223B	10 - 16yrs.	12 classes	
Thu	6:00-7:00 pm	starts Mar 5	\$132(R); \$172(NR)
27641-223C	10 - 16yrs.	12 classes	
Fri	5:00-7:00 pm	starts Mar 6	\$216(R); \$281(NR)
27641-223D	10 - 16yrs.	12 classes	
Sat	12:00-2:00 pm	starts Mar 7	\$216(R); \$281(NR)



Tennis: Mixed Ages, QuickStart

In cooperation with USTA, this introductory tennis class for boys and girls use the short-court format with slower balls, lower nets, simplified scoring and smaller rackets. This format allows kids to begin to play much sooner while having more fun.

John E. Howard Community Center		johnehowardcc@pgparks.com	
27625-238A	All ages	4 classes	
Thu	5:00-6:00 pm	starts Mar 5	\$42(R); \$55(NR)
27625-238B	All ages	4 classes	
Thu	5:00-6:00 pm	starts Apr 9	\$42(R); \$55(NR)
27625-238C	All ages	4 classes	
Thu	5:00-6:00 pm	starts May 7	\$42(R); \$55(NR)

Track and Field: Mixed Ages

Be a titan on the track! Learn why track and field continues to be a popular sport since the origin of the Olympic Games. Get introduced to short and long distance sprinting/running, the long jump, hurdles, discus toss, and shot put. Understand the proper techniques of running and conditioning to become a better athlete. Track and field increases your cardiovascular fitness, builds your endurance, and improves your mood. Fast track your enrollment today!

Southern Region Technology & Recreation		techrec@pgparks.com	
27660-277AA	7 - 15yrs.	5 classes	
Fri	6:00-7:30 pm	starts Mar 13	\$50(R); \$65(NR)
27660-277B	7 - 15yrs.	5 classes	
Fri	6:00-7:30 pm	starts Apr 24	\$50(R); \$65(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.

Glenn Dale Community Center		glenndalecc@pgparks.com	
27649-227A	8 - 13yrs.	12 classes	
Tue & Thu	6:00-7:00 pm	starts Mar 3	\$50(R); \$65(NR)
27649-227B	8 - 13yrs.	12 classes	
Tue & Thu	6:00-7:00 pm	starts Apr 21	\$50(R); \$65(NR)
Southern Region Technology & Recreation		techrec@pgparks.com	
27649-277A	10 - 17yrs.	6 classes	
Sat	9:00-10:00 am	starts Mar 7	\$48(R); \$63(NR)
27649-277B	9 - 17yrs.	6 classes	
Sat	9:00-10:00 am	starts Apr 25	\$48(R); \$63(NR)

Upper Marlboro Community Center		uppermarborocc@pgparks.com	
27649-286A	12 - 17yrs.	6 classes	
Mon	6:45-7:45 pm	starts Mar 2	\$48(R); \$63(NR)
27649-286B	9 - 17yrs.	5 classes	
Mon	6:45-7:45 pm	starts Apr 20	\$40(R); \$52(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.

Southern Region Technology & Recreation		techrec@pgparks.com	
27653-277A	10 - 17yrs.	6 classes	
Sat	10:00-11:00 am	starts Mar 7	\$54(R); \$71(NR)
27653-277B	9 - 17yrs.	6 classes	
Sat	10:00-11:00 am	starts Apr 25	\$54(R); \$71(NR)
Upper Marlboro Community Center		uppermarborocc@pgparks.com	
27653-286A	10 - 17yrs.	6 classes	
Mon	7:50-8:50 pm	starts Mar 2	Free
27653-286B	9 - 17yrs.	5 classes	
Mon	7:50-8:50 pm	starts Apr 20	Free



THERAPEUTIC RECREATION

PRE-SCHOOLERS

Therapeutic Recreation: Gymnastics, Pre-Schoolers

Want your preschooler to be a great “all-around” gymnast? We provide basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Develop their gymnastic skills, self-confidence, and overall fitness. Your little one will make friends with other rising gymnastic stars! No prerequisites.

Fairland Sports Complex	countywidetrprograms@pgparks.com		
25101-278A	3 - 5yrs.	8 classes	
Tue	6:15-7:00 pm	starts Mar 3	\$120(R)

CHILDREN

Therapeutic Recreation: Gymnastics, Children

Discover the fun of gymnastics. Our course will test your strength, flexibility, agility, rhythm, and balance. Get excited to work on floor exercises while you use props to enhance your routine. Strengthen your upper body, arms, legs, and other large muscles to become better coordinated for this stimulating sport. Gain a positive experience as you build self-confidence in learning basic gymnastic skills. Sign up today and become more confident tomorrow.

Fairland Sports Complex	countywidetrprograms@pgparks.com		
25201-278A	6 - 8yrs.	8 classes	
Tue	7:15-8:00 pm	starts Mar 3	\$120(R)

Therapeutic Recreation: Karate, Children

Get a kick out of this fun class of basic karate. Learn the foundations of this popular sport. Karate develops gross motor skills, hand-eye coordination, balance, and social interaction. Basic skills for the sport also include stances, punches, kicks, blocks, and midair strikes. This program is designed for individuals with disabilities who reside in Prince George’s County.

Lake Arbor Community Center	countywidetrprograms@pgparks.com		
25204-278A	6 - 12yrs.	8 classes	
Tue	6:30-7:15 pm	starts Mar 3	\$40(R)

Therapeutic Recreation: Roller Skating

Let’s Skate! In this 8-week Therapeutic Recreation program, your little ones will learn the basic skills of roller skating, coordination, balance, and making friends. Skates will be provided by M-NCPPC, Department of Parks and Recreation, Skate Mobile. Helmets and knee/elbow pads will not be provided. This program is designed for children ages 6-12 with a disability in Prince George’s County.

William Beanes Community Center	countywidetrprograms@pgparks.com		
25211-278A	6 - 12yrs.	8 classes	
Thu	6:30-7:30 pm	starts Mar 5	\$40(R)



ADULTS

Therapeutic Recreation: AquaFit

Looking for a class that combines low-impact fitness with the therapeutic benefits of the water? This small-group fitness class includes cardiovascular, flexibility, and strengthening exercises for a total-body workout and is designed for adults with disabilities who reside in Prince George’s County. Instructor teaches from the water and provides hands-on support and guidance. Flotation devices, adapted equipment, and modified exercises accommodate various skill levels. Class will be held in chest-deep water. Individuals must be able to participate independently or bring their own aide/companion.

Fairland Aquatics Center	countywidetrprograms@pgparks.com		
25420-278A	18 & up	10 classes	
Tue	10:00-10:45 am	starts Mar 3	\$48(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 Area Aquatics & Recreation Complex	countywidetrprograms@pgparks.com		
25414-278M	18 & up	8 classes	
Thu	12:00-12:45 pm	starts Apr 9	\$48(R)

Southern Regional Aquatic Wellness Center	countywidetrprograms@pgparks.com		
25414-278N	18 & up	10 classes	
Mon & Wed	12:00-12:45 pm	starts Mar 9	\$48(R)
25414-278P	18 & up	8 classes	
Mon & Wed	12:00-12:45 pm	starts Apr 20	\$48(R)

Therapeutic Recreation: Veterans Learn-to-Swim Class

Are you looking to increase your confidence in and around the water? Join this beginner's Learn-to-Swim class specifically designed for veterans with disabilities. This class will develop water safety awareness and teach introductory swimming skills. Take advantage of the therapeutic benefits of the water, build confidence, and increase the safety of yourself, family, and friends while exercising or recreating on the water. Learn entry/exit, floating, treading water, and basic stroke mechanics for the front crawl, breaststroke, and elementary backstroke.

Southern Area Aquatics & Recreation Complex
countywidetrprograms@pgparks.com

25418-278D	18 & up	8 classes
Tue & Thu	11:00-11:40 am	starts Apr 7 \$64(R)

TRIM on the Trails

Enjoy the beautiful sights of the accessible Prince George's County Trails while kickbiking! Kickbikes are adult scooters with large wheels, that make it easy to propel through paved trails and increase balance and coordination. This small group program is led and instructed by staff, and each participant and aide/companion will have to kickbike on their own! Helmets are provided. Secure sneakers or shoes with enclosed front and backs are required for each rider. This program is specifically designed for people with disabilities that reside in Prince George's County.

Cosca Regional Park countywidetrprograms@pgparks.com

25422-278D	18 & up	1 classes
Tue	10:00-11:30 am	starts Apr 28 \$5(R)

Henson Creek Neighborhood Park countywidetrprograms@pgparks.com

25422-278B	18 & up	1 classes
Tue	10:00-11:30 am	starts Mar 31 \$5(R)

25422-278E	18 & up	1 classes
Tue	10:00-11:30 am	starts May 12 \$5(R)

Lake Artemesia Park countywidetrprograms@pgparks.com

25422-278A	18 & up	1 classes
Tue	10:00-11:30 am	starts Mar 17 \$5(R)

25422-278F	18 & up	1 classes
Tue	10:00-11:30 am	starts May 26 \$5(R)

Watkins Regional Park countywidetrprograms@pgparks.com

25422-278C	18 & up	1 classes
Tue	10:00-11:30 am	starts Apr 14 \$5(R)

Walk-A-Trail

Go take a walk in the parks and learn the benefits of hiking! Maintain a healthy weight, lower your stress level, strengthen your bones and muscles and improve your balance, coordination, and mood. Join us for a nature walk and excursions in nearby parks. See course details for pick-up locations. This program is designed specifically for persons with disabilities who reside in Prince George's County.

Allentown Splash, Tennis & Fitness Park
countywidetrprograms@pgparks.com

25410-278A	18 & up	5 classes
Sat	9:00 am-1:00 pm	starts Apr 11 \$70(R)

Glenarden Community Center glenardenc@pgparks.com

25410-278B	18 & up	5 classes
Sat	9:00 am-1:00 pm	starts Apr 11 \$70(R)

MIXED AGES

Annual Spring Fling Dance

The Annual Spring Fling is an event with music, dancing and fun! Dress is semi-formal attire. Light refreshments and door prizes will be provided. Registration is required in advance.

Laurel-Beltsville Senior Activity Ctr countywidetrprograms@pgparks.com

25615-278A	13 & up	1 classes
Sat	6:00-9:00 pm	starts Apr 11 \$30(R)

Group Strength Training

Learn to safely tone and strengthen your body using fitness room equipment in a small group setting. This program is designed specifically for persons with disabilities who reside in Prince George's County.

Temple Hills Community Center countywidetrprograms@pgparks.com

25614-278 B	13 & up	6 classes
Mon	6:30-7:30 pm	starts Mar 2 \$30(R)

Therapeutic Recreation: Art, Mixed Ages

This visual arts program will introduce different artistic mediums for self-expression and provide opportunities for skill development. Includes instruction in basic art techniques for drawing, painting, sculpting, collage and printmaking. This program is specifically designed for persons with disabilities who reside in Prince George's County. This class has a staff to participant ratio of 1:4.

Glenn Dale Community Center countywidetrprograms@pgparks.com

25608-278A	13 & up	8 classes
Mon	6:30-8:00 pm	starts Mar 2 \$65(R)

Therapeutic Recreation: Bocce Ball

A fun field game that everyone can play! Develop and improve hand-eye coordination while improving social skills with peers. This program is designed specifically for individuals with disabilities that reside in Prince George's County.

Beltsville Community Center countywidetrprograms@pgparks.com

25631-278A	13 & up	6 classes
Wed	6:30-7:30 pm	starts Mar 18 \$30(R)

Southern Area Aquatics & Recreation Complex
countywidetrprograms@pgparks.com

25631-278B	13 & up	8 classes
Wed	6:45-7:45 pm	starts Mar 4 \$40(R)

Therapeutic Recreation: iCan Bike, Mixed Ages

In partnership with iCan Shine, this program aims to teach children, teens, and adults with a disability to ride a bike in a week! Through individualized, daily 75-minute riding lessons, students build confidence and learn to love biking! Instructors utilize adaptive bikes to promote skills development, and 80% of students ride their own bike by the end of the program! Students must meet established eligibility and weight requirements. Parents/Guardians must attend an orientation and stay on-site during lesson times.

Lakeland College Park Community Center
countywidetrprograms@pgparks.com

25648-278A	8 - 21yrs.	5 classes
Mon-Fri	8:30-9:45 am	starts Mar 30 \$175(R)

25648-278B	8 - 21yrs.	5 classes
Mon-Fri	10:05-11:20 am	starts Mar 30 \$175(R)

25648-278C	8 - 21yrs.	5 classes
Mon-Fri	11:40 am-12:55 pm	starts Mar 30 \$175(R)

25648-278D	8 - 21yrs.	5 classes
Mon-Fri	2:00-3:15 pm	starts Mar 30 \$175(R)

25648-278E	8 - 21yrs.	5 classes
Mon-Fri	3:35-4:50 pm	starts Mar 30 \$175(R)

Therapeutic Recreation: Karate, Mixed Ages

Get a kick out of this fun class of basic karate. Learn the foundations of this popular sport. Karate develops gross motor skills, hand-eye coordination, balance, and social interaction. Basic skills for the sport also include stances, punches, kicks, blocks, and midair strikes. This program is designed for individuals with disabilities who reside in Prince George's County.

Lake Arbor Community Center		countywidetrprograms@pgparks.com	
25638-278A		13 & up	9 classes
Tue	7:30-8:15 pm	starts Mar 3	\$40(R)

Therapeutic Recreation: KDO, Mixed Ages

School is out, lets hang out! Kids Day Out (KDO) outings and events will keep you active, and build self-confidence while you make new friends. Registration forms and fees are due no later than one week prior to program start and are accepted on a first-come, first-served basis. This program is designed specifically for Prince George's County residents with disabilities who are currently enrolled in school and receive Special Education services.

Huntington Community Center		countywidetrprograms@pgparks.com	
25604-278A		6 - 21yrs.	1 classes
Fri	9:00 am-4:30 pm	starts Mar 20	\$34(R)
25604-278C		6 - 21yrs.	1 classes
Wed	9:00 am-4:30 pm	starts May 27	\$34(R)

Marlow Heights Community Center		countywidetrprograms@pgparks.com	
25604-278B		6 - 21yrs.	1 classes
Fri	9:00 am-4:30 pm	starts Mar 20	\$34(R)
25604-278D		6 - 21yrs.	1 classes
Wed	9:00 am-4:30 pm	starts May 27	\$34(R)

Therapeutic Recreation: Kickball

Have fun learning the fundamentals of kickball. This program is designed for individuals with disabilities who reside in Prince George's County.

Riverdale Park		countywidetrprograms@pgparks.com	
25620-278A		13 & up	6 classes
Thu	6:30-7:30 pm	starts Apr 30	\$30(R)

Southern Area Aquatics & Recreation Complex		countywidetrprograms@pgparks.com	
25620-278B		13 & up	6 classes
Thu	6:30-7:30 pm	starts Apr 30	\$30(R)

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.

C.E. Rieg Regional Center		countywidetrprograms@pgparks.com	
25627-278AA		4 & up	8 classes
Sat	9:00-9:40 am	starts Mar 14	\$140(R)
25627-278BB		4 & up	8 classes
Sat	9:45-10:25 am	starts Mar 14	\$140(R)
25627-278CC		4 & up	8 classes
Sat	10:30-11:10 am	starts Mar 14	\$140(R)
25627-278DD		4 & up	8 classes
Sat	11:15-11:55 am	starts Mar 14	\$140(R)

Prince George's Sports & Learning Complex		countywidetrprograms@pgparks.com	
25627-278I		4 & up	8 classes
Tue	4:30-5:10 pm	starts Mar 17	\$140(R)

25627-278J		4 & up	8 classes
Tue	5:15-5:55 pm	starts Mar 17	\$140(R)
25627-278K		4 & up	8 classes
Tue	6:00-6:40 pm	starts Mar 17	\$140(R)

Southern Regional Aquatic Wellness Center		countywidetrprograms@pgparks.com	
25627-278E		4 & up	8 classes
Sat	9:00-9:40 am	starts Mar 14	\$140(R)
25627-278F		4 & up	8 classes
Sat	9:45-10:25 am	starts Mar 14	\$140(R)
25627-278G		4 & up	8 classes
Sat	10:30-11:10 am	starts Mar 14	\$140(R)
25627-278H		4 & up	8 classes
Sat	11:15-11:55 am	starts Mar 14	\$140(R)
25627-278A		4 & up	8 classes
Thu	5:00-5:40 pm	starts Mar 19	\$140(R)
25627-278B		4 & up	8 classes
Thu	5:45-6:25 pm	starts Mar 19	\$140(R)
25627-278C		4 & up	8 classes
Thu	6:30-7:15 pm	starts Mar 19	\$140(R)

Theresa Banks Memorial Aquatics Center		countywidetrprograms@pgparks.com	
25627-278L		4 & up	5 classes
Mon-Fri	10:00-10:40 am	starts Mar 30	\$88(R)
25627-278M		4 & up	5 classes
Mon-Fri	10:45-11:25 am	starts Mar 30	\$88(R)
25627-278N		4 & up	5 classes
Mon-Fri	11:30 am-12:10 pm	starts Mar 30	\$88(R)
25627-278O		4 & up	5 classes
Mon-Fri	1:00-1:40 pm	starts Mar 30	\$88(R)
25627-278P		4 & up	5 classes
Mon-Fri	1:45-2:25 pm	starts Mar 30	\$88(R)
25627-278Q		4 & up	5 classes
Mon-Fri	2:30-3:10 pm	starts Mar 30	\$88(R)

Therapeutic Recreation: Parents' Night Out

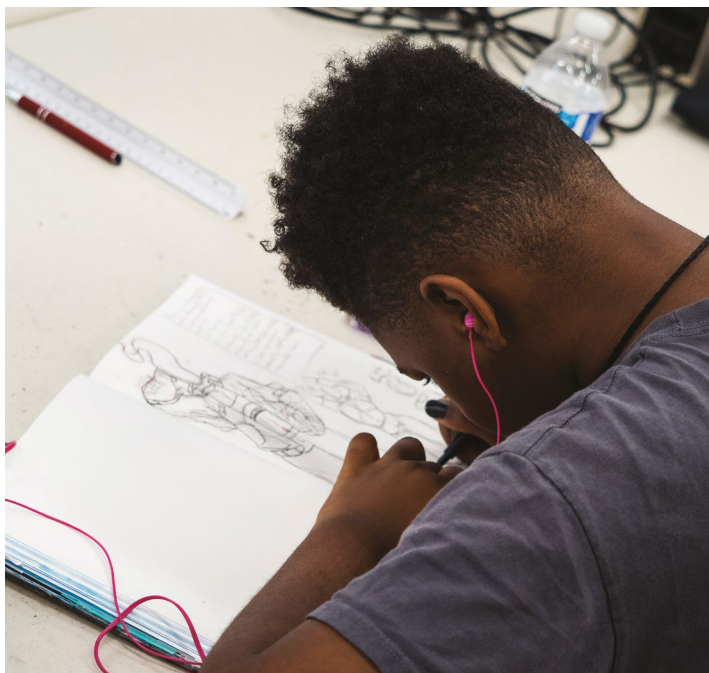
This program provides a safe, inclusive, fun, and engaging environment for children while allowing parents to enjoy a well-deserved break. Parents will have the opportunity to drop off their kids and enjoy an evening off.

Lake Arbor Community Center		countywidetrprograms@pgparks.com	
25647-278A		5 - 12yrs.	1 classes
Fri	6:30-8:45 pm	starts Apr 17	Free
25647-278B		5 - 12yrs.	1 classes
Fri	6:30-8:45 pm	starts May 15	Free

Therapeutic Recreation: Spring Break Camp, Mixed Ages

School's out, let's hang out! We will keep you active, help you build self-confidence and create an atmosphere where you will make friends. Registration forms and fees are due no later than one week prior to program start and are accepted on a first-come, first-served basis. This program is designed specifically for Prince George's County residents with disabilities who are currently enrolled in school and receive Special Education services.

Palmer Park Community Center		countywidetrprograms@pgparks.com	
25624-278B		6 - 21yrs.	5 classes
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$120(R)
Stephen Decatur Community Center		countywidetrprograms@pgparks.com	
25624-298A		6 - 21yrs.	5 classes
Mon-Fri	9:00 am-4:30 pm	starts Mar 30	\$120(R)



VISUAL ARTS

CHILDREN

Animation: Children

Learn the process of silent animation from concept development, through storyboard planning, set and character building, to production. Students will use computer software and explore stop-action animation, and claymation in easy techniques that can be replicated outside of the studio classroom.

Bladensburg Community Center bladensburgcc@pgparks.com

30205-207A		8 - 12yrs.	8 classes
Mon & Thu	7:00-8:00 pm	starts Mar 16	\$75(R); \$98(NR)
30205-207B		8 - 12yrs.	8 classes
Mon & Thu	7:00-8:00 pm	starts Apr 20	\$75(R); \$98(NR)

Montpelier Arts Center montpelierarts@pgparks.com

30205-248A		8 - 12yrs.	7 classes
Sun	1:00-3:00 pm	starts Apr 5	\$65(R); \$85(NR)

Art: Home-School, Children

This class will present different artistic mediums for students to explore and express themselves. Classes will incorporate basic art techniques.

Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com

30201-271A		6 - 12yrs.	8 classes
Mon & Fri	12:00-1:00 pm	starts Mar 2	\$80(R); \$104(NR)
30201-271B		6 - 12yrs.	8 classes
Mon & Fri	12:00-1:00 pm	starts Apr 3	\$80(R); \$104(NR)
30201-271C		6 - 12yrs.	8 classes
Mon & Fri	12:00-1:00 pm	starts May 1	\$80(R); \$104(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

30203-248A		8 - 12yrs.	7 classes
Sat	2:30-4:30 pm	starts Apr 4	\$65(R); \$85(NR)

Drawing: Children

Learn to draw by developing hand and eye coordination. Students will experiment with pencil, paper, and markers.

Montpelier Arts Center montpelierarts@pgparks.com

30204-248A		8 - 12yrs.	7 classes
Sat	10:00 am-12:00 pm	starts Apr 4	\$65(R); \$85(NR)

Vansville Community Center vansvillecc@pgparks.com

30204-287A		6 - 12yrs.	4 classes
Tue	6:15-7:00 pm	starts Mar 3	\$40(R); \$52(NR)
30204-287B		6 - 12yrs.	4 classes
Tue	6:15-7:00 pm	starts Mar 31	\$40(R); \$52(NR)
30204-287C		6 - 12yrs.	4 classes
Tue	6:00-7:00 pm	starts Apr 28	\$40(R); \$52(NR)

Painting: Children

Art is an adventure! Enroll in this class and your child will be on the path to learning the skills needed to begin expressing themselves through art. In this course they will pick up a paintbrush and begin to learn basic design with watercolor. Painting is a great, creative way for children to develop fine motor skills, problem solving skills, and creates an additional channel for their self-expression. Contact the facility for a list of materials.

Montpelier Arts Center montpelierarts@pgparks.com

30210-248A		8 - 12yrs.	7 classes
Sat	3:00-5:00 pm	starts Apr 4	\$65(R); \$85(NR)

TEENS

Animation: Teens

Learn the process of silent animation from concept development, through storyboard planning, set and character building, to production. Students will use computer software and explore stop-action animation, and claymation in easy techniques that can be replicated outside of the studio classroom.

Montpelier Arts Center montpelierarts@pgparks.com

30301-248A		13 - 16yrs.	7 classes
Sun	3:30-5:30 pm	starts Apr 5	\$65(R); \$85(NR)

Art: Home-School, Teens

This class will present different artistic mediums for students to explore and express themselves. Classes will incorporate basic art techniques.

Rollingcrest-Chillum Community Center rollingcrestcc@pgparks.com

30315-271A		13 - 17yrs.	8 classes
Mon & Fri	1:00-2:00 pm	starts Mar 2	\$80(R); \$104(NR)
30315-271B		13 - 17yrs.	8 classes
Mon & Fri	1:00-2:00 pm	starts Apr 3	\$80(R); \$104(NR)
30315-271C		13 - 17yrs.	8 classes
Mon & Fri	1:00-2:00 pm	starts May 1	\$80(R); \$104(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	
30310-248A	12:00-2:00 pm	13 - 17yrs. starts Apr 4	7 classes \$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.

Montpelier Arts Center		montpelierarts@pgparks.com	
30307-248A	12:30-2:30 pm	13 - 17yrs. starts Apr 4	7 classes \$65(R); \$85(NR)

Painting: Teens

Learn to paint with either watercolor or acrylic. Obtain the materials list from the center and be prepared to paint the first day.

Montpelier Arts Center		montpelierarts@pgparks.com	
30309-248A	2:00-4:00 pm	13 - 17yrs. starts Apr 5	7 classes \$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 Ctr		laurelbeltsvillesseniors@pgparks.com	
30403-246A	10:00 am-2:00 pm	50 & up starts Mar 24	10 classes \$70(R); \$91(NR)
30403-246B	10:00 am-2:00 pm	50 & up starts Mar 25	10 classes \$70(R); \$91(NR)
30403-246C	10:00 am-2:00 pm	50 & up starts Mar 26	10 classes \$70(R); \$91(NR)

Ceramics: Adults, Beginner/Intermediate

Basic techniques of hand-built and wheel-thrown pottery, including glazes and firing process. Intermediate students focus on materials, techniques, control and fluency through practice.

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30422-203A	9:00 am-12:00 pm	18 & up starts Mar 24	10 classes \$136(R); \$177(NR)
30422-203B	5:30-7:30 pm	18 & up starts Mar 26	10 classes \$124(R); \$162(NR)

Ceramics: Adults, Intermediate

Students with some hand-building and wheel ceramics experience will be introduced to intermediate techniques in this intensive adults ceramics program. Additional fee for clay required, as well as a small firing fee will be charged for glazed pieces. Please wear old clothes!

Montpelier Arts Center		montpelierarts@pgparks.com	
30406-248B	12:00-3:00 pm	18 & up starts Mar 31	8 classes \$122(R); \$159(NR)
30406-248A	6:30-9:30 pm	18 & up starts Apr 1	8 classes \$122(R); \$159(NR)

Ceramics: Raku, Adults Beginner

Raku is ancient form of Japanese pottery that uses low firing temperatures and the removal of the pieces from the kiln while still glowing hot. Because this process creates a unique surface finish, often with cracked textures, Raku techniques have been adopted and modified by potters around the world. Through class demonstrations, participants will be taught an introductory understanding of raku pottery, firing procedures, kiln types, raku clay and glazes.

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30425-203A	9:30 am-12:30 pm	18 & up starts Mar 27	10 classes \$136(R); \$177(NR)

Ceramics: Raku/Cone 10, Advanced

Explore making clay objects using several firing methods. Geared toward individual learning interests. No production potters, please. Additional fee for clay.

Montpelier Arts Center		montpelierarts@pgparks.com	
30416-248A	6:30-9:30 pm	18 & up starts Apr 2	8 classes \$122(R); \$159(NR)

Painting: Adults

Develop ideas from sketches to canvas. Paint from direct observation. Bring sketching and painting materials (including a prepared canvas) and still life ideas to first class. Call for materials list.

Glenn Dale Community Center		glenndalecc@pgparks.com	
30414-227A	10:00 am-12:00 pm	18 & up starts Mar 20	1 classes \$15(R); \$20(NR)
30414-227B	10:00 am-12:00 pm	18 & up starts Apr 17	1 classes \$15(R); \$20(NR)
30414-227C	10:00 am-12:00 pm	18 & up starts May 15	1 classes \$15(R); \$20(NR)

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30414-203A	10:00 am-1:00 pm	18 & up starts Mar 2	8 classes \$145(R); \$189(NR)

Photography: Digital, Adults

Capture your imagination in a flash! Beyond simply "point and shoot" photography, our class will teach camera owners manually set or controlled operations involving shutter, aperture, ISO, focusing, exposure, lighting, composition, editing software (Post Processing), and many other topics. Bring your camera to all classes and get ready for occasional field trips to local sites. Express yourself in a course designed to help you reframe your focus!

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30415-203A	12:00-2:00 pm	18 & up starts Mar 14	8 classes \$120(R); \$156(NR)

Sculpture: Clay, Beginner/Intermediate, Adults

Using terra cotta clay, become acquainted with the techniques of clay modeling. Develop your own personal style; individual instruction provided.

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30426-203A	18 & up	10 classes	
Tue	1:30-4:00 pm	starts Mar 24	\$140(R); \$182(NR)

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 Ctr		laurelbeltsvilleseniors@pgparks.com	
30428-246B	50 & up	12 classes	
Tue	1:00-3:00 pm	starts Mar 3	\$80(R); \$104(NR)
30428-246A	50 & up	12 classes	
Thu	2:00-4:00 pm	starts Mar 5	\$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	
30502-244A	60 & up	4 classes	
Wed	10:30 am-12:00 pm	starts Mar 4	\$28(R); \$37(NR)
30502-244B	60 & up	4 classes	
Wed	10:30 am-12:00 pm	starts Apr 8	\$28(R); \$37(NR)
30502-244C	60 & up	4 classes	
Wed	10:30 am-12:00 pm	starts May 6	\$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	
30507-241A	60 & up	4 classes	
Fri	9:00 am-12:30 pm	starts Mar 6	\$35(R); \$46(NR)
30507-241B	60 & up	4 classes	
Fri	9:00 am-12:30 pm	starts Apr 3	\$35(R); \$46(NR)
30507-241C	60 & up	4 classes	
Fri	9:00 am-12:30 pm	starts May 1	\$35(R); \$46(NR)



MIXED AGES

Art: Introduction, Mixed Ages

A perfect introduction to the visual arts. Students will learn the basics of drawing, composition and color theory by creating a series of exciting projects including drawings, paintings, collages, and mixed media constructions.

Bowie Community Center		bowiecc@pgparks.com	
30620-209A	17 & up	5 classes	
Tue	6:30-8:00 pm	starts Mar 3	\$50(R); \$65(NR)
30620-209B	17 & up	5 classes	
Tue	6:30-8:00 pm	starts Apr 21	\$50(R); \$65(NR)

Beginner Stained Glass

Discover the ancient art of transforming glass into beautiful, light-filled creations! In this hands-on class, you'll learn the basics of design, glass cutting, foiling, and soldering while creating your very own stained-glass piece to take home. No experience is necessary--just bring your creativity and curiosity! All materials and tools are provided, and personal guidance will be given every step of the way.

Harmony Hall Arts Center		harmonyhallarts@pgparks.com	
30659-203A	18 & up	8 classes	
Sat	10:00 am-1:00 pm	starts Mar 7	\$125(R); \$163(NR)

Ceramics: Mixed Ages, All Levels

Course includes wheel practice and hand-building techniques emphasizing individual learning needs.

Montpelier Arts Center		montpelierarts@pgparks.com	
30640-248B	16 & up	8 classes	
Mon	6:30-9:30 pm	starts Mar 30	\$122(R); \$159(NR)
30640-248A	16 & up	8 classes	
Tue	6:30-9:30 pm	starts Mar 31	\$122(R); \$159(NR)

Ceramics: Mixed Ages, Intermediate

Break the mold, not the one-of-a-kind pottery masterpiece you'll create in this class! Craft unique ceramic works of art by learning basic techniques of hand-built and wheel-thrown pottery. Learn the firing process and how to glaze. Intermediate students focus on materials, techniques, control, and fluency through practice. Develop ceramic making skills and self-confidence while you enjoy this stress reducing class!

Langley Park Community Center		langleyparkcc@pgparks.com	
30643-243AA	18 & up	11 classes	
Mon	10:00 am-12:30 pm	starts Mar 9	\$250(R); \$325(NR)
30643-243BB	18 & up	11 classes	
Mon	6:00-8:30 pm	starts Mar 9	\$250(R); \$325(NR)
30643-243CC	18 & up	11 classes	
Tue	10:30 am-1:00 pm	starts Mar 10	\$250(R); \$325(NR)
30643-243E	18 & up	11 classes	
Tue	6:00-8:30 pm	starts Mar 10	\$250(R); \$325(NR)
30643-243DD	18 & up	11 classes	
Wed	6:00-8:30 pm	starts Mar 11	\$250(R); \$325(NR)

Ceramics: Workshop

This activity is designed for adult/child pairs: parent/child, aunt/niece, etc. Learn basic hand building, decoration, and glazing techniques. Fee is per person.

Montpelier Arts Center		montpelierarts@pgparks.com	
30601-248A	6 & up	2 classes	
Sun	12:00-2:00 pm	starts Mar 29	\$47(R); \$62(NR)
30601-248B	6 & up	2 classes	
Sun	12:00-2:00 pm	starts May 3	\$47(R); \$62(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	
30649-271A	8 - 14yrs.	4 classes	
Sat	10:00-11:00 am	starts Mar 7	\$34(R); \$45(NR)
30649-271B	8 - 14yrs.	4 classes	
Sat	10:00-11:00 am	starts Apr 4	\$34(R); \$45(NR)
30649-271C	8 - 14yrs.	4 classes	
Sat	10:00-11:00 am	starts May 2	\$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	
30629-238A	10 & up	4 classes	
Wed	5:00-6:00 pm	starts Mar 4	\$36(R); \$47(NR)
30629-238B	10 & up	4 classes	
Wed	5:00-6:00 pm	starts Apr 8	\$36(R); \$47(NR)
30629-238C	10 & up	4 classes	
Wed	5:00-6:00 pm	starts May 6	\$36(R); \$47(NR)

Printmaking: Mixed Ages

Set yourself apart with works of beautiful art! Reserve your spot to learn the creative art of printmaking by drawing, transferring, etching, inking, painting, and constructing imagery on blocks or plates. Print your designs through techniques including intaglio, monotype, and linocut. Express yourself creatively! Experienced students can work at their own speed and have access to the Center's printing presses. Sign up today and leave your mark on the world.

Montpelier Arts Center		montpelierarts@pgparks.com	
30631-248A	16 & up	8 classes	
Thu	6:30-9:30 pm	starts Apr 2	\$107(R); \$140(NR)

The Magic of Mixed Media

Discover the magic of mixed media. Develop skills to make your designs stand out from renowned artist Cheryl Edwards. Begin to understand how to think about subject and composition, drawing, as well as layout. Learn how common and uncommon materials (found objects, fabric, etc) can be combined to bring depth and dimension to your artwork. Sign up today and bring your art abilities to the next level.

Kentland Community Center		kentlandcc@pgparks.com	
30646-240A	5 & up	4 classes	
Sat	11:30 am-12:30 pm	starts Apr 4	\$35(R); \$46(NR)
30646-240B	5 & up	4 classes	
Sat	11:30 am-12:30 pm	starts May 9	\$35(R); \$46(NR)

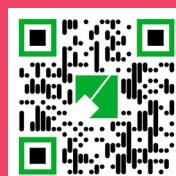


The 2025-2026 season is packed with inspiring opportunities to experience the arts in all forms—from music and theater to visual art exhibitions, dance and movement classes, films, and so much more!

- BRENTWOOD ARTS EXCHANGE
- HARMONY HALL ARTS CENTER
- MONTEPELIER ARTS CENTER
- PRINCE GEORGE'S PUBLIC PLAYHOUSE



Grab a seasonal brochure at your local arts center or view it online at pgparks.com and search 'Arts'. Tickets for performances and other special events are on sale now!



Arts programs of M-NCPPC are supported in part by the Maryland State Arts Council (msac.org)



¡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.

Invítenos a participar en sus eventos

Queremos conectar con su grupo comunitario. Tenemos personal que pueden poner una mesa con información sobre el Departamento y/o hacer presentaciones en español sobre:

- Oportunidades recreacionales en el condado
- Oportunidades de voluntariado y empleo

Para más información llame al 301-699-2255 o envíe un correo electrónico a: customerservice@pgparks.com

Matricúlese en clases y actividades usando el sistema PARKS DIRECT en español

Para matricularse, establezca una cuenta GRATIS de PARKS DIRECT. Visite cualquier centro comunitario de M-NCPPC, Departamento de Parques y Recreación con documentación que compruebe residencia en el condado, edad, e identidad de cada miembro de su familia que quiera incluir en su cuenta. Una vez establecida su cuenta matricúlese por internet, o en persona. Para más información llame al 301-699-2255, o visite pgparks.com y haga clic en el logotipo de PARKS DIRECT.

Usted puede comprobar su residencia* /que viva en el condado con: Licencia de conducir o tarjeta de identidad MVA; cuenta de servicios (agua, teléfono, luz o gas); contrato de alquiler; certificado de propiedad o carta original de la Agencia de Discapacidad escrita en membrete oficial. *Si no comprueba que reside/vive en el condado, se le cobrará la tarifa de no residente (que no vive en el condado).

Usted puede comprobar su edad con:

Licencia de conducir o tarjeta de identidad MVA; pasaporte; visa de residente; certificado de nacimiento con sello autorizado; certificado de bautismo (con fecha de nacimiento) con sello autorizado; carta original del colegio escrito en membrete oficial o carta original de la Agencia de Discapacidad escrita en membrete oficial.

El Departamento de Parques y Recreación ofrece asistencia financiera para poder participar en sus programas y servicios. Puede descargar los formularios en español, visitando pgparks.com y haga clic en la pestaña "Actividades y Eventos" en la parte superior de la página y después haga clic en "Asistencia de cuotas y becas."

Para más información o pedir una solicitud, llame al 301-699-2255.

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.



Prince George's county
Office of Community Relations

Elevate Prince George's County
connecting people, connecting resources



301-952-4729



ocr.mypgc.us



311onthego@co.pg.md.us

PGC



SEE IT? REPORT IT. PGC311'S GOT IT."

Help Spread the Word and Increase Resident Engagement!



For more information, please
contact us at PGC311.com or
OCR.MYPGC.US/PGC311

BRINGS COUNTY GOVERNMENT RIGHT TO YOU!



Download
Our App



Our 311 On the Go! (311 OTG),
program provides residents
with an opportunity to
share their concerns with
our team of outreach
professionals up close and
in person.

*Bringing award winning programming to your community:
PGC311 Call Center: 2022 Customer Service Award of Excellence (Engage 311)
PGC311 and 311OTG!: 2023 Service to the Citizen Award (Public Service Leadership Academy)*

PRINCE GEORGE'S COUNTY RESOURCES

PGC311, is Prince George's County's one-stop show for requesting County Services.

There are three ways to access:

1. Use the **PGC311 Mobile App**. Download from the Google Play Store or Apple Store.
2. Visit the website, **pgc311.com**.
3. **Speak to a live agent**. Call 3-1-1 Monday through Friday, 7 am to 7 pm.



911 Emergency Communications

301-352-1490

911customerservice@co.pg.md.us

Online Non-Emergency Dispatch Requests

Non-emergency dispatch of Prince George's County Police, Fire/EMS, or Sheriff personnel for non-emergency incidents. • **301-352-1200**

Community Relations

301-952-4729 • 311OnTheGo@co.pg.md.us

Prince George's County Police Department

To reach or obtain information from the Police Department, dial **301-516-9777**.

To provide information for the Prince George's County Police Department, call **1-866-411-8477**.

Impounds & Vehicle Tow Inquiries

Contact your local Police District Station or call **311** to obtain this information.

Reporting Road Concerns

During a snow and ice event, residents are asked to wait 48 hours after precipitation has stopped, to call 311 or **301-883-4748** to report emergencies or concerns about roadway conditions/snow removal.

Housing Authority

For housing assistance or Housing Choice Vouchers, call **301-883-5501** or email HAPGCDirector.co.pg.md.us.

Service Contact Information

Permitting, Inspections, and Enforcement

301-636-2000

Animal Services

301-780-7200

Social Services

301-909-7025

Public Works and Transportation

301-883-5600

Environment

301-883-5810; doecares@co.pg.us

Information Hotline

301-772-7766

Family Health Services Division

301-883-7879

Prince George's County Bar Association Lawyer Referral Service

301-952-1440

LEARN MORE ABOUT DEVELOPMENT REVIEW, PLANNING,
AND ZONING IN PRINCE GEORGE'S COUNTY!

Prince George's County Planning Department

1616 McCormick Drive
Largo, MD 20774
240-545-8976
Maryland Relay 711
www.pgplanning.org

Our Vision

Thriving communities—
now and into the future.

Our Mission Statement

To promote economic
vitality, environmental
sustainability, design
excellence, and quality
development that
promotes healthy
lifestyles in Prince
George's County.

Prince George's Co. Planning Board

301-952-3560

Darryl Barnes, Chairman
Manuel Geraldo, Vice
Chair Billy Okoye
Planning Board Meetings
are held weekly on
Thursdays. Go online to
pgplanningboard.org or
call 301-952-3560 to
request mailing of the
weekly agenda.

Planning Department

**Lakisha Hull, AICP, LEED
AP BD+C
Planning Director**


- Community Planning
Division, 301-952-3972
- Countywide Planning
Division, 301-952-3680
- Development Review
Division, 301-952-3530
- Planning Information
Services, 240-545-8976
- Information Management
Division, 301-952-3918
- Intake and Regulatory
Review Division,
240-545-8976





@PGPlanningMD


Brown Bag series

Learn more about the Prince George's
County Planning Department with a
new topic each month

 Noon to 1:00 p.m.
2nd Tuesdays – Each Month

 **In-Person**
M-NCPPC Largo HQ
1616 McCormick Drive
Largo, MD 20774
or

 **Virtual** via Microsoft Teams

 **Register in advance**
<https://pgplan.org/brownbag>

Videos On Demand

- Understanding Planning in Prince
George's County
- Zoning and Subdivision 101
- Woodland Conservation and Tree
Canopy Ordinance
- Transportation Procedures and
Review Guidelines
- Subdivision Applications
- Missing Middle Housing
- PGAtlas
- Go Prince George's Preliminary
Master Plan of Transportation
- Zoning and Urban Design



Stay connected! Visit pgplan.org/Get-Involved.

Join the Prince George's County Planning Department for the Brown Bag Series. Each month, planners host Lunch & Learn sessions to facilitate open discussion and provide attendees with the opportunity to delve into specific topics related to planning and zoning in Prince George's County.



Assistance: M-NCPPC encourages the participation of persons with disabilities in all its programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation. Call the Public Affairs Office at 301-952-3038, email PublicAffairs@ppd.mncppc.org, or complete the online form at pgplan.org/assistance.



2026 SUMMER DAY CAMPS

Registration begins:

SATURDAY, MARCH 7, 9 AM For Prince George's County Residents.

WEDNESDAY, MARCH 18, 9 AM For Residents of Other Jurisdictions.

Summer is a time to have fun with friends, explore the world, and try new activities! M-NCPPC, Department of Parks and Recreation, Prince George's County offers plenty of options for summer day camps:

- | | | |
|---------------------------------|----------------------|---|
| Computer Camps | Nature Camps | Visual and Performing Arts Camps |
| General Recreation Camps | Science Camps | and more! |
| | Sports Camps | |



To view camp listings, visit pgparks.com on February 1 and begin creating a wonderful summer for your children!