

your. guide

to Parks and Recreation in Prince George's County



live more, play more
pgparks.com

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



is
FUN!

Your Parks & Recreation Department is all about Serving with Heart!

We do this by providing comprehensive park and recreation programs, facilities, and services supporting healthy lifestyles and responding to changing needs within our County's communities. Perhaps you have walked our trails, taken a fitness class, or used our weight rooms—all to improve your health and wellbeing.

In over 3000 studies, the World Health Organization found the arts play a significant role in preventing mental illness and promoting wellbeing. Some studies suggest that just 45 minutes of creative activity significantly lowers stress level, and memory can be improved as much as 30%. The National Institute of Health estimates that life expectancy is increased by two to five years!



Just as physical exercise is good for your mind, body, and soul, **the arts have been proven to reduce stress and provide health and wellness benefits!** Children who take music lessons and art classes develop stronger social and problem-solving skills. Adults who dance, visit art galleries, and write poetry live longer! Yes, the arts can reduce anxiety, improve memory, and lead to lifelong learning—for people of all ages and abilities.



This fall, we invite you to let us Serve with Heart by serving you with art!

Register for a class. It's easy—just visit pgparksdirect.com or stop by any of our facilities. We offer ballet, painting, hand dancing, ceramics—and so much more! **You can find classes at our 46 community centers and our four arts facilities.**

Harmony Hall Arts Center invites all seniors to take a **FREE Guided Ceramics Workshop on Thursday, September 7** as a part of Active Aging Week! All materials are provided and no experience is needed!

Strum with us at Montpelier Arts Center's **Guitar Workshops: Jazz Chords for Folkies... from Cowboy Chords to Jazz Voicings.** Ken Avis, half of the duo Veronneau, will lead this four-part workshop introducing students to new chords, fusions, and history that spans jazz, folk, and country. **Sessions are on Thursdays, October 15 through November 5,** and participants must be at least 16 years of age.

Design beautiful mosaic coasters inspired by patterns, color, and texture at Brentwood Arts Exchange on **Saturday, November 21.** Families can create functional artwork perfect for holiday tables or meaningful handmade gifts.

Even our sports venues are into the arts—**try an aquatic fusion dance class at Fairland Aquatics Center!**



EXPLORE THE ARTS

Maybe relaxing and taking art in with your senses is more your style. Listening to music or visiting an art gallery can have the same great health benefits as sketching a portrait or writing a short story. **Let us fill your fall calendar with some of the best local and nationally acclaimed entertainment.** We have concerts, live theatre, puppet shows, and dance performances. Don't forget to check out our fabulous art exhibitions!



Don't miss **Dandelion Black Women Artists at Montpelier Arts Center on Saturday, September 12 through Sunday, November 1.** This collective of artists create abstract and figurative work feature collaborative pieces, collages, and mixed media addressing the theme of rebuttal. Each piece responds to current events while drawing from the personal and historical experiences each artist carries through lived experiences. The opening reception is Friday, September 18.

Costas Colectivo brings Latin American musical traditions to life at Southern Area Aquatic and Recreation Complex (SAARC) on Wednesday, October 7. Their unique style pushes the boundaries of Latin American music, blending salsa, Latin jazz, cha-cha-chá, bachata, cumbia, merengue, reggaeton, and more.

On Saturday, October 10 and Sunday, October 11, **Dissonance Dance Theatre joins the Publick Playhouse** for *Through the Dark, The Light Beckons*, a powerful evening of movement and meaning. Featuring season repertoire by acclaimed choreographer Shawn Short, the program explores womanhood, ancestral spirit, everyday heroism, sophisticated cool, and the stylish evolution of Black dance.

Janine Gilbert-Carter performs at Harmony Hall Arts Center on Saturday, October 17. Known for her graceful presence, expressive vocals, and heartfelt musical style, Janine's depth, elegance, and emotional authenticity is perfect for longtime admirers and first-time listeners alike.

Brentwood Art Center's Shifting Grounds: 38th Prince George's County Juried Annual Exhibition explores how we experience change through the work of local artists using an array of visual media. The exhibition runs from Monday, November 12 through Saturday, January 9, with a reception on Saturday, November 21.

Return to Montpelier Art Center to celebrate Native American and Indigenous art.

Regional artists of Native American descent will be showcased in this exhibition through various mediums of painting, ceramics, and more from Tuesday, November 10 through Sunday, January 3. An opening reception will be held on Sunday, December 13.





Festivals are another great way to take in the arts, especially in the fall! **Part party, part entertainment, and part unforgettable cultural experience**, our festivals bring you the best music, dancing, food, and so much more!

Kick-off Hispanic Heritage Month at Publick Playhouse on September 13. A month-long celebración starts with an art exhibition, live music, dancing, family-friendly activities and light refreshments!

Looking for a something a little more grown-up? Check out our **Unwine Festival** featuring local wines and live entertainment at Patuxent River Park on September 26.

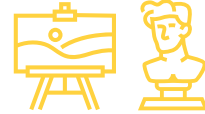
Find local art, live music, and delicious food along the scenic Anacostia River at the **Waterfront Arts Festival** at Bladensburg Waterfront Park on October 10.

The American Indian Festival at Patuxent River Park on October 17 features Native American traditional and contemporary dancing, drumming, and storytelling.

ARTS

BY THE NUMBERS*



90 
ART EXHIBITS

1,819 
Performing Arts Courses
10,726 Participants

495 
Visual Arts Courses
1,533 Participants

*July 1, 2025-June 10, 2026

Whether you're creating, learning, or simply experiencing, the health and wellness benefits of art are never more than a click away.

Visit us at pgparks.com or scan this QR code to explore all your Department of Parks and Recreation has to offer. Let us continue to Serve with Heart by inspiring yours—through creativity, culture, and community.



The Maryland-National Capital Park and Planning Commission



PRINCE GEORGE'S PLANNING BOARD

Dr. Billy Okoye, *Vice-Chair*
Manuel R. Geraldo
Brittany Jenkins
Lori Matthews

William Spencer,
Acting Executive Director

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

Our Mission

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

Department of Parks and Recreation

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

Customer Service Help Desk

301-699-CALL (2255)

Park Permits

301-699-2400

Park Police

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

Administration & Development

Information Technology Services 301-454-1515

Park Planning & Environmental Stewardship
 301-699-2525

Management Services 301-699-2255

Capital Planning & Development 301-699-2525

Public Affairs & Community Engagement
 301-446-3300

Special Projects 301-446-6856

PARKS & FACILITIES MANAGEMENT

Arts & Cultural Heritage 301-446-3232

Facility Services 301-780-2300

Natural & Historic Resources 301-627-2270

Northern Region Parks 301-918-4700

Southern Region Parks 301-265-7000

RECREATION & LEISURE SERVICES

Aquatics & Athletic Facilities 301-446-6899

Northern Recreation & Leisure Services 301-218-6700

Southern Recreation & Leisure Services 301-203-6000

Special Programs 301-446-3400

Youth & Countywide Sports 301-446-6800

Prince George's County Parks and Recreation Foundation

301-446-3340

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

CONTENTS

How to register for an activity.....8

Información sobre cómo inscribirse para actividades.....10

Swimming pools..... 13

M-NCPPC Facilities 16

¡Obtenga más información sobre el Departamento de Parques y Recreación en español!25

In-Person Ticketed Events27

Virtual Programs35

Adults35

Virtual & Hybrid Programs35

Seniors..... 36

Mixed Ages..... 36

Hybrid Programs.....36

Adults 36

Aquatics37

Pre-Schoolers37

In-Person Classes37

Children42

Teens.....47

Adults48

Seniors.....55

Mixed Ages.....57

Child Care..... 61

Mixed Ages..... 61

Computer Skills.....62

Children 62

Adults 63

Seniors..... 63

Mixed Ages..... 64

Crafts & Hobbies..... 64

Pre-Schoolers 64

Children 65

Teens..... 65

Adults 65

Seniors..... 66

Mixed Ages..... 67

Fitness & Health.....70

Pre-Schoolers 70

Children 70

Teens..... 70

Adults 71

Seniors..... 82

Mixed Ages..... 87

Historical Events92

Children 92

Mixed Ages..... 93

Lifestyle & Learning.....93

Pre-Schoolers 93

Children 94

Teens..... 95

Adults 95

Seniors..... 96

Mixed Ages..... 97

Martial Arts 100

Pre-Schoolers 100

Children 100

Teens..... 101

Adults 101

Seniors..... 104

Mixed Ages..... 104

Nature 109

Pre-Schoolers 109

Children 110

Teens..... 110

Adults 111

Mixed Ages..... 111

Performing Arts 117

Pre-Schoolers 117

Children 119

Teens..... 121

Adults 122

Seniors..... 125

Mixed Ages..... 126

Sports 130

Pre-Schoolers 130

Children 137

Teens..... 147

Adults 149

Seniors..... 153

Mixed Ages..... 153

Therapeutic Recreation 163

Pre-Schoolers 164

Children 164

Adults 164

Mixed Ages..... 166

Visual Arts 168

Children 168

Teens..... 169

Adults 170

Seniors..... 172

Mixed Ages..... 172

How to register for an activity...

Registration for county residents begins

Wednesday, August 12;

Non-Resident registration begins Wednesday, August 19.



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

Validate your address!

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

Once you're on pgparksdirect.com, search for programs in either Activities or Special Events/Performances and enter barcodes.

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

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

Resident Registration and Fees

M-NCPPC policy prioritizes Prince George's County residents during the 1st week of program registration, and it also increases registration fees by approximately 30 percent for nonresidents or those living outside Prince George's and Montgomery Counties. This procedure ensures that the citizens who fund these programs through their tax dollars have the first option to enroll. After the 1-week priority registration period, registrations are accepted from residents of all jurisdictions. The fee schedule applies to all Commission programs and facilities in Prince George's County, with a few exceptions, such as performance tickets and historic site admission fees.

Fee Structure

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

- **(R)** Residents of Prince George's and Montgomery Counties
- **(NR)** Non-Residents: residents living anywhere except Prince George's and Montgomery Counties
- **(IA)** Residents living in the impact area of Prince George's Sports & Learning Complex. (IA) This refers to residents living in the Impact Area of Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. Impact Area residents only receive a fee reduction for programs at Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. For more information, contact Splex-Distribution@pgparks.com.

*Note: Full payment is due at registration unless a class or program has a scheduled payment structure (i.e., Kids' Care, Trips & Excursions.)

Need help? Email the Customer Service Help Desk at CustomerService@pgparks.com



Refund Policy

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

Non-Sufficient Funds Fee

The non-sufficient funds fee for returned checks is \$35.

Fee Assistance

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

Fees Subject to Change

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

Stay in Touch!

If you have registered for a class or program within the last 2 years, you will automatically receive the quarterly Your Guide to Parks and Recreation. New to the area, or haven't registered in the past 2 years? Email public.affairs@pgparks.com, and we'll send you a copy of the current guide. Want to get the latest in your parks and recreation programs via our Monday morning e-newsletter? Send an email request to public.affairs@pgparks.com. Interested in staying updated about Parks and Rec closures, cancellations, and emergencies? Sign up for our FREE PG Parks Alerts notification service. Visit pgparks.com and search "PG Parks Alerts."

Disability Services

(Therapeutic Recreation and Program Access)

M-NCPPC is dedicated to providing quality parks and recreation programs, facilities, and services that are inclusive and accessible to all patrons. The Department of Parks and Recreation ensures compliance with the Americans with Disabilities Act (ADA) by taking all reasonable steps to remove barriers to participation in programs and services. All disability modification requests should be noted on PARKS DIRECT accounts and/or requested a minimum of two weeks before the program's start date. For disability modifications, contact Program Access Staff at program.access@pgparks.com or call 301-249-7200 (voice) or Maryland Relay 7-1-1.

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

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

Información sobre cómo inscribirse para actividades

La inscripción para las actividades/clases en persona empieza: Miércoles, 12 de agosto para los residentes del Condado de Prince George's

Miércoles, 19 de agosto para los que residen fuera del Condado de Prince George's

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

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

¡Confirme su dirección!

¿Sabía que los residentes de los condados de Prince George's y Montgomery reciben descuentos en clases, eventos y alquileres de M-NCPPC, Departamento de Parques y Recreación? Antes de inscribirse, confirme que vive en el Condado de Prince George's o Montgomery para recibir la tasa de descuento para residentes. Debido al volumen antes de los días de inscripción, pueden pasar hasta tres (3) días hábiles para procesar las solicitudes de verificación. (Nota: Se da prioridad de inscripción a los residentes del Condado de Prince George's durante la inscripción al programa y a la clase). **Para obtener más información, escanee el código QR en la página 9.**

Una vez que esté en pgparksdirect.com, busque programas en Actividades o Eventos / Actuaciones especiales e ingrese los códigos de barras.

- Haga clic en el signo más (+) en la primera columna para añadir una actividad a su carrito de compras. Aparecerá una señal en la parte inferior de la pantalla confirmando su selección.
- Haga clic en “Agregar al carrito”. (Nota: si no ha iniciado sesión en su cuenta PARKS DIRECT, se le pedirá que lo haga antes de agregar la actividad a su carrito.)
- Elija el cliente de su cuenta que participará en la actividad marcando la casilla para cada miembro de la familia. Puede inscribir a varias personas para la misma actividad a la misma vez.
- La inscripción a la actividad se agregará al carrito de compras.
- Puede explorar otras opciones haciendo clic en “Seguir comprando” o finalizar la transacción haciendo clic en “Proceder al pago”.

- Complete la información de pago según sea necesario.
- Una vez que el pago se haya procesado correctamente, se le dirigirá a una página donde puede:
 1. Completar una encuesta rápida sobre su experiencia.
 2. Ver el recibo como un PDF (documento digital)
 3. Enviar una copia de su recibo a la dirección de su correo electrónico.

Inscripción y tarifas para residentes

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

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

Estructura de tarifas

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

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



We Live More. We Play More. We Do More!



Our Community. Our Impact.

For more than 50 years, M-NCPPC, Department of Parks and Recreation has been part of everyday life in Prince George's County — caring for parks, creating programs, and strengthening the connections that make this county home.

- **2025 National Gold Medal Finalist**, serving 400,000+ residents
- **13,967 programs delivered in FY26** across playgrounds, historic sites, aquatics, community centers, sports complexes, and more
- **Environmental stewardship** of 30,000+ acres of parkland
- **Six time Gold Medal Winner** for Parks & Recreation management

This community shows up. So do we.

Every Age. Every Stage. Every Season.

There is a place for everyone in our parks and programs.

- **Youth programs:** 4,956 opportunities to play, learn, and grow
- **Teen programs:** 430+ designed with and for teens
- **Senior programs:** 1,570+ fitness, wellness, and social offerings
- **50 years of Disability Services**, predating the ADA by 17 years
- **130,000+ course enrollments**

Stronger Together

Award winning parks happen through partnership.

- **210+ community partners**
- **225+ schools served**
- **10,000+ volunteer hours** contributed by residents

What We're Building

Investing in the future of Prince George's County:

- **40 capital projects completed in FY25**, totaling \$53M
- **10,340 trees planted** for cleaner air and cooler neighborhoods
- **Modernized parks, trails, and facilities** that reflect the communities they serve



Parks & Recreation
is an *Essential Service!*
pgparks.com

SERVING with HEART

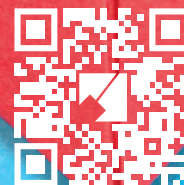
At M-NCPPC, Department of Parks and Recreation, Prince George's County, serving residents with heart is at the core of everything we do.

Every day, we invest in families, empower youth, honor seniors, and strengthen neighborhoods through our exceptional parks, facilities, programs, classes, camps, and more. We are proud to serve our community with heart so residents can ***live more, play more!***





*If you have a heart for serving,
volunteer with us! We offer a variety
of opportunities for seniors, students,
families, organizations and individuals.
Scan the QR CODE or visit
pgparks.com/volunteers.*



M-NCPPC Facilities

For over 50 years, the Department of Parks and Recreation has provided quality recreation programs, facilities, and services for residents and visitors.

Many staffed facilities offer classes, programs, and special events for people of all ages. Gymnasiums, meeting rooms, kitchens, multipurpose activity rooms, weight/fitness rooms and pre-school rooms are some of the components found in community centers. Outdoor amenities vary from site to site and include combinations of play equipment, athletic fields, multipurpose courts, picnic areas, and trails. For information about a staffed facility, contact the facility directly. To learn more about a specific park and its amenities visit pgparks.com.



Arts Facilities

Arts/Harmony Hall Regional Center

10701 Livingston Rd., Fort Washington 20744
301-203-6070 • harmonyhallarts@pgparks.com

Brentwood Arts Exchange at Gateway Arts Center

3901 Rhode Island Ave., Brentwood 20722
301-277-2863 • Brentwoodarts@pgparks.com

Montpelier Arts Center

9652 Muirkirk Rd., Laurel 20708
301-377-7800 • Montpelierarts@pgparks.com

Prince George's Equestrian Center/ The Show Place Arena

14900 Pennsylvania Ave., Upper Marlboro 20772
301-952-7999 • 301-952-7900
showplacearena@pgparks.com

Publick Playhouse

5445 Landover Rd., Cheverly 20784
301-277-1710 • publickplayhouse@pgparks.com

The Clarice at University of Maryland

Rte. 193 and Stadium Dr.
University of Maryland, College Park 20742
301-446-3232 • artsprograms@pgparks.com

Community Centers & Division Offices

Baden Community Center

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

Beltsville Community Center

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

Berwyn Heights Community Center

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

Bladensburg Community Center

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

Bowie Community Center

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

Cedar Heights Community Center

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

College Park Youth Services Center

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

Columbia Park Community Center

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

Deerfield Run Community Center

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

Fort Washington Forest Community Center

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



Glassmanor Community Center

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

Glenarden Community Center

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

Glenn Dale Community Center

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

Good Luck Community Center

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

Harmony Hall Regional Center

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

Hillcrest Heights Community Center

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

Huntington Community Center

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

Indian Queen Rec. Center

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

John E. Howard Community Center

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

Kentland Community Center

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

Lake Arbor Community Center

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

Lakeland College Park Community Center

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

Langley Park Community Center

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

Largo/Kettering/Perrywood Community Center

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

Marlow Heights Community Center

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

North Brentwood Community Center

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

North Forestville Community Center

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

**Northern Recreation & Leisure Services**

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

Oakcrest Community Center

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

Palmer Park Community Center

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

Patuxent Community Center

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

Peppermill Community Center

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

Potomac Landing Community Center

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

Prince George's Plaza Community Center

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

Rollingcrest-Chillum Community Center

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

Seat Pleasant Activity Center

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

South Bowie Community Center

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

Southern Area Aquatic and Recreation Complex (SAARC)

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

Southern Recreation & Leisure Services

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

Southern Regional Technology and Recreation Complex

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

Stephen Decatur Community Center

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

Suitland Community Center

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

Temple Hills Community Center

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

Tucker Road Community Center

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

Upper Marlboro Community Center

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

Vansville Community Center

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

Westphalia Community Center

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

William Beanes Community Center

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

DOG PARKS

College Park Dog Park

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

Heurich Dog Park

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

Oakcreek West Park

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

Riverdale Dog Park

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

Riverview Dog Park

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

Rollins Avenue Park

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

Summerfield Park

8550 Chatsfield Way, Greater Landover 20785
NorthernAreaPrograms@pgparks.com



HISTORIC AND RENTAL SITES

Abraham Hall

7612 Old Muirkirk Rd., Beltsville 20705
301-446-3232 • blackhistory@pgparks.com

Adelphi Mill

8402 Riggs Rd., Adelphi 20783
301-699-2400 • Park-Permits@pgparks.com

Billingsley House

6900 Green Landing Rd., Upper Marlboro 20772
301-627-0730 • billingsleyhouse@pgparks.com

Cherry Hill Cemetery

6821 Ingraham St., Riverdale 20737
301-627-1286 • PGParkRangers@pgparks.com

College Park Aviation Museum

1985 Cpl. Frank Scott Dr., College Park 20740
301-864-6029 • Collegeparkaviation@pgparks.com

Columbia Air Center

16000 Croom Airport Rd., Upper Marlboro 20772
301-627-6074 • blackhistory@pgparks.com

Darnall's Chance Historic Site & Museum

14800 Governor Oden Bowie Dr., Upper Marlboro 20772
301-952-8010 • darnallschance@pgparks.com

Dinosaur Park

13201 Block of Mid-Atlantic Blvd., Laurel 20708
301-627-7755 • Dinosaurpark@pgparks.com

Dorsey Chapel

10704 Brookland Rd., Glenn Dale 20769
240-264-3415 • dorseychapel@pgparks.com

Dueling Creek Natural Area

Located in Colmar Manor Community Park
3510 38th Ave., Colmar Manor 20722
301-779-0371 • PGParkRangers@pgparks.com

Marietta Historic Site & Museum

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

Montpelier Historic Site & Museum

9650 Muirkirk Rd., Laurel 20708
301-377-7817 • Montpeliermansion@pgparks.com

Newton White Mansion

2708 Enterprise Rd., Mitchellville 20721
301-249-2004 • newtonwhitemansion@pgparks.com

Northampton Slave Quarters and Archaeological Park

10915 Water Port Ct., Bowie 20721
301-627-1286 • blackhistory@pgparks.com

Oxon Hill Manor

6901 Oxon Hill Rd., Oxon Hill 20745
301-839-7782 • oxonhillmanor@pgparks.com

Patuxent Rural Life Museums at Patuxent River Park

16000 Croom Airport Rd., Upper Marlboro 20772
301-627-6074 • 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 Regional Park)

11401 Thrift Rd., Clinton 20735
301-297-4575 • clearwaturnaturecenter@pgparks.com

Clyde Watson Boating Area

17901 Magruder's Ferry Rd. Baden 20613
301-627-7755 • PGParkRangers@pgparks.com

Cosca Regional Park

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

Fairland Regional Park

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

Fran Uhler Natural Area

10300 Lemons Bridge Rd., Bowie 20715
301-627-7755 • PGParkRangers@pgparks.com

Governor Bridge Natural Area & Canoe Launch

7600 Governor Bridge Rd., Bowie 20715
301-627-7755 • PGParkRangers@pgparks.com

Lake Artemesia Natural Area Center at Lakeland

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

Marlboro Natural Area

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



**Mount Calvert Historical and Archaeological Park
(Temporarily closed)**

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

Mount Rainier Nature & Recreation Center

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

Old Maryland Farm (at Watkins Reg. Park)

351 Watkins Park Dr., Upper Marlboro 20774
301-218-6770 • oldmarylandfarm@pgparks.com

Patuxent River 4-H Center

18405 Queen Anne Rd., Upper Marlboro 20774
301-218-3079 • PGParkRangers@pgparks.com

Patuxent River Park/Jug Bay Natural Area

16000 Croom Airport Rd., Upper Marlboro 20772
301-627-6074 • patuxentrivierpark@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 • campspringsseniors@pgparks.com

Evelyn Cole Senior Activity Center

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

Gwendolyn Britt Senior Activity Center

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

John E. Howard Senior Activity Center

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

Langley Park Senior Activity Center

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

Laurel-Beltsville Senior Activity Center

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

SKATE PARKS

Cosca Regional Skate Park

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

Melrose Skate Park

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

Mount Rainier Skate Park

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

Sunnyside Skate Park

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

Walker Mill Skate Park

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



SPORTS FACILITIES

Allentown Splash, Tennis and Fitness Park

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

Cosca Tennis Bubble

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

Ellen E. Linson Splash Park (summer)

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

Enterprise Golf Course

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

Fairland Sports & Aquatics Complex

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

Fairland Tennis Bubble

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

Glenn Dale Splash Park (summer)

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

Hamilton Splash Park (summer)

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

Henson Creek Golf Course

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

Herbert Wells Ice Rink (seasonal)

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

J. Franklyn Bourne Memorial Pool (summer)

6500 Calmos St., Seat Pleasant 20743
301-350-4422 • 301-583-2572 • bournepool@pgparks.com

Kentland Golf Training Center

2413 Pinebrook Ave., Landover 20785
301-772-2527 • kentlandcc@pgparks.com

Lane Manor Splash Park (summer)

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

North Barnaby Splash Park (summer)

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

Paint Branch Community Park Disc Golf Course

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

Paint Branch Golf Complex & Performance Center

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

Prince George's County Trap & Skeet Center

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

Prince George's Sports & Learning Complex

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

Prince George's Stadium

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

Rollingcrest-Chillum Splash Pool

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

Southern Regional Aquatic Wellness Center

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

Sugar Ray Leonard Amateur Boxing Center

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

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

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

Tucker Road Ice Rink

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

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

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

Watkins Tennis Bubble

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





live more, play more **on our trails!**

Bike ■ Hike ■ Walk ■ Jog ■ Run

Scan the QR Code or visit pgparks.com
and search *Trail Finder*.



PHOTO/VIDEO POLICY



live more, play more
pgparks.com

The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation, Prince George's County, reserves the right to take photographs and video footage of participants in our programs, special events, and individuals enjoying our parks and properties. This media is utilized in promotional materials to highlight our community's activities, events, and facilities.

It is vital to us that our marketing represents the true spirit of Prince George's County.

Through our commitment to showcasing the real faces of our community members, we celebrate authenticity. This dedication allows us to uplift local voices, share our collective stories, and highlight the genuine energy that makes our community, parks and programs thrive.

Our story is your story to celebrate together.



To learn more about our policies, please visit us online at pgparks.com/safety-policy/policies or scan this QR code



¡Obtenga más información sobre el Departamento de Parques y Recreación en español!

Visite la página de internet **pgparks.com**. Nuestras páginas de internet se pueden traducir en español y en otros idiomas. En la esquina superior derecha de la página, haga clic en "Select Language" y escoja "Spanish."



¡Hablamos su idioma!

Nuestro personal tiene acceso a un servicio de interpretación telefónica y puede ayudarle en más de 150 lenguajes, incluyendo español. Por favor pregunte por este servicio cuando nos llame o visite.

Manténgase informado acerca de los próximos eventos y programas

Nuestro boletín informativo del M-NCPPC, Departamento de Parques y Recreación le llegará a su correo electrónico semanalmente. Para suscribirse envíe un correo electrónico a **public.affairs@pgparks.com** con el asunto: "Boletín Informativo." Su correo electrónico se utiliza para enviar información sobre eventos y programas y no se comparte con otras personas.

Invitenos a participar en sus eventos

Queremos conectar con su grupo comunitario. Tenemos personal que pueden poner una mesa con información sobre el Departamento y/o hacer presentaciones en español sobre:

- Oportunidades recreacionales en el condado
- Oportunidades de voluntariado y empleo

Para más información llame al 301-699-2255 o envíe un correo electrónico a: **customerservice@pgparks.com**

Matricúlese en clases y actividades usando el sistema PARKS DIRECT en español

Para matricularse, establezca una cuenta GRATIS de PARKS DIRECT. Visite cualquier centro comunitario de M-NCPPC, Departamento de Parques y Recreación con documentación que compruebe residencia en el condado, edad, e identidad de cada miembro de su familia que quiera incluir en su cuenta. Una vez establecida su cuenta matricúlese por internet, o en persona. Para más información llame al 301-699-2255, o visite **pgparks.com** y haga clic en el logotipo de PARKS DIRECT.

Usted puede comprobar su residencia* /que viva en el condado con: Licencia de conducir o tarjeta de identidad MVA; cuenta de servicios (agua, teléfono, luz o gas); contrato de alquiler; certificado de propiedad o carta original de la Agencia de Discapacidad escrita en membrete oficial. *Si no comprueba que reside/vive en el condado, se le cobrará la tarifa de no residente (que no vive en el condado).

Usted puede comprobar su edad con:

Licencia de conducir o tarjeta de identidad MVA; pasaporte; visa de residente; certificado de nacimiento con sello autorizado; certificado de bautismo (con fecha de nacimiento) con sello autorizado; carta original del colegio escrito en membrete oficial o carta original de la Agencia de Discapacidad escrita en membrete oficial.

El Departamento de Parques y Recreación ofrece asistencia financiera para poder participar en sus programas y servicios. Puede descargar los formularios en español, visitando **pgparks.com** y haga clic en la pestaña "Actividades y Eventos" en la parte superior de la página y después haga clic en "Asistencia de cuotas y becas."

Para más información o pedir una solicitud, llame al 301-699-2255.



Participe en una actividad

¡Encuentre una clase, un programa, un paseo o programa para usted, sus niños o un miembro de su familia que sea mayor de 60 años! Visite pgparks.com o llame al 301-699-2255.

El Departamento también ofrece una membresía GRATIS para niños y jóvenes edades 6-17 años, para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye, visite pgparks.com o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Para niños y jóvenes:

Los centros comunitarios ofrecen entrada gratuita y programas para los jóvenes los viernes y sábados por la noche. Para horarios de actividades y eventos especiales visite el sitio de internet pgparks.com o llame al 301-699-2255.

El Departamento ofrece programas con acomodaciones especiales y recreación terapéutica para niños y jóvenes con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos llame al 301-446-3400.

Para personas de la tercera edad:

El Departamento ofrece una membresía GRATIS para personas de la tercera edad para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye visite pgparks.com o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Seis centros de actividades para personas de la tercera edad o "senior activity centers" ofrecen una variedad de servicios para personas mayores de 60 años. Eventos especiales, viajes, clases, información y referencias se ofrecen en estos centros. También se ofrecen almuerzos nutritivos y transporte limitado en los centros. También ofrecemos programas para personas de la tercera edad con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos, llame al 301-446-3400.

Alquile un local para su fiesta o celebración

¿Busca un sitio sin igual para su recepción, fiesta, quince años o reunión? Visite pgparks.com.

Para disponibilidad del local y más detalles, comuníquese con el gerente del mismo.

Para reservar centros recreativos (con o sin cocina), áreas de picnic bajo techo o parcela para sembrar, llame al 301-699-2400 o visite pgparks.com.

Para reservar canchas atléticas y/o campos, llame al 301-446-6800 o visite pgparks.com.

Encuentre un parque

Visite pgparks.com y haga clic en la pestaña "Parques y senderos" en la parte superior de la página y después haga clic en "Buscador de parques." Puede encontrar el parque más cercano a usted o el que tiene los servicios que busca.

Comparta sus talentos y done su tiempo – ¡Sea voluntario!

Individuos y grupos pueden ayudar con proyectos de un día o asistir de manera continua. Algunas oportunidades califican para obtener horas de estudiantil, requeridas por las escuelas públicas en el Condado de Prince George's o para los "Scouts". Para más información, visite pgparks.com y haga clic en la pestaña "Involucrarse" en la parte superior de la página y después haga clic en "Oportunidades para voluntarios."

Precios sujetos a cambios sin previo aviso

Los precios en esta guía están sujetos a cambios. Por favor póngase en contacto con el sitio del programa para obtener información actualizada.

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.

Call for Entries: Gingerbread Competition Celebrating America's 250th

Celebrate the 250th anniversary of the United States by entering our Gingerbread House Contest & Show. Entries must depict historic sites, events, places, or people that helped shape America's story. Multiple divisions. Monetary prizes. All skill levels welcomed. For more information and rules, visit the museum's webpage. Registration ends November 6.

Darnall's Chance Historic Site				darnallschance@pgparks.com
View activity: DCHM-SPEC-GA-20261122	All ages	Tue Sep 1	12:00 pm - 4:00 pm	\$5(R); \$7(NR)

Fall Concert Series

Enjoy a concert on the lawn featuring a variety of bands throughout the season! Bring your lawn chair, pack a picnic dinner, and enjoy an evening of live music, fresh air, and community fun with family and friends.

Riversdale Historic Site & Museum				riversdale@pgparks.com
View activity: RHM-CON-GA-FALL2026	All ages			
Wed Sep 9	7:00 - 8:00 pm	Free		
Wed Sep 23	7:00 - 8:00 pm	Free		

Teen Vision: Stop the Violence

Join us for Teen Vision 2025, a dynamic youth summit dedicated to ending teen violence and unlocking the full potential of today's youth. This powerful event brings together teens, mentors, community leaders, and changemakers for a day of real talk, empowerment, and action. Through workshops, keynote speakers, and interactive sessions, we'll tackle the tough issues facing teens today - from peer pressure and mental health to leadership, education, and entrepreneurship.

Kentland Community Center				kentlandcc@pgparks.com
View activity: KCC-SPEC-GA-20260911	10 - 18yrs.	Fri Sep 11	6:30 - 8:30 pm	Free

Fall Reads

Join us as we spend September reading and discussing the book *Don't Forget To Write* by Sara Goodman Confino.

Snow Hill Manor				snowhillmanor@pgparks.com
View activity: SHM-SPEC-GA-20260912	18 & up	Sat Sep 12	11:00 am - 1:00 pm	Free

Baden Block Party

Bring your family and friends out for a fun afternoon filled with music, games, crafts, entertainment, vendors, and more!

Baden Community Center				badencc@pgparks.com
View activity: BACC-SPEC-GA-20260912	All ages	Sat Sep 12	12:00 - 2:00 pm	Free

Souls Seeking Freedom Walking Tour: The Untold Story of Enslavement and Resistance at Montpelier

Hear new findings and discuss the history of enslavement and resistance from the 1765 to 1865 plantation period of Montpelier. Advance registration is recommended. Drop-ins the day of are welcome, subject to availability. Wear comfortable clothing and shoes.

Montpelier Historic Site & Museum		montpeliermansion@pgparks.com			
View activity: MM-SPEC-GA-20260912	14 & up	Sat Sep 12	1:00 - 2:30 pm	\$5(R); \$7(NR)	

Hidden Spaces Tour

See seldom seen areas of Montpelier and hear about the original construction and preservation of this 18th century plantation house. Advance registration is recommended. Drop-ins are welcomed, subject to availability. Wear comfortable clothing and shoes. Participants will climb narrow stairs and ladders. This activity is not ADA-accessible.

Marietta Historic Site & Museum		mariettahouse@pgparks.com			
View activity: MM-SPEC-GA-20260913	16 & up	Sun Sep 13	3:00 - 5:00 pm	\$10(R); \$13(NR)	

Patuxent Paleontology Program: Paleocene Seas

Step back in time to explore an ancient sea that once covered Prince George's County! Join our paleontologists on a ~1-mile stream hike to search for marine Paleocene fossils (60-56 million years old), including sharks, stingrays, turtles, crocodiles, clams, snails, and more. Rare finds will be added to the Prince George's County Paleontology Collection - with full credit to you - and common fossils are yours to keep. Come prepared to get wet and dirty. Closed-toed shoes required; muck boots or hip/chest waders recommended (limited sizes will be available on site). Sifters will be provided, so no tools are needed. Good independent mobility required.

Patuxent River 4-H Center		archaeology@pgparks.com			
View activity: NHRD-SPEC-GA-20260915	12 & up	Tue Sep 15	11:00 am - 1:00 pm	\$10(R); \$13(NR)	

Riversdale Lunch and Learn Series

September 16: Explore stories of resistance and freedom tied to the Underground Railroad in the Washington, D.C. region with author Jenny Masur. Learn about the courage and resourcefulness in aiding freedom seekers. Includes Q&A and book signing.

October 21: Join authors, local historians, and community members as they share their research and books with the community.

November 18: Learn about Piscataway Park and the work of the Accokeek Foundation. Discover how, with the National Park Service, it stewards 200 acres within a 5,000-acre landscape along the Potomac, preserving views, history, and cultural, environmental, and Indigenous resources.

Riversdale Historic Site & Museum			riversdale@pgparks.com
View activity: RHM-SPEC-GA-2026LUNCH 18 & up			
Wed Sep 16	12:00 - 1:00 pm	Free	
Wed Oct 21	12:00 - 1:00 pm	Free	
Wed Nov 18	12:00 - 1:00 pm	Free	

Roll Into the Weekend

It's Pre-Teen Night! Grab your friends and join us for music, pizza, and roller skating.

South Bowie Community Center		southbowiecc@pgparks.com			
View activity: SBCC-SPEC-GA-20260918	10 - 12yrs.	Fri Sep 18	6:00 - 9:00 pm	Free	

Women in Fiction Book Fair

Meet inspiring authors from The Write Women Network as they bring their stories and passion to the Farmer's Market at Marietta! Enjoy lively conversations and readings throughout the day, discover your next favorite book, and collect personalized autographed copies.

Marietta Historic Site & Museum		mariettahouse@pgparks.com			
View activity: MHM-SPEC-GA-20260919	18 & up	Sat Sep 19	11:00 am - 3:00 pm	Free	

Community Day

Join us for a day of family fun featuring music, tours, crafts, and exhibits. A discussion exploring the “Declaration of Independence and What It Means Today” starts at 1 pm. Enjoy an African drumming performance, exhibits, and make-and-take crafts. Farmer’s Market vendors will be on-site for food purchases.

Marietta Historic Site & Museum

mariettahouse@pgparks.com

View activity: MHM-SPEC-GA-20260926 All ages Sat Sep 26 11:00 am - 3:00 pm Free

Maryland Walking Day at Watkins Regional Park

Come walk with us! Celebrate Maryland Walking Day by walking (or rolling) a few laps through the park on our beautiful Loop Trail. Walking is a fun way to exercise that can be included in your daily routine. We’ll be hosting a fun step challenge throughout the event, giving you even more reasons to get moving and earn prizes!

Watkins Regional Park

countywidetrprograms@pgparks.com

View activity: SPD-SPEC-GA-20261001 13 & up Thu Oct 1 8:00 -10:00 am Free

Sankofa Open House

Explore history in new and exciting ways! Visit our museum-on-wheels and use virtual reality to meet local activists of the past. Shop at the farmers market and tour their beehive collective. Connect with community resources. Participate in our oral history program by telling your story. Educational activities and free food while supplies last.

Chelsea Historic Site

sankofa@pgparks.com

View activity: NHRD-SPEC-GA-20261003 18 & up Sat Oct 3 11:00 am - 3:00 pm Free

Walk with a Cop

Join an M-NCPPC Park Police officer for a relaxed, guided walk through the park. Participants can ask questions, share concerns, and have open conversations in an informal setting designed to promote understanding and trust.

Tucker Road Comm Park/Athletic Cmplx

countywidetrprograms@pgparks.com

View activity: SPD-SPEC-GA-20261003 All ages Sat Oct 3 12:00 - 1:00 pm Free

Forest Bathing

Join naturalist and Certified Forest Therapy Guide, Ana Ka’ahanui from Wonder Joy Walks and Capital Nature, for an introduction to forest bathing. “Shinrin-yoku,” or taking in the forest atmosphere with all of your senses, is a way to slow down, unwind and connect to the natural world. Through a series of simple sensory exercises, you will experience the wonders of nature with this relaxing mindfulness practice. (RAIN DATE: Thursday, October 8, 10 am-12 noon)

Lake Artemesia Park

countywidetrprograms@pgparks.com

View activity: SPD-SPEC-GA-20261006A 12 & up Tue Oct 6 10:00 am - 12:00 pm Free

Tai Chi

Tai Chi is a gentle way to reduce stress. Enjoy the beauty of this gentle, flowing, focused movement fitness routine. Learn this ancient art of exercise for balance, stretching, muscle tone and flexibility.

Laurel-Beltsville Senior Activity Ctr

laurelbeltsvilleseniors@pgparks.com

View activity: SPD-SPEC-GA-20261006B 13 & up Tue Oct 6 6:00 - 7:00 pm Free

Sound Bowl Meditation

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. All are welcome - no prior experience is needed. Simply bring a yoga mat or cushion for comfort and allow yourself to unwind in a peaceful, meditative space.

Southern Area Aquatics Rec Complex

saarc@pgparks.com

View activity: SPD-SPEC-GA-20261007A 13 & up Wed Oct 7 6:00 - 7:00 pm Free

Walk Maryland Day at Ridgeley Rosenwald School

Celebrate community, wellness, and the joy of walking. This event is in partnership with the Bicycle and Pedestrian Program of Prince George's County, Department of Public Works and Transportation, and Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

Ridgeley Rosenwald Historic Site				countywidetrprograms@pgparks.com	
View activity: SPD-SPEC-GA-20261007	All ages	Wed Oct 7	12:00 - 1:00 pm	Free	

Dance. Decompress. De-Stress

Pause the rush of your week and reconnect through movement at Dance, Decompress and De-Stress, a calming, judgment-free dance workshop created to help release stress, quiet the mind, and restore emotional balance through guided breathwork, gentle stretching, and expressive movement. No dance experience is necessary, just a willingness to move, breathe, and be present. Join us for an uplifting evening of dance, music, mindfulness, and self-care during Mental Health Awareness Week. Wear loose, comfortable clothing, bring a water bottle, and are encouraged to arrive 10 minutes early to settle in.

Clarice Smith Performing Arts Center				communityarts@pgparks.com	
View activity: SPD-SPEC-GA-20261007B	18 & up	Wed Oct 7	6:30 - 8:00 pm	Free	

Girls in Aviation

Be inspired by Women in Aviation International! Meet women in the aviation industry, participate in aviation activities, play games, try your hand with flight simulators, and dream beyond the stars. Free swag bags available while supplies last. Register by October 8.

College Park Aviation Museum				collegeparkaviation@pgparks.com	
View activity: CPAM-SPEC-GA-20261010	All ages	Sat Oct 10	11:00 am - 2:00 pm	Free	

STEAM Into Native Cultures

Celebrate Indigenous People's Day with hands-on STEAM activities that explore how Indigenous peoples used patterns in the natural world to understand directions and the passage of time. No registration required.

Montpelier Historic Site & Museum				montpeliermansion@pgparks.com	
View activity: MM-SPEC-GA-20261010	10 - 14yrs.	Sat Oct 10	11:00 am - 3:00 pm	Free	

Fashion: Wearable Language in the 19th & 20th Centuries

Join Sonya McKenney, Montpelier Historic Site & Museum's collections manager, for a discussion on what fashion communicated for the men and women, with and without agency, in the 19th & 20th centuries. Following Q & A, make a fabric craft. Light refreshments will be served.

Marietta Historic Site & Museum				mariettahouse@pgparks.com	
View activity: MHM-SPEC-GA-20261010	12 & up	Sat Oct 10	1:00 - 3:00 pm	\$5(R); \$7(NR)	

Sip & Sew

Create your own muumuu from start to finish. No prior sewing experience is needed. We'll guide you step by step and all supplies are provided. Want to make it extra personal? Feel free to bring your own fabric, at least 3 yards, to create something truly unique. Indulge in complimentary mocktails while you sip, sew, and unwind. Great for a night out with friends or a solo creative escape.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com	
View activity: SPLEX-SPEC-GA-20261017	18 & up	Sat Oct 17	11:00 am - 2:00 pm	\$65(R); \$85(NR)	

Walk with a Cop

Join an M-NCPPC Park Police officer for a relaxed, guided walk through the park. Participants can ask questions, share concerns, and have open conversations in an informal setting designed to promote understanding and trust.

Fairland Regional Park				countywidetrprograms@pgparks.com	
View activity: SPD-SPEC-GA-20261017	All ages	Sat Oct 17	12:00 - 1:00 pm	Free	

Wicked Sweet: Candy Apple Workshop

Create six spooky Halloween-themed candy apples in this fun, hands on workshop. No experience needed, and all supplies are provided. We will guide you step by step as you dip, decorate, and design your own eerie and delicious creations. Bring a friend who loves sweet treats and leave with custom candy apples perfect for sharing or showing off.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com	
View activity: SPLEX-SPEC-GA-20261024	8 & up	Sat Oct 24	11:00 am - 1:30 pm	\$45(R); \$59(NR)	

Souls Seeking Freedom Walking Tour: The Untold Story of Enslavement and Resistance at Montpelier

Hear new findings and discuss the history of enslavement and resistance from 1765 to 1865. Advance registration is recommended. Drop-ins the day of are welcome, subject to availability. Wear comfortable clothing and shoes.

Montpelier Historic Site & Museum				montpeliermansion@pgparks.com	
View activity: MM-SPEC-GA-20261024	14 & up	Sat Oct 24	1:00 - 2:30 pm	\$5(R); \$7(NR)	

Hidden Spaces Tour

Learn about the original construction and preservation of Montpelier Mansion. Registration is recommended. Drop-ins welcomed, subject to availability. Wear comfortable clothing and shoes. Climbing stairs and ladders is required. This activity is not ADA-accessible.

Montpelier Historic Site & Museum				montpeliermansion@pgparks.com	
View activity: MM-SPEC-GA-20261025	16 & up	Sun Oct 25	3:30 - 5:00 pm	\$10(R); \$13(NR)	

Revolution, Rebellion, Treason:

A Slice of History Discussion Series

What are the differences between revolutions, rebellions, and acts of treason? Join us as we take a long view of sparking change in American history, beginning with the Declaration of Independence and concluding with our present day. Intended for our youngest and soon-to-be leaders, this program will facilitate a shared understanding of what it means to be an engaged citizen in 2026 and beyond.

Surratt Historic Site & Museum				surratthouse@pgparks.com	
View activity: SH-SPEC-GA-20261029	15 - 25yrs.	Thu Oct 29	4:00 - 5:30 pm	Free	

Boo-tiful in Pink Trunk or Treat

Show your support for Breast Cancer Awareness Month at our annual trunk or treat event! Put on your favorite costume for an evening filled with sweet treats, fun games, a costume contest, festive crafts, hayrides, and more!

Baden Community Center				badencc@pgparks.com	
View activity: BACC-SPEC-GA-20261030	5 & up	Fri Oct 30	6:00 - 8:00 pm	\$12(R); \$16(NR)	

Trunk or Treat

Decorate your vehicle for a chance to win a prize! Come dressed in your best costume for a chance to win a prize. Enjoy music, face painting, and family fun at this free event.

South Bowie Community Center				southbowiecc@pgparks.com	
View activity: SBCC-SPEC-GA-20261030	2 - 12yrs.	Fri Oct 30	6:30 - 8:30 pm	Free	

A Spooky Good Time

Get ready for thrills, chills, and spooky fun! Enjoy haunting decorations, music, treats, and activities that will keep everyone entertained. Come dressed in your best costume and have frightful fun with friends, laughter, and a few surprises along the way. Don't miss out it's going to be a spooky good time!

Tucker Road Comm Park/Athletic Cmplx				tuckerroadcc@pgparks.com	
View activity: SRLS-SPEC-GA-20261031	3 - 17yrs.	Sat Oct 31	6:00 - 9:00 pm	\$5(R); \$7(NR)	

Riversdale Special Tours: Emancipation Day

Discover the history of those who lived and worked at this former plantation. This is a 1-hour guided tour. Arrive at the Visitor Center 5 to 10 minutes early to register.

Riversdale Historic Site & Museum

riversdale@pgparks.com

View activity: RHM-SPEC-GA-2026EDAY All ages

Sun Nov 1	12:00 - 1:00 pm	Free
Sun Nov 1	2:00 - 3:00 pm	Free

Riversdale After-Hours Tour: From the Sources

This is a 1-hour guided tour. Each tour covers different topics relating to life in the 19th century.

October 29: This reflective evening program explores stories of life, loss, and legacy at the historic site, honoring those who lived and labored there through primary sources and thoughtful interpretation.

November 5: Explore the lives of Freedom Seekers connected to the estate. Through storytelling and primary accounts, guests will reflect on courage, resistance, and the pursuit of liberty shaped by enslavement and survival.

November 12: Explore the complexity of a slave society and the blurred boundaries of race, identity, and power. Reflect on how freedom, survival, and racial passing shaped lives within and beyond the plantation world.

Riversdale Historic Site & Museum

riversdale@pgparks.com

View activity: RHM-SPEC-GA-2026AFTER All ages

Thu Oct 29	7:00 - 8:00 pm	Free
Thu Nov 5	7:00 - 8:00 pm	Free
Thu Nov 12	7:00 - 8:00 pm	Free

Luminous Learning Lab: Watts Glowing On?

Spark your curiosity through an exciting hands-on STEAM experience! Discover the world of Science, Technology, Engineering, Art, and Math (STEAM) through glowing experiments, creative challenges, and engaging discovery stations. Explore how light, energy, and innovation work together in a fun, social environment.

Temple Hills Community Center

templehillsc@pgparks.com

View activity: THCC-SPEC-GA-20261105 5 - 15yrs. Thu Nov 5 6:00 - 7:00 pm Free

Wholesome Holiday Breakfast Cooking Demonstration

Begin your day on a nutritious note with these delicious recipes perfect for the holiday season! During this cooking demonstration, learn how to create a protein-packed holiday breakfast.

Glenn Dale Community Center

glenndalecc@pgparks.com

View activity: SPD-SPEC-GA-20261105 All ages Thu Nov 5 6:00 - 7:00 pm Free

Jug Bay 3K Walk for Wildlife

Register to walk or run - and preserve wildlife! Together, M-NCPPC's Patuxent River Park and The Maryland Department of Natural Resources Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. Proceeds from this event directly support projects, research, conservation, and education in the Patuxent River watershed.

Patuxent River Park

patuxentriverpark@pgparks.com

View activity: PRP-SPEC-GA-20261107 All ages Sat Nov 7 9:00 - 11:00 am \$20(R); \$26(NR)

Jug Bay 5K Run for Wildlife

Register to walk or run - and preserve wildlife! Together, M-NCPPC's Patuxent River Park and The Maryland Department of Natural Resources Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. Proceeds from this event directly support projects, research, conservation, and education in the Patuxent River watershed.

Patuxent River Park

patuxentriverpark@pgparks.com

View activity: PRP-SPEC-GA-20261107A All ages Sat Nov 7 9:00 - 11:00 am \$25(R); \$33(NR)

Jug Bay 10K Run for Wildlife

Register to walk or run - and preserve wildlife! Together, M-NCPPC's Patuxent River Park and The Maryland Department of Natural Resources Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. Proceeds from this event directly support projects, research, conservation, and education in the Patuxent River watershed.

Patuxent River Park

patuxentriverriverpark@pgparks.com

View activity: PRP-SPEC-GA-20261107B All ages Sat Nov 7 9:00 - 11:00 am \$25(R); \$33(NR)

Iron Horses: A Living History of the Helicopter in Combat

Dive into a living history experience that brings the story of the helicopter to life--from daring test flights of the 1920s to the first combat missions decades later. Learn how helicopters transformed troop movement, see authentic mission gear up, and step into the history that reshaped aviation. Register by November 5.

College Park Aviation Museum

collegeparkaviation@pgparks.com

View activity: CPAM-SPEC-GA-20261107A All ages Sat Nov 7 11:00 - 11:45 am \$10(R); \$13(NR)

esSCENTials

Our fun, creative candle making program is filled with cozy seasonal vibes. Learn how to pour, scent, and customize your own signature candle. Explore fragrances, colors, and decorative touches that match your style. No experience is needed; all supplies are provided. This workshop is the perfect way to unwind and create something beautiful.

Prince George's Sports & Learn Cmplx

splex-distribution@pgparks.com

View activity: SPLEX-SPEC-GA-20261107 12 & up Sat Nov 7 11:00 am - 1:30 pm \$50(R); \$65(NR)

Tuskegee Airmen Take to the Skies: Living History Tour

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

College Park Aviation Museum

collegeparkaviation@pgparks.com

View activity: CPAM-SPEC-GA-20261107 All ages Sat Nov 7 1:00 - 1:45 pm \$10(R); \$13(NR)

Campfire & S'mores

Revel in the joy of roasting marshmallows to golden perfection and layering them with rich chocolate and crunchy graham crackers. Enjoy music, storytelling, and fun activities for all ages. Don't miss this special occasion to gather around the fire, rekindle old friendships, and create new traditions.

Watkins Nature Center

watkinsnaturecenter@pgparks.com

View activity: WNC-SPEC-GA-20261113 All ages Fri Nov 13 6:30 - 8:00 pm \$8(R); \$11(NR)

Deck the Door: Holiday Wreaths Workshop

Step into the holiday spirit by creating a beautiful seasonal wreath. No experience needed. We will guide you step by step, and all supplies are provided. You can make your wreath one of a kind by bringing your own seasonal fabrics, ribbons, and patterns. Bring a friend, get creative, and leave with a handcrafted wreath ready to brighten your home all season long.

Prince George's Sports & Learn Cmplx

splex-distribution@pgparks.com

View activity: SPLEX-SPEC-GA-20261114 8 & up Sat Nov 14 11:00 am - 1:30 pm \$40(R); \$52(NR)

Festival of Lights Trot for a Turkey

Help families in need by running or walking through the beautiful Winter Festival of Lights! For more than 30 years, visitors have been dazzled by twinkling light displays as they drove through Watkins Regional Park. This year, register to walk or run through the almost 3-mile course and see the dazzling displays up close. Your registration fee will provide a family in need with a holiday turkey.

Watkins Regional Park			northernareaprograms@pgparks.com		
View activity: WRP-SPEC-GA-20261121	All ages	Sat Nov 21	6:00 - 8:00 pm	\$35(R); \$46(NR)	

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 PROGRAMS

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.

fairlandsports@pgparks.com

View activity: 31415-586A	18 & up	4 classes	Tue	5:30-6:30 pm	starts Sep 1	\$20(R); \$26(NR)
View activity: 31415-586C	18 & up	5 classes	Thu	9:30-10:30 am	starts Sep 3	\$20(R); \$26(NR)
View activity: 31415-586B	18 & up	4 classes	Tue	5:30-6:30 pm	starts Sep 29	\$16(R); \$21(NR)
View activity: 31415-586D	18 & up	4 classes	Thu	5:30-6:30 pm	starts Oct 8	\$16(R); \$21(NR)

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.

glennendalecc@pgparks.com

View activity: 31402-527A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Sep 17	\$55(R); \$72(NR)
View activity: 31402-527AA	18 & up	6 classes	Thu	7:00-8:00 pm	starts Sep 17	\$55(R); \$72(NR)
View activity: 31402-527C	18 & up	6 classes	Fri	6:00-7:00 pm	starts Sep 18	\$55(R); \$72(NR)
View activity: 31402-527CC	18 & up	6 classes	Fri	7:00-8:00 pm	starts Sep 18	\$55(R); \$72(NR)
View activity: 31402-527B	18 & up	7 classes	Thu	6:00-7:00 pm	starts Nov 5	\$55(R); \$72(NR)
View activity: 31402-527BB	18 & up	7 classes	Thu	7:00-8:00 pm	starts Nov 5	\$55(R); \$72(NR)
View activity: 31402-527D	18 & up	6 classes	Fri	6:00-7:00 pm	starts Nov 6	\$55(R); \$72(NR)
View activity: 31402-527DD	18 & up	6 classes	Fri	7:00-8:00 pm	starts Nov 6	\$55(R); \$72(NR)

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.

harmonyhallarts@pgparks.com

View activity: 31451-503A	18 & up	10 classes	Thu	10:00 am-1:00 pm	starts Sep 17	\$90(R); \$117(NR)
----------------------------------	---------	------------	-----	------------------	---------------	--------------------

SENIORS

Bio Fitness and Cardio Fit: Seniors

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

tuckerroadcc@pgparks.com

View activity: 31511-584A	60 & up	4 classes	Tue	9:30-10:30 am	starts Sep 1	\$12(R); \$16(NR)
View activity: 31511-584C	60 & up	4 classes	Thu	9:30-10:30 am	starts Sep 3	\$12(R); \$16(NR)
View activity: 31511-584B	60 & up	4 classes	Tue	9:30-10:30 am	starts Sep 29	\$12(R); \$16(NR)
View activity: 31511-584D	60 & up	4 classes	Thu	9:30-10:30 am	starts Oct 1	\$12(R); \$16(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.

glennndalecc@pgparks.com

View activity: 31606-527A	6 - 13 yrs.	6 classes	Wed	6:00-7:00 pm	starts Sep 16	\$55(R); \$72(NR)
View activity: 31606-527B	6 - 13 yrs.	6 classes	Wed	7:00-8:00 pm	starts Sep 16	\$55(R); \$72(NR)
View activity: 31606-527C	6 - 13 yrs.	6 classes	Wed	6:00-7:00 pm	starts Nov 4	\$55(R); \$72(NR)
View activity: 31606-527D	6 - 13 yrs.	6 classes	Wed	7:00-8:00 pm	starts Nov 4	\$55(R); \$72(NR)

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

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

surratthouse@pgparks.com

View activity: 316103-592A	All ages	1 class	Thu	12:00-1:00 pm	starts Sep 10	Free
View activity: 316103-592B	All ages	1 class	Thu	12:00-1:00 pm	starts Sep 24	Free

HYBRID PROGRAMS

ADULTS

Walk with Ease - Hybrid

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.

Fairwood Park

wellness@pgparks.com

View activity: 32401-579A	18 & up	12 classes	Mon & Wed	9:00-10:00 am	starts Sep 14	\$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
View activity: 10101-501D	3 - 5 yrs.	8 classes	Sat	9:00-9:30 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10101-501E	3 - 5 yrs.	8 classes	Sat	9:40-10:10 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10101-501A	3 - 5 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10101-501B	3 - 5 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10101-501C	3 - 5 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10101-501F	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2		\$66(R); \$86(NR)
View activity: 10101-501G	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3		\$66(R); \$86(NR)
View activity: 10101-501H	3 - 5 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10101-523A	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10101-523B	3 - 5 yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Sep 15		\$66(R); \$86(NR)
View activity: 10101-523C	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10101-523D	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10101-523E	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 19		\$66(R); \$86(NR)
View activity: 10101-523F	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 19		\$66(R); \$86(NR)
View activity: 10101-523G	3 - 5 yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Oct 20		\$66(R); \$86(NR)
View activity: 10101-523H	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 20		\$66(R); \$86(NR)
View activity: 10101-523I	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 20		\$66(R); \$86(NR)
View activity: 10101-523J	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 16		\$66(R); \$86(NR)
View activity: 10101-523K	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 17		\$66(R); \$86(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10101-568A	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568B	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568C	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568D	3 - 5 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568E	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568F	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10101-568G	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10101-572A	3 - 5 yrs.	8 classes	Sat & Sun	9:15-9:45 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10101-572C	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10101-572B	3 - 5 yrs.	8 classes	Sat & Sun	7:05-7:35 pm	starts Oct 24	\$66(R); \$86(NR)
View activity: 10101-572D	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 26	\$66(R); \$86(NR)
View activity: 10101-572E	3 - 5 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 27	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10101-5104A	3 - 5 yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10101-5104B	3 - 5 yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10101-5104E	3 - 5 yrs.	8 classes	Sat	8:30-9:00 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10101-5104F	3 - 5 yrs.	8 classes	Sat	11:10-11:40 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10101-5104C	3 - 5 yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Oct 27	\$66(R); \$86(NR)
View activity: 10101-5104D	3 - 5 yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Oct 27	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10101-583A	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10101-583C	3 - 5 yrs.	8 classes	Sat	9:15-9:45 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10101-583D	3 - 5 yrs.	8 classes	Sat	11:15-11:45 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10101-583B	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, Bubblers I

Build a healthy relationship with the water, your child, and other families in this protected culture of learners!

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10102-501B	0 - 3 yrs.	8 classes	Sat	9:00-9:30 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10102-501A	0 - 3 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10102-501C	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10102-523A	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10102-523B	0 - 3 yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Sep 15	\$66(R); \$86(NR)
View activity: 10102-523C	0 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10102-523D	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10102-523E	0 - 3 yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Oct 20	\$66(R); \$86(NR)
View activity: 10102-523F	0 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10102-523G	0 - 3 yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Nov 17	\$66(R); \$86(NR)
View activity: 10102-523H	0 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 17	\$66(R); \$86(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10102-568A	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10102-568B	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10102-572A	0 - 3 yrs.	8 classes	Sat & Sun	11:15-11:45 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10102-572B	0 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10102-572C	0 - 3 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 27	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10102-583A	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10102-583C	0 - 3 yrs.	8 classes	Sat	11:15-11:45 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10102-583B	0 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Pre Schoolers, Bubblers II

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10103-501A	0 - 3 yrs.	8 classes	Sat	9:40-10:10 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10103-501B	0 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10103-523A	1 - 3 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 16	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10103-568C	1 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 21	\$66(R); \$86(NR); \$50.00(IA)
View activity: 10103-568A	1 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10103-568D	1 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10103-568B	1 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10103-572B	0 - 3 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 8	\$66(R); \$86(NR)
View activity: 10103-572A	0 - 3 yrs.	8 classes	Sat & Sun	5:45-6:15 pm	starts Oct 24	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10103-583A	0 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10103-583C	0 - 3 yrs.	8 classes	Sat	9:15-9:45 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10103-583B	0 - 3 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, Floaters

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10104-501E	3 - 5 yrs.	8 classes	Sat	9:00-9:30 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10104-501F	3 - 5 yrs.	8 classes	Sat	10:20-10:50 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10104-501A	3 - 5 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10104-501B	3 - 5 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10104-501C	3 - 5 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10104-501D	3 - 5 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10104-501G	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2		\$66(R); \$86(NR)
View activity: 10104-501H	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3		\$66(R); \$86(NR)
View activity: 10104-501I	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 3		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10104-523A	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10104-523B	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10104-523C	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 19		\$66(R); \$86(NR)
View activity: 10104-523D	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 20		\$66(R); \$86(NR)
View activity: 10104-523E	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 16		\$66(R); \$86(NR)
View activity: 10104-523F	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 16		\$66(R); \$86(NR)
View activity: 10104-523G	3 - 5 yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Nov 17		\$66(R); \$86(NR)
View activity: 10104-523H	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 17		\$66(R); \$86(NR)
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 10104-568A	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 21		\$66(R); \$86(NR); \$50(IA)
View activity: 10104-568C	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 22		\$66(R); \$86(NR); \$50(IA)
View activity: 10104-568D	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 22		\$66(R); \$86(NR); \$50(IA)
View activity: 10104-568B	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2		\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10104-572A	3 - 5 yrs.	8 classes	Sat & Sun	9:55-10:25 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10104-572C	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 7		\$66(R); \$86(NR)
View activity: 10104-572E	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 8		\$66(R); \$86(NR)
View activity: 10104-572B	3 - 5 yrs.	8 classes	Sat & Sun	6:25-6:55 pm	starts Oct 24		\$66(R); \$86(NR)
View activity: 10104-572F	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 26		\$66(R); \$86(NR)
View activity: 10104-572G	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 27		\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10104-5104A	3 - 5 yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Sep 29		\$66(R); \$86(NR)
View activity: 10104-5104C	3 - 5 yrs.	8 classes	Sat	9:10-9:40 am	starts Oct 3		\$66(R); \$86(NR)
View activity: 10104-5104B	3 - 5 yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Oct 27		\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10104-583A	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10104-583C	3 - 5 yrs.	8 classes	Sat	9:15-9:45 am	starts Oct 3		\$66(R); \$86(NR)
View activity: 10104-583D	3 - 5 yrs.	8 classes	Sat	11:15-11:45 am	starts Oct 3		\$66(R); \$86(NR)
View activity: 10104-583B	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2		\$66(R); \$86(NR)

Swim Lessons: Pre Schoolers, Stokers I

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10105-501A	3 - 5 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10105-501B	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10105-523A	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10105-523B	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10105-523C	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10105-523D	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 17	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10105-568A	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568C	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568B	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568D	3 - 5 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568E	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568F	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568G	3 - 5 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
View activity: 10105-568H	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10105-572B	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10105-572A	3 - 5 yrs.	8 classes	Sat & Sun	7:05-7:35 pm	starts Oct 24	\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10105-5104A	3 - 5 yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10105-5104B	3 - 5 yrs.	8 classes	Sat	9:50-10:20 am	starts Oct 3	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10105-583A	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10105-583C	3 - 5 yrs.	8 classes	Sat	9:55-10:25 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10105-583B	3 - 5 yrs.	16 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Pre-Schoolers, Stokers II

Take the plunge and get empowered to be a better swimmer with the self-confidence of a champion! This level focuses on stroke development including front crawl and elementary backstroke. Participants will be introduced to the scissors and dolphin kicks and will build on the fundamentals of treading water. Diving skills may also be introduced. Participants who successfully complete this level and who meet the appropriate age requirement may register for Youth 4. Note: This course may be repeated until the child is old enough for Youth Level 4.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10106-501A	3 - 5 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10106-501B	3 - 5 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10106-523A	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10106-523B	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 16	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10106-572A	3 - 5 yrs.	8 classes	Sat & Sun	11:15-11:45 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10106-572B	3 - 5 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 8		\$66(R); \$86(NR)
View activity: 10106-572C	3 - 5 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 26		\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10106-5104B	3 - 5 yrs.	8 classes	Sat	10:30-11:00 am	starts Oct 3		\$66(R); \$86(NR)
View activity: 10106-5104A	3 - 5 yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Oct 27		\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10106-583B	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10106-583A	3 - 5 yrs.	8 classes	Sat	9:55-10:25 am	starts Oct 3		\$66(R); \$86(NR)
View activity: 10106-583D	3 - 5 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 2		\$66(R); \$86(NR)

CHILDREN

Swim Lessons: Children , Youth, Level 1 Introduction to Water Skills

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10201-501E	6 - 12 yrs.	8 classes	Sat	9:40-10:10 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10201-501F	6 - 12 yrs.	8 classes	Sat	11:00-11:30 am	starts Sep 5		\$66(R); \$86(NR)
View activity: 10201-501A	6 - 12 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10201-501B	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10201-501C	6 - 12 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10201-501D	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10201-501G	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3		\$66(R); \$86(NR)
View activity: 10201-501H	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 3		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10201-523A	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10201-523B	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 10201-523C	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10201-523D	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10201-523E	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 19		\$66(R); \$86(NR)
View activity: 10201-523F	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 19		\$66(R); \$86(NR)
View activity: 10201-523G	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 20		\$66(R); \$86(NR)
View activity: 10201-523H	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 20		\$66(R); \$86(NR)
View activity: 10201-523I	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 16		\$66(R); \$86(NR)
View activity: 10201-523J	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 16		\$66(R); \$86(NR)
View activity: 10201-523K	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 17		\$66(R); \$86(NR)
View activity: 10201-523L	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 17		\$66(R); \$86(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10201-568B	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568C	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568F	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568A	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568E	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568H	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568D	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
View activity: 10201-568G	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10201-572A	6 - 12 yrs.	8 classes	Sat & Sun	10:35-11:05 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10201-572C	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10201-572B	6 - 12 yrs.	8 classes	Sat & Sun	6:25-6:55 pm	starts Oct 24	\$66(R); \$86(NR)
View activity: 10201-572D	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 26	\$66(R); \$86(NR)
View activity: 10201-572E	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 27	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10201-5104A	6 - 12 yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10201-5104C	6 - 12 yrs.	8 classes	Sat	8:30-9:00 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10201-5104B	6 - 12 yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Oct 27	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10201-583A	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10201-583D	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10201-583C	6 - 12 yrs.	8 classes	Sat	9:55-10:25 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10201-583E	6 - 12 yrs.	8 classes	Sat	10:35-11:05 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10201-583B	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10201-583F	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR)

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

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10202-501E	6 - 12 yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Sep 5	\$66(R); \$86(NR)
View activity: 10202-501F	6 - 12 yrs.	8 classes	Sat	12:20-12:50 pm	starts Sep 5	\$66(R); \$86(NR)
View activity: 10202-501A	6 - 12 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10202-501B	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10202-501C	6 - 12 yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10202-501D	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10202-501G	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10202-501H	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10202-501I	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3	\$66(R); \$86(NR)
View activity: 10202-501J	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 3	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10202-523A	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10202-523B	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10202-523C	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10202-523D	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10202-523E	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10202-523F	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10202-523G	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10202-523H	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10202-523I	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10202-523J	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Nov 16	\$66(R); \$86(NR)
View activity: 10202-523K	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 16	\$66(R); \$86(NR)
View activity: 10202-523L	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 17	\$66(R); \$86(NR)
View activity: 10202-523M	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 17	\$66(R); \$86(NR)
View activity: 10202-523N	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 17	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10202-572A	6 - 12 yrs.	8 classes	Sat & Sun	9:15-9:45 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10202-572C	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10202-572D	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 8	\$66(R); \$86(NR)
View activity: 10202-572E	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 26	\$66(R); \$86(NR)
View activity: 10202-572F	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Oct 27	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10202-5104A	6 - 12 yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10202-5104C	6 - 12 yrs.	8 classes	Sat	9:10-9:40 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10202-5104B	6 - 12 yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Oct 27	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10202-583A	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10202-583D	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10202-583C	6 - 12 yrs.	8 classes	Sat	9:55-10:25 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10202-583E	6 - 12 yrs.	8 classes	Sat	10:35-11:05 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10202-583B	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10202-583F	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Children, Youth, Level 3 Stroke Development

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10203-501C	6 - 12 yrs.	8 classes	Sat	10:20-10:50 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10203-501A	6 - 12 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10203-501B	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10203-501D	6 - 12 yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10203-501E	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Nov 3	\$66(R); \$86(NR)

Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10203-523A	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10203-523B	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10203-523C	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10203-523D	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10203-523E	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10203-523F	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10203-523G	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10203-523H	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 16	\$66(R); \$86(NR)
View activity: 10203-523I	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 17	\$66(R); \$86(NR)
View activity: 10203-523J	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 17	\$66(R); \$86(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10203-572A	6 - 12 yrs.	8 classes	Sat & Sun	9:55-10:25 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10203-572C	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10203-572E	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 8	\$66(R); \$86(NR)
View activity: 10203-572B	6 - 12 yrs.	8 classes	Sat & Sun	5:45-6:15 pm	starts Oct 24	\$66(R); \$86(NR)
View activity: 10203-572F	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Oct 27	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10203-5104A	6 - 12 yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10203-5104C	6 - 12 yrs.	8 classes	Sat	9:50-10:20 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10203-5104B	6 - 12 yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Oct 27	\$66(R); \$86(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10203-583A	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10203-583D	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10203-583C	6 - 12 yrs.	8 classes	Sat	11:15-11:45 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10203-583B	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$66(R); \$86(NR)
View activity: 10203-583E	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Children, Youth, Level 4 Stroke Improvement

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10204-501B	6 - 12 yrs.	8 classes	Sat	11:00-11:30 am	starts Sep 5	\$77(R); \$101(NR)
View activity: 10204-501A	6 - 12 yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Sep 28	\$77(R); \$101(NR)
View activity: 10204-501D	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2	\$77(R); \$101(NR)
View activity: 10204-501C	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3	\$77(R); \$101(NR)

Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10204-523A	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 14	\$77(R); \$101(NR)
View activity: 10204-523B	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 15	\$77(R); \$101(NR)
View activity: 10204-523C	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 19	\$77(R); \$101(NR)
View activity: 10204-523D	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 20	\$77(R); \$101(NR)
View activity: 10204-523E	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 16	\$77(R); \$101(NR)
View activity: 10204-523F	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 17	\$77(R); \$101(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10204-572B	6 - 12 yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Sep 8		\$77(R); \$101(NR)
View activity: 10204-572A	6 - 12 yrs.	8 classes	Sat & Sun	7:45-8:15 pm	starts Oct 24		\$77(R); \$101(NR)
View activity: 10204-572C	6 - 12 yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Oct 26		\$77(R); \$101(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10204-5104A	6 - 12 yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Sep 29		\$77(R); \$101(NR)
View activity: 10204-5104C	6 - 12 yrs.	8 classes	Sat	10:30-11:00 am	starts Oct 3		\$77(R); \$101(NR)
View activity: 10204-5104B	6 - 12 yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Oct 27		\$77(R); \$101(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10204-583A	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 28		\$77(R); \$101(NR)
View activity: 10204-583C	6 - 12 yrs.	8 classes	Sat	9:15-9:45 am	starts Oct 3		\$77(R); \$101(NR)
View activity: 10204-583B	6 - 12 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2		\$77(R); \$101(NR)

Swim Lessons: Children, Youth, Level 5 Stroke Refinement

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10205-501B	6 - 12 yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Sep 5		\$77(R); \$101(NR)
View activity: 10205-501A	6 - 12 yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Sep 14		\$77(R); \$101(NR)
View activity: 10205-501C	6 - 12 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 28		\$77(R); \$101(NR)
View activity: 10205-501D	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2		\$77(R); \$101(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10205-523A	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 14		\$77(R); \$101(NR)
View activity: 10205-523B	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 15		\$77(R); \$101(NR)
View activity: 10205-523C	6 - 12 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 20		\$77(R); \$101(NR)
View activity: 10205-523D	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 16		\$77(R); \$101(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10205-5104A	6 - 12 yrs.	8 classes	Sat	11:10-11:40 am	starts Oct 3		\$77(R); \$101(NR)

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

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10206-501B	6 - 12 yrs.	8 classes	Sat	10:20-10:50 am	starts Sep 5		\$77(R); \$101(NR)
View activity: 10206-501A	6 - 12 yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Sep 14		\$77(R); \$101(NR)
View activity: 10206-501C	6 - 12 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 3		\$77(R); \$101(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10206-523A	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 14		\$77(R); \$101(NR)
View activity: 10206-523B	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 19		\$77(R); \$101(NR)
View activity: 10206-523C	6 - 12 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 16		\$77(R); \$101(NR)
View activity: 10206-523D	6 - 12 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 17		\$77(R); \$101(NR)

TEENS

Swim Lessons: Teens, Level 1 Introduction to Water Skills

Get your feet wet... your head, and your whole body too! Gain basic aquatic skills such as water entry and exit, breath control, submerging, floating and gliding on the front and back, and treading in chest-deep water. Arm and leg actions are also introduced at this level. Get started developing positive attitudes, safe practices, and self-confidence around the water! Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10301-501A	13 - 17 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10301-523A	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 14		\$66(R); \$86(NR)
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 10301-568A	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 21		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568E	13 - 17 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 21		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568C	13 - 17 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Sep 22		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568D	13 - 17 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 22		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568B	13 - 17 yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568F	13 - 17 yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Nov 3		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568G	13 - 17 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3		\$66(R); \$86(NR); \$50(IA)
View activity: 10301-568H	13 - 17 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 3		\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10301-572A	13 - 17 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 8		\$66(R); \$86(NR)
View activity: 10301-572B	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 26		\$66(R); \$86(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10301-5104A	13 - 17 yrs.	8 classes	Fri	5:30-6:00 pm	starts Oct 2		\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10301-583A	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 28		\$66(R); \$86(NR)
View activity: 10301-583B	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 2		\$66(R); \$86(NR)

Swim Lessons: Teens, Level 2 Fundamental Aquatic Skills

Be a water explorer! In this fun, active environment, the water is your classroom. You will build skills and self-confidence through building on the fundamental aquatic skills learned in Level 1. You will learn about breath control and submerging; floating and gliding on front and back; swimming using combined arm and leg actions on the front and back; and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10302-501A	13 - 17 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 3		\$66(R); \$86(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10302-523A	13 - 17 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 15		\$66(R); \$86(NR)
View activity: 10302-523B	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Oct 19		\$66(R); \$86(NR)
Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10302-572A	13 - 17 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 27		\$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						fairlandsports@pgparks.com
View activity: 10303-523A	13 - 17 yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10303-523B	13 - 17 yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Nov 16	\$66(R); \$86(NR)

Swim Lessons: Teens, Level 4 Stroke Improvement

Anchor your knowledge of swim strokes with this confidence-building class! Upgrade how you feel about yourself and your swimming techniques! This level focuses on improving participants' proficiency in performing the following swimming strokes: front crawl, breaststroke, butterfly, back crawl, and sidestroke. Participants may also work on diving skills. Prerequisite: Successful completion of Level 3. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10304-501A	13 - 17 yrs.	8 classes	Sat	12:20-12:50 pm	starts Sep 5	\$77(R); \$101(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10304-523A	13 - 17 yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 17	\$77(R); \$101(NR)

ADULTS

Abs and Glutes Water Exercise: Adults

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10410-568A	18 & up	8 classes	Sat	10:15-11:00 am	starts Sep 19	\$56(R); \$73(NR); \$42(IA)

Ai Chi

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

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10427-583A	18 & up	8 classes	Sun	10:00-10:45 am	starts Oct 4	\$56(R); \$73(NR)

Aqua Arthritis: Adults

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10402-501A	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Sep 8	\$56(R); \$73(NR)
View activity: 10402-501B	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Oct 27	\$56(R); \$73(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10402-523A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 15	\$56(R); \$73(NR)
View activity: 10402-523B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Oct 20	\$56(R); \$73(NR)
View activity: 10402-523C	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Nov 17	\$60(R); \$78(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10402-568A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10402-568B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Nov 3	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10402-572A	18 - 59 yrs.	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 8	\$56(R); \$73(NR)
View activity: 10402-572B	18 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Sep 8	\$56(R); \$73(NR)
View activity: 10402-572C	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Oct 20	\$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
View activity: 10403-568A	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10403-568B	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Nov 3	\$56(R); \$73(NR); \$42(IA)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10403-583A	18 & up	4 classes	Sat	7:00-7:45 am	starts Oct 3	\$28(R); \$37(NR)
View activity: 10403-583B	18 & up	4 classes	Sat	7:00-7:45 am	starts Oct 10	\$28(R); \$37(NR)

Aqua Fusion: Adults

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10411-568A	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10411-568B	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Nov 3	\$56(R); \$73(NR); \$42(IA)

Aqua Sculpt Exercise: Adults

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10404-568A	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Sep 21	\$56(R); \$73(NR); \$42(IA)
View activity: 10404-568B	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Nov 2	\$56(R); \$73(NR); \$42(IA)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10404-5104A	18 & up	4 classes	Mon & Wed	6:00-6:45 pm	starts Sep 28	\$28(R); \$37(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						fairlandsports@pgparks.com
View activity: 10405-523A	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Sep 15	\$60(R); \$78(NR)
View activity: 10405-523D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 15	\$60(R); \$78(NR)
View activity: 10405-523B	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Oct 20	\$60(R); \$78(NR)
View activity: 10405-523E	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Oct 20	\$60(R); \$78(NR)
View activity: 10405-523C	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Nov 17	\$60(R); \$78(NR)
View activity: 10405-523F	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Nov 17	\$60(R); \$78(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10405-572A	18 - 59 yrs.	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 8		\$56(R); \$73(NR)
View activity: 10405-572B	18 - 59 yrs.	4 classes	Wed	11:00-11:45 am	starts Sep 9		\$28(R); \$37(NR)
View activity: 10405-572C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Oct 20		\$56(R); \$73(NR)
View activity: 10405-572D	18 - 59 yrs.	4 classes	Wed	11:00-11:45 am	starts Oct 21		\$28(R); \$37(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10405-5104A	18 & up	8 classes	Sun	12:15-1:00 pm	starts Sep 27		\$56(R); \$73(NR)
View activity: 10405-5104B	18 & up	4 classes	Mon & Wed	7:00-7:45 pm	starts Sep 28		\$28(R); \$37(NR)
View activity: 10405-5104C	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Oct 19		\$56(R); \$73(NR)
View activity: 10405-5104D	18 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Nov 3		\$42(R); \$55(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10405-583B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 29		\$56(R); \$73(NR)
View activity: 10405-583C	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Sep 29		\$56(R); \$73(NR)
View activity: 10405-583D	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Sep 29		\$56(R); \$73(NR)
View activity: 10405-583E	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Sep 29		\$56(R); \$73(NR)
View activity: 10405-583I	18 & up	4 classes	Sat	8:00-8:45 am	starts Oct 3		\$28(R); \$37(NR)
View activity: 10405-583J	18 & up	4 classes	Sat	8:00-8:45 am	starts Oct 10		\$28(R); \$37(NR)
View activity: 10405-583F	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Nov 3		\$56(R); \$73(NR)
View activity: 10405-583G	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Nov 3		\$56(R); \$73(NR)
View activity: 10405-583H	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Nov 3		\$56(R); \$73(NR)

Spinning: Adults, Aqua, Beginner

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 10408-501C	18 & up	8 classes	Fri	6:00-6:45 pm	starts Sep 4		\$80(R); \$104(NR)
View activity: 10408-501D	18 & up	8 classes	Sun	10:00-10:45 am	starts Sep 6		\$80(R); \$104(NR)
View activity: 10408-501A	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Sep 8		\$80(R); \$104(NR)
View activity: 10408-501B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Oct 27		\$80(R); \$104(NR)
Fairland Aquatics Center							fairlandsports@pgparks.com
View activity: 10408-523A	18 & up	4 classes	Mon	8:00-8:45 pm	starts Sep 14		\$40(R); \$52(NR)
View activity: 10408-523G	18 & up	4 classes	Tue	8:00-8:45 am	starts Sep 15		\$40(R); \$52(NR)
View activity: 10408-523D	18 & up	4 classes	Wed	8:15-9:00 pm	starts Sep 16		\$40(R); \$52(NR)
View activity: 10408-523B	18 & up	4 classes	Mon	8:00-8:45 pm	starts Oct 19		\$40(R); \$52(NR)
View activity: 10408-523H	18 & up	4 classes	Tue	8:00-8:45 am	starts Oct 20		\$40(R); \$52(NR)
View activity: 10408-523E	18 & up	4 classes	Wed	8:05-8:50 pm	starts Oct 21		\$40(R); \$52(NR)
View activity: 10408-523C	18 & up	4 classes	Mon	8:00-8:45 pm	starts Nov 16		\$40(R); \$52(NR)
View activity: 10408-523I	18 & up	4 classes	Tue	8:00-8:45 am	starts Nov 17		\$40(R); \$52(NR)
View activity: 10408-523F	18 & up	4 classes	Wed	8:15-9:00 pm	starts Nov 18		\$40(R); \$52(NR)

Rollingcrest-Chillum Splash Pool							rollingcrestcc@pgparks.com
View activity: 10408-572A	18 - 59 yrs.	5 classes	Sat	7:30-8:15 am	starts Sep 5		\$65(R); \$85(NR)
View activity: 10408-572B	18 & up	5 classes	Sat	8:30-9:15 am	starts Sep 5		\$65(R); \$85(NR)
View activity: 10408-572C	18 - 59 yrs.	5 classes	Sun	6:30-7:15 pm	starts Sep 6		\$65(R); \$85(NR)
View activity: 10408-572D	18 & up	8 classes	Mon & Fri	11:00-11:45 am	starts Sep 7		\$80(R); \$104(NR)
View activity: 10408-572E	18 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Sep 7		\$80(R); \$104(NR)
View activity: 10408-572F	18 & up	8 classes	Mon & Fri	11:00-11:45 am	starts Oct 19		\$80(R); \$104(NR)
View activity: 10408-572G	18 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Oct 19		\$80(R); \$104(NR)
View activity: 10408-572H	18 & up	8 classes	Tue & Thu	11:05-11:50 am	starts Oct 20		\$80(R); \$104(NR)
View activity: 10408-572I	18 & up	4 classes	Sat	7:30-8:15 am	starts Oct 24		\$40(R); \$52(NR)
View activity: 10408-572J	18 & up	4 classes	Sat	8:30-9:15 am	starts Oct 24		\$40(R); \$52(NR)
View activity: 10408-572K	18 - 59 yrs.	5 classes	Sun	6:30-7:15 pm	starts Oct 25		\$50(R); \$65(NR)
Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10408-5104A	18 & up	8 classes	Sun	1:15-2:00 pm	starts Sep 27		\$80(R); \$104(NR)
View activity: 10408-5104B	18 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Sep 29		\$80(R); \$104(NR)
View activity: 10408-5104C	18 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Nov 3		\$60(R); \$78(NR)
Theresa Banks Memorial Aquatics Center							TBanks.Aquatics@pgparks.com
View activity: 10408-583D	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Sep 28		\$80(R); \$104(NR)
View activity: 10408-583A	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Sep 29		\$80(R); \$104(NR)
View activity: 10408-583H	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Sep 29		\$80(R); \$104(NR)
View activity: 10408-583C	18 & up	8 classes	Sat	8:00-8:45 am	starts Oct 3		\$80(R); \$104(NR)
View activity: 10408-583K	18 & up	8 classes	Sun	11:00-11:45 am	starts Oct 4		\$80(R); \$104(NR)
View activity: 10408-583E	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Nov 2		\$80(R); \$104(NR)
View activity: 10408-583B	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Nov 3		\$80(R); \$104(NR)
View activity: 10408-583I	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Nov 3		\$80(R); \$104(NR)
View activity: 10408-583L	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Nov 3		\$80(R); \$104(NR)

Spinning: Aqua

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

Southern Regional Aquatic Wellness Center							wellnesscenterpool@pgparks.com
View activity: 10414-5104A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 29		\$80(R); \$104(NR)

Spinning: Adults, Aqua, Advanced

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

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10407-583A	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Sep 28	\$120(R); \$156(NR)
View activity: 10407-583B	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Sep 28	\$120(R); \$156(NR)
View activity: 10407-583C	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Sep 28	\$120(R); \$156(NR)
View activity: 10407-583G	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Sep 29	\$80(R); \$104(NR)
View activity: 10407-583I	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Sep 29	\$80(R); \$104(NR)
View activity: 10407-583D	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Nov 2	\$120(R); \$156(NR)
View activity: 10407-583E	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Nov 2	\$120(R); \$156(NR)
View activity: 10407-583F	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Nov 2	\$120(R); \$156(NR)
View activity: 10407-583H	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Nov 3	\$80(R); \$104(NR)
View activity: 10407-583J	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Nov 3	\$80(R); \$104(NR)

Swim Lessons: Adult, Beginner

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10420-501A	18 & up	8 classes	Fri	6:00-6:30 pm	starts Sep 4	\$66(R); \$86(NR)
View activity: 10420-501B	18 & up	8 classes	Fri	6:40-7:10 pm	starts Sep 4	\$66(R); \$86(NR)
View activity: 10420-501C	18 & up	8 classes	Sat	11:00-11:30 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10420-501d	18 & up	8 classes	Sat	12:20-12:50 pm	starts Sep 5	\$66(R); \$86(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10420-523A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 14	\$66(R); \$86(NR)
View activity: 10420-523B	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Sep 15	\$66(R); \$86(NR)
View activity: 10420-523C	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 15	\$66(R); \$86(NR)
View activity: 10420-523D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 19	\$66(R); \$86(NR)
View activity: 10420-523E	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Oct 20	\$66(R); \$86(NR)
View activity: 10420-523F	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 20	\$66(R); \$86(NR)
View activity: 10420-523G	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 17	\$66(R); \$86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10420-568A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 21	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-568C	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-568D	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 22	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-568B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-568F	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
View activity: 10420-568G	18 & up	9 classes	Tue & Thu	8:00-8:30 pm	starts Nov 3	\$66(R); \$86(NR); \$50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10420-572A	18 & up	8 classes	Sat & Sun	10:35-11:05 am	starts Sep 5	\$66(R); \$86(NR)
View activity: 10420-572B	18 & up	8 classes	Mon & Wed	7:20-7:50 pm	starts Sep 7	\$66(R); \$86(NR)
View activity: 10420-572D	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 8	\$66(R); \$86(NR)
View activity: 10420-572C	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 26	\$66(R); \$86(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10420-5104A	18 & up	8 classes	Tue & Thu	4:50-5:20 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10420-5104B	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Sep 29	\$66(R); \$86(NR)
View activity: 10420-5104E	18 & up	8 classes	Fri	6:10-6:40 pm	starts Oct 2	\$66(R); \$86(NR)
View activity: 10420-5104F	18 & up	8 classes	Sat	9:10-9:40 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10420-5104G	18 & up	8 classes	Sat	10:30-11:00 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10420-5104C	18 & up	8 classes	Tue & Thu	4:50-5:20 pm	starts Oct 27	\$66(R); \$86(NR)
View activity: 10420-5104D	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Oct 27	\$66(R); \$86(NR)
Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10420-583A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 28	\$66(R); \$86(NR)
View activity: 10420-583C	18 & up	8 classes	Sat	10:35-11:05 am	starts Oct 3	\$66(R); \$86(NR)
View activity: 10420-583B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$66(R); \$86(NR)

Swim Lessons: Adult, Intermediate

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10421-501A	18 & up	8 classes	Fri	7:20-7:50 pm	starts Sep 4	\$77(R); \$101(NR)
View activity: 10421-501B	18 & up	8 classes	Sat	11:40 am-12:10 pm	starts Sep 5	\$77(R); \$101(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10421-523A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 14	\$77(R); \$101(NR)
View activity: 10421-523B	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Sep 15	\$77(R); \$101(NR)
View activity: 10421-523C	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Sep 15	\$77(R); \$101(NR)
View activity: 10421-523D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Oct 19	\$77(R); \$101(NR)
View activity: 10421-523E	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Oct 20	\$77(R); \$101(NR)
View activity: 10421-523F	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Oct 20	\$77(R); \$101(NR)
View activity: 10421-523G	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 16	\$77(R); \$101(NR)
View activity: 10421-523H	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Nov 17	\$77(R); \$101(NR)
View activity: 10421-523I	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Nov 17	\$77(R); \$101(NR)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10421-572A	18 & up	8 classes	Sat & Sun	7:45-8:15 pm	starts Oct 24	\$77(R); \$101(NR)
View activity: 10421-572B	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Oct 27	\$77(R); \$101(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10421-5104A	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Sep 29	\$77(R); \$101(NR)
View activity: 10421-5104B	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Sep 29	\$77(R); \$101(NR)
View activity: 10421-5104E	18 & up	8 classes	Fri	6:50-7:20 pm	starts Oct 2	\$77(R); \$101(NR)
View activity: 10421-5104F	18 & up	8 classes	Sat	8:30-9:00 am	starts Oct 3	\$77(R); \$101(NR)
View activity: 10421-5104G	18 & up	8 classes	Sat	9:50-10:20 am	starts Oct 3	\$77(R); \$101(NR)
View activity: 10421-5104C	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Oct 27	\$77(R); \$101(NR)
View activity: 10421-5104D	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Oct 27	\$77(R); \$101(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10421-583A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Sep 28	\$77(R); \$101(NR)
View activity: 10421-583C	18 & up	8 classes	Sat	10:35-11:05 am	starts Oct 3	\$77(R); \$101(NR)
View activity: 10421-583B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 2	\$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
View activity: 10423-501a	18 & up	8 classes	Fri	8:00-8:30 pm	starts Sep 4	\$77(R); \$101(NR)
Fairland Aquatics Center						fairlandsports@pgparks.com
View activity: 10423-523A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Nov 16	\$77(R); \$101(NR)
View activity: 10423-523B	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Nov 17	\$77(R); \$101(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10423-5104A	18 & up	8 classes	Tue & Thu	7:30-8:00 pm	starts Sep 29	\$77(R); \$101(NR)
View activity: 10423-5104C	18 & up	8 classes	Fri	7:30-8:00 pm	starts Oct 2	\$77(R); \$101(NR)
View activity: 10423-5104D	18 & up	8 classes	Sat	11:10-11:40 am	starts Oct 3	\$77(R); \$101(NR)
View activity: 10423-5104B	18 & up	8 classes	Tue & Thu	7:30-8:00 pm	starts Oct 27	\$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						fairlandsports@pgparks.com
View activity: 10424-523A	18 & up	4 classes	Mon	7:15-8:00 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 10424-523B	18 & up	4 classes	Mon	7:15-8:00 pm	starts Oct 19	\$30(R); \$39(NR)
View activity: 10424-523C	18 & up	4 classes	Mon	7:15-8:00 pm	starts Nov 16	\$30(R); \$39(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						fairlandsports@pgparks.com
View activity: 10409-523A	18 & up	4 classes	Mon	7:00-7:45 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 10409-523D	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Sep 15	\$60(R); \$78(NR)
View activity: 10409-523B	18 & up	4 classes	Mon	7:00-7:45 pm	starts Oct 19	\$30(R); \$39(NR)
View activity: 10409-523E	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Oct 20	\$60(R); \$78(NR)
View activity: 10409-523C	18 & up	4 classes	Mon	7:00-7:45 pm	starts Nov 16	\$30(R); \$39(NR)
View activity: 10409-523F	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Nov 17	\$60(R); \$78(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10409-568E	18 & up	8 classes	Sat	9:15-10:00 am	starts Sep 19	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568F	18 & up	8 classes	Sat	11:15 am-12:00 pm	starts Sep 19	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568A	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Sep 21	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568B	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Sep 21	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568C	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568G	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Nov 2	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568H	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Nov 2	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568I	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Nov 3	\$56(R); \$73(NR); \$42(IA)
View activity: 10409-568J	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Nov 3	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10409-572B	18 - 59 yrs.	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Sep 7	\$84(R); \$110(NR)
View activity: 10409-572C	18 - 59 yrs.	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Sep 7	\$84(R); \$110(NR)
View activity: 10409-572D	18 - 59 yrs.	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Sep 7	\$84(R); \$110(NR)
View activity: 10409-572A	18 - 59 yrs.	8 classes	Tue & Thu	8:00-8:45 am	starts Sep 8	\$56(R); \$73(NR)
View activity: 10409-572F	18 - 59 yrs.	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Oct 19	\$84(R); \$110(NR)
View activity: 10409-572G	18 - 59 yrs.	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Oct 19	\$84(R); \$110(NR)
View activity: 10409-572H	18 - 59 yrs.	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Oct 19	\$84(R); \$110(NR)
View activity: 10409-572E	18 - 59 yrs.	8 classes	Tue & Thu	8:00-8:45 am	starts Oct 20	\$56(R); \$73(NR)

Zumba: Aqua, Adults

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10401-568A	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Sep 22	\$56(R); \$73(NR); \$42(IA)
View activity: 10401-568B	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Nov 3	\$56(R); \$73(NR); \$42(IA)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10401-572A	18 & up	5 classes	Sat	5:30-6:15 pm	starts Sep 5	\$35(R); \$46(NR)
View activity: 10401-572B	18 - 59 yrs.	8 classes	Mon & Wed	6:30-7:15 pm	starts Sep 7	\$56(R); \$73(NR)
View activity: 10401-572C	18 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Oct 19	\$56(R); \$73(NR)
View activity: 10401-572D	18 & up	4 classes	Sat	5:30-6:15 pm	starts Oct 24	\$28(R); \$37(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						fairlandsports@pgparks.com
View activity: 10501-523A	60 & up	32 classes	Mon,Wed,Fri	7:00-7:45 am	starts Sep 14	\$192(R); \$250(NR)
View activity: 10501-523B	60 & up	32 classes	Mon,Wed,Fri	8:00-8:45 am	starts Sep 14	\$192(R); \$250(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10501-572A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 8	\$48(R); \$63(NR)
View activity: 10501-572B	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 8	\$48(R); \$63(NR)
View activity: 10501-572C	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Oct 20	\$48(R); \$63(NR)

Theresa Banks Memorial Aquatics Center

TBanks.Aquatics@pgparks.com

View activity: 10501-583A	60 & up	12 classes	Mon,Wed,Fri	9:30-10:15 am	starts Sep 28	\$72(R); \$94(NR)
View activity: 10501-583C	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 29	\$48(R); \$63(NR)
View activity: 10501-583B	60 & up	12 classes	Mon,Wed,Fri	9:30-10:15 am	starts Nov 2	\$72(R); \$94(NR)
View activity: 10501-583D	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Nov 3	\$48(R); \$63(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

fairlandsports@pgparks.com

View activity: 10502-523D	60 & up	32 classes	Mon,Wed,Fri	10:00-10:45 am	starts Sep 14	\$192(R); \$250(NR)
View activity: 10502-523E	60 & up	32 classes	Mon,Wed,Fri	11:00-11:45 am	starts Sep 14	\$192(R); \$250(NR)

Rollingcrest-Chillum Splash Pool

rollingcrestcc@pgparks.com

View activity: 10502-572A	60 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 8	\$48(R); \$63(NR)
View activity: 10502-572B	60 & up	4 classes	Wed	11:00-11:45 am	starts Sep 9	\$24(R); \$32(NR)
View activity: 10502-572C	60 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Oct 20	\$48(R); \$63(NR)
View activity: 10502-572D	60 & up	4 classes	Wed	11:00-11:45 am	starts Oct 21	\$24(R); \$32(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

rollingcrestcc@pgparks.com

View activity: 10503-572A	60 & up	5 classes	Sat	7:30-8:15 am	starts Sep 5	\$40(R); \$52(NR)
View activity: 10503-572B	60 & up	5 classes	Sat	8:30-9:15 am	starts Sep 5	\$40(R); \$52(NR)
View activity: 10503-572C	60 & up	5 classes	Sun	6:30-7:15 pm	starts Sep 6	\$40(R); \$52(NR)
View activity: 10503-572D	60 & up	8 classes	Mon & Fri	11:00-11:45 am	starts Sep 7	\$64(R); \$84(NR)
View activity: 10503-572E	60 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Sep 7	\$64(R); \$84(NR)
View activity: 10503-572F	60 & up	8 classes	Mon & Fri	6:30-7:15 pm	starts Oct 19	\$64(R); \$84(NR)
View activity: 10503-572G	60 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Oct 19	\$64(R); \$84(NR)
View activity: 10503-572H	60 & up	8 classes	Tue & Thu	11:05-11:50 am	starts Oct 20	\$64(R); \$84(NR)
View activity: 10503-572I	60 & up	4 classes	Sat	7:30-8:15 am	starts Oct 24	\$32(R); \$42(NR)
View activity: 10503-572J	60 & up	4 classes	Sat	8:30-9:15 am	starts Oct 24	\$32(R); \$42(NR)
View activity: 10503-572K	60 & up	5 classes	Sun	6:30-7:15 pm	starts Oct 25	\$40(R); \$52(NR)

Water Aerobics: Seniors

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

Allentown Splash, Tennis & Fitness Park

allentownpool@pgparks.com

View activity: 10504-501A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Sep 8	\$48(R); \$63(NR)
View activity: 10504-501B	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Sep 8	\$48(R); \$63(NR)
View activity: 10504-501C	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Oct 27	\$48(R); \$63(NR)
View activity: 10504-501D	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Oct 27	\$48(R); \$63(NR)

Fairland Aquatics Center

fairlandsports@pgparks.com

View activity: 10504-523B	60 & up	32 classes	Mon,Wed,Fri	9:00-9:45 am	starts Sep 14	\$192(R); \$250(NR)
View activity: 10504-523C	60 & up	32 classes	Mon,Wed,Fri	10:00-10:45 am	starts Sep 14	\$192(R); \$250(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10504-568A	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Sep 21	\$48(R); \$63(NR); \$36(IA)
View activity: 10504-568B	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Nov 2	\$48(R); \$63(NR); \$36(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10504-572B	60 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Sep 7	\$72(R); \$94(NR)
View activity: 10504-572C	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Sep 7	\$72(R); \$94(NR)
View activity: 10504-572D	60 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Sep 7	\$72(R); \$94(NR)
View activity: 10504-572A	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Sep 8	\$56(R); \$73(NR)
View activity: 10504-572F	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Oct 19	\$72(R); \$94(NR)
View activity: 10504-572G	60 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Oct 19	\$72(R); \$94(NR)
View activity: 10504-572H	60 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Oct 19	\$72(R); \$94(NR)
View activity: 10504-572E	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Oct 20	\$48(R); \$63(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10504-5104A	60 & up	4 classes	Mon & Wed	5:00-5:45 pm	starts Sep 28	\$24(R); \$32(NR)
View activity: 10504-5104B	60 & up	8 classes	Mon & Wed	5:00-5:45 pm	starts Oct 19	\$48(R); \$63(NR)

Zumba: Aqua, Seniors

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

Rollingcrest-Chillum Splash Pool						rollingcrestcc@pgparks.com
View activity: 10506-572A	60 & up	5 classes	Sat	5:30-6:15 pm	starts Sep 5	\$30(R); \$39(NR)
View activity: 10506-572B	60 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Sep 7	\$48(R); \$63(NR)
View activity: 10506-572C	60 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Oct 19	\$48(R); \$63(NR)
View activity: 10506-572D	60 & up	4 classes	Sat	5:30-6:15 pm	starts Oct 24	\$24(R); \$32(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						rollingcrestcc@pgparks.com
View activity: 10653-572A	14 & up	5 classes	Sat	6:30-7:15 pm	starts Sep 5	\$50(R); \$65(NR)
View activity: 10653-572B	14 & up	5 classes	Sun	5:30-6:15 pm	starts Sep 6	\$50(R); \$65(NR)
View activity: 10653-572C	14 & up	4 classes	Mon	12:00-12:45 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 10653-572D	14 & up	4 classes	Mon	12:00-12:45 pm	starts Oct 19	\$40(R); \$52(NR)
View activity: 10653-572E	14 & up	4 classes	Sat	6:30-7:15 pm	starts Oct 24	\$40(R); \$52(NR)
View activity: 10653-572F	14 & up	5 classes	Sun	5:30-6:15 pm	starts Oct 25	\$50(R); \$65(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10653-5104A	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Oct 19	\$80(R); \$104(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						fairlandsports@pgparks.com
View activity: 10610-523A	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Sep 14	\$60(R); \$78(NR)
View activity: 10610-523B	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Oct 19	\$60(R); \$78(NR)
View activity: 10610-523C	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Nov 16	\$60(R); \$78(NR)

Deep Water Aerobics: Mixed Ages

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10629-501E	18 & up	8 classes	Fri	10:00-10:45 am	starts Sep 4	\$56(R); \$73(NR)
View activity: 10629-501F	18 & up	8 classes	Fri	11:00-11:45 am	starts Sep 4	\$56(R); \$73(NR)
View activity: 10629-501A	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Sep 9	\$56(R); \$73(NR)
View activity: 10629-501B	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Sep 9	\$56(R); \$73(NR)
View activity: 10629-501C	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Oct 26	\$56(R); \$73(NR)
View activity: 10629-501D	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Oct 26	\$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						fairlandsports@pgparks.com
View activity: 10638-523A	14 & up	4 classes	Wed	7:15-8:00 pm	starts Sep 16	\$30(R); \$39(NR)
View activity: 10638-523B	14 & up	4 classes	Wed	7:15-8:00 pm	starts Oct 21	\$30(R); \$39(NR)
View activity: 10638-523C	14 & up	4 classes	Wed	7:15-8:00 pm	starts Nov 18	\$30(R); \$39(NR)

Lifeguard Pre-Test: Mixed Ages

Want to show you have the skills to be a top-notch lifeguard? This pre-test is necessary for the Lifeguard Training course activities 10645 and 10616 (both pre-test and course must be taken at the same facility). Must be at least 15 years old. Participants must demonstrate the following: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds. Starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object, and finally exit the water without using a ladder or steps. Want to get some practice before taking this pre-test? Register for Lifeguard Prep Swim Lessons activity 10602 to help you prepare for a Lifeguard Pre-Test.

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10603-501B	14 & up	1 class	Fri	8:30-10:00 pm	starts Sep 11	\$10(R); \$10(NR)
View activity: 10603-501C	14 & up	1 class	Sat	2:00-4:00 pm	starts Nov 7	\$10(R); \$10(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10603-5104A	14 & up	1 class	Fri	7:00-9:00 pm	starts Sep 25	\$10(R); \$10(NR)
View activity: 10603-5104B	14 & up	1 class	Sat	1:00-3:00 pm	starts Nov 7	\$10(R); \$10(NR)

Lifeguard Prep Swim Lessons: Mixed Ages

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10602-501B	14 & up	5 classes	Mon-Fri	4:30-5:30 pm	starts Nov 2	Free
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10602-5104A	14 & up	4 classes	Mon-Fri	8:00-9:00 pm	starts Sep 21	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
View activity: 10645-501A	14 & up	4 classes	Sat & Sun	12:00-5:30 pm	starts Sep 19	\$176(R); \$230(NR)
View activity: 10645-501B	14 & up	5 classes	Fri-Sun	12:00-5:30 pm	starts Nov 13	\$175(R); \$228(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10645-5104A	14 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Oct 3	\$175(R); \$228(NR)
View activity: 10645-5104B	14 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Nov 14	\$175(R); \$228(NR)

Spinning: Adults, Aqua Intermediate

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10636-501D	18 & up	8 classes	Fri	7:00-7:45 pm	starts Sep 4	\$80(R); \$104(NR)
View activity: 10636-501C	18 & up	8 classes	Sun	11:00-11:45 am	starts Sep 6	\$80(R); \$104(NR)
View activity: 10636-501A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Sep 8	\$80(R); \$104(NR)
View activity: 10636-501B	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Oct 27	\$80(R); \$104(NR)

Water Aerobics: Mixed Ages

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 10627-501G	18 & up	8 classes	Sat	7:00-7:45 am	starts Sep 5	\$56(R); \$73(NR)
View activity: 10627-501H	18 & up	8 classes	Sat	8:00-8:45 am	starts Sep 5	\$56(R); \$73(NR)
View activity: 10627-501A	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Sep 8	\$56(R); \$73(NR)
View activity: 10627-501B	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Sep 8	\$56(R); \$73(NR)
View activity: 10627-501C	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Sep 8	\$56(R); \$73(NR)
View activity: 10627-501D	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Oct 27	\$56(R); \$73(NR)
View activity: 10627-501E	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Oct 27	\$56(R); \$73(NR)
View activity: 10627-501F	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Oct 27	\$56(R); \$73(NR)

CHILD CARE

MIXED AGES

Kids' Day In

Children will enjoy fun activities including arts and crafts and games. Contact the facility for specific program information.

Beltsville Community Center							beltsvillecc@pgparks.com
View activity: 13617-505A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-505B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Bowie Community Center							bowiecc@pgparks.com
View activity: 13617-509A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-509B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
College Park Youth Services Center							collegeparkcc@pgparks.com
View activity: 13617-517A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-517B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Deerfield Run Community Center							deerfieldcc@pgparks.com
View activity: 13617-520A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-520B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Fort Washington Forest Community Center							fortwashingtoncc@pgparks.com
View activity: 13617-524A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-524B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Glassmanor Community Center							glassmanorcc@pgparks.com
View activity: 13617-525A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-525B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Hillcrest Heights Community Center							hillcrestheightscc@pgparks.com
View activity: 13617-534A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-534B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Huntington Community Center							huntingtoncc@pgparks.com
View activity: 13617-535A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-535B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Indian Queen Recreation Center							indianqueenrecreationcenterstaff@mncppc.org
View activity: 13617-536A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-536B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 13617-540A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-540B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Lake Arbor Community Center							lakearborcc@pgparks.com
View activity: 13617-541A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-541B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Lakeland College Park Community Center							collegeparkcc@pgparks.com
View activity: 13617-516A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-516B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)

Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 13617-543A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-543B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Largo/Kettering/Perrywood Comm. Center							largoketteringperrywoodcc@pgparks.com
View activity: 13617-545A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-545B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Oakcrest Community Center							oakcrestcc@pgparks.com
View activity: 13617-555A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-555B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 13617-571A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-571B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Seat Pleasant Activity Center							seatpleasantcc@pgparks.com
View activity: 13617-573A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-573B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 13617-574A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-574B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Tucker Road Ice Rink							tuckerroadicerink@pgparks.com
View activity: 13617-585A	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Upper Marlboro Community Center							uppermarlborocc@pgparks.com
View activity: 13617-586A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-586B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
Vansville Community Center							vansvillecc@pgparks.com
View activity: 13617-587A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-587B	5 - 12 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR)
William Beanes Community Center							williambeanesc@pgparks.com
View activity: 13617-591A	5 - 12 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16		\$34(R); \$45(NR)
View activity: 13617-591B	5 - 12 yrs.	1 class	Wed & Fri	9:00 am-4:30 pm	starts Oct 16		\$34(R); \$45(NR))

COMPUTER SKILLS

CHILDREN

eSports Club

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

Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 14207-577A	9 - 12 yrs.	4 classes	Fri	5:30-7:00 pm	starts Sep 4		\$80(R); \$104(NR)
View activity: 14207-577B	9 - 12 yrs.	4 classes	Fri	5:30-7:00 pm	starts Oct 2		\$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
View activity: 14405-543	18 & up	6 classes	Wed	6:30-7:30 pm	starts Sep 16	\$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						lbsac@pgparks.com
View activity: 14416-546A	18 & up	10 classes	Wed	5:00-6:00 pm	starts Sep 16	\$60(R); \$78(NR)

SENIORS

Computer Skills: PARKS DIRECT Workshop

Learn how to register yourself online with PARKS DIRECT and stay connected to our recreation community! Don't miss out on course enrollments, venue rentals, performance tickets, and important electronic alerts like weather emergency updates! It's easy to get started, understand, and use! Basic computer skills are required.

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 14505-539A	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Sep 11	Free
View activity: 14505-539B	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Oct 9	Free
View activity: 14505-539C	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Nov 13	Free

Computer Skills: Seniors, All Levels

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

Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 14512-546A	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Sep 14	\$20(R); \$26(NR)
View activity: 14512-546B	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Oct 19	\$20(R); \$26(NR)

Computer Skills: Seniors, Level 1

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

Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 14501-546A	60 & up	5 classes	Mon	10:00-11:00 am	starts Sep 14	Free
View activity: 14501-546B	60 & up	5 classes	Mon	10:00-11:00 am	starts Oct 19	Free

Smart Devices: Seniors

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

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 14506-557A	60 & up	4 classes	Wed	12:00-2:00 pm	starts Sep 2	\$40(R); \$52(NR)
View activity: 14506-557B	60 & up	4 classes	Wed	12:00-2:00 pm	starts Oct 7	\$40(R); \$52(NR)
View activity: 14506-557C	60 & up	4 classes	Wed	12:00-2:00 pm	starts Nov 4	\$40(R); \$52(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 14506-566A	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Sep 14	\$25(R); \$33(NR)
View activity: 14506-566B	60 & up	4 classes	Mon	11:00 am-12:00 pm	starts Oct 19	\$25(R); \$33(NR)

MIXED AGES

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
View activity: 14605-555A	18 & up	6 classes	Wed	12:30-1:30 pm	starts Sep 2	\$40(R); \$52(NR)
View activity: 14605-555B	18 & up	6 classes	Wed	12:30-1:30 pm	starts Oct 14	\$40(R); \$52(NR)

Video Game Design: Mixed Ages

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

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 14601-535	6 - 16 yrs.	8 classes	Thu	1:00-2:30 pm	starts Oct 1	\$50(R); \$65(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
View activity: 15103-527A	3 - 5 yrs.	9 classes	Mon-Wed	9:30 am-12:00 pm	starts Sep 14	\$60(R); \$78(NR)
View activity: 15103-527B	3 - 5 yrs.	12 classes	Mon-Wed	9:30 am-12:00 pm	starts Oct 5	\$90(R); \$117(NR)
View activity: 15103-527C	3 - 5 yrs.	12 classes	Mon-Wed	9:30 am-12:00 pm	starts Nov 2	\$90(R); \$117(NR)

Kinder Craft and Story

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

Langley Park Community Center

langleyparkcc@pgparks.com

View activity: 15101-543 3 - 5 yrs. 8 classes Thu 11:00 am-12:30 pm starts Sep 24 \$60(R); \$78(NR)

CHILDREN

Sewing: Children

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

Prince George's Plaza Community Center

princegeorgesplazacc@pgparks.com

View activity: 15201-566A 6 - 8 yrs. 6 classes Sat 10:00-11:15 am starts Sep 5 \$40(R); \$52(NR)

View activity: 15201-566AA 9 - 12 yrs. 6 classes Sat 11:30 am-12:45 pm starts Sep 5 \$40(R); \$52(NR)

View activity: 15201-566B 6 - 8 yrs. 6 classes Sat 10:00-11:15 am starts Oct 24 \$40(R); \$52(NR)

View activity: 15201-566BB 9 - 12 yrs. 6 classes Sat 11:30 am-12:45 pm starts Oct 24 \$40(R); \$52(NR)

TEENS

Sewing for Teens

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

Prince George's Plaza Community Center

princegeorgesplazacc@pgparks.com

View activity: 15301-566AA 13 - 17 yrs. 6 classes Sat 1:00-2:15 pm starts Sep 5 \$45(R); \$59(NR)

View activity: 15301-566B 13 - 17 yrs. 6 classes Sat 1:00-2:15 pm starts Oct 24 \$45(R); \$59(NR)

ADULTS

Quilting: Adults

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

Kentland Community Center

kentlandcc@pgparks.com

View activity: 15405-540A 18 & up 4 classes Tue 5:00-7:00 pm starts Sep 1 \$25(R); \$33(NR)

View activity: 15405-540B 18 & up 4 classes Tue 5:00-7:00 pm starts Oct 6 \$25(R); \$33(NR)

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15405-568A 18 & up 6 classes Wed 6:00-8:00 pm starts Sep 16 \$60(R); \$78(NR); \$45(IA)

View activity: 15405-568B 18 & up 6 classes Wed 6:00-8:00 pm starts Oct 28 \$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
View activity: 15401-524A	18 & up	4 classes	Thu	6:30-8:00 pm	starts Sep 3	\$48(R); \$63(NR)
View activity: 15401-524B	18 & up	4 classes	Thu	6:30-8:00 pm	starts Oct 1	\$48(R); \$63(NR)
View activity: 15401-524C	18 & up	3 classes	Thu	6:30-8:00 pm	starts Nov 5	\$48(R); \$63(NR)
Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 15401-532A	18 & up	4 classes	Sat	1:30-3:00 pm	starts Sep 5	\$40(R); \$52(NR)
View activity: 15401-532B	18 & up	4 classes	Sat	1:30-3:00 pm	starts Oct 3	\$40(R); \$52(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 15401-541A	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Sep 7	\$55(R); \$72(NR)
View activity: 15401-541B	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Oct 5	\$55(R); \$72(NR)
View activity: 15401-541C	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Nov 2	\$55(R); \$72(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 15401-555A	18 & up	4 classes	Fri	10:30 am-12:00 pm	starts Oct 2	\$48(R); \$63(NR)
View activity: 15401-555B	18 & up	4 classes	Fri	10:30 am-12:00 pm	starts Oct 30	\$48(R); \$63(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 15401-562A	18 & up	6 classes	Tue	6:30-8:00 pm	starts Sep 1	\$50(R); \$65(NR)
View activity: 15401-562B	18 & up	6 classes	Tue	6:30-8:00 pm	starts Oct 13	\$50(R); \$65(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15401-566A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Sep 3	\$50(R); \$65(NR)
View activity: 15401-566B	18 & up	7 classes	Thu	6:30-8:00 pm	starts Oct 22	\$50(R); \$65(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.

Evelyn Cole Senior Activity Center						evelyncoleseniors@pgparks.com
View activity: 15502-522A	60 & up	1 class	Tue	11:00 am-1:00 pm	starts Sep 8	\$10(R); \$13(NR)
View activity: 15502-522B	60 & up	1 class	Tue	11:00 am-1:00 pm	starts Oct 13	\$10(R); \$13(NR)
View activity: 15502-522C	60 & up	1 class	Thu	11:00 am-1:00 pm	starts Nov 12	\$10(R); \$13(NR)
John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 15502-539A	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Sep 9	\$10(R); \$13(NR)
View activity: 15502-539B	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Oct 14	\$10(R); \$13(NR)
View activity: 15502-539C	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Nov 11	\$15(R); \$20(NR)
North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 15502-553A	60 & up	1 class	Sat	10:00 am-2:00 pm	starts Nov 7	\$15(R); \$20(NR)

Crocheting: Beginning, Seniors

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

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 15514-507A	60 & up	4 classes	Tue	11:00 am-1:00 pm	starts Sep 15		\$25(R); \$33(NR)
View activity: 15514-507B	60 & up	5 classes	Tue	11:00 am-1:00 pm	starts Oct 20		\$28(R); \$37(NR)
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 15514-568A	60 & up	7 classes	Wed	12:00-2:00 pm	starts Oct 7		\$45(R); \$59(NR); \$34(IA)

Quilting: Seniors, Beginner

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

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 15504-507A	60 & up	4 classes	Tue	12:00-2:00 pm	starts Sep 15		\$25(R); \$33(NR)
View activity: 15504-507B	60 & up	5 classes	Tue	12:00-2:00 pm	starts Oct 20		\$28(R); \$37(NR)

Sewing: Seniors

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

John E. Howard Senior Activity Center							johnehowardseniors@pgparks.com
View activity: 15501-539A	60 & up	8 classes	Thu & Fri	10:00 am-2:00 pm	starts Sep 3		\$50(R); \$65(NR)
View activity: 15501-539B	60 & up	8 classes	Thu & Fri	10:00 am-2:00 pm	starts Oct 1		\$50(R); \$65(NR)
View activity: 15501-539C	60 & up	6 classes	Thu & Fri	10:00 am-2:00 pm	starts Nov 5		\$38(R); \$50(NR)

MIXED AGES

Arts and Crafts: Mixed Ages

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

Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 15609-584B	6 & up	6 classes	Sat	12:00-1:00 pm	starts Sep 5		\$40(R); \$52(NR)
View activity: 15609-584C	6 & up	6 classes	Sat	12:00-1:00 pm	starts Oct 17		\$40(R); \$52(NR)

Beginners Canva

Discover the power of design with this beginner-friendly Canva class, perfect for anyone looking to create polished, eye-catching visuals with ease. Learn how to navigate Canva's intuitive interface, customize templates, work with fonts and colors, and design graphics for social media, presentations, and more. No prior experience is needed! Bring your creativity and curiosity. By the end of the class, you'll have the confidence and skills to bring your ideas to life with professional-looking results.

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 15635-568D	13 & up	6 classes	Sat	2:00-4:00 pm	starts Sep 19		\$60(R); \$78(NR); \$45(IA)

Beyond Beginners Canva

Take your Canva skills to the next level in this beyond-beginner class designed for confident users ready to create more polished, strategic designs. Explore advanced tools and techniques, including brand kits, custom layouts, layering, and more refined use of typography and color. Learn how to design with purpose, maintain visual consistency, and streamline your workflow for faster, high-quality results. This hands-on session will help you elevate your designs and bring a more professional edge to your projects across social media, marketing materials, and presentations.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15636-568D 13 & up 6 classes Thu 6:00-8:00 pm starts Oct 8 \$60(R); \$78(NR); \$45(IA)

Beyond Beginners Cricut®

Take your Cricut skills to the next level in this Beyond Beginners class designed for confident users ready to do more. Participants will refine their technique, explore advanced tools and settings, and create polished, professional-quality projects with ease. From mastering materials to troubleshooting common issues, this class will help you work smarter, expand your creative possibilities, and get the most out of your machine.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15627-568B 10 & up 6 classes Thu 6:00-8:00 pm starts Oct 1 \$60(R); \$78(NR); \$45(IA)

Beyond Beginners Knitting

Take your knitting to the next level. If you know how to purl, build confidence as you learn to read patterns, refine tension, and explore new techniques such as shaping, simple texture stitches, and finishing skills that give your projects a polished look. This class is hands-on, supportive, and perfect for knitters who want to move from practice pieces to projects they are proud to wear or gift. Please bring 10" US 8 (5 mm) knitting needles and a light colored worsted weight yarn for best visibility while learning.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15631-568B 10 & up 6 classes Tue 6:00-8:00 pm starts Oct 27 \$60(R); \$78(NR); \$45(IA)

Beyond Beginners Sewing

Are you ready to take your sewing skills to the next level? This fun and engaging class is designed for those who know the basics and are eager to take the next step. Build confidence as you refine techniques, tackle more detailed patterns, and learn helpful tips to make projects smoother and more polished. With hands-on guidance and plenty of room for creativity, you will expand your skills while creating pieces that make you proud.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15629-568A 8 & up 6 classes Wed 6:00-8:00 pm starts Oct 7 \$60(R); \$78(NR); \$45(IA)

Cricut Class, Mixed Ages

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

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15619-568A 10 & up 6 classes Wed 6:00-8:00 pm starts Sep 30 \$60(R); \$78(NR); \$45(IA)

Cricut Corner: Open Lab

Whether you are just getting started with Cricut or have years of experience, this is your space to create, connect, and collaborate. Bring your personal or professional projects, exchange ideas, get advice, and learn new skills alongside fellow makers.

Work at your own pace, find inspiration, and build community with guidance and encouragement from our in-house Cricut Instructor, Sabrina Monroe.

Craft. Create. Connect.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 15628-568S 10 & up 4 classes Wed 6:00-8:00 pm starts Sep 16 \$20(R); \$26(NR); \$15 (IA)

Crochet

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

Glassmanor Community Center							glassmanorcc@pgparks.com
View activity: 15607-525A	12 & up	3 classes	Mon	5:00-6:30 pm	starts Sep 7		\$36(R); \$47(NR)
View activity: 15607-525B	12 & up	4 classes	Mon	5:00-6:30 pm	starts Oct 5		\$48(R); \$63(NR)
View activity: 15607-525C	12 & up	4 classes	Mon	5:00-6:30 pm	starts Nov 2		\$48(R); \$63(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 15607-540A	10 - 17 yrs.	4 classes	Thu	5:30-6:25 pm	starts Sep 3		\$35(R); \$46(NR)
View activity: 15607-540AA	18 & up	4 classes	Thu	6:30-7:25 pm	starts Sep 3		\$35(R); \$46(NR)
View activity: 15607-540B	10 - 17 yrs.	4 classes	Thu	5:30-6:25 pm	starts Oct 8		\$35(R); \$46(NR)
View activity: 15607-540BB	18 & up	4 classes	Thu	6:30-7:25 pm	starts Oct 8		\$35(R); \$46(NR)
Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 15607-543A	18 & up	8 classes	Sat	11:00 am-12:30 pm	starts Sep 19		\$56(R); \$73(NR)
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 15607-568B	13 & up	6 classes	Thu	6:00-8:00 pm	starts Oct 8		\$60(R); \$78(NR); \$45(IA)
Seat Pleasant Activity Center							seatpleasantcc@pgparks.com
View activity: 15607-521A	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 15607-521B	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Sep 29		\$40(R); \$52(NR)
View activity: 15607-521C	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Oct 27		\$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
View activity: 15615-571A	5 - 12 yrs.	4 classes	Sat	9:00-10:00 am	starts Sep 12		\$40(R); \$52(NR)
View activity: 15615-571B	5 - 12 yrs.	3 classes	Sat	9:00-10:00 am	starts Oct 10		\$30(R); \$39(NR)
View activity: 15615-571C	5 - 12 yrs.	3 classes	Sat	9:00-10:00 am	starts Nov 7		\$30(R); \$39(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
View activity: 15622-532A	12 - 17 yrs.	4 classes	Mon	1:00-2:00 pm	starts Oct 5		\$40(R); \$52(NR)
View activity: 15622-532B	12 - 17 yrs.	4 classes	Mon	1:00-2:00 pm	starts Nov 9		\$35(R); \$46(NR)
Oakcrest Community Center							oakcrestcc@pgparks.com
View activity: 15622-555A	8 - 15 yrs.	4 classes	Fri	10:30 am-12:00 pm	starts Oct 2		\$35(R); \$46(NR)
View activity: 15622-555B	8 - 15 yrs.	4 classes	Fri	10:30 am-12:00 pm	starts Oct 30		\$35(R); \$46(NR)

Knitting: Mixed Ages, Beginner

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

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 15603-568B	10 & up	6 classes	Tue	6:00-8:00 pm	starts Sep 15		\$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
View activity: 15601-541A	8 & up	8 classes	Tue & Thu	6:30-8:30 pm	starts Sep 1	\$55(R); \$72(NR)
View activity: 15601-541B	8 & up	8 classes	Tue & Thu	6:30-8:30 pm	starts Oct 6	\$55(R); \$72(NR)
View activity: 15601-541C	8 & up	8 classes	Tue & Thu	6:30-8:30 pm	starts Nov 3	\$55(R); \$72(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15601-568A	8 & up	6 classes	Mon	6:00-8:00 pm	starts Oct 5	\$60(R); \$78(NR); \$45(IA)

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
View activity: 17101-523B	3 - 5 yrs.	13 classes	Sat	11:30 am-12:15 pm	starts Sep 12	\$199(R); \$259(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
View activity: 17205-523A	7 - 10 yrs.	13 classes	Sat	12:00-1:00 pm	starts Sep 12	\$254(R); \$331(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.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 17305-552A	13 - 17 yrs.	8 classes	Mon & Wed	10:45-11:30 am	starts Sep 14	\$64(R); \$84(NR)
View activity: 17305-552B	13 - 17 yrs.	8 classes	Mon & Wed	10:45-11:30 am	starts Oct 12	\$64(R); \$84(NR)
View activity: 17305-552C	13 - 17 yrs.	8 classes	Mon & Wed	10:45-11:30 am	starts Nov 9	\$64(R); \$84(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 17305-581A	13 - 17 yrs.	4 classes	Wed	10:30-11:30 am	starts Sep 9	\$35(R); \$46(NR)
View activity: 17305-581B	13 - 17 yrs.	4 classes	Wed	10:30-11:30 am	starts Oct 7	\$35(R); \$46(NR)
View activity: 17305-581C	13 - 17 yrs.	4 classes	Wed	10:30-11:30 am	starts Nov 4	\$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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17301-568B	13 - 17 yrs.	8 classes	Sat	1:00-3:00 pm	starts Sep 19	\$60(R); \$78(NR); \$45(IA)
Stephen Decatur Community Center						stephendecaturcc@pgparks.com
View activity: 17301-580A	13 - 17 yrs.	6 classes	Sat	10:45-11:45 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 17301-580B	13 - 17 yrs.	6 classes	Sat	10:45-11:45 am	starts Oct 17	\$48(R); \$63(NR)

ADULTS

Aerobics: Adults

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

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 17401-505A	18 & up	5 classes	Thu	6:00-7:00 pm	starts Sep 3	\$35(R); \$46(NR)
View activity: 17401-505B	18 & up	5 classes	Thu	6:00-7:00 pm	starts Oct 15	\$35(R); \$46(NR)
Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 17401-527A	18 & up	6 classes	Wed	10:00-11:00 am	starts Sep 16	\$35(R); \$46(NR)
View activity: 17401-527B	18 & up	6 classes	Wed	10:00-11:00 am	starts Nov 4	\$35(R); \$46(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 17401-534A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Sep 1	\$40(R); \$52(NR)
View activity: 17401-534B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Sep 29	\$40(R); \$52(NR)
View activity: 17401-534C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Oct 27	\$40(R); \$52(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 17401-547A	18 & up	6 classes	Tue	6:45-7:45 pm	starts Sep 1	\$36(R); \$47(NR)
View activity: 17401-547C	18 & up	6 classes	Sun	2:30-3:30 pm	starts Sep 6	\$36(R); \$47(NR)
View activity: 17401-547B	18 & up	6 classes	Tue	6:45-7:45 pm	starts Oct 13	\$36(R); \$47(NR)
View activity: 17401-547D	18 & up	6 classes	Sun	2:30-3:30 pm	starts Oct 18	\$36(R); \$47(NR)

Aerobics: Hula Hoop, Adults Beginner

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

Temple Hills Community Center						templehillsc@pgparks.com
View activity: 17402-582A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 17402-582B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Sep 29	\$48(R); \$63(NR)
View activity: 17402-582C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Oct 27	\$48(R); \$63(NR)

Aerobics: Kickboxing, Adults

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17433-501A	18 & up	12 classes	Tue	6:00-7:00 pm	starts Sep 1	\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17433-575B	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Oct 5	\$77(R); \$100(NR)
View activity: 17433-575C	18 & up	10 classes	Mon & Wed	5:00-6:00 pm	starts Nov 2	\$60(R); \$78(NR)

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

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

Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 17419-584A	18 & up	4 classes	Tue	9:30-10:30 am	starts Sep 1	\$20(R); \$26(NR)
View activity: 17419-584C	18 & up	4 classes	Thu	9:30-10:30 am	starts Sep 3	\$20(R); \$26(NR)
View activity: 17419-584B	18 & up	4 classes	Tue	9:30-10:30 am	starts Sep 29	\$20(R); \$26(NR)
View activity: 17419-584D	18 & up	4 classes	Thu	9:30-10:30 am	starts Oct 1	\$20(R); \$26(NR)

Bio Fitness and Cardio Fit: Low Impact, Adults

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17420-575A	18 & up	5 classes	Tue	6:00-6:45 pm	starts Sep 1	\$33.00(R); \$43.00(NR)
View activity: 17420-575A1	18 & up	4 classes	Thu	6:00-6:45 pm	starts Sep 3	\$26(R); \$34(NR)
View activity: 17420-575B1	18 & up	5 classes	Thu	6:00-6:45 pm	starts Oct 1	\$33.00(R); \$43.00(NR)
View activity: 17420-575B	18 & up	4 classes	Tue	6:00-6:45 pm	starts Oct 6	\$24(R); \$32(NR)
View activity: 17420-575C	18 & up	4 classes	Tue	6:00-6:45 pm	starts Nov 3	\$24(R); \$32(NR)
View activity: 17420-575C1	18 & up	3 classes	Thu	6:00-6:45 pm	starts Nov 5	\$20.00(R); \$26.00(NR)

Bio Fitness: Tone and Firm, Adults

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

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 17421-586A	18 & up	5 classes	Tue	5:30-6:30 pm	starts Sep 1	\$25(R); \$33(NR)
View activity: 17421-586C	18 & up	5 classes	Thu	5:30-6:30 pm	starts Sep 3	\$25(R); \$33(NR)
View activity: 17421-586B	18 & up	4 classes	Tue	5:30-6:30 pm	starts Oct 6	\$20(R); \$26(NR)
View activity: 17421-586E	18 & up	4 classes	Thu	5:30-6:30 pm	starts Oct 8	\$20(R); \$26(NR)

Cardio Circuit Training

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17484-568A	18 & up	3 classes	Wed	10:00-11:00 am	starts Sep 16	\$18(R); \$24(NR); \$14(IA)
View activity: 17484-568B	18 & up	4 classes	Wed	8:30-9:30 am	starts Oct 7	\$24(R); \$32(NR); \$18(IA)
View activity: 17484-568C	18 & up	4 classes	Wed	10:00-11:00 am	starts Nov 4	\$24(R); \$32(NR); \$18(IA)

Chair Aerobics: Adults

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

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 17445-512A	18 & up	5 classes	Mon	10:00-11:00 am	starts Sep 14	\$28(R); \$37(NR)
View activity: 17445-512B	18 & up	6 classes	Mon	10:00-11:00 am	starts Oct 26	\$35(R); \$46(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17445-523A	18 & up	12 classes	Tue	12:00-1:00 pm	starts Sep 8	\$72(R); \$94(NR)
View activity: 17445-523B	18 & up	11 classes	Thu	12:00-1:00 pm	starts Sep 10	\$66(R); \$86(NR)

Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 17445-546A	50 & up	4 classes	Thu	9:30-10:30 am	starts Sep 3	\$36(R); \$47(NR)
View activity: 17445-546B	50 & up	4 classes	Thu	9:30-10:30 am	starts Oct 1	\$36(R); \$47(NR)
View activity: 17445-546C	50 & up	4 classes	Thu	9:30-10:30 am	starts Oct 29	\$36(R); \$47(NR)

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 Ctr						collegeparkcc@pgparks.com
View activity: 17483-516A	18 & up	9 classes	Mon & Wed	11:15 am-12:15 pm	starts Sep 2	\$35(R); \$46(NR)
View activity: 17483-516B	18 & up	8 classes	Mon & Wed	11:15 am-12:15 pm	starts Oct 5	\$35(R); \$46(NR)
View activity: 17483-516C	18 & up	10 classes	Mon & Wed	11:15 am-12:15 pm	starts Nov 2	\$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
View activity: 17435-534A	50 & up	12 classes	Tue-Thu	9:30-10:30 am	starts Sep 1	\$36(R); \$47(NR)
View activity: 17435-534B	50 & up	12 classes	Tue-Thu	9:30-10:30 am	starts Sep 29	\$36(R); \$47(NR)

Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 17435-546A	50 & up	11 classes	Mon,Wed,Fri	9:00-10:00 am	starts Sep 2	\$33(R); \$43(NR)
View activity: 17435-546D	50 & up	7 classes	Mon & Wed	11:00 am-12:00 pm	starts Sep 2	\$26(R); \$34(NR)
View activity: 17435-546B	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Sep 28	\$40(R); \$52(NR)
View activity: 17435-546E	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Sep 28	\$35(R); \$46(NR)
View activity: 17435-546C	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Oct 26	\$40(R); \$52(NR)
View activity: 17435-546F	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Oct 26	\$35(R); \$46(NR)

Fitness Boot Camp: Adults

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

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 17426-532E	18 & up	6 classes	Sat	10:00-11:00 am	starts Sep 5	\$36(R); \$47(NR)
View activity: 17426-532A	18 & up	11 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Sep 7	\$48(R); \$63(NR)
View activity: 17426-532B	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Oct 5	\$48(R); \$63(NR)
View activity: 17426-532F	18 & up	6 classes	Sat	10:00-11:00 am	starts Oct 17	\$36(R); \$47(NR)
View activity: 17426-532C	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Nov 2	\$48(R); \$63(NR)

Kentland Community Center						kentlandcc@pgparks.com
View activity: 17426-540A	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Sep 7	\$60(R); \$78(NR)
View activity: 17426-540B	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Oct 12	\$60(R); \$78(NR)

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17426-541A	18 & up	4 classes	Wed	6:30-7:30 pm	starts Sep 2	\$35(R); \$46(NR)
View activity: 17426-541B	18 & up	4 classes	Wed	6:30-7:30 pm	starts Oct 7	\$35(R); \$46(NR)
View activity: 17426-541C	18 & up	4 classes	Wed	6:30-7:30 pm	starts Nov 4	\$35(R); \$46(NR)

Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 17426-516AA	18 & up	9 classes	Mon & Wed	6:15-7:15 pm	starts Sep 2	\$35(R); \$46(NR)
View activity: 17426-516BB	18 - 59 yrs.	8 classes	Mon & Wed	6:15-7:15 pm	starts Oct 5	\$35(R); \$46(NR)
View activity: 17426-516CC	18 & up	10 classes	Mon & Wed	6:15-7:15 pm	starts Nov 2	\$35(R); \$46(NR)

Patuxent Community Center							patuxentcc@pgparks.com
View activity: 17426-560A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Sep 2	\$36(R); \$47(NR)	
View activity: 17426-560B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Oct 14	\$36(R); \$47(NR)	
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 17426-568A	18 & up	3 classes	Tue	6:15-7:00 am	starts Sep 15	\$18(R); \$24(NR); \$14(IA)	
View activity: 17426-568B	18 & up	2 classes	Thu	6:15-7:00 am	starts Sep 17	\$12(R); \$16(NR); \$9 (IA)	
View activity: 17426-568D	18 & up	5 classes	Thu	6:15-7:00 am	starts Oct 1	\$30(R); \$39(NR); \$23(IA)	
View activity: 17426-568C	18 & up	4 classes	Tue	6:15-7:00 am	starts Oct 6	\$24(R); \$32(NR); \$18(IA)	
View activity: 17426-568E	18 & up	4 classes	Tue	6:15-7:00 am	starts Nov 3	\$24(R); \$32(NR); \$18(IA)	
View activity: 17426-568F	18 & up	3 classes	Thu	6:15-7:00 am	starts Nov 5	\$18(R); \$24(NR); \$14(IA)	
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 17426-584QQ	18 & up	6 classes	Sat	12:00-1:00 pm	starts Sep 5	\$48(R); \$63(NR)	
View activity: 17426-584A	18 & up	11 classes	Mon,Wed,Fri	9:00-10:00 am	starts Sep 7	\$48(R); \$63(NR)	
View activity: 17426-584E	18 & up	11 classes	Mon,Wed,Fri	7:30-8:30 am	starts Sep 7	\$48(R); \$63(NR)	
View activity: 17426-584N	18 & up	11 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Sep 7	\$48(R); \$63(NR)	
View activity: 17426-584B	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Oct 5	\$48(R); \$63(NR)	
View activity: 17426-584F	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Oct 5	\$48(R); \$63(NR)	
View activity: 17426-584O	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Oct 5	\$48(R); \$63(NR)	
View activity: 17426-584RR	18 & up	6 classes	Sat	12:00-1:00 pm	starts Oct 24	\$48(R); \$63(NR)	
View activity: 17426-584C	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Nov 2	\$48(R); \$63(NR)	
View activity: 17426-584G	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Nov 2	\$48(R); \$63(NR)	
View activity: 17426-584P	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Nov 2	\$48(R); \$63(NR)	
Upper Marlboro Community Center							uppermarlborocc@pgparks.com
View activity: 17426-586A	18 & up	4 classes	Tue	7:00-8:00 pm	starts Sep 1	\$28(R); \$37(NR)	
View activity: 17426-586D	18 & up	4 classes	Thu	7:00-8:00 pm	starts Sep 3	\$28(R); \$37(NR)	
View activity: 17426-586G	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Sep 7	\$48(R); \$63(NR)	
View activity: 17426-586B	18 & up	4 classes	Tue	7:00-8:00 pm	starts Sep 29	\$28(R); \$37(NR)	
View activity: 17426-586E	18 & up	4 classes	Thu	7:00-8:00 pm	starts Oct 1	\$28(R); \$37(NR)	
View activity: 17426-586H	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Oct 5	\$48(R); \$63(NR)	
View activity: 17426-586C	18 & up	4 classes	Tue	7:00-8:00 pm	starts Oct 27	\$28(R); \$37(NR)	
View activity: 17426-586F	18 & up	4 classes	Thu	7:00-8:00 pm	starts Oct 29	\$28(R); \$37(NR)	
View activity: 17426-586I	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Nov 2	\$48(R); \$63(NR)	

Fitness Dance: Adults

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

Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 17440-577A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Sep 1	\$36(R); \$47(NR)	
View activity: 17440-577B	18 & up	6 classes	Tue	7:00-8:00 pm	starts Oct 13	\$36(R); \$47(NR)	
William Beanes Community Center							williambeanesc@pgparks.com
View activity: 17440-591A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Sep 3	\$36(R); \$47(NR)	
View activity: 17440-591B	18 & up	6 classes	Thu	7:00-8:00 pm	starts Oct 15	\$24(R); \$32(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 Ctr						collegeparkcc@pgparks.com
View activity: 17477-516A	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 1	\$35(R); \$46(NR)
View activity: 17477-516B	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Oct 1	\$35(R); \$46(NR)
View activity: 17477-516C	18 & up	10 classes	Tue & Thu	10:00-11:00 am	starts Nov 3	\$35(R); \$46(NR)

Fitness: Boxing, Adults

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

Glenarden Community Center						glenardenc@pgparks.com
View activity: 17442-526A	18 & up	6 classes	Mon & Wed	6:30-8:00 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 17442-526B	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Oct 5	\$30(R); \$39(NR)
View activity: 17442-526C	18 & up	6 classes	Mon & Wed	6:30-8:00 pm	starts Nov 2	\$30(R); \$39(NR)

Kentland Community Center						kentlandcc@pgparks.com
View activity: 17442-540A	18 & up	4 classes	Mon	7:00-8:00 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 17442-540B	18 & up	4 classes	Mon	7:00-8:00 pm	starts Oct 12	\$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
View activity: 17479-527A	18 & up	6 classes	Fri	6:00-7:00 pm	starts Sep 25	\$36(R); \$47(NR)
View activity: 17479-527B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Nov 6	\$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						uppermarlborocc@pgparks.com
View activity: 17430-586A	18 & up	12 classes	Sat	8:30-9:30 am	starts Sep 5	\$84(R); \$110(NR)
View activity: 17430-586B	18 & up	12 classes	Sat	9:30-10:30 am	starts Sep 5	\$84(R); \$110(NR)

Healthy Minds Healthy Bodies Veterans Program

Healthy Minds Healthy Bodies veterans' program is a fitness initiative for military personnel with disabilities. Healthy Minds Healthy Bodies socials are designed to provide recreation, peer support, and networking opportunities for veterans with disabilities and their families. These socials are designed to foster relationships, to build camaraderie, and to promote activity engagement along with community involvement.

Paint Branch Golf Course						paintbranchgolf@pgparks.com
View activity: 17487-578B	18 & up	5 classes	Wed & Fri	1:00-2:00 pm	starts Oct 9	\$80(R); \$104(NR)

Heart Healthy Fitness

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17490-568A	18 & up	2 classes	Fri	10:00-10:45 am	starts Sep 18	\$12(R); \$16(NR); \$9(IA)
View activity: 17490-568B	18 & up	5 classes	Fri	10:00-10:45 am	starts Oct 2	\$\$30(R); \$39(NR); \$23(IA)
View activity: 17490-568C	18 & up	4 classes	Fri	10:00-10:45 am	starts Nov 6	\$24(R); \$32(NR); \$18(IA)

Move & Muscle

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17494-501A	18 & up	12 classes	Thu	6:00-7:00 pm	starts Sep 3	\$72(R); \$94(NR)

Pilates: Adults, Beginner

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

Glenarden Community Center						glenardenc@pgparks.com
View activity: 17423-526A	18 & up	5 classes	Tue & Thu	6:30-7:15 pm	starts Sep 15	\$30(R); \$39(NR)
View activity: 17423-526B	18 & up	8 classes	Tue & Thu	6:30-7:15 pm	starts Oct 6	\$35(R); \$46(NR)
View activity: 17423-526C	18 & up	6 classes	Tue & Thu	6:30-7:15 pm	starts Nov 3	\$30(R); \$39(NR)
Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17423-535	18 & up	4 classes	Mon	6:15-7:00 pm	starts Sep 7	\$45(R); \$59(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 17423-574A	18 & up	8 classes	Mon	6:30-7:30 pm	starts Sep 7	\$50(R); \$65(NR)
View activity: 17423-574B	18 & up	4 classes	Mon	6:30-7:30 pm	starts Nov 9	\$30(R); \$39(NR)

Piloxing: Adults

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

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17425-535	18 & up	4 classes	Sat	10:00-11:00 am	starts Sep 5	\$45(R); \$59(NR)

Spinning: Adults, Beginner

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17405-501A	18 & up	12 classes	Fri	11:00-11:45 am	starts Sep 4	\$66(R); \$86(NR)
View activity: 17405-501B	18 & up	12 classes	Fri	12:00-12:45 pm	starts Sep 4	\$66(R); \$86(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17405-523A	18 & up	12 classes	Tue	9:00-10:00 am	starts Sep 8	\$72(R); \$94(NR)
View activity: 17405-523B	18 & up	12 classes	Wed	6:30-7:30 pm	starts Sep 9	\$72(R); \$94(NR)
View activity: 17405-523C	18 & up	12 classes	Fri	9:00-10:00 am	starts Sep 11	\$72(R); \$94(NR)
View activity: 17405-523D	18 & up	12 classes	Sat	10:00-11:00 am	starts Sep 12	\$72(R); \$94(NR)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17405-577D	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 1	\$48(R); \$63(NR)
View activity: 17405-577A	18 & up	7 classes	Mon & Wed	6:00-6:45 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 17405-577E	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 29	\$48(R); \$63(NR)
View activity: 17405-577B	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Oct 5	\$40(R); \$52(NR)
View activity: 17405-577G	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Oct 27	\$48(R); \$63(NR)
View activity: 17405-577C	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Nov 2	\$40(R); \$52(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 17405-581A	18 & up	6 classes	Tue	6:30-7:30 pm	starts Sep 1	\$42(R); \$55(NR)
View activity: 17405-581B	18 & up	6 classes	Tue	6:30-7:30 pm	starts Oct 20	\$42(R); \$55(NR)

Step Aerobics: Adults

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

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17457-523A	18 & up	12 classes	Mon	7:30-8:30 pm	starts Sep 14	\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17457-575G	18 & up	4 classes	Mon	6:00-6:45 pm	starts Sep 7	\$26(R); \$34(NR)
View activity: 17457-575H	18 & up	4 classes	Mon	6:00-6:45 pm	starts Oct 5	\$26(R); \$34(NR)
View activity: 17457-575I	18 & up	5 classes	Mon	6:00-6:45 pm	starts Nov 2	\$33.00(R); \$43.00(NR)

Step Jam

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17495-501A	18 & up	12 classes	Mon	6:00-7:00 pm	starts Sep 7	\$72(R); \$94(NR)

Strength Training: Adults

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17451-575E	18 & up	4 classes	Sat	8:00-9:00 am	starts Sep 5	\$26(R); \$34(NR)
View activity: 17451-575B	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Sep 7	\$52(R); \$68(NR)
View activity: 17451-575F	18 & up	5 classes	Sat	8:00-9:00 am	starts Oct 3	\$33.00(R); \$43.00(NR)
View activity: 17451-575C	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Oct 5	\$52(R); \$68(NR)
View activity: 17451-575D	18 & up	10 classes	Mon & Wed	7:30-8:30 pm	starts Nov 2	\$65(R); \$85(NR)
View activity: 17451-575G	18 & up	4 classes	Sat	8:00-9:00 am	starts Nov 7	\$26(R); \$34(NR)

Weight Training: Adults

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

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17436-523A	18 & up	11 classes	Thu	9:00-10:00 am	starts Sep 10	\$66(R); \$86(NR)
View activity: 17436-523C	18 & up	11 classes	Thu	7:30-8:30 pm	starts Sep 10	\$66(R); \$86(NR)
View activity: 17436-523D	18 & up	12 classes	Sat	9:00-10:00 am	starts Sep 12	\$72(R); \$94(NR)
View activity: 17436-523B	18 & up	12 classes	Mon	6:30-7:30 pm	starts Sep 14	\$72(R); \$94(NR)

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17436-535	18 & up	9 classes	Mon & Wed	10:00-11:00 am	starts Sep 2	\$45(R); \$59(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						spdex-distribution@pgparks.com
View activity: 17453-568A	18 & up	5 classes	Tue & Thu	6:30-7:30 pm	starts Sep 15	\$30(R); \$39(NR); \$23(IA)
View activity: 17453-568B	18 & up	9 classes	Tue & Thu	6:30-7:30 pm	starts Oct 1	\$54(R); \$71(NR); \$41(IA)
View activity: 17453-568C	18 & up	7 classes	Tue & Thu	6:30-7:30 pm	starts Nov 3	\$42(R); \$55(NR); \$32(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 Ctr						collegeparkcc@pgparks.com
View activity: 17411-516AA	18 & up	9 classes	Mon & Wed	10:00-11:00 am	starts Sep 2	\$35(R); \$46(NR)
View activity: 17411-516B	18 & up	8 classes	Mon & Wed	10:00-11:00 am	starts Oct 5	\$35(R); \$46(NR)
View activity: 17411-516C	18 & up	10 classes	Mon & Wed	10:00-11:00 am	starts Nov 2	\$35(R); \$46(NR)

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 17411-557A	18 & up	4 classes	Sat	10:00-11:30 am	starts Sep 5	\$30(R); \$39(NR)
View activity: 17411-557AA	18 & up	4 classes	Sat	2:00-3:30 pm	starts Sep 5	\$30(R); \$39(NR)
View activity: 17411-557B	18 & up	4 classes	Sat	10:00-11:30 am	starts Oct 3	\$30(R); \$39(NR)
View activity: 17411-557BB	18 & up	4 classes	Sat	2:00-3:30 pm	starts Oct 3	\$30(R); \$39(NR)
View activity: 17411-557C	18 & up	4 classes	Sat	10:00-11:30 am	starts Nov 7	\$30(R); \$39(NR)
View activity: 17411-557CC	18 & up	4 classes	Sat	2:00-3:30 pm	starts Nov 7	\$30(R); \$39(NR)

Stephen Decatur Community Center						stephendecaturcc@pgparks.com
View activity: 17411-580A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Sep 5	\$48(R); \$63(NR)
View activity: 17411-580B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Oct 17	\$48(R); \$63(NR)

William Beanes Community Center						williambeanesc@pgparks.com
View activity: 17411-591A	18 & up	7 classes	Mon & Wed	6:00-7:00 pm	starts Sep 7	\$36(R); \$47(NR)
View activity: 17411-591D	18 & up	7 classes	Mon & Wed	7:05-8:05 pm	starts Sep 7	\$36(R); \$47(NR)
View activity: 17411-591B	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Oct 5	\$36(R); \$47(NR)
View activity: 17411-591E	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Oct 5	\$36(R); \$47(NR)
View activity: 17411-591C	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Nov 2	\$36(R); \$47(NR)
View activity: 17411-591F	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Nov 2	\$36(R); \$47(NR)

Yoga: Adults, All Levels

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

Baden Community Center						badencc@pgparks.com
View activity: 17413-504A	18 & up	6 classes	Wed	6:00-7:00 pm	starts Sep 2	\$36(R); \$47(NR)
View activity: 17413-504B	18 & up	6 classes	Wed	6:00-7:00 pm	starts Oct 14	\$36(R); \$47(NR)

Beltsville Community Center							beltsvillecc@pgparks.com
View activity: 17413-505A	18 & up	5 classes	Tue	6:00-7:00 pm	starts Sep 29		\$35(R); \$46(NR)
View activity: 17413-505B	18 & up	5 classes	Tue	6:00-7:00 pm	starts Nov 10		\$35(R); \$46(NR)
Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 17413-523B	18 & up	12 classes	Wed	9:00-10:00 am	starts Sep 9		\$72(R); \$94(NR)
View activity: 17413-523C	18 & up	12 classes	Fri	10:00-11:00 am	starts Sep 11		\$72(R); \$94(NR)
View activity: 17413-523D	18 & up	12 classes	Mon	10:00-11:00 am	starts Sep 14		\$72(R); \$94(NR)
Fort Washington Forest Community Center							fortwashingtoncc@pgparks.com
View activity: 17413-524A	18 & up	6 classes	Tue	12:00-1:00 pm	starts Sep 1		\$30(R); \$39(NR)
View activity: 17413-524C	18 & up	6 classes	Thu	12:00-1:00 pm	starts Sep 3		\$30(R); \$39(NR)
View activity: 17413-524B	18 & up	6 classes	Tue	12:00-1:00 pm	starts Oct 13		\$30(R); \$39(NR)
View activity: 17413-524D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Oct 15		\$30(R); \$39(NR)
Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 17413-527AA	18 & up	4 classes	Thu	11:30 am-12:30 pm	starts Sep 3		\$25(R); \$33(NR)
View activity: 17413-527BB	18 & up	4 classes	Thu	11:30 am-12:30 pm	starts Oct 8		\$25(R); \$33(NR)
View activity: 17413-527C	18 & up	4 classes	Thu	11:30 am-12:30 pm	starts Nov 12		\$25(R); \$33(NR)
Hillcrest Heights Community Center							hillcrestheightscc@pgparks.com
View activity: 17413-534A	18 & up	6 classes	Sat	9:30-10:30 am	starts Sep 5		\$36(R); \$47(NR)
View activity: 17413-534B	18 & up	6 classes	Sat	9:30-10:30 am	starts Oct 17		\$36(R); \$47(NR)
Huntington Community Center							huntingtoncc@pgparks.com
View activity: 17413-535	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 1		\$45(R); \$59(NR)
View activity: 17413-535B	18 & up	4 classes	Sat	11:00 am-12:00 pm	starts Sep 5		\$45(R); \$59(NR)
Laurel-Beltsville Senior Activity Ctr							lbsac@pgparks.com
View activity: 17413-546B	50 & up	12 classes	Thu	12:00-1:15 pm	starts Sep 3		\$60(R); \$78(NR)
View activity: 17413-546A	50 & up	10 classes	Mon	1:15-2:30 pm	starts Sep 14		\$50(R); \$65(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 17413-552a	18 & up	6 classes	Tue	6:30-7:30 pm	starts Sep 8		\$48(R); \$63(NR)
View activity: 17413-552b	18 & up	7 classes	Tue	6:30-7:30 pm	starts Oct 20		\$48(R); \$63(NR)
North Forestville Community Ctr							northforestvillecc@pgparks.com
View activity: 17413-553A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Sep 3		\$36(R); \$47(NR)
View activity: 17413-553B	18 & up	6 classes	Thu	6:00-7:00 pm	starts Oct 15		\$36(R); \$47(NR)
Oakcrest Community Center							oakcrestcc@pgparks.com
View activity: 17413-555A	18 & up	6 classes	Wed	12:30-1:30 pm	starts Sep 2		\$36(R); \$47(NR)
View activity: 17413-555B	18 & up	6 classes	Wed	12:30-1:30 pm	starts Oct 14		\$36(R); \$47(NR)
Seat Pleasant Activity Center							seatpleasantcc@pgparks.com
View activity: 17413-573B	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Sep 7		\$40(R); \$52(NR)
View activity: 17413-573C	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Oct 5		\$40(R); \$52(NR)
View activity: 17413-573D	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Nov 2		\$40(R); \$52(NR)

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17413-575D	18 & up	4 classes	Thu	6:30-7:30 pm	starts Sep 3		\$26(R); \$34(NR)
View activity: 17413-575G	18 & up	4 classes	Sat	10:30-11:30 am	starts Sep 5		\$26(R); \$34(NR)
View activity: 17413-575A	18 & up	4 classes	Mon	12:00-1:00 pm	starts Sep 7		\$26(R); \$34(NR)
View activity: 17413-575E	18 & up	5 classes	Thu	6:30-7:30 pm	starts Oct 1		\$33.00(R); \$43.00(NR)
View activity: 17413-575H	18 & up	5 classes	Sat	10:30-11:30 am	starts Oct 3		\$33.00(R); \$43.00(NR)
View activity: 17413-575B	18 & up	4 classes	Mon	12:00-1:00 pm	starts Oct 5		\$26(R); \$34(NR)
View activity: 17413-575C	18 & up	5 classes	Mon	12:00-1:00 pm	starts Nov 2		\$33.00(R); \$43.00(NR)
View activity: 17413-575F	18 & up	3 classes	Thu	6:30-7:30 pm	starts Nov 5		\$20.00(R); \$26.00(NR)
View activity: 17413-575I	18 & up	4 classes	Sat	10:30-11:30 am	starts Nov 7		\$26(R); \$34(NR)
T. Howard Duckett Park							wellness@pgparks.com
View activity: 17413-520A	55 & up	8 classes	Mon	10:00-11:00 am	starts Sep 14		\$40(R); \$52(NR)
Temple Hills Community Center							templehillsc@pgparks.com
View activity: 17413-582D	18 & up	6 classes	Sun	12:30-1:30 pm	starts Sep 6		\$36(R); \$47(NR)
View activity: 17413-582A	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Sep 7		\$36(R); \$47(NR)
View activity: 17413-582B	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Oct 5		\$36(R); \$47(NR)
View activity: 17413-582F	18 & up	6 classes	Sun	12:30-1:30 pm	starts Oct 18		\$36(R); \$47(NR)
View activity: 17413-582C	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Nov 2		\$36(R); \$47(NR)
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 17413-584A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Sep 2		\$36(R); \$47(NR)
View activity: 17413-584B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Oct 14		\$36(R); \$47(NR)
William Beanes Community Center							williambeanesc@pgparks.com
View activity: 17413-591A	18 & up	7 classes	Mon & Wed	12:00-1:00 pm	starts Sep 7		\$32(R); \$42(NR)
View activity: 17413-591B	18 & up	8 classes	Mon & Wed	12:00-1:00 pm	starts Oct 5		\$32(R); \$42(NR)
View activity: 17413-591C	18 & up	8 classes	Mon & Wed	12:00-1:00 pm	starts Nov 2		\$32(R); \$42(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.

Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 17412-557A	18 & up	4 classes	Thu	6:00-7:00 pm	starts Sep 3		\$20(R); \$26(NR)
View activity: 17412-557B	18 & up	4 classes	Thu	6:00-7:00 pm	starts Oct 1		\$20(R); \$26(NR)
View activity: 17412-557C	18 & up	4 classes	Thu	6:00-7:00 pm	starts Nov 5		\$20(R); \$26(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 17412-574A	18 & up	8 classes	Tue	10:00-11:00 am	starts Sep 8		\$50(R); \$65(NR)
View activity: 17412-574B	18 & up	4 classes	Tue	10:00-11:00 am	starts Nov 10		\$25(R); \$33(NR)
Upper Marlboro Community Center							uppermarlorocc@pgparks.com
View activity: 17412-586A	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Sep 1		\$32(R); \$42(NR)
View activity: 17412-586B	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Sep 29		\$32(R); \$42(NR)
View activity: 17412-586C	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Oct 27		\$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
View activity: 17456-568A	18 & up	3 classes	Wed	12:00-1:00 pm	starts Sep 16	\$18(R); \$24(NR); \$14(IA)
View activity: 17456-568B	18 & up	4 classes	Wed	12:00-1:00 pm	starts Oct 7	\$24(R); \$32(NR); \$18(IA)
View activity: 17456-568C	18 & up	4 classes	Wed	12:00-1:00 pm	starts Nov 4	\$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
View activity: 17414-505A	18 & up	8 classes	Tue	7:30-8:30 pm	starts Oct 13	\$40(R); \$52(NR)
View activity: 17414-505B	18 & up	8 classes	Thu	7:30-8:30 pm	starts Oct 15	\$40(R); \$52(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17414-523B	18 & up	12 classes	Tue	6:30-7:30 pm	starts Sep 8	\$72(R); \$94(NR)
View activity: 17414-523A	18 & up	12 classes	Mon	9:00-10:00 am	starts Sep 14	\$72(R); \$94(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17414-565A	18 & up	7 classes	Mon & Wed	7:00-8:00 pm	starts Sep 7	\$48(R); \$63(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17414-541A	18 & up	6 classes	Mon	6:30-7:30 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 17414-541B	18 & up	6 classes	Mon	6:30-7:30 pm	starts Oct 19	\$45(R); \$59(NR)
Lakeland College Park Community Ctr						collegelakeparkcc@pgparks.com
View activity: 17414-516A	18 & up	12 classes	Tue & Thu	7:00-8:00 pm	starts Sep 22	\$40(R); \$52(NR)
View activity: 17414-516B	18 & up	14 classes	Tue & Thu	7:00-8:00 pm	starts Nov 3	\$40(R); \$52(NR)
Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 17414-545A	18 & up	9 classes	Mon & Wed	7:00-8:00 pm	starts Sep 2	\$50(R); \$65(NR)
View activity: 17414-545B	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Oct 5	\$50(R); \$65(NR)
View activity: 17414-545C	18 & up	9 classes	Mon & Wed	7:00-8:00 pm	starts Nov 2	\$50(R); \$65(NR)
Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 17414-546C	50 & up	6 classes	Fri	12:00-1:00 pm	starts Sep 4	\$52(R); \$68(NR)
View activity: 17414-546D	50 & up	6 classes	Fri	12:00-1:00 pm	starts Oct 16	\$52(R); \$68(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 17414-562A	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Sep 7	\$50(R); \$65(NR)
View activity: 17414-562B	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Oct 19	\$50(R); \$65(NR)
Potomac Landing Community Ctr						potomaclandingcc@pgparks.com
View activity: 17414-565B	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Oct 5	\$48(R); \$63(NR)
View activity: 17414-565C	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Nov 2	\$48(R); \$63(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 17414-566A	18 & up	6 classes	Wed	7:00-8:00 pm	starts Sep 30	\$45(R); \$59(NR)
View activity: 17414-566B	18 & up	4 classes	Wed	7:00-8:00 pm	starts Nov 18	\$45(R); \$59(NR)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17414-577A	18 & up	7 classes	Mon & Wed	7:00-8:00 pm	starts Sep 7	\$48(R); \$63(NR)
View activity: 17414-577B	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Oct 5	\$48(R); \$63(NR)
View activity: 17414-577C	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Nov 2	\$48(R); \$63(NR)

Zumba: Toning, Adults

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

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 17417-543A	18 & up	5 classes	Sat	10:30-11:30 am	starts Sep 5	\$36(R); \$47(NR)
View activity: 17417-543B	18 & up	5 classes	Sat	10:30-11:30 am	starts Oct 17	\$36(R); \$47(NR)
Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 17417-546A	18 & up	6 classes	Wed	5:00-6:00 pm	starts Sep 2	\$52(R); \$68(NR)
View activity: 17417-546B	18 & up	6 classes	Wed	5:00-6:00 pm	starts Oct 14	\$52(R); \$68(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 17417-552A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Sep 10	\$42(R); \$55(NR)
View activity: 17417-552B	18 & up	6 classes	Thu	7:00-8:00 pm	starts Oct 29	\$42(R); \$55(NR)

SENIORS

Aerobics: Seniors

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

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 17521-512A	60 & up	6 classes	Tue	10:00-11:00 am	starts Sep 1	\$35(R); \$46(NR)
View activity: 17521-512C	60 & up	6 classes	Thu	10:00-11:00 am	starts Sep 3	\$35(R); \$46(NR)
View activity: 17521-512B	60 & up	6 classes	Tue	10:00-11:00 am	starts Oct 20	\$35(R); \$46(NR)
View activity: 17521-512D	60 & up	5 classes	Thu	10:00-11:00 am	starts Oct 22	\$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						lbsac@pgparks.com
View activity: 17543-546D	60 & up	4 classes	Tue	1:00-2:00 pm	starts Sep 1	\$37(R); \$49(NR)
View activity: 17543-546E	60 & up	4 classes	Tue	1:00-2:00 pm	starts Sep 29	\$37(R); \$49(NR)
View activity: 17543-546F	60 & up	4 classes	Tue	1:00-2:00 pm	starts Oct 27	\$37(R); \$49(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17543-568A	60 & up	2 classes	Mon	10:30-11:30 am	starts Sep 21	\$12(R); \$16(NR); \$9(IA)
View activity: 17543-568B	60 & up	4 classes	Mon	10:30-11:30 am	starts Oct 5	\$24(R); \$32(NR); \$18(IA)
View activity: 17543-568C	60 & up	5 classes	Mon	10:30-11:30 am	starts Nov 2	\$30(R); \$39(NR); \$23(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
View activity: 17507-539A	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Sep 2	\$12(R); \$16(NR)
View activity: 17507-539B	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Oct 5	\$12(R); \$16(NR)
View activity: 17507-539C	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Nov 2	\$12(R); \$16(NR)

Chair Aerobics: Cycling

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

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 17508-547C	60 & up	9 classes	Wed	11:00 am-12:00 pm	starts Sep 2	\$27(R); \$36(NR)
View activity: 17508-547A	60 & up	7 classes	Mon & Fri	9:30-10:30 am	starts Sep 7	\$24(R); \$32(NR)
View activity: 17508-547B	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Oct 5	\$24(R); \$32(NR)
View activity: 17508-547D	60 & up	4 classes	Wed	11:00 am-12:00 pm	starts Nov 4	\$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
View activity: 17530-507A	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Sep 1	\$35(R); \$46(NR)
View activity: 17530-507B	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Oct 6	\$35(R); \$46(NR)
View activity: 17530-507C	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Nov 10	\$35(R); \$46(NR)
Evelyn Cole Senior Activity Center						evelyncoleseniors@pgparks.com
View activity: 17530-522A	60 & up	1 class	Mon	11:00 am-12:00 pm	starts Sep 14	Free
Kentland Community Center						kentlandcc@pgparks.com
View activity: 17530-540A	60 & up	4 classes	Sat	1:00-2:00 pm	starts Sep 5	\$30(R); \$39(NR)
View activity: 17530-540B	60 & up	4 classes	Sat	1:00-2:00 pm	starts Oct 10	\$30(R); \$39(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17530-541A	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Sep 7	\$35(R); \$46(NR)
View activity: 17530-541B	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Oct 5	\$35(R); \$46(NR)
View activity: 17530-541C	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Nov 2	\$35(R); \$46(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 17530-516A	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Sep 1	\$35(R); \$46(NR)
View activity: 17530-516B	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Oct 1	\$35(R); \$46(NR)
View activity: 17530-516C	60 & up	10 classes	Tue & Thu	11:30 am-12:30 pm	starts Nov 3	\$35(R); \$46(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.

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 17546-539A	60 & up	1 class	Mon	1:00-2:00 pm	starts Sep 14	\$5(R); \$7(NR)
View activity: 17546-539B	60 & up	1 class	Mon	1:00-2:00 pm	starts Oct 5	\$5(R); \$7(NR)
View activity: 17546-539C	60 & up	1 class	Mon	1:00-2:00 pm	starts Nov 2	\$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.

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 17517-571A	60 & up	12 classes	Mon,Wed,Fri	10:00-11:00 am	starts Sep 9	\$50(R); \$65(NR)
View activity: 17517-571B	60 & up	12 classes	Mon,Wed,Fri	10:00-11:00 am	starts Oct 12	\$50(R); \$65(NR)
View activity: 17517-571C	60 & up	12 classes	Mon,Wed,Fri	10:00-11:00 am	starts Nov 23	\$50(R); \$65(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						johnehowardseniors@pgparks.com
View activity: 17511-539A	60 & up	9 classes	Mon & Wed	11:45 am-12:15 pm	starts Sep 2	\$12(R); \$16(NR)
View activity: 17511-539B	60 & up	8 classes	Mon & Wed	11:45 am-12:15 pm	starts Oct 5	\$12(R); \$16(NR)
View activity: 17511-539C	60 & up	8 classes	Mon & Wed	11:45 am-12:15 pm	starts Nov 2	\$12(R); \$16(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17511-568A	60 & up	5 classes	Tue & Thu	10:00-11:00 am	starts Sep 15	\$30(R); \$39(NR); \$23(IA)
View activity: 17511-568B	60 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Oct 1	\$54(R); \$71(NR); \$41(IA)
View activity: 17511-568C	60 & up	7 classes	Tue & Thu	10:00-11:00 am	starts Nov 3	\$42(R); \$55(NR); \$32(IA)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17511-577A	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 1	\$32(R); \$42(NR)
View activity: 17511-577B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 29	\$32(R); \$42(NR)
View activity: 17511-577C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Oct 27	\$32(R); \$42(NR)

Temple Hills Community Center						templehillsc@pgparks.com
View activity: 17511-582A	60 & up	6 classes	Wed	12:00-1:00 pm	starts Sep 2	\$36(R); \$47(NR)
View activity: 17511-582B	60 & up	6 classes	Wed	12:00-1:00 pm	starts Oct 14	\$36(R); \$47(NR)

Fitness Dance: Seniors

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17512-524A	60 & up	6 classes	Wed	11:30 am-12:30 pm	starts Sep 2	\$24(R); \$32(NR)
View activity: 17512-524B	60 & up	6 classes	Wed	11:30 am-12:30 pm	starts Oct 14	\$24(R); \$32(NR)

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 17512-532A	60 & up	8 classes	Tue	11:30 am-12:30 pm	starts Oct 6	\$32(R); \$42(NR)

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 17512-534B	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Oct 5	\$24(R); \$32(NR)
View activity: 17512-534E	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Oct 5	\$24(R); \$32(NR)
View activity: 17512-534C	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Nov 2	\$24(R); \$32(NR)
View activity: 17512-534F	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Nov 2	\$24(R); \$32(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 17512-577A	60 & up	6 classes	Thu	10:00-11:00 am	starts Sep 10	\$24(R); \$32(NR)
View activity: 17512-577B	60 & up	4 classes	Thu	10:00-11:00 am	starts Oct 29	\$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
View activity: 17531-539A	60 & up	4 classes	Thu	9:30-10:30 am	starts Sep 3	\$20(R); \$26(NR)
View activity: 17531-539B	60 & up	4 classes	Thu	9:30-10:30 am	starts Oct 1	\$20(R); \$26(NR)
View activity: 17531-539C	60 & up	3 classes	Thu	9:30-10:30 am	starts Nov 5	\$15(R); \$20(NR)
Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 17531-545A	60 & up	10 classes	Tue & Thu	10:30-11:30 am	starts Sep 1	\$55(R); \$72(NR)
View activity: 17531-545B	60 & up	10 classes	Tue & Thu	10:30-11:30 am	starts Oct 6	\$55(R); \$72(NR)
View activity: 17531-545C	60 & up	8 classes	Tue & Thu	10:30-11:30 am	starts Nov 10	\$55(R); \$72(NR)

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
View activity: 17519-557A	60 & up	4 classes	Mon-Fri	10:00 am-2:00 pm	starts Sep 1	\$5(R); \$7(NR)
View activity: 17519-557B	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Sep 7	\$5(R); \$7(NR)
View activity: 17519-557C	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Sep 14	\$5(R); \$7(NR)
View activity: 17519-557D	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Sep 21	\$5(R); \$7(NR)
View activity: 17519-557E	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Sep 28	\$5(R); \$7(NR)
View activity: 17519-557F	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Oct 5	\$5(R); \$7(NR)
View activity: 17519-557G	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Oct 12	\$5(R); \$7(NR)
View activity: 17519-557H	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Oct 19	\$5(R); \$7(NR)
View activity: 17519-557I	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Oct 26	\$5(R); \$7(NR)
View activity: 17519-557J	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Nov 2	\$5(R); \$7(NR)
View activity: 17519-557K	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Nov 9	\$5(R); \$7(NR)
View activity: 17519-557L	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Nov 16	\$5(R); \$7(NR)
View activity: 17519-557M	60 & up	3 classes	Mon-Fri	10:00 am-2:00 pm	starts Nov 23	\$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						lbsac@pgparks.com
View activity: 17513-546A	60 & up	7 classes	Mon & Wed	1:00-2:00 pm	starts Sep 2	\$34(R); \$45(NR)
View activity: 17513-546B	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Sep 28	\$45(R); \$59(NR)
View activity: 17513-546C	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Oct 26	\$45(R); \$59(NR)

Senior Fit: African Dance & Wellness

This culturally enriching movement class combines African dance with adaptable fitness exercises, allowing participants to choose their preferred intensity level.

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 17552-532A	60 & up	6 classes	Fri	11:00 am-12:30 pm	starts Sep 4	\$50(R); \$65(NR)
View activity: 17552-532B	60 & up	6 classes	Fri	11:00 am-12:30 pm	starts Oct 16	\$50(R); \$65(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 17552-555A	60 & up	6 classes	Thu	10:00-11:30 am	starts Sep 3	\$50(R); \$65(NR)
View activity: 17552-555B	60 & up	6 classes	Thu	10:00-11:30 am	starts Oct 15	\$50(R); \$65(NR)

Senior Tabata with Weight Resistance

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

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 17545-571A	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Sep 1	\$45(R); \$59(NR)
View activity: 17545-571B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Oct 6	\$45(R); \$59(NR)
View activity: 17545-571C	60 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Nov 17	\$45(R); \$59(NR)

Spinning: Seniors

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17540-575A	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Sep 7	\$36(R); \$47(NR)
View activity: 17540-575D	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Sep 7	\$36(R); \$47(NR)
View activity: 17540-575B	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Oct 5	\$36(R); \$47(NR)
View activity: 17540-575E	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Oct 5	\$36(R); \$47(NR)
View activity: 17540-575C	60 & up	10 classes	Mon & Wed	9:30-10:30 am	starts Nov 2	\$45(R); \$59(NR)
View activity: 17540-575F	60 & up	10 classes	Mon & Wed	10:45-11:45 am	starts Nov 2	\$45(R); \$59(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!

John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 17501-538A	60 & up	6 classes	Sat	11:00 am-12:00 pm	starts Sep 5	\$30(R); \$39(NR)
View activity: 17501-538B	60 & up	6 classes	Sat	11:00 am-12:00 pm	starts Oct 24	\$30(R); \$39(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 17501-566A	60 & up	10 classes	Tue & Thu	10:00-11:00 am	starts Sep 1	\$35(R); \$46(NR)
View activity: 17501-566AA	60 & up	5 classes	Fri	10:00-11:00 am	starts Sep 4	\$25(R); \$33(NR)
View activity: 17501-566B	60 & up	12 classes	Tue & Thu	10:00-11:00 am	starts Oct 13	\$35(R); \$46(NR)
View activity: 17501-566BB	60 & up	6 classes	Fri	10:00-11:00 am	starts Oct 16	\$25(R); \$33(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 17501-581A	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Sep 1	\$24(R); \$32(NR)
View activity: 17501-581B	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Oct 13	\$24(R); \$32(NR)

Weight Training: Seniors

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

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 17503-507A	60 & up	8 classes	Tue & Thu	10:45-11:45 am	starts Sep 1		\$35(R); \$46(NR)
View activity: 17503-507B	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Sep 1		\$35(R); \$46(NR)
View activity: 17503-507C	60 & up	8 classes	Tue & Thu	10:45-11:45 am	starts Oct 6		\$35(R); \$46(NR)
View activity: 17503-507D	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Oct 6		\$35(R); \$46(NR)
View activity: 17503-507E	60 & up	8 classes	Tue & Thu	10:45-11:45 am	starts Nov 10		\$35(R); \$46(NR)
View activity: 17503-507F	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Nov 10		\$35(R); \$46(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 17503-540A	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Sep 1		\$30(R); \$39(NR)
View activity: 17503-540B	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Oct 6		\$30(R); \$39(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.

Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 17676-523A	14 & up	12 classes	Sat	9:00-10:00 am	starts Sep 12		\$72(R); \$94(NR)
Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17676-575A	14 & up	6 classes	Sat	7:00-8:00 am	starts Sep 5		\$39(R); \$51(NR)
View activity: 17676-575B	14 & up	6 classes	Sat	7:00-8:00 am	starts Oct 17		\$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							glennedalecc@pgparks.com
View activity: 17610-527A	18 & up	16 classes	Mon & Wed	6:15-7:15 pm	starts Oct 5		\$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
View activity: 17601-523A	14 & up	11 classes	Thu	6:30-7:30 pm	starts Sep 10		\$66(R); \$86(NR)
Huntington Community Center							huntingtoncc@pgparks.com
View activity: 17601-535A	14 & up	4 classes	Mon	7:15-8:15 pm	starts Sep 7		\$45(R); \$59(NR)

Chair Yoga

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 17658-524C	50 & up	6 classes	Wed	9:30-10:30 am	starts Sep 2	\$30(R); \$39(NR)
View activity: 17658-524A	50 & up	5 classes	Mon	9:30-10:30 am	starts Sep 7	\$30(R); \$39(NR)
View activity: 17658-524D	50 & up	6 classes	Wed	9:30-10:30 am	starts Oct 14	\$30(R); \$39(NR)
View activity: 17658-524B	50 & up	6 classes	Mon	9:30-10:30 am	starts Oct 19	\$30(R); \$39(NR)
Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 17658-527A	18 & up	4 classes	Mon	11:30 am-12:30 pm	starts Sep 14	\$25(R); \$33(NR)
View activity: 17658-527B	18 & up	4 classes	Mon	11:30 am-12:30 pm	starts Oct 19	\$25(R); \$33(NR)
View activity: 17658-527C	18 & up	4 classes	Mon	11:30 am-12:30 pm	starts Nov 23	\$25(R); \$33(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 17658-541A	50 & up	4 classes	Wed	10:00-11:00 am	starts Sep 9	\$35(R); \$46(NR)
View activity: 17658-541B	50 & up	4 classes	Wed	10:00-11:00 am	starts Oct 7	\$35(R); \$46(NR)
View activity: 17658-541C	50 & up	4 classes	Wed	10:00-11:00 am	starts Nov 4	\$35(R); \$46(NR)
Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 17658-546B	50 & up	12 classes	Thu	10:45-11:45 am	starts Sep 3	\$60(R); \$78(NR)
View activity: 17658-546A	50 & up	10 classes	Mon	12:05-1:05 pm	starts Sep 14	\$50(R); \$65(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						pgparkrangers@pgparks.com
View activity: 17690-520A	55 & up	8 classes	Wed	10:00-11:00 am	starts Sep 16	\$40(R); \$52(NR)

Fitness in the Parks

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

Columbia Park Community Center						wellness@pgparks.com
View activity: 17681-579G	6 & up	8 classes	Sat	10:30-11:30 am	starts Sep 12	Free
Largo/Kettering/Perrywood Comm. Center						wellness@pgparks.com
View activity: 17681-579D	13 & up	8 classes	Wed	5:30-6:30 pm	starts Sep 9	Free
Tucker Road Community Park/Athletic Complex						wellness@pgparks.com
View activity: 17681-579C	13 & up	8 classes	Wed	8:00-9:00 am	starts Sep 9	Free
View activity: 17681-579E	13 & up	8 classes	Thu	5:30-6:30 pm	starts Sep 10	Free
View activity: 17681-579A	13 & up	7 classes	Mon	8:30-9:30 am	starts Sep 14	Free
Westphalia Community Center						wellness@pgparks.com
View activity: 17681-579B	13 & up	7 classes	Mon	5:30-6:30 pm	starts Sep 14	Free
Woodmore Towne Center Park Turf Field						wellness@pgparks.com
View activity: 17681-579F	13 & up	8 classes	Sat	8:00-9:00 am	starts Sep 12	Free

Fitness: Family

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

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 17626-527A	13 & up	12 classes	Tue & Thu	7:15-8:15 pm	starts Sep 15	\$57(R); \$75(NR)
View activity: 17626-527AA	13 & up	6 classes	Sat	10:00-11:00 am	starts Sep 19	\$30(R); \$39(NR)
View activity: 17626-527B	13 & up	13 classes	Tue & Thu	7:15-8:15 pm	starts Nov 3	\$57(R); \$75(NR)
View activity: 17626-527BB	13 & up	6 classes	Sat	10:00-11:00 am	starts Nov 7	\$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.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 17618-552A	8 - 15 yrs.	8 classes	Mon & Wed	11:30 am-12:15 pm	starts Sep 14	\$64(R); \$84(NR)
View activity: 17618-552B	8 - 15 yrs.	8 classes	Mon & Wed	11:15 am-12:00 pm	starts Oct 12	\$64(R); \$84(NR)
View activity: 17618-552C	8 - 15 yrs.	8 classes	Mon & Wed	11:15 am-12:00 pm	starts Nov 9	\$64(R); \$84(NR)
Seat Pleasant Activity Center						seatpleasantcc@pgparks.com
View activity: 17618-514A	5 - 11 yrs.	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 17618-514B	5 - 11 yrs.	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Oct 5	\$40(R); \$52(NR)
View activity: 17618-514C	5 - 11 yrs.	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Nov 2	\$40(R); \$52(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 17618-590A	8 - 15 yrs.	4 classes	Wed	10:30-11:30 am	starts Sep 9	\$40(R); \$52(NR)
View activity: 17618-590B	8 - 15 yrs.	4 classes	Wed	10:30-11:30 am	starts Oct 7	\$40(R); \$52(NR)
View activity: 17618-590C	8 - 15 yrs.	4 classes	Wed	10:30-11:30 am	starts Nov 4	\$35(R); \$46(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!

Riverdale Neighborhood Park						wellness@pgparks.com
View activity: 17629-579B	All ages	1 class	Tue	6:00-7:00 pm	starts Sep 15	Free
Walker Mill Regional Park						wellness@pgparks.com
View activity: 17629-579C	13 & up	5 classes	Thu	6:00-7:00 pm	starts Oct 1	Free
Watkins Regional Park						wellness@pgparks.com
View activity: 17629-579E	14 & up	4 classes	Thu	6:00-7:00 pm	starts Sep 3	Free
View activity: 17629-579D	All ages	1 class	Tue	5:00-6:00 pm	starts Oct 13	Free

Parkour in the Park: Mixed Ages

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

Watkins Regional Park						pgparkrangers@pgparks.com
View activity: 17657-559A	10 & up	1 class	Sat	10:00 am-12:00 pm	starts Oct 24	\$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
View activity: 17631-523B	18 & up	12 classes	Wed	7:30-8:30 pm	starts Sep 9	\$72(R); \$94(NR)

QR Fit Trail

Looking for an exciting workout experience? Follow a scenic trail and scan QR codes at each station to access video instructions for your next exercise. This program goes beyond walking by incorporating resistance and flexibility exercises to build strength, improve mobility, and reduce the risk of injury. Let's get moving together and create a balanced and effective fitness routine!

Tucker Road Community Park/Athletic Complex						wellness@pgparks.com
View activity: 17695-579B	13 & up	5 classes	Fri	8:30-9:30 am	starts Oct 2	Free

Watkins Regional Park						wellness@pgparks.com
View activity: 17695-579A	13 & up	4 classes	Tue	8:30-9:30 am	starts Oct 6	Free

Ranger Run Club

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 176101-559C	14 & up	1 class	Wed	2:30-3:30 pm	starts Nov 4	Free

Horsepen Park						pgparkrangers@pgparks.com
View activity: 176101-559A	14 & up	1 class	Wed	2:30-3:30 pm	starts Sep 2	Free

Patuxent River Park						patuxentrivierpark@pgparks.com
View activity: 176101-559B	14 & up	1 class	Wed	2:30-3:30 pm	starts Oct 7	Free

Spinning: Mixed Ages, All Levels

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

Kentland Community Center						kentlandcc@pgparks.com
View activity: 17645-540A	14 & up	4 classes	Thu	6:30-7:30 pm	starts Sep 3	\$40(R); \$52(NR)
View activity: 17645-540B	14 & up	4 classes	Thu	6:30-7:30 pm	starts Oct 8	\$40(R); \$52(NR)

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17645-575G	18 & up	4 classes	Sat	9:15-10:15 am	starts Sep 5	\$26(R); \$34(NR)	
View activity: 17683-575A	6 - 15 yrs.	4 classes	Sat	10:30-11:00 am	starts Sep 5	\$26(R); \$34(NR)	
View activity: 17645-575H	18 & up	5 classes	Sat	9:15-10:15 am	starts Oct 3	\$33.00(R); \$43.00(NR)	
View activity: 17683-575B	6 - 15 yrs.	5 classes	Sat	10:30-11:00 am	starts Oct 3	\$33.00(R); \$43.00(NR)	
View activity: 17645-575I	18 & up	4 classes	Sat	9:15-10:15 am	starts Nov 7	\$26(R); \$34(NR)	
View activity: 17683-575C	6 - 15 yrs.	4 classes	Sat	10:30-11:00 am	starts Nov 7	\$26(R); \$34(NR)	

Spinning: Mixed Ages, 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!

Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 17614-571A	14 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Sep 1	\$45(R); \$59(NR)	
View activity: 17614-571B	14 & up	7 classes	Tue & Thu	7:00-8:00 pm	starts Sep 29	\$39(R); \$51(NR)	
View activity: 17614-571C	14 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Oct 27	\$45(R); \$59(NR)	

Toning and Sculpting: Mixed Ages

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

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 17615-568A	18 & up	2 classes	Sat	10:00-11:00 am	starts Sep 19	\$12(R); \$16(NR); \$9(IA)	
View activity: 17615-568B	18 & up	5 classes	Sat	10:00-11:00 am	starts Oct 3	\$30(R); \$39(NR); \$23(IA)	
View activity: 17615-568C	18 & up	4 classes	Sat	10:00-11:00 am	starts Nov 7	\$24(R); \$32(NR); \$18(IA)	

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 17615-575A	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Sep 8	\$60(R); \$78(NR)	
View activity: 17615-575B	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Oct 6	\$46.00(R); \$60.00(NR)	
View activity: 17615-575C	18 & up	7 classes	Tue & Thu	7:00-8:00 am	starts Nov 3	\$46.00(R); \$60.00(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.

Westphalia Community Center							wellness@pgparks.com
View activity: 17698-579A	6 & up	1 class	Sat	11:00 am-12:30 pm	starts Oct 10	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
View activity: 17634-520A	14 & up	6 classes	Wed	7:30-8:30 pm	starts Sep 9	\$40(R); \$52(NR)	
View activity: 17634-520B	14 & up	6 classes	Wed	7:30-8:30 pm	starts Nov 4	\$40(R); \$52(NR)	

Glenn Dale Community Center							glennedalecc@pgparks.com
View activity: 17634-527AA	18 & up	4 classes	Mon	10:00-11:00 am	starts Sep 14	\$25(R); \$33(NR)	
View activity: 17634-527B	18 & up	4 classes	Mon	10:00-11:00 am	starts Oct 19	\$25(R); \$33(NR)	
View activity: 17634-527C	18 & up	4 classes	Mon	10:00-11:00 am	starts Nov 23	\$25(R); \$33(NR)	

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17634-575A	6 - 14 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Sep 5	\$26(R); \$34(NR)
View activity: 17634-575B	6 - 14 yrs.	5 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$33.00(R); \$43.00(NR)
View activity: 17634-575C	6 - 14 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Nov 7	\$26(R); \$34(NR)

Zumba: Fitness, Mixed Ages

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 17636-501A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Sep 1	\$36(R); \$47(NR)
View activity: 17636-501B	18 & up	6 classes	Tue	6:00-7:00 pm	starts Oct 13	\$36(R); \$47(NR)
Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 17621-507B	14 & up	4 classes	Sat	10:00-11:00 am	starts Sep 5	\$25(R); \$33(NR)
View activity: 17621-507A	14 & up	4 classes	Mon	7:00-8:00 pm	starts Sep 14	\$25(R); \$33(NR)
View activity: 17621-507D	14 & up	4 classes	Sat	10:00-11:00 am	starts Oct 3	\$25(R); \$33(NR)
View activity: 17621-507C	14 & up	4 classes	Mon	7:00-8:00 pm	starts Oct 12	\$25(R); \$33(NR)
View activity: 17621-507F	14 & up	4 classes	Sat	10:00-11:00 am	starts Oct 31	\$25(R); \$33(NR)
View activity: 17621-507E	14 & up	4 classes	Mon	7:00-8:00 pm	starts Nov 9	\$25(R); \$33(NR)
Bowie Community Center						bowiecc@pgparks.com
View activity: 17621-509A	13 & up	6 classes	Wed	6:30-7:30 pm	starts Sep 2	\$36(R); \$47(NR)
View activity: 17621-509B	13 & up	6 classes	Wed	6:30-7:30 pm	starts Oct 14	\$36(R); \$47(NR)
Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 17621-543A	13 & up	5 classes	Mon	7:00-8:00 pm	starts Sep 14	\$36(R); \$47(NR)
View activity: 17621-543B	13 & up	5 classes	Mon	7:00-8:00 pm	starts Oct 26	\$36(R); \$47(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 17621-574A	13 & up	8 classes	Wed	6:45-7:45 pm	starts Sep 9	\$50(R); \$65(NR)
View activity: 17621-574B	13 & up	8 classes	Wed	6:45-7:45 pm	starts Sep 9	\$50(R); \$65(NR)
Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 17621-586A	13 & up	7 classes	Sat	11:30 am-12:30 pm	starts Sep 5	\$36(R); \$47(NR)
View activity: 17621-586B	13 & up	6 classes	Sat	11:30 am-12:30 pm	starts Oct 24	\$36(R); \$47(NR)

HISTORICAL EVENTS

CHILDREN

Unsung Heroes Who Shaped America

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

Surratt Historic Site & Museum						surratthouse@pgparks.com
View activity: 18201-592A	6 - 12 yrs.	1 class	Sat	11:00 am-12:00 pm	starts Oct 10	Free

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

View activity: 18607-508A All ages 1 class Sat 10:00-11:00 am starts Nov 21 \$4(R); \$6(NR)

Dinosaur Park Dig Day

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

Dinosaur Park

dinosaurpark@pgparks.com

View activity: 18625-5107A 8 & up 1 class Fri 10:00 am-1:00 pm starts Sep 4 \$10(R); \$13(NR)

View activity: 18625-5107B 8 & up 1 class Fri 10:00 am-1:00 pm starts Sep 11 \$10(R); \$13(NR)

View activity: 18625-5107C 8 & up 1 class Fri 10:00 am-1:00 pm starts Sep 25 \$10(R); \$13(NR)

View activity: 18625-5107D 8 & up 1 class Fri 10:00 am-1:00 pm starts Oct 2 \$10(R); \$13(NR)

View activity: 18625-5107E 18 & up 1 class Fri 10:00 am-1:00 pm starts Oct 9 \$10(R); \$13(NR)

View activity: 18625-5107F 8 & up 1 class Sat 10:00 am-1:00 pm starts Oct 24 \$10(R); \$13(NR)

Women in Aviation Tour

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

College Park Aviation Museum

collegeparkaviation@pgparks.com

View activity: 18611-515 8 & up 1 class Sat 11:00-11:45 am starts Sep 5 Free

View activity: 18611-515A 8 & up 1 class Sun 11:00-11:45 am starts Sep 6 Free

LIFESTYLE & LEARNING

PRE-SCHOOLERS

Baby and Me Movement

This gentle, bonding-focused movement class for moms and their little ones blends light dance with wellness exercises to nurture connection and well-being.

Hillcrest Heights Community Center

hillcrestheightscc@pgparks.com

View activity: 20116-534A 3 - 5 yrs. 4 classes Tue 10:00-11:00 am starts Sep 8 \$50(R); \$65(NR)

View activity: 20116-534B 3 - 5 yrs. 4 classes Tue 10:00-11:00 am starts Oct 6 \$50(R); \$65(NR)

View activity: 20116-534C 3 - 5 yrs. 4 classes Tue 10:00-11:00 am starts Nov 3 \$50(R); \$65(NR)

Toddler Time

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

Mount Rainier Nature and Recreation Center					mtrainiernaturecenter@pgparks.com	
View activity: 20115-549A	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Sep 3	\$4(R); \$6(NR)
View activity: 20115-549B	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Sep 10	\$4(R); \$6(NR)
View activity: 20115-549C	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Sep 17	\$4(R); \$6(NR)
View activity: 20115-549D	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Sep 24	\$4(R); \$6(NR)
View activity: 20115-549E	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Oct 1	\$4(R); \$6(NR)
View activity: 20115-549F	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Oct 8	\$4(R); \$6(NR)
View activity: 20115-549G	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Oct 15	\$4(R); \$6(NR)
View activity: 20115-549H	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Oct 22	\$4(R); \$6(NR)
View activity: 20115-549I	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Oct 29	\$4(R); \$6(NR)
View activity: 20115-549J	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Nov 5	\$4(R); \$6(NR)
View activity: 20115-549K	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Nov 12	\$4(R); \$6(NR)
View activity: 20115-549L	1 - 4 yrs.	1 class	Thu	11:00-11:45 am	starts Nov 19	\$4(R); \$6(NR)
Prince George's Sports & Learning Complex					spdex-distribution@pgparks.com	
View activity: 20115-568A	1 - 5 yrs.	4 classes	Tue	11:00 am-12:00 pm	starts Oct 6	\$7(R); \$10(NR); \$6(IA)

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	
View activity: 20204-555A	6 - 12 yrs.	6 classes	Thu	4:30-5:30 pm	starts Sep 3	\$60(R); \$78(NR)
View activity: 20204-555B	6 - 12 yrs.	6 classes	Thu	4:30-5:30 pm	starts Oct 15	\$60(R); \$78(NR)

Beginners Cursive

Discover the joy of writing in our beginner-friendly cursive class designed for students ages 8 to 12. This engaging program introduces the basics of cursive handwriting through fun activities, creative exercises, and step-by-step guidance. Students will build confidence as they learn letter formation, connections, and smooth writing techniques in a supportive and encouraging environment. Perfect for beginners, this class blends learning with creativity to help every child develop a skill they can be proud of.

Prince George's Sports & Learning Complex					spdex-distribution@pgparks.com	
View activity: 20237-568B	8 - 12 yrs.	6 classes	Tue	6:00-8:00 pm	starts Sep 29	\$60(R); \$78(NR); \$45(IA)

Cooking: Children

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

Fort Washington Forest Community Center					fortwashingtoncc@pgparks.com	
View activity: 20212-524A	6 - 12 yrs.	4 classes	Tue	6:30-8:00 pm	starts Sep 1	\$80(R); \$104(NR)
View activity: 20212-524B	6 - 12 yrs.	4 classes	Tue	6:30-8:00 pm	starts Oct 6	\$80(R); \$104(NR)
View activity: 20212-524C	6 - 12 yrs.	4 classes	Tue	6:30-8:00 pm	starts Nov 3	\$80(R); \$104(NR)

Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 20212-571A	6 - 12 yrs.	4 classes	Sat	12:00-1:00 pm	starts Sep 12		\$40(R); \$52(NR)
View activity: 20212-571B	6 - 12 yrs.	3 classes	Sat	12:00-1:00 pm	starts Oct 10		\$30(R); \$39(NR)
View activity: 20212-571C	6 - 12 yrs.	3 classes	Sat	12:00-1:00 pm	starts Nov 7		\$30(R); \$39(NR)
Suitland Community Center							suitlandcc@pgparks.com
View activity: 20212-581A	6 - 12 yrs.	4 classes	Thu	6:00-8:00 pm	starts Sep 3		\$60(R); \$78(NR)
View activity: 20212-581B	6 - 12 yrs.	4 classes	Thu	6:00-8:00 pm	starts Oct 1		\$60(R); \$78(NR)
View activity: 20212-581C	6 - 12 yrs.	3 classes	Thu	6:00-8:00 pm	starts Nov 5		\$60(R); \$78(NR)
Upper Marlboro Community Center							uppermarlborocc@pgparks.com
View activity: 20212-586A	6 - 12 yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Sep 5		\$80(R); \$104(NR)
View activity: 20212-586B	6 - 12 yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Oct 3		\$80(R); \$104(NR)
View activity: 20212-586C	6 - 12 yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Oct 31		\$80(R); \$104(NR)

Robotics Workshop: LEGOS, 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
View activity: 20216-577A	9 - 12 yrs.	6 classes	Sat	11:00 am-1:00 pm	starts Sep 5		\$150(R); \$195(NR)
View activity: 20216-577B	9 - 12 yrs.	6 classes	Sat	1:00-2:00 pm	starts Sep 5		\$75(R); \$98(NR)
View activity: 20216-577C	9 - 12 yrs.	6 classes	Sat	11:00 am-1:00 pm	starts Oct 17		\$150(R); \$195(NR)
View activity: 20216-577D	9 - 12 yrs.	6 classes	Sat	1:00-2:00 pm	starts Oct 17		\$75(R); \$98(NR)

TEENS

Money Management: Teens

Learn about saving, investing, and money management.

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 20306-568C	13 - 17 yrs.	1 class	Tue	5:00-6:30 pm	starts Oct 6		\$50(R); \$65(NR); \$38(IA)
View activity: 20306-568D	13 - 17 yrs.	4 classes	Tue & Thu	5:00-6:30 pm	starts Oct 6		\$50(R); \$65(NR); \$38(IA)

ADULTS

Babychata

Join us in partnership with Coaching Salud Holistica for Babychata, a culturally tailored exercise and education cohort created to support Latina mothers during pregnancy and postpartum. This unique program fosters movement, maternal health education, and meaningful community connection in a welcoming and empowering space. At the heart of Babychata is Bachata dance, a vibrant rhythm rooted in Dominican culture, offering a joyful, low-impact way to promote physical health, flexibility, and emotional well-being.

Langley Park Community Center							wellness@pgparks.com
View activity: 20435-579A	18 & up	6 classes	Sat	12:30-2:30 pm	starts Sep 19		Free

Money Management and Investing: Adults

Learn how to reduce debt, budget wisely, and invest money.

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 20405-568BB	18 & up	4 classes	Tue & Thu	7:00-8:30 pm	starts Oct 6		\$50(R); \$65(NR); \$38(IA)

Money Management: Adults

Learn about saving, investing, and money management.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 20415-568B	18 & up	1 class	Tue	7:00-8:30 pm	starts Oct 6	\$50(R); \$65(NR); \$38(IA)

Spanish: Adults, Beginner

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

Langley Park Community Center						langleyparkcc@pgparks.com
View activity: 20402-543	18 & up	8 classes	Thu	6:30-7:30 pm	starts Sep 17	\$56(R); \$73(NR)
Laurel-Beltville Senior Activity Ctr						lbsac@pgparks.com
View activity: 20422-546B	18 & up	8 classes	Sat	9:00-10:30 am	starts Sep 12	\$60(R); \$78(NR)
View activity: 20422-546A	18 & up	8 classes	Mon	5:00-6:30 pm	starts Sep 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-Beltville Senior Activity Ctr						lbsac@pgparks.com
View activity: 20403-546A	18 & up	8 classes	Tue	5:00-6:30 pm	starts Sep 8	\$65(R); \$85(NR)
View activity: 20403-546B	18 & up	8 classes	Sat	10:45 am-12:15 pm	starts Sep 12	\$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-Beltville Senior Activity Ctr						lbsac@pgparks.com
View activity: 20404-546A	18 & up	8 classes	Wed	5:00-6:30 pm	starts Sep 9	\$70(R); \$91(NR)
View activity: 20404-546B	18 & up	8 classes	Thu	5:00-6:30 pm	starts Sep 10	\$70(R); \$91(NR)

SENIORS

Senior Game and Card Social Club

Are you looking for a fun and engaging way to spend your time? Join our Senior Game and Card Social Club at Prince George's Plaza Community Center! This club is the perfect place to meet new friends, enjoy your favorite games like Spades, Pinochle, Poker, Blackjack, Tonk, Uno, and a variety of classic and modern board games. Light refreshments included!

Kentland Community Center						kentlandcc@pgparks.com
View activity: 20519-540A	60 & up	4 classes	Fri	10:00 am-1:00 pm	starts Sep 4	\$20(R); \$26(NR)
View activity: 20519-540B	60 & up	4 classes	Fri	10:00 am-1:00 pm	starts Oct 9	\$20(R); \$26(NR)
View activity: 20519-540C	60 & up	4 classes	Fri	10:00 am-1:00 pm	starts Nov 13	\$20(R); \$26(NR)
North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 20519-553A	60 & up	1 class	Sat	10:00 am-2:00 pm	starts Sep 19	Free

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 Ctr

northforestvillecc@pgparks.com

View activity: 20617-553A 9 - 17 yrs. 1 class Sat 10:00 am-3:00 pm starts Sep 26 \$60(R); \$78(NR)

ASL Conversational Fluency & Real-World Communication

Moving beyond vocabulary memorization, this class focuses on developing fluency, confidence, and practical communication in everyday situations. Engage in immersive, voice-off learning while practicing situational signing in real-life contexts such as work environments, school settings, and social interactions. Emphasis will be placed on sentence structure, classifiers, facial expressions, and Deaf cultural norms to ensure effective and respectful communication. Through guided practice, role-playing, and interactive activities, you will strengthen your ability to understand and respond naturally in ASL. This course also introduces elements of a "Conversational ASL Lab," allowing you to apply what you learn in dynamic, real-world scenarios.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 20686-568D 8 & up 6 classes Sat 12:30-2:30 pm starts Oct 3 \$60(R); \$78(NR); \$45(IA)

Beginners Cursive (Mixed Ages)

Build a timeless skill with this welcoming introduction to cursive writing. Designed for teens and adults, this class focuses on forming letters, connecting words smoothly, and developing clear, confident handwriting. Through guided practice and practical exercises, you'll strengthen fine motor skills, improve writing speed, and gain a polished style for daily use.

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 20687-568B 12 - 17 yrs. 6 classes Thu 6:00-8:00 pm starts Oct 1 \$60(R); \$78(NR); \$45(IA)

Beyond Beginners: American Sign Language

Take the next step in your American Sign Language (ASL) journey with a class that's engaging, uplifting, and truly transformative. Our ASL Beyond Beginners course blends dynamic practice, supportive instruction, and meaningful cultural insight to help you build stronger, more natural communication. Bring your enthusiasm, we'll bring the tools to help you shine as your signing skills reach new heights!

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 20683-568D 8 & up 6 classes Sat 12:00-2:00 pm starts Oct 3 \$60(R); \$78(NR); \$45(IA)

Cloud & AI Fundamentals for the Next Generation

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

Southern Region Technology & Recreation

techrec@pgparks.com

View activity: 20677-577A 16 - 25 yrs. 12 classes Mon & Wed 6:00-7:30 pm starts Sep 7 \$120(R); \$156(NR)

View activity: 20677-577B 16 - 25 yrs. 12 classes Mon & Wed 6:00-7:30 pm starts Oct 19 \$120(R); \$156(NR)

William Beanes Community Center

williambeanesc@pgparks.com

View activity: 20677-591A 16 - 24 yrs. 12 classes Tue & Thu 6:00-7:30 pm starts Sep 1 \$120(R); \$156(NR)

View activity: 20677-591B 16 - 24 yrs. 12 classes Tue & Thu 6:00-7:30 pm starts Oct 13 \$120(R); \$156(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.

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 20612-547C	12 - 18 yrs.	12 classes	Mon & Wed	5:30-7:30 pm	starts Sep 21	\$25(R); \$33(NR)

Cub Corner

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

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 20658-515J	2 - 10 yrs.	1 class	Sat	10:30-11:30 am	starts Sep 19	Free
View activity: 20658-515K	2 - 10 yrs.	1 class	Sun	10:30-11:30 am	starts Sep 20	Free
View activity: 20658-515L	2 - 10 yrs.	1 class	Sat	10:30-11:30 am	starts Oct 17	Free
View activity: 20658-515M	2 - 10 yrs.	1 class	Sun	10:30-11:30 am	starts Oct 18	Free
View activity: 20658-515N	2 - 10 yrs.	1 class	Sat	10:30-11:30 am	starts Nov 21	Free
View activity: 20658-515O	2 - 10 yrs.	1 class	Sun	10:30-11:30 am	starts Nov 22	Free

Gardening: Mixed Ages

Connect to sustainable gardening and landscaping practices.

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 20672-549A	10 & up	1 class	Sun	10:30-11:30 am	starts Sep 6	Free
View activity: 20672-549B	10 & up	1 class	Sun	10:30-11:30 am	starts Sep 20	Free
View activity: 20672-549C	10 & up	1 class	Sun	10:30-11:30 am	starts Oct 4	Free
View activity: 20672-549D	10 & up	1 class	Sun	10:30-11:30 am	starts Oct 18	Free
View activity: 20672-549E	10 & up	1 class	Sun	10:30-11:30 am	starts Nov 1	Free
View activity: 20672-549F	10 & up	1 class	Sun	10:30-11:30 am	starts Nov 15	Free

Home-School: Language Arts

This course develops written expression through interactive, socialized activities and hands-on workshops that encourage collaboration and creativity. Participants progress from foundational parts of speech to poetry, journalism concepts, and organized writing skills appropriate for elementary through secondary levels.

Suitland Community Center						suitlandcc@pgparks.com
View activity: 20690-581A	8 - 15 yrs.	4 classes	Wed	11:00 am-12:00 pm	starts Sep 9	\$40(R); \$52(NR)
View activity: 20690-581B	8 - 15 yrs.	4 classes	Wed	11:00 am-12:00 pm	starts Oct 7	\$40(R); \$52(NR)
View activity: 20690-581C	8 - 15 yrs.	4 classes	Wed	11:00 am-12:00 pm	starts Nov 4	\$40(R); \$52(NR)

Home-School: Science

Come experience a variety of hands-on science-based activities, experiments, and presentations with home-schoolers.

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 20679-590A	8 - 15 yrs.	4 classes	Wed	12:00-1:00 pm	starts Sep 9	\$40(R); \$52(NR)
View activity: 20679-590B	8 - 15 yrs.	4 classes	Wed	12:00-1:00 pm	starts Oct 7	\$40(R); \$52(NR)
View activity: 20679-590C	8 - 15 yrs.	4 classes	Wed	12:00-1:00 pm	starts Nov 4	\$40(R); \$52(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.

Upper Marlboro Community Center

uppermarlborocc@pgparks.com

View activity: 20678-586A	8 - 15 yrs.	4 classes	Fri	11:30 am-1:00 pm	starts Sep 4	\$35(R); \$46(NR)
View activity: 20678-586B	8 - 15 yrs.	4 classes	Fri	11:30 am-1:00 pm	starts Oct 2	\$35(R); \$46(NR)
View activity: 20678-586C	8 - 15 yrs.	4 classes	Fri	11:30 am-1:00 pm	starts Oct 30	\$35(R); \$46(NR)

Marketing Road Map 102: Advertise Your Vision

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

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 20667-568D	14 & up	6 classes	Sat	10:00 am-12:00 pm	starts Sep 19	\$65(R); \$85(NR); \$49(IA)
----------------------------------	---------	-----------	-----	-------------------	---------------	-----------------------------

Mentoring Program: Girls

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

Peppermill Community Center

peppermillcc@pgparks.com

View activity: 20627-562A	8 - 18 yrs.	6 classes	Sat	10:00 am-12:00 pm	starts Sep 5	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

View activity: 20601-556A	6 - 13 yrs.	3 classes	Tue	1:00-2:00 pm	starts Sep 15	\$24(R); \$32(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

View activity: 20616-568A	8 & up	6 classes	Wed	6:00-8:00 pm	starts Sep 30	\$60(R); \$78(NR); \$45(IA)
View activity: 20616-568D	8 & up	6 classes	Sat	10:00 am-12:00 pm	starts Oct 3	\$60(R); \$78(NR); \$45(IA)

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
View activity: 20675-515B	4 - 15 yrs.	1 class	Sun	10:30-11:30 am	starts Sep 27	Free
View activity: 20675-515C	4 - 15 yrs.	1 class	Sat	10:30-11:30 am	starts Oct 24	Free
View activity: 20675-515D	4 - 15 yrs.	1 class	Sun	10:30-11:30 am	starts Oct 25	Free
View activity: 20675-515E	4 - 15 yrs.	1 class	Sat	10:30-11:30 am	starts Nov 28	Free
View activity: 20675-515F	4 - 15 yrs.	1 class	Sun	10:30-11:30 am	starts Nov 29	Free

Stock Market Investing: Basics

Money doesn't grow on trees but it can in the stock market! Build your portfolio of knowledge about business plus reading and analyzing stock tables! It's easier than you think to know the ins and outs of this wealth-building industry. Achieve your financial dreams and gain the self-confidence to invest wisely! Participate, do not speculate!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 20615-568A	13 & up	3 classes	Thu	6:00-7:30 pm	starts Oct 22	\$50(R); \$65(NR); \$38(IA)

MARTIAL ARTS

PRE-SCHOOLERS

Tae Kwon Do: Pre-Schoolers

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21101-507A	3 - 5 yrs.	8 classes	Sat	9:30-10:30 am	starts Oct 24	\$65(R); \$85(NR)

Tae Kwon Do: Pre-Schoolers, Advanced

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21103-507A	3 - 5 yrs.	8 classes	Sat	10:30-11:30 am	starts Oct 24	\$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 Ctr						collegeparkcc@pgparks.com
View activity: 21205-516BB	6 - 12 yrs.	17 classes	Tue & Thu	6:00-8:00 pm	starts Oct 6	\$40(R); \$52(NR)

Karate: Children, Beginner

An introduction to karate.

Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 21207-557A	6 - 12 yrs.	4 classes	Wed	6:00-7:00 pm	starts Sep 2		\$20(R); \$26(NR)
View activity: 21207-557B	6 - 12 yrs.	4 classes	Wed	6:00-7:00 pm	starts Oct 7		\$20(R); \$26(NR)
View activity: 21207-557C	6 - 12 yrs.	4 classes	Wed	6:00-7:00 pm	starts Nov 4		\$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
View activity: 21201-507A	6 - 12 yrs.	9 classes	Sat	9:30-10:30 am	starts Oct 17		\$65(R); \$85(NR)

Tae Kwon Do: Children Advanced/Intermediate

Raise confident children destined to become leaders and not followers! Enroll your child in the traditional martial art of Tae Kwon Do to develop their mind and body. Children will learn skills in kicking, punching, katas (forms), weapons, sparring, and street smarts, and understand how to deal with bullying and other threatening situations. Prerequisite: Successful completion of the introductory (beginner) Children's Tae Kwon Do course.

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 21211-507A	6 - 12 yrs.	8 classes	Sat	10:30-11:30 am	starts Oct 24		\$65(R); \$85(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
View activity: 21303-507A	13 - 17 yrs.	8 classes	Sat	12:00-1:00 pm	starts Oct 24		\$65(R); \$85(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 Ctr							collegeparkcc@pgparks.com
View activity: 21401-516A	18 & up	12 classes	Mon & Wed	7:30-9:00 pm	starts Sep 14		\$65(R); \$85(NR)
View activity: 21401-516BB	18 & up	14 classes	Mon & Wed	7:30-9:00 pm	starts Oct 26		\$65(R); \$85(NR)
Prince George's Plaza Community Center							princegeorgesplazacc@pgparks.com
View activity: 21401-566A	18 & up	8 classes	Wed & Sat	6:30-8:30 pm	starts Sep 9		\$100(R); \$130(NR)
View activity: 21401-566B	18 & up	8 classes	Wed & Sat	6:30-8:30 pm	starts Nov 4		\$100(R); \$130(NR)

Japanese Karate: Adult, All Levels

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 21407-575A	18 & up	14 classes	Tue & Thu	7:30-8:30 pm	starts Sep 8	\$91(R); \$119(NR)
View activity: 21407-575B	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Oct 27	\$91(R); \$119(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 21407-577A	18 & up	13 classes	Mon & Wed	7:30-8:30 pm	starts Sep 9	\$78(R); \$102(NR)
View activity: 21407-577B	18 & up	16 classes	Mon & Wed	7:30-8:30 pm	starts Oct 26	\$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
View activity: 21403-505A	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Sep 1	\$40(R); \$52(NR)
View activity: 21403-505B	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Oct 27	\$40(R); \$52(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 21403-516BB	18 & up	17 classes	Tue & Thu	6:00-8:00 pm	starts Oct 6	\$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
View activity: 21411-505A	18 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Sep 1	\$40(R); \$52(NR)
View activity: 21411-505C	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Sep 1	\$40(R); \$52(NR)
View activity: 21411-505B	18 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Oct 27	\$40(R); \$52(NR)
View activity: 21411-505D	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Oct 27	\$40(R); \$52(NR)

Martial Arts: Kickboxing

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21410-507A	18 & up	8 classes	Sat	12:00-1:00 pm	starts Oct 24	\$65(R); \$85(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 21410-574A	18 & up	8 classes	Thu	5:45-6:45 pm	starts Sep 10	\$45(R); \$59(NR)
View activity: 21410-574B	18 & up	5 classes	Thu	5:45-6:45 pm	starts Nov 5	\$25(R); \$33(NR)

Self-Defense: Women

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

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21406-590A	18 & up	9 classes	Wed	6:15-7:15 pm	starts Sep 30	\$36(R); \$47(NR)

Tae Kwon Do: Adults

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21402-507A	18 & up	8 classes	Sat	12:00-1:00 pm	starts Oct 24	\$65(R); \$85(NR)

Tai Chi: Adults, All Levels

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

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 21412-566A	18 & up	4 classes	Mon	6:00-7:00 pm	starts Sep 14	\$40(R); \$52(NR)
View activity: 21412-566B	18 & up	4 classes	Mon	6:00-7:00 pm	starts Oct 12	\$40(R); \$52(NR)
View activity: 21412-566C	18 & up	4 classes	Mon	6:00-7:00 pm	starts Nov 16	\$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
View activity: 21413-505A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Sep 7	\$42(R); \$55(NR)
View activity: 21413-505B	18 & up	6 classes	Mon	7:00-8:00 pm	starts Oct 26	\$42(R); \$55(NR)

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 21413-512A	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Sep 1	\$35(R); \$46(NR)
View activity: 21413-512B	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Oct 20	\$35(R); \$46(NR)

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 21413-527A	18 & up	6 classes	Thu	10:00-11:00 am	starts Sep 17	\$40(R); \$52(NR)
View activity: 21413-527B	18 & up	6 classes	Thu	10:00-11:00 am	starts Nov 5	\$40(R); \$52(NR)

Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 21413-532A	18 & up	6 classes	Wed	11:00 am-12:00 pm	starts Sep 2	\$36(R); \$47(NR)
View activity: 21413-532B	18 & up	6 classes	Wed	11:00 am-12:00 pm	starts Oct 14	\$36(R); \$47(NR)

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 21413-547A	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Sep 1	\$30(R); \$39(NR)
View activity: 21413-547B	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Sep 3	\$30(R); \$39(NR)
View activity: 21413-547C	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Oct 13	\$30(R); \$39(NR)
View activity: 21413-547D	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Oct 15	\$30(R); \$39(NR)

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 21413-574A	18 & up	8 classes	Thu	7:00-8:00 pm	starts Sep 10	\$45(R); \$59(NR)
View activity: 21413-574B	18 & up	5 classes	Thu	7:00-8:00 pm	starts Nov 5	\$20(R); \$26(NR)

Tai Chi: Adults, Intermediate

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

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 21414-547A	18 & up	6 classes	Tue	12:00-1:00 pm	starts Sep 1	\$30(R); \$39(NR)
View activity: 21414-547B	18 & up	6 classes	Thu	12:00-1:00 pm	starts Sep 3	\$30(R); \$39(NR)
View activity: 21414-547C	18 & up	6 classes	Tue	12:00-1:00 pm	starts Oct 13	\$30(R); \$39(NR)
View activity: 21414-547D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Oct 15	\$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
View activity: 21501-527B	60 & up	6 classes	Wed	11:00 am-12:00 pm	starts Sep 16	\$40(R); \$52(NR)
View activity: 21501-527C	60 & up	6 classes	Wed	11:00 am-12:00 pm	starts Nov 4	\$40(R); \$52(NR)
John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 21501-539A	60 & up	4 classes	Thu	11:00-11:30 am	starts Sep 3	\$12(R); \$16(NR)
View activity: 21501-539D	60 & up	1 class	Tue	10:30-11:15 am	starts Sep 15	Free
View activity: 21501-539B	60 & up	4 classes	Thu	11:00-11:30 am	starts Oct 1	\$12(R); \$16(NR)
View activity: 21501-539C	60 & up	3 classes	Thu	11:00-11:30 am	starts Nov 5	\$9(R); \$12(NR)
Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 21501-546A	60 & up	10 classes	Mon	2:45-3:45 pm	starts Sep 14	\$72(R); \$94(NR)

MIXED AGES

Fitness Kung Fu

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

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 21634-534A	14 & up	10 classes	Mon & Wed	7:30-8:30 pm	starts Sep 9	\$50(R); \$65(NR)
View activity: 21634-534B	14 & up	10 classes	Mon & Wed	7:30-8:30 pm	starts Oct 19	\$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
View activity: 21623-532A	6 - 17 yrs.	14 classes	Tue & Thu	3:15-4:15 pm	starts Sep 8	\$130(R); \$169(NR)
View activity: 21623-532B	6 - 17 yrs.	14 classes	Tue & Thu	3:15-4:15 pm	starts Oct 27	\$84(R); \$110(NR)

Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 21623-575A	6 - 17 yrs.	14 classes	Tue & Thu	5:30-6:30 pm	starts Sep 8		\$91(R); \$119(NR)
View activity: 21623-575B	6 - 17 yrs.	16 classes	Tue & Thu	5:30-6:30 pm	starts Oct 27		\$91(R); \$119(NR)
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 21623-577A	6 - 17 yrs.	13 classes	Mon & Wed	5:30-6:30 pm	starts Sep 9		\$78(R); \$102(NR)
View activity: 21623-577B	6 - 17 yrs.	15 classes	Mon & Wed	5:30-6:30 pm	starts Oct 26		\$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
View activity: 21624-575A	6 - 17 yrs.	14 classes	Tue & Thu	6:30-7:30 pm	starts Sep 8		\$91(R); \$119(NR)
View activity: 21624-575B	6 - 17 yrs.	16 classes	Tue & Thu	6:30-7:30 pm	starts Oct 27		\$91(R); \$119(NR)
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 21624-577A	6 - 17 yrs.	13 classes	Mon & Wed	6:30-7:30 pm	starts Sep 9		\$78(R); \$102(NR)
View activity: 21624-577B	6 - 17 yrs.	16 classes	Mon & Wed	6:30-7:30 pm	starts Oct 26		\$90(R); \$117(NR)

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

Beltsville Community Center							beltsvillecc@pgparks.com
View activity: 21603-505A	5 - 17 yrs.	16 classes	Tue & Thu	6:15-7:15 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 21603-505B	5 - 17 yrs.	16 classes	Tue & Thu	6:15-7:15 pm	starts Oct 27		\$40(R); \$52(NR)

Judo: Mixed Ages, Intermediate

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

Beltsville Community Center							beltsvillecc@pgparks.com
View activity: 21604-505A	5 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 21604-505C	5 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 21604-505B	5 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Oct 27		\$40(R); \$52(NR)
View activity: 21604-505D	5 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Oct 27		\$40(R); \$52(NR)

Karate: Mixed Ages, Beginner

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

Lake Arbor Community Center							lakearborcc@pgparks.com
View activity: 21605-541A	5 - 12 yrs.	8 classes	Sat	10:00-11:00 am	starts Sep 26		\$80(R); \$104(NR)
View activity: 21605-541AA	5 - 12 yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Sep 26		\$80(R); \$104(NR)
View activity: 21605-541AB	5 - 12 yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Nov 21		\$80(R); \$104(NR)
View activity: 21605-541B	5 - 12 yrs.	8 classes	Sat	10:00-11:00 am	starts Nov 21		\$80(R); \$104(NR)
Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 21605-543A	5 - 13 yrs.	8 classes	Mon	6:00-7:00 pm	starts Sep 21		\$65(R); \$85(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 21605-552A	12 & up	6 classes	Wed	6:30-7:30 pm	starts Sep 9		\$45(R); \$59(NR)
View activity: 21605-552B	12 & up	6 classes	Wed	6:30-7:30 pm	starts Oct 21		\$45(R); \$59(NR)

Peppermill Community Center

peppermillcc@pgparks.com

View activity: 21605-562C	5 - 16 yrs.	6 classes	Sat	12:30-2:00 pm	starts Sep 5	\$80(R); \$104(NR)
View activity: 21605-562D	5 - 16 yrs.	6 classes	Sat	12:30-2:00 pm	starts Oct 17	\$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

View activity: 21614-568A	7 & up	7 classes	Wed	6:45-7:45 pm	starts Sep 16	\$140(R); \$182(NR); \$105(IA)
View activity: 21614-568B	7 & up	7 classes	Sat	9:30-10:30 am	starts Sep 19	\$140(R); \$182(NR); \$105(IA)
View activity: 21614-568E	7 & up	2 classes	Wed	6:45-7:45 pm	starts Nov 4	\$40(R); \$52(NR); \$30(IA)
View activity: 21614-568F	7 & up	3 classes	Sat	9:30-10:30 am	starts Nov 7	\$60(R); \$78(NR); \$45(IA)

Okinawan Karate: Mixed Ages, Intermediate

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

Prince George's Sports & Learning Complex

splex-distribution@pgparks.com

View activity: 21615-568A	7 & up	7 classes	Wed	7:45-8:45 pm	starts Sep 16	\$140(R); \$182(NR); \$105(IA)
View activity: 21615-568B	7 & up	7 classes	Sat	10:30-11:30 am	starts Sep 19	\$140(R); \$182(NR); \$105(IA)
View activity: 21615-568E	7 & up	2 classes	Wed	7:45-8:45 pm	starts Nov 4	\$78(R); \$102(NR); \$59(IA)
View activity: 21615-568F	7 & up	3 classes	Sat	10:30-11:30 am	starts Nov 7	\$60(R); \$78(NR); \$45(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

View activity: 21616-568B	8 & up	7 classes	Sat	11:30 am-1:00 pm	starts Sep 19	\$186(R); \$242(NR); \$140(IA)
View activity: 21616-568F	8 & up	3 classes	Sat	11:30 am-1:00 pm	starts Nov 7	\$80(R); \$104(NR); \$60(IA)

Ryukyu no Yama Karate & Kobudo: Beginner

Shobayashi-Ryu is One of the four oldest styles of Shorin-Ryu Karate. Shobayashi-Ryu is a style of Okinawan Karate founded by Chotoku Kyan and passed on to Eizo Shimabukuro. Shobayashi incorporates blocking, kicking, punching, joint manipulation, pinning/restraining, seizing nerves, sweeping/throwing techniques and countering attacks.

Seabrook Neighborhood Park Building

northernareaprograms@pgparks.com

View activity: 21625-570A	6 - 14 yrs.	16 classes	Wed & Fri	6:30-7:30 pm	starts Sep 16	\$115(R); \$150(NR)
----------------------------------	-------------	------------	-----------	--------------	---------------	---------------------

Ryukyu no Yama Karate & Kobudo: Advanced

Shobayashi-Ryu is One of the four oldest styles of Shorin-Ryu Karate. Shobayashi-Ryu is a style of Okinawan Karate founded by Chotoku Kyan and passed on to Eizo Shimabukuro. Shobayashi incorporates blocking, kicking, punching, joint manipulation, pinning/restraining, seizing nerves, sweeping/throwing techniques and countering attacks.

Seabrook Neighborhood Park Building

northernareaprograms@pgparks.com

View activity: 21626-570A	6 & up	16 classes	Wed & Fri	7:30-9:00 pm	starts Sep 16	\$115(R); \$150(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.

Upper Marlboro Community Center						uppermarlorocc@pgparks.com
View activity: 21627-586A	6 & up	6 classes	Mon	6:30-8:00 pm	starts Sep 14	\$64(R); \$84(NR)
View activity: 21627-586B	6 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26	\$64(R); \$84(NR)
William Beanes Community Center						williambeanesc@pgparks.com
View activity: 21627-591A	6 & up	6 classes	Sat	10:00 am-12:00 pm	starts Sep 5	\$64(R); \$84(NR)
View activity: 21627-591B	6 & up	6 classes	Sat	10:00 am-12:00 pm	starts Oct 17	\$50(R); \$65(NR)

Tae Kwon Do: Mixed Ages, All Levels

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

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 21620-534A	6 - 16 yrs.	10 classes	Mon & Wed	6:30-7:30 pm	starts Sep 9	\$50(R); \$65(NR)
View activity: 21620-534B	6 - 16 yrs.	10 classes	Mon & Wed	6:30-7:30 pm	starts Oct 19	\$50(R); \$65(NR)

Tae Kwon Do: Mixed Ages, Beginner

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

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21607-507A	12 - 17 yrs.	8 classes	Sat	12:00-1:00 pm	starts Oct 24	\$65(R); \$85(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 21607-547A	5 - 17 yrs.	16 classes	Tue & Sat	6:00-7:30 pm	starts Sep 1	\$70(R); \$91(NR)
View activity: 21607-547B	5 - 17 yrs.	16 classes	Tue & Sat	6:00-7:30 pm	starts Oct 27	\$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						marlowheightscc@pgparks.com
View activity: 21609-547A	10 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Sep 1	\$70(R); \$91(NR)
View activity: 21609-547B	10 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Oct 27	\$70(R); \$91(NR)

TKA Karate: Mixed Ages, All Levels

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

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 21618-505A	5 - 12 yrs.	10 classes	Wed	6:30-7:30 pm	starts Sep 16	\$63(R); \$82(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 21618-566A	5 - 12 yrs.	10 classes	Tue	6:30-7:30 pm	starts Sep 15	\$77(R); \$101(NR)
View activity: 21618-566B	13 & up	10 classes	Tue	7:30-9:00 pm	starts Sep 15	\$88(R); \$115(NR)

Tukkong Mudo “A” (White Belt), Beginner

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

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21611-590A	5 & up	10 classes	Sat	10:15-11:15 am	starts Sep 26	\$45(R); \$59(NR)

Tukkong Mudo “B” (Yellow and Orange Belt), Beginner

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

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21636-590A	6 & up	10 classes	Sat	11:30 am-12:30 pm	starts Sep 26	\$45(R); \$59(NR)

Tukkong Mudo (Green and Blue Belt), Intermediate

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

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21629-590A	8 & up	8 classes	Sat	12:45-1:45 pm	starts Sep 30	\$45(R); \$59(NR)

Tukkong Mudo: Adult, Mixed Ages

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

Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 21612-545A	4 - 14 yrs.	9 classes	Sat	11:00 am-12:00 pm	starts Sep 5	\$60(R); \$78(NR)
View activity: 21612-545AA	14 & up	9 classes	Sat	12:05-1:05 pm	starts Sep 5	\$65(R); \$85(NR)
View activity: 21612-545B	4 - 14 yrs.	5 classes	Sat	11:00 am-12:00 pm	starts Nov 7	\$60(R); \$78(NR)
View activity: 21612-545BB	14 & up	5 classes	Sat	12:15-1:15 pm	starts Nov 7	\$65(R); \$85(NR)

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21612-590A	14 & up	9 classes	Wed	7:30-8:30 pm	starts Sep 30	\$65(R); \$85(NR)

Tukkong Mudo: Beginner

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

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 21628-590A	4 & up	10 classes	Sat	9:15-10:00 am	starts Sep 26	\$45(R); \$59(NR)

NATURE

PRE-SCHOOLERS

Lil Acorns Nature Club

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

Southern Area Aquatics & Recreation Complex

saarc@pgparks.com

View activity: 22105-575A	3 - 5 yrs.	1 class	Wed	10:30 am-12:00 pm	starts Sep 16	\$5(R); \$7(NR)
View activity: 22105-575B	3 - 5 yrs.	1 class	Wed	10:30 am-12:00 pm	starts Oct 14	\$5(R); \$7(NR)
View activity: 22105-575C	3 - 5 yrs.	1 class	Wed	10:30 am-12:00 pm	starts Nov 18	\$5(R); \$7(NR)

Puppet Friends in Storyland

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

Watkins Nature Center

watkinsnaturecenter@pgparks.com

View activity: 22103-588A	2 - 4 yrs.	2 classes	Fri	10:00-10:45 am	starts Sep 4	\$8(R); \$11(NR)
View activity: 22103-588B	2 - 4 yrs.	2 classes	Fri	10:00-10:45 am	starts Oct 2	\$8(R); \$11(NR)
View activity: 22103-588C	2 - 4 yrs.	2 classes	Fri	10:00-10:45 am	starts Nov 6	\$8(R); \$11(NR)

Tadpole Time

Join us for a gentle, nature-themed hour designed just for our littlest learners! Explore books, music, and a variety of developmentally appropriate, hands-on toys during this relaxed, unstructured social time. Tadpole Club encourages curiosity, creativity, and early social skills while giving caregivers a welcoming space to connect and play alongside their children.

Watkins Nature Center

watkinsnaturecenter@pgparks.com

View activity: 22102-588A	2 - 4 yrs.	1 class	Fri	10:00-11:00 am	starts Sep 11	Free
View activity: 22102-588B	2 - 4 yrs.	1 class	Fri	10:00-11:00 am	starts Oct 9	Free
View activity: 22102-588C	2 - 4 yrs.	1 class	Fri	10:00-11:00 am	starts Nov 13	Free

Toddler Trail Time

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

Watkins Nature Center

watkinsnaturecenter@pgparks.com

View activity: 22104-588A	2 - 4 yrs.	1 class	Wed	10:00-10:45 am	starts Sep 2	\$4(R); \$6(NR)
View activity: 22104-588B	2 - 4 yrs.	1 class	Wed	10:00-10:45 am	starts Oct 7	\$4(R); \$6(NR)
View activity: 22104-588C	2 - 4 yrs.	1 class	Wed	10:00-10:45 am	starts Nov 4	\$4(R); \$6(NR)

CHILDREN

Adventure Seekers

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

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22201-549A	8 - 12 yrs.	1 class	Sat	10:00 am-3:00 pm	starts Sep 5	\$4(R); \$6(NR)
View activity: 22201-549B	8 - 12 yrs.	1 class	Sat	10:00 am-3:00 pm	starts Oct 3	\$4(R); \$6(NR)
View activity: 22201-549C	8 - 12 yrs.	1 class	Sat	10:00 am-3:00 pm	starts Nov 7	\$4(R); \$6(NR)

Creek Hike: Children

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22204-575A	7 - 12 yrs.	1 class	Sat	9:00-11:00 am	starts Sep 5	\$5(R); \$7(NR)
View activity: 22204-575B	7 - 12 yrs.	1 class	Wed	9:00-11:00 am	starts Sep 23	\$5(R); \$7(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
View activity: 22202-588A	7 - 9 yrs.	2 classes	Tue	1:00-2:00 pm	starts Sep 8	\$20(R); \$26(NR)
View activity: 22202-588B	7 - 9 yrs.	2 classes	Tue	1:00-2:00 pm	starts Oct 13	\$20(R); \$26(NR)
View activity: 22202-588C	7 - 9 yrs.	2 classes	Tue	1:00-2:00 pm	starts Nov 3	\$20(R); \$26(NR)

Science: Nature, Home-School, Children

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
View activity: 22216-514a	7 - 10 yrs.	1 class	Fri	1:00-2:30 pm	starts Sep 4	\$10(R); \$13(NR)
View activity: 22216-514B	7 - 10 yrs.	1 class	Fri	1:00-2:30 pm	starts Oct 2	\$10(R); \$13(NR)
View activity: 22216-514C	7 - 10 yrs.	1 class	Fri	1:00-2:30 pm	starts Nov 6	\$10(R); \$13(NR)

TEENS

Conservation Club

This monthly program for teens combines hands-on conservation work with meaningful service-learning experiences. Explore local ecosystems while actively contributing to the care and improvement of Watkins Regional Park through habitat restoration, trail and facility maintenance, and enhancement of educational spaces. Build practical skills, deepen your understanding of the natural world, and make a lasting impact on your community.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22302-588A	14 - 17 yrs.	3 classes	Sun	2:00-4:00 pm	starts Sep 27	Free

ADULTS

Mindful Meditation

Participants in this program will experience a calming and centering guided, mindful meditation with live music.

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 22407-586A	18 & up	6 classes	Thu	6:45-7:45 pm	starts Sep 3	\$60(R); \$78(NR)
View activity: 22407-586B	18 & up	6 classes	Thu	6:45-7:45 pm	starts Oct 15	\$60(R); \$78(NR)

Mindfulness Nature Walk: Adults

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

Brandywine-North Keys Park						saarc@pgparks.com
View activity: 22409-575A	18 & up	1 class	Fri	9:00-10:30 am	starts Sep 18	\$5(R); \$7(NR)
View activity: 22409-575B	18 & up	1 class	Sat	9:00-10:30 am	starts Oct 3	\$5(R); \$7(NR)
View activity: 22409-575C	18 & up	1 class	Sat	9:00-10:30 am	starts Nov 7	\$5(R); \$7(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22409-575D	18 & up	1 class	Wed	8:00-9:30 am	starts Nov 25	\$5(R); \$7(NR)

Outdoor Adventures: Adults

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

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22401-549A	18 & up	1 class	Sat	10:00 am-5:00 pm	starts Sep 19	\$10(R); \$13(NR)
View activity: 22401-549B	18 & up	1 class	Sat	10:00 am-5:00 pm	starts Oct 17	\$10(R); \$13(NR)
View activity: 22401-549C	18 & up	1 class	Sat	10:00 am-5:00 pm	starts Nov 21	\$10(R); \$13(NR)

MIXED AGES

Anacostia River Paddle Sport Tour

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22640-508A	11 & up	1 class	Wed	6:00-7:30 pm	starts Sep 16	\$25(R); \$33(NR)
View activity: 22640-508B	11 & up	1 class	Wed	5:30-7:00 pm	starts Oct 14	\$25(R); \$33(NR)

Archery: Mixed Ages

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

Adelphi Manor Community Park						pgparkrangers@pgparks.com
View activity: 22601-559A	10 & up	1 class	Sun	9:30-10:45 am	starts Sep 13	\$5(R); \$7(NR)
View activity: 22601-559C	10 & up	1 class	Sat	10:00-11:15 am	starts Nov 14	\$5(R); \$7(NR)
Bock Road Maintenance Yard						pgparkrangers@pgparks.com
View activity: 22601-559B	10 & up	1 class	Sun	9:30-10:45 am	starts Oct 11	\$5(R); \$7(NR)

Bicycle Nature Tour: Mixed Ages

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22652-508A	8 & up	1 class	Sun	1:00-2:30 pm	starts Nov 15	\$10(R); \$13(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
View activity: 22616-561A	14 & up	1 class	Sat	8:00-11:00 am	starts Sep 12	Free
View activity: 22616-561B	14 & up	1 class	Sat	8:00-11:00 am	starts Oct 10	Free
View activity: 22616-561C	14 & up	1 class	Sat	8:00-11:00 am	starts Nov 14	Free

Birding for Beginners

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

Brandywine-North Keys Park						saarc@pgparks.com
View activity: 22675-575D	14 & up	1 class	Sat	7:00-9:00 am	starts Sep 26	\$5(R); \$7(NR)
View activity: 22675-575E	14 & up	1 class	Wed	7:00-9:00 am	starts Oct 7	\$5(R); \$7(NR)
View activity: 22675-575F	14 & up	1 class	Sat	7:00-9:00 am	starts Nov 21	\$5(R); \$7(NR)
Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22675-514A	14 & up	1 class	Sat	9:00-10:30 am	starts Sep 12	\$5(R); \$7(NR)
View activity: 22675-514B	14 & up	1 class	Sat	9:00-10:30 am	starts Oct 3	\$5(R); \$7(NR)
View activity: 22675-514C	14 & up	1 class	Sat	9:00-10:30 am	starts Nov 7	\$5(R); \$7(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22675-575A	14 & up	1 class	Wed	8:00-10:00 am	starts Sep 9	\$5(R); \$7(NR)
View activity: 22675-575B	14 & up	1 class	Sat	8:00-10:00 am	starts Oct 24	\$5(R); \$7(NR)
View activity: 22675-575C	14 & up	1 class	Thu	8:00-10:00 am	starts Nov 12	\$5(R); \$7(NR)

Boat Tour

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22643-508I	18 & up	1 class	Fri	5:30-7:00 pm	starts Sep 4	\$10(R); \$13(NR)
View activity: 22643-508B	All ages	1 class	Thu	12:00-12:45 pm	starts Sep 10	\$3(R); \$4(NR)
View activity: 22643-508D	55 & up	1 class	Mon	11:30 am-12:30 pm	starts Sep 14	\$3(R); \$4(NR)
View activity: 22643-508F	55 & up	1 class	Mon	11:30 am-12:30 pm	starts Oct 5	\$3(R); \$4(NR)
View activity: 22643-508E	All ages	1 class	Thu	12:00-12:45 pm	starts Oct 8	\$3(R); \$4(NR)
View activity: 22643-508A	2 & up	1 class	Wed	5:30-6:30 pm	starts Oct 28	\$4(R); \$6(NR)
Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22643-561A	All ages	1 class	Sat	7:00-8:30 pm	starts Sep 26	\$4(R); \$6(NR)
View activity: 22643-561B	All ages	1 class	Sun	4:00-5:00 pm	starts Oct 4	\$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
View activity: 22615-508B	All ages	1 class	Fri	7:00-8:00 pm	starts Sep 18	\$5(R); \$7(NR)
View activity: 22615-508C	8 & up	1 class	Fri	7:00-8:00 pm	starts Oct 23	\$7(R); \$10(NR)
View activity: 22615-508A	18 & up	1 class	Fri	6:30-8:00 pm	starts Nov 13	\$7(R); \$10(NR)
View activity: 22615-508D	14 & up	1 class	Fri	6:30-8:00 pm	starts Nov 20	\$7(R); \$10(NR)
Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22615-514A	2 & up	1 class	Fri	5:30-7:00 pm	starts Sep 11	\$6(R); \$8(NR)
View activity: 22615-514C	2 & up	1 class	Fri	5:30-7:00 pm	starts Oct 9	\$6(R); \$8(NR)
View activity: 22615-514B	2 & up	1 class	Fri	5:30-7:00 pm	starts Oct 30	\$6(R); \$8(NR)
View activity: 22615-514D	2 & up	1 class	Fri	5:30-7:00 pm	starts Nov 13	\$6(R); \$8(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22615-575A	10 & up	1 class	Sat	7:00-9:00 pm	starts Sep 12	\$6(R); \$8(NR)
View activity: 22615-575B	14 & up	1 class	Fri	7:00-9:00 pm	starts Oct 9	\$6(R); \$8(NR)
Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22615-588A	2 & up	1 class	Sat	6:30-8:00 pm	starts Sep 26	\$6(R); \$8(NR)
View activity: 22615-588B	2 & up	1 class	Sat	5:30-7:00 pm	starts Oct 24	\$6(R); \$8(NR)

Family Discovery Hike: Mixed Ages

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

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22604-514A	All ages	1 class	Sat	10:30 am-12:30 pm	starts Sep 12	\$4(R); \$6(NR)
View activity: 22604-514B	All ages	1 class	Sat	10:30 am-12:30 pm	starts Sep 26	\$4(R); \$6(NR)
View activity: 22604-514C	All ages	1 class	Sun	10:00-11:30 am	starts Oct 25	\$4(R); \$6(NR)

Family Farm Tours

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

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22663-556A	2 & up	1 class	Fri	1:00-2:00 pm	starts Sep 25	\$4(R); \$6(NR)
View activity: 22663-556B	2 & up	1 class	Fri	1:00-2:00 pm	starts Oct 23	\$4(R); \$6(NR)
View activity: 22663-556C	2 & up	1 class	Fri	1:00-2:00 pm	starts Nov 20	\$4(R); \$6(NR)

Farm Education: Mixed Ages

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

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22625-556A	7 & up	1 class	Fri	1:00-2:00 pm	starts Sep 4	\$4(R); \$6(NR)
View activity: 22625-556B	7 & up	1 class	Fri	1:00-2:00 pm	starts Oct 9	\$4(R); \$6(NR)
View activity: 22625-556C	7 & up	1 class	Fri	1:00-2:00 pm	starts Nov 6	\$4(R); \$6(NR)

Fishing: Mixed Ages

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22626-508A	10 & up	1 class	Sun	9:30 am-12:00 pm	starts Sep 27	\$10(R); \$13(NR)

School House Pond						pgparkrangers@pgparks.com
View activity: 22626-559A	8 - 15 yrs.	1 class	Sun	9:30-10:45 am	starts Sep 13	\$5(R); \$7(NR)
Tucker Road Community Park/Athletic Complex						tuckerroadcc@pgparks.com
View activity: 22626-559B	8 - 15 yrs.	1 class	Sun	10:00-11:15 am	starts Oct 11	\$5(R); \$7(NR)

Home-school Nature Club

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

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22683-561A	5 - 10 yrs.	1 class	Wed	1:00-2:30 pm	starts Sep 9	\$6(R); \$8(NR)
View activity: 22683-561B	11 - 15 yrs.	1 class	Wed	2:30-4:00 pm	starts Sep 9	\$6(R); \$8(NR)
View activity: 22683-561C	5 - 10 yrs.	1 class	Wed	1:00-2:30 pm	starts Sep 23	\$6(R); \$8(NR)
View activity: 22683-561D	11 - 15 yrs.	1 class	Wed	2:30-4:00 pm	starts Sep 23	\$6(R); \$8(NR)
View activity: 22683-561E	5 - 10 yrs.	1 class	Wed	1:00-2:30 pm	starts Oct 7	\$6(R); \$8(NR)
View activity: 22683-561F	11 - 15 yrs.	1 class	Wed	2:30-4:00 pm	starts Oct 7	\$6(R); \$8(NR)
View activity: 22683-561G	5 - 10 yrs.	1 class	Wed	1:00-2:30 pm	starts Oct 21	\$6(R); \$8(NR)
View activity: 22683-561H	11 - 15 yrs.	1 class	Wed	2:30-4:00 pm	starts Oct 21	\$6(R); \$8(NR)
View activity: 22683-561I	5 - 10 yrs.	1 class	Wed	1:00-2:30 pm	starts Nov 4	\$6(R); \$8(NR)
View activity: 22683-561J	11 - 15 yrs.	1 class	Wed	2:30-4:00 pm	starts Nov 4	\$6(R); \$8(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
View activity: 22628-508A	11 & up	1 class	Sat	10:00 am-1:00 pm	starts Sep 19	\$40(R); \$52(NR)
View activity: 22628-508B	11 & up	1 class	Sat	10:00 am-1:00 pm	starts Oct 17	\$40(R); \$52(NR)

Live Animal Show: Mixed Ages

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

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22610-514A	2 & up	1 class	Sat	1:00-1:45 pm	starts Sep 5	\$4(R); \$6(NR)
View activity: 22610-514B	2 & up	1 class	Sun	1:00-1:45 pm	starts Oct 4	\$4(R); \$6(NR)
View activity: 22610-514C	2 & up	1 class	Sat	1:00-1:45 pm	starts Nov 7	\$4(R); \$6(NR)
Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 22610-549A	2 & up	1 class	Sat	11:00 am-12:00 pm	starts Sep 26	\$4(R); \$6(NR)
View activity: 22610-549B	2 & up	1 class	Sat	11:00 am-12:00 pm	starts Oct 24	\$4(R); \$6(NR)
View activity: 22610-549C	2 & up	1 class	Sat	11:00 am-12:00 pm	starts Nov 28	\$4(R); \$6(NR)

Meet & Make

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

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22674-588A	3 - 7 yrs.	1 class	Wed	10:00-10:45 am	starts Sep 16	\$4(R); \$6(NR)
View activity: 22674-588B	3 - 7 yrs.	1 class	Wed	10:00-10:45 am	starts Oct 14	\$4(R); \$6(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
View activity: 22694-559A	14 & up	1 class	Sat	10:00 am-12:00 pm	starts Sep 5	\$5(R); \$7(NR)

Nature Club

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

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22688-588A	10 - 14 yrs.	3 classes	Sat	9:00-11:00 am	starts Sep 12	Free

Nature Crafts: Mixed Ages

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22605-508A	55 & up	1 class	Mon	11:00 am-12:00 pm	starts Sep 28	\$7(R); \$10(NR)
View activity: 22605-508B	55 & up	1 class	Mon	10:30-11:30 am	starts Oct 19	\$4(R); \$6(NR)

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 22605-514A	All ages	1 class	Sat	1:00-4:00 pm	starts Sep 12	\$8(R); \$11(NR)
View activity: 22605-514B	All ages	1 class	Sat	1:00-4:00 pm	starts Oct 10	\$8(R); \$11(NR)
View activity: 22605-514C	All ages	1 class	Sat	1:00-4:00 pm	starts Nov 14	\$8(R); \$11(NR)

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22605-556A	2 - 7 yrs.	1 class	Tue	11:00 am-12:00 pm	starts Sep 8	\$4(R); \$6(NR)
View activity: 22605-556B	2 - 7 yrs.	1 class	Thu	11:00 am-12:00 pm	starts Sep 10	\$4(R); \$6(NR)
View activity: 22605-556C	2 - 7 yrs.	1 class	Thu	11:00 am-12:00 pm	starts Oct 15	\$4(R); \$6(NR)
View activity: 22605-556D	2 - 7 yrs.	1 class	Tue	11:00 am-12:00 pm	starts Oct 20	\$4(R); \$6(NR)
View activity: 22605-556E	2 - 7 yrs.	1 class	Thu	11:00 am-12:00 pm	starts Nov 12	\$4(R); \$6(NR)
View activity: 22605-556F	2 - 7 yrs.	1 class	Tue	11:00 am-12:00 pm	starts Nov 17	\$4(R); \$6(NR)

Nature Discovery Walk

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

Bladensburg Waterfront Park						bladensburgwp@pgparks.com
View activity: 22629-508A	All ages	1 class	Sun	2:00-3:00 pm	starts Nov 8	Free
View activity: 22629-508B	All ages	1 class	Sun	2:00-3:00 pm	starts Nov 22	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.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22678-588A	4 & up	1 class	Sat	1:00-2:30 pm	starts Sep 12	\$6(R); \$8(NR)

Nature Hike: Mixed Ages

Enjoy a Naturalist-led, woodland nature hike.

Governor Bridge Natural Area						pgparkrangers@pgparks.com
View activity: 22630-559C	All ages	1 class	Fri	10:00-11:00 am	starts Sep 25	Free
Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22630-559D	All ages	1 class	Sat	7:00-9:00 pm	starts Oct 31	Free

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
View activity: 22656-514A	2 - 8 yrs.	1 class	Wed	11:00 am-12:00 pm	starts Sep 16	\$4(R); \$6(NR)
View activity: 22656-514B	2 - 8 yrs.	1 class	Wed	11:00 am-12:00 pm	starts Oct 21	\$4(R); \$6(NR)
View activity: 22656-514C	2 - 7 yrs.	1 class	Wed	11:00 am-12:00 pm	starts Nov 18	\$4(R); \$6(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
View activity: 22636-514A	6 & up	1 class	Fri	5:30-7:00 pm	starts Nov 6	\$6(R); \$8(NR)
Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22636-561C	6 & up	1 class	Fri	7:30-8:30 pm	starts Sep 11	\$4(R); \$6(NR)

Open Barn Day

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

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22691-556A	All ages	1 class	Sat	10:30 am-1:30 pm	starts Sep 12	Free
View activity: 22691-556B	All ages	1 class	Sat	10:30 am-1:30 pm	starts Nov 14	Free

Patuxent Paleontology Program: Paleocene Seas

Step back in time to explore an ancient sea that once covered Prince George's County! Join our paleontologists on a ~1-mile stream hike to search for marine Paleocene fossils (60-56 million years old), including sharks, stingrays, turtles, crocodiles, clams, snails, and more. Rare finds will be added to the Prince George's County Paleontology Collection - with full credit to you - and common fossils are yours to keep. Come prepared to get wet and dirty. Closed-toed shoes required; muck boots or hip/chest waders recommended (limited sizes will be available on site). Sifters will be provided, so no tools are needed. Good independent mobility required.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22698-5107A	12 & up	1 class	Tue	11:00 am-1:00 pm	starts Sep 15	\$10(R); \$13(NR)

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	
View activity: 22607-588A	10 - 14 yrs.	2 classes	Tue	2:30-4:00 pm	starts Sep 8	\$20(R); \$26(NR)	
View activity: 22607-588B	10 - 14 yrs.	2 classes	Tue	2:30-4:00 pm	starts Oct 13	\$20(R); \$26(NR)	
View activity: 22607-588C	10 - 14 yrs.	2 classes	Tue	2:30-4:00 pm	starts Nov 3	\$20(R); \$26(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	
View activity: 22614-588A	4 - 6 yrs.	2 classes	Tue	10:00-11:00 am	starts Sep 8	\$20(R); \$26(NR)	
View activity: 22614-588B	4 - 6 yrs.	2 classes	Tue	10:00-11:00 am	starts Oct 13	\$20(R); \$26(NR)	
View activity: 22614-588C	4 - 6 yrs.	2 classes	Tue	10:00-11:00 am	starts Nov 3	\$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	
View activity: 22606-514A	11-14 yrs.	1 class	Fri	1:00-2:30 pm	starts Sep 4	\$10(R); \$13(NR)	
View activity: 22606-514B	11-14 yrs.	1 class	Fri	1:00-2:30 pm	starts Oct 2	\$10(R); \$13(NR)	
View activity: 22606-514C	11-14 yrs.	1 class	Fri	1:00-2:30 pm	starts Nov 6	\$10(R); \$13(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	
View activity: 22689-514A	14 & up	1 class	Sat	10:00 am-3:00 pm	starts Oct 17	\$30(R); \$39(NR)	

PERFORMING ARTS

PRE-SCHOOLERS

Ballet and Jazz: Pre-Schoolers

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

Bladensburg Community Center						bladensburgcc@pgparks.com	
View activity: 23102-507A	3 - 5 yrs.	8 classes	Wed	6:00-7:00 pm	starts Sep 2	\$50(R); \$65(NR)	
Kentland Community Center						kentlandcc@pgparks.com	
View activity: 23102-540A	3 - 5 yrs.	4 classes	Tue	6:00-7:00 pm	starts Sep 1	\$50(R); \$65(NR)	
View activity: 23102-540B	3 - 5 yrs.	4 classes	Tue	6:00-7:00 pm	starts Oct 6	\$50(R); \$65(NR)	
Palmer Park Community Center						palmerparkcc@pgparks.com	
View activity: 23102-557A	3 - 5 yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Sep 5	\$40(R); \$52(NR)	
View activity: 23102-557B	3 - 5 yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Oct 3	\$40(R); \$52(NR)	
View activity: 23102-557C	3 - 5 yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Nov 7	\$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
View activity: 23103-526A	3 - 4 yrs.	10 classes	Sat	9:00-10:30 am	starts Sep 19	\$60(R); \$78(NR)

Ballet, Jazz and Hip-Hop: Pre-Schoolers

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

Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 23104-527A	3 - 5 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 23104-527B	3 - 5 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Nov 7	\$35(R); \$46(NR)

Ballet: Pre-Schoolers

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23107-524A	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 23107-524B	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Oct 20	\$48(R); \$63(NR)

Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 23107-516AA	3 - 5 yrs.	6 classes	Sat	10:45-11:45 am	starts Sep 19	\$35(R); \$46(NR)
View activity: 23107-516B	3 - 5 yrs.	6 classes	Wed	6:00-7:00 pm	starts Sep 23	\$35(R); \$46(NR)
View activity: 23107-516BB	3 - 5 yrs.	6 classes	Sat	10:45-11:45 am	starts Nov 7	\$35(R); \$46(NR)
View activity: 23107-516D	3 - 5 yrs.	6 classes	Wed	6:00-7:00 pm	starts Nov 11	\$35(R); \$46(NR)

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23107-547A	3 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 23107-547B	3 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Oct 24	\$48(R); \$63(NR)

Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 23107-555A	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 23107-555B	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Oct 20	\$48(R); \$63(NR)

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 23107-571A	3 - 5 yrs.	3 classes	Mon	6:00-7:00 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 23107-571B	3 - 5 yrs.	3 classes	Mon	6:00-7:00 pm	starts Oct 5	\$30(R); \$39(NR)
View activity: 23107-571C	3 - 5 yrs.	4 classes	Mon	6:00-7:00 pm	starts Nov 2	\$40(R); \$52(NR)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23107-577A	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 23107-577B	3 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Oct 20	\$48(R); \$63(NR)

Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 23107-584A	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 23107-584B	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Oct 24	\$48(R); \$63(NR)

Creative Movement

Learn dance movements to develop gross motor skills.

Bowie Community Center							bowiecc@pgparks.com
View activity: 23108-509A	3 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Sep 12		\$42(R); \$55(NR)
View activity: 23108-509B	3 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Oct 24		\$42(R); \$55(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 23108-552A	3 - 5 yrs.	8 classes	Fri	4:00-4:45 pm	starts Sep 4		\$64(R); \$84(NR)
View activity: 23108-552B	3 - 5 yrs.	8 classes	Fri	4:00-4:45 pm	starts Oct 30		\$64(R); \$84(NR)

Hip-Hop: Pre-Schoolers

Get your child up and dancing! Hip-hop dance is an aerobic way for children to get healthy while developing memory, judgment, and reasoning skills. This is an art form which builds hip-hop dance techniques and self-confidence the fun way. Sign up and get in on the action!

Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23101-512A	3 - 5 yrs.	6 classes	Sat	10:15-11:00 am	starts Sep 5		\$35(R); \$46(NR)
View activity: 23101-512B	3 - 5 yrs.	6 classes	Sat	10:15-11:00 am	starts Oct 24		\$35(R); \$46(NR)

CHILDREN

Ballet and Jazz: Children

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

Bladensburg Community Center							bladensburgcc@pgparks.com
View activity: 23203-507A	6 - 12 yrs.	8 classes	Wed	7:15-8:30 pm	starts Sep 2		\$50(R); \$65(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 23203-540A	6 - 12 yrs.	4 classes	Tue	7:00-8:00 pm	starts Sep 1		\$50(R); \$65(NR)
View activity: 23203-540B	6 - 12 yrs.	4 classes	Tue	7:00-8:00 pm	starts Oct 6		\$50(R); \$65(NR)
Palmer Park Community Center							palmerparkcc@pgparks.com
View activity: 23203-557A	6 - 12 yrs.	4 classes	Sat	1:00-3:00 pm	starts Sep 5		\$40(R); \$52(NR)
View activity: 23203-557B	6 - 12 yrs.	4 classes	Sat	1:00-3:00 pm	starts Oct 3		\$40(R); \$52(NR)
View activity: 23203-557C	6 - 12 yrs.	4 classes	Sat	1:00-3:00 pm	starts Nov 7		\$40(R); \$52(NR)
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 23203-577A	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Sep 1		\$54(R); \$71(NR)
View activity: 23203-577B	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Oct 20		\$54(R); \$71(NR)

Ballet and Tap: Children, Beginner

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

Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23204-527A	6 - 12 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 26		\$35(R); \$46(NR)
View activity: 23204-527B	6 - 12 yrs.	6 classes	Sat	10:00-11:00 am	starts Nov 7		\$35(R); \$46(NR)

Ballet, Jazz and Hip-Hop: Children

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23205-524A	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 23205-524B	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Oct 20	\$54(R); \$71(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23205-547A	6 - 12 yrs.	6 classes	Sat	9:50-10:50 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 23205-547B	6 - 12 yrs.	6 classes	Sat	9:50-10:50 am	starts Oct 24	\$54(R); \$71(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 23205-555A	6 - 12 yrs.	6 classes	Tue	7:20-8:20 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 23205-555B	6 - 12 yrs.	6 classes	Tue	7:20-8:20 pm	starts Oct 20	\$54(R); \$71(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23205-577A	6 - 12 yrs.	6 classes	Sat	10:30-11:30 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 23205-577B	6 - 12 yrs.	6 classes	Sat	10:30-11:30 am	starts Oct 24	\$54(R); \$71(NR)
Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 23205-584A	6 - 12 yrs.	6 classes	Sat	10:20-11:20 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 23205-584B	6 - 12 yrs.	6 classes	Sat	10:20-11:20 am	starts Oct 24	\$54(R); \$71(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 23205-590A	6 - 12 yrs.	5 classes	Mon	7:10-8:10 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 23205-590B	6 - 12 yrs.	6 classes	Mon	7:10-8:10 pm	starts Oct 26	\$54(R); \$71(NR)

Ballet, Tap and Jazz: Children

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

Glenarden Community Center						glenardenc@pgparks.com
View activity: 23206-526C	8 - 12 yrs.	10 classes	Sat	12:30-2:30 pm	starts Sep 19	\$100(R); \$130(NR)

Ballet: Children

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

Bowie Community Center						bowiecc@pgparks.com
View activity: 23210-509A	8 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 12	\$48(R); \$63(NR)
View activity: 23210-509B	8 - 12 yrs.	6 classes	Sat	11:00 am-12:30 pm	starts Oct 24	\$48(R); \$63(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 23210-516BB	6 - 10 yrs.	6 classes	Sat	9:30-10:30 am	starts Sep 19	\$35(R); \$46(NR)
View activity: 23210-516C	6 - 9 yrs.	6 classes	Wed	7:15-8:15 pm	starts Sep 23	\$35(R); \$46(NR)
View activity: 23210-516CC	6 - 10 yrs.	6 classes	Sat	9:30-10:30 am	starts Nov 7	\$35(R); \$46(NR)
View activity: 23210-516D	6 - 9 yrs.	6 classes	Wed	7:15-8:15 pm	starts Nov 11	\$35(R); \$46(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 23210-552A	6 - 9 yrs.	8 classes	Fri	5:00-6:00 pm	starts Sep 4	\$64(R); \$84(NR)
View activity: 23210-552B	6 - 9 yrs.	8 classes	Fri	5:00-6:00 pm	starts Oct 30	\$64(R); \$84(NR)

Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 23210-571A	6 - 12 yrs.	3 classes	Mon	7:00-8:00 pm	starts Sep 14		\$30(R); \$39(NR)
View activity: 23210-571B	6 - 12 yrs.	3 classes	Mon	7:00-8:00 pm	starts Oct 5		\$30(R); \$39(NR)
View activity: 23210-571C	6 - 12 yrs.	4 classes	Mon	7:00-8:00 pm	starts Nov 2		\$40(R); \$52(NR)

Hip-Hop: Children, Beginner

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

Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23201-512A	6 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 5		\$35(R); \$46(NR)
View activity: 23201-512B	6 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Oct 24		\$35(R); \$46(NR)
Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23201-527AA	6 - 12 yrs.	6 classes	Sat	12:00-1:00 pm	starts Sep 26		\$35(R); \$46(NR)
View activity: 23201-527BB	6 - 12 yrs.	6 classes	Sat	12:00-1:00 pm	starts Nov 7		\$35(R); \$46(NR)

Modern Dance: Children

Learn basic modern dance techniques.

Rollingcrest-Chillum Community Center							rollingcrestcc@pgparks.com
View activity: 23224-571A	6 - 11 yrs.	4 classes	Wed	6:00-7:00 pm	starts Sep 2		\$40(R); \$52(NR)
View activity: 23224-571B	6 - 11 yrs.	3 classes	Wed	6:00-7:00 pm	starts Oct 7		\$30(R); \$39(NR)
View activity: 23224-571C	6 - 11 yrs.	4 classes	Wed	6:00-7:00 pm	starts Nov 4		\$40(R); \$52(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.

Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23212-512A	6 - 12 yrs.	7 classes	Wed	6:00-7:00 pm	starts Sep 2		\$50(R); \$65(NR)
View activity: 23212-512B	6 - 12 yrs.	11 classes	Wed & Sat	6:00-7:00 pm	starts Oct 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
View activity: 23214-575D	6 - 8 yrs.	12 classes	Sat	8:15-9:15 am	starts Sep 5		\$78(R); \$102(NR)
View activity: 23214-575E	6 - 8 yrs.	12 classes	Sat	9:30-10:30 am	starts Sep 5		\$78(R); \$102(NR)
View activity: 23214-575F	9 - 12 yrs.	12 classes	Sat	10:45-11:45 am	starts Sep 5		\$78(R); \$102(NR)

TEENS

Ballet: Teen, All Levels

This course builds upon the foundation in ballet, tap, modern, and jazz dance as learned in beginning level courses. Emphasis on proper execution, technique, body placement and dance vocabulary.

North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 23309-552A	13 - 17 yrs.	8 classes	Fri	6:00-7:00 pm	starts Sep 4		\$64(R); \$84(NR)
View activity: 23309-552B	13 - 17 yrs.	8 classes	Fri	6:00-7:00 pm	starts Oct 30		\$64(R); \$84(NR)

Piano: Teens

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 23306-575B	13 - 17 yrs.	12 classes	Sat	12:00-1:00 pm	starts Sep 5	\$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
View activity: 23404-503A	18 & up	10 classes	Sat	10:30 am-12:00 pm	starts Sep 12	\$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						badencc@pgparks.com
View activity: 23402-504A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Sep 2	\$48(R); \$63(NR)
View activity: 23402-504B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Oct 21	\$48(R); \$63(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23402-524B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Sep 3	\$48(R); \$63(NR)
View activity: 23402-524C	18 & up	5 classes	Thu	6:30-8:00 pm	starts Oct 22	\$40(R); \$52(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23402-527A	18 & up	1 class	Tue	11:45 am-12:45 pm	starts Sep 15	Free
View activity: 23402-527AA	18 & up	6 classes	Tue	11:45 am-12:45 pm	starts Sep 22	\$30(R); \$39(NR)
John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 23402-538A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14	\$40(R); \$52(NR)
View activity: 23402-538B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26	\$48(R); \$63(NR)

Hand Dance: Adults, Beginner

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

Allentown Splash, Tennis & Fitness Park						allentownpool@pgparks.com
View activity: 23401-501A	21 & up	12 classes	Tue	1:00-2:30 pm	starts Sep 1	\$72(R); \$94(NR)
Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 23401-507A	21 & up	4 classes	Mon	2:00-3:30 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 23401-507B	21 & up	4 classes	Mon	2:00-3:30 pm	starts Oct 12	\$30(R); \$39(NR)
View activity: 23401-507C	21 & up	4 classes	Mon	2:00-3:30 pm	starts Nov 9	\$30(R); \$39(NR)
Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23401-512A	21 & up	6 classes	Wed	12:00-1:00 pm	starts Sep 2	\$35(R); \$46(NR)
View activity: 23401-512B	21 & up	5 classes	Wed	12:00-1:00 pm	starts Oct 21	\$35(R); \$46(NR)

Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23401-527AA	21 & up	6 classes	Mon	7:30-8:30 pm	starts Sep 14		\$30(R); \$39(NR)
View activity: 23401-527BB	21 & up	6 classes	Mon	7:00-8:30 pm	starts Nov 2		\$30(R); \$39(NR)
Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 23401-532A	18 & up	8 classes	Mon	6:30-7:30 pm	starts Sep 14		\$60(R); \$78(NR)
Hillcrest Heights Community Center							hillcrestheightscc@pgparks.com
View activity: 23401-534A	18 & up	4 classes	Sat	12:00-2:30 pm	starts Sep 5		\$70(R); \$91(NR)
View activity: 23401-534B	18 & up	4 classes	Sat	12:00-2:30 pm	starts Oct 3		\$70(R); \$91(NR)
View activity: 23401-534C	18 & up	4 classes	Sat	12:00-2:30 pm	starts Nov 7		\$70(R); \$91(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 23401-540A	18 & up	4 classes	Sat	10:00-11:30 am	starts Sep 5		\$25(R); \$33(NR)
View activity: 23401-540B	18 & up	4 classes	Sat	10:00-11:30 am	starts Oct 10		\$25(R); \$33(NR)
Laurel-Beltsville Senior Activity Ctr							lbsac@pgparks.com
View activity: 23401-546A	18 & up	10 classes	Mon	4:30-6:00 pm	starts Sep 14		\$45(R); \$59(NR)
Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 23401-547A	18 & up	8 classes	Thu	6:30-7:30 pm	starts Sep 3		\$60(R); \$78(NR)
North Forestville Community Ctr							northforestvillecc@pgparks.com
View activity: 23401-553A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14		\$45(R); \$59(NR)
View activity: 23401-553B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26		\$54(R); \$71(NR)

Hand Dance: Adults, Intermediate

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 23419-501A	21 & up	12 classes	Mon	7:00-8:30 pm	starts Sep 7		\$72(R); \$94(NR)
Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23419-527A	21 & up	6 classes	Thu	7:00-8:30 pm	starts Sep 17		\$30(R); \$39(NR)
View activity: 23419-527B	21 & up	7 classes	Thu	7:00-8:30 pm	starts Nov 5		\$30(R); \$39(NR)
Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 23419-532A	18 & up	8 classes	Mon	7:30-8:30 pm	starts Sep 14		\$60(R); \$78(NR)
Laurel-Beltsville Senior Activity Ctr							lbsac@pgparks.com
View activity: 23419-546A	18 & up	10 classes	Mon	6:00-7:30 pm	starts Sep 14		\$45(R); \$59(NR)
Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 23419-547A	18 & up	8 classes	Thu	7:30-8:30 pm	starts Sep 3		\$60(R); \$78(NR)

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23413-512A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Sep 5		\$35(R); \$46(NR)
View activity: 23413-512B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Oct 24		\$35(R); \$46(NR)

Latin Dance: Adults

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

Langley Park Community Center							langleyparkcc@pgparks.com
View activity: 23425-543A	18 & up	8 classes	Sat	1:00-2:30 pm	starts Sep 19		\$70(R); \$91(NR)

Line Dance: Adults, Beginner

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

Allentown Splash, Tennis & Fitness Park							allentownpool@pgparks.com
View activity: 23407-501A	18 & up	12 classes	Wed	6:00-7:00 pm	starts Sep 2		\$72(R); \$94(NR)
Cedar Heights Community Center							cedarheightscc@pgparks.com
View activity: 23407-512A	18 & up	6 classes	Tue	9:15-10:15 am	starts Sep 1		\$35(R); \$46(NR)
View activity: 23407-512G	18 & up	6 classes	Thu	10:00-11:00 am	starts Sep 3		\$35(R); \$46(NR)
View activity: 23407-512B	18 & up	6 classes	Tue	9:15-10:15 am	starts Oct 20		\$35(R); \$46(NR)
View activity: 23407-512H	18 & up	5 classes	Thu	10:00-11:00 am	starts Oct 22		\$28(R); \$37(NR)
Deerfield Run Community Center							deerfieldcc@pgparks.com
View activity: 23407-520A	18 & up	6 classes	Wed	6:00-7:30 pm	starts Oct 14		\$30(R); \$39(NR)
Fort Washington Forest Community Center							fortwashingtoncc@pgparks.com
View activity: 23407-524A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14		\$54(R); \$71(NR)
View activity: 23407-524B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26		\$54(R); \$71(NR)
Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 23407-527A	18 & up	12 classes	Mon & Wed	6:30-8:30 pm	starts Sep 14		\$66(R); \$86(NR)
View activity: 23407-527AA	18 & up	6 classes	Tue	10:00-11:30 am	starts Sep 15		\$30(R); \$39(NR)
View activity: 23407-527BB	18 & up	6 classes	Tue	10:00-11:30 am	starts Nov 3		\$25(R); \$33(NR)
View activity: 23407-527B	18 & up	12 classes	Mon & Wed	6:30-8:30 pm	starts Nov 9		\$66(R); \$86(NR)
Harmony Hall Regional Center							harmonyhallrc@pgparks.com
View activity: 23407-532A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14		\$45(R); \$59(NR)
View activity: 23407-532B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26		\$54(R); \$71(NR)
Huntington Community Center							huntingtoncc@pgparks.com
View activity: 23407-535A	18 & up	8 classes	Mon	1:00-2:30 pm	starts Oct 5		\$40(R); \$52(NR)
Lake Arbor Community Center							lakearborcc@pgparks.com
View activity: 23407-541A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Sep 3		\$35(R); \$46(NR)
View activity: 23407-541B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Oct 15		\$35(R); \$46(NR)
Marlow Heights Community Center							marlowheightscc@pgparks.com
View activity: 23407-547B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Oct 21		\$54(R); \$71(NR)
Temple Hills Community Center							templehillsc@pgparks.com
View activity: 23407-582A	18 & up	6 classes	Sat	10:00-11:30 am	starts Sep 5		\$54(R); \$71(NR)
View activity: 23407-582B	18 & up	6 classes	Sat	10:00-11:30 am	starts Oct 24		\$54(R); \$71(NR)
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 23407-584A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14		\$45(R); \$59(NR)
View activity: 23407-584B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26		\$54(R); \$71(NR)
Upper Marlboro Community Center							uppermarlorocc@pgparks.com
View activity: 23407-586A	18 & up	6 classes	Wed	5:00-6:30 pm	starts Sep 2		\$42(R); \$55(NR)
View activity: 23407-586B	18 & up	6 classes	Wed	5:00-6:30 pm	starts Oct 21		\$42(R); \$55(NR)

Line Dance: Adults, Intermediate

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you'll make through this course. Practice makes perfect!

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23408-512A	18 & up	6 classes	Fri	10:00-11:00 am	starts Sep 4	\$35(R); \$46(NR)
View activity: 23408-512C	18 & up	6 classes	Sat	12:00-1:00 pm	starts Sep 5	\$35(R); \$46(NR)
View activity: 23408-512B	18 & up	6 classes	Fri	10:00-11:00 am	starts Oct 23	\$35(R); \$46(NR)
View activity: 23408-512D	18 & up	6 classes	Sat	12:00-1:00 pm	starts Oct 24	\$35(R); \$46(NR)
Temple Hills Community Center						templehillscc@pgparks.com
View activity: 23408-582A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Sep 2	\$54(R); \$71(NR)
View activity: 23408-582B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Oct 21	\$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.

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23510-541AA	60 & up	6 classes	Mon	11:30 am-12:30 pm	starts Sep 7	\$50(R); \$65(NR)
View activity: 23510-541AB	60 & up	6 classes	Mon	11:30 am-12:30 pm	starts Oct 19	\$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
View activity: 23501-507A	60 & up	4 classes	Fri	10:00-11:30 am	starts Sep 4	\$27(R); \$36(NR)
View activity: 23501-507B	60 & up	4 classes	Fri	10:00-11:30 am	starts Oct 2	\$27(R); \$36(NR)
View activity: 23501-507C	60 & up	4 classes	Fri	10:00-11:30 am	starts Oct 30	\$27(R); \$36(NR)
Bowie Community Center						bowiecc@pgparks.com
View activity: 23501-509A	60 & up	10 classes	Thu	11:00 am-12:00 pm	starts Sep 10	\$60(R); \$78(NR)
Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23501-512C	60 & up	6 classes	Wed	10:00-11:00 am	starts Sep 2	\$35(R); \$46(NR)
View activity: 23501-512A	60 & up	5 classes	Mon	9:15-10:15 am	starts Sep 7	\$28(R); \$37(NR)
View activity: 23501-512D	60 & up	5 classes	Wed	10:00-11:00 am	starts Oct 21	\$35(R); \$46(NR)
View activity: 23501-512B	60 & up	6 classes	Mon	9:15-10:15 am	starts Oct 26	\$28(R); \$37(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23501-524A	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Sep 1	\$32(R); \$42(NR)
View activity: 23501-524B	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Oct 20	\$32(R); \$42(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23501-527A	60 & up	6 classes	Fri	10:00-11:30 am	starts Sep 18	Free
View activity: 23501-527B	60 & up	6 classes	Fri	10:00-11:30 am	starts Nov 6	Free
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23501-541A	60 & up	6 classes	Mon	9:30-11:00 am	starts Sep 7	\$35(R); \$46(NR)
View activity: 23501-541B	60 & up	6 classes	Mon	9:30-11:00 am	starts Oct 26	\$35(R); \$46(NR)

Laurel-Beltsville Senior Activity Ctr						lbsac@pgparks.com
View activity: 23501-546A	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Sep 1	\$30(R); \$39(NR)
View activity: 23501-546B	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Oct 13	\$30(R); \$39(NR)
Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 23501-557A	60 & up	4 classes	Wed	6:00-8:00 pm	starts Sep 2	\$40(R); \$52(NR)
View activity: 23501-557B	60 & up	4 classes	Wed	6:00-8:00 pm	starts Oct 7	\$40(R); \$52(NR)
View activity: 23501-557C	60 & up	4 classes	Wed	6:00-8:00 pm	starts Nov 4	\$40(R); \$52(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23501-577A	60 & up	5 classes	Mon	10:30 am-12:00 pm	starts Sep 14	\$30(R); \$39(NR)
View activity: 23501-577B	60 & up	6 classes	Mon	10:30 am-12:00 pm	starts Oct 26	\$36(R); \$47(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 23501-581A	60 & up	6 classes	Tue	12:30-2:00 pm	starts Sep 1	\$24(R); \$32(NR)
View activity: 23501-581B	60 & up	6 classes	Tue	12:30-2:00 pm	starts Oct 20	\$24(R); \$32(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 23501-590A	60 & up	6 classes	Wed	12:00-1:30 pm	starts Sep 2	\$36(R); \$47(NR)
View activity: 23501-590B	60 & up	6 classes	Wed	12:00-1:30 pm	starts Oct 21	\$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!

Bowie Community Center						bowiecc@pgparks.com
View activity: 23508-509A	60 & up	10 classes	Thu	12:00-1:00 pm	starts Sep 10	\$60(R); \$78(NR)

MIXED AGES

Acting Basics

This multi-week class focuses on the basics of acting -- be that on a stage, in a filmed scene, or just having fun at home or school. Participants will learn warm-ups, games, and tools to enhance their acting skills.

Prince George's Publick Playhouse						publickplayhouse@pgparks.com
View activity: 23666-567C	14 & up	6 classes	Tue	6:30-8:00 pm	starts Nov 10	\$60(R); \$78(NR)

African Dance: Mixed Ages

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23634-524A	5 & up	6 classes	Thu	6:30-7:30 pm	starts Sep 3	\$48(R); \$63(NR)
View activity: 23634-524B	5 & up	5 classes	Thu	6:30-7:30 pm	starts Oct 22	\$40(R); \$52(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 23634-552A	5 & up	6 classes	Mon	6:30-7:30 pm	starts Sep 14	\$48(R); \$63(NR)
View activity: 23634-552B	5 & up	6 classes	Mon	6:30-7:30 pm	starts Oct 26	\$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
View activity: 23604-526B	5 - 7 yrs.	10 classes	Sat	10:30 am-12:30 pm	starts Sep 19	\$100(R); \$130(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!

Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 23612-516E	6 - 13 yrs.	6 classes	Sat	12:00-1:00 pm	starts Sep 19	\$35(R); \$46(NR)
View activity: 23612-516F	6 - 13 yrs.	6 classes	Sat	12:00-1:00 pm	starts Nov 7	\$35(R); \$46(NR)

Desktop Music Production: Mixed Ages

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

Deerfield Run Community Center						deerfieldcc@pgparks.com
View activity: 23614-520A	12 - 17 yrs.	6 classes	Wed	5:00-6:30 pm	starts Sep 30	\$60(R); \$78(NR)
View activity: 23614-520B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Sep 30	\$60(R); \$78(NR)
View activity: 23614-520C	12 - 17 yrs.	6 classes	Wed	5:00-6:30 pm	starts Nov 25	\$60(R); \$78(NR)
View activity: 23614-520D	18 & up	6 classes	Wed	6:30-8:00 pm	starts Nov 25	\$60(R); \$78(NR)

Guitar: Mixed Ages, Beginner

Want to be a real guitar hero? Guitar lessons build memory, creativity, discipline, self-esteem and so much more. Bring your guitar and learn fingering, chords, simple scales, and songs. Release your inner musician!

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 23619-503A	14 & up	10 classes	Sat	12:00-2:00 pm	starts Sep 5	\$120(R); \$156(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23619-541A	5 & up	4 classes	Mon	6:30-7:30 pm	starts Sep 7	\$65(R); \$85(NR)
View activity: 23619-541B	5 & up	4 classes	Mon	6:30-7:30 pm	starts Oct 5	\$65(R); \$85(NR)
View activity: 23619-541C	5 & up	4 classes	Mon	6:30-7:30 pm	starts Nov 2	\$65(R); \$85(NR)
Largo/Kettering/Perrywood Comm. Center						largoketteringperrywoodcc@pgparks.com
View activity: 23619-545A	6 & up	8 classes	Sat	11:00-11:45 am	starts Sep 5	\$66(R); \$86(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 23619-574A	6 & up	8 classes	Sat	9:15-10:00 am	starts Sep 5	\$45(R); \$59(NR)

Guitar: Mixed Ages, Intermediate

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

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23620-541A	5 & up	4 classes	Wed	6:30-7:30 pm	starts Sep 9	\$65(R); \$85(NR)
View activity: 23620-541B	5 & up	4 classes	Wed	6:30-7:30 pm	starts Oct 7	\$65(R); \$85(NR)
View activity: 23620-541C	5 & up	4 classes	Wed	6:30-7:30 pm	starts Nov 4	\$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!

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 23601-571A	10 - 17 yrs.	4 classes	Fri	6:00-7:00 pm	starts Sep 4	\$40(R); \$52(NR)
View activity: 23601-571B	10 - 17 yrs.	3 classes	Fri	6:00-7:00 pm	starts Oct 2	\$30(R); \$39(NR)
View activity: 23601-571C	10 - 17 yrs.	4 classes	Fri	6:00-7:00 pm	starts Nov 6	\$40(R); \$52(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

View activity: 23675-532A	8 - 15 yrs.	4 classes	Fri	10:00-10:45 am	starts Sep 4	\$40(R); \$52(NR)
View activity: 23675-532B	8 - 15 yrs.	4 classes	Fri	10:00-10:45 am	starts Oct 2	\$40(R); \$52(NR)
View activity: 23675-532C	8 - 15 yrs.	4 classes	Fri	10:00-10:45 am	starts Oct 30	\$40(R); \$52(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

View activity: 23643-502a	8 - 13 yrs.	14 classes	Sun	10:00 am-3:00 pm	starts Sep 13	\$525(R); \$683(NR)
View activity: 23643-502D	8 - 13 yrs.	6 classes	Mon	6:30-8:00 pm	starts Oct 5	\$120(R); \$156(NR)
View activity: 23643-502C	8 - 13 yrs.	6 classes	Tue	6:30-8:00 pm	starts Oct 6	\$120(R); \$156(NR)
View activity: 23643-502B	8 - 13 yrs.	6 classes	Thu	6:30-8:00 pm	starts Oct 8	\$120(R); \$156(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

View activity: 23624-504A	13 & up	6 classes	Thu	7:00-8:00 pm	starts Sep 3	\$48(R); \$63(NR)
View activity: 23624-504B	13 & up	5 classes	Thu	7:00-8:00 pm	starts Oct 22	\$40(R); \$52(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

View activity: 23645-527A	18 & up	6 classes	Tue	9:00-10:00 am	starts Sep 15	\$30(R); \$39(NR)
View activity: 23645-527B	18 & up	6 classes	Tue	9:00-10:00 am	starts Nov 3	\$25(R); \$33(NR)

Southern Area Aquatics & Recreation Complex

saarc@pgparks.com

View activity: 23645-575DA	18 & up	4 classes	Sun	2:00-3:30 pm	starts Sep 6	\$34(R); \$45(NR)
View activity: 23645-575DB	18 & up	4 classes	Sun	2:00-3:30 pm	starts Oct 4	\$34(R); \$45(NR)
View activity: 23645-575DC	18 & up	5 classes	Sun	2:00-3:30 pm	starts Nov 1	\$43.00(R); \$56.00(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!

Patuxent Community Center

patuxentcc@pgparks.com

View activity: 23646-560A	13 & up	6 classes	Tue	7:20-8:50 pm	starts Sep 1	\$60(R); \$78(NR)
View activity: 23646-560B	13 & up	6 classes	Tue	7:20-8:50 pm	starts Oct 20	\$60(R); \$78(NR)

Potomac Landing Community Ctr

potomaclandingcc@pgparks.com

View activity: 23646-565A	13 & up	6 classes	Tue	7:00-8:30 pm	starts Sep 1	\$60(R); \$78(NR)
View activity: 23646-565B	13 & up	6 classes	Tue	7:00-8:30 pm	starts Oct 20	\$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
View activity: 23639-525A	13 & up	5 classes	Mon	7:00-8:30 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 23639-525B	13 & up	6 classes	Mon	7:00-8:30 pm	starts Oct 26	\$54(R); \$71(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23639-577A	13 & up	6 classes	Thu	6:30-8:00 pm	starts Sep 3	\$54(R); \$71(NR)
View activity: 23639-577C	13 & up	6 classes	Sat	12:00-1:30 pm	starts Sep 5	\$54(R); \$71(NR)
View activity: 23639-577B	13 & up	5 classes	Thu	6:30-8:00 pm	starts Oct 22	\$45(R); \$59(NR)
View activity: 23639-577D	13 & up	6 classes	Sat	12:00-1:30 pm	starts Oct 24	\$54(R); \$71(NR)

Music Business

Want to avoid hitting sour notes in the music business? Discover insider information on how to break into the music industry and to build a strong business foundation. Learn about performances, media, marketing, and revenue streams. Gain the necessary support to grow as a self-confident, successful artist. Register today and your next career move may be music to your ears!

Kentland Community Center						kentlandcc@pgparks.com
View activity: 23658-502C	12 - 18 yrs.	14 classes	Fri	6:30-9:00 pm	starts Sep 11	\$150(R); \$195(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
View activity: 23615-574A	6 & up	8 classes	Sat	1:00-2:00 pm	starts Sep 5	\$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
View activity: 23616-575C	18 & up	12 classes	Sat	1:15-2:15 pm	starts Sep 5	\$78(R); \$102(NR)
View activity: 23616-575D	18 & up	12 classes	Sat	2:30-3:30 pm	starts Sep 5	\$78(R); \$102(NR)

Pre-Ballet: Mixed Ages

Dreaming of dancing? Your child will enter the graceful world of ballet as they learn creative movement and rhythm. Little ones will develop skills in listening, coordination, and muscle control while increasing their overall body awareness. What an exciting way for children to build their self-confidence also as they move to the music. Don't let your child miss the opportunity to release the twinkle in their toes!

Bowie Community Center						bowiecc@pgparks.com
View activity: 23617-509A	5 - 7 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 12	\$48(R); \$63(NR)
View activity: 23617-509B	5 - 7 yrs.	6 classes	Sat	10:00-11:00 am	starts Oct 24	\$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
View activity: 236100-532A	18 & up	6 classes	Wed	6:30-7:45 pm	starts Sep 2	\$60(R); \$78(NR)
View activity: 236100-532B	18 & up	6 classes	Wed	6:30-7:45 pm	starts Oct 21	\$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
View activity: 23626-540A	7-13 yrs.	4 classes	Thu	6:30-7:30 pm	starts Sep 3	\$40(R); \$52(NR)
View activity: 23626-540B	7-13 yrs.	4 classes	Thu	6:30-7:30 pm	starts Oct 8	\$40(R); \$52(NR)

SPORTS

PRE-SCHOOLERS

Basketball Skills: Pre-Schoolers

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

Baden Community Center						badencc@pgparks.com
View activity: 27114-504A	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 27114-509A	3 - 5 yrs.	5 classes	Sat	9:00-9:45 am	starts Sep 5	\$40(R); \$52(NR)
View activity: 27114-504B	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Oct 24	\$48(R); \$63(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27114-534A	3 - 5 yrs.	6 classes	Tue	6:30-7:15 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 27114-534B	3 - 5 yrs.	6 classes	Tue	6:30-7:15 pm	starts Oct 20	\$48(R); \$63(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 27114-516A	3 - 5 yrs.	6 classes	Sat	10:30-11:15 am	starts Sep 19	\$35(R); \$46(NR)
View activity: 27114-516B	3 - 5 yrs.	6 classes	Sat	10:30-11:15 am	starts Nov 7	\$35(R); \$46(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 27114-547A	3 - 5 yrs.	6 classes	Wed	6:30-7:15 pm	starts Sep 2	\$48(R); \$63(NR)
View activity: 27114-547B	3 - 5 yrs.	6 classes	Wed	6:30-7:15 pm	starts Oct 21	\$48(R); \$63(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27114-552A	3 - 5 yrs.	6 classes	Sat	12:15-1:00 pm	starts Sep 12	\$64(R); \$84(NR)
View activity: 27114-552B	3 - 5 yrs.	6 classes	Sat	12:15-1:00 pm	starts Oct 24	\$64(R); \$84(NR)
North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 27114-553C	4 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Sep 1	\$48(R); \$63(NR)
View activity: 27114-553A	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 27114-553D	4 - 5 yrs.	6 classes	Tue	6:00-6:45 pm	starts Oct 20	\$48(R); \$63(NR)
View activity: 27114-553B	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Oct 24	\$48(R); \$63(NR)

Patuxent Community Center							patuxentcc@pgparks.com
View activity: 27114-560A	3 - 5 yrs.	6 classes	Wed	6:30-7:15 pm	starts Sep 2	\$48(R); \$63(NR)	
View activity: 27114-560B	3 - 5 yrs.	6 classes	Wed	6:30-7:15 pm	starts Oct 21	\$48(R); \$63(NR)	
Peppermill Community Center							peppermillcc@pgparks.com
View activity: 27114-562A	3 - 5 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 5	\$50(R); \$65(NR)	
View activity: 27114-562B	3 - 5 yrs.	6 classes	Sat	10:00-11:00 am	starts Oct 17	\$50(R); \$65(NR)	
Southern Area Aquatics & Recreation Complex							saarc@pgparks.com
View activity: 27114-575B	3 - 5 yrs.	6 classes	Tue	5:30-6:15 pm	starts Sep 1	\$39(R); \$51(NR)	
View activity: 27114-575DA	3 - 5 yrs.	6 classes	Thu	5:30-6:15 pm	starts Sep 3	\$39(R); \$51(NR)	
View activity: 27114-575DC	3 - 5 yrs.	6 classes	Sat	8:00-8:45 am	starts Sep 5	\$39(R); \$51(NR)	
View activity: 27114-575C	3 - 5 yrs.	6 classes	Tue	5:30-6:15 pm	starts Oct 13	\$39(R); \$51(NR)	
View activity: 27114-575DB	3 - 5 yrs.	6 classes	Thu	5:30-6:15 pm	starts Oct 15	\$39(R); \$51(NR)	
View activity: 27114-575E	3 - 5 yrs.	6 classes	Sat	8:00-8:45 am	starts Oct 17	\$39(R); \$51(NR)	
Southern Region Technology & Recreation							techrec@pgparks.com
View activity: 27114-577C	3 - 5 yrs.	6 classes	Tue	5:30-6:15 pm	starts Sep 1	\$48(R); \$63(NR)	
View activity: 27114-577A	4 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Sep 5	\$48(R); \$63(NR)	
View activity: 27114-577D	3 - 5 yrs.	6 classes	Tue	5:30-6:15 pm	starts Oct 20	\$48(R); \$63(NR)	
View activity: 27114-577B	4 - 5 yrs.	6 classes	Sat	9:00-9:45 am	starts Oct 24	\$48(R); \$63(NR)	
Stephen Decatur Community Center							stephendecaturcc@pgparks.com
View activity: 27114-580A	3 - 5 yrs.	5 classes	Mon	6:30-7:15 pm	starts Sep 14	\$40(R); \$52(NR)	
View activity: 27114-580B	3 - 5 yrs.	6 classes	Mon	6:30-7:15 pm	starts Oct 26	\$48(R); \$63(NR)	
Suitland Community Center							suitlandcc@pgparks.com
View activity: 27114-581A	3 - 5 yrs.	5 classes	Mon	6:15-7:00 pm	starts Sep 14	\$40(R); \$52(NR)	
View activity: 27114-581B	3 - 5 yrs.	6 classes	Mon	6:15-7:00 pm	starts Oct 26	\$48(R); \$63(NR)	
Tucker Road Community Center							tuckerroadcc@pgparks.com
View activity: 27114-584A	3 - 5 yrs.	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$48(R); \$63(NR)	
View activity: 27114-584B	3 - 5 yrs.	6 classes	Sat	11:00-11:45 am	starts Oct 24	\$48(R); \$63(NR)	
Upper Marlboro Community Center							uppermarlborocc@pgparks.com
View activity: 27114-586A	3 - 5 yrs.	6 classes	Wed	6:40-7:25 pm	starts Sep 2	\$48(R); \$63(NR)	
View activity: 27114-586B	3 - 5 yrs.	6 classes	Wed	6:40-7:25 pm	starts Oct 21	\$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
View activity: 27115-540A	3 - 5 yrs.	4 classes	Mon	5:00-5:55 pm	starts Sep 7	\$40(R); \$52(NR)	
View activity: 27115-540B	3 - 5 yrs.	4 classes	Mon	5:00-5:55 pm	starts Oct 12	\$40(R); \$52(NR)	

Boxing: Preschool

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
View activity: 27139-540A	3 - 5 yrs.	4 classes	Mon	4:00-4:25 pm	starts Sep 7	\$30(R); \$39(NR)
View activity: 27139-540AA	3 - 5 yrs.	4 classes	Mon	4:30-4:55 pm	starts Sep 7	\$30(R); \$39(NR)
View activity: 27139-540B	3 - 5 yrs.	4 classes	Mon	4:00-4:45 pm	starts Oct 12	\$30(R); \$39(NR)
View activity: 27139-540BB	3 - 5 yrs.	4 classes	Mon	4:30-4:55 pm	starts Oct 12	\$30(R); \$39(NR)

Futsal: Pre-School

Futsal (also known as futsal or footsal) is a variant of soccer played on a hard court, smaller than a soccer field, and mainly indoors. Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor soccer, the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller, harder, low-bounce ball. The surface, ball, and rules together favor ball control and passing in small spaces. The emphasis is on improvisation, creativity and technique.

Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27126-560	4 - 5 yrs.	8 classes	Sun	1:00-2:30 pm	starts Sep 13	\$120(R); \$156(NR)

Gymnastics: Gym Kids

Do you have an elastic, gymnastic kid in your house? Stretch their imagination and bodies in this fun class of skill development on all gymnastics equipment! We emphasize mastering basic locomotive development, socialization, and listening skills.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27102-523D	4 - 5 yrs.	13 classes	Tue	6:00-6:45 pm	starts Sep 8	\$195(R); \$254(NR)
View activity: 27102-523F	4 - 5 yrs.	12 classes	Thu	6:00-6:45 pm	starts Sep 10	\$180(R); \$234(NR)
View activity: 27102-523G	4 - 5 yrs.	13 classes	Sat	10:30-11:15 am	starts Sep 12	\$195(R); \$254(NR)
View activity: 27102-523H	4 - 5 yrs.	13 classes	Sat	9:30-10:15 am	starts Sep 12	\$195(R); \$254(NR)
View activity: 27102-523A	4 - 5 yrs.	12 classes	Mon	5:30-6:15 pm	starts Sep 14	\$180(R); \$234(NR)
View activity: 27102-523B	4 - 5 yrs.	12 classes	Mon	6:30-7:15 pm	starts Sep 14	\$180(R); \$234(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27102-568A	4 yrs.	10 classes	Mon	4:30-5:15 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568F	4 yrs.	10 classes	Mon	5:30-6:15 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568Q	4 yrs.	10 classes	Mon	6:30-7:15 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568B	4 yrs.	10 classes	Tue	10:00-10:45 am	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568H	4 yrs.	10 classes	Tue	4:30-5:15 pm	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568I	4 yrs.	10 classes	Tue	5:30-6:15 pm	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568J	4 yrs.	9 classes	Wed	4:30-5:15 pm	starts Sep 16	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568K	4 yrs.	9 classes	Wed	5:30-6:15 pm	starts Sep 16	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568O	4 yrs.	9 classes	Wed	6:30-7:15 pm	starts Sep 16	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568D	4 yrs.	10 classes	Thu	4:30-5:15 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568G	4 yrs.	10 classes	Thu	6:15-7:00 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568P	4 yrs.	10 classes	Thu	5:30-6:15 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568E	4 yrs.	10 classes	Sat	9:15-10:00 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568L	4 yrs.	10 classes	Sat	10:30-11:15 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568M	4 yrs.	10 classes	Sat	11:15 am-12:00 pm	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27102-568N	4 yrs.	10 classes	Sat	12:00-12:45 pm	starts Sep 19	\$154(R); \$201(NR); \$116(IA)

Gymnastics: One, Two & You

Giggles, growing, and gymnastics! This co-ed class has it all as we develop your child's motor skills, eye/hand coordination, body awareness, socialization, and listening skills. Join other lively pre-schoolers and parents in this fun-filled course! Adult participation is required and only registered students may be in the gym.

Fairland Sports Complex						fairlandsports@pgparks.com	
View activity: 27103-523A	1 - 3 yrs.	13 classes	Tue	10:30-11:15 am	starts Sep 8	\$195(R); \$254(NR)	
View activity: 27103-523b	1 - 3 yrs.	13 classes	Sat	9:30-10:15 am	starts Sep 12	\$195(R); \$254(NR)	
View activity: 27103-523C	1 - 3 yrs.	13 classes	Sat	10:30-11:15 am	starts Sep 12	\$195(R); \$254(NR)	
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27103-568A	1 - 3 yrs.	10 classes	Mon	6:15-7:00 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)	
View activity: 27103-568B	1 - 3 yrs.	10 classes	Tue	10:45-11:30 am	starts Sep 15	\$154(R); \$201(NR); \$116(IA)	
View activity: 27103-568C	1 - 3 yrs.	10 classes	Tue	6:15-7:00 pm	starts Sep 15	\$154(R); \$201(NR); \$116(IA)	
View activity: 27103-568G	1 - 3 yrs.	9 classes	Wed	6:15-7:00 pm	starts Sep 16	\$154(R); \$201(NR); \$116(IA)	
View activity: 27103-568E	1 - 3 yrs.	10 classes	Sat	9:30-10:15 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)	
View activity: 27103-568F	1 - 3 yrs.	10 classes	Sat	10:15-11:00 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)	

Gymnastics: Pre-Schoolers, Girls, Bronze Level

Introduces basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27101-568I	5yrs.	10 classes	Mon	5:30-6:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568J	5yrs.	10 classes	Mon	6:30-7:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568H	5yrs.	10 classes	Tue	4:30-5:30 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568K	5yrs.	20 classes	Tue & Thu	5:45-6:45 pm	starts Sep 15	\$291(R); \$379(NR); \$219(IA)	
View activity: 27101-568L	5yrs.	10 classes	Tue	5:45-6:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568F	5yrs.	9 classes	Wed	4:30-5:30 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)	
View activity: 27101-568G	5yrs.	9 classes	Wed	5:30-6:30 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)	
View activity: 27101-568D	5yrs.	10 classes	Thu	5:45-6:45 pm	starts Sep 17	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568A	5yrs.	10 classes	Sat	9:15-10:15 am	starts Sep 19	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568B	5yrs.	10 classes	Sat	10:30-11:30 am	starts Sep 19	\$169(R); \$220(NR); \$127(IA)	
View activity: 27101-568C	5yrs.	10 classes	Sat	12:30-1:30 pm	starts Sep 19	\$169(R); \$220(NR); \$127(IA)	

Gymnastics: Tiny Tumblers

Is your young one always tumbling on the floor, couch, or bed? Harness his or her energy in this exciting co-ed class without parents, where they will learn basic gymnastics on all equipment! We focus on motor skill development, body awareness, eye/hand coordination, socialization, and listening.

Fairland Sports Complex						fairlandsports@pgparks.com	
View activity: 27104-523B	3 - 4 yrs.	13 classes	Tue	4:15-5:00 pm	starts Sep 8	\$195(R); \$254(NR)	
View activity: 27104-523C	3 - 4 yrs.	12 classes	Thu	10:30-11:15 am	starts Sep 10	\$180(R); \$234(NR)	
View activity: 27104-523D	3 - 4 yrs.	12 classes	Thu	4:15-5:00 pm	starts Sep 10	\$180(R); \$234(NR)	
View activity: 27104-523E	3 - 4 yrs.	13 classes	Sat	9:30-10:15 am	starts Sep 12	\$195(R); \$254(NR)	
View activity: 27104-523G	3 - 4 yrs.	13 classes	Sat	10:30-11:15 am	starts Sep 12	\$195(R); \$254(NR)	
View activity: 27104-523A	3 - 4 yrs.	12 classes	Mon	4:30-5:15 pm	starts Sep 14	\$180(R); \$234(NR)	

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27104-568A	3 yrs.	10 classes	Mon	4:30-5:15 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568B	3 yrs.	10 classes	Mon	5:30-6:15 pm	starts Sep 14	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568D	3 yrs.	10 classes	Tue	10:00-10:45 am	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568F	3 yrs.	10 classes	Tue	4:30-5:15 pm	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568G	3 yrs.	10 classes	Tue	5:30-6:15 pm	starts Sep 15	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568I	3 yrs.	9 classes	Wed	4:30-5:15 pm	starts Sep 16	\$139(R); \$181(NR); \$105(IA)
View activity: 27104-568J	3 yrs.	9 classes	Wed	5:30-6:15 pm	starts Sep 16	\$139(R); \$181(NR); \$105(IA)
View activity: 27104-568K	3 yrs.	9 classes	Wed	6:30-7:15 pm	starts Sep 16	\$139(R); \$181(NR); \$105(IA)
View activity: 27104-568C	3 yrs.	10 classes	Thu	5:30-6:15 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568L	3 yrs.	10 classes	Thu	4:30-5:15 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568R	3 yrs.	10 classes	Thu	6:15-7:00 pm	starts Sep 17	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568M	3 yrs.	10 classes	Sat	9:15-10:00 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568N	3 yrs.	10 classes	Sat	10:30-11:15 am	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568O	3 yrs.	10 classes	Sat	11:15 am-12:00 pm	starts Sep 19	\$154(R); \$201(NR); \$116(IA)
View activity: 27104-568P	3 yrs.	10 classes	Sat	12:00-12:45 pm	starts Sep 19	\$154(R); \$201(NR); \$116(IA)

Ice Skating: Teddy Bear

Your ice prince or princess doesn't have to be 'Frozen' to master the ice! Join this exciting class where your little one will be empowered with self-confidence to reign in the rink. Instructors will work with both parent and child to help them develop skills including crawling, standing, walking, jumping, hopping, turning, and gliding on ice. Parents are encouraged to wear tennis shoes for walking on carpet alongside their child who wears skates on the ice.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27105-533D	1 - 4 yrs.	4 classes	Sat	11:00-11:30 am	starts Oct 3	\$56(R); \$73(NR)
View activity: 27105-533E	1 - 4 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27105-533F	1 - 4 yrs.	4 classes	Mon	6:15-6:45 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27105-533A	1 - 4 yrs.	6 classes	Sat	11:00-11:30 am	starts Oct 31	\$85(R); \$111(NR)
View activity: 27105-533B	1 - 4 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27105-533C	1 - 4 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Tot 1

Standing on ice, falling properly, getting up, marching in place and while moving, two-foot jump in place, forward swizzle, standing still, and moving swizzle.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27106-533E	3 - 5 yrs.	4 classes	Sat	11:00-11:30 am	starts Oct 3	\$56(R); \$73(NR)
View activity: 27106-533F	3 - 5 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27106-533D	3 - 5 yrs.	4 classes	Mon	6:15-6:45 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27106-533A	3 - 5 yrs.	6 classes	Sat	11:00-11:30 am	starts Oct 31	\$85(R); \$111(NR)
View activity: 27106-533B	3 - 5 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27106-533C	3 - 5 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Tot 2

Preparation for beginning stroke, snowplow stop, teapot glide, forward swizzle, backward wiggle, backward swizzle, one-foot snowplow stop, right/left foot t-position and push, and games incorporating the skills learned.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27107-533C	3 - 5 yrs.	4 classes	Sat	11:00-11:30 am	starts Oct 3	\$56(R); \$73(NR)
View activity: 27107-533D	3 - 5 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27107-533A	3 - 5 yrs.	6 classes	Sat	11:00-11:30 am	starts Oct 31	\$85(R); \$111(NR)
View activity: 27107-533B	3 - 5 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)

Ice Skating: Tot 3

Tots must have completed Ice Skating: Tot 2 course. Skaters will refine skills including skating on one foot and stopping, and learn forward crossover skating.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27108-533B	3 - 5 yrs.	4 classes	Sat	11:00-11:30 am	starts Oct 3	\$56(R); \$73(NR)
View activity: 27108-533A	3 - 5 yrs.	6 classes	Sat	11:00-11:30 am	starts Oct 31	\$85(R); \$111(NR)

Learn To Skate: Snow Plow Sam 1

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27130-585A	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27130-585B	3 - 5 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27130-585C	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 27130-585D	3 - 5 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn To Skate: Snow Plow Sam 2

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27131-585A	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27131-585B	3 - 5 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27131-585C	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 27131-585D	3 - 5 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn To Skate: Snow Plow Sam 3

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27132-585A	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27132-585B	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)

Learn To Skate: Snow Plow Sam 4

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27133-585A	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27133-585B	3 - 5 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)

Soccer Skills: Pre-Schoolers

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

Glenn Dale Community Center							glenndalecc@pgparks.com
View activity: 27109-527A	3 - 5 yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Sep 26		\$35(R); \$46(NR)
Lakeland College Park Community Ctr							collegeparkcc@pgparks.com
View activity: 27109-516A	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 19		\$35(R); \$46(NR)
View activity: 27109-516B	3 - 5 yrs.	6 classes	Sat	10:30-11:15 am	starts Sep 19		\$35(R); \$46(NR)
View activity: 27109-516AA	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Nov 7		\$35(R); \$46(NR)
View activity: 27109-516BB	3 - 5 yrs.	6 classes	Sat	10:30-11:15 am	starts Nov 7		\$35(R); \$46(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27109-552A	3 - 5 yrs.	8 classes	Sat	10:15-11:00 am	starts Sep 12		\$60(R); \$78(NR)
View activity: 27109-552B	3 - 5 yrs.	6 classes	Sat	10:15-10:45 am	starts Nov 7		\$45(R); \$59(NR)
North Forestville Community Ctr							northforestvillecc@pgparks.com
View activity: 27109-553A	3 - 5 yrs.	6 classes	Sat	11:25 am-12:10 pm	starts Sep 12		\$48(R); \$63(NR)
View activity: 27109-553B	3 - 5 yrs.	5 classes	Sat	11:25 am-12:10 pm	starts Oct 31		\$40(R); \$52(NR)
Patuxent Community Center							patuxentcc@pgparks.com
View activity: 27109-560A	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 5		\$48(R); \$63(NR)
View activity: 27109-560B	3 - 5 yrs.	6 classes	Sat	9:30-10:15 am	starts Oct 24		\$48(R); \$63(NR)
Potomac Landing Community Ctr							potomaclandingcc@pgparks.com
View activity: 27109-565A	3 - 5 yrs.	5 classes	Mon	5:30-6:15 pm	starts Sep 14		\$40(R); \$52(NR)
View activity: 27109-565B	3 - 5 yrs.	6 classes	Mon	5:30-6:15 pm	starts Oct 26		\$48(R); \$63(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 27109-574A	3 - 5 yrs.	8 classes	Sat	3:00-4:00 pm	starts Sep 5		\$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!

John E. Howard Community Center							johnehowardcc@pgparks.com
View activity: 27110-538	4 - 5 yrs.	6 classes	Sat	9:30-11:00 am	starts Sep 12		\$120(R); \$156(NR)
Kentland Community Center							kentlandcc@pgparks.com
View activity: 27110-540A	4 - 5 yrs.	4 classes	Tue	4:00-5:00 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 27110-540B	4 - 5 yrs.	4 classes	Tue	4:00-5:00 pm	starts Oct 6		\$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
View activity: 27137-519A	4 - 5 yrs.	6 classes	Mon	5:00-6:00 pm	starts Sep 7		\$54(R); \$71(NR)
View activity: 27137-519D	4 - 5 yrs.	6 classes	Mon	5:00-6:00 pm	starts Oct 19		\$54(R); \$71(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27137-523A	3 - 5 yrs.	6 classes	Wed	11:00 am-12:00 pm	starts Sep 9	\$60(R); \$78(NR)
View activity: 27137-523C	3 - 5 yrs.	6 classes	Wed	10:00-11:00 am	starts Sep 9	\$60(R); \$78(NR)
View activity: 27137-523B	3 - 5 yrs.	5 classes	Wed	11:00 am-12:00 pm	starts Oct 21	\$50(R); \$65(NR)
View activity: 27137-523D	3 - 5 yrs.	5 classes	Wed	10:00-11:00 am	starts Oct 21	\$50(R); \$65(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27137-552A	3 - 5 yrs.	6 classes	Wed	4:15-5:00 pm	starts Sep 2	\$60(R); \$78(NR)
View activity: 27137-552B	3 - 5 yrs.	6 classes	Wed	4:15-5:00 pm	starts Oct 14	\$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!

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27112-552A	0 - 5 yrs.	6 classes	Mon & Wed	10:30-11:15 am	starts Sep 14	\$50(R); \$65(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 27112-566A	0 - 5 yrs.	7 classes	Sun	12:00-12:45 pm	starts Sep 6	\$35(R); \$46(NR)
View activity: 27112-566B	0 - 5 yrs.	6 classes	Sun	12:00-12:45 pm	starts Nov 1	\$35(R); \$46(NR)
Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 27112-571A	0 - 5 yrs.	4 classes	Sat	9:00-9:45 am	starts Sep 12	\$40(R); \$52(NR)
View activity: 27112-571B	0 - 5 yrs.	3 classes	Sat	9:00-9:45 am	starts Oct 10	\$30(R); \$39(NR)
View activity: 27112-571C	0 - 5 yrs.	3 classes	Sat	9:00-9:45 am	starts Nov 7	\$30(R); \$39(NR)

CHILDREN

Baseball League

Play Ball! Whether you are new to the game or want to improve you game, this is the Fall league for you. Players will get the reps to improve their baseball skills. Teams jersey and hat are included in registration fee.

Tucker Road Community Park/Athletic Complex						countywidesports@pgparks.com
View activity: 27262-599E	7 - 8 yrs.	12 classes	Mon & Sat	6:00-7:00 pm	starts Sep 14	\$60(R); \$78(NR)
View activity: 27262-599I	9 - 12 yrs.	10 classes	Mon & Sat	7:00-8:00 pm	starts Sep 14	\$60(R); \$78(NR)
Walker Mill Regional Park						countywidesports@pgparks.com
View activity: 27262-599F	7 - 8 yrs.	12 classes	Thu & Sat	6:00-7:00 pm	starts Sep 17	\$60(R); \$78(NR)
View activity: 27262-599N	9 - 12 yrs.	10 classes	Thu & Sat	7:00-8:00 pm	starts Sep 17	\$60(R); \$78(NR)
Watkins Regional Park						countywidesports@pgparks.com
View activity: 27262-599G	7 - 8 yrs.	12 classes	Wed & Sat	6:00-7:00 pm	starts Sep 16	\$60(R); \$78(NR)
View activity: 27262-599K	9 - 12 yrs.	10 classes	Wed & Sat	7:00-8:00 pm	starts Sep 16	\$60(R); \$78(NR)

Baseball Skills

Children will learn basics including running, throwing, catching and hitting.

Prince George's Stadium						countywidesports@pgparks.com
View activity: 27254-599A	8 - 12 yrs.	3 classes	Mon	5:30-6:30 pm	starts Nov 2	\$30(R); \$39(NR)
View activity: 27254-599B	8 - 12 yrs.	3 classes	Wed	5:30-6:30 pm	starts Nov 4	\$30(R); \$39(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
View activity: 27266-560A	7 - 12 yrs.	6 classes	Wed	7:20-8:20 pm	starts Sep 2	\$54(R); \$71(NR)
View activity: 27266-560B	7 - 12 yrs.	6 classes	Wed	7:20-8:20 pm	starts Oct 21	\$54(R); \$71(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 27266-590A	6 - 8 yrs.	10 classes	Sat	10:00-11:00 am	starts Sep 5	\$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!

Deerfield Run Community Center						deerfieldcc@pgparks.com
View activity: 27227-520A	6 - 8 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 5	\$60(R); \$78(NR)
View activity: 27227-520C	9 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 5	\$60(R); \$78(NR)
View activity: 27227-520B	6 - 8 yrs.	6 classes	Sat	10:00-11:00 am	starts Oct 31	\$60(R); \$78(NR)
View activity: 27227-520D	9 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Oct 31	\$60(R); \$78(NR)
Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 27227-525A	6 - 12 yrs.	6 classes	Sat	9:30-10:30 am	starts Sep 5	\$48(R); \$63(NR)
View activity: 27227-525B	6 - 12 yrs.	6 classes	Sat	9:30-10:30 am	starts Oct 24	\$48(R); \$63(NR)
Glenarden Community Center						glenardenc@pgparks.com
View activity: 27227-526A	6 - 12 yrs.	5 classes	Tue & Thu	6:30-7:30 pm	starts Sep 15	\$40(R); \$52(NR)
View activity: 27227-526C	6 - 12 yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Oct 6	\$40(R); \$52(NR)
View activity: 27227-526E	6 - 12 yrs.	6 classes	Tue & Thu	6:30-7:30 pm	starts Nov 3	\$40(R); \$52(NR)
Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 27227-527A	6 - 8 yrs.	6 classes	Sat	11:15 am-12:15 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27227-527B	9 - 12 yrs.	6 classes	Sat	12:30-1:30 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27227-527C	6 - 8 yrs.	6 classes	Sat	11:15 am-12:15 pm	starts Nov 7	\$35(R); \$46(NR)
View activity: 27227-527D	9 - 12 yrs.	6 classes	Sat	12:30-1:30 pm	starts Nov 7	\$35(R); \$46(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27227-534A	6 - 12 yrs.	6 classes	Tue	7:15-8:15 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 27227-534B	6 - 12 yrs.	6 classes	Tue	7:15-8:15 pm	starts Oct 20	\$54(R); \$71(NR)
Indian Queen Recreation Center						indianqueenrecreationcenterstaff@mncppc.org
View activity: 27227-536A	6 - 12 yrs.	6 classes	Fri	6:00-7:00 pm	starts Sep 4	\$40(R); \$52(NR)
View activity: 27227-536B	6 - 12 yrs.	6 classes	Fri	6:00-7:00 pm	starts Oct 23	\$40(R); \$52(NR)
Kentland Community Center						kentlandcc@pgparks.com
View activity: 27227-540A	6 - 8 yrs.	4 classes	Mon	6:00-6:55 pm	starts Sep 7	\$45(R); \$59(NR)
View activity: 27227-540B	6 - 8 yrs.	4 classes	Mon	6:00-6:55 pm	starts Oct 12	\$45(R); \$59(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 27227-516A	6 - 8 yrs.	6 classes	Sat	9:30-10:15 am	starts Sep 19	\$35(R); \$46(NR)
View activity: 27227-516B	9 - 12 yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Sep 19	\$35(R); \$46(NR)
View activity: 27227-516AA	6 - 8 yrs.	6 classes	Sat	9:30-10:15 am	starts Nov 7	\$35(R); \$46(NR)
View activity: 27227-516D	9 - 12 yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Nov 7	\$35(R); \$46(NR)

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 27227-547A	6 - 12 yrs.	6 classes	Wed	7:20-8:20 pm	starts Sep 2	\$54(R); \$71(NR)
View activity: 27227-547B	6 - 12 yrs.	6 classes	Wed	7:20-8:20 pm	starts Oct 21	\$54(R); \$71(NR)
North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 27227-553A	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 27227-553B	6 - 12 yrs.	6 classes	Tue	6:50-7:50 pm	starts Oct 20	\$54(R); \$71(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 27227-562A	6 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 5	\$50(R); \$65(NR)
View activity: 27227-562B	6 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Oct 17	\$50(R); \$65(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 27227-566A	6 - 8 yrs.	7 classes	Sun	1:00-2:00 pm	starts Sep 6	\$40(R); \$52(NR)
View activity: 27227-566B	9 - 12 yrs.	7 classes	Sun	2:00-3:00 pm	starts Sep 6	\$45(R); \$59(NR)
View activity: 27227-566AA	6 - 8 yrs.	6 classes	Sun	1:00-2:00 pm	starts Nov 1	\$45(R); \$59(NR)
View activity: 27227-566BB	9 - 12 yrs.	6 classes	Sun	2:00-3:00 pm	starts Nov 1	\$45(R); \$59(NR)
Seat Pleasant Activity Center						seatpleasantcc@pgparks.com
View activity: 27227-516E	7 - 12 yrs.	8 classes	Mon & Wed	7:00-7:50 pm	starts Sep 14	\$60(R); \$78(NR)
View activity: 27227-517F	7 - 12 yrs.	8 classes	Mon & Wed	7:00-7:50 pm	starts Oct 19	\$60(R); \$78(NR)
Stephen Decatur Community Center						stephendecaturcc@pgparks.com
View activity: 27227-580A	6 - 12 yrs.	5 classes	Mon	7:20-8:20 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 27227-580B	6 - 12 yrs.	6 classes	Mon	7:20-8:20 pm	starts Oct 26	\$54(R); \$71(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 27227-581A	6 - 12 yrs.	5 classes	Mon	7:10-8:10 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 27227-581B	6 - 12 yrs.	6 classes	Mon	7:00-8:00 pm	starts Oct 26	\$54(R); \$71(NR)
Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 27227-584A	6 - 12 yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Sep 5	\$54(R); \$71(NR)
View activity: 27227-584B	6 - 12 yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Oct 24	\$54(R); \$71(NR)
Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 27227-586A	6 - 12 yrs.	6 classes	Wed	7:30-8:30 pm	starts Sep 2	\$54(R); \$71(NR)
View activity: 27227-586B	6 - 12 yrs.	6 classes	Wed	7:30-8:30 pm	starts Oct 21	\$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						badencc@pgparks.com
View activity: 27228-504A	6 - 12 yrs.	6 classes	Sat	10:15-11:15 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 27228-504B	6 - 12 yrs.	6 classes	Sat	10:15-11:15 am	starts Oct 24	\$54(R); \$71(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27228-552A	6 - 8 yrs.	6 classes	Sat	1:00-1:45 pm	starts Sep 12	\$64(R); \$84(NR)
View activity: 27228-552B	6 - 8 yrs.	6 classes	Sat	1:00-1:45 pm	starts Oct 24	\$64(R); \$84(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 27228-575A	6 - 12 yrs.	6 classes	Tue	6:30-7:15 pm	starts Sep 1	\$39(R); \$51(NR)
View activity: 27228-575C	6 - 12 yrs.	6 classes	Thu	6:30-7:15 pm	starts Sep 3	\$39(R); \$51(NR)
View activity: 27228-575F	6 - 12 yrs.	6 classes	Sat	9:00-9:45 am	starts Sep 5	\$39(R); \$51(NR)
View activity: 27228-575B	6 - 12 yrs.	6 classes	Tue	6:30-7:15 pm	starts Oct 13	\$30(R); \$39(NR)
View activity: 27228-575E	6 - 12 yrs.	6 classes	Thu	6:30-7:15 pm	starts Oct 15	\$39(R); \$51(NR)
View activity: 27228-575G	6 - 12 yrs.	6 classes	Sat	9:00-9:45 am	starts Oct 17	\$39(R); \$51(NR)

Southern Region Technology & Recreation

techrec@pgparks.com

View activity: 27228-577C	6 - 12 yrs.	6 classes	Tue	6:20-7:20 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 27228-577A	6 - 12 yrs.	6 classes	Sat	9:50-10:50 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 27228-577D	6 - 12 yrs.	6 classes	Tue	6:20-7:20 pm	starts Oct 20	\$54(R); \$71(NR)
View activity: 27228-577B	6 - 12 yrs.	6 classes	Sat	9:50-10:50 am	starts Oct 24	\$54(R); \$71(NR)

Basketball: Children, Intermediate

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

Southern Region Technology & Recreation

techrec@pgparks.com

View activity: 27243-577A	8 - 12 yrs.	6 classes	Sat	10:55-11:55 am	starts Sep 5	\$60(R); \$78(NR)
View activity: 27243-577B	8 - 12 yrs.	6 classes	Sat	10:55-11:55 am	starts Oct 24	\$60(R); \$78(NR)

Boxing: Children

There's more to boxing than fighting! Learn boxing skill basics and gain so much more. Boxing is a very fun way to get good exercise, improve focus or school, build your confidence, and your self-esteem. Join us in the boxing ring today!

Glenn Dale Community Center

glennedalecc@pgparks.com

View activity: 27230-527C	6 - 8 yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Sep 15	\$60(R); \$78(NR)
View activity: 27230-527D	9 - 12 yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Sep 15	\$60(R); \$78(NR)

Kentland Community Center

kentlandcc@pgparks.com

View activity: 27230-540A	6 - 12 yrs.	4 classes	Mon	5:00-5:55 pm	starts Sep 7	\$40(R); \$52(NR)
View activity: 27230-540B	6 - 12 yrs.	4 classes	Mon	5:00-5:55 pm	starts Oct 12	\$40(R); \$52(NR)

Cheerleading: Children

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

Glenn Dale Community Center

glennedalecc@pgparks.com

View activity: 27231-527AA	6 - 8 yrs.	6 classes	Sat	1:00-2:00 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27231-527BB	9 - 12 yrs.	6 classes	Sat	2:00-3:00 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27231-527CC	6 - 8 yrs.	6 classes	Sat	1:00-2:00 pm	starts Nov 7	\$35(R); \$46(NR)
View activity: 27231-527DD	9 - 12 yrs.	6 classes	Sat	2:00-3:00 pm	starts Nov 7	\$35(R); \$46(NR)

Flag Football: Children

Learn the rules and fundamentals of flag football.

Glenn Dale Community Center

glennedalecc@pgparks.com

View activity: 27245-527A	6 - 8 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 26	\$35(R); \$46(NR)
View activity: 27245-527B	9 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 26	\$35(R); \$46(NR)

Gymnastics: Trampoline & Tumbling, Intermediate

Prerequisites: Trampoline skills: pike jump, back drop, swivel hips, and seat drop to stomach drop. Tumbling skills: round off, cartwheel, and back extension roll.

Fairland Sports Complex

fairlandsports@pgparks.com

View activity: 27212-523B	7 - 12 yrs.	13 classes	Wed	4:30-5:30 pm	starts Sep 9	\$216(R); \$281(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

View activity: 27240-523A	7 - 12 yrs.	13 classes	Wed	7:00-8:00 pm	starts Sep 9	\$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
View activity: 27239-523B	7 - 12 yrs.	13 classes	Wed	6:00-7:00 pm	starts Sep 9	\$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
View activity: 27208-523B	7 - 9 yrs.	13 classes	Tue	5:00-6:00 pm	starts Sep 8	\$216(R); \$281(NR)
View activity: 27208-523C	7 - 9 yrs.	13 classes	Wed	5:30-6:30 pm	starts Sep 9	\$216(R); \$281(NR)
View activity: 27208-523D	7 - 9 yrs.	13 classes	Wed	6:30-7:30 pm	starts Sep 9	\$216(R); \$281(NR)
View activity: 27208-523E	7 - 9 yrs.	12 classes	Thu	5:00-6:00 pm	starts Sep 10	\$199(R); \$259(NR)
View activity: 27208-523F	7 - 9 yrs.	12 classes	Thu	6:00-7:00 pm	starts Sep 10	\$199(R); \$259(NR)
View activity: 27208-523G	7 - 9 yrs.	13 classes	Sat	11:30 am-12:30 pm	starts Sep 12	\$216(R); \$281(NR)
View activity: 27208-523H	7 - 9 yrs.	13 classes	Sat	12:30-1:30 pm	starts Sep 12	\$216(R); \$281(NR)
View activity: 27208-523A	7 - 9 yrs.	12 classes	Mon	5:30-6:30 pm	starts Sep 14	\$199(R); \$259(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27208-568AA	6 - 8 yrs.	10 classes	Mon	4:30-5:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568B	6 - 8 yrs.	10 classes	Mon	6:30-7:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568C	6 - 8 yrs.	10 classes	Mon	5:30-6:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568D	9 - 12 yrs.	10 classes	Mon	7:30-8:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568E	6 - 8 yrs.	19 classes	Mon & Wed	6:30-7:30 pm	starts Sep 14	\$277(R); \$361(NR); \$208(IA)
View activity: 27208-568G	9 - 12 yrs.	10 classes	Tue	7:45-8:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568H	6 - 8 yrs.	10 classes	Tue	4:30-5:30 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568I	6 - 8 yrs.	10 classes	Tue	6:45-7:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568J	6 - 8 yrs.	9 classes	Wed	4:30-5:30 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)
View activity: 27208-568X	6 - 8 yrs.	9 classes	Wed	7:15-8:15 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)
View activity: 27208-568Z	6 - 8 yrs.	9 classes	Wed	6:30-7:30 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)
View activity: 27208-568DD	6 - 8 yrs.	10 classes	Thu	5:45-6:45 pm	starts Sep 17	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568L	6 - 8 yrs.	10 classes	Thu	4:30-5:30 pm	starts Sep 17	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568CC	6 - 8 yrs.	10 classes	Sat	11:30 am-12:30 pm	starts Sep 19	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568R	6 - 8 yrs.	10 classes	Sat	9:15-10:15 am	starts Sep 19	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568S	6 - 8 yrs.	10 classes	Sat	10:30-11:30 am	starts Sep 19	\$169(R); \$220(NR); \$127(IA)
View activity: 27208-568W	9 - 11 yrs.	10 classes	Sat	12:30-1:30 pm	starts Sep 19	\$169(R); \$220(NR); \$127(IA)

Gymnastics: Girls, Children, Gold Level

Prerequisites: Girls Silver Level or floor skills: backbend kick over, round-off and handstand roll. Bar skills: pullover, 5 casts and 3 tap swings.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27209-523B	7 - 12 yrs.	13 classes	Tue	6:00-7:00 pm	starts Sep 8	\$216(R); \$281(NR)
View activity: 27209-523C	7 - 12 yrs.	12 classes	Thu	6:00-7:00 pm	starts Sep 10	\$199(R); \$259(NR)
View activity: 27209-523E	7 - 12 yrs.	13 classes	Sat	10:00-11:00 am	starts Sep 12	\$216(R); \$281(NR)

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	
View activity: 27244-523B	10 - 12 yrs.	12 classes	Thu	7:00-8:00 pm	starts Sep 10	\$199(R); \$259(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	
View activity: 27210-523G	6 - 10 yrs.	13 classes	Tue	7:00-8:00 pm	starts Sep 8	\$216(R); \$281(NR)	
View activity: 27210-523F	6 - 10 yrs.	13 classes	Wed	6:30-7:30 pm	starts Sep 9	\$216(R); \$281(NR)	
View activity: 27210-523H	6 - 10 yrs.	12 classes	Thu	5:00-6:00 pm	starts Sep 10	\$199(R); \$259(NR)	
View activity: 27210-523I	6 - 10 yrs.	13 classes	Sat	11:30 am-12:30 pm	starts Sep 12	\$216(R); \$281(NR)	
View activity: 27210-523J	6 - 10 yrs.	13 classes	Sat	12:30-1:30 pm	starts Sep 12	\$216(R); \$281(NR)	
View activity: 27210-523B	6 - 10 yrs.	12 classes	Mon	7:30-8:30 pm	starts Sep 14	\$199(R); \$259(NR)	

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27210-568A	6 - 12 yrs.	10 classes	Mon	4:30-5:45 pm	starts Sep 14	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568B	6 - 12 yrs.	10 classes	Mon	7:15-8:30 pm	starts Sep 14	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568C	6 - 12 yrs.	20 classes	Mon & Thu	4:30-5:45 pm	starts Sep 14	\$350(R); \$455(NR); \$263(IA)	
View activity: 27210-568N	6 - 12 yrs.	19 classes	Mon & Wed	7:15-8:30 pm	starts Sep 14	\$309(R); \$402(NR); \$232(IA)	
View activity: 27210-568D	6 - 12 yrs.	10 classes	Tue	6:45-8:00 pm	starts Sep 15	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568E	6 - 12 yrs.	20 classes	Tue & Thu	6:45-8:00 pm	starts Sep 15	\$350(R); \$455(NR); \$263(IA)	
View activity: 27210-568AA	6 - 12 yrs.	9 classes	Wed	7:15-8:30 pm	starts Sep 16	\$171(R); \$223(NR); \$128(IA)	
View activity: 27210-568F	6 - 12 yrs.	9 classes	Wed	5:30-6:45 pm	starts Sep 16	\$171(R); \$223(NR); \$128(IA)	
View activity: 27210-568H	6 - 12 yrs.	10 classes	Thu	4:30-5:45 pm	starts Sep 17	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568K	6 - 12 yrs.	10 classes	Sat	9:15-10:30 am	starts Sep 19	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568L	6 - 12 yrs.	10 classes	Sat	11:30 am-12:45 pm	starts Sep 19	\$189(R); \$246(NR); \$142(IA)	
View activity: 27210-568M	6 - 12 yrs.	10 classes	Sat	12:30-1:45 pm	starts Sep 19	\$189(R); \$246(NR); \$142(IA)	

Gymnastics: Trampoline & Tumbling, Beginner

Prerequisites: Trampoline skills: tuck and straddle jumps, seat drop. Floor skills: forward roll, kick to handstand. The class will go over the basic fundamentals of all three events in trampoline, tumbling, and double-mini trampoline. The basic fundamentals will include proper body control, rolling, balancing skills, landings, body shapes, position jumps, and position drops. The instructor will tailor the students workout based on skill ability.

Fairland Sports Complex						fairlandsports@pgparks.com	
View activity: 27211-523B	8 - 12 yrs.	12 classes	Fri	7:30-8:30 pm	starts Sep 11	\$199(R); \$259(NR)	
View activity: 27211-523C	6 - 8 yrs.	12 classes	Fri	6:30-7:30 pm	starts Sep 11	\$199(R); \$259(NR)	

Ice Skating: Alpha

Must have completed Pre-Alpha Level. Forward V push, forward stroking, forward crossovers, back glide and snowplow stop.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27213-533D	6 - 12 yrs.	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27213-533E	6 - 12 yrs.	4 classes	Sat	12:45-1:15 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27213-533F	6 - 12 yrs.	4 classes	Mon	6:15-6:45 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27213-533A	6 - 12 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27213-533B	6 - 12 yrs.	6 classes	Sat	12:45-1:15 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27213-533C	6 - 12 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Alpha Plus

Continue to work on forward V push, forward stroking, forward crossovers, back glide and snowplow stop. Begin backward crossovers and backward skating. Must have completed Alpha level.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27214-533C	6 - 12 yrs.	4 classes	Sat	12:45-1:15 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27214-533D	6 - 12 yrs.	4 classes	Mon	6:45-7:15 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27214-533A	6 - 12 yrs.	6 classes	Sat	12:45-1:15 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27214-533B	6 - 12 yrs.	6 classes	Mon	6:45-7:15 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Beta

Must have completed Alpha Level. Back sculling, back crossover, left and right T-stop, back stroking, back crossovers, and two-foot turn.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27215-533C	6 - 12 yrs.	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27215-533D	6 - 12 yrs.	4 classes	Mon	6:45-7:15 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27215-533A	6 - 12 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27215-533B	6 - 12 yrs.	6 classes	Mon	6:45-7:15 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Delta

Must have completed Gamma Level. Forward inside three turns, forward outside and inside edges, shoot the duck, lunge, and bunny hop.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27216-533C	6 - 12 yrs.	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27216-533D	6 - 12 yrs.	4 classes	Mon	6:45-7:15 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27216-533A	6 - 12 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27216-533B	6 - 12 yrs.	6 classes	Mon	6:45-7:15 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Gamma

Must have completed Beta Level. Forward outside edges, back inside edges, forward outsides three turns and hockey stop.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27217-533C	6 - 12 yrs.	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27217-533D	6 - 12 yrs.	4 classes	Mon	6:45-7:15 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27217-533A	6 - 12 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27217-533B	6 - 12 yrs.	6 classes	Mon	6:45-7:15 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Pre-Alpha

For children with no skating experience. Learn how to skate, fall and get up properly; glide on two feet; do a backward wiggle; and backward and forward swizzle.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27218-533F	6 - 12 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27218-533G	6 - 12 yrs.	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27218-533H	6 - 12 yrs.	4 classes	Sat	12:45-1:15 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27218-533I	6 - 12 yrs.	4 classes	Mon	6:15-6:45 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27218-533A	6 - 12 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27218-533B	6 - 12 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27218-533C	6 - 12 yrs.	6 classes	Sat	12:45-1:15 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27218-533D	6 - 12 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Pre-Alpha Plus

For beginners. Learn to fall and get up properly, skate without falling, glide on two feet, and to skate a backwards wiggle, and backward and forward swizzles. Requirements: Participants must have completed Pre-Alpha level.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27219-533D	6 - 12 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27219-533E	6 - 12 yrs.	4 classes	Sat	12:45-1:15 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27219-533F	6 - 12 yrs.	4 classes	Mon	6:15-6:45 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27219-533A	6 - 12 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27219-533B	6 - 12 yrs.	6 classes	Sat	12:45-1:15 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27219-533C	6 - 12 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(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						glennedalecc@pgparks.com
View activity: 27265-527A	6 - 12 yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Sep 15	\$55(R); \$72(NR)
View activity: 27265-527B	6 - 12 yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Nov 3	\$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						glennedalecc@pgparks.com
View activity: 27220-527A	6 - 8 yrs.	6 classes	Sat	12:30-1:30 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27220-527B	9 - 12 yrs.	6 classes	Sat	1:30-2:30 pm	starts Sep 26	\$35(R); \$46(NR)
Lakeland College Park Community Ctr						collegeparkcc@pgparks.com
View activity: 27220-516AA	6 - 10 yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Sep 19	\$35(R); \$46(NR)
View activity: 27220-516BB	6 - 10 yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Nov 7	\$35(R); \$46(NR)
North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 27220-553A	6 - 12 yrs.	6 classes	Sat	12:15-1:15 pm	starts Sep 12	\$54(R); \$71(NR)
View activity: 27220-553B	6 - 12 yrs.	5 classes	Sat	12:15-1:15 pm	starts Oct 31	\$45(R); \$59(NR)
Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27220-560A	6 - 12 yrs.	6 classes	Sat	10:20-11:20 am	starts Sep 5	\$54(R); \$71(NR)
View activity: 27220-560B	6 - 12 yrs.	6 classes	Sat	10:20-11:20 am	starts Oct 24	\$54(R); \$71(NR)

Potomac Landing Community Ctr						potomaclandingcc@pgparks.com
View activity: 27220-565A	6 - 12 yrs.	5 classes	Mon	5:30-6:15 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 27220-565B	6 - 12 yrs.	6 classes	Mon	6:20-7:20 pm	starts Oct 26	\$54(R); \$71(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!

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27221-552A	6 - 8 yrs.	6 classes	Tue & Thu	5:00-5:45 pm	starts Sep 1	\$60(R); \$78(NR)
View activity: 27221-552B	6 - 8 yrs.	6 classes	Tue & Thu	5:00-5:45 pm	starts Sep 22	\$60(R); \$78(NR)

Tennis: Children, USTA Orange Beginner

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27283-519A	9 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 5	\$57(R); \$75(NR)
View activity: 27283-519B	9 - 12 yrs.	6 classes	Sun	12:00-1:00 pm	starts Sep 6	\$57(R); \$75(NR)
View activity: 27283-519C	9 - 12 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Oct 17	\$57(R); \$75(NR)
View activity: 27283-519D	9 - 12 yrs.	6 classes	Sun	6:00-7:00 pm	starts Oct 18	\$57(R); \$75(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27283-523B	6 - 11 yrs.	12 classes	Tue	5:00-6:00 pm	starts Sep 8	\$132(R); \$172(NR)
View activity: 27283-523C	6 - 11 yrs.	12 classes	Wed	5:00-6:00 pm	starts Sep 9	\$132(R); \$172(NR)
View activity: 27283-523D	6 - 11 yrs.	11 classes	Thu	5:00-6:00 pm	starts Sep 10	\$121(R); \$158(NR)
View activity: 27283-523A	6 - 11 yrs.	12 classes	Mon	5:00-6:00 pm	starts Sep 14	\$132(R); \$172(NR)

Tennis: Children, USTA Orange Intermediate

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27284-519A	6 - 9 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 12	\$57(R); \$75(NR)
View activity: 27284-519B	9 - 12 yrs.	6 classes	Sat	10:00-11:00 am	starts Oct 17	\$57(R); \$75(NR)

Tennis: Children, USTA Red Beginner

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27280-519A	6 - 8 yrs.	6 classes	Wed	6:00-7:00 pm	starts Sep 2	\$57(R); \$75(NR)
View activity: 27280-519B	9 - 12 yrs.	6 classes	Thu	6:00-7:00 pm	starts Sep 3	\$57(R); \$75(NR)
View activity: 27280-519C	6 - 8 yrs.	6 classes	Thu	5:00-6:00 pm	starts Sep 10	\$57(R); \$75(NR)
View activity: 27280-519E	6 - 8 yrs.	6 classes	Wed	6:00-7:00 pm	starts Oct 14	\$57(R); \$75(NR)
View activity: 27280-519F	9 - 12 yrs.	6 classes	Thu	6:00-7:00 pm	starts Oct 15	\$57(R); \$75(NR)
View activity: 27280-519G	6 - 8 yrs.	6 classes	Thu	5:00-6:00 pm	starts Oct 15	\$57(R); \$75(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27280-523B	6 - 11 yrs.	12 classes	Tue	4:00-5:00 pm	starts Sep 8	\$132(R); \$172(NR)
View activity: 27280-523C	6 - 11 yrs.	12 classes	Wed	4:00-5:00 pm	starts Sep 9	\$132(R); \$172(NR)
View activity: 27280-523E	6 - 11 yrs.	11 classes	Thu	4:00-5:00 pm	starts Sep 10	\$121(R); \$158(NR)
View activity: 27280-523F	6 - 11 yrs.	12 classes	Sat	11:00 am-12:00 pm	starts Sep 12	\$132(R); \$172(NR)
View activity: 27280-523A	6 - 11 yrs.	12 classes	Mon	4:00-5:00 pm	starts Sep 14	\$132(R); \$172(NR)

Tennis: Children, USTA Red Intermediate

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27281-519B	6 - 8 yrs.	6 classes	Tue	5:00-6:00 pm	starts Sep 1	\$57(R); \$75(NR)
View activity: 27281-519C	9 - 12 yrs.	6 classes	Tue	6:00-7:00 pm	starts Sep 1	\$57(R); \$75(NR)
View activity: 27281-519A	6 - 8 yrs.	6 classes	Mon	6:00-7:00 pm	starts Sep 7	\$57(R); \$75(NR)
View activity: 27281-519E	6 - 8 yrs.	6 classes	Tue	5:00-6:00 pm	starts Oct 13	\$57(R); \$75(NR)
View activity: 27281-519F	9 - 12 yrs.	6 classes	Tue	6:00-7:00 pm	starts Oct 13	\$57(R); \$75(NR)
View activity: 27281-519D	6 - 8 yrs.	6 classes	Mon	6:00-7:00 pm	starts Oct 19	\$57(R); \$75(NR)

Tennis: Children, USTA Red Advanced

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27282-519A	6 - 12 yrs.	6 classes	Thu	6:00-7:00 pm	starts Sep 3	\$57(R); \$75(NR)
View activity: 27282-519B	6 - 12 yrs.	6 classes	Thu	6:00-7:00 pm	starts Oct 15	\$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
View activity: 27250-523B	6 - 12 yrs.	11 classes	Thu	11:00 am-12:00 pm	starts Sep 10	\$110(R); \$143(NR)
View activity: 27250-523A	6 - 12 yrs.	12 classes	Mon	11:00 am-12:00 pm	starts Sep 14	\$120(R); \$156(NR)
Watkins Tennis Bubble						watkinsennisbubble@pgparks.com
View activity: 27250-589A	6 - 12 yrs.	6 classes	Wed	12:00-1:00 pm	starts Sep 9	\$60(R); \$78(NR)
View activity: 27250-589B	6 - 12 yrs.	6 classes	Wed	12:00-1:00 pm	starts Oct 21	\$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
View activity: 27273-518C	10 - 12 yrs.	16 classes	Tue & Thu	5:30-6:30 pm	starts Sep 8	\$50(R); \$65(NR)

TEENS

Baseball Skills: Teens

Teens will learn basics including running, throwing, catching and hitting.

Prince George's Stadium						countywidesports@pgparks.com
View activity: 27346-599A	13 - 17 yrs.	3 classes	Mon	6:30-8:00 pm	starts Nov 2	\$30(R); \$39(NR)
View activity: 27346-599B	13 - 17 yrs.	3 classes	Wed	6:30-8:00 pm	starts Nov 4	\$30(R); \$39(NR)

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						glennedalecc@pgparks.com
View activity: 27318-527AA	13 - 17 yrs.	6 classes	Sat	1:30-2:30 pm	starts Sep 26	\$35(R); \$46(NR)
View activity: 27318-527BB	13 - 17 yrs.	6 classes	Sat	1:30-2:30 pm	starts Nov 7	\$35(R); \$46(NR)
Peppermill Community Center						peppermillcc@pgparks.com
View activity: 27318-562A	13 - 17 yrs.	6 classes	Sat	12:00-1:00 pm	starts Sep 5	\$50(R); \$65(NR)
View activity: 27318-562B	13 - 17 yrs.	6 classes	Sat	12:00-1:00 pm	starts Oct 17	\$50(R); \$65(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 27318-566A	13 - 17 yrs.	7 classes	Sun	3:00-4:00 pm	starts Sep 6	\$50(R); \$65(NR)
View activity: 27318-566AA	13 - 17 yrs.	6 classes	Sun	3:00-4:00 pm	starts Nov 1	\$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
View activity: 27343-540A	13 - 17 yrs.	4 classes	Mon	6:00-6:55 pm	starts Sep 7	\$45(R); \$59(NR)
View activity: 27343-540B	13 - 17 yrs.	4 classes	Mon	6:00-6:55 pm	starts Oct 12	\$40(R); \$52(NR)

Gymnastics: Girls, Teens, Bronze/Silver Levels

Rock, tumble, and roll! Gymnastics is a sport dating back to the times of the ancient empires of Egypt and China. This Olympic sport is loved around the world and can strengthen your muscles, steady your balance, sharpen your mental focus, and build your self-confidence. Register for learning the basic building blocks of the sport including proper stretching. Prerequisites: none.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27316-568A	13 - 17 yrs.	10 classes	Tue	7:45-8:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)

Ice Skating: Teens, Beginning

Perfect for beginners, this course focuses on falling and getting up, gliding on two feet and dip, skating backwards, forward and backward swizzles, back wiggles, left/right one foot glides, two-foot hops, and forward spirals.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27344-533A	13 - 17 yrs.	4 classes	Sat	11:30 am-12:00 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27344-533B	13 - 17 yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27344-533C	13 - 17 yrs.	6 classes	Mon	6:15-6:45 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Teens, Intermediate

Participants must have completed beginning level instruction. This course focuses on forward V push, forward stroking, forward edges, forward c pushes, forward crossovers in both directions, backward stroking, snowplow stops, back glides on one foot, and lunge/shoot the duck.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27345-533B	13 - 17 yrs.	4 classes	Sat	12:45-1:15 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27345-533A	13 - 17 yrs.	6 classes	Sat	12:45-1:15 pm	starts Oct 31	\$85(R); \$111(NR)

Tennis: Teens, Beginner

The ball is in your court! Start to learn basic tennis skills in this exciting course today! Tennis is great exercise for building self-confidence, hand-eye coordination, strength, and muscle tone. Tennis is fantastic for brain function. Sports like tennis require quick thinking, which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and do not miss this opportunity to learn a new sport while getting healthy!

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27302-519A	13 - 17 yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Sep 6	\$57(R); \$75(NR)
View activity: 27302-519B	13 - 17 yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Oct 18	\$57(R); \$75(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27302-523A	13 - 17 yrs.	12 classes	Wed	6:00-7:00 pm	starts Sep 9	\$132(R); \$172(NR)

Tennis: Teens, Intermediate

You got served! Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate tennis skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Tennis is a great for hand-eye coordination, strength, muscle tone, and is fantastic for brain function. Sports like tennis require quick thinking which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and enroll today.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27303-519A	13 - 17 yrs.	6 classes	Fri	5:00-6:00 pm	starts Sep 4	\$57(R); \$75(NR)
View activity: 27303-519B	13 - 17 yrs.	6 classes	Sat	1:00-2:00 pm	starts Sep 5	\$57(R); \$75(NR)
View activity: 27303-519C	13 - 17 yrs.	6 classes	Fri	5:00-6:00 pm	starts Oct 16	\$57(R); \$75(NR)
View activity: 27303-519D	13 - 17 yrs.	6 classes	Sat	1:00-2:00 pm	starts Oct 17	\$57(R); \$75(NR)

Tennis: Advanced 1

High school play level or formal tournament experience.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27304-523A	13 - 17 yrs.	12 classes	Fri	5:00-7:00 pm	starts Sep 11	\$216(R); \$281(NR)
View activity: 27304-523B	13 - 17 yrs.	12 classes	Sat	2:00-4:00 pm	starts Sep 12	\$216(R); \$281(NR)

Volleyball: Teens

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other teens excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27322-518C	13 - 15 yrs.	16 classes	Tue & Thu	6:30-7:30 pm	starts Sep 8	\$50(R); \$65(NR)

ADULTS

Flag Football League: Adults

Flag football for ages 25 and up played on county fields. Two officials per game.

Huntington South Neighborhood Park							pgparkrangers@pgparks.com
View activity: 27418-535A	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535B	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535C	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535D	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535E	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535F	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535G	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)
View activity: 27418-535H	21 & up	8 classes	Sat	9:00 am-4:00 pm	starts Sep 19		\$20(R); \$26(NR)

Gymnastics: Adults

Lift your body and lift your spirits! You can remain flexible at any age when you begin with basic gymnastic skills. We'll show you, in a safe and fun environment, how to become more bendable with your muscles. Sign up today and cultivate comradery with your new friends. Watch your love for gymnastics grow as your strength, balance, and mood improves by the end of our course.

Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 27416-523A	18 & up	12 classes	Wed	8:00-9:00 pm	starts Sep 9		\$204(R); \$266(NR)
Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 27416-568C	18 & up	10 classes	Thu	7:30-8:45 pm	starts Sep 17		\$189(R); \$246(NR); \$142(IA)

Ice Hockey Clinic: Adults

For all levels of adult players interested in learning the game or enhancing their skills. Clinics emphasize hockey fundamentals, including skating, puck skills and game play skills and concepts. Great for existing players looking for extra practice time. Basic skating skills recommended. Full Ice Hockey equipment is required.

Herbert W. Wells Ice Rink							wellsicerink@pgparks.com
View activity: 27401-533B	18 & up	4 classes	Sat	7:00-8:30 am	starts Oct 3		\$70(R); \$91(NR)
View activity: 27401-533A	18 & up	6 classes	Sat	7:00-8:30 am	starts Oct 31		\$105(R); \$137(NR)

Ice Skating: Adults, Beginner

For beginners. The activity focuses on falling and getting up, gliding on two feet and dip, skating backwards, forward and backward swizzles, back wiggles, left/right one foot glides, two-foot hops, and forward spirals.

Herbert W. Wells Ice Rink							wellsicerink@pgparks.com
View activity: 27420-533D	18 & up	4 classes	Sat	11:00-11:30 am	starts Oct 3		\$56(R); \$73(NR)
View activity: 27420-533E	18 & up	4 classes	Sat	12:45-1:15 pm	starts Oct 3		\$56(R); \$73(NR)
View activity: 27420-533F	18 & up	4 classes	Mon	6:15-6:45 pm	starts Oct 5		\$56(R); \$73(NR)
View activity: 27420-533A	18 & up	6 classes	Sat	11:00-11:30 am	starts Oct 31		\$85(R); \$111(NR)
View activity: 27420-533B	18 & up	6 classes	Sat	12:45-1:15 pm	starts Oct 31		\$85(R); \$111(NR)
View activity: 27420-533C	18 & up	6 classes	Mon	6:15-6:45 pm	starts Nov 2		\$85(R); \$111(NR)

Ice Skating: Adults, Intermediate

Participants must have completed beginning level instruction. This course focuses on forward V push, forward stroking, forward edges, forward sculling, forward crossovers, in both directions, back glides, snowplow stops, back glides on one foot, and shoot the duck.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27421-533D	18 & up	4 classes	Sat	11:00-11:30 am	starts Oct 3	\$56(R); \$73(NR)
View activity: 27421-533E	18 & up	4 classes	Sat	12:15-12:45 pm	starts Oct 3	\$56(R); \$73(NR)
View activity: 27421-533F	18 & up	4 classes	Mon	6:45-7:15 pm	starts Oct 5	\$56(R); \$73(NR)
View activity: 27421-533A	18 & up	6 classes	Sat	11:00-11:30 am	starts Oct 31	\$85(R); \$111(NR)
View activity: 27421-533B	18 & up	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$85(R); \$111(NR)
View activity: 27421-533C	18 & up	6 classes	Mon	6:45-7:15 pm	starts Nov 2	\$85(R); \$111(NR)

Ice Skating: Learn-to-Skate, Adult Level 1

Explore the world of ice skating! In this beginner's course for adults learn how to fall and recover on the ice; forward marching; forward two-foot glide; forward swizzles; one forward swizzle/ one backward swizzle (rocking horse); dip; and forward snowplow stop, two feet or one foot.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27431-585A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27431-585B	18 & up	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Ice Skating: Learn-to-Skate, Adult Level 2

Enjoy the magic of ice-skating! In this course for adults, skaters will learn to forward skate across the width of the ice; forward one-foot glides, right and left; forward slalom; skate backward; backward swizzles; and two-foot turns in place.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27432-585A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27432-585B	18 & up	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Ice Skating: Learn-to-Skate, Adult Level 3

Continue your ice-skating journey! In this course skaters will learn to forward stoke using the blade properly (begin with repetitive one-foot pushes); forward half-swizzle pumps on the circle; move forward and backward and backward to forward two-foot turn on a circle; skate backward into a long two-foot glide; forward chases on a circle; and backward snowplow stop, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27433-585A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27433-585B	18 & up	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Ice Skating: Learn-to-Skate, Adult Level 4

Continue your ice-skating journey! In this course skaters will learn to forward outside edge on a circle, right and left; forward inside the edge on a circle, right and left; forward crossovers; backward one-foot glides, right and left; backward half-swizzle pumps on a circle; and hockey-stop in both directions.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27434-585A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27434-585B	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)

Ice Skating: Learn-to-Skate, Adult Level 5

Build a strong foundation for ice-skating. In this course skaters will learn backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three turn, right and left; forward swing rolls to a count of six; and a beginner's two-foot spin.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27435-585A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27435-585B	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)

Ice Skating: Learn-to-Skate, Adult Level 6

Build a strong foundation for ice-skating. In this course skaters will learn a forward and backward stroke with crossover end patterns; forward inside three-turn, right and left; forward outside to inside change of edge on a line, right and left; T-stop, right and left; and two-foot spin into a one-foot spin.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 27436-585A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 27436-585B	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$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
View activity: 27429-504A	18 & up	6 classes	Tue	6:30-8:00 pm	starts Sep 1	\$54(R); \$71(NR)
View activity: 27429-504B	18 & up	6 classes	Tue	6:30-8:00 pm	starts Oct 20	\$54(R); \$71(NR)

Kentland Community Center						kentlandcc@pgparks.com
View activity: 27429-540A	18 & up	4 classes	Thu	2:00-3:00 pm	starts Sep 3	\$25(R); \$33(NR)
View activity: 27429-540B	18 & up	7 classes	Tue & Thu	2:00-3:00 pm	starts Oct 8	\$25(R); \$33(NR)

North Forestville Community Ctr						northforestvillecc@pgparks.com
View activity: 27429-553A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Sep 2	\$54(R); \$71(NR)
View activity: 27429-553B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Oct 21	\$54(R); \$71(NR)

Patuxent Community Center						patuxentcc@pgparks.com
View activity: 27429-560A	18 & up	5 classes	Mon	6:30-8:00 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 27429-560B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Oct 26	\$54(R); \$71(NR)

Temple Hills Community Center						templehillsc@pgparks.com
View activity: 27429-582A	18 & up	6 classes	Tue	9:00-10:30 am	starts Sep 1	\$54(R); \$71(NR)
View activity: 27429-582B	18 & up	6 classes	Tue	9:00-10:30 am	starts Oct 20	\$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
View activity: 27402-519A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Sep 1	\$63(R); \$82(NR)
View activity: 27402-519B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Sep 4	\$63(R); \$82(NR)
View activity: 27402-519C	18 & up	6 classes	Sun	1:00-2:00 pm	starts Sep 6	\$63(R); \$82(NR)
View activity: 27402-519D	18 & up	6 classes	Tue	6:00-7:00 pm	starts Oct 13	\$63(R); \$82(NR)
View activity: 27402-519E	18 & up	6 classes	Fri	6:00-7:00 pm	starts Oct 16	\$63(R); \$82(NR)
View activity: 27402-519F	18 & up	6 classes	Sun	1:00-2:00 pm	starts Oct 18	\$63(R); \$82(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27402-523A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Sep 8	\$60(R); \$78(NR)
View activity: 27402-523C	18 & up	6 classes	Sat	10:00-11:00 am	starts Sep 12	\$60(R); \$78(NR)
View activity: 27402-523B	18 & up	6 classes	Tue	6:00-7:00 pm	starts Oct 20	\$60(R); \$78(NR)
View activity: 27402-523D	18 & up	6 classes	Sat	10:00-11:00 am	starts Oct 24	\$60(R); \$78(NR)

Tennis: Beginner 2

Review beginner skills, and focus on backhand strokes and scoring. Prerequisite: completion of a minimum of one beginning class.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27403-519B	18 & up	6 classes	Sun	1:00-2:00 pm	starts Sep 6	\$63(R); \$82(NR)
View activity: 27403-519A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Sep 7	\$63(R); \$82(NR)
View activity: 27403-519D	18 & up	6 classes	Sun	1:00-2:00 pm	starts Oct 18	\$63(R); \$82(NR)
View activity: 27403-519C	18 & up	6 classes	Mon	7:00-8:00 pm	starts Oct 19	\$63(R); \$82(NR)

Tennis: Doubles Drill

Tennis anyone? Youve got the moves and we've got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! Well get you ready for center court!

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27407-523C	18 & up	12 classes	Sat	9:00-11:00 am	starts Sep 12	\$264(R); \$344(NR)
View activity: 27407-523A	18 & up	12 classes	Mon	12:00-2:00 pm	starts Sep 14	\$264(R); \$344(NR)
View activity: 27407-523B	18 & up	12 classes	Mon	7:00-9:00 pm	starts Sep 14	\$264(R); \$344(NR)

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

Watkins Tennis Bubble						watkinsennisbubble@pgparks.com
View activity: 27410-589A	18 & up	6 classes	Sun	5:00-7:00 pm	starts Sep 13	\$120(R); \$156(NR)
View activity: 27410-589B	18 & up	6 classes	Sun	5:00-7:00 pm	starts Oct 25	\$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
View activity: 27404-519A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Sep 1	\$63(R); \$82(NR)
View activity: 27404-519B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Sep 2	\$63(R); \$82(NR)
View activity: 27404-519C	18 & up	6 classes	Sun	2:00-3:00 pm	starts Sep 6	\$63(R); \$82(NR)
View activity: 27404-519D	18 & up	6 classes	Tue	7:00-8:00 pm	starts Oct 13	\$53(R); \$69(NR)
View activity: 27404-519E	18 & up	6 classes	Wed	11:00 am-12:00 pm	starts Oct 14	\$63(R); \$82(NR)
View activity: 27404-519F	18 & up	6 classes	Sun	2:00-3:00 pm	starts Oct 18	\$63(R); \$82(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27404-523B	18 & up	11 classes	Thu	7:00-9:00 pm	starts Sep 10	\$242(R); \$315(NR)
View activity: 27404-523C	18 & up	12 classes	Sat	8:30-10:00 am	starts Sep 12	\$198(R); \$258(NR)
View activity: 27404-523A	18 & up	12 classes	Mon	7:00-9:00 pm	starts Sep 14	\$264(R); \$344(NR)

Tennis: Intermediate 2

Learn advanced tennis skills.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27405-519A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Sep 3	\$63(R); \$82(NR)
View activity: 27405-519B	18 & up	6 classes	Sun	2:00-3:00 pm	starts Sep 6	\$63(R); \$82(NR)
View activity: 27405-519C	18 & up	6 classes	Thu	7:00-8:00 pm	starts Oct 15	\$63(R); \$82(NR)
View activity: 27405-519D	18 & up	6 classes	Sun	2:00-3:00 pm	starts Oct 18	\$63(R); \$82(NR)

Tennis: Technique Drills, Intermediate

Classes feature drills and technique with play, positioning, and strategy work.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27411-523A	18 & up	12 classes	Tue	7:00-9:00 pm	starts Sep 8	\$264(R); \$344(NR)
View activity: 27411-523B	18 & up	12 classes	Fri	11:00 am-1:00 pm	starts Sep 11	\$264(R); \$344(NR)

SENIORS

Billiards Tournament: Seniors

Come out and see how you stack up against other pool players. Please contact offering facility for details.

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 27501-539A	60 & up	1 class	Thu	10:00 am-2:30 pm	starts Sep 17	Free

Pickleball: Seniors

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.

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 27505-539A	60 & up	1 class	Fri	10:00 am-2:00 pm	starts Sep 18	Free

MIXED AGES

Baseball League

Play Ball! Whether you are new to the game or want to improve you game, this is the Fall league for you. Players will get the reps to improve their baseball skills. Teams jersey and hat are included in registration fee.

Palmer Park Community Center						countywidesports@pgparks.com
View activity: 276037-599D	5 - 6 yrs.	6 classes	Sat	9:00 am-12:00 pm	starts Sep 12	\$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
View activity: 27627-573E	3 - 6 yrs.	8 classes	Mon & Wed	6:00-6:50 pm	starts Sep 14	\$60(R); \$78(NR)
View activity: 27627-573F	3 - 6 yrs.	8 classes	Mon & Wed	6:00-6:50 pm	starts Oct 19	\$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!

Kentland Community Center							kentlandcc@pgparks.com
View activity: 27667-540A	10-13 yrs.	4 classes	Mon	7:00-7:55 pm	starts Sep 7		\$50(R); \$65(NR)
View activity: 27667-540B	10-13 yrs.	4 classes	Mon	7:00-7:55 pm	starts Oct 12		\$50(R); \$65(NR)
North Forestville Community Ctr							northforestvillecc@pgparks.com
View activity: 27667-553A	6 - 13 yrs.	6 classes	Sat	10:20-11:20 am	starts Sep 5		\$54(R); \$71(NR)
View activity: 27667-553B	6 - 13 yrs.	6 classes	Sat	10:20-11:20 am	starts Oct 24		\$54(R); \$71(NR)
Westphalia Community Center							westphaliacc@pgparks.com
View activity: 27667-590A	9 - 13 yrs.	10 classes	Sat	11:10 am-12:10 pm	starts Sep 5		\$70(R); \$91(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
View activity: 27628-507A	6 - 16 yrs.	8 classes	Tue	7:00-8:00 pm	starts Sep 1		\$40(R); \$52(NR)
View activity: 27628-507B	6 - 16 yrs.	4 classes	Tue	7:00-8:00 pm	starts Nov 3		\$20(R); \$26(NR)
North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27628-552A	9 - 16 yrs.	6 classes	Sat	11:00-11:45 am	starts Sep 12		\$64(R); \$84(NR)
View activity: 27628-552B	9 - 16 yrs.	6 classes	Sat	11:00-11:45 am	starts Oct 24		\$64(R); \$84(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 27628-574A	5 - 8 yrs.	8 classes	Sat	11:30 am-12:30 pm	starts Sep 5		\$50(R); \$65(NR)
View activity: 27628-574B	9 - 15 yrs.	8 classes	Sat	12:45-1:45 pm	starts Sep 5		\$50(R); \$65(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
View activity: 27629-507A	9 - 16 yrs.	8 classes	Thu	7:00-8:00 pm	starts Sep 3		\$40(R); \$52(NR)
View activity: 27629-507B	9 - 16 yrs.	3 classes	Thu	7:00-8:00 pm	starts Nov 5		\$15(R); \$20(NR)
South Bowie Community Center							southbowiecc@pgparks.com
View activity: 27629-574B	10 - 16 yrs.	8 classes	Sat	2:00-3:00 pm	starts Sep 5		\$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
View activity: 276010-507A	10 - 17 yrs.	8 classes	Mon	7:00-8:00 pm	starts Sep 14		\$50(R); \$65(NR)
View activity: 276010-507B	10 - 17 yrs.	4 classes	Mon	7:00-8:00 pm	starts Nov 16		\$25(R); \$33(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 tumblers from the sport of cheerleading. Gain greater self-confidence, flexibility, strength, and feel motivated to face your day! Join our cheer squad and build relationships with new friends while you fly high with tumblers, jumps, and team spirit!

North Brentwood Community Center							northbrentwoodcc@pgparks.com
View activity: 27631-552A	5 - 13 yrs.	8 classes	Wed	6:00-7:00 pm	starts Sep 9		\$72(R); \$94(NR)
View activity: 27631-552B	5 - 13 yrs.	6 classes	Wed	6:00-7:00 pm	starts Nov 4		\$54(R); \$71(NR)

Westphalia Community Center						westphaliacc@pgparks.com
View activity: 27631-590A	5 - 12 yrs.	3 classes	Mon	6:00-7:00 pm	starts Sep 14	\$27(R); \$36(NR)
View activity: 27631-590B	5 - 12 yrs.	4 classes	Mon	6:00-7:00 pm	starts Oct 5	\$36(R); \$47(NR)
View activity: 27631-590C	5 - 12 yrs.	4 classes	Mon	6:00-7:00 pm	starts Nov 2	\$36(R); \$47(NR)

Figure Skating: Conditioning, Mixed Ages

Skaters will work on and off the ice to build strength and endurance, perfect forward and backward stroking techniques; and work on edges, power and moves in the field. Class is open to Gamma level and above skaters.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276034-585A	6 & up	6 classes	Sat	9:00-10:45 am	starts Sep 5	\$200(R); \$260(NR)
View activity: 276034-585B	6 & up	6 classes	Sat	9:00-10:45 am	starts Oct 31	\$200(R); \$260(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
View activity: 276033-507A	8 - 13 yrs.	8 classes	Wed & Fri	6:00-7:00 pm	starts Sep 2	\$40(R); \$52(NR)
View activity: 276033-507B	8 - 13 yrs.	8 classes	Wed & Fri	6:00-7:00 pm	starts Oct 7	\$40(R); \$52(NR)
View activity: 276033-507C	8 - 13 yrs.	8 classes	Wed & Fri	6:00-7:00 pm	starts Nov 11	\$40(R); \$52(NR)

Gymnastics: Boys Silver

To be successful at the Boys Silver Level, your child should be able to perform these skills without assistance: forward & backward roll and cartwheels (both sides). Also, he should have the strength to: support themselves on the pommel horse & parallel bars, and pull their chin up to the horizontal bar from a hang.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27657-523A	5 - 8 yrs.	13 classes	Sat	1:00-2:00 pm	starts Sep 12	\$216(R); \$281(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27657-568A	6 & up	10 classes	Tue	6:45-8:00 pm	starts Sep 15	\$189(R); \$246(NR); \$142(IA)

Gymnastics: Boys, Mixed Ages, Bronze Level

Want to be a great "all-around" gymnast? We provide basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Develop your gymnastic skills, self-confidence, overall fitness, and make friends with other rising stars! No prerequisites.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27634-523B	5 - 7 yrs.	13 classes	Wed	5:00-5:45 pm	starts Sep 9	\$195(R); \$254(NR)
View activity: 27634-523D	5 - 7 yrs.	13 classes	Sat	11:00-11:45 am	starts Sep 12	\$195(R); \$254(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27634-568B	5 - 8 yrs.	10 classes	Tue	4:30-5:30 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-568C	5 - 8 yrs.	10 classes	Tue	5:45-6:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-568F	9 - 17 yrs.	10 classes	Tue	6:45-7:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)
View activity: 27634-568A	5 - 8 yrs.	9 classes	Wed	6:30-7:30 pm	starts Sep 16	\$153(R); \$199(NR); \$115(IA)
View activity: 27634-568E	5 - 8 yrs.	10 classes	Sat	9:15-10:15 am	starts Sep 19	\$169(R); \$220(NR); \$127(IA)

Gymnastics: Girls, Mixed Ages, Bronze Level

This class is an introduction to basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 27608-523D	5 - 6 yrs.	13 classes	Tue	5:00-5:45 pm	starts Sep 8	\$195(R); \$254(NR)	
View activity: 27608-523E	5 - 6 yrs.	13 classes	Wed	4:30-5:15 pm	starts Sep 9	\$195(R); \$254(NR)	
View activity: 27608-523F	5 - 6 yrs.	13 classes	Sat	12:30-1:15 pm	starts Sep 12	\$195(R); \$254(NR)	
View activity: 27608-523H	5 - 6 yrs.	13 classes	Sat	11:30 am-12:15 pm	starts Sep 12	\$195(R); \$254(NR)	
View activity: 27608-523A	5 - 6 yrs.	12 classes	Mon	4:30-5:15 pm	starts Sep 14	\$180(R); \$234(NR)	
View activity: 27608-523B	5 - 6 yrs.	12 classes	Mon	6:30-7:15 pm	starts Sep 14	\$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
View activity: 27609-568A	7 - 17 yrs.	10 classes	Mon	7:00-8:15 pm	starts Sep 14	\$189(R); \$246(NR); \$142(IA)	
View activity: 27609-568B	7 - 17 yrs.	19 classes	Mon & Wed	7:00-8:15 pm	starts Sep 14	\$309(R); \$402(NR); \$232(IA)	
View activity: 27609-568C	7 - 17 yrs.	10 classes	Tue	5:45-7:00 pm	starts Sep 15	\$189(R); \$246(NR); \$142(IA)	
View activity: 27609-568D	7 - 17 yrs.	20 classes	Tue & Thu	5:45-7:00 pm	starts Sep 15	\$350(R); \$455(NR); \$263(IA)	
View activity: 27609-568E	7 - 17 yrs.	9 classes	Wed	7:00-8:15 pm	starts Sep 16	\$171(R); \$223(NR); \$128(IA)	
View activity: 27609-568F	7 - 17 yrs.	10 classes	Thu	5:45-7:00 pm	starts Sep 17	\$189(R); \$246(NR); \$142(IA)	
View activity: 27609-568I	7 - 17 yrs.	10 classes	Thu	6:45-8:00 pm	starts Sep 17	\$189(R); \$246(NR); \$142(IA)	
View activity: 27609-568G	7 - 17 yrs.	10 classes	Sat	9:15-10:30 am	starts Sep 19	\$189(R); \$246(NR); \$142(IA)	
View activity: 27609-568H	7 - 17 yrs.	10 classes	Sat	11:30 am-12:45 pm	starts Sep 19	\$189(R); \$246(NR); \$142(IA)	

Gymnastics: Girls, Platinum Level

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

Prince George's Sports & Learning Complex							splex-distribution@pgparks.com
View activity: 27610-568F	8 - 17 yrs.	19 classes	Mon & Wed	7:00-8:30 pm	starts Sep 14	\$333(R); \$433(NR); \$250(IA)	
View activity: 27610-568A	8 - 17 yrs.	10 classes	Tue	7:00-8:30 pm	starts Sep 15	\$203(R); \$264(NR); \$153(IA)	
View activity: 27610-568B	8 - 17 yrs.	20 classes	Tue & Thu	7:00-8:30 pm	starts Sep 15	\$350(R); \$455(NR); \$263(IA)	
View activity: 27610-568D	8 - 17 yrs.	9 classes	Wed	7:00-8:30 pm	starts Sep 16	\$183(R); \$238(NR); \$138(IA)	
View activity: 27610-568C	8 - 17 yrs.	10 classes	Thu	7:00-8:30 pm	starts Sep 17	\$203(R); \$264(NR); \$153(IA)	

Gymnastics: Girls, Mixed Ages, Platinum/Diamond Levels

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

Fairland Sports Complex							fairlandsports@pgparks.com
View activity: 27640-523A	8 - 17 yrs.	13 classes	Tue	7:00-8:30 pm	starts Sep 8	\$264(R); \$344(NR)	
View activity: 27640-523B	8 - 17 yrs.	12 classes	Thu	7:00-8:30 pm	starts Sep 10	\$244(R); \$318(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
View activity: 27613-568A	4 - 6 yrs.	10 classes	Tue	1:00-2:00 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)	
View activity: 27613-568B	7 - 17 yrs.	10 classes	Tue	1:00-2:00 pm	starts Sep 15	\$169(R); \$220(NR); \$127(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	
View activity: 27671-568A	6 - 17 yrs.	10 classes	Tue	2:00-3:00 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)	

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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27685-568A	8 - 14 yrs.	10 classes	Mon	5:30-6:30 pm	starts Sep 14	\$169(R); \$220(NR); \$127(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	
View activity: 27615-523B	8 - 13 yrs.	13 classes	Tue	7:00-8:00 pm	starts Sep 8	\$216(R); \$281(NR)	

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27615-568A	6 - 17 yrs.	10 classes	Tue	7:45-8:45 pm	starts Sep 15	\$169(R); \$220(NR); \$127(IA)	

Gymnastics: Tumbling, Intermediate

Designed for the student or cheerleader who wants to focus on progressive tumbling skills only. Prerequisite: Floor skills - forward and backward roll, cartwheel and must be able to do a standing back handspring without spot.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com	
View activity: 27616-568A	6 - 17 yrs.	9 classes	Wed	7:30-8:45 pm	starts Sep 16	\$171(R); \$223(NR); \$128(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	
View activity: 27617-568A	7 - 17 yrs.	9 classes	Wed	7:30-8:45 pm	starts Sep 16	\$171(R); \$223(NR); \$128(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	
View activity: 276111-590A	8 - 15 yrs.	4 classes	Mon	10:30-11:30 am	starts Sep 14	\$35(R); \$46(NR)	
View activity: 276111-590B	8 - 15 yrs.	4 classes	Mon	10:30-11:30 am	starts Oct 12	\$35(R); \$46(NR)	
View activity: 276111-590C	8 - 15 yrs.	4 classes	Mon	10:30-11:30 am	starts Nov 9	\$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.

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 276112-535A	5 - 8 yrs.	8 classes	Wed	12:00-1:00 pm	starts Oct 7	\$50(R); \$65(NR)

Ice Hockey Clinic: Mixed Ages

For all levels of youth players interested in learning the game or enhancing their skills. Clinics emphasize hockey fundamentals, including skating, puck skills and game play skills and concepts. Great for existing players looking for extra practice time. Basic skating skills recommended. Full ice hockey equipment is required.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27618-533B	8 - 17 yrs.	4 classes	Tue	6:15-7:30 pm	starts Oct 6	\$70(R); \$91(NR)
View activity: 27618-533A	8 - 17 yrs.	6 classes	Tue	6:15-7:30 pm	starts Nov 3	\$105(R); \$137(NR)

Ice Hockey: Goalie Skills

For beginning to advanced goalies who want to develop or enhance the skills to excel at playing the goaltending position. Lessons include goaltending movement and technique, angles and puck awareness. Full ice hockey goalie equipment is required.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27619-533B	8 - 17 yrs.	4 classes	Sat	9:45-10:45 am	starts Oct 3	\$63(R); \$82(NR)
View activity: 27619-533A	8 - 17 yrs.	6 classes	Sat	9:45-10:45 am	starts Oct 31	\$95(R); \$124(NR)

Ice Hockey: Introduction

For kids interested in learning the game of ice hockey. Students will learn basic hockey fundamentals, including skating and puck play through small games and group instruction. Participants must be able to stand and move on skates independently. All equipment will be supplied!

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27620-533B	4 - 12 yrs.	4 classes	Sat	9:45-10:45 am	starts Oct 3	\$63(R); \$82(NR)
View activity: 27620-533A	4 - 12 yrs.	6 classes	Sat	9:45-10:45 am	starts Oct 31	\$95(R); \$124(NR)

Ice Skating: Freestyle

Are you at home on the ice? This class is designed for Freestyle 1. Above level skaters will learn high level skills including new footwork. This program includes off-ice conditioning. Skaters will master graceful arm movements and posture, and develop new footwork including step-straight-line and circular. Go beyond the basics and be a part of our cool program!

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27621-533B	6 & up	1 class	Mon	7:15-8:15 pm	starts Oct 5	\$70(R); \$91(NR)
View activity: 27621-533A	6 & up	6 classes	Mon	7:15-8:15 pm	starts Nov 2	\$105(R); \$137(NR)

Ice Skating: Hockey, Beginner

Beginning skating skills for novice of first time hockey skaters specific to hockey including balance, edges, forward and backward skating, stopping, and turning. Players must be able to stand and move on skates independently. Hockey gloves, a hockey helmet with a full face mask are required, but not supplied. Knee pads/shin guards are recommended.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27622-533B	6 - 17 yrs.	4 classes	Sat	8:45-9:30 am	starts Oct 3	\$63(R); \$82(NR)
View activity: 27622-533A	6 - 17 yrs.	6 classes	Sat	8:45-9:30 am	starts Oct 31	\$95(R); \$124(NR)

Ice Skating: Hockey, Intermediate

For proficient skaters. Skaters will learn intermediate skating skills specific to hockey including balance, forward and backward skating, turning, stopping, edges, agility and speed. Hockey gloves and hockey helmet with full face mask are required, but not supplied. Knee pad/shin guards are recommended.

Herbert W. Wells Ice Rink						wellsicerink@pgparks.com
View activity: 27623-533B	6 - 18 yrs.	4 classes	Sat	8:45-9:30 am	starts Oct 3	\$63(R); \$82(NR)
View activity: 27623-533A	6 - 17 yrs.	6 classes	Sat	8:45-9:30 am	starts Oct 31	\$95(R); \$124(NR)

Lacrosse: Mixed Ages

Lacrosse is the fastest growing sport in the U.S. Don't miss this action-packed opportunity to learn this exciting activity. Register to master the basics of scooping, throwing, and catching. Grasp offensive and defensive techniques. Enjoy high-level instruction in small groups and get the added bonus of making friendships with your teammates.

Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 27683-527A	6 - 13 yrs.	6 classes	Sat	10:00-11:00 am	starts Sep 26	\$35(R); \$46(NR)
View activity: 27683-527B	12 - 17 yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Sep 26	\$35(R); \$46(NR)

Learn to Skate: Basic 1

Lace-up those skates! Skating is a fun sport and a great form of exercise. In this beginner's course, skaters will learn to sit and stand up on ice; march forward across the ice; a forward two-foot glide; dip; forward swizzles; backward wiggles; a beginner's snowplow stop on two feet or one foot; and a bonus skill of a two-foot hop in place.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276012-585A	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276012-585B	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276012-585C	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 276012-585D	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn to Skate: Basic 2

Get back out on the ice! Build your ice-skating skills. In this course, skaters will learn scooter pushes; forward one-foot glides; backward two-foot glide; glide the length of the skater's height; rocking horse (one forward swizzle, one backward swizzle); backward swizzles; two-foot turns from forward to backward in place; moving snowplow stop; and a bonus skill of curves.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276013-585A	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276013-585B	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276013-585C	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 276013-585D	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn to Skate: Basic 3

Take your ice skating to the next level! In this course, skaters will learn a beginner forward stroke, using correct use of blade; forward half swizzle pump on a circle; move forward to backward two-foot turns on a circle; learn a beginner's backward one-foot glides, while focusing on balance; backward snowplow stop on the right and left foot; forward slalom; and bonus skills, forward pivots.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276014-585A	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276014-585B	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276014-585C	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 276014-585D	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn to Skate: Basic 4

Meet us at the rink! In this course, skaters will learn to forward outside edge on a circle, right and left; forward inside edge on a circle, right and left; forward crossovers; backward half swizzle pumps on a circle; backward one-foot glides, right and left; beginner two-foot spin, up to two revolutions; and bonus skill forward lunges for both legs.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276015-585A	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276015-585B	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Sep 5	\$90(R); \$117(NR)
View activity: 276015-585C	6 - 16 yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Oct 31	\$90(R); \$117(NR)
View activity: 276015-585D	6 - 16 yrs.	6 classes	Sat	12:15-12:45 pm	starts Oct 31	\$90(R); \$117(NR)

Learn to Skate: Basic 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276016-585A	6 - 16 yrs.	6 classes	Sat	11:15-11:45 am	starts Sep 5	\$90(R); \$117(NR)
View activity: 276016-585B	6 - 16 yrs.	6 classes	Sat	11:15-11:45 am	starts Oct 31	\$90(R); \$117(NR)

Learn to Skate: Basic 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276017-585A	6 - 16 yrs.	6 classes	Sat	11:15-11:45 am	starts Sep 5	\$90(R); \$117(NR)
View activity: 276017-585B	6 - 16 yrs.	6 classes	Sat	11:15-11:45 am	starts Oct 31	\$90(R); \$117(NR)

Learn To Skate: Free Skate 1

Improve your skills on the ice! In this course skaters will learn forward inside open mohawk from a standstill position; backward crossovers to a backward outside edge glides (landing position); backward outside edge to a forward outside edge transition; two forward crossovers into a forward inside mohawk, step down, and cross being, step into one backward crossover and step to a forward inside edge; one-foot upright spin, optional entry and free-foot position; mazurka; waltz jump; and a bonus skill of a backward inside pivots.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276018-585A	8 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276018-585B	8 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn To Skate: Free Skate 2

Take your ice-skating skills to the next level. In this course, skaters will learn an alternating forward outside and inside spirals on a continuous axis; basic backward outside and backward inside consecutive edges; backward inside three-turns, right and left; beginning backspin; half Lutz; salchow; and bonus skill a variation of a forward spiral.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276019-585A	8 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276019-585B	8 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn To Skate: Free Skate 3

Take your ice-skating skills to the next level. In this course skaters will learn alternating backward crossovers to backward outside edges; alternating mohawk/crossover sequence, right to left and left to right; waltz three-turns, advanced backspin with free foot in crossed leg position; loop jump; waltz jump- toe loop or salchow-toe loop combination; and a bonus skill toe step sequence, skater's choice using a variety of toe steps.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276020-585A	8 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276020-585B	8 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn To Skate: Free Skate 4

Take your ice-skating skills to the next level. In this course skaters will learn a forward power three-turn, right and left, three sets of each; waltz eight; forward upright spin to backward upright spin; sit spin; half-loop; flip; and a bonus split jump, stag jump, or spilt falling leaf.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276021-585A	10 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276021-585B	10 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn To Skate: Free Skate 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276022-585A	10 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276022-585B	10 & up	7 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn To Skate: Free Skate 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276023-585A	10 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276023-585B	10 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$110(R); \$143(NR)

Learn to Skate: Hockey 1

Learn the fundamentals of hockey skating that will make you successful at practice and at games. In this course participants will learn a falling and recovery to a balanced, stand position; proper basic hockey stance (forward and backward); march forward across the ice (8-10 steps); two-foot glides and dips from forward marching across the ice; forward swizzles/ double C-cuts (4-6 in a row); T-push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet G stationary snowplow stop; and a bonus skill, front to back and back to front turns (stationary) hockey 2 A forward strides using 45 degree V-push. All elements will be taught without a puck. Necessary equipment: hockey skates and a HECC approved hockey helmet.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276026-585A	4 - 6 yrs.	6 classes	Sat	10:15-10:45 am	starts Sep 12	\$90(R); \$117(NR)
View activity: 276026-585B	4 - 6 yrs.	6 classes	Sat	10:15-10:45 am	starts Oct 31	\$90(R); \$117(NR)

Pickleball: Mix Ages

Come join local USA Pickleball Ambassadors on the court! Pickleball is the fastest growing sport in the United States. The game combines elements of tennis and ping pong on a badminton size court. It's easy to learn, has simple rules, and has the potential for challenging competition. Learn basic strokes and rule knowledge. Demo paddles will be provided for use.

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 276024-557A	18 & up	4 classes	Tue	12:30-1:30 pm	starts Sep 1	\$20(R); \$26(NR)
View activity: 276024-557B	18 & up	4 classes	Tue	12:30-1:30 pm	starts Oct 6	\$20(R); \$26(NR)
View activity: 276024-557C	18 & up	4 classes	Tue	12:30-1:30 pm	starts Nov 3	\$20(R); \$26(NR)
Patuxent Community Center						patuxentcc@pgparks.com
View activity: 276024-560A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Sep 3	\$60(R); \$78(NR)
View activity: 276024-560B	18 & up	5 classes	Thu	6:30-8:00 pm	starts Oct 22	\$50(R); \$65(NR)

Skate: Pre-Free Skate

Learn the foundational skills for free skate level skating. Begin learning forward inside open mohawk from standstill position and backward crossovers to a backward outside edge glide, clockwise and counterclockwise. Work on backward outside edge to a forward outside edge transition, clockwise and counterclockwise. Also, work on one-foot upright spin, mazurka, and waltz jump.

Tucker Road Ice Rink						tuckerroadicerink@pgparks.com
View activity: 276104-585A	6 & up	6 classes	Sat	11:00-11:45 am	starts Sep 5	\$110(R); \$143(NR)
View activity: 276104-585B	6 & up	6 classes	Sat	11:00-11:45 am	starts Oct 31	\$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!

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 27603-574B	5 - 12 yrs.	8 classes	Sat	4:00-5:00 pm	starts Sep 5	\$50(R); \$65(NR)
View activity: 27603-574C	12 - 15 yrs.	8 classes	Sat	5:00-6:00 pm	starts Sep 5	\$50(R); \$65(NR)

Softball Clinic: Mixed Ages

It's a grand slam! This softball training program is designed to teach fundamental techniques, as well as conditioning programs for advanced players, to improve their abilities in preparation for high level competition. Build character, self-confidence, and improve your fitness. Come in from the dugout and enhance your game with us!

Prince George's Stadium						countywidesports@pgparks.com
View activity: 27604-599T	9 - 13 yrs.	1 class	Sat	9:00-10:30 am	starts Nov 14	\$10(R); \$13(NR)

Sports Performance and Agility

Build a strong foundation for all sports! This program introduces youth to basic strength, agility, and athletic movement using bodyweight exercises, running mechanics, plyometrics, and dynamic warm-ups. Participants will improve coordination, speed, and overall athletic confidence.

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 276114-525A	10 - 16 yrs.	6 classes	Wed	6:00-7:00 pm	starts Sep 2	\$66(R); \$86(NR)
View activity: 276114-525C	10 - 16 yrs.	6 classes	Wed	7:00-8:00 pm	starts Sep 2	\$70(R); \$91(NR)
View activity: 276114-525B	10 - 16 yrs.	6 classes	Wed	6:00-7:00 pm	starts Oct 21	\$66(R); \$86(NR)
View activity: 276114-525D	10 - 16 yrs.	6 classes	Wed	7:00-8:00 pm	starts Oct 21	\$70(R); \$91(NR)

Tennis: Mixed Ages, Intermediate

Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Keep your eye on the ball and enroll today.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27641-519A	10 - 16 yrs.	6 classes	Sat	12:00-1:00 pm	starts Sep 5	\$57(R); \$75(NR)
View activity: 27641-519B	10 - 16 yrs.	6 classes	Sat	12:00-1:00 pm	starts Oct 17	\$57(R); \$75(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27641-523B	10 - 16 yrs.	11 classes	Thu	6:00-7:00 pm	starts Sep 10	\$121(R); \$158(NR)
View activity: 27641-523C	10 - 16 yrs.	12 classes	Fri	5:00-7:00 pm	starts Sep 11	\$216(R); \$281(NR)
View activity: 27641-523D	10 - 16 yrs.	12 classes	Sat	12:00-2:00 pm	starts Sep 12	\$216(R); \$281(NR)
View activity: 27641-523A	10 - 16 yrs.	12 classes	Mon	6:00-7:00 pm	starts Sep 14	\$132(R); \$172(NR)

Maryland Junior Tennis League, Mixed Ages

A competitive indoor junior tennis league which offers competition with other area teams. The foundation of this league is a format and philosophy aimed at gaining consistent competitive experience, developing and strengthening skills all within a fun, team setting.

Watkins Tennis Bubble						watkinsbubble@pgparks.com
View activity: 27650-589A	11 - 18yrs.	33 classes	Sat & Sun	3:00-5:00 pm	starts Nov 7	\$240(R); \$312(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						johnhowardcc@pgparks.com
View activity: 27625-538A	All ages	4 classes	Wed	5:00-6:00 pm	starts Sep 2	\$42(R); \$55(NR)
View activity: 27625-538B	All ages	4 classes	Wed	5:00-6:00 pm	starts Oct 7	\$42(R); \$55(NR)

Volleyball: Mixed Ages, Beginner

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

Glenn Dale Community Center						glennedalecc@pgparks.com
View activity: 27649-527A	8 - 13 yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Sep 15	\$50(R); \$65(NR)
View activity: 27649-527BB	8 - 13 yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Nov 3	\$50(R); \$65(NR)
Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 27649-586A	10 - 17 yrs.	5 classes	Mon	6:30-7:30 pm	starts Sep 14	\$40(R); \$52(NR)
View activity: 27649-586B	10 - 17 yrs.	6 classes	Mon	6:30-7:30 pm	starts Oct 26	\$48(R); \$63(NR)

Volleyball: Mixed Ages, Intermediate/Advanced

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

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 27653-586A	10 - 17 yrs.	5 classes	Mon	7:30-8:30 pm	starts Sep 14	\$45(R); \$59(NR)
View activity: 27653-586B	10 - 17 yrs.	6 classes	Mon	7:30-8:30 pm	starts Oct 26	\$54(R); \$71(NR)

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		
View activity: 25101-578A	3 - 5 yrs.	8 classes	Tue	6:30-7:15 pm	starts Sep 15	\$130(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		
View activity: 25201-578A	6 - 8 yrs.	8 classes	Tue	7:30-8:15 pm	starts Sep 15	\$130(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		
View activity: 25204-578A	6 - 12 yrs.	8 classes	Tue	6:30-7:15 pm	starts Sep 8	\$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		
View activity: 25211-578A	6 - 12 yrs.	8 classes	Thu	6:30-7:30 pm	starts Oct 1	\$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		
View activity: 25420-578A	18 & up	8 classes	Tue	10:00-10:45 am	starts Sep 29	\$68(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
View activity: 25414-578A	18 & up	6 classes	Thu	11:00-11:45 am	starts Oct 8	\$54(R)
Southern Regional Aquatic Wellness Center						countywidetrprograms@pgparks.com
View activity: 25414-578D	18 & up	6 classes	Mon	11:00-11:45 am	starts Sep 28	\$54(R)
View activity: 25414-578E	18 & up	6 classes	Wed	11:00-11:45 am	starts Sep 30	\$54(R)
Theresa Banks Memorial Aquatics Center						countywidetrprograms@pgparks.com
View activity: 25414-578AA	18 & up	6 classes	Mon	1:00-1:45 pm	starts Oct 5	\$54(R)

Therapeutic Recreation: Social Club Game Night

Join us for an incredible night of classic games, competition, and fun. Who will take home a prize tonight? You won't want to miss this.

Mount Rainier Nature and Recreation Center						mtrainiernaturecenter@pgparks.com
View activity: 25413-549B	18 & up	1 class	Thu	6:30-9:00 pm	starts Oct 29	\$10(R)

Therapeutic Recreation: Tai Chi

Find your inner peace while doing Tai Chi, a traditional, non-competitive meditative movement-based system. Tai Chi decreases stress and anxiety and helps improve balance and flexibility. On days when weather permits, we will participate outside, in the park. Therapeutic Recreation programs are for Prince George's County residents only.

Lakeland College Park Community Center						countywidetrprograms@pgparks.com
View activity: 25417-578A	18 & up	4 classes	Wed	6:30-7:30 pm	starts Oct 28	\$20(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
View activity: 25418-578A	18 & up	6 classes	Tue	12:30-1:15 pm	starts Oct 13	\$66(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.

Fairwood Park						countywidetrprograms@pgparks.com
View activity: 25422-578A	18 & up	1 class	Tue	10:00-11:30 am	starts Sep 8	\$5(R)
Watkins Regional Park						countywidetrprograms@pgparks.com
View activity: 25422-578B	18 & up	1 class	Tue	10:00-11:30 am	starts Sep 22	\$5(R)
View activity: 25422-578C	18 & up	1 class	Tue	10:00-11:30 am	starts Oct 6	\$5(R)
View activity: 25422-578D	18 & up	1 class	Tue	10:00-11:30 am	starts Oct 20	\$5(R)
View activity: 25422-578E	18 & up	1 class	Tue	10:00-11:30 am	starts Nov 3	\$5(R)
View activity: 25422-578F	18 & up	1 class	Tue	10:00-11:30 am	starts Nov 17	\$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
View activity: 25410-578A	18 & up	4 classes	Sat	9:00 am-1:00 pm	starts Sep 12	\$56(R)
Glenarden Community Center						countywidetrprograms@pgparks.com
View activity: 25410-578B	18 & up	4 classes	Sat	9:00 am-1:00 pm	starts Sep 12	\$56(R)

MIXED AGES

Therapeutic Line Dancing

Individuals with disabilities will learn the basic moves of line dancing.

Westphalia Community Center						countywidetrprograms@pgparks.com
View activity: 25651-578A	13 & up	8 classes	Tue	7:00-8:00 pm	starts Oct 13	\$40(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.

Southern Area Aquatics & Recreation Complex						countywidetrprograms@pgparks.com
View activity: 25631-578C	13 & up	8 classes	Wed	6:45-8:00 pm	starts Sep 16	\$40(R)

Therapeutic Recreation: Bowling, Mixed Ages

Make a lucky strike! Join our bowling program for fun and fitness. Improve your bowling skills, develop your winning technique, and expand your circle of friends. There is not a moment to SPARE! Sign up today, lace up your shoes, and let the good times roll! This program is designed specifically for individuals with disabilities who reside in Prince George's County.

AMF Capital Plaza Lanes						countywidetrprograms@pgparks.com
View activity: 25616-578A	13 & up	19 classes	Sat	9:30 am-12:00 pm	starts Oct 17	\$70(R)
Marlow Heights AMF Bowling Center						countywidetrprograms@pgparks.com
View activity: 25616-578B	13 & up	18 classes	Sat	9:30 am-12:00 pm	starts Oct 17	\$70(R)

Therapeutic Recreation: Drum-n-Tone

Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and get in shape at the same time. Adaptable for all ability levels, easy to learn, and a blast to join! Drum-n-Tone is a program designed for individuals with disabilities that reside in Prince George's County.

Lakeland College Park Community Center						countywidetrprograms@pgparks.com
View activity: 25612-578A	13 & up	8 classes	Mon	6:30-7:30 pm	starts Sep 14	\$40(R)
Southern Area Aquatics & Recreation Complex						countywidetrprograms@pgparks.com
View activity: 25612-578C	13 & up	8 classes	Mon	6:30-7:30 pm	starts Sep 14	\$40(R)

Therapeutic Recreation: Floor Hockey

Have you got hockey with heart? Learn the basic skills of floor hockey including how to properly handle the stick and how to keep score. Gain the benefits of improved hand-eye coordination, balance, and flexibility. Sign up today to score big on your physical fitness improvement. This program is designed specifically for persons with disabilities who reside in Prince George's County. Staff to participant ratio is 1:6.

Berwyn Heights Community Center						countywidetrprograms@pgparks.com
View activity: 25619-578A	13 & up	8 classes	Thu	6:30-7:30 pm	starts Sep 3	\$40(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		
View activity: 25638-578A	13 & up	8 classes	Tue	7:30-8:15 pm	starts Sep 8	\$40(R)

Therapeutic Recreation: Kids' Day Out, Mixed Ages

School is out, lets hang out! Kids' Day Out 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		
View activity: 25604-578A	6 - 21 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16	\$35(R)
View activity: 25604-578C	6 - 21 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16	\$35(R)
Marlow Heights Community Center				countywidetrprograms@pgparks.com		
View activity: 25604-578B	6 - 21 yrs.	1 class	Wed	9:00 am-4:30 pm	starts Sep 16	\$35(R)
View activity: 25604-578D	6 - 21 yrs.	1 class	Fri	9:00 am-4:30 pm	starts Oct 16	\$35(R)

Therapeutic Recreation: KDO Extended Care: Mixed Ages

Stay active and inspired with a trip day! We provide supervised and fun Before and/or After Care for Kids' Day Out (KDO) Trip. This program is designed specifically for persons with disabilities who reside in Prince George's County.

Huntington Community Center				countywidetrprograms@pgparks.com		
View activity: 25605-578AA	6 - 21 yrs.	1 class	Wed	4:30-6:00 pm	starts Sep 16	\$9(R)
View activity: 25605-578CA	6 - 21 yrs.	1 class	Fri	4:30-6:00 pm	starts Oct 16	\$9(R)
View activity: 25605-578EA	6 - 21 yrs.	1 class	Tue	4:30-6:00 pm	starts Nov 3	\$9(R)
Marlow Heights Community Center				countywidetrprograms@pgparks.com		
View activity: 25605-578BA	6 - 21 yrs.	1 class	Wed	4:30-6:00 pm	starts Sep 16	\$9(R)
View activity: 25605-578DA	6 - 21 yrs.	1 class	Fri	4:30-6:00 pm	starts Oct 16	\$9(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				ccountywidetrprograms@pgparks.com		
View activity: 25627-578A	4 & up	8 classes	Sat	9:00-9:40 am	starts Sep 19	\$140(R)
View activity: 25627-578B	4 & up	8 classes	Sat	9:45-10:25 am	starts Sep 19	\$140(R)
View activity: 25627-578C	4 & up	8 classes	Sat	10:30-11:10 am	starts Sep 19	\$140(R)
View activity: 25627-578D	4 & up	8 classes	Sat	11:15-11:55 am	starts Sep 19	\$140(R)
Prince George's Sports & Learning Complex				countywidetrprograms@pgparks.com		
View activity: 25627-578P	4 & up	8 classes	Tue	4:30-5:10 pm	starts Sep 22	\$140(R); \$105(IA)
View activity: 25627-578Q	4 & up	8 classes	Tue	5:15-5:55 pm	starts Sep 22	\$140(R); \$105(IA)
View activity: 25627-578R	4 & up	8 classes	Tue	6:00-6:40 pm	starts Sep 22	\$140(R); \$105(IA)
View activity: 25627-578S	4 & up	8 classes	Tue	6:45-7:25 pm	starts Sep 22	\$140(R); \$105(IA)

Southern Regional Aquatic Wellness Center						countywidetrprograms@pgparks.com
View activity: 25627-578H	4 & up	8 classes	Thu	5:00-5:40 pm	starts Oct 1	\$140(R)
View activity: 25627-578I	4 & up	8 classes	Thu	5:45-6:25 pm	starts Oct 1	\$140(R)
View activity: 25627-578J	4 & up	8 classes	Thu	6:30-7:10 pm	starts Oct 1	\$140(R)
View activity: 25627-578K	4 & up	8 classes	Sat	9:00-9:40 am	starts Oct 3	\$140(R)
View activity: 25627-578L	4 & up	8 classes	Sat	9:45-10:25 am	starts Oct 3	\$140(R)
View activity: 25627-578M	4 & up	8 classes	Sat	10:30-11:10 am	starts Oct 3	\$140(R)
View activity: 25627-578N	4 & up	8 classes	Sat	11:15-11:55 am	starts Oct 3	\$140(R)
Theresa Banks Memorial Aquatics Center						countywidetrprograms@pgparks.com
View activity: 25627-578O	4 & up	8 classes	Mon	2:00-2:40 pm	starts Oct 5	\$140(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.

SPD - Walker Drive						countywidetrprograms@pgparks.com
View activity: 25647-578A	5 - 12 yrs.	1 class	Fri	6:00-9:00 pm	starts Sep 25	\$20(R)
View activity: 25647-578B	5 - 12 yrs.	1 class	Sat	11:00 am-3:00 pm	starts Nov 21	\$40(R)

Therapeutic Recreation: Level Up: Gaming

Level up your leisure time with this gaming club, a welcoming and adaptive program designed for teens and adults with disabilities ages 13 and up. This program provides a fun, social environment where you can explore a variety of gaming experiences while building friendships and developing communication, teamwork, and problem-solving skills. Whether you're a casual player or a competitive gamer, this program offers something for everyone.

Deerfield Run Community Center						countywidetrprograms@pgparks.com
View activity: 25652-578A	13 & up	5 classes	Mon	6:15-7:45 pm	starts Nov 2	\$40(R)

Therapeutic Recreation: Soccer Skills Clinic

Soccer is a fun and adaptable sport that is appropriate for all ages! Through this four-week class, participants will learn some of the individual skills required for soccer such as passing, blocking, and kicking the ball of score a goal. The benefits of soccer include increasing your cardiovascular endurance, building gross motor skills, coordination, and learning to work as a team. Please note: this class is for individual with disabilities who reside in Prince George's County.

Berwyn Heights Community Center						countywidetrprograms@pgparks.com
View activity: 25642-578A	13 & up	4 classes	Thu	6:30-7:30 pm	starts Oct 29	\$20(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.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30205-548A	8 - 12 yrs.	6 classes	Sun	1:00-3:00 pm	starts Sep 27	\$65(R); \$85(NR)

Art: Mixed Media, Children

Experience the delight of making print, sculpture, paintings or clay pieces. Discover an array of different materials and develop motor skills.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30207-568A	8 - 12 yrs.	6 classes	Mon	6:00-8:00 pm	starts Sep 14	\$60(R); \$78(NR); \$45(IA)

Comic Book Art

Learn how comic books are drawn, inked, colored, and printed. Produce full-size pages of your own original comic book story.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30203-548A	8 - 12 yrs.	6 classes	Sat	2:30-4:30 pm	starts Sep 26	\$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
View activity: 30204-548A	8 - 12 yrs.	6 classes	Sat	10:00 am-12:00 pm	starts Sep 26	\$65(R); \$85(NR)

Open Studio: Children

Children will explore their imagination and try different art making styles. A lead instructor will be available to guide your young artist in a myriad of 2D and 3D materials and methods. Sign up today and discover the amazing art your child will create.

Brentwood Arts Exchange						brentwoodarts@pgparks.com
View activity: 30213-510A	6 - 12 yrs.	5 classes	Sat	10:30 am-12:00 pm	starts Sep 12	\$90(R); \$117(NR)
View activity: 30213-510B	6 - 12 yrs.	5 classes	Sat	10:30 am-12:00 pm	starts Oct 24	\$90(R); \$117(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
View activity: 30210-548A	8 - 12 yrs.	6 classes	Sat	3:00-5:00 pm	starts Sep 26	\$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
View activity: 30301-548A	13 - 16yrs.	6 classes	Sun	3:30-5:30 pm	starts Sep 27	\$65(R); \$85(NR)

Comic Books: Teens

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story. Lab fee: \$10 payable to instructor.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30310-548A	13 - 17 yrs.	6 classes	Sat	12:00-2:00 pm	starts Sep 26	\$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
View activity: 30307-548A	13 - 17 yrs.	6 classes	Sat	12:30-2:30 pm	starts Sep 26	\$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
View activity: 30309-548A	13 - 17 yrs.	6 classes	Sun	2:00-4:00 pm	starts Sep 27	\$65(R); \$85(NR)

ADULTS

Art Technique: Adults

Unfold your creativity! Join this exciting introduction to art design. Enjoy discovering your creativity with other adults eager to learn art techniques. Become a part of our imaginative class and build art skills with confidence.

Prince George's Sports & Learning Complex						spdex-distribution@pgparks.com
View activity: 30405-568B	18 & up	6 classes	Wed	6:00-8:00 pm	starts Sep 16	\$60(R); \$78(NR); \$45(IA)

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-Beltville Senior Activity Ctr						lbsac@pgparks.com
View activity: 30403-546A	50 & up	10 classes	Tue	10:00 am-2:00 pm	starts Sep 15	\$70(R); \$91(NR)
View activity: 30403-546B	50 & up	10 classes	Wed	10:00 am-2:00 pm	starts Sep 16	\$70(R); \$91(NR)
View activity: 30403-546C	50 & up	10 classes	Thu	10:00 am-2:00 pm	starts Sep 17	\$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
View activity: 30422-503A	18 & up	10 classes	Tue	9:00 am-12:00 pm	starts Sep 8	\$124(R); \$162(NR)
View activity: 30422-503C	18 & up	10 classes	Tue	5:30-7:30 pm	starts Sep 8	\$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
View activity: 30406-548A	18 & up	8 classes	Tue	12:00-3:00 pm	starts Sep 22	\$123(R); \$160(NR)
View activity: 30406-548B	18 & up	8 classes	Wed	6:30-9:30 pm	starts Sep 23	\$123(R); \$160(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 crackled textures, Raku techniques have been adopted and modified by potters around the world. Through class demonstrations, participants will be taught an introductory understanding of raku pottery, firing procedures, kiln types, raku clay and glazes.

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 30425-503A	18 & up	10 classes	Fri	9:30 am-12:30 pm	starts Sep 11	\$124(R); \$162(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
View activity: 30416-548A	18 & up	8 classes	Thu	6:30-9:30 pm	starts Sep 24	\$123(R); \$160(NR)

Drawing: Adults

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

Brentwood Arts Exchange						brentwoodarts@pgparks.com
View activity: 30407-510A	18 & up	5 classes	Tue	6:00-8:00 pm	starts Sep 8	\$90(R); \$117(NR)
View activity: 30407-510B	18 & up	5 classes	Tue	6:00-8:00 pm	starts Oct 20	\$90(R); \$117(NR)

Native American Flute Making

Students will use a variety of hand tools to create their very own, one-of-a-kind, Native American flute. The instructor will be on hand to guide each artist on their unique journey to completion of this artistic and soulful instrument.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30411-548A	18 & up	8 classes	Wed	6:30-9:30 pm	starts Sep 23	\$105(R); \$137(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.

Brentwood Arts Exchange						brentwoodarts@pgparks.com
View activity: 30414-510A	18 & up	5 classes	Wed	6:00-8:00 pm	starts Sep 9	\$90(R); \$117(NR)
View activity: 30414-510B	18 & up	5 classes	Wed	6:00-8:00 pm	starts Oct 21	\$90(R); \$117(NR)

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 30414-527A	18 & up	1 class	Fri	10:00 am-12:00 pm	starts Sep 18	\$15(R); \$20(NR)
View activity: 30414-527B	18 & up	1 class	Fri	10:00 am-12:00 pm	starts Oct 23	\$15(R); \$20(NR)
View activity: 30414-527C	18 & up	1 class	Fri	10:00 am-12:00 pm	starts Nov 20	\$15(R); \$20(NR)

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 30414-503A	18 & up	10 classes	Mon	10:00 am-1:00 pm	starts Sep 14	\$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
View activity: 30415-503A	18 & up	10 classes	Sat	12:00-2:00 pm	starts Sep 5	\$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
View activity: 30426-503A	18 & up	10 classes	Tue	1:00-4:00 pm	starts Sep 8	\$104(R); \$136(NR)
View activity: 30426-503B	18 & up	10 classes	Thu	1:00-4:00 pm	starts Sep 10	\$104(R); \$136(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						lbsac@pgparks.com
View activity: 30428-546B	50 & up	12 classes	Tue	1:00-3:00 pm	starts Sep 1	\$80(R); \$104(NR)
View activity: 30428-546A	50 & up	12 classes	Thu	2:00-4:00 pm	starts Sep 3	\$80(R); \$104(NR)

SENIORS

Photography: Digital, Seniors

A picture is worth a thousand words! Reframe your world by learning photography through this class. This invigorating, self-esteem boosting class will teach you camera operation, controls, aesthetic decisions, how to download, manipulate, and print your digital images.

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 30507-541A	60 & up	4 classes	Fri	9:00 am-12:30 pm	starts Sep 11	\$35(R); \$46(NR)
View activity: 30507-541B	60 & up	4 classes	Fri	9:00 am-12:30 pm	starts Oct 9	\$35(R); \$46(NR)
View activity: 30507-541C	60 & up	4 classes	Fri	9:00 am-12:30 pm	starts Nov 6	\$27(R); \$36(NR)

MIXED AGES

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
View activity: 30659-503A	18 & up	10 classes	Sat	10:00 am-1:00 pm	starts Sep 5	\$125(R); \$163(NR)

Beyond Beginners Graphic Design

Take your design skills further in this beyond beginner graphic design class, ideal for those who understand the basics and are ready to refine their craft. Deepen your knowledge of layout, typography, color, and composition while learning how to create more cohesive, polished, and purposeful designs. Through hands-on projects and guided critique, explore more advanced techniques, strengthen your creative decision making, and improve your workflow using industry standard tools. This class is perfect for designers who want to elevate their work for personal projects, small businesses, or a growing portfolio.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30661-568D	18 & up	6 classes	Sat	12:00-1:30 pm	starts Sep 26	\$60(R); \$78(NR); \$45(IA)

Ceramics: Mixed Ages, All Levels

Course includes wheel practice and hand-building techniques emphasizing individual learning needs.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30640-548A	14 & up	8 classes	Mon	6:30-9:30 pm	starts Sep 21	\$123(R); \$160(NR)
View activity: 30640-548B	14 & up	8 classes	Tue	6:30-9:30 pm	starts Sep 22	\$123(R); \$160(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
View activity: 30643-543AA	18 & up	11 classes	Mon	10:00 am-12:30 pm	starts Sep 14	\$250(R); \$325(NR)
View activity: 30643-543B	18 & up	11 classes	Mon	6:00-8:30 pm	starts Sep 14	\$250(R); \$325(NR)
View activity: 30643-543C	18 & up	11 classes	Tue	10:30 am-1:00 pm	starts Sep 15	\$250(R); \$325(NR)
View activity: 30643-543D	18 & up	11 classes	Tue	6:00-8:30 pm	starts Sep 15	\$250(R); \$325(NR)
View activity: 30643-543f	18 & up	11 classes	Wed	6:00-8:30 pm	starts Sep 16	\$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
View activity: 30601-548A	6 & up	2 classes	Sun	12:00-2:00 pm	starts Oct 4	\$45(R); \$59(NR)

Comic Books: Mixed Ages

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story.

Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 30649-571A	8 - 14 yrs.	4 classes	Sat	10:00-11:00 am	starts Sep 12	\$40(R); \$52(NR)
View activity: 30649-571B	8 - 14 yrs.	3 classes	Sat	10:00-11:00 am	starts Oct 10	\$30(R); \$39(NR)
View activity: 30649-571C	8 - 14 yrs.	3 classes	Sat	10:00-11:00 am	starts Nov 7	\$30(R); \$39(NR)

Jewelry: Cabochon Cutting

Learn the basics of gem cutting as you create your own cabochon using diamond saws, grinds, and polishing equipment. Students must bring a pair of safety glasses to class and should wear clothes that can get wet or oily. Optional: bring an apron to help protect clothing from oil spray. Bring a bag lunch/drink.

Clearwater Nature Center						clearwaturnaturecenter@pgparks.com
View activity: 30616-514A	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Sep 5	\$30(R); \$39(NR)
View activity: 30616-514B	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Oct 3	\$30(R); \$39(NR)
View activity: 30616-514C	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Nov 7	\$30(R); \$39(NR)

Photography: Digital Level 1, Mixed Ages

Learn to take photographs with your digital camera and turn them into something fun using the computer.

John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 30629-538A	All ages	4 classes	Thu	5:00-6:00 pm	starts Sep 3	\$36(R); \$47(NR)
View activity: 30629-538B	All ages	4 classes	Thu	5:00-6:00 pm	starts Oct 1	\$36(R); \$47(NR)
View activity: 30629-538C	All ages	4 classes	Thu	5:00-6:00 pm	starts Nov 5	\$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
View activity: 30631-548A	14 & up	8 classes	Thu	6:30-9:30 pm	starts Sep 24	\$105(R); \$137(NR)

MARYLAND EMANCIPATION DAY

Celebration

**SATURDAY, NOVEMBER 7
CONCORD HISTORIC SITE**

**8000 Walker Mill Road
Capitol Heights 20743**

For more information, send an email to
Concord.HistoricSite@pgparks.com.



Live More, Play More at your community center!

Come in from the cold and explore free and low-cost classes, camps, childcare, fitness equipment, and much more.



Use the Facility Finder
at pgparks.com or
scan the QR code
to find your closest
community center:



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

live more, play more
pgparks.com



VOLUNTEERING

is a Healthy Habit!

pgparks.com/volunteer

Now is the perfect time to start!

Earn student service-learning hours, join our environmental efforts, share your love of sports, or coordinate your school, civic, or corporate group for a day of team-building.

Learn more at
pgparks.com/volunteer
or scan the QR code:



The M-NCPPC Prince George's County Planning Department helps shape how our communities grow and thrive. They guide everything from new development and neighborhood design to long-term planning for parks, transportation, and vibrant public spaces. Their work helps make Prince George's County a great place to live, work, and play. Scan the QR Code to learn more.





Ages 6 to 17:

**Learn more at
pgparks.com/teen**



Your pass to *Live More, Play More!*

FREE M-NCPPC ID Cards

**give teens, pre-teens, and senior citizens
special access to facilities, activities,
events, and much more.**

Register for yours today!



**Ages 60
& Better:**

**Learn more at
pgparks.com/seniors**





live more, play more

pgparks.com

Connect with us @pgparks    



CHILD CARE PROGRAMS

2026-2027
School Year
Registration Is
Now Open

Where learning meets play — nurturing a future of Live More, Play More.



Available Programs:

- ★ Pre-School
- ★ Morning Care
- ★ Kids' Care After-School
- ★ Therapeutic Recreation Kids' Care After-School and Leisure & Life Skills for Teens
- ★ Kids' Club at Fairland
- ★ Kids' Club at Prince George's Sports & Learning Complex



MORE INFORMATION?

Scan here
for registration
and program
details.

