your guide

to Parks and Recreation in Prince George's County

Parks & Recreation
M-NCPPC

live more, play more

pgparks.com

2026 Finalist for Gold Medal Winner for Excellence

Classes, Programs & Events
WINTER 2026 - 2027
DECEMBER 1-FEBRUARY 28



> "Parks are not just amenities — they are essential to our collective well-being."
>
> NRPA, *Why We Must Keep Investing in Parks*







M-NCPPC

100 years

1927 - 2027

A Century of Well-Being

2027 marks a remarkable milestone for The Maryland-National Capital Park and Planning Commission (M-NCPPC) as we celebrate 100 years of service to Montgomery and Prince George's Counties.

For a century, M-NCPPC has been dedicated to the mission of planning communities that will protect and steward the natural, cultural and historic resources while also improving the health and well-being of residents throughout the Prince George's and Montgomery Counties. Though the needs of our community have evolved over time, our commitment has remained the same: to create opportunities for residents to live healthier and more fulfilling lives. Today, that legacy is reflected in the seven dimensions of well-being—cultural, economic, environmental, intellectual, mental, physical, and social—outlined by the National Recreation and Park Association (NRPA)*. These dimensions capture the many ways M-NCPPC has strengthened our communities over the past 100 years and will continue to do so in the future.





*www.nrpa.org/our-work/partnerships/initiatives/community-wellness-hubs/seven-dimensions-of-well-being/



Cultural Well-Being

Over the years, M-NCPPC has brought communities together through festivals, heritage celebrations, cultural programs, and public art performances to celebrate the rich traditions and diverse cultures of Montgomery and Prince George's Counties. Programs such as our Black History Program, which preserves, honors, and celebrates Prince George's County's rich African American heritage, along with performances and exhibitions at our cultural arts centers, help foster appreciation, understanding, and a sense of belonging among residents.

Economic Well-Being

M-NCPPC contributes to local economic well-being by creating jobs, attracting visitors, and providing affordable opportunities for residents. Job fairs and seasonal employment opportunities help support financial stability for individuals and families, while affordable camps, classes, and programs ensure residents have access to enriching experiences regardless of income.





Environmental Well-Being

M-NCPPC takes pride in creating healthier environments for current and future generations by protecting parkland, preserving open spaces, planting trees, and promoting sustainable practices. Initiatives such as our tree planting efforts, environmental education programs, and community park cleanups help improve air quality and ensure residents can enjoy healthy natural spaces for years to come.

Intellectual Well-Being

M-NCPPC provides opportunities for people of all ages to discover new interests and develop new skills. For generations, our programs have encouraged curiosity, creativity, and lifelong learning. Through our STEAM programming and out-of-school enrichment programs, for example, participants are introduced to new experiences that inspire learning, skill building, and personal growth.







Mental Well-Being

Access to green spaces, recreational opportunities, and community connections can have a significant impact on mental well-being. Through health and wellness programs, outdoor recreation opportunities, and access to more than 30,000 acres of parkland, M-NCPPC helps residents reduce stress and support their overall mental health.

Physical Well-Being

Perhaps the most visible dimension of well-being, physical health has long been supported through parks and recreation. Through our numerous fitness centers, gyms, sports leagues, aquatics programs, recreational classes, and trails, M-NCPPC provides countless opportunities for residents of all ages and abilities to stay active and healthy.



Social Well-Being

M-NCPPC's parks and facilities serve as community gathering spaces where residents can connect, build relationships, and create lasting memories. From community events and festivals to volunteer opportunities and inclusion, teen, and senior programs, we help foster a sense of belonging, strengthen social connections, and encourage civic engagement throughout our communities.







M-NCPPC 100 years
1927 - 2027
A Century of Well-Being

As M-NCPPC commemorates its 100th anniversary, we celebrate a century devoted to enhancing the quality of life for residents. Through an ever-evolving focus on cultural, economic, environmental, intellectual, mental, physical, and social well-being, the Commission has continually adapted to meet the needs of our diverse communities. Over the last 100 years, our parks, programs, facilities, and services have helped people connect, grow, and thrive. As we look into the future, we remain committed to creating new opportunities that advance well-being, strengthen communities, and enrich the lives of residents for generations to come.

Here's to a century of well-being and to the next 100 years of serving our communities!

The Maryland-National Capital Park and Planning Commission

PRINCE GEORGE'S PLANNING BOARD

Kevin A. Anderson, *Chair*
Dr. Billy Okoye, GRI, *Vice-Chair*
Brittany Jenkins
Lori Matthews
Gloria Gary Lawlah

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

M-NCPPC Facilities 17

¡Obtenga más información sobre el Departamento de Parques y Recreación en español!.....24

In-Person Ticketed Events 26

Virtual Tickets.....39
- Adults 41
- Seniors..... 41

Virtual & Hybrid Programs 41
- Mixed Ages.....43

Aquatics 44
- Pre-Schoolers 44

In-Person Classes..... 44
- Children 49
- Teens..... 54
- Adults 55
- Seniors..... 63
- Mixed Ages..... 65

Black History Month.....68
- Mixed Ages.....68

Computer Skills.....68
- Children 68
- Teens.....69
- Adults 69
- Seniors..... 69
- Mixed Ages..... 70

Crafts & Hobbies..... 71
- Pre-Schoolers 71
- Children 71
- Teens.....72
- Adults 72
- Seniors.....73
- Mixed Ages.....75

Day Camps.....78
- Mixed Ages..... 78

Fitness & Health.....79
- Pre-Schoolers 79
- Children 79
- Teens..... 79
- Adults 80
- Seniors..... 91
- Mixed Ages..... 98

Historical Events 101
- Children 101
- Mixed Ages..... 101

Lifestyle & Learning.....102
- Pre-Schoolers 102
- Children 103
- Teens.....105
- Adults 105
- Seniors.....105
- Mixed Ages..... 106

Martial Arts 109
- Pre-Schoolers 109
- Children 110
- Teens..... 110
- Adults 110
- Seniors.....113
- Mixed Ages.....113

Nature 117
- Pre-Schoolers 117
- Children 118
- Teens.....119
- Adults 119
- Mixed Ages.....120

Performing Arts 124
- Pre-Schoolers 124
- Children 125
- Teens..... 127
- Adults 127
- Seniors.....130
- Mixed Ages..... 132

Seasonal & Community Events ...136
- Seniors.....136
- Mixed Ages..... 137

Sports 137
- Pre-Schoolers 137
- Children 144
- Teens.....159
- Adults 163
- Mixed Ages.....167

Therapeutic Recreation 176
- Adults 176
- Mixed Ages.....177

Visual Arts 178
- Children 178
- Teens.....179
- Adults 180
- Seniors.....182
- Mixed Ages.....182

How to register for an activity...



Registration for an activity begins:
Wednesday, November 18 for Prince George's County Residents
Wednesday, November 25 for Non-Residents

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

Validate your address!

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

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

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

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

Resident Registration and Fees

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

Fee Structure

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

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

*Note: Full payment is due at registration unless a class or program has a scheduled payment structure (i.e., Kids' Care, Trips & Excursions.)
Need help? Email the Customer Service Help Desk at **CustomerService@pgparks.com**





Refund Policy

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

Non-Sufficient Funds Fee

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

Fee Assistance

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

Fees Subject to Change

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

Stay in Touch!

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

Disability Services (Therapeutic Recreation and Program Access)

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

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, 18 de noviembre para los residentes del Condado de Prince George's

Miércoles, 25 de noviembre para los que residen fuera del Condado de Prince George's

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

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.





Parks & Recreation
M-N C P P C

live more, play more
pgparks.com

NEW YEAR
NEW DISPLAYS
Same Tradition
AÑO NUEVO, NUEVAS EXHIBICIONES,
LA MISMA TRADICIÓN

Celebrate 40 Years of the FESTIVAL OF LIGHTS with us!



November 27, 2026 - January 1, 2027
27 de noviembre, 2026 - 1 de enero, 2027

5-9:30 pm Nightly
Todas las noches

$20
PER CAR / POR CARRO

All purchases must be made at the gate.
Boletos deben comprarse en la entrada del parque.

Scan here for additional offerings, pricing, and information or visit ***pgparks.com/lights***

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

EXPERIENCES
MAKE THE BEST GIFTS!









A gift card from M-NCPPC, Department of Parks and Recreation, Prince George's County unlocks hundreds of possible experiences for your loved ones and is the perfect gift for the impossible-to-shop-for people in your life.



Live More, Play More

Give someone an experience!

Easily purchase a gift card online at ***pgparks.com/giftcard*** or scan the QR code:

Some gift card restrictions apply.
Visit website for details.

Holiday Season SALE

Shop local for the holidays with M-NCPPC, Department of Parks and Recreation!

Looking for thoughtful, one-of-a-kind gifts this holiday season?
From handcrafted treasures and historical keepsakes to educational toys and golf merchandise, you'll find something special for everyone on your list while supporting local artists, museums, and community spaces. ***Discover the perfect gift at our locations throughout the county.***







Discover the perfect gift at our locations below.

Brentwood Arts Exchange

A selection of jewelry, pottery, textiles, fused glass, greeting cards, and more, offering unique, handcrafted gifts for every occasion.

College Park Aviation Museum

Offers a wide and constantly changing selection of aviation and science-related toys, children's books, clothing, and souvenirs for all ages. Museum members receive a 15% discount on all purchases.

Darnall's Chance Historic Site & Museum

Browse colonial-inspired items including pencils, ink wells, wooden toys, historical books, pamphlets, local history resources, and handcrafted and historically inspired reproduction jewelry.

Montpelier Historic Site & Museum

Features tea and teapots, Fair Trade items, books for adults and children, decorative items, and old-fashioned toys. Visit the online shop for Montpelier and Snowden books and memorabilia.

Surratt Historic Site & Museum

Features a wide array of books on the Civil War, Lincoln, and the Lincoln assassination, along with unique gifts and collectibles.

More Places to Shop

Find nature-inspired gifts, golf apparel, outdoor recreation items, and more at these locations:

* ***Enterprise Golf Course***
* ***Henson Creek Golf Course***
* ***Jug Bay Natural Area: Visitor's Center***
* ***Paint Branch Golf***
* ***Prince George's County Trap and Skeet Center***

Don't miss our FREE upcoming holiday shopping events!

SATURDAY, NOVEMBER 28, 10 AM-4 PM

Shop Small, Support Local: Small Business Saturday at Brentwood Arts Exchange

Make a day of it with artist meet-and-greets, complimentary gift wrapping, and a festive shopping experience. Start your holiday shopping with thoughtful, one-of-a-kind gifts while supporting the creative talent that makes our community shine.

SATURDAY, DECEMBER 5, 10 AM-4 PM

Harmony Hall Arts Center Holiday Marketplace

Explore a variety of vendor tables offering unique, handcrafted items and perfect stocking stuffers for everyone on your list.

SATURDAY, DECEMBER 12, 11 AM-4 PM

Brentwood Arts Exchange Holiday Craft Fair

Shop from over a dozen local artisans showcasing their handcrafted goods. Discover unique gifts, enjoy live music, and sip on seasonal favorites from Maryland Meadworks.

SUNDAY, DECEMBER 13, 1-3 PM

Montpelier Arts Center Holiday Open House

Meet our talented resident artists and join them for hands-on demonstrations and artist talks in their studios. Visit exhibitions in our three galleries, groove to live music, make a holiday craft, and celebrate the season with family and friends!



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 • glenardencc@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 Recreation 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 • templehillscc@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 • uppermarlborocc@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 • williambeanescc@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

Concord Historic Site
8000 Walker Mill Road, Capitol Heights 20743
301-627-8570 • Concord.HistoricSite@pgparks.com

Darnall's Chance Historic Site & Museum
14800 Governor Oden Bowie Dr., Upper Marlboro 20772
301-952-8010 • darnallschance@pgparks.com

Dinosaur Park
13100 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 Tippett Rd. in Cheltenham
301-627-7755 • PGParkRangers@pgparks.com

Clearwater Nature Center (at Cosca Regional Park)
11401 Thrift Rd., Clinton 20735
301-297-4575 • clearwaternaturecenter@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 Regional Park)
351 Watkins Park Dr., Upper Marlboro 20774
301-218-6770 • oldmarylandfarm@pgparks.com

Patuxent River 4-H Center
18405 Queen Anne Rd., Upper Marlboro 20774
301-218-3079 • PGParkRangers@pgparks.com

Patuxent River Park/Jug Bay Natural Area
16000 Croom Airport Rd., Upper Marlboro 20772
301-627-6074 • patuxentriverpark@pgparks.com

School House Pond
Governor Oden Bowie Dr., Upper Marlboro 20772
301-627-7755 • PGParkRangers@pgparks.com

Suitland Bog Natural Area
Suitland Rd. & Suitland Pkwy., Suitland 20747
301-627-7755 • PGParkRangers@pgparks.com

Walker Mill Regional Park
8840 Walker Mill Rd., District Heights 20747
301-699-2400 • NorthernAreaPrograms@pgparks.com

Watkins Nature Center
331 Watkins Park Dr., Upper Marlboro 20774
301-218-6702 • watkinsnaturecenter@pgparks.com

Watkins Regional Park
301 Watkins Park Dr., Upper Marlboro 20774
301-218-6700 • NorthernAreaPrograms@pgparks.com





SENIOR ACTIVITY CENTERS

Camp Springs Senior Activity Center
6420 Allentown Rd., Camp Springs 20748
301-449-0490 • 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 • rollingcrestpool@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



PHOTO/VIDEO POLICY

Parks & Recreation
M-N C P P C

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 envié un correo electrónico a **public.affairs@pgparks.com** con el asunto: "Boletín Informativo." Su correo electrónico se utiliza para enviar información sobre eventos y programas y no se comparte con otras personas.

Invítenos a participar en sus eventos

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

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

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

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

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

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

Usted puede comprobar su edad con:

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

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

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





Participe en una actividad

¡Encuentre una clase, un programa, un paseo o programa para usted, sus niños o un miembro de su familia que sea mayor de 60 años! Visite **pgparks.com** o llame al 301-699-2255.
El Departamento también ofrece una membresía GRATIS para niños y jóvenes edades 6-17 años, para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye, visite **pgparks.com** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Para niños y jóvenes:
Los centros comunitarios ofrecen entrada gratuita y programas para los jóvenes los viernes y sábados por la noche. Para horarios de actividades y eventos especiales visite el sitio de internet **pgparks.com** o llame al 301-699-2255.
El Departamento ofrece programas con acomodaciones especiales y recreación terapéutica para niños y jóvenes con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos llame al 301-446-3400.

Para personas de la tercera edad:
El Departamento ofrece una membresía GRATIS para personas de la tercera edad para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye visite **pgparks.com** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.
Seis centros de actividades para personas de la tercera edad o "senior activity centers" ofrecen una variedad de servicios para personas mayores de 60 años. Eventos especiales, viajes, clases, información y referencias se ofrecen en estos centros. También se ofrecen almuerzos nutritivos y transporte limitado en los centros. También ofrecemos programas para personas de la tercera edad con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos, llame al 301-446-3400.

Alquile un local para su fiesta o celebración

¿Busca un sitio sin igual para su recepción, fiesta, quince años o reunión? Visite **pgparks.com**.
Para disponibilidad del local y más detalles, comuníquese con el gerente del mismo.
Para reservar centros recreativos (con o sin cocina), áreas de picnic bajo techo o parcela para sembrar, llame al 301-699-2400 o visite **pgparks.com**.
Para reservar canchas atléticas y/o campos, llame al 301-446-6800 o visite **pgparks.com**.

Encuentre un parque

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

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

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

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

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 PGParks Alerts at pgparks.com to receive the latest information on M-NCPPC, Department of Parks and Recreation closures, cancellations, and emergencies.

Lunchtime Listening with Kevin Howard, Keys

Celebrate the season with a joyful holiday performance that will warm your spirit and brighten your day. National Recording Artist Kevin Howard is a world class keyboardist, writer, composer, and producer from Pittsburgh, now based in Maryland. Honored as Jazz Artist of the Year in 2018 by the Pennsylvania House of Representatives, he has also received multiple awards, including three Best Jazz Performer awards from WAMO and the WQED Harry Schwab Excellence in the Arts Award. His career includes touring with Ronnie Laws, performing with Marion Meadows, Norman Connors, Lonnie Liston Smith, Najee, and George Benson, and sharing the stage with Jonathan Butler, Cameo, Roy Ayers, Pieces of a Dream, Joe McBride, and John Legend. Take a festive break and enjoy a performance filled with warmth, soul, and holiday cheer.

Southern Area Aquatics Rec Complex				**saarc@pgparks.com**
View activity: ACHD-SPEC-GA-20261202	All ages	Wed Dec 2	11:00 am-1:00 pm	$5(R); $7(NR)

Marietta's Winter Holiday Celebration

See the beautifully and sensitively decorated historic house featuring Victorian-style decorations on all three floors. Learn about the free and enslaved families who lived and labored at this historic site. This year's event will include a Kwanza room, light refreshments, and a make-and-take craft.

Marietta Historic Site & Museum				**mariettahouse@pgparks.com**
View activity: MHM-SPEC-GA-20261203	All ages	Thu Dec 3	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261204	All ages	Fri Dec 4	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261205	All ages	Sat Dec 5	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261206	All ages	Sun Dec 6	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261210A	All ages	Thu Dec 10	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261211	All ages	Fri Dec 11	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261212	All ages	Sat Dec 12	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261213	All ages	Sun Dec 13	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261217	All ages	Thu Dec 17	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261218	All ages	Fri Dec 18	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261219	All ages	Sat Dec 19	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261220	All ages	Sun Dec 20	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261224	All ages	Thu Dec 24	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261226	All ages	Sat Dec 26	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261227	All ages	Sun Dec 27	11:00 am-3:00 pm	Free
View activity: MHM-SPEC-GA-20261231	All ages	Thu Dec 31	11:00 am-3:00 pm	Free

Disco Dance Party

Get ready to Boogie Wonderland this holiday season! Slip into your disco attire, hit the dance floor, and enjoy soulful grooves, festive cheer, and fun under the disco ball. Whether you're doing the Hustle or just enjoying the music, let's celebrate with sparkle, laughter, and a little Disco Fever!

Harmony Hall Regional Center				harmonyhallrc@pgparks.com
View activity: HHRC-SPEC-GA-20261203	60 & up	Thu Dec 3	12:00-3:00 pm	$25(R); $33(NR)

MESSAGE Session VIII

Message is no longer just a concert series - now entering its third season, it has evolved into a thoughtfully curated experience where intention and artistry lead the way. Each show is carefully selected, raising the bar for quality while remaining a sanctuary for local artists to share voices and stories with purpose. Here, music moves beyond entertainment and becomes personal, intimate, and deeply human. The artists who take the stage are not chasing recognition; they are building connection, offering soulful ballads, introspective rap, and honest expression rooted in authenticity. Every Message event is designed with care and discernment, ensuring no two shows are ever the same - each one delivering a distinct atmosphere, elevated excellence, and a story meant to be felt as much as it is heard.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-SPEC-GA-20261204	All ages	Fri Dec 4	7:00-10:00 pm	$15(R); $20(NR)

Listening Room Presents Duo Casanoches

Casa da Cultura Brasileira EducArte presents Duo Casanoches at Brentwood Arts Exchange for an immersive night of "Latin Classical Psychedelic," where hypnotic guitar and Brazilian/world percussion carry audiences through Brazil, Cuba, Latin America, and Spain.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: BAE-CON-GA-20261204	All ages	Fri Dec 4	8:00-10:00 pm	$20(R); $26(NR)

Santa Fly-In

Join us for a festive celebration of holiday traditions from around the world! Watch Santa make his annual return to the museum (weather permitting), enjoy excerpts from "The Nutcracker" by The Berwyn Ballet, create seasonal crafts, and explore winter traditions. Sign up for photos with bilingual Santa! Advance registration is required by Dec. 3.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20261205	All ages	Sat Dec 5	10:00 am-3:00 pm	$10(R); $13(NR)

Jingle & Play: Toddler Holiday Playdate

Bundle up and join us for a holly jolly morning of holiday fun! Enjoy festive crafts, sensory play, music, story time, games, and plenty of opportunities to explore and play together. Don't miss the holiday-themed photo opportunity, seasonal activities, and light refreshments while creating cherished memories together.

Westphalia Community Center				westphaliacc@pgparks.com
View activity: WCC-SPEC-GA-20261205	1 - 4yrs.	Sat Dec 5	1:00-4:00 pm	$10(R); $13(NR)

Motown Holiday

Get ready to celebrate the season with The Brencore Allstars Band as they bring the timeless joy of Motown's greatest holiday classics to the stage! Enjoy soulful holiday favorites made famous by the Temptations, Four Tops, Smokey Robinson, Gladys Knight & The Pips, Marvin Gaye, Stevie Wonder, Diana Ross & The Supremes, Michael Jackson, The Spinners, The Jackson Five, and many more. This feel-good show is guaranteed to put you in the holiday spirit! Invite your loved ones and secure your tickets early - you do not want to miss this amazing holiday celebration.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-CON-AS-20261205A	All ages	Sat Dec 5	3:00-5:00 pm	$30(R); $39(NR)
View activity: HHAC-CON-AS-20261205B	All ages	Sat Dec 5	8:00-10:00 pm	$30(R); $39(NR)

The Nutcracker with the National Ballet Company

A holiday tradition at the Publick Playhouse, the National Ballet Company revisits the enchanting world of The Nutcracker, a holiday classic that has captivated audiences of all ages for generations. The production, with its magical storyline, vibrant costumes, and breathtaking choreography, is set against the backdrop of Tchaikovsky's iconic score, creating an immersive experience that transports viewers to a whimsical winter wonderland. The tale of Clara, the Nutcracker Prince, the malevolent Mouse King, and the ethereal Sugar Plum Fairy unfolds with grace and beauty, embodying the spirit of the holidays and the transformative power of imagination. Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20261205	All ages	Sat Dec 5	7:00-9:00 pm	$28(R); $37(NR)
View activity: PGPP-SPEC-AS-20261206	All ages	Sun Dec 6	4:00-6:00 pm	$28(R); $37(NR)

Lakeland for the Holidays

Celebrate the season with Lakeland elders and families through storytelling, memory-sharing, and ornament-making. Honor loved ones by creating a keepsake ornament for the Lakeland Holiday Tree or your own tree, then join neighbors for the annual tree lighting at 5 pm. No registration required.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20261206	All ages	Sun Dec 6	2:00-4:30 pm	Free

First Sunday Line Dance

Let's Dance out the old year & get ready for the New Year. For this line dance, you are encouraged to wear your most comfiest Christmas pajamas.

Cedar Heights Community Center				cedarheightscc@pgparks.com
View activity: CHCC-SPEC-GA-20261206	18 & up	Sun Dec 6	3:00-7:00 pm	$10(R); $13(NR)

"Crossing a Deep River" Staged Reading II

Montpelier is honored to present a staged reading of Rev. Joanne M. Braxton's (PhD, M.Div.) "Crossing a Deep River: A Ritual Drama in Three Movements" on the occasion of her exhibition "The African Odyssey" currently on view at the historic site. "Crossing a Deep River" has enjoyed staged readings at Harvard, The College of William and Mary, and the 2005 National Black Theatre Festival at Morgan State University. We invite you to join us for this event which will incorporate Montpelier's history as a former site of enslavement into the drama's unfolding narrative. Date and time subject to change. Members of the Montpelier Museum should call the center to register.

Montpelier Arts Center				montpelierarts@pgparks.com
View activity: MM-SPEC-GA-20261206A		11 & up		
Sun Dec 6	7:00-9:00 pm	$20(R); $26(NR)		

One-Pot Healthy Holiday Meals Cooking Demonstration

Simplify your holiday cooking without sacrificing flavor or nutrition! Join us for this cooking demonstration focused on easy, one-pot meals perfect for the busy holiday season. Registration required. All ages welcome; FREE

Tucker Road Community Center				tuckerroadcc@pgparks.com
View activity: SPD-SPEC-GA-20261208	All ages	Tue Dec 8	1:30-2:30 pm	Free

Ron Lee Ward Jr.

Experience the powerful artistry of vocalist Shurhonda Love, a U.S. Army Veteran whose commanding voice and heartfelt delivery create a deep and lasting connection with audiences. Blending soul, strength, and emotional authenticity, Shurhonda brings passion and purpose to every performance, reflecting both her musical talent and the resilience shaped by her service.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-SPEC-GA-20261209	All ages	Wed Dec 9	2:00-3:30 pm	$22(R); $29(NR)

Senior Holiday Concert

Get ready to celebrate the season with joy, music, and connection at our Senior Holiday Concert! Join us for an uplifting morning with Brencore Entertainment. Let the soulful sounds and holiday favorites lift your spirits, energize your mind, and bring you together with friends. Sing along, share a smile, and feel the warmth of the season!

Laurel-Beltsville Senior Activity Ctr				laurelbeltsvilleseniors@pgparks.com
View activity: SPD-SPEC-GA-20261210	60 & up	Thu Dec 10	10:30 am-12:00 pm	$10(R); $13(NR)

Karen Lovejoy & The Lovejoy Group

The Lovejoy Group is a versatile ensemble serving up energetic jazz, funky blues and smooth Latin rhythms. Karen Lovejoy is a vocalist and bandleader that fronts the group. They will be delighting us with renditions of holiday music with their jazzy rhythms to get us in the spirit of the season.

Montpelier Arts Center				montpelierarts@pgparks.com
View activity: MAC-SPEC-GA-20261210	60 & up	Thu Dec 10	12:00-1:00 pm	$15(R); $20(NR)

The 50th Anniversary of Alex Haley's Roots

Join local historian Cynthia Guillen of the Kunta Kinte Heritage Festival for an insightful talk about the impact and history of the 50-year phenomenon of Alex Haley's 1976 Roots miniseries and book. This is a hybrid program. Register online for the TEAMS link, or join us in-person. Walk-ins are welcome; however, registration is requested.

Marietta Historic Site & Museum				mariettahouse@pgparks.com
View activity: MHM-SPEC-GA-20261210	12 & up	Thu Dec 10	6:30-8:00 pm	$5(R); $7(NR)

Trains and Planes

Hear the sounds and step into a wintry world of miniature trains and holiday fun! Create a festive craft, watch model trains travel through detailed landscapes, and meet local train hobbyists who love sharing their displays. Families of all ages are invited to explore, learn, and enjoy this seasonal tradition together. No registration required.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20261211	All ages	Fri Dec 11	10:00 am-4:00 pm	Free
View activity: CPAM-SPEC-GA-20261212	All ages	Sat Dec 12	10:00 am-4:00 pm	Free
View activity: CPAM-SPEC-GA-20261213	All ages	Sun Dec 13	10:00 am-4:00 pm	Free

A Holiday Soul Review ft. the Brencore All Stars

Enjoy a shorter, daytime matinee version of our weekend performance and step back in time to the soulful sounds of the '60s and '70s! Join us as our live band brings the magic from powerhouse labels like Motown, Stax, and others. Feel the rhythm, embrace the nostalgia, and celebrate the season with timeless tunes to warm your heart and get you dancing. Perfect for fans of artists like Marvin Gaye, Aretha Franklin, and Otis Redding, this concert promises to bring classic holiday hits to life. Get your tickets early; this event sells out every year! Please note: All Publick Playhouse tickets sales are final. There are no refunds or exchanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20261211A	60 & up	Fri Dec 11	11:00 am-12:00 pm	$20(R); $26(NR)

A Holiday Soul Review ft. the Brencore All Stars

Step back in time and groove to the soulful sounds of the '60s and '70s! Join us for an unforgettable evening as our live band brings the magic from powerhouse labels like Motown, Stax, and others. Feel the rhythm, embrace the nostalgia, and celebrate the season with timeless tunes to warm your heart and get you dancing. Perfect for fans of artists like Marvin Gaye, Aretha Franklin, and Otis Redding, this concert promises to bring classic holiday hits to life. A soulful holiday celebration you won't want to miss! Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20261211B	All ages	Fri Dec 11	7:30-9:00 pm	$28(R); $37(NR)

Holiday Crafts with Santa

Meet up with Santa for crafts, games, a photo, and breakfast.

Peppermill Community Center				peppermillcc@pgparks.com
View activity: PCC-SPEC-GA-20261212	3 - 12yrs.	Sat Dec 12	11:00 am-1:00 pm	$10(R); $13(NR)

Holiday Line Dance Day Party

Join us for a fun, festive daytime celebration filled with upbeat music, easy line dances, and holiday spirit. Whether you're a beginner or a seasoned dancer, you'll enjoy simple instruction, great energy, and a warm community vibe. Come dressed in your holiday colors and get ready to dance, laugh, and celebrate the season one step at a time.

Baden Community Center				badencc@pgparks.com
View activity: BACC-SPEC-GA-20261212	21 & up	Sat Dec 12	12:00-2:00 pm	$20(R); $26(NR)

Family Studio Saturdays: Let's Get Ornamental

Create one-of-a-kind ornaments and seasonal decor using a variety of materials. Celebrate the spirit of the season with handmade pieces that can be treasured for years to come.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: BAE-SPEC-GA-20261212	All ages	Sat Dec 12	1:00-3:00 pm	Free

Nuestra Navidad: La Pastorela

Celebrate the season with Corazon Folklorico DC in La Pastorela, part of Nuestra Navidad at the Publick Playhouse. La Pastorela, a beloved holiday tradition in Mexico, tells the story of the shepherd's journey and is filled with humor, musica, and the triumph of good over evil. Enjoy vibrant folklorico dance, colorful costumes, and festive rhythms. Nuestra Navidad brings comunidad together - familias, amigos, y vecinos - to celebrate cultura, alegria, and the spirit of the season. Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20261212	All ages	Sat Dec 12	7:00-8:30 pm	$18(R); $24(NR)

Santa and A Movie: The Grinch (2018)

Celebrate the magic of the season at our annual December family event at the Publick Playhouse! Gather with friends, neighbors, and community for a festive day designed for young children. Kids can meet and take photos with Santa, enjoy holiday crafts, snacks, and coloring, and cozy up for a screening of the animated short The Smurfs: A Christmas Carol. The fun continues with a family favorite feature film, The Grinch. It's the perfect way to create warm holiday memories together in a welcoming, joyful setting. Please note, everyone must have a ticket to enter, regardless of age. Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-GA-20261213	3 - 12yrs.	Sun Dec 13	2:00-4:00 pm	$8(R); $11(NR)

Seasons of Light with Discovery Theater

This performance is part of the Education on Stage/Field Trip Series and is recommended for children in Grades K-5. Joy, warmth, and community illuminate seasonal holiday festivals around the world. This signature show from Discovery Theater celebrates the history and customs of Diwali (Devali), Chanukah, Las Posadas, Ramadan, Sankta Lucia Day, Kwanzaa, Christmas, and the First Nations' tradition of the Winter Solstice in an interactive extravaganza bridging communities and cultures. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for group sales.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-GA-20261216A	5 - 10yrs.	Wed Dec 16	10:00-10:50 am	$8(R); $11(NR)
View activity: PGPP-SPEC-GA-20261216B	5 - 10yrs.	Wed Dec 16	11:15 am-12:05 pm	$8(R); $11(NR)

Skate with Santa and Friends

Children of all ages are invited to skate with Santa while listening to holiday songs. Enjoy light refreshments and crafts. Bring your own skates or borrow ours!

Glenn Dale Community Center				glenndalecc@pgparks.com
View activity: GDCC-SPEC-GA-20261219	All ages	Sat Dec 19	12:00-2:00 pm	$8(R); $11(NR)

Animal Training 101

Discover how animal care professionals use positive reinforcement to train animals for their health, safety, and enrichment. Learn the basics of animal behavior and watch live training demonstrations. This beginner-friendly program offers a fascinating behind-the-scenes look at the science and art of animal training.

Watkins Nature Center				watkinsnaturecenter@pgparks.com
View activity: WNC-SPEC-GA-20261219	8 & up	Sat Dec 19	1:00-2:00 pm	$6(R); $8(NR)

A Charlie Brown Christmas with The Eric Byrd Trio

The Eric Byrd Trio brings the magic of the beloved holiday classic to life with a joyful, swinging performance of A Charlie Brown Christmas. Blending heartfelt jazz improvisation, lush seasonal favorites, and engaging storytelling, the concert captures the warmth, nostalgia, and spirit of the season. Perfect for audiences of all ages, this festive program celebrates tradition, creativity, and the timeless sound of jazz everywhere together.

Montpelier Arts Center				montpelierarts@pgparks.com
View activity: MAC-SPEC-GA-20261219	All ages	Sat Dec 19	4:00-5:00 pm	$15(R); $20(NR)

Santa Comes to Marcy

Santa is coming to Glassmanor Community Center! Kids ages 6-12 are invited to have breakfast, receive a gift, and take photos with Santa!

Glassmanor Community Center				glassmanorcc@pgparks.com
View activity: GMCC-SPEC-GA-20261220	6 - 12yrs.	Sun Dec 20	10:00 am-12:00 pm	Free

A Year of Wreaths

Celebrate the beauty of the changing seasons through four hands-on wreath-making workshops led by Resident Artist Melissa Burley. Each workshop draws inspiration from a different season, guiding participants in creating thoughtfully designed wreaths using cut, dried and faux plant materials. Learn timeless techniques while crafting arrangements that honor seasonal rhythms, transitions and moments of renewal. All supplies included in fee.

Montpelier Arts Center				montpelierarts@pgparks.com
View activity: MAC-SPEC-GA-20261220	16 & up	Sun Dec 20	1:00-3:00 pm	$50(R); $65(NR)

Glassmanor Holiday Classic Basketball Tournament

The Glassmanor Holiday Classic is a basketball tournament that will bring the community together to meet, mingle, and enjoy local talent playing ball. The tournament is a one-day span featuring teams battling for the third annual championship.

Glassmanor Community Center				glassmanorcc@pgparks.com
View activity: GMCC-SPEC-GA-20261221	18 & up	Mon Dec 21	6:00-9:00 pm	$50(R); $65(NR)

Winter Wonder Lab

Families are invited to explore the wonders of winter through hands-on science experiments, nature-inspired activities, and fun make-and-take projects. Move at your own pace as you discover how the natural world changes in winter and uncover the science behind the season.

Clearwater Nature Center				clearwaternaturecenter@pgparks.com
View activity: CNC-SPEC-GA-20261226	5 & up	Sat Dec 26	11:00 am-3:00 pm	Free
View activity: CNC-SPEC-GA-20261227	5 & up	Sun Dec 27	11:00 am-3:00 pm	Free

Lunchtime Listening with Karen Lovejoy, vocalist

Experience the vibrant sound of The Lovejoy Group, a versatile ensemble delivering energetic jazz, funky blues, and smooth Latin rhythms with effortless charm. Led by vocalist and bandleader Karen Lovejoy, this Midwest native has made her mark on the East Coast, captivating audiences with a warm stage presence that truly lives up to her name. Her harmonious tone brings joy and hope to every performance, and her appreciation for the blues shines through as she weaves down-home influences into her jazz repertoire. The group's original tunes, including the title track of their latest CD Spellbound, and their Jazz Jammie Award highlight the talent each member brings. Join us for a performance that promises heart, artistry, and undeniable musical joy.

Southern Area Aquatics Rec Complex				saarc@pgparks.com
View activity: ACHD-SPEC-GA-20270106	All ages	Wed Jan 6	11:00 am-1:00 pm	$5(R); $7(NR)

Lunchtime Lecture: American Expats in Ghana

Museum Educator Jolie Johnson will speak about the Americans who live in Ghana, drawing on her research and coursework at Morgan State University. The American community in Ghana--predominantly African American--has a rich history rooted in Pan-Africanism. Join us in-person or online. Walk-ins are welcome; however, registration is requested.

Marietta Historic Site & Museum				mariettahouse@pgparks.com
View activity: MHM-SPEC-GA-20270106	12 & up	Wed Jan 6	12:00-1:00 pm	Free

Music City DC: 4-Part Lecture Series

Music City DC: Four-part lecture series with music historian and performing musician Ken Avis. Four entertaining audio-visual sessions to surprise and delight: Jan. 9: The History of Maryland Popular Music: An overview of the greats of jazz, blues, soul, and rock who emerged and lived in our home state. Feb. 13: Black Music History of DC: From jazz to soul, the incredible story of the DC area and its powerful influence on the history of Black popular music.

Montpelier Arts Center				montpelierarts@pgparks.com
View activity: MAC-SPEC-GA-20270109	All ages	Sat Jan 9	2:00-3:00 pm	$5(R); $7(NR)
View activity: MAC-SPEC-GA-20270213	All ages	Sat Feb 13	2:00-3:00 pm	$5(R); $7(NR)

Band of Roses Tribute to Sade

Experience the timeless elegance and soulful sophistication of Sade in a special tribute concert performed by the acclaimed Band of Roses. This unforgettable evening celebrates the smooth grooves, poetic lyricism, and iconic sounds that have made Sade's music a global treasure for decades. Led by a collective of exceptional artists, the performance features two notable members, Carmen Craven and Sharon Thomas, widely recognized as two of the finest musicians in the DMV, whose artistry and musical depth elevate every note. Together, Band of Roses delivers a rich, authentic interpretation that creates a warm, intimate concert experience that fans of soul, jazz, and R&B will truly appreciate.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-CON-AS-20270109	All ages	Sat Jan 9	8:00-10:00 pm	$30(R); $39(NR)

Denim, Diamonds, and Pearls New Year Celebration

Ring the New Year in with style! Enjoy an afternoon filled with great food, music, dancing, fellowship, and festive fun. Dress to impress in your best denim, diamonds, and pearls as we celebrate the memories of the past year and welcome the New Year together.

Temple Hills Community Center				templehillscc@pgparks.com
View activity: THCC-SPEC-GA-20270113	55 & up	Wed Jan 13	11:00 am-2:00 pm	$20(R); $26(NR)

Chocolate Covered Strawberries Workshop

Get ready to dip, decorate, and create! Learn the basics of making chocolate-covered strawberries, from preparing and dipping the fruit to adding their own creative finishing touches. Create 9 delicious chocolate-covered strawberries to take home and enjoy, share, or gift!

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270116	16 & up	Sat Jan 16	11:00 am-2:00 pm	$40(R); $52(NR)

Dr. Martin Luther King, Jr. Day Paint Party

Join M-NCPPC, Department of Parks and Recreation, and the Hour Generation Foundation as we honor Dr. King's birthday and celebrate history, mindfulness, and culture.

Peppermill Community Center				peppermillcc@pgparks.com
View activity: PCC-SPEC-GA-20270118	All ages	Mon Jan 18	12:00-3:00 pm	Free

Plant-Based Snacking Cooking Demonstration

Discover how delicious plant-based snacking can be! Join us for this cooking demonstration where we'll prepare simple, nutritious snacks using wholesome ingredients that are perfect for fueling your day. Registration required.

Harmony Hall Regional Center				harmonyhallrc@pgparks.com
View activity: SPD-SPEC-GA-20270119	All ages	Tue Jan 19	1:00-2:00 pm	Free

Family Studio Saturdays: Winter Light Lab

Brighten the winter season by creating glowing lanterns and light-based art. Families will experiment with translucent materials, color, and design to bring warmth and light into the darker months.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: BAE-SPEC-GA-20270123	All ages	Sat Jan 23	1:00-3:00 pm	$20(R); $26(NR)

Tribute to The Music of New Birth & More

Get ready for an afternoon of soul, energy, and unforgettable music! The Brencore Allstars proudly presents a high-energy tribute to the legendary sounds of New Birth and more. Experience electrifying performances of New Birth's greatest hits, including "Wildflower," "Impossible," "Dream Merchant," and many fan favorites. This is a show you do not want to miss - secure your tickets early and be a part of an amazing tribute celebration.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-CON-AS-20270123	60 & up	Sat Jan 23	3:00-4:30 pm	$25(R); $33(NR)

Drone Discovery Workshop

Take to the skies in this hands-on beginner drone workshop! Learn the basics of flight, explore drone parts, practice flying, and take home their own drone. Includes museum admission before the program and a drone to keep. Get ready for lift off and register today; spots are limited. Advance registration required by January 8.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20270123	9 - 13yrs.	Sat Jan 23	4:00-6:00 pm	$55(R); $72(NR)

Kevin Howard Trio

Join National Recording Artist Kevin Howard - an award-winning, world-class keyboardist - for an unforgettable live jazz experience. Having shared the stage with legends like Ronnie Laws, George Benson, and Marion Meadows, Kevin brings smooth grooves, energy, and passion alongside an elite band of musicians. Come experience the Kevin Howard Trio - dynamic, soulful, and truly mesmerizing.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-SPEC-GA-20270127	All ages	Wed Jan 27	2:00-3:30 pm	$22(R); $29(NR)

Sip & Sew

Unwind, get creative, and enjoy a refreshing non-alcoholic beverage while learning the basics of sewing. In this hands-on workshop, participants will learn essential sewing techniques while creating their very own infinity scarf and hat. This relaxed and social experience is the perfect opportunity to learn something new, get crafty, and leave with handmade pieces to enjoy.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270130	18 & up	Sat Jan 30	11:00 am-2:00 pm	$65(R); $85(NR)

Runway Rhythms Chamber Concert

Enjoy an afternoon of music among the aircraft! Experience a variety of musical styles performed by talented local artists in a unique setting. After the concert, meet the musicians, enjoy refreshments, and connect with fellow music lovers. Includes museum admission. Advance registration encouraged; walk-ins welcome as space allows.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20270131	All ages	Sun Jan 31	3:00-4:30 pm	Free

Lunchtime Listening with Just the 2 of Us

BACK BY POPULAR DEMAND! Get ready to open Black History Month with a performance that sets the tone for a season of celebration and reflection. Sit back, relax, and let Ken & Sebrina Morris take you on an unforgettable journey through jazz, R&B, and gospel. With over 20 years of captivating performances, Sebrina's powerful vocals and Ken's soulful saxophone create a musical experience that moves and inspires. Backed by top-quality tracks and professional sound, their seamless blend of talent and energy will have you grooving all night. Do not miss your chance to experience the magic - catch Ken & Sebrina live and let the music take you away! Reserve your spot for this celebration of music, history, and community.

Southern Area Aquatics Rec Complex				saarc@pgparks.com
View activity: ACHD-SPEC-GA-20270203	All ages	Wed Feb 3	11:00 am-1:00 pm	$5(R); $7(NR)

New Research about the Sacred Heart Cemetery Site at White Marsh

Join us for a Lunchtime Lecture with Kevin Porter, the President of the White Marsh Historical Society. Mr. Porter will share updated research about the Sacred Heart Cemetery Site and the Queen Family. This is a hybrid program. Register online to receive the TEAMS link, or join us in person. Walk-ins are welcome; however, registration is requested.

Marietta Historic Site & Museum				mariettahouse@pgparks.com
View activity: MHM-SPEC-GA-20270203	12 & up	Wed Feb 3	12:00-1:00 pm	Free

Flavor Without the Salt Cooking Demonstration

Join us for this cooking demonstration as we explore flavorful ways to prepare heart-healthy meals with less sodium. Learn how herbs, spices, and simple ingredient swaps can help enhance flavor while supporting healthy blood pressure and reducing your risk of hypertension. Registration required.

Camp Springs Sr. Activity Cntr.				campspringsseniors@pgparks.com
View activity: SPD-SPEC-GA-20270203	55 & up	Wed Feb 3	1:00-2:00 pm	Free

Home-School Tour: Wings for Val Coding Challenge

Led by a Museum Educator, home-school students will enjoy a guided tour of the exhibits before exploring block coding with Ozobots in a hands-on robotics activity. Put your coding skills to the test in our Wings for Val: Air Race Challenge! Groups will be divided into grades 3-4 and 5-6. Registration required by January 29.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20270205	8 - 10yrs.	Fri Feb 5	10:00 am-12:00 pm	$4(R); $6(NR
View activity: CPAM-SPEC-GA-20270205A	10 - 12yrs.	Fri Feb 5	10:00 am-12:00 pm	$4(R); $6(NR))

Black History in Motion

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture. Enjoy the crowd-thrilling musical experience with one of the hottest bands in the DMV! Get ready to dance, sing along, and be blown away by a band that knows how to keep the party going!

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-GA-20270205	60 & up	Fri Feb 5	11:00 am-12:30 pm	$10(R); $13(NR)

MESSAGE Session IX

Message is no longer just a concert series - now entering its third season, it has evolved into a thoughtfully curated experience where intention and artistry lead the way. Each show is carefully selected, raising the bar for quality while remaining a sanctuary for local artists to share voices and stories with purpose. Here, music moves beyond entertainment and becomes personal, intimate, and deeply human. The artists who take the stage are not chasing recognition; they are building connection, offering soulful ballads, introspective rap, and honest expression rooted in authenticity. Every Message event is designed with care and discernment, ensuring no two shows are ever the same - each one delivering a distinct atmosphere, elevated excellence, and a story meant to be felt as much as it is heard.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-SPEC-GA-20270205	All ages	Fri Feb 5	7:00-10:00 pm	$15(R); $20(NR)

Listening Room Presents Sarah Hughes & Jamal Moore

Experience an evening of boundary-pushing improvisation with a double bill featuring two of the region's most inventive instrumentalists, Sarah Hughes and Jamal Moore. Presented in partnership with Rhizome DC, this performance highlights the avant-garde spirit of the local music scene, where spontaneous composition meets deep technical mastery.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: BAE-CON-GA-20270205	All ages	Fri Feb 5	8:00-10:00 pm	$20(R); $26(NR)

Cupid's Corner: A Valentine Card-Making Workshop

Get creative and share the love! Design and decorate handmade Valentine's Day cards for friends, family, or someone special. All supplies are provided, and you're welcome to bring your own materials or a laptop to use our Cricut machine for an extra touch of pizzazz. Create something heartfelt just in time for Valentine's Day!

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270206	10 & up	Sat Feb 6	11:00 am-2:00 pm	$40(R); $52(NR)

Black History Month: Community Discussion & Art Workshop with Artist Rodney "Qrcky" Elliott

Join us for a FREE art workshop featuring Rodney "Qrcky" Elliott, who will design a bronze sculpture to commemorate the enslaved families in Marietta. Mr. Elliott will describe his artistic process, using the designs for the monument for Marietta, and engage visitors in making their own sculptures. Registration is required. Children must be accompanied by an adult.

Marietta Historic Site & Museum				mariettahouse@pgparks.com
View activity: MHM-SPEC-GA-20270206	12 & up	Sat Feb 6	1:00-3:00 pm	Free

Black History Month Celebration Concert with Kyaira, vocalist

Experience an unforgettable afternoon performance by one of the region's most exciting rising voices as we usher in Black History Month. Kyaira is a dynamic soul singer songwriter based in the Washington, DC, Maryland, and Virginia area, known for powerhouse vocals and soothing undertones reminiscent of Lauryn Hill, Jill Scott, and Ari Lennox. Her 2023 EP Almost 30 earned Best R&B Album at the 2024 Wammie Music Awards and surpassed 20,000 streams in its first year. In 2025, she went viral for "Believe," her collaboration with Fulton Lee reaching more than 7 million views. Join for an inspiring Black History Month event that showcases rising artistry with depth and soul.

Southern Area Aquatics Rec Complex				saarc@pgparks.com
View activity: ACHD-SPEC-GA-20270206	All ages	Sat Feb 6	2:00-3:30 pm	$20(R); $26(NR)

Cupid's Corks & Creations: Wine Glass Painting & Sommelier-Led Wine Tasting

Celebrate the season of love with great wine and unforgettable company. Enjoy a sommelier-led wine tasting featuring a curated selection of wines. Learn about tasting techniques, food pairings, and what makes each wine unique while sampling a variety of flavors.

Westphalia Community Center				westphaliacc@pgparks.com
View activity: WCC-SPEC-GA-20270206	21 & up	Sat Feb 6	2:00-5:00 pm	$30(R); $39(NR)

Luther ReLives

Luther ReLives is a powerful and heartfelt concert experience honoring the legendary music of Luther Vandross, starring the incomparable William "Smooth" Wardlaw. This highly requested performance brings Luther's timeless catalog to life with passion, precision, and soul, capturing the romance and emotional depth that defined the music. Known for remarkable vocal range and authentic delivery, Wardlaw channels the spirit of Luther in a way that resonates deeply with longtime fans and new listeners alike. From beloved ballads to iconic upbeat favorites, Luther ReLives is more than a concert - it is a celebration of a musical legacy that continues to inspire, uplift, and move audiences whenever it is performed.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-CON-AS-20270206A	All ages	Sat Feb 6	3:00-5:00 pm	$45(R); $59(NR)
View activity: HHAC-CON-AS-20270206B	All ages	Sat Feb 6	8:00-10:00 pm	$45(R); $59(NR)

BAROCOCO with Happenstance Theater

Hailed by the New York Times as "...outrageous feats of physical comedy", BAROCOCO is a collaborative decided ensemble work in which Happenstance Theater portrays oblivious entitlement on the brink of extinction. This timely reflection on history is a physical comedy dive into the late Baroque and flaunts 18th century finery, wigs, panniers, gestural styling, elaborate ornamentation and the excesses of Rococo. The characters navigate dangerous curves of manners and the Age of Enlightenment from the exquisite to the revolting. Happenstance has great fun puncturing one percent pomposity and presents the poignant possibility of change. Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20270206	All ages	Sat Feb 6	7:30-9:00 pm	$25(R); $33(NR))

Jammin' Through the Jazz Age with Discovery Theater

This performance is part of the Education on Stage/Field Trip Series and is recommended for children in Grades 1-6. Celebrate Black History Month with Jammin' Through the Jazz Age: Discover the story of jazz in America, guided by some of the genre's biggest stars and brightest luminaries such as Duke Ellington, Louis Armstrong, and Ella Fitzgerald. This new Discovery Theater original play highlights the central role of musical theory and techniques that make jazz an indelible part of the American sound. Exploding with story, history, and sound, young audiences will leave with appreciation for jazz's past, excitement about its present, and empowerment to carry this music into the future. Please note, everyone must have a ticket to enter, regardless of age. Groups of 20+ can call 301-277-1710 for group sales.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-GA-20270209A	6 - 11yrs.	Tue Feb 9	10:00-10:45 am	$8(R); $11(NR)
View activity: PGPP-SPEC-GA-20270209B	6 - 11yrs.	Tue Feb 9	11:15 am-12:00 pm	$8(R); $11(NR)

Heart-Healthy Soul Food Cooking Demonstration

Celebrate Black History Month and Heart Health Month with a delicious twist on tradition! Join us for a cooking demonstration that honors the rich culinary heritage of African American communities while reimagining classic soul food dishes with heart-healthy ingredients. Registration required.

Langley Park Senior Activity Center				langleyparkseniors@pgparks.com
View activity: SPD-SPEC-GA-20270209	55 & up	Tue Feb 9	11:30 am-12:30 pm	Free

Great Backyard Bird Count

Participants will spend two hours looking for birds around the park grounds. This event is part of a worldwide effort to get people to spend time observing as many birds as they can find in their favorite places. The results are compiled and help scientists better understand global bird populations. Bring your own binoculars or borrow a pair from the nature center.

Clearwater Nature Center				clearwaternaturecenter@pgparks.com
View activity: CNC-SPEC-GA-20270213	8 & up	Sat Feb 13	9:00-11:00 am	Free

Love of My Light: A Black Love Day Candle-Making Experience

Celebrate Black Love in all its forms through creativity, connection, and scent. Whether honoring romantic, ancestral, platonic, familial, or self-love, this hands-on candle-making experience invites participants to reflect on what Black Love means to them. Create a candle that pays homage to your personal experience, memories, and expression.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270213	16 & up	Sat Feb 13	11:00 am-2:00 pm	$50(R); $65(NR)

Hooked on Love: Crochet Bag-Making Workshop

Create your own heart-shaped bag in this hands-on workshop. Prior crochet experience is required, including familiarity with basic stitches and increasing and decreasing. A variety of size 4 worsted-weight yarn will be provided; however, participants are welcome to bring their own. Participants are required to bring their own size 10 crochet hook.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270213A	16 & up	Sat Feb 13	11:00 am-3:00 pm	$70(R); $91(NR)

Family Studio Saturdays: Unshrink My Heart

Design miniature charms, jewelry, and keepsakes using Shrinky Dinks and other fun materials. Watch your creations transform into wearable and giftable art.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: BAE-SPEC-GA-20270213	All ages	Sat Feb 13	1:00-3:00 pm	Free

Runway Ready Cocktails

Shake things up at this cocktail-making experience! Mix and sip two vintage cocktails from Delta's 1960s stewardess handbook, What Every Stewardess Should Know, while exploring a pop-up exhibit honoring the African American stewardess pioneers who broke barriers and changed aviation history. Advance registration required by February 5.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20270213	21 & up	Sat Feb 13	5:00-7:30 pm	$16(R); $21(NR)

Mocktails & Makers at Riversdale

Create a handmade Valentine inspired by historic traditions! Design a custom stamp, craft unique cards with lace, gems, and other decorations, and enjoy a Valentine-themed mocktail. You'll leave with your creations and the recipe to make at home.

Riversdale Historic Site & Museum				riversdale@pgparks.com
View activity: RHM-SPEC-GA-20270214	All ages	Sun Feb 14	11:00 am-12:30 pm	$20(R); $26(NR)

Integriti Reeves Trio

Integriti Reeves leads a dynamic jazz trio blending soulful vocals, rich storytelling, and sophisticated musical interplay. Rooted in jazz tradition and infused with folk warmth and global influences, the ensemble offers an inviting and expressive concert experience. Their program weaves together classic standards, original works, and selections inspired by Brazilian jazz, creating a sound that is both timeless and refreshingly personal.

Harmony Hall Arts Center				harmonyhallarts@pgparks.com
View activity: HHAC-SPEC-GA-20270217	All ages	Wed Feb 17	2:00-3:30 pm	$22(R); $29(NR)

Film Screening: Woman in Motion (2019)

The inspiring documentary tells the story of Nichelle Nichols' mission to recruit the next generation of trailblazing astronauts. In 1977, NASA struggled to recruit scientists, engineers, and astronauts for the new Space Shuttle Program. That is when Nichelle Nichols (Star Trek's Lt. Uhura) challenged NASA by asking the question, "Where are my people?" and embarked on a four-month campaign to recruit the first Black, Latino, and Asian men and women to fly in space. Not Rated | Run time: 1h 35m.
Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-GA-20270218	60 & up	Thu Feb 18	11:00 am-12:45 pm	$5(R); $7(NR)

Tuskegee Airmen take to the Skies and the Air War During World War II

The Tuskegee Airmen included the 992 Tuskegee Airmen who earned their "silver wings." Meet and interact with living historians clad in USAAF period attire, as they delve into other aspects of the Air War in World War II. Discover the connection between military aviation and the College Park Airport. Registration required.

College Park Aviation Museum				collegeparkaviation@pgparks.com
View activity: CPAM-SPEC-GA-20270220	All ages	Sat Feb 20	11:00 am-12:00 pm	$10(R); $13(NR)

The Business of Creativity- Marketing Without Burnout

Learn sustainable marketing strategies using social media, newsletters, and storytelling without feeling overwhelmed or inauthentic. Hands-on component: Create a simple, realistic marketing plan.

Brentwood Arts Exchange				brentwoodarts@pgparks.com
View activity: ACHD-SPEC-GA-20270220	18 & up	Sat Feb 20	1:00-4:00 pm	Free

Ancestral Gatherings: Montpelier Community Ceramics Sculpture Workshops

Throughout 2027, the Montpelier Historic Site & Museum will partner with Empact Art to create a collection of sculptures honoring the enslaved Africans and their descendants who built and lived, labored, and persevered at Montpelier. Community workshops will be held to create this collection of public art. At each workshop, participants will learn and reflect on the history that these sculptures represent. All materials provided.

Montpelier Historic Site & Museum				montpeliermansion@pgparks.com
View activity: MM-SPEC-GA-20270221	All ages	Sun Feb 21	1:00-4:00 pm	Free

The String Queens

Celebrate Black History Month with the beautiful sounds of The String Queens. This all-female string ensemble redefines classical performance with infectious energy, virtuosity, and a bold, modern edge. For this special concert, The String Queens honor Black excellence in music, performing works that highlight the contributions of Black composers and artists across genres. From soulful melodies to electrifying arrangements, their performance blends tradition, innovation, and storytelling, creating an unforgettable experience. Join us for a vibrant celebration of history, culture, and musical mastery that inspires, uplifts, and resonates with audiences of all ages. Note: All ticket sales are final. No refunds or exhanges.

Prince George's Publick Playhouse				publickplayhouse@pgparks.com
View activity: PGPP-SPEC-AS-20270226	60 & up	Fri Feb 26	11:00 am-12:00 pm	$20(R); $26(NR)
View activity: PGPP-SPEC-AS-20270227	All ages	Sat Feb 27	7:30-9:00 pm	$28(R); $37(NR)

Escape Room

Put your teamwork and problem-solving skills to the test! Search for clues, solve puzzles, and tackle interactive challenges as you race against the clock to complete your mission. Reserve a 1-hour session and bring up to five additional team mates. Gather your family, friends, or coworkers and enjoy an escape room adventure together! Escape Room times are 10-11 am, 11:30 am-12:30 pm, 1:30-2:30 pm, and 3-4 pm.

Watkins Nature Center				watkinsnaturecenter@pgparks.com
View activity: WNC-SPEC-GA-20270227	8 & up	Sat Feb 27	10:00 am-4:00 pm	$25(R); $33(NR)

Black History Month: Talk to the Hand - Black History, Deaf Culture, & ASL

Explore the intersection of Black history, Deaf culture, and ASL. Discover the history and significance of Black Deaf communities, learn introductory ASL, and experience how language, culture, and identity come together through the power of our hands. This engaging experience celebrates communication, heritage, and the stories that deserve to be seen and heard.

Prince George's Sports & Learn Cmplx				splex-distribution@pgparks.com
View activity: SPLEX-SPEC-GA-20270227	10 & up	Sat Feb 27	11:00 am-2:00 pm	Free

Men of Soul

BRENCORE Entertainment presents "A Tribute to the Men of Soul". A musical tribute to Donny Hathaway, Bobby Womack, and Curtis Mayfield. National recording artist Jamar Dukes, along with the Brencore Allstars Band, will perform some of the greatest hits from these legendary artists, taking you on a nostalgic journey through timeless music. Experience the soulful sounds of Donny Hathaway with classics like "Someday We'll All Be Free," "The Ghetto," and "A Song For You." Relive the music of Bobby Womack with hits such as "If You Think You're Lonely Now," "Harry Hippy," and "That's The Way I Feel About Cha." Feel the groove of Curtis Mayfield with iconic tracks like "Superfly," "People Get Ready," "Pusher Man," "Move On Up," and many more. Do not miss this incredible tribute event honoring the music of these extraordinary artists.

Harmony Hall Arts Center				**harmonyhallarts@pgparks.com**
View activity: HHAC-CON-AS-20270227	All ages	Sat Feb 27	8:00-10:00 pm	$30(R); $39(NR)

Ancestral Gatherings: Montpelier Community Ceramics Sculpture Workshops

Throughout 2027, the Montpelier Historic Site & Museum will partner with Empact Art to create a collection of sculptures honoring the enslaved Africans and their descendants who built and lived, labored, and persevered at Montpelier. Community workshops will be held to create this collection of public art. At each workshop, participants will learn and reflect on the history that these sculptures represent. All materials provided.

Montpelier Historic Site & Museum				**montpeliermansion@pgparks.com**
View activity: MM-SPEC-GA-20270228	All ages	Sun Feb 28	1:00-4:00 pm	Free

Runway Rhythms Chamber Concert

Enjoy an afternoon of music among the aircraft! Experience a variety of musical styles performed by talented local artists in a unique setting. After the concert, meet the musicians, enjoy refreshments, and connect with fellow music lovers. Includes museum admission. Advance registration encouraged; walk-ins welcome as space allows.

College Park Aviation Museum				**collegeparkaviation@pgparks.com**
View activity: CPAM-SPEC-GA-20270228	All ages	Sun Feb 28	3:00-4:30 pm	Free

VIRTUAL TICKETS

Holiday Air Fryer Favorites Cooking Demonstration

Make your holiday cooking simpler, faster, and healthier this season! Join us for this interactive cooking demonstration where you'll learn how to prepare delicious holiday-inspired dishes using an air fryer. Registration required.

				wellness@pgparks.com
View activity: SPD-SPEC-GA-20261203	All ages	Thu Dec 3	6:00-7:00 pm	Free

Food as Preventive Medicine Nutrition Workshop

Learn how to use food as your first defense against colds, flu, and other winter illnesses during the holiday season! This workshop will highlight immune-boosting nutrients and simple ways to eat for better health all season long. Registration required.

				wellness@pgparks.com
View activity: SPD-SPEC-GA-20261215	All ages	Tue Dec 15	6:00-7:00 pm	Free

Fitness Foundations: Building Your Beginner Routine

Not sure where to start with your fitness routine? Join us for this workshop as we break down the basics of creating a balanced weekly plan. Learn how to incorporate different types of movement, the importance of strength training, and set realistic expectations for the rest of the year. Registration required.

				wellness@pgparks.com
View activity: SPD-SPEC-GA-20270107	16 & up	Thu Jan 7	6:00-7:00 pm	Free

Smart Meal Planning Nutrition Workshop

Join us for this virtual session led by a Giant nutritionist as we explore practical meal planning strategies to help you save time, reduce stress, and build balanced, nutritious meals. Learn simple tips for planning ahead, grocery shopping, and creating meals that support a healthy lifestyle. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270111	All ages	Mon Jan 11	6:00-7:00 pm	Free

Underground Railroad Journey of Benjamin Duckett

Join Dr. Julie Rose for this online talk to explore the possible Underground Railroad routes taken by Benjamin Duckett, who fled Prince George's County in 1856 with help from Philadelphia Underground Railroad conductor William Still. Born at Marietta, Benjamin Duckett was enslaved by the Duvall Family. Registration is required.

mariettahouse@pgparks.com

View activity: MHM-SPEC-GA-20270114	12 & up	Thu Jan 14	6:30-8:00 pm	$5(R); $7(NR)

Dine, Learn & Move: Macronutrients Matter

Not all sources of protein, carbs, and fats are created equal. Discover how to identify healthier options, compare whole foods to ultra-processed alternatives, and make simple swaps that can have a lasting impact on your health. The session will begin with a group fitness session and end with a live cooking demo featuring a nutrient-packed recipe. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270127	All ages	Wed Jan 27	6:00-7:30 pm	Free

Healthy Eating on Budget Nutrition Workshop

Join us for this virtual session led by a Giant nutritionist as we learn how to make healthy eating affordable. Discover money-saving shopping strategies, tips for choosing nutritious foods on a budget, and simple ways to maximize your grocery dollars. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270128	All ages	Thu Jan 28	6:00-7:00 pm	Free

More Fiber, Stronger Heart Nutrition Workshop

Discover how adding more fiber to your diet can support a healthier heart. Join us for this virtual session led by a Giant nutritionist as we discuss fiber-rich foods, easy ways to increase your intake, and how this powerful nutrient can play a role in managing cholesterol and supporting overall health. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270208	All ages	Mon Feb 8	6:00-7:00 pm	Free

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

February is National Heart Health Month and the month of love! While we focus on our loved ones, it is important that we also focus on ways to prevent and manage heart disease so we can spend more time with those special people in our lives. Join us for a heart-pumping workout, heart-healthy tips, and a cooking demo with foods that support heart health. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270224	All ages	Wed Feb 24	6:00-7:30 pm	Free

Blood Sugar Balance Nutrition Workshop

Join us for this virtual session led by a Giant nutritionist as we discuss strategies to maintain a healthy lifestyle and balance your blood sugar while still enjoying your favorite foods. Registration required.

wellness@pgparks.com

View activity: SPD-SPEC-GA-20270225	All ages	Thu Feb 25	6:00-7:00 pm	Free

Virtual & Hybrid Programs

Reservations or pre-registration is required at ***pgparksdirect.com***. In order to participate in a virtual event/workshop, you must download Microsoft Teams®, which requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later.

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.

fairlandaquatics@pgparks.com

View activity: 31415-186A	18 & up	4 classes	Tue	5:30-6:30 pm	starts Jan 5	$20(R); $26(NR)
View activity: 31415-186C	18 & up	4 classes	Thu	5:30-6:30 pm	starts Jan 7	$20(R); $26(NR)
View activity: 31415-186B	18 & up	4 classes	Tue	5:30-6:30 pm	starts Feb 2	$16(R); $21(NR)
View activity: 31415-186D	18 & up	4 classes	Thu	5:30-6:30 pm	starts Feb 4	$20(R); $26(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.

glenndalecc@pgparks.com

View activity: 31402-127A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Jan 7	$55(R); $72(NR)
View activity: 31402-127AA	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jan 7	$55(R); $72(NR)
View activity: 31402-127B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Jan 8	$55(R); $72(NR)
View activity: 31402-127BB	18 & up	6 classes	Fri	7:00-8:00 pm	starts Jan 8	$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: 31451-103A	18 & up	10 classes	Thu	10:00 am-1:00 pm	starts Jan 7	$90(R); $117(NR)

SENIORS

Bingo

Play bingo virtually and win prizes!

gwendolynbrittseniors@pgparks.com

View activity: 31510-130D	60 & up	3 classes	Fri	12:00-1:00 pm	starts Dec 4	$15(R); $20(NR)
View activity: 31510-130F	60 & up	4 classes	Fri	12:00-1:00 pm	starts Jan 8	$20(R); $26(NR)
View activity: 31510-130G	60 & up	4 classes	Fri	12:00-1:00 pm	starts Feb 5	$20(R); $26(NR)

Bio Fitness and Cardio Fit: Seniors

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

tuckerroadcc@pgparks.com						
View activity: 31511-184A	60 & up	4 classes	Tue	9:30-10:30 am	starts Jan 5	$12(R); $16(NR)
View activity: 31511-184C	60 & up	4 classes	Thu	9:30-10:30 am	starts Jan 7	$12(R); $16(NR)
View activity: 31511-184B	60 & up	4 classes	Tue	9:30-10:30 am	starts Feb 2	$12(R); $16(NR)
View activity: 31511-184D	60 & up	4 classes	Thu	9:30-10:30 am	starts Feb 4	$12(R); $16(NR)

Chair Yoga

Learn to relax with breathing and meditation techniques.

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

Piano: Seniors, Advance

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

gwendolynbrittseniors@pgparks.com						
View activity: 31541-130D	60 & up	6 classes	Tue & Thu	11:30 am-12:30 pm	starts Dec 1	$51(R); $67(NR)
View activity: 31541-130E	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Jan 5	$68(R); $89(NR)
View activity: 31541-130F	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Feb 2	$68(R); $89(NR)

Piano: Seniors, Beginners

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

gwendolynbrittseniors@pgparks.com						
View activity: 31526-130A	60 & up	6 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$51(R); $67(NR)
View activity: 31526-144A	60 & up	8 classes	Mon & Wed	9:30-11:30 am	starts Dec 7	$51(R); $67(NR)
View activity: 31526-144L	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Dec 7	$68(R); $89(NR)
View activity: 31526-144B	60 & up	8 classes	Mon & Wed	9:30-11:30 am	starts Jan 4	$68(R); $89(NR)
View activity: 31526-144M	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Jan 4	$68(R); $89(NR)
View activity: 31526-130B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$68(R); $89(NR)
View activity: 31526-144C	60 & up	8 classes	Mon & Wed	9:30-11:30 am	starts Feb 1	$68(R); $89(NR)
View activity: 31526-144N	60 & up	8 classes	Mon & Wed	11:30 am-12:30 pm	starts Feb 1	$68(R); $89(NR)
View activity: 31526-130C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 2	$68(R); $89(NR)

Piano: Seniors, Intermediate

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

gwendolynbrittseniors@pgparks.com						
View activity: 31538-130A	60 & up	6 classes	Tue & Thu	1:00-2:00 pm	starts Dec 1	$51(R); $67(NR)
View activity: 31538-130B	60 & up	8 classes	Tue & Thu	1:00-2:00 pm	starts Jan 5	$68(R); $89(NR)
View activity: 31538-130C	60 & up	8 classes	Tue & Thu	1:00-2:00 pm	starts Feb 2	$68(R); $89(NR)

MIXED AGES

Becoming a Water Safety Ambassador

Be an H2O hero! Teachers, adults, and youth leaders can become water safety ambassadors in our exciting, free, online course from The American Red Cross. Learn water safety basics. Understand how to teach water safety in a classroom to your community with American Red Cross materials. Register now and have a positive impact on the drowning rates in your locality. Within one week of registration, participants will receive an enrollment email with link to the course. Participants will have until the course end date, February 28, 2027, to complete the class.

pg-aquatics@pgparks.com

View activity: 31691-1100	13 & up	Ongoing			starts Dec 1	Free

Child and Baby First Aid/CPR/AED

Be prepared for real world emergencies! Learn, virtually, how to recognize and respond to a variety of dangers. These incidents may include breathing and cardiac emergencies involving children and babies as well as the need for first aid. Sign up for this American Red Cross online course featuring award-winning, interactive simulation. Our course does not meet OSHA requirements for workplace certification. Within one week of registration, participants will receive an enrollment email with link to the course. Participants will have until the course end date, February 28, 2027, to complete the class.

pg-aquatics@pgparks.com

View activity: 31697-1100	15 & up	Ongoing			starts Dec 1	Free

Spanish Level I: Mixed Ages

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

glenndalecc@pgparks.com

View activity: 31606-127A	6 - 13yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 6	$55(R); $72(NR)
View activity: 31606-127B	6 - 13yrs.	6 classes	Wed	7:00-8:00 pm	starts Jan 6	$55(R); $72(NR)

Untold Stories Beyond the Battlefield Lecture Series

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: 316103-192A	18 & up	1 class	Thu	12:00-1:00 pm	starts Jan 14	Free
View activity: 316103-192B	18 & up	1 class	Thu	12:00-1:00 pm	starts Jan 28	Free

Water Safety for Parents and Caregivers

Be water safe! This important, free, online course from The American Red Cross, will develop your awareness of the risks of drowning and how to minimize the danger, especially for young children. Adults learn drowning prevention, water safety skills especially concerning children in common environments and the chain of drowning survival. Don't miss this opportunity to become confident and safe around water. Within one week of registration, participants will receive an enrollment email with link to the course. Participants will have until the course end date, February 28, 2027, to complete the class.

pg-aquatics@pgparks.com

View activity: 31692-1100	16 & up	Ongoing			starts Dec 1	Free

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 PGParks 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: 10101-101A	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10101-101B	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Dec 12	$66(R); $86(NR)
View activity: 10101-101C	3 - 5yrs.	8 classes	Sat	10:20-10:50 am	starts Dec 12	$66(R); $86(NR)
View activity: 10101-101D	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10101-101E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10101-101F	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10101-101G	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10101-101H	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10101-123A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10101-123B	3 - 5yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Jan 5	$66(R); $86(NR)
View activity: 10101-123C	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10101-123D	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10101-123E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 2	$66(R); $86(NR)
View activity: 10101-123F	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 2	$66(R); $86(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10101-168B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10101-168C	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10101-168F	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10101-168G	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10101-168D	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10101-168H	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
View activity: 10101-168I	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10101-172B	3 - 5yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)

View activity: 10101-172A	3 - 5yrs.	8 classes	Sat	9:15-9:45 am	starts Jan 2	$66(R); $86(NR)
View activity: 10101-172C	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10101-172D	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10101-175A	3 - 5yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10101-175B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10101-175C	3 - 5yrs.	9 classes	Sat	9:00-9:30 am	starts Jan 9	$66(R); $86(NR)
View activity: 10101-175D	3 - 5yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10101-175E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10101-1104A	3 - 5yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10101-1104B	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10101-1104G	3 - 5yrs.	8 classes	Sat	8:30-9:00 am	starts Jan 9	$66(R); $86(NR)
View activity: 10101-1104C	3 - 5yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10101-1104D	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10101-1104E	3 - 5yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Feb 9	$66(R); $86(NR)
View activity: 10101-1104F	3 - 5yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10101-183A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10101-183D	3 - 5yrs.	8 classes	Sat	9:15-9:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10101-183E	3 - 5yrs.	8 classes	Sat	10:35-11:05 am	starts Dec 12	$66(R); $86(NR)
View activity: 10101-183B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 18	$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: 10102-101A	0 - 3yrs.	8 classes	Sat	9:00-9:30 am	starts Dec 12	$66(R); $86(NR)
View activity: 10102-101B	0 - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10102-123A	0 - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10102-123B	0 - 3yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Jan 5	$66(R); $86(NR)
View activity: 10102-123C	0 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10102-123D	0 - 3yrs.	8 classes	Tue & Thu	11:00-11:30 am	starts Feb 2	$66(R); $86(NR)
View activity: 10102-123E	0 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 2	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10102-168A	0 - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10102-168B	0 - 3yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10102-172A	0 - 3yrs.	8 classes	Sat	11:15-11:45 am	starts Jan 2	$66(R); $86(NR)
View activity: 10102-172B	0 - 3yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10102-1104A	0 - 3yrs.	8 classes	Sat	11:10-11:40 am	starts Jan 9	$66(R); $86(NR)

Theresa Banks Memorial Aquatics Center						TBanks.Aquatics@pgparks.com
View activity: 10102-183A	0 - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10102-183C	0 - 3yrs.	8 classes	Sat	11:15-11:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10102-183B	0 - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 18	$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: 10103-101A	1 - 3yrs.	8 classes	Sat	9:40-10:10 am	starts Dec 12	$66(R); $86(NR)
View activity: 10103-101B	1 - 3yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10103-123A	1 - 3yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 1	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10103-168B	1 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10103-168C	1 - 3yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
View activity: 10103-168D	1 - 3yrs.	8 classes	Tue & Thu	6:40-7:15 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10103-172A	0 - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10103-172C	0 - 3yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Feb 15	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10103-1104A	1 - 3yrs.	8 classes	Sat	11:50 am-12:20 pm	starts Jan 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10103-183B	0 - 3yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10103-183A	0 - 3yrs.	8 classes	Sat	9:15-9:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10103-183C	0 - 3yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 18	$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: 10104-101A	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10104-101B	3 - 5yrs.	8 classes	Sat	9:00-9:30 am	starts Dec 12	$66(R); $86(NR)
View activity: 10104-101C	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10104-101D	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10104-101E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10104-101F	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10104-101G	3 - 5yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10104-123A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10104-123B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)

View activity: 10104-123C	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10104-123D	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10104-123E	3 - 5yrs.	8 classes	Tue & Thu	10:20-10:50 am	starts Feb 2	$66(R); $86(NR)
View activity: 10104-123F	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 2	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10104-168A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10104-168H	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10104-168D	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10104-168E	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10104-168B	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10104-168F	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10104-172B	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10104-172A	3 - 5yrs.	8 classes	Sat	9:55-10:25 am	starts Jan 2	$66(R); $86(NR)
View activity: 10104-172C	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10104-172D	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10104-172E	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10104-175A	3 - 5yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10104-175B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10104-175C	3 - 5yrs.	9 classes	Sat	9:00-9:30 am	starts Jan 9	$66(R); $86(NR)
View activity: 10104-175D	3 - 5yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10104-175E	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10104-1104A	3 - 5yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10104-1104D	3 - 5yrs.	8 classes	Sat	9:10-9:40 am	starts Jan 9	$66(R); $86(NR)
View activity: 10104-1104B	3 - 5yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10104-1104C	3 - 5yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10104-183A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10104-183D	3 - 5yrs.	8 classes	Sat	9:15-9:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10104-183B	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 18	$66(R); $86(NR)

Swim Lessons: Pre Schoolers, Strokers 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: 10105-101A	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10105-101B	3 - 5yrs.	8 classes	Sat	11:00-11:30 am	starts Dec 12	$66(R); $86(NR)
View activity: 10105-101C	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10105-101D	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10105-101E	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10105-123A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)

Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10105-168A	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10105-168B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10105-168C	3 - 5yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10105-168G	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10105-168H	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10105-168L	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10105-168M	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10105-168D	3 - 5yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10105-168K	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10105-168I	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:45 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
View activity: 10105-168N	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10105-172A	3 - 5yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10105-175A	3 - 5yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10105-175B	3 - 5yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10105-175E	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10105-175C	3 - 5yrs.	9 classes	Sat	9:00-9:30 am	starts Jan 9	$66(R); $86(NR)
View activity: 10105-175D	3 - 5yrs.	9 classes	Mon & Wed	6:40-7:10 pm	starts Feb 8	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10105-1104A	3 - 5yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10105-1104C	3 - 5yrs.	8 classes	Sat	9:50-10:20 am	starts Jan 9	$66(R); $86(NR)
View activity: 10105-1104B	3 - 5yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10105-183A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10105-183D	3 - 5yrs.	8 classes	Sat	9:55-10:25 am	starts Dec 12	$66(R); $86(NR)
View activity: 10105-183B	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 18	$66(R); $86(NR)

Swim Lessons: Pre-Schoolers, Strokers 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: 10106-101A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10106-123A	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 1	$66(R); $86(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10106-172A	3 - 5yrs.	8 classes	Sat	11:15-11:45 am	starts Jan 2	$66(R); $86(NR)
View activity: 10106-172B	3 - 5yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10106-172C	3 - 5yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10106-175A	3 - 5yrs.	9 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10106-175B	3 - 5yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10106-175E	3 - 5yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)

View activity: 10106-175C	3 - 5yrs.	9 classes	Sat	9:40-10:10 am	starts Jan 9	$66(R); $86(NR)
View activity: 10106-175D	3 - 5yrs.	9 classes	Mon & Wed	7:20-7:50 pm	starts Feb 8	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10106-1104B	3 - 5yrs.	8 classes	Sat	10:30-11:00 am	starts Jan 9	$66(R); $86(NR)
View activity: 10106-1104A	3 - 5yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Jan 12	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10106-183B	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10106-183A	3 - 5yrs.	8 classes	Sat	11:15-11:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10106-183C	3 - 5yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 18	$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: 10201-101A	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10201-101B	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10201-101C	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Dec 12	$66(R); $86(NR)
View activity: 10201-101D	6 - 12yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Dec 12	$66(R); $86(NR)
View activity: 10201-101E	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-101G	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-101F	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10201-101H	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10201-123A	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-123B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-123C	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10201-123D	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10201-123E	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10201-123F	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10201-123H	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 2	$66(R); $86(NR)
View activity: 10201-123I	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 2	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10201-168A	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10201-168G	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10201-168B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10201-168C	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10201-168D	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10201-168H	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10201-172B	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10201-172A	6 - 12yrs.	8 classes	Sat	10:35-11:05 am	starts Jan 2	$66(R); $86(NR)

View activity: 10201-172C	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-172D	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10201-175D	6 - 12yrs.	9 classes	Mon & Wed	6:40-7:10 pm	starts Dec 2	$66(R); $86(NR)
View activity: 10201-175A	6 - 12yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10201-175B	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10201-175C	6 - 12yrs.	9 classes	Sat	9:40-10:10 am	starts Jan 9	$66(R); $86(NR)
View activity: 10201-175E	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10201-1104A	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10201-1104D	6 - 12yrs.	8 classes	Sat	9:10-9:40 am	starts Jan 9	$66(R); $86(NR)
View activity: 10201-1104E	6 - 12yrs.	8 classes	Sat	11:10-11:40 am	starts Jan 9	$66(R); $86(NR)
View activity: 10201-1104B	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10201-1104C	6 - 12yrs.	8 classes	Tue & Thu	5:30-6:00 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10201-183A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10201-183E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10201-183D	6 - 12yrs.	8 classes	Sat	9:55-10:25 am	starts Dec 12	$66(R); $86(NR)
View activity: 10201-183F	6 - 12yrs.	8 classes	Sat	10:35-11:05 am	starts Dec 12	$66(R); $86(NR)
View activity: 10201-183B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 18	$66(R); $86(NR)
View activity: 10201-183G	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 18	$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: 10202-101A	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10202-101B	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10202-101C	6 - 12yrs.	8 classes	Sat	10:20-10:50 am	starts Dec 12	$66(R); $86(NR)
View activity: 10202-101D	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-101E	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-101F	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-101G	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10202-123A	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-123B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-123C	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-123D	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-123E	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-123F	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-123G	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10202-123H	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10202-123I	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10202-123J	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 2	$66(R); $86(NR)
View activity: 10202-123K	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 2	$66(R); $86(NR)
View activity: 10202-123L	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 2	$66(R); $86(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10202-172A	6 - 12yrs.	8 classes	Sat	9:15-9:45 am	starts Jan 2	$66(R); $86(NR)
View activity: 10202-172B	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-172C	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-172D	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Feb 15	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10202-175A	6 - 12yrs.	9 classes	Mon & Wed	6:40-7:10 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10202-175B	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10202-175C	6 - 12yrs.	9 classes	Sat	9:40-10:10 am	starts Jan 9	$66(R); $86(NR)
View activity: 10202-175D	6 - 12yrs.	9 classes	Mon & Wed	6:40-7:10 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10202-175E	6 - 12yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Feb 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10202-1104A	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10202-1104D	6 - 12yrs.	8 classes	Sat	9:50-10:20 am	starts Jan 9	$66(R); $86(NR)
View activity: 10202-1104B	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10202-1104C	6 - 12yrs.	8 classes	Tue & Thu	6:10-6:40 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10202-183A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10202-183E	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10202-183D	6 - 12yrs.	8 classes	Sat	9:55-10:25 am	starts Dec 12	$66(R); $86(NR)
View activity: 10202-183F	6 - 12yrs.	8 classes	Sat	10:35-11:05 am	starts Dec 12	$66(R); $86(NR)
View activity: 10202-183B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 18	$66(R); $86(NR)
View activity: 10202-183G	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 18	$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: 10203-101A	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10203-101B	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10203-101C	6 - 12yrs.	8 classes	Sat	9:40-10:10 am	starts Dec 12	$66(R); $86(NR)
View activity: 10203-101D	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10203-101E	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10203-101F	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10203-123A	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10203-123B	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10203-123C	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10203-123D	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10203-123E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10203-123F	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 1	$66(R); $86(NR)
View activity: 10203-123G	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 2	$66(R); $86(NR)
View activity: 10203-123H	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 2	$66(R); $86(NR)

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10203-172B	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10203-172A	6 - 12yrs.	8 classes	Sat	9:55-10:25 am	starts Jan 2	$66(R); $86(NR)
View activity: 10203-172C	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10203-172E	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Feb 15	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10203-175A	6 - 12yrs.	9 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10203-175B	6 - 12yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10203-175C	6 - 12yrs.	9 classes	Sat	10:20-10:50 am	starts Jan 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10203-1104A	6 - 12yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10203-1104D	6 - 12yrs.	8 classes	Sat	10:30-11:00 am	starts Jan 9	$66(R); $86(NR)
View activity: 10203-1104B	6 - 12yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10203-1104C	6 - 12yrs.	8 classes	Tue & Thu	6:50-7:20 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10203-183A	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10203-183E	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10203-183F	6 - 12yrs.	8 classes	Sat	9:55-10:25 am	starts Dec 12	$66(R); $86(NR)
View activity: 10203-183B	6 - 12yrs.	8 classes	Mon & Wed	6:40-7:10 pm	starts Jan 18	$66(R); $86(NR)
View activity: 10203-183G	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 18	$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: 10204-101A	6 - 12yrs.	8 classes	Mon-Thu	6:40-7:10 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10204-101B	6 - 12yrs.	8 classes	Sat	11:00-11:30 am	starts Dec 12	$77(R); $101(NR)
View activity: 10204-101C	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10204-101D	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10204-101E	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Feb 8	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10204-123A	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10204-123B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10204-123C	6 - 12yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 1	$77(R); $101(NR)
View activity: 10204-123D	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 2	$77(R); $101(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10204-172A	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10204-172B	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10204-172C	6 - 12yrs.	8 classes	Mon-Thu	6:00-6:30 pm	starts Feb 15	$77(R); $101(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10204-175A	6 - 12yrs.	9 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10204-175B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10204-175E	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10204-175C	6 - 12yrs.	9 classes	Sat	10:20-10:50 am	starts Jan 9	$77(R); $101(NR)
View activity: 10204-175D	6 - 12yrs.	9 classes	Mon & Wed	7:20-7:50 pm	starts Feb 8	$77(R); $101(NR)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10204-1104A	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Dec 1	$77(R); $101(NR)
View activity: 10204-1104B	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Jan 12	$77(R); $101(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10204-183C	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10204-183A	6 - 12yrs.	8 classes	Sat	9:15-9:45 am	starts Dec 12	$77(R); $101(NR)
View activity: 10204-183D	6 - 12yrs.	8 classes	Mon & Wed	6:00-6:30 pm	starts Jan 18	$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: 10205-101A	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10205-101B	6 - 12yrs.	8 classes	Sat	12:20-12:50 pm	starts Dec 12	$77(R); $101(NR)
View activity: 10205-101C	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10205-101D	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10205-123A	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10205-123B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 2	$77(R); $101(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10205-175A	6 - 12yrs.	9 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10205-175B	6 - 12yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10205-175C	6 - 12yrs.	9 classes	Sat	10:20-10:50 am	starts Jan 9	$77(R); $101(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10205-1104A	6 - 12yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Feb 9	$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: 10206-101A	6 - 12yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10206-101B	6 - 12yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Dec 12	$77(R); $101(NR)
View activity: 10206-101C	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10206-101D	6 - 12yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Feb 8	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10206-123A	6 - 12yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10206-123B	6 - 12yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 1	$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: 10301-101A	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10301-168A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10301-168B	13 - 17yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10301-168G	13 - 17yrs.	8 classes	Tue & Thu	6:40-7:10 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10301-168H	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10301-168C	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10301-168D	13 - 17yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10301-168I	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
View activity: 10301-168J	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10301-172A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10301-172C	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10301-172D	13 - 17yrs.	8 classes	Mon-Thu	7:20-7:50 pm	starts Feb 15	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10301-175A	13 - 17yrs.	9 classes	Mon & Wed	6:00-6:30 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10301-175B	13 - 17yrs.	8 classes	Tue & Thu	6:00-6:30 pm	starts Feb 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10301-1104A	13 - 17yrs.	8 classes	Tue & Thu	7:30-8:00 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10301-1104B	13 - 17yrs.	8 classes	Sat	10:30-11:00 am	starts Jan 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10301-183A	13 - 17yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10301-183B	13 - 17yrs.	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 18	$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: 10302-101A	13 - 17yrs.	8 classes	Mon-Thu	8:00-8:30 pm	starts Feb 8	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10302-123A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Jan 4	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10302-175A	13 - 17yrs.	9 classes	Mon & Wed	7:20-7:50 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10302-175B	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10302-183A	13 - 17yrs.	22 classes	Mon,Wed,Sat	10:35-11:05 am	starts Dec 12	$66(R); $86(NR)

Swim Lessons: Teens, Level 3 Stroke Development

You'll be blown out of the water by the fun in this class. Get ready to achieve basic water competency in a pool and develop your strokes -- front crawl, elementary backstroke, and breaststroke! Learn scissors and dolphin kicks, tread in deep water, and diving skills may be introduced in this level. Prerequisite: Successful completion of Level 2. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Allentown Splash, Tennis & Fitness Park						**allentownpool@pgparks.com**
View activity: 10303-101A	13 - 17yrs.	8 classes	Sat	11:40 am-12:10 pm	starts Dec 12	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10303-123A	13 - 17yrs.	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10303-175A	13 - 17yrs.	9 classes	Mon & Wed	8:00-8:30 pm	starts Feb 8	$66(R); $86(NR)
View activity: 10303-175B	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 9	$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: 10304-101D	13 - 17yrs.	10 classes	Fri	8:00-8:30 pm	starts Dec 11	$77(R); $101(NR)
View activity: 10304-101C	13 - 17yrs.	8 classes	Sat	12:20-12:50 pm	starts Dec 12	$77(R); $101(NR)
Ellen E. Linson Splash Park						**linsonpool@pgparks.com**
View activity: 10304-101A	13 - 17yrs.	8 classes	Sat	12:20-12:50 pm	starts Dec 12	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10304-123A	13 - 17yrs.	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 1	$77(R); $101(NR)

Swim Lessons: Teens, Level 5 Stroke Refinement

You've been working hard in the water and you're ready to speed up your progress. Get started with stroke refinement for the front crawl, breaststroke, butterfly, back crawl, elementary backstroke, and side stroke! Teens will work on surface dives, flip turns, and may work on diving skills. Prerequisite: Successful completion of Level 4. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10305-123A	13 - 17yrs.	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 2	$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: 10410-168A	18 & up	8 classes	Sat	10:15-11:00 am	starts Dec 5	$48(R); $63(NR); $36(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: 10427-183A	18 & up	8 classes	Sun	10:00-10:45 am	starts Dec 13	$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: 10402-101A	18 & up	8 classes	Tue & Thu	12:00-12:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10402-101B	18 & up	10 classes	Tue & Thu	12:00-12:45 pm	starts Jan 12	$70(R); $91(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10402-123AA	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 5	$64(R); $84(NR)
View activity: 10402-123C	18 & up	8 classes	Tue & Thu	10:00-10:50 am	starts Feb 2	$64(R); $84(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10402-168A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10402-168B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Feb 16	$56(R); $73(NR); $42(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10402-172A	18 - 59yrs.	6 classes	Tue & Thu	10:00-10:45 am	starts Dec 1	$42(R); $55(NR)
View activity: 10402-172B	18 - 59yrs.	6 classes	Tue & Thu	11:00-11:45 am	starts Dec 1	$42(R); $55(NR)
View activity: 10402-172C	18 - 59yrs.	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 5	$56(R); $73(NR)
View activity: 10402-172D	18 - 59yrs.	6 classes	Tue & Thu	10:00-10:45 am	starts Feb 9	$42(R); $55(NR)
View activity: 10402-172E	18 - 59yrs.	6 classes	Tue & Thu	11:00-11:45 am	starts Feb 9	$42(R); $55(NR)

Aqua Boot Camp: Adults

"Uncle Sam" of the sea -- King Neptune wants you! Gear up your swimsuit and make a splash in this boot-camp style approach to interval training that includes using water as a resistance tool while performing different exercises. Be empowered as you build strength, self-confidence, relationships with fellow water warriors, and an increased fitness level to rival any cadet. No swimming experience necessary.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10403-168A	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10403-168B	18 & up	8 classes	Tue & Thu	5:30-6:15 pm	starts Feb 16	$56(R); $73(NR); $42(IA)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10403-183B	18 & up	4 classes	Sat	7:00-7:45 am	starts Dec 12	$28(R); $37(NR)
View activity: 10403-183C	18 & up	4 classes	Sat	7:00-7:45 am	starts Dec 19	$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: 10411-168A	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10411-168B	18 & up	8 classes	Tue & Thu	7:20-8:05 pm	starts Feb 16	$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: 10404-168A	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Jan 4	$56(R); $73(NR); $42(IA)
View activity: 10404-168B	18 & up	8 classes	Mon & Wed	7:05-7:50 pm	starts Feb 15	$56(R); $73(NR); $42(IA)

Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10404-1104A	18 & up	6 classes	Mon & Wed	6:00-6:45 pm	starts Jan 4	$42(R); $55(NR)

Deep Water Aerobics: Adults

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

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10405-123A	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Jan 5	$64(R); $84(NR)
View activity: 10405-123C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jan 5	$64(R); $84(NR)
View activity: 10405-123B	18 & up	8 classes	Tue & Thu	6:15-7:00 pm	starts Feb 2	$64(R); $84(NR)
View activity: 10405-123D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Feb 2	$64(R); $84(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10405-172A	18 - 59yrs.	6 classes	Tue & Thu	9:00-9:45 am	starts Dec 1	$42(R); $55(NR)
View activity: 10405-172B	18 - 59yrs.	3 classes	Wed	11:00-11:45 am	starts Dec 2	$21(R); $28(NR)
View activity: 10405-172C	18 - 59yrs.	8 classes	Tue & Thu	9:00-9:45 am	starts Jan 5	$56(R); $73(NR)
View activity: 10405-172D	18 - 59yrs.	4 classes	Wed	11:00-11:45 am	starts Jan 6	$28(R); $37(NR)
View activity: 10405-172E	18 - 59yrs.	6 classes	Tue & Thu	9:00-9:45 am	starts Feb 9	$42(R); $55(NR)
View activity: 10405-172F	18 - 59yrs.	3 classes	Wed	11:00-11:45 am	starts Feb 10	$21(R); $28(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10405-175A	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 5	$84(R); $110(NR)
View activity: 10405-175B	18 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Feb 9	$84(R); $110(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10405-1104A	18 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Dec 1	$42(R); $55(NR)
View activity: 10405-1104D	18 & up	6 classes	Mon & Wed	7:00-7:45 pm	starts Jan 4	$42(R); $55(NR)
View activity: 10405-1104B	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jan 5	$56(R); $73(NR)
View activity: 10405-1104E	18 & up	8 classes	Mon & Wed	1:15-2:00 pm	starts Feb 1	$56(R); $73(NR)
View activity: 10405-1104C	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Feb 2	$56(R); $73(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10405-183E	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Dec 8	$56(R); $73(NR)
View activity: 10405-183F	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10405-183G	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10405-183I	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10405-183B	18 & up	4 classes	Sat	8:00-8:45 am	starts Dec 12	$28(R); $37(NR)
View activity: 10405-183D	18 & up	4 classes	Sat	8:00-8:45 am	starts Dec 19	$28(R); $37(NR)
View activity: 10405-183H	18 & up	10 classes	Tue & Thu	7:00-7:45 am	starts Jan 19	$56(R); $73(NR)
View activity: 10405-183J	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jan 19	$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: 10408-101I	18 & up	10 classes	Fri	6:00-6:45 pm	starts Dec 4	$100(R); $130(NR)
View activity: 10408-101A	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Dec 8	$80(R); $104(NR)
View activity: 10408-101J	18 & up	10 classes	Sun	10:00-10:45 am	starts Dec 13	$100(R); $130(NR)
View activity: 10408-101C	18 & up	10 classes	Tue & Thu	8:00-8:45 am	starts Jan 12	$100(R); $130(NR)

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10408-123AA	18 & up	4 classes	Mon	8:00-8:45 pm	starts Jan 4	$40(R); $52(NR)
View activity: 10408-123EE	18 & up	8 classes	Tue	8:00-8:45 am	starts Jan 5	$80(R); $104(NR)
View activity: 10408-123CC	18 & up	8 classes	Wed	8:15-9:00 pm	starts Jan 6	$40(R); $52(NR)
View activity: 10408-123BB	18 & up	4 classes	Mon	8:00-8:45 pm	starts Feb 1	$40(R); $52(NR)
View activity: 10408-123DD	18 & up	4 classes	Wed	8:15-9:00 pm	starts Feb 3	$40(R); $52(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10408-172B	18 - 59yrs.	6 classes	Mon & Wed	7:30-8:15 pm	starts Dec 2	$60(R); $78(NR)
View activity: 10408-172A	18 - 59yrs.	6 classes	Mon & Fri	11:05-11:50 am	starts Dec 4	$60(R); $78(NR)
View activity: 10408-172C	18 - 59yrs.	3 classes	Sat	7:30-8:15 am	starts Dec 5	$30(R); $39(NR)
View activity: 10408-172D	18 - 59yrs.	8 classes	Sat	7:30-8:15 am	starts Jan 2	$80(R); $104(NR)
View activity: 10408-172E	18 - 59yrs.	8 classes	Mon & Fri	11:05-11:50 am	starts Jan 4	$80(R); $104(NR)
View activity: 10408-172F	18 - 59yrs.	8 classes	Mon & Wed	7:30-8:15 pm	starts Jan 4	$80(R); $104(NR)
View activity: 10408-172G	18 - 59yrs.	8 classes	Tue & Thu	11:00-11:45 am	starts Jan 5	$80(R); $104(NR)
View activity: 10408-172H	18 - 59yrs.	6 classes	Mon & Fri	11:05-11:50 am	starts Feb 8	$60(R); $78(NR)
View activity: 10408-172I	18 - 59yrs.	6 classes	Mon & Wed	7:30-8:15 pm	starts Feb 8	$60(R); $78(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10408-1104A	18 & up	4 classes	Sun	1:15-2:00 pm	starts Jan 3	$40(R); $52(NR)
View activity: 10408-1104B	18 & up	4 classes	Sun	1:15-2:00 pm	starts Feb 7	$40(R); $52(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10408-183A	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Dec 7	$80(R); $104(NR)
View activity: 10408-183E	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Dec 8	$80(R); $104(NR)
View activity: 10408-183G	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Dec 8	$80(R); $104(NR)
View activity: 10408-183D	18 & up	8 classes	Sat	8:00-8:45 am	starts Dec 12	$80(R); $104(NR)
View activity: 10408-183I	18 & up	8 classes	Sun	11:00-11:45 am	starts Dec 13	$80(R); $104(NR)
View activity: 10408-183B	18 & up	8 classes	Mon & Wed	4:00-4:45 pm	starts Jan 18	$80(R); $104(NR)
View activity: 10408-183F	18 & up	8 classes	Tue & Thu	5:00-5:45 pm	starts Jan 19	$80(R); $104(NR)
View activity: 10408-183H	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Jan 19	$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: 10407-183AA	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Dec 7	$120(R); $156(NR)
View activity: 10407-183BB	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Dec 7	$120(R); $156(NR)
View activity: 10407-183CC	18 & up	14 classes	Mon,Wed,Fri	8:15-9:00 am	starts Dec 7	$120(R); $156(NR)
View activity: 10407-183J	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Dec 8	$80(R); $104(NR)
View activity: 10407-183DD	18 & up	12 classes	Mon,Wed,Fri	6:15-7:00 am	starts Jan 18	$120(R); $156(NR)
View activity: 10407-183EE	18 & up	12 classes	Mon,Wed,Fri	7:15-8:00 am	starts Jan 18	$120(R); $156(NR)
View activity: 10407-183FF	18 & up	12 classes	Mon,Wed,Fri	8:15-9:00 am	starts Jan 18	$120(R); $156(NR)
View activity: 10407-183K	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Jan 19	$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: 10414-1104A	18 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Dec 1	$60(R); $78(NR)
View activity: 10414-1104B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$80(R); $104(NR)
View activity: 10414-1104C	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Feb 2	$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: 10420-101A	18 & up	8 classes	Fri	6:00-6:30 pm	starts Dec 11	$66(R); $86(NR)
View activity: 10420-101B	18 & up	8 classes	Fri	6:40-7:10 pm	starts Dec 11	$66(R); $86(NR)
View activity: 10420-101C	18 & up	8 classes	Sat	10:20-10:50 am	starts Dec 12	$66(R); $86(NR)
View activity: 10420-101E	18 & up	8 classes	Sat	12:20-12:50 pm	starts Dec 12	$66(R); $86(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10420-123A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10420-123B	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Jan 5	$66(R); $86(NR)
View activity: 10420-123C	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10420-123D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 1	$66(R); $86(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10420-168A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR); $50(IA)
View activity: 10420-168F	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10420-168G	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR); $50(IA)
View activity: 10420-168B	18 & up	8 classes	Mon & Wed	7:20-7:50 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10420-168C	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 15	$66(R); $86(NR); $50(IA)
View activity: 10420-168H	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
View activity: 10420-168I	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 16	$66(R); $86(NR); $50(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10420-172C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10420-172A	18 & up	8 classes	Sat	10:35-11:05 am	starts Jan 2	$66(R); $86(NR)
View activity: 10420-172B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10420-175A	18 & up	9 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 10420-175B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$66(R); $86(NR)
View activity: 10420-175C	18 & up	9 classes	Sat	11:00-11:30 am	starts Jan 9	$66(R); $86(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10420-1104A	18 & up	8 classes	Tue & Thu	4:50-5:20 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10420-1104B	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10420-1104C	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Dec 1	$66(R); $86(NR)
View activity: 10420-1104H	18 & up	8 classes	Fri	5:30-6:00 pm	starts Jan 8	$66(R); $86(NR)

View activity: 10420-1104I	18 & up	8 classes	Sat	8:30-9:00 am	starts Jan 9	$66(R); $86(NR)
View activity: 10420-1104J	18 & up	8 classes	Sat	9:50-10:20 am	starts Jan 9	$66(R); $86(NR)
View activity: 10420-1104D	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10420-1104E	18 & up	8 classes	Tue & Thu	7:30-8:00 pm	starts Jan 12	$66(R); $86(NR)
View activity: 10420-1104F	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Feb 9	$66(R); $86(NR)
View activity: 10420-1104G	18 & up	8 classes	Tue & Thu	7:30-8:00 pm	starts Feb 9	$66(R); $86(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10420-183A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Dec 7	$66(R); $86(NR)
View activity: 10420-183E	18 & up	8 classes	Sat	11:15-11:45 am	starts Dec 12	$66(R); $86(NR)
View activity: 10420-183B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 18	$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: 10421-101A	18 & up	8 classes	Fri	7:20-7:50 pm	starts Dec 11	$77(R); $101(NR)
View activity: 10421-101C	18 & up	8 classes	Sat	11:00-11:30 am	starts Dec 12	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10421-123A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10421-123B	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Jan 5	$77(R); $101(NR)
View activity: 10421-123C	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10421-123D	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Feb 1	$77(R); $101(NR)
View activity: 10421-123E	18 & up	8 classes	Tue & Thu	9:00-9:30 am	starts Feb 2	$77(R); $101(NR)
View activity: 10421-123F	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 2	$77(R); $101(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10421-172A	18 & up	8 classes	Tue & Thu	7:20-7:50 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10421-172C	18 & up	8 classes	Mon-Thu	8:00-8:30 pm	starts Feb 15	$77(R); $101(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10421-175A	18 & up	9 classes	Mon & Wed	8:00-8:30 pm	starts Jan 4	$77(R); $101(NR)
View activity: 10421-175B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Jan 5	$77(R); $101(NR)
View activity: 10421-175C	18 & up	9 classes	Sat	11:00-11:30 am	starts Jan 9	$77(R); $101(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10421-1104A	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Dec 1	$77(R); $101(NR)
View activity: 10421-1104D	18 & up	8 classes	Fri	6:10-6:40 pm	starts Jan 8	$77(R); $101(NR)
View activity: 10421-1104E	18 & up	8 classes	Sat	9:10-9:40 am	starts Jan 9	$77(R); $101(NR)
View activity: 10421-1104F	18 & up	8 classes	Sat	11:10-11:40 am	starts Jan 9	$77(R); $101(NR)
View activity: 10421-1104B	18 & up	8 classes	Tue & Thu	6:10-6:40 pm	starts Jan 12	$77(R); $101(NR)
View activity: 10421-1104C	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Feb 9	$77(R); $101(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10421-183A	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Dec 7	$77(R); $101(NR)
View activity: 10421-183D	18 & up	8 classes	Sat	11:15-11:45 am	starts Dec 12	$77(R); $101(NR)
View activity: 10421-183B	18 & up	8 classes	Mon & Wed	8:00-8:30 pm	starts Jan 18	$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: 10423-101A	18 & up	8 classes	Fri	8:00-8:30 pm	starts Dec 11	$77(R); $101(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10423-123A	18 & up	8 classes	Tue & Thu	9:40-10:10 am	starts Feb 2	$77(R); $101(NR)
View activity: 10423-123B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 2	$77(R); $101(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10423-175A	18 & up	9 classes	Mon & Wed	8:00-8:30 pm	starts Feb 8	$77(R); $101(NR)
View activity: 10423-175B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 9	$77(R); $101(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10423-1104C	18 & up	8 classes	Fri	6:50-7:20 pm	starts Jan 8	$77(R); $101(NR)
View activity: 10423-1104D	18 & up	8 classes	Sat	11:50 am-12:20 pm	starts Jan 9	$77(R); $101(NR)
View activity: 10423-1104A	18 & up	8 classes	Tue & Thu	6:50-7:20 pm	starts Jan 12	$77(R); $101(NR)
View activity: 10423-1104B	18 & up	8 classes	Tue & Thu	5:30-6:00 pm	starts Feb 9	$77(R); $101(NR)

Swim Lessons: Adults, Stroke & Turn

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

Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10422-175A	18 & up	9 classes	Mon & Wed	8:00-8:30 pm	starts Feb 8	$77(R); $101(NR)
View activity: 10422-175B	18 & up	8 classes	Tue & Thu	8:00-8:30 pm	starts Feb 9	$77(R); $101(NR)

Warm Water Aerobics

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

Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10424-123A	18 & up	8 classes	Mon	7:15-8:00 pm	starts Jan 4	$70(R); $91(NR)

Water Aerobics: Adults

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

Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10409-123A	18 & up	4 classes	Mon	7:00-7:45 pm	starts Jan 4	$30(R); $39(NR)
View activity: 10409-123C	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Jan 5	$64(R); $84(NR)
View activity: 10409-123B	18 & up	4 classes	Mon	7:00-7:45 pm	starts Feb 1	$30(R); $39(NR)
View activity: 10409-123D	18 & up	8 classes	Tue & Thu	7:15-8:00 pm	starts Feb 2	$64(R); $84(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 10409-168E	18 & up	8 classes	Sat	9:15-10:00 am	starts Dec 5	$56(R); $73(NR); $42(IA)
View activity: 10409-168F	18 & up	8 classes	Sat	11:15 am-12:00 pm	starts Dec 5	$56(R); $73(NR); $42(IA)
View activity: 10409-168A	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Jan 4	$56(R); $73(NR); $42(IA)
View activity: 10409-168B	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Jan 4	$56(R); $73(NR); $42(IA)
View activity: 10409-168C	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10409-168D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10409-168G	18 & up	8 classes	Mon & Wed	10:30-11:15 am	starts Feb 15	$56(R); $73(NR); $42(IA)
View activity: 10409-168H	18 & up	8 classes	Mon & Wed	6:10-6:55 pm	starts Feb 15	$56(R); $73(NR); $42(IA)
View activity: 10409-168I	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Feb 16	$56(R); $73(NR); $42(IA)
View activity: 10409-168K	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Feb 16	$56(R); $73(NR); $42(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10409-172A	18 - 59yrs.	6 classes	Tue & Thu	8:00-8:45 am	starts Dec 1	$42(R); $55(NR)
View activity: 10409-172B	18 - 59yrs.	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Dec 2	$63(R); $82(NR)
View activity: 10409-172C	18 - 59yrs.	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Dec 2	$63(R); $82(NR)
View activity: 10409-172E	18 - 59yrs.	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Dec 2	$63(R); $82(NR)
View activity: 10409-172D	18 - 59yrs.	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jan 4	$84(R); $110(NR)
View activity: 10409-172F	18 - 59yrs.	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jan 4	$84(R); $110(NR)
View activity: 10409-172H	18 - 59yrs.	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jan 4	$84(R); $110(NR)
View activity: 10409-172G	18 - 59yrs.	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$56(R); $73(NR)
View activity: 10409-172I	18 - 59yrs.	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Feb 8	$63(R); $82(NR)
View activity: 10409-172L	18 - 59yrs.	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Feb 8	$63(R); $82(NR)
View activity: 10409-172N	18 - 59yrs.	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Feb 8	$63(R); $82(NR)
View activity: 10409-172K	18 - 59yrs.	6 classes	Tue & Thu	8:00-8:45 am	starts Feb 9	$42(R); $55(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 10409-175A	18 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jan 4	$84(R); $110(NR)
View activity: 10409-175B	18 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$84(R); $110(NR)
View activity: 10409-175C	18 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Feb 8	$56(R); $73(NR)
View activity: 10409-175D	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Feb 9	$56(R); $73(NR)
Southern Regional Aquatic Wellness Center						wellnesscenterpool@pgparks.com
View activity: 10409-1104A	18 & up	4 classes	Sun	12:15-1:00 pm	starts Jan 3	$28(R); $37(NR)
View activity: 10409-1104B	18 & up	4 classes	Sun	12:15-1:00 pm	starts Feb 7	$28(R); $37(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: 10401-168A	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Jan 5	$56(R); $73(NR); $42(IA)
View activity: 10401-168B	18 & up	8 classes	Tue & Thu	6:25-7:10 pm	starts Feb 16	$56(R); $73(NR); $42(IA)
Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10401-172A	18 - 59yrs.	6 classes	Mon & Wed	6:30-7:15 pm	starts Dec 2	$42(R); $55(NR)
View activity: 10401-172B	18 - 59yrs.	8 classes	Mon & Wed	6:30-7:15 pm	starts Jan 4	$56(R); $73(NR)
View activity: 10401-172C	18 - 59yrs.	6 classes	Mon & Wed	6:30-7:15 pm	starts Feb 8	$42(R); $55(NR)

SENIORS

Aqua Arthritis: Seniors

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

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10501-123AA	60 & up	33 classes	Mon,Wed,Fri	7:00-7:45 am	starts Dec 2	$198(R); $258(NR)
View activity: 10501-123BB	60 & up	33 classes	Mon,Wed,Fri	8:00-8:45 am	starts Dec 2	$198(R); $258(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10501-172A	60 & up	6 classes	Tue & Thu	10:00-10:45 am	starts Dec 1	$36(R); $47(NR)
View activity: 10501-172B	60 & up	6 classes	Tue & Thu	11:00-11:45 am	starts Dec 1	$36(R); $47(NR)
View activity: 10501-172C	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 5	$48(R); $63(NR)
View activity: 10501-172D	60 & up	6 classes	Tue & Thu	10:00-10:45 am	starts Feb 9	$36(R); $47(NR)
View activity: 10501-172E	60 & up	6 classes	Tue & Thu	11:00-11:45 am	starts Feb 9	$36(R); $47(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10501-183AA	60 & up	12 classes	Mon,Wed,Fri	9:30-10:15 am	starts Dec 7	$72(R); $94(NR)
View activity: 10501-183BB	60 & up	12 classes	Mon,Wed,Fri	9:30-10:15 am	starts Jan 18	$72(R); $94(NR)
View activity: 10501-183EE	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Jan 19	$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						fairlandaquatics@pgparks.com
View activity: 10502-123AA	60 & up	33 classes	Mon,Wed,Fri	10:00-10:45 am	starts Dec 2	$198(R); $258(NR)
View activity: 10502-123BB	60 & up	33 classes	Mon,Wed,Fri	11:00-11:45 am	starts Dec 2	$198(R); $258(NR)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10502-172A	60 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Dec 1	$36(R); $47(NR)
View activity: 10502-172B	60 & up	3 classes	Wed	11:00-11:45 am	starts Dec 2	$18(R); $24(NR)
View activity: 10502-172C	60 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Jan 5	$48(R); $63(NR)
View activity: 10502-172D	60 & up	4 classes	Wed	11:00-11:45 am	starts Jan 6	$24(R); $32(NR)
View activity: 10502-172E	60 & up	6 classes	Tue & Thu	9:00-9:45 am	starts Feb 9	$36(R); $47(NR)
View activity: 10502-172F	60 & up	3 classes	Wed	11:00-11:45 am	starts Feb 10	$18(R); $24(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10502-175A	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jan 4	$69(R); $90(NR)
View activity: 10502-175B	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Feb 8	$69(R); $90(NR)

Spinning: Aqua, Seniors

Did you know spinning exercises trigger your brain to release excitement stimulators which increases happiness? Challenging but low impact, this class uses stationary bikes in the water which have the benefit of reducing injury risks. On your fitness journey, you will build self-awareness, stay heart healthy, strengthen hamstrings, buttocks, and inner thighs. Ride into a renewed and balanced lifestyle!

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10503-172B	60 & up	6 classes	Mon & Wed	7:30-8:15 pm	starts Dec 2	$48(R); $63(NR)
View activity: 10503-172A	60 & up	6 classes	Mon & Fri	11:05-11:50 am	starts Dec 4	$48(R); $63(NR)
View activity: 10503-172C	60 & up	3 classes	Sat	7:30-8:15 am	starts Dec 5	$24(R); $32(NR)
View activity: 10503-172D	60 & up	8 classes	Sat	7:30-8:15 am	starts Jan 2	$64(R); $84(NR)

View activity: 10503-172E	60 & up	8 classes	Mon & Fri	11:05-11:50 am	starts Jan 4	$64(R); $84(NR)
View activity: 10503-172F	60 & up	8 classes	Mon & Wed	7:30-8:15 pm	starts Jan 4	$64(R); $84(NR)
View activity: 10503-172G	60 & up	8 classes	Tue & Thu	11:05-11:50 am	starts Jan 5	$64(R); $84(NR)
View activity: 10503-172H	60 & up	6 classes	Mon & Fri	11:05-11:50 am	starts Feb 8	$48(R); $63(NR)
View activity: 10503-172I	60 & up	6 classes	Mon & Wed	7:30-8:15 pm	starts Feb 8	$48(R); $63(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10503-175A	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$64(R); $84(NR)
View activity: 10503-175B	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Feb 9	$64(R); $84(NR)

Water Aerobics: Seniors

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

Allentown Splash, Tennis & Fitness Park						**allentownpool@pgparks.com**
View activity: 10504-101A	60 & up	8 classes	Tue & Thu	10:00-10:45 am	starts Dec 8	$48(R); $63(NR)
View activity: 10504-101D	60 & up	8 classes	Tue & Thu	11:00-11:45 am	starts Dec 8	$48(R); $63(NR)
View activity: 10504-101C	60 & up	10 classes	Tue & Thu	10:00-10:45 am	starts Jan 12	$60(R); $78(NR)
View activity: 10504-101E	60 & up	10 classes	Tue & Thu	11:00-11:45 am	starts Jan 12	$60(R); $78(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10504-123AA	60 & up	33 classes	Mon,Wed,Fri	9:00-9:45 am	starts Dec 2	$198(R); $258(NR)
View activity: 10504-123BB	60 & up	33 classes	Mon,Wed,Fri	10:00-10:45 am	starts Dec 2	$198(R); $258(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 10504-168A	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Jan 4	$48(R); $63(NR); $36(IA)
View activity: 10504-168B	60 & up	8 classes	Mon & Wed	9:30-10:15 am	starts Feb 15	$48(R); $63(NR); $36(IA)
Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10504-172A	60 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Dec 1	$36(R); $47(NR)
View activity: 10504-172B	60 & up	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Dec 2	$54(R); $71(NR)
View activity: 10504-172C	60 & up	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Dec 2	$54(R); $71(NR)
View activity: 10504-172E	60 & up	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Dec 2	$54(R); $71(NR)
View activity: 10504-172D	60 & up	12 classes	Mon,Wed,Fri	9:00-9:45 am	starts Jan 4	$72(R); $94(NR)
View activity: 10504-172F	60 & up	12 classes	Mon,Wed,Fri	10:00-10:45 am	starts Jan 4	$72(R); $94(NR)
View activity: 10504-172H	60 & up	12 classes	Mon,Wed,Fri	8:00-8:45 am	starts Jan 4	$72(R); $94(NR)
View activity: 10504-172G	60 & up	8 classes	Tue & Thu	8:00-8:45 am	starts Jan 5	$48(R); $63(NR)
View activity: 10504-172I	60 & up	9 classes	Mon,Wed,Fri	10:00-10:45 am	starts Feb 8	$54(R); $71(NR)
View activity: 10504-172L	60 & up	9 classes	Mon,Wed,Fri	8:00-8:45 am	starts Feb 8	$54(R); $71(NR)
View activity: 10504-172N	60 & up	9 classes	Mon,Wed,Fri	9:00-9:45 am	starts Feb 8	$54(R); $71(NR)
View activity: 10504-172K	60 & up	6 classes	Tue & Thu	8:00-8:45 am	starts Feb 9	$36(R); $47(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10504-1104A	60 & up	6 classes	Mon & Wed	5:00-5:45 pm	starts Jan 4	$36(R); $47(NR)
View activity: 10504-1104B	60 & up	8 classes	Mon & Wed	5:00-5:45 pm	starts Feb 1	$48(R); $63(NR)

Zumba: Aqua, Seniors

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

Rollingcrest-Chillum Splash Pool						**rollingcrestpool@pgparks.com**
View activity: 10506-172B	60 & up	8 classes	Mon & Wed	6:30-7:15 pm	starts Jan 4	$48(R); $63(NR)
View activity: 10506-172C	60 & up	6 classes	Mon & Wed	6:30-7:15 pm	starts Feb 8	$36(R); $47(NR)

MIXED AGES

Aqua Combat

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

Rollingcrest-Chillum Splash Pool						rollingcrestpool@pgparks.com
View activity: 10653-172B	14 & up	3 classes	Sat	8:30-9:15 am	starts Dec 5	$30(R); $39(NR)
View activity: 10653-172A	14 & up	3 classes	Mon	12:00-12:45 pm	starts Dec 7	$30(R); $39(NR)
View activity: 10653-172C	14 & up	8 classes	Sat	8:30-9:15 am	starts Jan 2	$80(R); $104(NR)
View activity: 10653-172D	14 & up	4 classes	Mon	12:00-12:45 pm	starts Jan 4	$40(R); $52(NR)
View activity: 10653-172E	14 & up	3 classes	Mon	12:00-12:45 pm	starts Feb 8	$30(R); $39(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10653-1104A	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Feb 1	$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						fairlandaquatics@pgparks.com
View activity: 10610-123A	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Jan 4	$64(R); $84(NR)
View activity: 10610-123B	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Feb 1	$64(R); $84(NR)

Certified Pool Operator: Blended

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

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 10643-1100A	16 & up	1 class	Sun	8:30 am-5:30 pm	starts Jan 3	$560(R); $728(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: 10629-101K	18 & up	10 classes	Fri	10:00-10:45 am	starts Dec 4	$70(R); $91(NR)
View activity: 10629-101L	18 & up	10 classes	Fri	11:00-11:45 am	starts Dec 4	$70(R); $91(NR)
View activity: 10629-101A	18 & up	8 classes	Mon & Wed	10:00-10:45 am	starts Dec 7	$56(R); $73(NR)
View activity: 10629-101E	18 & up	8 classes	Mon & Wed	11:00-11:45 am	starts Dec 7	$56(R); $73(NR)
View activity: 10629-101B	18 & up	10 classes	Mon & Wed	10:00-10:45 am	starts Jan 11	$70(R); $91(NR)
View activity: 10629-101F	18 & up	10 classes	Mon & Wed	11:00-11:45 am	starts Jan 11	$70(R); $91(NR)

Hydro Pilates

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

Fairland Aquatics Center						fairlandaquatics@pgparks.com
View activity: 10638-123AA	14 & up	4 classes	Wed	7:15-8:00 pm	starts Jan 6	$32(R); $42(NR)
View activity: 10638-123BB	14 & up	4 classes	Wed	7:15-8:00 pm	starts Feb 3	$32(R); $42(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: 10603-101C	15 & up	1 class	Sun	12:00-2:00 pm	starts Dec 6	$10(R); $10(NR)
View activity: 10603-101A	15 & up	1 class	Sat	1:00-3:00 pm	starts Jan 9	$10(R); $10(NR)
View activity: 10603-101B	15 & up	1 class	Sat	1:00-3:00 pm	starts Feb 13	$10(R); $10(NR)
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10603-123C	15 & up	1 class	Sun	12:00-2:00 pm	starts Feb 21	$10(R); $10(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10603-175A	15 & up	1 class	Sat	11:30 am-1:30 pm	starts Feb 6	$10(R); $10(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10603-1104A	15 & up	1 class	Fri	5:00-7:00 pm	starts Dec 4	$10(R); $10(NR)
View activity: 10603-1104B	15 & up	1 class	Fri	5:00-7:00 pm	starts Jan 8	$10(R); $10(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10603-183A	15 & up	1 class	Fri	6:00-8:00 pm	starts Jan 22	$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: 10602-101B	15 & up	4 classes	Tue-Fri	5:00-6:00 pm	starts Dec 1	Free
View activity: 10602-101A	15 & up	5 classes	Mon-Fri	4:00-5:00 pm	starts Jan 4	Free
Fairland Aquatics Center						**fairlandaquatics@pgparks.com**
View activity: 10602-123C	15 & up	1 class	Sun	10:00 am-12:00 pm	starts Feb 21	Free
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10602-175A	15 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jan 5	Free
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10602-183A	16 & up	4 classes	Fri	6:00-7:00 pm	starts Dec 11	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: 10645-101A	15 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Dec 12	$175(R); $228(NR)
View activity: 10645-101B	15 & up	4 classes	Sat & Sun	12:00-5:30 pm	starts Jan 16	$175(R); $228(NR)
View activity: 10645-101C	15 & up	4 classes	Sat & Sun	12:00-5:30 pm	starts Feb 20	$175(R); $228(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10645-175A	15 & up	6 classes	Sat & Sun	9:00 am-5:00 pm	starts Feb 13	$175(R); $228(NR)
Southern Regional Aquatic Wellness Center						**wellnesscenterpool@pgparks.com**
View activity: 10645-1104A	15 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Dec 12	$175(R); $228(NR)
View activity: 10645-1104B	15 & up	4 classes	Sat & Sun	11:00 am-5:00 pm	starts Jan 16	$175(R); $228(NR)
Theresa Banks Memorial Aquatics Center						**TBanks.Aquatics@pgparks.com**
View activity: 10645-183A	15 & up	6 classes	Fri-Sun	5:00-9:00 pm	starts Jan 29	$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: 10636-101I	18 & up	10 classes	Fri	7:00-7:45 pm	starts Dec 4	$100(R); $130(NR)
View activity: 10636-101A	18 & up	8 classes	Tue & Thu	9:00-9:45 am	starts Dec 8	$80(R); $104(NR)
View activity: 10636-101F	18 & up	10 classes	Sun	11:00-11:45 am	starts Dec 13	$100(R); $130(NR)
View activity: 10636-101C	18 & up	10 classes	Tue & Thu	9:00-9:45 am	starts Jan 12	$100(R); $130(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 10636-175A	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Jan 5	$80(R); $104(NR)
View activity: 10636-175B	18 & up	8 classes	Tue & Thu	7:00-7:45 am	starts Feb 9	$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: 10627-101D	18 & up	8 classes	Tue & Thu	6:00-6:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10627-101E	18 & up	8 classes	Tue & Thu	7:00-7:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10627-101F	18 & up	8 classes	Tue & Thu	8:00-8:45 pm	starts Dec 8	$56(R); $73(NR)
View activity: 10627-101N	18 & up	10 classes	Sat	7:00-7:45 am	starts Dec 12	$70(R); $91(NR)
View activity: 10627-101P	18 & up	10 classes	Sat	8:00-8:45 am	starts Dec 12	$70(R); $91(NR)
View activity: 10627-101H	18 & up	10 classes	Tue & Thu	6:00-6:45 pm	starts Jan 12	$70(R); $91(NR)
View activity: 10627-101I	18 & up	10 classes	Tue & Thu	7:00-7:45 pm	starts Jan 12	$70(R); $91(NR)
View activity: 10627-101J	18 & up	10 classes	Tue & Thu	8:00-8:45 pm	starts Jan 12	$70(R); $91(NR)

BLACK HISTORY MONTH

MIXED AGES

Black History Month Program

Celebrate Black History Month! Discover a rich culture which expands our country and traverses continents. Expand your knowledge of the history of Africans, African-Americans, and how these diverse groups have significantly contributed to and led the development of the U.S. Gain awareness about the accomplishments and achievements of the heroes and heroines of Black History Month!

Bladensburg Waterfront Park						BladensburgWP@pgparks.com
View activity: 12605-108A	10 & up	1 class	Sat	1:00-2:30 pm	starts Feb 20	$4(R); $6(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: 14207-177A	9 - 12yrs.	1 class	Fri	5:30-7:00 pm	starts Dec 18	$20(R); $26(NR)
View activity: 14207-177B	9 - 12yrs.	1 class	Fri	5:30-7:00 pm	starts Jan 15	$20(R); $26(NR)

LEGO® Workshop: Children

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

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 14201-106B	6 - 12yrs.	4 classes	Mon	6:00-7:00 pm	starts Jan 4	$55(R); $72(NR)
View activity: 14201-106C	6 - 12yrs.	4 classes	Mon	6:00-7:00 pm	starts Feb 1	$55(R); $72(NR)

TEENS

Explore the World of Artificial Intelligence

Embark on a hands-on adventure into the exciting world of AI with Hour Generation Foundation. Learn how to use a variety of AI tools, craft effective prompts, strengthen your research skills, and explore safe and responsible AI use. Then put your new knowledge into action through a fun, creative project and showcase your creation at the end of the program.

Peppermill Community Center						peppermillcc@pgparks.com
View activity: 14306-162A	13 - 17yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Feb 6	Free

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: 14405-143C	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jan 6	$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: 14416-146A	18 & up	9 classes	Wed	5:00-6:00 pm	starts Dec 9	$54(R); $71(NR)

SENIORS

Computer Skills: PARKS DIRECT Workshop

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 14505-111A	60 & up	1 class	Fri	12:30-1:30 pm	starts Dec 18	Free
View activity: 14505-111B	60 & up	1 class	Fri	12:30-1:30 pm	starts Jan 15	Free
View activity: 14505-111C	60 & up	1 class	Fri	12:30-1:30 pm	starts Feb 5	Free
John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 14505-139A	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Dec 11	Free
View activity: 14505-139B	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Jan 8	Free
View activity: 14505-139C	60 & up	1 class	Fri	11:00 am-12:00 pm	starts Feb 12	Free
Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 14505-144B	60 & up	4 classes	Fri	11:30 am-1:30 pm	starts Jan 8	Free
View activity: 14505-144C	60 & up	4 classes	Fri	11:30 am-1:30 pm	starts Feb 5	Free

Computer Skills: Seniors, Level 1

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 14501-111A	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Dec 2	$20(R); $26(NR)
View activity: 14501-111B	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Jan 4	$20(R); $26(NR)
View activity: 14501-111C	60 & up	4 classes	Mon & Wed	12:15-2:15 pm	starts Feb 1	$20(R); $26(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 14501-146A	60 & up	4 classes	Mon	10:00-11:00 am	starts Dec 7	Free
View activity: 14501-146B	60 & up	5 classes	Mon	10:00-11:00 am	starts Jan 18	Free

Computer Skills: Seniors, Level 2

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

Laurel-Beltsville Senior Activity Ctr						LBSAC@pgparks.com
View activity: 14502-146A	60 & up	4 classes	Mon	11:30 am-12:30 pm	starts Dec 7	$16(R); $21(NR)
View activity: 14502-146B	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Jan 18	$20(R); $26(NR)

Smart Devices: Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 14506-111A	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Dec 7	$15(R); $20(NR)
View activity: 14506-111B	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Jan 4	$15(R); $20(NR)
View activity: 14506-111C	60 & up	6 classes	Mon & Thu	9:30-10:30 am	starts Feb 1	$15(R); $20(NR)
Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 14506-157A	60 & up	3 classes	Wed	12:00-2:00 pm	starts Dec 2	$30(R); $39(NR)
View activity: 14506-157B	60 & up	4 classes	Wed	12:00-2:00 pm	starts Jan 6	$40(R); $52(NR)
View activity: 14506-157C	60 & up	4 classes	Wed	12:00-2:00 pm	starts Feb 3	$40(R); $52(NR)

MIXED AGES

Video Game Design: Mixed Ages

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

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 14601-135A	10 - 16yrs.	8 classes	Fri	2:00-3:00 pm	starts Jan 8	$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.

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 15103-106A	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Dec 5	$30(R); $39(NR)
View activity: 15103-106B	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Jan 9	$30(R); $39(NR)
View activity: 15103-106C	2 - 5yrs.	4 classes	Sat	10:00-11:00 am	starts Feb 6	$30(R); $39(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 15103-127B	3 - 5yrs.	12 classes	Mon-Wed	9:30 am-12:00 pm	starts Jan 4	$90(R); $117(NR)
View activity: 15103-127CC	3 - 5yrs.	12 classes	Mon-Wed	9:30 am-12:00 pm	starts Feb 1	$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: 15101-143A	3 - 4yrs.	8 classes	Tue & Thu	11:00 am-12:30 pm	starts Jan 12	$60(R); $78(NR)

CHILDREN

Arts and Crafts: Children

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

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 15202-106A	6 - 12yrs.	4 classes	Sat	1:00-2:00 pm	starts Dec 5	$30(R); $39(NR)
View activity: 15202-106B	6 - 12yrs.	4 classes	Sat	1:00-2:00 pm	starts Jan 9	$30(R); $39(NR)
View activity: 15202-106C	6 - 12yrs.	4 classes	Sat	1:00-2:00 pm	starts Feb 6	$30(R); $39(NR)
Surratt Historic Site & Museum						**surratthouse@pgparks.com**
View activity: 15202-192A	6 - 12yrs.	1 class	Sat	12:00-3:00 pm	starts Feb 6	Free
View activity: 15202-192B	6 - 12yrs.	1 class	Sat	12:00-3:00 pm	starts Feb 13	Free
View activity: 15202-192C	6 - 12yrs.	1 class	Sat	12:00-3:00 pm	starts Feb 20	Free
View activity: 15202-192D	6 - 12yrs.	1 class	Sat	12:00-3:00 pm	starts Feb 27	Free

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.

Glenarden Community Center						glenardencc@pgparks.com
View activity: 15201-126A	6 - 12yrs.	9 classes	Tue-Thu	11:00 am-12:00 pm	starts Dec 8	$30(R); $39(NR)
View activity: 15201-126B	13 - 17yrs.	9 classes	Tue-Thu	12:00-1:00 pm	starts Dec 8	$30(R); $39(NR)
View activity: 15201-126C	6 - 12yrs.	9 classes	Tue-Thu	11:00 am-12:00 pm	starts Jan 5	$30(R); $39(NR)
View activity: 15201-126E	6 - 12yrs.	9 classes	Tue-Thu	11:00 am-12:00 pm	starts Feb 9	$30(R); $39(NR)

Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15201-166A	6 - 8yrs.	6 classes	Sat	10:00-11:15 am	starts Dec 12	$40(R); $52(NR)
View activity: 15201-166B	9 - 12yrs.	6 classes	Sat	11:30 am-12:45 pm	starts Dec 12	$40(R); $52(NR)
View activity: 15201-166AA	6 - 8yrs.	6 classes	Sat	10:00-11:15 am	starts Jan 30	$40(R); $52(NR)
View activity: 15201-166BB	9 - 12yrs.	6 classes	Sat	11:30 am-12:45 pm	starts Jan 30	$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!

Glenarden Community Center						glenardencc@pgparks.com
View activity: 15301-126A	13 - 17yrs.	9 classes	Tue-Thu	12:00-1:00 pm	starts Jan 5	$30(R); $39(NR)
View activity: 15301-126B	13 - 17yrs.	9 classes	Tue-Thu	12:00-1:00 pm	starts Feb 9	$30(R); $39(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 15301-166A	13 - 17yrs.	6 classes	Sat	1:00-2:15 pm	starts Dec 12	$50(R); $65(NR)
View activity: 15301-166B	13 - 17yrs.	6 classes	Sat	1:00-2:15 pm	starts Feb 6	$50(R); $65(NR)

ADULTS

Calligraphy, Beginner

Discover the art of beautiful writing and join our beginner calligraphy class to turn simple strokes into elegant expression. Perfect for newcomers, this hands-on experience will guide you from basics to confidence in every line.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15409-168A	18 & up	6 classes	Mon	6:00-8:00 pm	starts Jan 11	$75(R); $98(NR); $57(IA)

Quilting: Adults

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

Kentland Community Center						kentlandcc@pgparks.com
View activity: 15405-140A	18 & up	4 classes	Tue	5:00-7:00 pm	starts Jan 5	$25(R); $33(NR)
View activity: 15405-140B	18 & up	4 classes	Tue	5:00-7:00 pm	starts Feb 9	$25(R); $33(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15405-168D	18 & up	6 classes	Wed	6:00-8:00 pm	starts Dec 9	$60(R); $78(NR); $45(IA)
View activity: 15405-168E	18 & up	6 classes	Wed	6:00-8:00 pm	starts Jan 27	$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 pizazz to your play time! This class will set you on your way to becoming the seamstress or tailor of your own wardrobe. You will learn basic sewing techniques, grow your self-confidence, and be introduced to a vast sewing culture. Please consult offering facility regarding necessary materials.

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 15401-124A	18 & up	3 classes	Thu	6:30-8:00 pm	starts Dec 3	$36(R); $47(NR)
View activity: 15401-124B	18 & up	4 classes	Thu	6:30-8:00 pm	starts Jan 7	$48(R); $63(NR)
View activity: 15401-124C	18 & up	4 classes	Thu	6:30-8:00 pm	starts Feb 4	$48(R); $63(NR)

Glenarden Community Center						**glenardencc@pgparks.com**
View activity: 15401-126A	18 & up	9 classes	Tue-Thu	1:00-2:00 pm	starts Dec 8	$30(R); $39(NR)
View activity: 15401-126B	18 & up	12 classes	Tue-Thu	1:00-2:00 pm	starts Jan 5	$30(R); $39(NR)
View activity: 15401-126C	18 & up	9 classes	Tue-Thu	1:00-2:00 pm	starts Feb 2	$30(R); $39(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 15401-132A	18 & up	6 classes	Sat	1:30-3:00 pm	starts Dec 5	$40(R); $52(NR)
View activity: 15401-132B	18 & up	6 classes	Sat	1:30-3:00 pm	starts Jan 23	$40(R); $52(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 15401-141A	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Dec 7	$55(R); $72(NR)
View activity: 15401-141B	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Jan 4	$55(R); $72(NR)
View activity: 15401-141C	18 & up	8 classes	Mon & Wed	11:00 am-1:00 pm	starts Feb 1	$55(R); $72(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 15401-155A	18 & up	5 classes	Fri	10:30 am-12:00 pm	starts Dec 4	$40(R); $52(NR)
View activity: 15401-155B	18 & up	6 classes	Fri	10:30 am-12:00 pm	starts Jan 22	$48(R); $63(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 15401-166A	18 & up	8 classes	Thu	6:30-8:00 pm	starts Dec 10	$50(R); $65(NR)
View activity: 15401-166B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Feb 11	$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.

Camp Springs Sr. Activity Cntr.						**campspringsseniors@pgparks.com**
View activity: 15502-111A	60 & up	1 class	Thu	12:30-2:30 pm	starts Dec 24	$10(R); $13(NR)
View activity: 15502-111B	60 & up	1 class	Thu	12:30-2:30 pm	starts Jan 28	$10(R); $13(NR)
View activity: 15502-111C	60 & up	1 class	Thu	12:30-2:30 pm	starts Feb 25	$10(R); $13(NR)
Evelyn Cole Senior Activity Center						**evelyncoleseniors@pgparks.com**
View activity: 15502-122A	60 & up	1 class	Thu	11:00 am-1:00 pm	starts Dec 3	$5(R); $7(NR)
View activity: 15502-122B	60 & up	1 class	Mon	11:00 am-1:00 pm	starts Jan 11	$7(R); $10(NR)
View activity: 15502-122C	60 & up	1 class	Mon	11:00 am-1:00 pm	starts Feb 1	$7(R); $10(NR)
Gwendolyn Britt Senior Activity Center						**gwendolynbrittseniors@pgparks.com**
View activity: 15502-130A	60 & up	3 classes	Thu	12:30-2:00 pm	starts Dec 3	$20(R); $26(NR)
View activity: 15502-130B	60 & up	4 classes	Thu	12:30-2:00 pm	starts Jan 7	$20(R); $26(NR)
View activity: 15502-130C	60 & up	4 classes	Thu	12:30-2:00 pm	starts Feb 4	$20(R); $26(NR)
John E. Howard Senior Activity Center						**johnehowardseniors@pgparks.com**
View activity: 15502-139A	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Dec 9	$10(R); $13(NR)
View activity: 15502-139B	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Jan 13	$10(R); $13(NR)
View activity: 15502-139C	60 & up	1 class	Wed	10:30 am-12:00 pm	starts Feb 10	$10(R); $13(NR)
Langley Park Senior Activity Center						**langelyparkseniors@pgparks.com**
View activity: 15502-144B	60 & up	4 classes	Tue	11:30 am-12:30 pm	starts Jan 5	$28(R); $37(NR)
View activity: 15502-144C	60 & up	4 classes	Tue	11:30 am-12:30 pm	starts Feb 2	$28(R); $37(NR)

Cricut Class. Seniors

Learn, explore, and create using a circuit machine! Join us once a week for a two-hour class where we'll teach you how to create and produce high-quality projects at a low cost using a circuit machine and different types of materials. Build confidence and socialize with other seniors while creating your own work of art!

Evelyn Cole Senior Activity Center						evelyncoleseniors@pgparks.com
View activity: 15516-122A	60 & up	1 class	Mon	11:00 am-1:00 pm	starts Dec 7	$10(R); $13(NR)
View activity: 15516-122B	60 & up	1 class	Mon	11:00 am-1:00 pm	starts Jan 11	$10(R); $13(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: 15514-107A	60 & up	4 classes	Tue	11:00 am-1:00 pm	starts Dec 1	$25(R); $33(NR)
View activity: 15514-107B	60 & up	4 classes	Tue	11:00 am-1:00 pm	starts Jan 5	$25(R); $33(NR)
View activity: 15514-107C	60 & up	4 classes	Tue	11:00 am-1:00 pm	starts Feb 9	$25(R); $33(NR)
Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 15514-144A	60 & up	4 classes	Mon	11:00 am-1:00 pm	starts Dec 7	$32(R); $42(NR)
View activity: 15514-144B	60 & up	4 classes	Mon	11:00 am-1:00 pm	starts Jan 4	$32(R); $42(NR)
View activity: 15514-144C	60 & up	4 classes	Mon	11:00 am-1:00 pm	starts Feb 1	$32(R); $42(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15514-168	60 & up	6 classes	Wed	12:00-2:00 pm	starts Jan 13	$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: 15504-107A	60 & up	4 classes	Tue	12:00-2:00 pm	starts Dec 1	$25(R); $33(NR)
View activity: 15504-107B	60 & up	4 classes	Tue	12:00-2:00 pm	starts Jan 5	$25(R); $33(NR)
View activity: 15504-107C	60 & up	4 classes	Tue	12:00-2:00 pm	starts Feb 9	$25(R); $33(NR)
Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 15504-111A	60 & up	3 classes	Fri	1:00-3:00 pm	starts Dec 4	$18(R); $24(NR)
View activity: 15504-111B	60 & up	3 classes	Fri	1:00-3:00 pm	starts Jan 8	$18(R); $24(NR)
View activity: 15504-111C	60 & up	3 classes	Fri	1:00-3:00 pm	starts Feb 5	$18(R); $24(NR)
Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 15504-175B	60 & up	2 classes	Mon	12:00-2:00 pm	starts Jan 18	$24(R); $32(NR)
View activity: 15504-175C	60 & up	2 classes	Mon	12:00-2:00 pm	starts Feb 1	$24(R); $32(NR)

Sewing: Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 15501-111A	60 & up	3 classes	Tue	10:00 am-12:00 pm	starts Dec 8	$24(R); $32(NR)
View activity: 15501-111B	60 & up	3 classes	Tue	10:00 am-12:00 pm	starts Jan 12	$24(R); $32(NR)
View activity: 15501-111C	60 & up	3 classes	Tue	10:00 am-12:00 pm	starts Feb 9	$24(R); $32(NR)

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 15501-139B	60 & up	8 classes	Thu & Fri	10:00 am-2:00 pm	starts Jan 7	$50(R); $65(NR)
View activity: 15501-139C	60 & up	8 classes	Thu & Fri	10:00 am-2:00 pm	starts Feb 4	$50(R); $65(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 15501-175B	60 & up	2 classes	Mon	9:30-11:30 am	starts Jan 18	$24(R); $32(NR)
View activity: 15501-175C	60 & up	2 classes	Mon	9:30-11:30 am	starts Feb 1	$24(R); $32(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.

Bladensburg Waterfront Park						BladensburgWP@pgparks.com
View activity: 15609-108A	3 - 12yrs.	1 class	Sat	10:00-11:30 am	starts Feb 6	$4(R); $6(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 15609-184A	6 & up	1 class	Sat	12:00-1:00 pm	starts Dec 19	$5(R); $7(NR)
View activity: 15609-184B	6 & up	1 class	Sat	12:00-1:00 pm	starts Feb 13	$5(R); $7(NR)
Watkins Nature Center						**watkinsnaturecenter@pgparks.com**
View activity: 15609-188A	4 & up	1 class	Sat	1:00-2:00 pm	starts Dec 19	$10(R); $13(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: 15635-168A	13 & up	6 classes	Sat	2:00-4:00 pm	starts Jan 16	$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: 15636-168A	13 & up	6 classes	Thu	6:00-8:00 pm	starts Jan 14	$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: 15627-168A	10 & up	6 classes	Thu	6:00-8:00 pm	starts Dec 3	$60(R); $78(NR); $45(IA)
View activity: 15627-168B	10 & up	6 classes	Thu	6:00-8:00 pm	starts Feb 4	$60(R); $78(NR); $45(IA)

Beyond Beginners Crochet

Ready to move past the basics and bring your crochet skills to life? This beyond-beginner class is designed for those who already know foundational stitches and are eager to expand their technique, confidence, and creativity. Learn how to read patterns with ease, refine your stitch consistency, and explore more advanced methods while creating projects you'll be proud to show off. With a supportive, hands-on approach, this class helps you grow at your own pace while connecting with others who share your passion.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15637-168A	14 & up	6 classes	Thu	6:00-8:00 pm	starts Jan 21	$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: 15631-168A	10 & up	6 classes	Tue	6:00-8:00 pm	starts Feb 2	$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: 15629-168A	8 & up	6 classes	Wed	6:00-8:00 pm	starts Dec 9	$60(R); $78(NR); $45(IA)
View activity: 15629-168B	8 & up	6 classes	Wed	6:00-8:00 pm	starts Jan 27	$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: 15619-168A	10 & up	6 classes	Wed	6:00-8:00 pm	starts Dec 2	$50(R); $65(NR); $38(IA)
View activity: 15619-168B	10 & up	6 classes	Wed	6:00-8:00 pm	starts Feb 3	$50(R); $65(NR); $38(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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15628-168D	10 & up	1 class	Sat	9:00 am-1:00 pm	starts Dec 12	$60(R); $78(NR); $45(IA)
View activity: 15628-168DD	10 & up	1 class	Sat	9:00 am-1:00 pm	starts Feb 6	$60(R); $78(NR); $45(IA)
View activity: 15628-168E	10 & up	1 class	Sat	9:00 am-1:00 pm	starts Feb 6	$60(R); $78(NR); $45(IA)

Crochet

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

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 15607-125A	12 & up	3 classes	Mon	5:00-6:30 pm	starts Dec 7	$36(R); $47(NR)
View activity: 15607-125B	12 & up	3 classes	Mon	5:00-6:30 pm	starts Jan 4	$36(R); $47(NR)
View activity: 15607-125C	12 & up	3 classes	Mon	5:00-6:30 pm	starts Feb 1	$36(R); $47(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 15607-140A	10 - 17yrs.	4 classes	Thu	5:30-5:30 pm	starts Jan 7	$35(R); $46(NR)
View activity: 15607-140AA	18 & up	4 classes	Thu	6:30-7:30 pm	starts Jan 7	$35(R); $46(NR)
View activity: 15607-140B	10 - 17yrs.	4 classes	Thu	5:30-6:30 pm	starts Feb 11	$35(R); $46(NR)
View activity: 15607-140BB	18 & up	4 classes	Thu	6:30-7:30 pm	starts Feb 11	$35(R); $46(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 15607-168A	13 & up	6 classes	Tue	6:00-8:00 pm	starts Dec 1	$60(R); $78(NR); $45(IA)
View activity: 15607-168B	13 & up	7 classes	Thu	6:00-8:00 pm	starts Dec 3	$60(R); $78(NR); $45(IA)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 15607-173D	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Dec 1	$40(R); $52(NR)
View activity: 15607-173E	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Jan 5	$40(R); $52(NR)
View activity: 15607-173F	6 & up	6 classes	Tue & Thu	6:00-7:00 pm	starts Feb 2	$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.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 15615-168A	18 & up	7 classes	Mon	6:00-8:00 pm	starts Nov 30	$65(R); $85(NR); $49(IA)
View activity: 15615-168B	60 & up	6 classes	Wed	12:00-2:00 pm	starts Dec 2	$65(R); $85(NR); $49(IA)
Rollingcrest-Chillum Community Center						**rollingcrestcc@pgparks.com**
View activity: 15615-171A	5 - 12yrs.	3 classes	Sat	9:00-10:00 am	starts Dec 5	$30(R); $39(NR)
View activity: 15615-171B	5 - 12yrs.	4 classes	Sat	9:00-10:00 am	starts Jan 9	$40(R); $52(NR)
View activity: 15615-171C	5 - 12yrs.	4 classes	Sat	9:00-10:00 am	starts Feb 6	$40(R); $52(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: 15622-132A	12 - 17yrs.	8 classes	Mon	1:00-2:00 pm	starts Dec 7	$64(R); $84(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 15622-155A	8 - 15yrs.	8 classes	Fri	10:30 am-12:00 pm	starts Jan 8	$64(R); $84(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: 15603-168A	10 & up	6 classes	Tue	6:00-8:00 pm	starts Dec 15	$60(R); $78(NR); $45(IA)

Regional Textile Showcase: Family and Youth Activities

Take advantage of family-friendly fiber arts sampling and making techniques as you visit the Annual Regional Textile Showcase at the Montpelier Historic Site & Museum. Walk-ins are welcome.

Montpelier Historic Site & Museum						montpeliermansion@pgparks.com
View activity: 15632-1101A	All ages	15 classes	Thu-Sun	10:00 am-4:00 pm	starts Dec 3	Free

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: 15601-141A	8 & up	7 classes	Tue & Thu	6:30-8:30 pm	starts Dec 1	$55(R); $72(NR)
View activity: 15601-141B	8 & up	8 classes	Tue & Thu	6:30-8:30 pm	starts Jan 5	$55(R); $72(NR)
View activity: 15601-141C	8 & up	8 classes	Tue & Thu	6:30-8:30 pm	starts Feb 2	$55(R); $72(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 15601-168A	13 & up	6 classes	Mon	6:00-8:00 pm	starts Dec 7	$60(R); $78(NR); $45(IA)
View activity: 15601-168E	13 & up	6 classes	Mon	6:00-8:00 pm	starts Jan 25	$60(R); $78(NR); $45(IA)

DAY CAMPS

MIXED AGES

Holiday Break Camp: Explorers

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

Baden Community Center						badencc@pgparks.com
View activity: 16658-104A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 16658-124A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 16658-125A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 16658-132A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 16658-134A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Indian Queen Recreation Center						**customerservice@pgparks.com**
View activity: 16658-136B	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 16658-153A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 16658-160A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Stephen Decatur Community Center						**stephendecaturcc@pgparks.com**
View activity: 16658-180A	11 - 15yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)

Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 16658-181A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 16658-186A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 16658-190A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 16658-191A	5 - 12yrs.	6 classes	Mon-Wed	9:00 am-4:30 pm	starts Dec 21	$180(R); $234(NR)

FITNESS & HEALTH

PRE-SCHOOLERS

Little Ninja

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

Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 17101-123A	3 - 5yrs.	8 classes	Sat	11:30 am-12:15 pm	starts Jan 2	$125(R); $163(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: 17205-123A	7 - 10yrs.	8 classes	Sat	12:00-1:00 pm	starts Jan 2	$160(R); $208(NR)

TEENS

Home-School: Weight Training for Teens

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

Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 17305-181A	13 - 17yrs.	8 classes	Wed	10:30-11:30 am	starts Dec 9	$64(R); $84(NR)

Weight Training: Teens

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

Stephen Decatur Community Center						**stephendecaturcc@pgparks.com**
View activity: 17301-180A	13 - 17yrs.	6 classes	Sat	10:45-11:45 am	starts Dec 5	$48(R); $63(NR)
View activity: 17301-180B	13 - 17yrs.	6 classes	Sat	10:45-11:45 am	starts Jan 23	$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: 17401-105A	18 & up	7 classes	Thu	6:00-7:00 pm	starts Dec 3	$35(R); $46(NR)
View activity: 17401-105B	18 & up	5 classes	Thu	6:00-7:00 pm	starts Jan 28	$35(R); $46(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 17401-127A	18 & up	6 classes	Wed	10:00-11:00 am	starts Jan 6	$35(R); $46(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 17401-134A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$40(R); $52(NR)
View activity: 17401-134B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jan 5	$40(R); $52(NR)
View activity: 17401-134C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Feb 2	$40(R); $52(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 17401-147A	18 & up	6 classes	Tue	6:45-7:45 pm	starts Dec 1	$36(R); $47(NR)
View activity: 17401-147C	18 & up	6 classes	Sun	2:30-3:30 pm	starts Dec 6	$36(R); $47(NR)
View activity: 17401-147B	18 & up	6 classes	Tue	6:45-7:45 pm	starts Jan 19	$36(R); $47(NR)
View activity: 17401-147D	18 & up	6 classes	Sun	2:30-3:30 pm	starts Jan 24	$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						templehillscc@pgparks.com
View activity: 17402-182A	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$48(R); $63(NR)
View activity: 17402-182B	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jan 5	$48(R); $63(NR)
View activity: 17402-182C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Feb 2	$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!

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 17433-116A	18 & up	9 classes	Mon & Wed	10:45 am-12:00 pm	starts Dec 2	$50(R); $65(NR)
View activity: 17433-116B	18 & up	8 classes	Mon & Wed	10:45 am-12:00 pm	starts Jan 4	$50(R); $65(NR)
View activity: 17433-116C	18 & up	8 classes	Mon & Wed	10:45 am-12:00 pm	starts Feb 1	$50(R); $65(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17433-175D	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Dec 7	$43.00(R); $56.00(NR)
View activity: 17433-175E	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Jan 4	$68(R); $89(NR)
View activity: 17433-175F	18 & up	8 classes	Mon & Wed	5:00-6:00 pm	starts Feb 1	$68(R); $89(NR)

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

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

Tucker Road Community Center						tuckerroadcc@pgparks.com
View activity: 17419-184A	18 & up	4 classes	Tue	9:30-10:30 am	starts Jan 5	$20(R); $26(NR)
View activity: 17419-184C	18 & up	4 classes	Thu	9:30-10:30 am	starts Jan 7	$20(R); $26(NR)
View activity: 17419-184B	18 & up	4 classes	Tue	9:30-10:30 am	starts Feb 2	$20(R); $26(NR)
View activity: 17419-184D	18 & up	4 classes	Thu	9:30-10:30 am	starts Feb 4	$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: 17420-175B	18 & up	5 classes	Tue	6:00-6:45 pm	starts Dec 1	$33.00(R); $43.00(NR)
View activity: 17420-175B1	18 & up	3 classes	Thu	6:00-6:45 pm	starts Dec 3	$20.00(R); $26.00(NR)
View activity: 17420-175C	18 & up	4 classes	Tue	6:00-6:45 pm	starts Jan 5	$26(R); $34(NR)
View activity: 17420-175C1	18 & up	4 classes	Thu	6:00-6:45 pm	starts Jan 7	$26(R); $34(NR)
View activity: 17420-175D	18 & up	4 classes	Tue	6:00-6:45 pm	starts Feb 2	$26(R); $34(NR)
View activity: 17420-175D1	18 & up	4 classes	Thu	6:00-6:45 pm	starts Feb 4	$26(R); $34(NR)

Bio Fitness: Tone and Firm, Adults

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

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 17421-186A	18 & up	4 classes	Tue	5:30-6:30 pm	starts Jan 5	$28(R); $37(NR)
View activity: 17421-186C	18 & up	4 classes	Thu	5:30-6:30 pm	starts Jan 7	$28(R); $37(NR)
View activity: 17421-186B	18 & up	4 classes	Tue	5:30-6:30 pm	starts Feb 2	$28(R); $37(NR)
View activity: 17421-186D	18 & up	4 classes	Thu	5:30-6:30 pm	starts Feb 4	$28(R); $37(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: 17484-168E	60 & up	5 classes	Wed	10:00-11:00 am	starts Dec 2	$30(R); $39(NR); $23(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: 17445-112A	18 & up	6 classes	Mon	10:00-11:00 am	starts Dec 7	$35(R); $46(NR)
View activity: 17445-112B	18 & up	6 classes	Mon	10:00-11:00 am	starts Jan 25	$35(R); $46(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 17445-123A	18 & up	12 classes	Tue	12:00-1:00 pm	starts Dec 1	$72(R); $94(NR)
View activity: 17445-123B	18 & up	10 classes	Thu	12:00-1:00 pm	starts Dec 3	$60(R); $78(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17445-146A	50 & up	4 classes	Thu	9:30-10:30 am	starts Dec 3	$36(R); $47(NR)
View activity: 17445-146B	50 & up	4 classes	Thu	9:30-10:30 am	starts Jan 7	$36(R); $47(NR)
View activity: 17445-146C	50 & up	4 classes	Thu	9:30-10:30 am	starts Feb 4	$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.

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 17483-106A	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Dec 7	$30(R); $39(NR)
View activity: 17483-106B	18 & up	8 classes	Mon & Wed	7:00-7:45 pm	starts Jan 4	$30(R); $39(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 17483-116A	18 & up	8 classes	Mon & Wed	11:15 am-12:15 pm	starts Dec 7	$35(R); $46(NR)
View activity: 17483-116B	18 & up	8 classes	Mon & Wed	11:15 am-12:15 pm	starts Jan 4	$35(R); $46(NR)
View activity: 17483-116C	18 & up	8 classes	Mon & Wed	11:15 am-12:15 pm	starts Feb 1	$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: 17435-134A	50 & up	12 classes	Tue-Thu	9:30-10:30 am	starts Jan 5	$48(R); $63(NR)
View activity: 17435-134B	50 & up	12 classes	Tue-Thu	9:30-10:30 am	starts Feb 2	$48(R); $63(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17435-146A	50 & up	10 classes	Mon,Wed,Fri	9:00-10:00 am	starts Dec 2	$33(R); $43(NR)
View activity: 17435-146D	50 & up	7 classes	Mon & Wed	11:00 am-12:00 pm	starts Dec 2	$31(R); $41(NR)
View activity: 17435-146B	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jan 4	$40(R); $52(NR)
View activity: 17435-146E	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Jan 4	$35(R); $46(NR)
View activity: 17435-146C	50 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Feb 1	$40(R); $52(NR)
View activity: 17435-146F	50 & up	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Feb 1	$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!

Glenarden Community Center						glenardencc@pgparks.com
View activity: 17426-126A	18 & up	4 classes	Tue	6:30-7:30 pm	starts Dec 1	$20(R); $26(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 17426-132G	18 & up	6 classes	Sat	10:00-11:00 am	starts Dec 5	$36(R); $47(NR)
View activity: 17426-132D	18 & up	10 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Dec 7	$40(R); $52(NR)
View activity: 17426-132E	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17426-132H	18 & up	6 classes	Sat	10:00-11:00 am	starts Jan 23	$36(R); $47(NR)
View activity: 17426-132F	18 & up	12 classes	Mon,Wed,Fri	6:00-7:00 pm	starts Feb 1	$48(R); $63(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 17426-140A	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jan 4	$60(R); $78(NR)
View activity: 17426-140AA	18 & up	4 classes	Fri	12:00-1:00 pm	starts Jan 8	$30(R); $39(NR)
View activity: 17426-140B	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Feb 8	$60(R); $78(NR)
View activity: 17426-140BB	18 & up	4 classes	Fri	12:00-1:00 pm	starts Feb 12	$30(R); $39(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 17426-141A	18 - 59yrs.	4 classes	Wed	6:30-7:30 pm	starts Dec 2	$26(R); $34(NR)
View activity: 17426-141B	18 & up	4 classes	Wed	6:30-7:30 pm	starts Jan 6	$35(R); $46(NR)
View activity: 17426-141C	18 & up	4 classes	Wed	6:30-7:30 pm	starts Feb 3	$35(R); $46(NR)

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 17426-116BB	18 - 59yrs.	9 classes	Mon & Wed	6:15-7:15 pm	starts Dec 2	$40(R); $52(NR)
View activity: 17426-116E	18 - 59yrs.	8 classes	Mon & Wed	6:15-7:15 pm	starts Jan 4	$40(R); $52(NR)
View activity: 17426-116F	18 - 59yrs.	8 classes	Mon & Wed	6:15-7:15 pm	starts Feb 1	$40(R); $52(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 17426-160B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17426-160C	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jan 20	$36(R); $47(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 17426-168A	18 & up	5 classes	Tue	6:15-7:00 am	starts Dec 1	$30(R); $39(NR); $23(IA)
View activity: 17426-168D	18 & up	3 classes	Thu	6:15-7:00 am	starts Dec 3	$18(R); $24(NR); $14(IA)
View activity: 17426-168B	18 & up	4 classes	Tue	6:15-7:00 am	starts Jan 5	$30(R); $39(NR); $23(IA)
View activity: 17426-168E	18 & up	4 classes	Thu	6:15-7:00 am	starts Jan 7	$24(R); $32(NR); $18(IA)
View activity: 17426-168C	18 & up	4 classes	Tue	6:15-7:00 am	starts Feb 2	$24(R); $32(NR); $18(IA)
View activity: 17426-168F	18 & up	4 classes	Thu	6:15-7:00 am	starts Feb 4	$24(R); $32(NR); $18(IA)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 17426-184N	18 & up	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$48(R); $63(NR)
View activity: 17426-184A	18 & up	10 classes	Mon,Wed,Fri	9:00-10:00 am	starts Dec 7	$40(R); $52(NR)
View activity: 17426-184D	18 & up	10 classes	Mon,Wed,Fri	7:30-8:30 am	starts Dec 7	$40(R); $52(NR)
View activity: 17426-184K	18 & up	10 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Dec 7	$40(R); $52(NR)
View activity: 17426-184B	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Jan 4	$48(R); $63(NR)
View activity: 17426-184E	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Jan 4	$48(R); $63(NR)
View activity: 17426-184L	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17426-184O	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$48(R); $63(NR)
View activity: 17426-184C	18 & up	12 classes	Mon,Wed,Fri	9:00-10:00 am	starts Feb 1	$48(R); $63(NR)
View activity: 17426-184F	18 & up	12 classes	Mon,Wed,Fri	7:30-8:30 am	starts Feb 1	$48(R); $63(NR)
View activity: 17426-184M	18 & up	12 classes	Mon,Wed,Fri	11:00 am-12:00 pm	starts Feb 1	$48(R); $63(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 17426-186A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Dec 1	$36(R); $47(NR)
View activity: 17426-186D	18 & up	6 classes	Thu	7:00-8:00 pm	starts Dec 3	$48(R); $63(NR)
View activity: 17426-186G	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Dec 7	$48(R); $63(NR)
View activity: 17426-186H	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jan 4	$48(R); $63(NR)
View activity: 17426-186B	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jan 19	$36(R); $47(NR)
View activity: 17426-186E	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jan 21	$48(R); $63(NR)
View activity: 17426-186I	18 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Feb 1	$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: 17440-177C	18 & up	6 classes	Tue	7:00-8:00 pm	starts Dec 1	$36(R); $47(NR)
View activity: 17440-177D	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jan 19	$36(R); $47(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 17440-191A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Dec 3	$36(R); $47(NR)
View activity: 17440-191C	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jan 21	$36(R); $47(NR)

Fitness Frenzy

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

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 17477-116A	18 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$35(R); $46(NR)
View activity: 17477-116B	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$35(R); $46(NR)
View activity: 17477-116C	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 2	$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						glenardencc@pgparks.com
View activity: 17442-126A	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Dec 7	$30(R); $39(NR)
View activity: 17442-126B	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Jan 4	$30(R); $39(NR)
View activity: 17442-126C	18 & up	8 classes	Mon & Wed	6:30-8:00 pm	starts Feb 1	$30(R); $39(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 17442-140A	18 & up	4 classes	Mon	7:00-8:00 pm	starts Jan 4	$35(R); $46(NR)
View activity: 17442-140B	18 & up	4 classes	Mon	7:00-8:00 pm	starts Feb 8	$35(R); $46(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: 17430-186C	18 & up	6 classes	Sat	8:30-9:30 am	starts Dec 5	$84(R); $110(NR)
View activity: 17430-186D	18 & up	6 classes	Sat	9:30-10:30 am	starts Jan 23	$84(R); $110(NR)

Health Chats with Mitsue

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17496-168A	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Dec 5	$5(R); $7(NR); $4(IA)
View activity: 17496-168B	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Dec 19	$5(R); $7(NR); $4(IA)
View activity: 17496-168C	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Jan 9	$5(R); $7(NR); $4(IA)
View activity: 17496-168D	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Jan 23	$5(R); $7(NR); $4(IA)
View activity: 17496-168E	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Feb 6	$5(R); $7(NR); $4(IA)
View activity: 17496-168F	18 & up	1 class	Sat	11:30 am-12:30 pm	starts Feb 20	$5(R); $7(NR); $4(IA)

Heart Healthy Fitness

Join us as we celebrate National Heart Health Month and engage in fitness classes that can help you live a heart-healthy lifestyle!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17490-168D	60 & up	1 class	Fri	10:00-10:45 am	starts Dec 4	$6(R); $8(NR); $5 (IA)

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						**glenardencc@pgparks.com**
View activity: 17423-126G	18 & up	5 classes	Thu	6:30-7:15 pm	starts Jan 7	$20(R); $26(NR)
View activity: 17423-126H	18 & up	4 classes	Thu	6:30-7:15 pm	starts Feb 11	$20(R); $26(NR)
Huntington Community Center						**huntingtoncc@pgparks.com**
View activity: 17423-135A	18 & up	7 classes	Mon	6:15-7:00 pm	starts Dec 7	$51(R); $67(NR)
John E. Howard Community Center						**johnehowardcc@pgparks.com**
View activity: 17423-138A	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Dec 7	$36(R); $47(NR)
View activity: 17423-138B	18 & up	8 classes	Mon & Wed	6:30-7:30 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17423-138C	18 & up	8 classes	Mon & Wed	6:30-7:30 pm	starts Feb 1	$48(R); $63(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 17423-174A	18 & up	8 classes	Mon	6:30-7:30 pm	starts Dec 21	$50(R); $65(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: 17425-135A	18 & up	7 classes	Sat	10:00-11:00 am	starts Dec 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: 17405-101B	18 & up	12 classes	Wed	11:00-11:45 am	starts Dec 2	$66(R); $86(NR)
View activity: 17405-101A	18 & up	13 classes	Fri	11:00-11:45 am	starts Dec 4	$66(R); $86(NR)
View activity: 17405-101C	18 & up	12 classes	Mon	11:00-11:45 am	starts Dec 7	$66(R); $86(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 17405-123A	18 & up	12 classes	Tue	9:00-10:00 am	starts Dec 1	$72(R); $94(NR)
View activity: 17405-123B	18 & up	12 classes	Wed	6:30-7:30 pm	starts Dec 2	$72(R); $94(NR)
View activity: 17405-123C	18 & up	10 classes	Fri	9:00-10:00 am	starts Dec 4	$60(R); $78(NR)
View activity: 17405-123D	18 & up	12 classes	Sat	10:00-11:00 am	starts Dec 5	$72(R); $94(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 17405-177E	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$48(R); $63(NR)
View activity: 17405-177A	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Dec 7	$48(R); $63(NR)
View activity: 17405-177B	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17405-177F	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$48(R); $63(NR)
View activity: 17405-177C	18 & up	8 classes	Mon & Wed	6:00-6:45 pm	starts Feb 1	$48(R); $63(NR)
View activity: 17405-177G	18 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 2	$48(R); $63(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 17405-181A	18 & up	6 classes	Tue	7:15-8:00 pm	starts Dec 1	$42(R); $55(NR)
View activity: 17405-181B	18 & up	6 classes	Tue	7:00-7:45 pm	starts Jan 19	$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: 17457-123A	18 & up	12 classes	Mon	7:30-8:30 pm	starts Dec 7	$72(R); $94(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17457-175AA	18 & up	4 classes	Mon	6:00-6:45 pm	starts Dec 7	$26(R); $34(NR)
View activity: 17457-175B	18 & up	4 classes	Mon	6:00-6:45 pm	starts Jan 4	$26(R); $34(NR)
View activity: 17457-175C	18 & up	4 classes	Mon	6:00-6:45 pm	starts Feb 1	$26(R); $34(NR)

Strength Training: Adults

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17451-175D	18 & up	4 classes	Sat	8:00-9:00 am	starts Dec 5	$26(R); $34(NR)
View activity: 17451-175A	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Dec 7	$52(R); $68(NR)
View activity: 17451-175E	18 & up	5 classes	Sat	8:00-9:00 am	starts Jan 2	$33.00(R); $43.00(NR)
View activity: 17451-175B	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Jan 4	$52(R); $68(NR)
View activity: 17451-175C	18 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Feb 1	$52(R); $68(NR)
View activity: 17451-175F	18 & up	4 classes	Sat	8:00-9:00 am	starts Feb 6	$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: 17436-123A	18 & up	10 classes	Thu	9:00-10:00 am	starts Dec 3	$60(R); $78(NR)
View activity: 17436-123C	18 & up	10 classes	Thu	7:30-8:30 pm	starts Dec 3	$60(R); $78(NR)
View activity: 17436-123D	18 & up	12 classes	Sat	9:00-10:00 am	starts Dec 5	$72(R); $94(NR)
View activity: 17436-123B	18 & up	12 classes	Mon	6:30-7:30 pm	starts Dec 7	$72(R); $94(NR)
Huntington Community Center						**huntingtoncc@pgparks.com**
View activity: 17436-135A	18 & up	13 classes	Mon & Wed	10:00-11:00 am	starts Dec 2	$51(R); $67(NR)

Weight Training: Kettlebell

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17453-168B	18 & up	9 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$48(R); $63(NR); $36(IA)
View activity: 17453-168C	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Jan 5	$48(R); $63(NR); $36(IA)
View activity: 17453-168D	18 & up	8 classes	Tue & Thu	6:30-7:30 pm	starts Feb 2	$48(R); $63(NR); $36(IA)

Weight Training: Adults, Women

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

Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 17411-116A	18 & up	8 classes	Mon & Wed	10:00-11:00 am	starts Dec 7	$35(R); $46(NR)
View activity: 17411-116B	18 & up	8 classes	Mon & Wed	10:00-11:00 am	starts Jan 4	$35(R); $46(NR)
View activity: 17411-116C	18 & up	8 classes	Mon & Wed	10:00-11:00 am	starts Feb 1	$35(R); $46(NR)
Stephen Decatur Community Center						**stephendecaturcc@pgparks.com**
View activity: 17411-180A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$42(R); $55(NR)
View activity: 17411-180B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$42(R); $55(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 17411-191A	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Dec 7	$48(R); $63(NR)
View activity: 17411-191D	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Dec 7	$48(R); $63(NR)
View activity: 17411-191B	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17411-191E	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Jan 4	$48(R); $63(NR)
View activity: 17411-191C	18 & up	8 classes	Mon & Wed	6:00-7:00 pm	starts Feb 1	$48(R); $63(NR)
View activity: 17411-191F	18 & up	8 classes	Mon & Wed	7:05-8:05 pm	starts Feb 1	$48(R); $63(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: 17413-104A	18 & up	6 classes	Wed	6:00-7:00 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17413-104B	18 & up	6 classes	Wed	6:00-7:00 pm	starts Jan 20	$36(R); $47(NR)
Beltsville Community Center						**beltsvillecc@pgparks.com**
View activity: 17413-105A	18 & up	7 classes	Tue	6:00-7:00 pm	starts Dec 15	$35(R); $46(NR)
View activity: 17413-105B	18 & up	5 classes	Tue	6:00-7:00 pm	starts Feb 9	$35(R); $46(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 17413-123B	18 & up	12 classes	Wed	9:00-10:00 am	starts Dec 2	$72(R); $94(NR)
View activity: 17413-123C	18 & up	10 classes	Fri	10:00-11:00 am	starts Dec 4	$60(R); $78(NR)
View activity: 17413-123D	18 & up	12 classes	Mon	10:00-11:00 am	starts Dec 7	$72(R); $94(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 17413-124C	18 & up	6 classes	Thu	12:00-1:00 pm	starts Dec 3	$30(R); $39(NR)
View activity: 17413-124D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jan 21	$30(R); $39(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 17413-127A	18 & up	4 classes	Thu	11:30 am-12:30 pm	starts Jan 7	$25(R); $33(NR)
View activity: 17413-127B	18 & up	4 classes	Thu	11:30 am-12:30 pm	starts Feb 11	$25(R); $33(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 17413-134A	18 & up	6 classes	Sat	9:30-10:30 am	starts Dec 5	$36(R); $47(NR)
View activity: 17413-134B	18 & up	6 classes	Sat	9:30-10:30 am	starts Jan 23	$36(R); $47(NR)
Huntington Community Center						**huntingtoncc@pgparks.com**
View activity: 17413-135A	18 & up	14 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$45(R); $59(NR)
View activity: 17413-135B	18 & up	7 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$45(R); $59(NR)

Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17413-146B	50 & up	12 classes	Thu	12:00-1:15 pm	starts Dec 3	$60(R); $78(NR)
View activity: 17413-146A	50 & up	11 classes	Mon	1:15-2:30 pm	starts Dec 7	$55(R); $72(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 17413-152A	18 & up	5 classes	Tue	6:30-7:30 pm	starts Dec 8	$40(R); $52(NR)
View activity: 17413-152B	18 & up	6 classes	Tue	6:30-7:30 pm	starts Jan 12	$48(R); $63(NR)
View activity: 17413-152C	18 & up	6 classes	Tue	6:30-7:30 pm	starts Feb 23	$48(R); $63(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 17413-153A	18 & up	6 classes	Thu	6:00-7:00 pm	starts Dec 3	$36(R); $47(NR)
View activity: 17413-153B	18 & up	6 classes	Thu	6:00-7:00 pm	starts Jan 21	$36(R); $47(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 17413-155B	18 & up	6 classes	Wed	12:30-1:30 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17413-155C	18 & up	6 classes	Wed	12:30-1:30 pm	starts Jan 20	$36(R); $47(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 17413-173E	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Dec 7	$40(R); $52(NR)
View activity: 17413-173F	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Jan 4	$40(R); $52(NR)
View activity: 17413-173G	18 & up	6 classes	Mon & Wed	6:30-7:30 pm	starts Feb 1	$40(R); $52(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17413-175E	18 & up	3 classes	Thu	6:30-7:30 pm	starts Dec 3	$20.00(R); $26.00(NR)
View activity: 17413-175H	18 & up	4 classes	Sat	10:30-11:30 am	starts Dec 5	$26(R); $34(NR)
View activity: 17413-175A	18 & up	4 classes	Mon	12:00-1:00 pm	starts Dec 7	$33.00(R); $43.00(NR)
View activity: 17413-175I	18 & up	5 classes	Sat	10:30-11:30 am	starts Jan 2	$33.00(R); $43.00(NR)
View activity: 17413-175B	18 & up	4 classes	Mon	12:00-1:00 pm	starts Jan 4	$33.00(R); $43.00(NR)
View activity: 17413-175F	18 & up	4 classes	Thu	6:30-7:30 pm	starts Jan 7	$26(R); $34(NR)
View activity: 17413-175C	18 & up	4 classes	Mon	12:00-1:00 pm	starts Feb 1	$26(R); $34(NR)
View activity: 17413-175G	18 & up	4 classes	Thu	6:30-7:30 pm	starts Feb 4	$26(R); $34(NR)
View activity: 17413-175J	18 & up	4 classes	Sat	10:30-11:30 am	starts Feb 6	$26(R); $34(NR)
T. Howard Duckett Park						**PGParkRangers@pgparks.com**
View activity: 17413-120A	55 & up	8 classes	Mon	10:00-11:00 am	starts Jan 4	$40(R); $52(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 17413-182D	18 & up	6 classes	Sun	12:30-1:30 pm	starts Dec 6	$36(R); $47(NR)
View activity: 17413-182A	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Dec 7	$40(R); $52(NR)
View activity: 17413-182B	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Jan 4	$40(R); $52(NR)
View activity: 17413-182E	18 & up	6 classes	Sun	12:30-1:30 pm	starts Jan 24	$36(R); $47(NR)
View activity: 17413-182C	18 & up	8 classes	Mon & Wed	10:30-11:30 am	starts Feb 1	$40(R); $52(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 17413-184A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17413-184B	18 & up	6 classes	Wed	6:30-7:30 pm	starts Jan 20	$36(R); $47(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 17413-187A	18 & up	4 classes	Thu	6:30-7:30 pm	starts Jan 7	$36(R); $47(NR)
View activity: 17413-187B	18 & up	4 classes	Thu	6:30-7:30 pm	starts Feb 4	$36(R); $47(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 17413-190A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Dec 1	$36(R); $47(NR)
View activity: 17413-190B	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jan 19	$36(R); $47(NR)

William Beanes Community Center						williambeanescc@pgparks.com
View activity: 17413-191A	18 & up	8 classes	Mon & Wed	12:00-1:00 pm	starts Dec 7	$40(R); $52(NR)
View activity: 17413-191B	18 & up	8 classes	Mon & Wed	12:00-1:00 pm	starts Jan 4	$40(R); $52(NR)
View activity: 17413-191C	18 & up	8 classes	Mon & Wed	12:00-1:00 pm	starts Feb 1	$40(R); $52(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.

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 17412-112C	18 & up	6 classes	Thu	6:30-7:30 pm	starts Dec 3	$24(R); $32(NR)
View activity: 17412-112A	18 & up	6 classes	Mon	6:30-7:30 pm	starts Dec 7	$32(R); $42(NR)
View activity: 17412-112D	18 & up	6 classes	Thu	6:30-7:30 pm	starts Jan 21	$32(R); $42(NR)
View activity: 17412-112B	18 & up	6 classes	Mon	6:30-7:30 pm	starts Jan 25	$32(R); $42(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 17412-116A	18 & up	12 classes	Mon & Wed	9:30-11:00 am	starts Dec 7	$50(R); $65(NR)
View activity: 17412-116B	18 & up	12 classes	Mon & Wed	9:30-11:00 am	starts Jan 18	$50(R); $65(NR)
Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 17412-157A	18 & up	3 classes	Thu	6:00-7:00 pm	starts Dec 3	$15(R); $20(NR)
View activity: 17412-157B	18 & up	4 classes	Thu	6:00-7:00 pm	starts Jan 7	$20(R); $26(NR)
View activity: 17412-157C	18 & up	4 classes	Thu	6:00-7:00 pm	starts Feb 4	$20(R); $26(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 17412-160A	18 & up	6 classes	Tue & Thu	5:15-6:15 pm	starts Dec 1	$30(R); $39(NR)
View activity: 17412-160B	18 & up	8 classes	Tue & Thu	5:15-6:15 pm	starts Jan 5	$40(R); $52(NR)
View activity: 17412-160C	18 & up	8 classes	Tue & Thu	5:15-6:15 pm	starts Feb 2	$40(R); $52(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 17412-174A	18 & up	8 classes	Tue	10:00-11:00 am	starts Dec 15	$50(R); $65(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 17412-186A	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Dec 1	$40(R); $52(NR)
View activity: 17412-186B	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Jan 5	$40(R); $52(NR)
View activity: 17412-186C	18 & up	8 classes	Tue & Thu	9:15-10:15 am	starts Feb 2	$40(R); $52(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: 17456-168E	60 & up	5 classes	Wed	12:00-1:00 pm	starts Dec 2	$30(R); $39(NR); $23(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: 17414-105A	18 & up	6 classes	Tue	7:30-8:30 pm	starts Dec 15	$40(R); $52(NR)
View activity: 17414-105B	18 & up	7 classes	Thu	7:30-8:30 pm	starts Dec 17	$40(R); $52(NR)
View activity: 17414-105C	18 & up	6 classes	Tue	7:30-8:30 pm	starts Feb 2	$40(R); $52(NR)
View activity: 17414-105D	18 & up	6 classes	Thu	7:30-8:30 pm	starts Feb 4	$40(R); $52(NR)

Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 17414-123B	18 & up	12 classes	Tue	6:30-7:30 pm	starts Dec 1	$72(R); $94(NR)
View activity: 17414-123A	18 & up	12 classes	Mon	9:00-10:00 am	starts Dec 7	$72(R); $94(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 17414-132A	18 & up	6 classes	Tue & Thu	7:00-8:00 pm	starts Dec 1	$36(R); $47(NR)
View activity: 17414-132B	18 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jan 5	$48(R); $63(NR)
View activity: 17414-132C	18 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Feb 2	$48(R); $63(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 17414-141A	18 & up	5 classes	Mon	6:30-7:30 pm	starts Dec 21	$45(R); $59(NR)
View activity: 17414-141B	18 & up	4 classes	Mon	6:30-7:30 pm	starts Jan 25	$45(R); $59(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 17414-116B	18 - 59yrs.	12 classes	Tue & Thu	7:00-8:00 pm	starts Jan 5	$40(R); $52(NR)
View activity: 17414-116D	18 & up	12 classes	Tue & Thu	7:00-8:00 pm	starts Feb 16	$40(R); $52(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17414-146A	50 & up	5 classes	Fri	12:00-1:00 pm	starts Dec 4	$44(R); $58(NR)
View activity: 17414-146B	50 & up	6 classes	Fri	12:00-1:00 pm	starts Jan 22	$52(R); $68(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 17414-152A	18 & up	7 classes	Thu	7:00-8:00 pm	starts Dec 17	$35(R); $46(NR)
View activity: 17414-152B	18 & up	6 classes	Thu	7:00-8:00 pm	starts Feb 11	$42(R); $55(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 17414-162A	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Dec 7	$50(R); $65(NR)
View activity: 17414-162B	18 & up	12 classes	Mon & Wed	6:30-7:30 pm	starts Jan 18	$50(R); $65(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 17414-166A	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jan 6	$45(R); $59(NR)
View activity: 17414-166B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Feb 17	$45(R); $59(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 17414-177A	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Dec 7	$48(R); $63(NR)
View activity: 17414-177B	18 & up	8 classes	Mon & Wed	7:00-8:00 pm	starts Jan 4	$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: 17417-143A	18 & up	5 classes	Sat	10:30-11:30 am	starts Dec 12	$36(R); $47(NR)
View activity: 17417-143B	18 & up	5 classes	Sat	10:30-11:30 am	starts Jan 23	$36(R); $47(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17417-146A	18 & up	6 classes	Wed	5:00-6:00 pm	starts Dec 2	$52(R); $68(NR)
View activity: 17417-146B	18 & up	6 classes	Wed	5:00-6:00 pm	starts Jan 20	$52(R); $68(NR)

SENIORS

Aerobics: Hula Hoop, Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17548-111A	60 & up	3 classes	Wed	1:30-2:30 pm	starts Dec 2	$12(R); $16(NR)
View activity: 17548-111B	60 & up	3 classes	Wed	1:30-2:30 pm	starts Jan 6	$12(R); $16(NR)
View activity: 17548-111C	60 & up	3 classes	Wed	1:30-2:30 pm	starts Feb 3	$12(R); $16(NR)

Aerobics: Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17521-111A	60 & up	3 classes	Wed	9:30-10:30 am	starts Dec 2	$12(R); $16(NR)
View activity: 17521-111B	60 & up	3 classes	Wed	9:30-10:30 am	starts Jan 6	$8(R); $11(NR)
View activity: 17521-111C	60 & up	3 classes	Wed	9:30-10:30 am	starts Feb 3	$12(R); $16(NR)
Cedar Heights Community Center						**cedarheightscc@pgparks.com**
View activity: 17521-112A	60 & up	6 classes	Tue	10:00-11:00 am	starts Dec 1	$35(R); $46(NR)
View activity: 17521-112C	60 & up	6 classes	Thu	10:00-11:00 am	starts Dec 3	$28(R); $37(NR)
View activity: 17521-112B	60 & up	6 classes	Tue	10:00-11:00 am	starts Jan 19	$35(R); $46(NR)
View activity: 17521-112D	60 & up	6 classes	Thu	10:00-11:00 am	starts Jan 21	$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: 17543-146D	60 & up	4 classes	Tue	1:00-2:00 pm	starts Dec 1	$37(R); $49(NR)
View activity: 17543-146E	60 & up	4 classes	Tue	1:00-2:00 pm	starts Jan 5	$37(R); $49(NR)
View activity: 17543-146F	60 & up	4 classes	Tue	1:00-2:00 pm	starts Feb 2	$37(R); $49(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 17543-168E	60 & up	4 classes	Mon	10:30-11:30 am	starts Dec 7	$24(R); $32(NR); $18(IA)
View activity: 17543-168B	60 & up	4 classes	Mon	10:30-11:30 am	starts Jan 4	$24(R); $32(NR); $18(IA)
View activity: 17543-168C	60 & up	4 classes	Mon	10:30-11:30 am	starts Feb 1	$24(R); $32(NR); $18(IA)

Balance Training

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

John E. Howard Senior Activity Center						johnehowardseniors@pgparks.com
View activity: 17507-139A	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Dec 7	$12(R); $16(NR)
View activity: 17507-139B	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Jan 4	$12(R); $16(NR)
View activity: 17507-139C	60 & up	8 classes	Mon & Wed	11:00-11:30 am	starts Feb 1	$12(R); $16(NR)

Belly Dancing: Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17522-111A	60 & up	3 classes	Sat	11:45 am-12:30 pm	starts Dec 5	Free
View activity: 17522-111B	60 & up	3 classes	Sat	11:45 am-12:30 pm	starts Jan 2	Free
View activity: 17522-111C	60 & up	3 classes	Sat	11:45 am-12:30 pm	starts Feb 6	Free

Cardio Circuit Training: Seniors

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17584-168C	60 & up	4 classes	Wed	10:00-11:00 am	starts Jan 6	$24(R); $32(NR); $18(IA)
View activity: 17584-168D	60 & up	4 classes	Wed	10:00-11:00 am	starts Feb 3	$24(R); $32(NR); $18(IA)

Chair Aerobics: Cycling

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

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 17508-147C	60 & up	6 classes	Wed	11:00 am-12:00 pm	starts Dec 2	$30(R); $39(NR)
View activity: 17508-147A	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jan 4	$36(R); $47(NR)
View activity: 17508-147D	60 & up	6 classes	Wed	11:00 am-12:00 pm	starts Jan 20	$30(R); $39(NR)
View activity: 17508-147B	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Feb 1	$36(R); $47(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: 17530-107A	60 & up	10 classes	Tue & Thu	9:30-10:30 am	starts Dec 15	$35(R); $46(NR)
View activity: 17530-107B	60 & up	8 classes	Tue & Thu	9:30-10:30 am	starts Jan 26	$35(R); $46(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 17530-140A	60 & up	4 classes	Sat	1:00-2:00 pm	starts Jan 9	$30(R); $39(NR)
View activity: 17530-140B	60 & up	4 classes	Sat	1:00-2:00 pm	starts Feb 13	$30(R); $39(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 17530-141A	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Dec 7	$35(R); $46(NR)
View activity: 17530-141B	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Jan 4	$35(R); $46(NR)
View activity: 17530-141C	60 & up	4 classes	Mon	11:15 am-12:15 pm	starts Feb 1	$35(R); $46(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 17530-116A	60 & up	9 classes	Tue & Thu	11:30 am-12:30 pm	starts Dec 1	$35(R); $46(NR)
View activity: 17530-116B	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Jan 5	$35(R); $46(NR)
View activity: 17530-116C	60 & up	8 classes	Tue & Thu	11:30 am-12:30 pm	starts Feb 2	$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.

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17546-111A	60 & up	1 class	Fri	1:00-2:00 pm	starts Dec 4	$5(R); $7(NR)
View activity: 17546-111B	60 & up	1 class	Fri	1:00-2:00 pm	starts Jan 8	$5(R); $7(NR)
View activity: 17546-111C	60 & up	1 class	Fri	1:00-2:00 pm	starts Feb 5	$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.

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 17517-105A	60 & up	24 classes	Mon & Wed	10:00-11:15 am	starts Jan 4	$10(R); $13(NR)
Camp Springs Sr. Activity Cntr.						**campspringsseniors@pgparks.com**
View activity: 17517-111A	60 & up	7 classes	Mon & Fri	10:30-11:15 am	starts Dec 7	$14(R); $19(NR)
View activity: 17517-111D	60 & up	7 classes	Mon & Fri	11:30 am-12:15 pm	starts Dec 7	$14(R); $19(NR)
View activity: 17517-111B	60 & up	6 classes	Mon & Fri	10:30-11:15 am	starts Jan 4	$14(R); $19(NR)
View activity: 17517-111E	60 & up	6 classes	Mon & Fri	11:30 am-12:15 pm	starts Jan 4	$14(R); $19(NR)
View activity: 17517-111C	60 & up	6 classes	Mon & Fri	10:30-11:15 am	starts Feb 1	$14(R); $19(NR)
View activity: 17517-111F	60 & up	6 classes	Mon & Fri	11:30 am-12:15 pm	starts Feb 1	$14(R); $19(NR)
Rollingcrest-Chillum Community Center						**rollingcrestcc@pgparks.com**
View activity: 17517-171B	60 & up	12 classes	Mon,Wed,Fri	10:00-11:00 am	starts Jan 4	$55(R); $72(NR)
View activity: 17517-171C	60 & up	12 classes	Mon,Wed,Fri	10:00-11:00 am	starts Feb 8	$55(R); $72(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17517-175A	60 & up	6 classes	Tue & Thu	11:00 am-12:00 pm	starts Dec 1	$21(R); $28(NR)
View activity: 17517-175B	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Jan 5	$21(R); $28(NR)
View activity: 17517-175C	60 & up	8 classes	Tue & Thu	11:00 am-12:00 pm	starts Feb 2	$21(R); $28(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: 17511-139A	60 & up	8 classes	Mon & Wed	11:45 am-12:15 pm	starts Dec 7	$12(R); $16(NR)
View activity: 17511-139B	60 & up	8 classes	Mon & Wed	11:45 am-12:15 pm	starts Jan 4	$12(R); $16(NR)
View activity: 17511-139C	60 & up	8 classes	Mon & Wed	11:45 am-12:15 pm	starts Feb 1	$12(R); $16(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 17511-168F	60 & up	9 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$48(R); $63(NR); $36(IA)
View activity: 17511-168B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$48(R); $63(NR); $36(IA)
View activity: 17511-168C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 2	$48(R); $63(NR); $36(IA)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 17511-177A	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$32(R); $42(NR)
View activity: 17511-177B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$32(R); $42(NR)
View activity: 17511-177C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 2	$32(R); $42(NR)

Temple Hills Community Center						templehillscc@pgparks.com
View activity: 17511-182A	60 & up	6 classes	Wed	12:00-1:00 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17511-182B	60 & up	6 classes	Wed	12:00-1:00 pm	starts Jan 20	$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: 17512-124A	60 & up	4 classes	Wed	11:30 am-12:30 pm	starts Jan 6	$24(R); $32(NR)
View activity: 17512-124B	60 & up	4 classes	Wed	11:30 am-12:30 pm	starts Feb 3	$24(R); $32(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 17512-132A	60 & up	8 classes	Tue	11:30 am-12:30 pm	starts Jan 5	$32(R); $42(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 17512-134A	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Jan 4	$32(R); $42(NR)
View activity: 17512-134E	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Jan 4	$32(R); $42(NR)
View activity: 17512-134B	60 & up	8 classes	Mon & Fri	11:00 am-12:00 pm	starts Feb 1	$32(R); $42(NR)
View activity: 17512-134F	60 & up	8 classes	Mon & Fri	9:30-10:30 am	starts Feb 1	$32(R); $42(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 17512-162C	60 & up	6 classes	Tue	10:30-11:15 am	starts Dec 1	$32(R); $42(NR)
View activity: 17512-162D	60 & up	6 classes	Tue	10:30-11:15 am	starts Jan 12	$32(R); $42(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 17512-177E	60 & up	4 classes	Thu	10:00-11:00 am	starts Jan 7	$24(R); $32(NR)
View activity: 17512-177G	60 & up	4 classes	Thu	10:00-11:00 am	starts Feb 4	$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: 17531-139A	60 & up	4 classes	Thu	9:30-10:30 am	starts Dec 3	$20(R); $26(NR)
View activity: 17531-139B	60 & up	4 classes	Thu	9:30-10:30 am	starts Jan 7	$20(R); $26(NR)
View activity: 17531-139C	60 & up	4 classes	Thu	9:30-10:30 am	starts Feb 4	$20(R); $26(NR)
Largo/Kettering/Perrywood Comm. Center						**largoketteringperrywoodcc@pgparks.com**
View activity: 17531-145A	60 & up	14 classes	Tue & Thu	10:30-11:30 am	starts Dec 1	$50(R); $65(NR)
View activity: 17531-145B	60 & up	10 classes	Tue & Thu	10:30-11:30 am	starts Jan 26	$25(R); $33(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: 17519-157A	60 & up	4 classes	Mon-Fri	10:00 am-2:00 pm	starts Dec 1	$5(R); $7(NR)
View activity: 17519-157B	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Dec 7	$5(R); $7(NR)
View activity: 17519-157C	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Dec 14	$5(R); $7(NR)
View activity: 17519-157D	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Jan 4	$5(R); $7(NR)
View activity: 17519-157E	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Jan 11	$5(R); $7(NR)
View activity: 17519-157F	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Jan 18	$5(R); $7(NR)
View activity: 17519-157G	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Jan 25	$5(R); $7(NR)
View activity: 17519-157H	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Feb 1	$5(R); $7(NR)
View activity: 17519-157I	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Feb 8	$5(R); $7(NR)
View activity: 17519-157J	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Feb 15	$5(R); $7(NR)
View activity: 17519-157K	60 & up	5 classes	Mon-Fri	10:00 am-2:00 pm	starts Feb 22	$5(R); $7(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!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17586-168D	60 & up	1 class	Fri	10:00-10:45 am	starts Dec 4	$6(R); $8(NR); $5 (IA)
View activity: 17586-168E	60 & up	5 classes	Fri	10:00-10:45 am	starts Jan 1	$30(R); $39(NR); $23(IA)
View activity: 17586-168G	60 & up	5 classes	Fri	10:00-10:45 am	starts Jan 1	$30(R); $39(NR); $23(IA)
View activity: 17586-168C	60 & up	4 classes	Fri	10:00-10:45 am	starts Feb 5	$24(R); $32(NR); $18(IA)
View activity: 17586-168F	60 & up	4 classes	Fri	10:00-10:45 am	starts Feb 5	$24(R); $32(NR); $18(IA)

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: 17513-146A	60 & up	7 classes	Mon & Wed	1:00-2:00 pm	starts Dec 2	$40(R); $52(NR)
View activity: 17513-146B	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Jan 4	$45(R); $59(NR)
View activity: 17513-146C	60 & up	8 classes	Mon & Wed	1:00-2:00 pm	starts Feb 1	$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: 17552-132A	60 & up	5 classes	Fri	11:00 am-12:30 pm	starts Dec 4	$40(R); $52(NR)
View activity: 17552-132B	60 & up	6 classes	Fri	11:00 am-12:30 pm	starts Jan 22	$48(R); $63(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 17552-155A	60 & up	6 classes	Thu	10:00-11:30 am	starts Dec 3	$48(R); $63(NR)
View activity: 17552-155B	60 & up	6 classes	Thu	10:00-11:30 am	starts Jan 21	$48(R); $63(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: 17545-171B	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$45(R); $59(NR)
View activity: 17545-171C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 9	$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: 17540-175A	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Dec 7	$36(R); $47(NR)
View activity: 17540-175D	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Dec 7	$36(R); $47(NR)
View activity: 17540-175B	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Jan 4	$36(R); $47(NR)
View activity: 17540-175E	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Jan 4	$36(R); $47(NR)
View activity: 17540-175C	60 & up	8 classes	Mon & Wed	9:30-10:30 am	starts Feb 1	$36(R); $47(NR)
View activity: 17540-175F	60 & up	8 classes	Mon & Wed	10:45-11:45 am	starts Feb 1	$36(R); $47(NR)

Stretching and Toning, Seniors

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17501-111A	60 & up	3 classes	Thu	11:30 am-12:30 pm	starts Dec 3	$12(R); $16(NR)
View activity: 17501-111B	60 & up	3 classes	Thu	11:30 am-12:30 pm	starts Jan 7	$12(R); $16(NR)
View activity: 17501-111C	60 & up	3 classes	Thu	11:30 am-12:30 pm	starts Feb 4	$12(R); $16(NR)
John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 17501-138A	60 & up	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$30(R); $39(NR)
View activity: 17501-138B	60 & up	6 classes	Sat	11:00 am-12:00 pm	starts Jan 23	$30(R); $39(NR)
Prince George's Plaza Community Center						princegeorgesplazacc@pgparks.com
View activity: 17501-166A	60 & up	7 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$35(R); $46(NR)
View activity: 17501-166AA	60 & up	6 classes	Fri	10:00-11:00 am	starts Dec 4	$25(R); $33(NR)
View activity: 17501-166BB	60 & up	3 classes	Fri	10:00-11:00 am	starts Jan 1	$45(R); $59(NR)
View activity: 17501-166B	60 & up	12 classes	Tue & Thu	10:00-11:00 am	starts Jan 5	$45(R); $59(NR)
View activity: 17501-166C	60 & up	8 classes	Tue & Thu	10:00-11:00 am	starts Feb 23	$40(R); $52(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 17501-168B	60 & up	4 classes	Wed	12:00-1:00 pm	starts Jan 6	$24(R); $32(NR); $18(IA)
View activity: 17501-168C	60 & up	4 classes	Wed	12:00-1:00 pm	starts Feb 3	$24(R); $32(NR); $18(IA)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 17501-181A	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Dec 1	$24(R); $32(NR)
View activity: 17501-181B	60 & up	6 classes	Tue	11:30 am-12:30 pm	starts Jan 19	$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: 17503-107A	60 & up	10 classes	Tue & Thu	10:45-11:45 am	starts Dec 15	$35(R); $46(NR)
View activity: 17503-107B	60 & up	10 classes	Tue & Thu	12:00-1:00 pm	starts Dec 15	$35(R); $46(NR)
View activity: 17503-107C	60 & up	7 classes	Tue & Thu	10:45-11:45 am	starts Jan 26	$35(R); $46(NR)
View activity: 17503-107D	60 & up	7 classes	Tue & Thu	12:00-1:00 pm	starts Jan 26	$35(R); $46(NR)
Camp Springs Sr. Activity Cntr.						**campspringsseniors@pgparks.com**
View activity: 17503-111A	60 & up	6 classes	Mon & Wed	9:30-10:30 am	starts Dec 7	$15(R); $20(NR)
View activity: 17503-111D	60 & up	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Dec 7	$15(R); $20(NR)
View activity: 17503-111B	60 & up	6 classes	Mon & Wed	9:30-10:30 am	starts Jan 4	$15(R); $20(NR)
View activity: 17503-111E	60 & up	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Jan 4	$15(R); $20(NR)
View activity: 17503-111C	60 & up	6 classes	Mon & Wed	9:30-10:30 am	starts Feb 1	$15(R); $20(NR)
View activity: 17503-111F	60 & up	6 classes	Mon & Wed	11:00 am-12:00 pm	starts Feb 1	$15(R); $20(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 17503-140A	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Jan 5	$30(R); $39(NR)
View activity: 17503-140B	60 & up	8 classes	Tue & Thu	12:00-1:00 pm	starts Feb 9	$30(R); $39(NR)

Yoga: Seniors

Learn the value and feel the benefits of mind-body connection through Yoga! Designed especially for seniors, participants will learn poses and methods to increase muscular strength, endurance, and flexibility. Gain stamina, increased lung capacity, and overall wellness! Forward fold to keep fit, focused, and feeling good!

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 17504-111A	60 & up	3 classes	Tue	9:30-10:30 am	starts Dec 1	$15(R); $20(NR)
View activity: 17504-111D	60 & up	3 classes	Thu	9:30-10:30 am	starts Dec 3	$15(R); $20(NR)
View activity: 17504-111B	60 & up	3 classes	Tue	9:30-10:30 am	starts Jan 5	$15(R); $20(NR)
View activity: 17504-111E	60 & up	3 classes	Thu	9:30-10:30 am	starts Jan 7	$15(R); $20(NR)
View activity: 17504-111C	60 & up	3 classes	Tue	9:30-10:30 am	starts Feb 2	$15(R); $20(NR)
View activity: 17504-111F	60 & up	3 classes	Thu	9:30-10:30 am	starts Feb 4	$15(R); $20(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17504-175A	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Dec 2	$22(R); $29(NR)
View activity: 17504-175D	60 & up	4 classes	Wed	12:30-1:30 pm	starts Dec 2	$22(R); $29(NR)
View activity: 17504-175B	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Jan 6	$22(R); $29(NR)
View activity: 17504-175E	60 & up	4 classes	Wed	12:30-1:30 pm	starts Jan 6	$22(R); $29(NR)
View activity: 17504-175C	60 & up	4 classes	Wed	11:15 am-12:15 pm	starts Feb 3	$22(R); $29(NR)

Zumba: Gold, Seniors

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for those needing modifications in their exercise routine. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17529-175AA	60 & up	6 classes	Tue & Thu	12:30-1:30 pm	starts Dec 1	$21(R); $28(NR)
View activity: 17529-175B	60 & up	8 classes	Tue & Thu	12:30-1:30 pm	starts Jan 5	$21(R); $28(NR)
View activity: 17529-175C	60 & up	8 classes	Tue & Thu	12:30-1:30 pm	starts Feb 2	$21(R); $28(NR)

MIXED AGES

Aerobics: Mixed Ages, Bench Step

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

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 17610-127A	18 & up	16 classes	Mon & Wed	6:15-7:15 pm	starts Jan 4	$57(R); $75(NR)

Balance & Stretch: Mixed Ages

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

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 17675-106A	18 & up	8 classes	Sat	9:00-9:45 am	starts Dec 5	$50(R); $65(NR)

Barre Above

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

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 17601-123A	16 & up	12 classes	Thu	6:30-7:30 pm	starts Dec 3	$60(R); $78(NR)
Huntington Community Center						**huntingtoncc@pgparks.com**
View activity: 17601-135	16 & up	7 classes	Mon	7:15-8:15 pm	starts Dec 7	$51(R); $67(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: 17658-124C	50 & up	6 classes	Wed	9:30-10:30 am	starts Dec 2	$30(R); $39(NR)
View activity: 17658-124A	50 & up	6 classes	Mon	9:30-10:30 am	starts Dec 7	$30(R); $39(NR)
View activity: 17658-124B	50 & up	6 classes	Mon	9:30-10:30 am	starts Jan 18	$30(R); $39(NR)
View activity: 17658-124D	50 & up	6 classes	Wed	9:30-10:30 am	starts Jan 20	$30(R); $39(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 17658-127A	18 & up	4 classes	Mon	11:30 am-12:30 pm	starts Jan 4	$25(R); $33(NR)
View activity: 17658-127C	18 & up	4 classes	Wed	11:15 am-12:15 pm	starts Jan 6	$25(R); $33(NR)
View activity: 17658-127B	18 & up	4 classes	Mon	11:30 am-12:30 pm	starts Feb 8	$25(R); $33(NR)
View activity: 17658-127D	18 & up	4 classes	Wed	11:15 am-12:15 pm	starts Feb 10	$25(R); $33(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 17658-141A	18 & up	4 classes	Wed	10:00-11:00 am	starts Dec 2	$27(R); $36(NR)
View activity: 17658-141B	18 & up	4 classes	Wed	10:00-11:00 am	starts Jan 6	$35(R); $46(NR)
View activity: 17658-141C	18 & up	4 classes	Wed	10:00-11:00 am	starts Feb 3	$35(R); $46(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 17658-146B	50 & up	12 classes	Thu	10:45-11:45 am	starts Dec 3	$60(R); $78(NR)
View activity: 17658-146A	50 & up	11 classes	Mon	12:05-1:05 pm	starts Dec 7	$55(R); $72(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: 17690-120A	55 & up	8 classes	Wed	10:00-11:00 am	starts Jan 6	$40(R); $52(NR)

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: 17626-127A	13 & up	12 classes	Tue & Thu	7:15-8:15 pm	starts Jan 5	$57(R); $75(NR)
View activity: 17626-127B	13 & up	6 classes	Sat	10:00-11:00 am	starts Jan 9	$30(R); $39(NR)

Fitness: Home-School

Get healthy with homeschoolers! You don't have to miss out on physical education. We'll have fun with all forms of fitness activities. Socialize with other students. Contact center for specific course information.

Huntington Community Center						huntingtoncc@pgparks.com
View activity: 17618-135	7 - 16yrs.	8 classes	Thu	12:00-1:00 pm	starts Jan 7	$50(R); $65(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 17618-152A	8 - 15yrs.	8 classes	Mon & Wed	11:15 am-12:00 pm	starts Dec 14	$64(R); $84(NR)
View activity: 17618-152B	8 - 15yrs.	8 classes	Mon & Wed	11:15 am-12:00 pm	starts Jan 11	$64(R); $84(NR)
View activity: 17618-152C	8 - 15yrs.	8 classes	Mon & Wed	11:15 am-12:00 pm	starts Feb 8	$64(R); $84(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 17618-173E	5 - 11yrs.	8 classes	Mon & Wed	11:00 am-12:00 pm	starts Jan 11	$40(R); $52(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 17618-190A	8 - 15yrs.	8 classes	Wed	10:30-11:30 am	starts Dec 9	$64(R); $84(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: 17631-123B	18 & up	12 classes	Wed	7:30-8:30 pm	starts Dec 2	$72(R); $94(NR)

Spinning: Mixed Ages, All Levels

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

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 17645-175H	18 & up	4 classes	Sat	9:15-10:15 am	starts Dec 5	$26(R); $34(NR)
View activity: 17645-175I	18 & up	5 classes	Sat	9:15-10:15 am	starts Jan 2	$33.00(R); $43.00(NR)
View activity: 17645-175J	18 & up	4 classes	Sat	9:15-10:15 am	starts Feb 6	$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: 17614-171A	16 & up	6 classes	Tue & Thu	7:00-8:00 pm	starts Dec 1	$39(R); $51(NR)
View activity: 17614-171B	16 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Jan 5	$45(R); $59(NR)
View activity: 17614-171C	16 & up	8 classes	Tue & Thu	7:00-8:00 pm	starts Feb 2	$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: 17615-168A	18 & up	4 classes	Sat	10:00-11:00 am	starts Dec 5	$24(R); $32(NR); $18(IA)
View activity: 17615-168B	18 & up	5 classes	Sat	10:00-11:00 am	starts Jan 2	$30(R); $39(NR); $23(IA)
View activity: 17615-168C	18 & up	4 classes	Sat	10:00-11:00 am	starts Feb 6	$24(R); $32(NR); $18 (IA)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 17615-175D	18 & up	10 classes	Tue & Thu	7:00-8:00 am	starts Dec 1	$65(R); $85(NR)
View activity: 17615-175E	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Jan 5	$52(R); $68(NR)
View activity: 17615-175F	18 & up	8 classes	Tue & Thu	7:00-8:00 am	starts Feb 2	$52(R); $68(NR)

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

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

Beltsville Community Center						wellness@pgparks.com
View activity: 17698-179A	6 & up	1 class	Sat	11:30 am-12:30 pm	starts Feb 6	Free
Largo/Kettering/Perrywood Comm. Center						**wellness@pgparks.com**
View activity: 17698-179C	13 & up	1 class	Mon	6:30-7:30 pm	starts Jan 4	Free
William Beanes Community Center						**wellness@pgparks.com**
View activity: 17698-179B	6 & up	1 class	Sat	11:30 am-12:30 pm	starts Dec 5	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: 17634-120A	16 & up	6 classes	Wed	7:30-8:30 pm	starts Dec 30	$35(R); $46(NR)
View activity: 17634-120B	16 & up	6 classes	Wed	7:30-8:30 pm	starts Feb 17	$35(R); $46(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 17634-127A	18 & up	4 classes	Mon	10:00-11:00 am	starts Jan 4	$25(R); $33(NR)
View activity: 17634-127B	18 & up	4 classes	Mon	10:00-11:00 am	starts Feb 8	$25(R); $33(NR)

Zumba: Fitness, Mixed Ages

Get ready for the global dance fitness phenomena! Zumba is a fusion of Latin and International music.The use of multicultural dance themes create a dynamic and exciting total body fitness routine. Experience Zumba's benefits to your mood, heart, and dance skills.

Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 17621-107B	16 & up	6 classes	Sat	10:00-11:00 am	starts Dec 5	$25(R); $33(NR)
View activity: 17621-107A	16 & up	4 classes	Mon	7:00-8:00 pm	starts Dec 7	$25(R); $33(NR)
View activity: 17621-107C	16 & up	4 classes	Mon	7:00-8:00 pm	starts Jan 4	$25(R); $33(NR)
View activity: 17621-107D	16 & up	4 classes	Sat	10:00-11:00 am	starts Jan 16	$25(R); $33(NR)
View activity: 17621-107E	16 & up	4 classes	Mon	7:00-8:00 pm	starts Feb 1	$25(R); $33(NR)
View activity: 17621-107F	16 & up	4 classes	Sat	10:00-11:00 am	starts Feb 13	$25(R); $33(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 17621-109A	13 & up	6 classes	Wed	6:30-7:30 pm	starts Dec 2	$36(R); $47(NR)
View activity: 17621-109B	13 & up	6 classes	Wed	6:30-7:30 pm	starts Jan 20	$36(R); $47(NR)
Langley Park Community Center						**langleyparkcc@pgparks.com**
View activity: 17621-143A	13 & up	5 classes	Mon	7:00-8:00 pm	starts Dec 7	$36(R); $47(NR)
View activity: 17621-143B	13 & up	5 classes	Mon	7:00-8:00 pm	starts Jan 18	$36(R); $47(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 17621-174A	13 & up	8 classes	Wed	6:45-7:45 pm	starts Dec 16	$50(R); $65(NR)
View activity: 17621-174B	13 & up	8 classes	Sat	10:00-11:00 am	starts Dec 19	$50(R); $65(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 17621-186A	13 & up	6 classes	Sat	11:30 am-12:30 pm	starts Dec 5	$36(R); $47(NR)
View activity: 17621-186B	13 & up	6 classes	Sat	11:30 am-12:30 pm	starts Jan 23	$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. 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: 18201-192A	6 - 12yrs.	1 class	Sat	11:00 am-12:00 pm	starts Dec 12	Free

MIXED AGES

Black Aviators Tour

Explore the inspiring legacy of the Columbia Air Center, the first African American-owned and licensed airfield in the United States. Learn about how Columbia Air Center fits into the larger history of African Americans in aviation, and how its impact continues to soar today.

College Park Aviation Museum						**collegeparkaviation@pgparks.com**
View activity: 18609-115K	13 & up	1 class	Sat	11:00-11:45 am	starts Feb 6	Free
View activity: 18609-115L	13 & up	1 class	Sun	11:00-11:45 am	starts Feb 7	Free

Caboose Tours

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

Bladensburg Waterfront Park						BladensburgWP@pgparks.com
View activity: 18607-108A	All ages	1 class	Sat	10:00 am-12:00 pm	starts Dec 5	$3(R); $4(NR)

Montpelier Historic Site & Museum Guided Tour

For visitors who want an engaging, more nuanced experience, knowledgeable staff provide insightful information and key historical concepts about the Montpelier Historic Site, with a focus on those that lived and labored at this former plantation and the Maryland Snowden family. This is a 1-hour guided tour, with time included for questions and reflection. Please plan to arrive 5 to 10 minutes early to register. All Ages. Free tour with the cost of admission; donations are welcome.

Montpelier Historic Site & Museum						montpeliermansion@pgparks.com
View activity: 18618-1101A	6 & up	13 classes	Fri	1:00-2:00 pm	starts Dec 4	Free

Women Airforce Service Pilots Tour

Honor the courageous women of the WWII WASP program who paved the way in aviation. Discover the history of the program, the story of local WASP Elaine Harmon, and the obstacles these trailblazers overcame during and after the war.

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 18610-115E	8 & up	1 class	Sat	11:00-11:45 am	starts Jan 2	Free
View activity: 18610-115F	8 & up	1 class	Sun	11:00-11:45 am	starts Jan 3	Free

LIFESTYLE & LEARNING

PRE-SCHOOLERS

Etiquette: Pre-school

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

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 20106-106A	3 - 5yrs.	4 classes	Sat	2:30-3:30 pm	starts Dec 5	$45(R); $59(NR)
View activity: 20106-106B	3 - 5yrs.	4 classes	Sat	2:30-3:30 pm	starts Jan 9	$45(R); $59(NR)
View activity: 20106-106C	3 - 5yrs.	4 classes	Sat	2:30-3:30 pm	starts Feb 6	$45(R); $59(NR)

Modeling: Pre-Schoolers

Do you want to improve your child's poise? Enroll your preschoolers now in this creative class which can help them be comfortable as him/herself in any setting. Your children will develop character and self-confidence while learning how to walk runway style. Girls are required to have heels no more than one inch and boys are required to wear dress shoes during each class. At the end of each class there will be rehearsals for a final fashion show production.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 20104-152A	2.5 - 4yrs.	6 classes	Tue & Thu	10:00-11:00 am	starts Dec 1	$48(R); $63(NR)
View activity: 20104-152B	2.5 - 4yrs.	7 classes	Tue & Thu	10:00-11:00 am	starts Dec 22	$48(R); $63(NR)
View activity: 20104-152C	2.5 - 4yrs.	6 classes	Tue & Thu	10:00-11:00 am	starts Jan 14	$48(R); $63(NR)
View activity: 20104-152D	2.5 - 4yrs.	6 classes	Tue & Thu	10:00-11:00 am	starts Feb 4	$48(R); $63(NR)
View activity: 20104-152E	2.5 - 4yrs.	6 classes	Tue & Thu	10:00-11:00 am	starts Feb 25	$48(R); $63(NR)

Spanish: Pre-Schoolers

Can your child hablar espanol (speak Spanish)? Start your child on a path of lifelong love for languages. Enroll now to have your child introduced to Spanish basics including numbers, colors, shapes, greetings, and a few simple phrases. Get them excited about Spanish and watch their skills develop in problem solving, critical thinking, memory, and more.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 20109-152A	2 - 4yrs.	6 classes	Tue & Thu	2:30-3:30 pm	starts Dec 1	$48(R); $63(NR)
View activity: 20109-152B	2 - 4yrs.	7 classes	Tue & Thu	2:30-3:30 pm	starts Dec 22	$48(R); $63(NR)
View activity: 20109-152C	2 - 4yrs.	6 classes	Tue & Thu	2:30-3:30 pm	starts Jan 14	$48(R); $63(NR)
View activity: 20109-152D	2 - 4yrs.	6 classes	Tue & Thu	2:30-3:30 pm	starts Feb 4	$48(R); $63(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 much be accompanied by an adult.

Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 20115-114A	1 - 4yrs.	1 class	Tue	10:30-11:30 am	starts Dec 8	$4(R); $6(NR)
View activity: 20115-114B	1 - 4yrs.	1 class	Tue	10:30-11:30 am	starts Jan 19	$4(R); $6(NR)
View activity: 20115-114C	1 - 4yrs.	1 class	Tue	10:30-11:30 am	starts Feb 23	$4(R); $6(NR)

CHILDREN

Academic Enrichment: STEAM, Children

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

Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 20204-155A	6 - 12yrs.	4 classes	Wed	3:30-4:30 pm	starts Dec 2	$60(R); $78(NR)
View activity: 20204-155B	6 - 12yrs.	4 classes	Wed	3:30-4:30 pm	starts Jan 20	$60(R); $78(NR)

Cooking: Children

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 20212-124A	6 - 12yrs.	4 classes	Tue	6:30-8:00 pm	starts Dec 1	$80(R); $104(NR)
View activity: 20212-124B	6 - 12yrs.	4 classes	Tue	6:30-8:00 pm	starts Jan 5	$80(R); $104(NR)
View activity: 20212-124C	6 - 12yrs.	4 classes	Tue	6:30-8:00 pm	starts Feb 2	$80(R); $104(NR)
Oakcrest Community Center						oakcrestcc@pgparks.com
View activity: 20212-155A	6 - 12yrs.	4 classes	Mon	6:30-8:00 pm	starts Dec 7	$80(R); $104(NR)
View activity: 20212-155B	6 - 12yrs.	4 classes	Mon	6:30-8:00 pm	starts Jan 25	$80(R); $104(NR)
Rollingcrest-Chillum Community Center						rollingcrestcc@pgparks.com
View activity: 20212-171A	6 - 12yrs.	3 classes	Sat	12:00-2:00 pm	starts Dec 5	$40(R); $52(NR)
View activity: 20212-171B	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Jan 9	$40(R); $52(NR)
View activity: 20212-171C	6 - 12yrs.	4 classes	Sat	12:00-1:00 pm	starts Feb 6	$40(R); $52(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 20212-181A	7 - 12yrs.	4 classes	Thu	6:00-8:00 pm	starts Jan 7	$60(R); $78(NR)
View activity: 20212-181B	7 - 12yrs.	4 classes	Thu	6:00-8:00 pm	starts Feb 4	$60(R); $78(NR)

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 20212-186A	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Dec 5	$80(R); $104(NR)
View activity: 20212-186B	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Jan 2	$80(R); $104(NR)
View activity: 20212-186C	6 - 12yrs.	4 classes	Sat	10:30 am-12:00 pm	starts Feb 6	$80(R); $104(NR)

Cursive Writing: Beginners

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						splex-distribution@pgparks.com
View activity: 20237-168A	8 - 12yrs.	6 classes	Tue	6:00-8:00 pm	starts Dec 1	$60(R); $78(NR); $45(IA)
View activity: 20237-168B	8 - 12yrs.	6 classes	Tue	6:00-8:00 pm	starts Jan 19	$60(R); $78(NR); $45(IA)

Etiquette: Children

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

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 20211-106A	6 - 12yrs.	8 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$45(R); $59(NR)
View activity: 20211-106B	6 - 12yrs.	8 classes	Tue & Thu	6:00-7:30 pm	starts Jan 5	$45(R); $59(NR)
View activity: 20211-106C	6 - 12yrs.	8 classes	Tue & Thu	6:00-7:30 pm	starts Feb 2	$45(R); $59(NR)

Robotics Workshop: LEGO®, Children

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

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 20216-177A	9 - 12yrs.	4 classes	Sat	11:00 am-1:00 pm	starts Dec 5	$150(R); $195(NR)
View activity: 20216-177B	9 - 12yrs.	4 classes	Sat	11:00 am-1:00 pm	starts Jan 16	$150(R); $195(NR)

Science: Children

Science is everywhere and in almost everything! We will use various types of media, outdoor nature hikes, hands-on activities, and discussions to experience the science that is all around us. Make friends with other kids as we celebrate science. Topics/themes to be determined. Please contact the offering facility for more details.

Bladensburg Waterfront Park						BladensburgWP@pgparks.com
View activity: 20210-108D	8 - 12yrs.	1 class	Thu	10:00-11:00 am	starts Jan 7	$5(R); $7(NR)
View activity: 20210-108C	8 - 12yrs.	1 class	Thu	10:00-11:00 am	starts Jan 14	$5(R); $7(NR)
View activity: 20210-108B	8 - 12yrs.	1 class	Thu	10:00-11:00 am	starts Jan 21	$5(R); $7(NR)
View activity: 20210-108A	8 - 12yrs.	1 class	Thu	10:00-11:00 am	starts Jan 28	$5(R); $7(NR)
Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 20210-114A	6 - 10yrs.	1 class	Tue	9:00 am-3:00 pm	starts Dec 22	$60(R); $78(NR)
View activity: 20210-114B	6 - 10yrs.	1 class	Tue	9:00 am-3:00 pm	starts Dec 29	$60(R); $78(NR)

TEENS

Money Management: Teens

Learn about saving, investing, and money management.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 20306-168A	13 - 17yrs.	1 class	Tue	5:00-6:30 pm	starts Jan 5	$10(R); $13(NR); $8(IA)

ADULTS

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: 20405-168A	18 & up	4 classes	Tue & Thu	7:00-8:30 pm	starts Jan 5	$60(R); $78(NR); $45(IA)

Money Management: Adults

Learn about saving, investing, and money management.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 20415-168A	18 & up	1 class	Tue	7:00-8:30 pm	starts Jan 5	$10(R); $13(NR); $8(IA)

Saving Your Stories: Archives Help Desk Series

Bring us family photos, papers, and keepsakes for free, personalized preservation help. Archivists will offer hands-on advice about caring for, storing, and documenting your familys collections. Digitization services will be available. Register to reserve your free consultation appointment.

Surratt Historic Site & Museum						surratthouse@pgparks.com
View activity: 20419-192A	18 & up	1 class	Thu	2:00-4:00 pm	starts Jan 7	Free
View activity: 20419-192B	18 & up	1 class	Sun	2:00-4:00 pm	starts Jan 24	Free
View activity: 20419-192C	18 & up	1 class	Thu	2:00-4:00 pm	starts Feb 4	Free
View activity: 20419-192D	18 & up	1 class	Sun	2:00-4:00 pm	starts Feb 28	Free

SENIORS

Senior Educational Workshop

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 20515-111A	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Dec 2	Free
View activity: 20515-111B	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Dec 16	Free
View activity: 20515-111C	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Dec 30	Free
View activity: 20515-111D	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Jan 6	Free
View activity: 20515-111E	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Jan 20	Free
View activity: 20515-111F	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Feb 3	Free
View activity: 20515-111G	60 & up	1 class	Wed	11:00 am-12:00 pm	starts Feb 17	Free

Sign Language: Seniors, Level 1

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 20501-111A	60 & up	6 classes	Mon & Fri	11:30 am-12:30 pm	starts Dec 4	$9(R); $12(NR)
View activity: 20501-111B	60 & up	6 classes	Mon & Fri	11:30 am-12:30 pm	starts Jan 4	$9(R); $12(NR)
View activity: 20501-111C	60 & up	6 classes	Mon & Fri	11:30 am-12:30 pm	starts Feb 1	$9(R); $12(NR)

Sign Language: Seniors, Level 2

Improve your signing! Advance your ability to communicate with the deaf and hearing impaired. Develop more complicated, in-depth sign skills. Register today because it's never too late to learn a new language. Prerequisite: completion of an introductory class.

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 20513-111A	60 & up	6 classes	Mon & Fri	10:00-11:15 am	starts Dec 4	$9(R); $12(NR)
View activity: 20513-111B	60 & up	6 classes	Mon & Fri	10:00-11:15 am	starts Jan 4	$9(R); $12(NR)
View activity: 20513-111C	60 & up	6 classes	Mon & Fri	10:00-11:15 am	starts Feb 1	$12(R); $16(NR)

MIXED AGES

Art Therapy, Journaling; Mixed Ages

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

Glenarden Community Center						glenardencc@pgparks.com
View activity: 20671-126C	18 & up	10 classes	Tue & Thu	9:30-10:15 am	starts Dec 1	$25(R); $33(NR)
View activity: 20671-126A	3 - 7yrs.	8 classes	Mon & Wed	9:00-9:45 am	starts Dec 7	$25(R); $33(NR)
View activity: 20671-126B	8 - 13yrs.	8 classes	Mon & Wed	10:00-10:45 am	starts Dec 7	$25(R); $33(NR)
View activity: 20671-126D	3 - 7yrs.	8 classes	Mon & Wed	9:00-9:45 am	starts Jan 4	$25(R); $33(NR)
View activity: 20671-126E	8 - 13yrs.	8 classes	Mon & Wed	10:00-10:45 am	starts Jan 4	$25(R); $33(NR)
View activity: 20671-126F	18 & up	8 classes	Tue & Thu	9:30-10:15 am	starts Jan 5	$25(R); $33(NR)
View activity: 20671-126G	3 - 7yrs.	8 classes	Mon & Wed	9:00-9:45 am	starts Feb 1	$25(R); $33(NR)
View activity: 20671-126H	8 - 13yrs.	8 classes	Mon & Wed	10:00-10:45 am	starts Feb 1	$25(R); $33(NR)
View activity: 20671-126I	18 & up	8 classes	Tue & Thu	9:30-10:15 am	starts Feb 2	$25(R); $33(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: 20686-168A	8 & up	6 classes	Sat	12:30-2:30 pm	starts Jan 9	$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: 20683-168A	8 & up	6 classes	Sat	12:00-2:00 pm	starts Jan 9	$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: 20677-177A	16 - 24yrs.	10 classes	Mon & Wed	6:00-7:30 pm	starts Jan 4	$120(R); $156(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 20677-191A	16 - 24yrs.	10 classes	Tue & Thu	6:00-7:30 pm	starts Jan 5	$120(R); $156(NR)

Cub Corner

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

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 20658-115Q	2 - 10yrs.	1 class	Sat	10:30-11:30 am	starts Dec 19	Free
View activity: 20658-115R	2 - 10yrs.	1 class	Sun	10:30-11:30 am	starts Dec 20	Free
View activity: 20658-115M	2 - 10yrs.	1 class	Sat	10:30-11:30 am	starts Jan 16	Free
View activity: 20658-115N	2 - 10yrs.	1 class	Sun	10:30-11:30 am	starts Jan 17	Free
View activity: 20658-115O	2 - 10yrs.	1 class	Sat	10:30-11:30 am	starts Feb 20	Free
View activity: 20658-115P	2 - 10yrs.	1 class	Sun	10:30-11:30 am	starts Feb 21	Free

Cursive Writing: Beginners, 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: 20687-168A	12 - 17yrs.	6 classes	Thu	6:00-8:00 pm	starts Jan 14	$60(R); $78(NR); $45(IA)

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: 20690-181A	8 - 15yrs.	8 classes	Wed	11:00 am-12:00 pm	starts Dec 9	$64(R); $84(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: 20679-190A	8 - 15yrs.	8 classes	Wed	12:00-1:00 pm	starts Dec 9	$64(R); $84(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: 20678-186A	8 - 15yrs.	8 classes	Fri	11:30 am-1:00 pm	starts Dec 11	$64(R); $84(NR)

Marcy Avenue Barber Workshop

Learn basic barbering theory, the art of shaving, tools of the trade, haircut styles, and beginner techniques.

Glassmanor Community Center						glassmanorcc@pgparks.com
View activity: 20695-125A	11 - 18yrs.	1 class	Tue	5:00-8:00 pm	starts Jan 12	Free

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: 20667-168D	16 & up	6 classes	Sat	10:00 am-12:00 pm	starts Jan 9	$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: 20627-162A	8 - 18yrs.	6 classes	Sat	10:00 am-12:00 pm	starts Dec 5	Free

Money Management: Mixed Ages

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

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 20614-106A	5 - 9yrs.	4 classes	Mon	5:30-6:30 pm	starts Dec 7	$45(R); $59(NR)
View activity: 20614-106B	5 - 9yrs.	4 classes	Mon	5:00-6:00 pm	starts Jan 4	$45(R); $59(NR)
View activity: 20614-106C	5 - 9yrs.	4 classes	Mon	5:00-6:00 pm	starts Feb 1	$45(R); $59(NR)

Science on the Sphere

Experience Earth science like never before! Learn more about our world with an indoor presentation on Clearwater Nature Center's Science on the Sphere exhibit. We'll cover different topics from month to month, with presentations on the solar system, extreme weather, oceanography, and more!

Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 20696-114A	8 & up	1 class	Fri	7:00-8:00 pm	starts Dec 11	$8(R); $11(NR)
View activity: 20696-114B	8 & up	1 class	Fri	7:00-8:00 pm	starts Jan 8	$8(R); $11(NR)
View activity: 20696-114C	8 & up	1 class	Fri	7:00-8:00 pm	starts Feb 12	$8(R); $11(NR)

Sign Language: Mixed Ages

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 20616-168F	8 & up	6 classes	Wed	6:00-8:00 pm	starts Jan 6	$60(R); $78(NR); $45(IA)
View activity: 20616-168G	8 & up	6 classes	Sat	10:00 am-12:00 pm	starts Jan 9	$60(R); $78(NR); $45 (IA)

STEAM Hour

Join our educators for a hands-on activity where creativity takes flight! Part makerspace, part mini-science lesson, drop in anytime during the hour to explore aviation science through play.

College Park Aviation Museum						collegeparkaviation@pgparks.com
View activity: 20675-115I	4 - 15yrs.	1 class	Sat	10:30-11:30 am	starts Dec 26	Free
View activity: 20675-115J	4 - 15yrs.	1 class	Sun	10:30-11:30 am	starts Dec 27	Free
View activity: 20675-115E	4 - 15yrs.	1 class	Sat	10:30-11:30 am	starts Jan 23	Free
View activity: 20675-115F	4 - 15yrs.	1 class	Sun	10:30-11:30 am	starts Jan 24	Free
View activity: 20675-115G	4 - 15yrs.	1 class	Sat	10:30-11:30 am	starts Feb 27	Free
View activity: 20675-115H	4 - 15yrs.	1 class	Sun	10:30-11:30 am	starts Feb 28	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: 20615-168A	13 & up	3 classes	Tue	6:00-7:30 pm	starts Jan 26	$60(R); $78(NR); $45(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: 21101-107A	3 - 5yrs.	6 classes	Sat	9:30-10:30 am	starts Jan 9	$65(R); $85(NR)
View activity: 21101-107B	3 - 5yrs.	6 classes	Sat	9:30-10:30 am	starts Feb 27	$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: 21103-107A	3 - 5yrs.	6 classes	Sat	10:30-11:30 am	starts Jan 9	$65(R); $85(NR)
View activity: 21103-107B	3 - 5yrs.	6 classes	Sat	10:30-11:30 am	starts Feb 27	$65(R); $85(NR)

CHILDREN

Karate: Children, Beginner

An introduction to karate.

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 21207-157A	6 - 12yrs.	3 classes	Wed	6:00-7:00 pm	starts Dec 2	$15(R); $20(NR)
View activity: 21207-157B	6 - 12yrs.	4 classes	Wed	6:00-7:00 pm	starts Jan 6	$20(R); $26(NR)
View activity: 21207-157C	6 - 12yrs.	4 classes	Wed	6:00-7:00 pm	starts Feb 3	$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: 21201-107A	6 - 12yrs.	6 classes	Sat	9:30-10:30 am	starts Jan 9	$65(R); $85(NR)
View activity: 21201-107B	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Feb 27	$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: 21211-107A	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Jan 9	$65(R); $85(NR)
View activity: 21211-107B	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Feb 27	$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: 21303-107A	13 - 17yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 9	$65(R); $85(NR)
View activity: 21303-107B	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Feb 27	$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 Center						collegeparkcc@pgparks.com
View activity: 21401-116D	18 & up	16 classes	Mon & Wed	7:30-9:00 pm	starts Dec 14	$65(R); $85(NR)
View activity: 21401-116E	18 & up	16 classes	Mon & Wed	7:30-9:00 pm	starts Feb 8	$65(R); $85(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 21401-166A	18 & up	16 classes	Wed & Sat	6:45-8:45 pm	starts Jan 6	$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.

Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 21407-132A	18 & up	14 classes	Tue & Thu	3:15-4:15 pm	starts Jan 5	$91(R); $119(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 21407-175A	18 & up	14 classes	Tue & Thu	7:30-8:30 pm	starts Jan 5	$91(R); $119(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 21407-177A	18 & up	14 classes	Mon & Wed	7:30-8:30 pm	starts Jan 4	$91(R); $119(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: 21403-105A	18 & up	16 classes	Tue & Thu	7:30-8:30 pm	starts Jan 5	$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: 21411-105A	18 & up	16 classes	Tue & Thu	6:15-7:15 pm	starts Jan 5	$40(R); $52(NR)

Martial Arts: Kickboxing

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

Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 21410-107A	18 & up	8 classes	Sat	12:00-1:00 pm	starts Jan 9	$65(R); $85(NR)
View activity: 21410-107B	18 & up	6 classes	Sat	1:00-2:00 pm	starts Feb 27	$65(R); $85(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 21410-140A	18 & up	4 classes	Fri	6:00-7:00 pm	starts Jan 8	$25(R); $33(NR)
View activity: 21410-140B	18 & up	4 classes	Fri	5:45-6:45 pm	starts Feb 12	$25(R); $33(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 21410-174A	18 & up	8 classes	Thu	5:45-6:45 pm	starts Jan 7	$45(R); $59(NR)

Self-Defense: Women

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

Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 21406-190A	18 & up	10 classes	Wed	6:15-7:15 pm	starts Dec 23	$40(R); $52(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: 21402-107A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jan 9	$65(R); $85(NR)
View activity: 21402-107B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Feb 27	$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: 21412-166A	18 & up	6 classes	Mon	6:00-7:00 pm	starts Dec 21	$40(R); $52(NR)
View activity: 21412-166B	18 & up	6 classes	Mon	6:00-7:00 pm	starts Feb 8	$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: 21413-105A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Dec 14	$42(R); $55(NR)
View activity: 21413-105B	18 & up	6 classes	Mon	7:00-8:00 pm	starts Feb 1	$42(R); $55(NR)
Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 21413-112A	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Dec 1	$35(R); $46(NR)
View activity: 21413-112B	18 & up	6 classes	Tue	11:15 am-12:15 pm	starts Jan 19	$35(R); $46(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 21413-127A	18 & up	6 classes	Thu	10:00-11:00 am	starts Jan 7	$40(R); $52(NR)
Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 21413-132A	18 & up	6 classes	Wed	11:00 am-12:00 pm	starts Dec 2	$42(R); $55(NR)
View activity: 21413-132B	18 & up	6 classes	Wed	11:00 am-12:00 pm	starts Jan 20	$42(R); $55(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 21413-147A	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Dec 1	$30(R); $39(NR)
View activity: 21413-147B	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Dec 3	$30(R); $39(NR)
View activity: 21413-147C	18 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jan 19	$30(R); $39(NR)
View activity: 21413-147D	18 & up	6 classes	Thu	11:00 am-12:00 pm	starts Jan 21	$30(R); $39(NR)
South Bowie Community Center						southbowiecc@pgparks.com
View activity: 21413-174A	18 & up	8 classes	Thu	6:45-7:45 pm	starts Jan 7	$45(R); $59(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: 21414-147A	18 & up	6 classes	Tue	12:00-1:00 pm	starts Dec 1	$30(R); $39(NR)
View activity: 21414-147B	18 & up	6 classes	Thu	12:00-1:00 pm	starts Dec 3	$30(R); $39(NR)
View activity: 21414-147C	18 & up	6 classes	Tue	12:00-1:00 pm	starts Jan 19	$30(R); $39(NR)
View activity: 21414-147D	18 & up	6 classes	Thu	12:00-1:00 pm	starts Jan 21	$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: 21501-127A	60 & up	6 classes	Wed	11:00 am-12:00 pm	starts Jan 6	$40(R); $52(NR)
John E. Howard Senior Activity Center						**johnehowardseniors@pgparks.com**
View activity: 21501-139A	60 & up	4 classes	Thu	11:00-11:30 am	starts Dec 3	$12(R); $16(NR)
View activity: 21501-139B	60 & up	4 classes	Thu	11:00-11:30 am	starts Jan 7	$12(R); $16(NR)
View activity: 21501-139C	60 & up	4 classes	Thu	11:00-11:30 am	starts Feb 4	$12(R); $16(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 21501-146A	60 & up	8 classes	Mon	2:45-3:45 pm	starts Dec 7	$58(R); $76(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: 21634-134A	17 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Dec 28	$40(R); $52(NR)
View activity: 21634-134B	17 & up	8 classes	Mon & Wed	7:30-8:30 pm	starts Feb 1	$40(R); $52(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 21624-177A	6 - 17yrs.	14 classes	Mon & Wed	6:30-7:30 pm	starts Jan 4	$91(R); $119(NR)

Japanese Karate: Mixed Ages, Beginner

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-control, etiquette, and concentration skills, as well as developing technical skill. Beginner level (White Belt through Yellow 2 Stripe). Testing is done periodically.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 21623-175A	6 - 17yrs.	14 classes	Tue & Thu	5:30-6:30 pm	starts Jan 5	$91(R); $119(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 21623-177A	6 - 17yrs.	14 classes	Mon & Wed	5:30-6:30 pm	starts Jan 4	$95(R); $124(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: 21624-175A	6 - 17yrs.	14 classes	Tue & Thu	6:30-7:30 pm	starts Jan 5	$91(R); $119(NR)

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 21603-105A	5 - 17yrs.	16 classes	Tue & Thu	6:15-7:15 pm	starts Jan 5	$40(R); $52(NR)

Judo: Mixed Ages, Intermediate

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

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

Karate: Mixed Ages, Beginner

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

Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 21605-141A	5 - 16yrs.	7 classes	Sat	10:00-11:00 am	starts Jan 16	$80(R); $104(NR)
View activity: 21605-141AA	5 - 16yrs.	7 classes	Sat	11:00 am-12:00 pm	starts Jan 16	$80(R); $104(NR)
Langley Park Community Center						**langleyparkcc@pgparks.com**
View activity: 21605-143C	5 - 13yrs.	8 classes	Mon	6:30-7:30 pm	starts Dec 28	$65(R); $85(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 21605-162A	5 - 16yrs.	6 classes	Sat	12:30-2:00 pm	starts Dec 5	$80(R); $104(NR)
View activity: 21605-162B	5 - 16yrs.	6 classes	Sat	12:30-2:00 pm	starts Jan 16	$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: 21614-168A	7 & up	3 classes	Wed	6:45-7:45 pm	starts Dec 2	$60(R); $78(NR); $45(IA)
View activity: 21614-168BB	7 & up	3 classes	Sat	9:30-10:30 am	starts Dec 5	$60(R); $78(NR); $45(IA)
View activity: 21614-168C	7 & up	4 classes	Wed	6:45-7:45 pm	starts Jan 6	$80(R); $104(NR); $60(IA)
View activity: 21614-168D	7 & up	4 classes	Sat	9:30-10:30 am	starts Jan 9	$80(R); $104(NR); $60(IA)
View activity: 21614-168E	7 & up	4 classes	Wed	6:45-7:45 pm	starts Feb 3	$80(R); $104(NR); $60(IA)
View activity: 21614-168F	7 & up	4 classes	Sat	9:30-10:30 am	starts Feb 6	$80(R); $104(NR); $60(IA)

Okinawan Karate: Mixed Ages, Intermediate

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

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 21615-168A	7 & up	3 classes	Wed	7:45-8:45 pm	starts Dec 2	$60(R); $78(NR); $45(IA)
View activity: 21615-168B	7 & up	3 classes	Sat	10:30-11:30 am	starts Dec 5	$60(R); $78(NR); $45(IA)
View activity: 21615-168C	7 & up	4 classes	Wed	7:45-8:45 pm	starts Jan 6	$80(R); $104(NR); $60(IA)
View activity: 21615-168D	7 & up	4 classes	Sat	10:30-11:30 am	starts Jan 9	$80(R); $104(NR); $60(IA)
View activity: 21615-168E	7 & up	4 classes	Wed	7:45-8:45 pm	starts Feb 3	$80(R); $104(NR); $60(IA)
View activity: 21615-168F	7 & up	4 classes	Sat	10:30-11:30 am	starts Feb 6	$80(R); $104(NR); $60(IA)

Okinawan Karate: Mixed Ages, Advanced

The secret is out! With influences from Japanese, Chinese, and Southeast Asian cultures, Okinawan karate was privately practiced by fighting masters until the early 20th Century. This combative style of karate emphasizes natural body movements to develop coordination and balance while learning self-defense using open hands and weaponless fighting. Build upon the skills developed in the intermediate-level course. You will be advancing towards mastery!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 21616-168B	8 & up	3 classes	Sat	11:30 am-1:00 pm	starts Dec 5	$78(R); $102(NR); $59(IA)
View activity: 21616-168D	8 & up	4 classes	Sat	11:30 am-1:00 pm	starts Jan 9	$104(R); $136(NR); $78(IA)
View activity: 21616-168F	8 & up	4 classes	Sat	11:30 am-1:00 pm	starts Feb 6	$104(R); $136(NR); $78(IA)

Tae Kwon Do & Judo: Mixed Ages

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

Upper Marlboro Community Center						uppermarlborocc@pgparks.com
View activity: 21627-186A	6 & up	5 classes	Mon	6:30-8:30 pm	starts Dec 7	$69(R); $90(NR)
View activity: 21627-186B	6 & up	5 classes	Mon	6:30-8:30 pm	starts Jan 25	$69(R); $90(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 21627-191A	6 & up	5 classes	Sat	10:00 am-12:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 21627-191B	6 & up	5 classes	Sat	10:00 am-12:00 pm	starts Jan 30	$60(R); $78(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 area all skilled in Tae Kwon Do? This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics about levels taught in this program.

Bladensburg Community Center						bladensburgcc@pgparks.com
View activity: 21607-107A	3 - 18yrs.	8 classes	Sat	12:00-1:00 pm	starts Jan 9	$65(R); $85(NR)
View activity: 21607-107B	3 - 18yrs.	6 classes	Sat	12:00-1:00 pm	starts Feb 27	$65(R); $85(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: 21609-147A	5 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Jan 2	$70(R); $91(NR)
View activity: 21609-147B	10 & up	16 classes	Tue & Sat	6:00-7:30 pm	starts Jan 2	$70(R); $91(NR)

Tae Kwon Do: Mixed Ages, All Levels

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

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 21620-134A	6 - 16yrs.	8 classes	Mon & Wed	6:30-7:30 pm	starts Dec 28	$40(R); $52(NR)
View activity: 21620-134B	6 - 16yrs.	8 classes	Mon & Wed	6:30-7:30 pm	starts Feb 1	$40(R); $52(NR)

Tai Chi: Mixed Ages, 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 Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 21637-168D	18 & up	5 classes	Wed	5:00-6:00 pm	starts Dec 2	$30(R); $39(NR); $23(IA)
View activity: 21637-168G	18 & up	3 classes	Fri	11:00 am-12:00 pm	starts Dec 4	$18(R); $24(NR); $14(IA)
View activity: 21637-168A	18 & up	4 classes	Mon	9:30-10:30 am	starts Dec 7	$24(R); $32(NR); $18(IA)
View activity: 21637-168H	18 & up	5 classes	Fri	11:00 am-12:00 pm	starts Jan 1	$30(R); $39(NR); $23(IA)
View activity: 21637-168B	18 & up	4 classes	Mon	9:30-10:30 am	starts Jan 4	$24(R); $32(NR); $18(IA)
View activity: 21637-168E	18 & up	4 classes	Wed	5:00-6:00 pm	starts Jan 6	$24(R); $32(NR); $18(IA)
View activity: 21637-168C	18 & up	4 classes	Mon	9:30-10:30 am	starts Feb 1	$24(R); $32(NR); $18(IA)
View activity: 21637-168F	18 & up	4 classes	Wed	5:00-6:00 pm	starts Feb 3	$24(R); $32(NR); $18(IA)
View activity: 21637-168i	18 & up	4 classes	Fri	11:00 am-12:00 pm	starts Feb 5	$24(R); $32(NR); $18(IA)

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: 21618-105A	5 - 12yrs.	11 classes	Wed	6:30-7:30 pm	starts Dec 9	$70(R); $91(NR)
Cheverly Town Hall/Park						**CountywideSports@pgparks.com**
View activity: 21618-170K	5 - 12yrs.	8 classes	Mon	7:00-8:00 pm	starts Nov 30	$68(R); $89(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 21618-166A	5 - 12yrs.	12 classes	Tue	6:30-7:30 pm	starts Dec 1	$70(R); $91(NR)
View activity: 21618-166B	13 & up	12 classes	Tue	7:30-9:00 pm	starts Dec 1	$80(R); $104(NR)

Tukkong Mudo "A" (White Belt), Beginner

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

Westphalia Community Center						westphaliacc@pgparks.com
21611-190A	5 & up	10 classes	Sat	10:15-11:15 am	starts Dec 19	$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: 21636-190A	6 & up	10 classes	Sat	11:30 am-12:30 pm	starts Dec 19	$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: 21629-190A	8 & up	10 classes	Sat	12:45-1:45 pm	starts Dec 19	$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: 21612-145A	4 - 15yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$65(R); $85(NR)
View activity: 21612-145AA	15 & up	8 classes	Sat	12:05-1:05 pm	starts Dec 5	$65(R); $85(NR)
View activity: 21612-145B	4 - 15yrs.	4 classes	Sat	11:00 am-12:00 pm	starts Feb 6	$30(R); $39(NR)
View activity: 21612-145BB	15 & up	4 classes	Sat	12:05-1:05 pm	starts Feb 6	$35(R); $46(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 21612-190A	17 & up	10 classes	Wed	7:30-8:30 pm	starts Dec 23	$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: 21628-190A	4 & up	10 classes	Sat	9:15-10:00 am	starts Dec 19	$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: 22105-175A	3 - 5yrs.	1 class	Wed	10:30 am-12:00 pm	starts Dec 16	$5(R); $7(NR)
View activity: 22105-175B	3 - 5yrs.	1 class	Wed	10:30 am-12:00 pm	starts Jan 13	$5(R); $7(NR)
View activity: 22105-175C	3 - 5yrs.	1 class	Wed	10:30 am-12:00 pm	starts Feb 17	$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: 22103-188A	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Dec 4	$8(R); $11(NR)
View activity: 22103-188B	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Jan 8	$8(R); $11(NR)
View activity: 22103-188C	2 - 4yrs.	2 classes	Fri	10:00-10:45 am	starts Feb 5	$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: 22102-188A	2 - 4yrs.	1 class	Fri	10:00-11:00 am	starts Dec 11	Free
View activity: 22102-188B	2 - 4yrs.	1 class	Fri	10:00-11:00 am	starts Jan 15	Free
View activity: 22102-188C	2 - 4yrs.	1 class	Fri	10:00-11:00 am	starts Feb 12	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: 22104-188A	2 - 4yrs.	1 class	Tue	10:00-10:45 am	starts Dec 1	$4(R); $6(NR)

CHILDREN

Critter Cafe

Pull up a seat at Critter Cafe and enjoy a special treat while meeting one of our live animal ambassadors! Discover fascinating wildlife through stories, activities, and an up-close animal encounter in this fun, relaxed program designed for young nature enthusiasts.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22224-188A	6 - 9yrs.	1 class	Wed	1:00-2:00 pm	starts Dec 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: 22202-188A	7 - 9yrs.	2 classes	Tue	1:00-2:00 pm	starts Jan 12	$20(R); $26(NR)
View activity: 22202-188B	7 - 9yrs.	2 classes	Tue	1:00-2:00 pm	starts Feb 9	$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						clearwaternaturecenter@pgparks.com
View activity: 22216-114A	7 - 10yrs.	1 class	Fri	1:00-2:30 pm	starts Dec 4	$10(R); $13(NR)
View activity: 22216-114B	7 - 10yrs.	1 class	Fri	1:00-2:30 pm	starts Jan 8	$10(R); $13(NR)
View activity: 22216-114C	7 - 10yrs.	1 class	Fri	1:00-2:30 pm	starts Feb 5	$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: 22302-188A	14 - 17yrs.	3 classes	Sun	2:00-4:00 pm	starts Dec 27	Free

ADULTS

Campfire

Spend an evening outdoors with a guided nature walk followed by a cozy campfire gathering. Explore the property with a naturalist, then enjoy nature stories, roasted marshmallows, and great company around the fire. Bringing your own chair is recommended for comfort. Weather-related cancellations will be communicated in advance.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 22415-175A	18 & up	1 class	Sat	6:00-8:00 pm	starts Feb 13	$6(R); $8(NR)

Eagle Expeditions

Join a park naturalist at Clearwater Nature Center for a field trip to Piscataway Park, and help us monitor bald eagle nests throughout their breeding season! No previous experience is required. You'll learn everything you need to know to become a volunteer nest monitor! Borrow our binoculars or bring your own.

Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 22414-114A	18 & up	1 class	Tue	1:00-3:30 pm	starts Jan 5	$10(R); $13(NR)
View activity: 22414-114B	18 & up	1 class	Tue	1:00-3:30 pm	starts Feb 2	$10(R); $13(NR)

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: 22407-186A	18 & up	5 classes	Thu	6:45-7:45 pm	starts Dec 3	$60(R); $78(NR)
View activity: 22407-186B	18 & up	5 classes	Thu	6:45-7:45 pm	starts Jan 21	$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						PGParkRangers@pgparks.com
View activity: 22409-175B	18 & up	1 class	Sat	9:00-10:30 am	starts Dec 5	$5(R); $7(NR)
View activity: 22409-175C	18 & up	1 class	Sat	9:00-10:30 am	starts Jan 2	$5(R); $7(NR)
View activity: 22409-175D	18 & up	1 class	Sat	9:00-10:30 am	starts Feb 6	$5(R); $7(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 22409-175A	18 & up	1 class	Wed	8:00-9:30 am	starts Dec 23	$5(R); $7(NR)

Nature Book Club

Join our book club for a lively talk about the natural world. Sip on tea or coffee while exploring fascinating books about plants, animals, and the earth. Participants will be able to view the book selections during registration.

Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 22416-114A	18 & up	1 class	Fri	6:00-7:00 pm	starts Dec 11	Free
View activity: 22416-114B	18 & up	1 class	Fri	6:00-7:00 pm	starts Jan 8	Free
View activity: 22416-114C	18 & up	1 class	Fri	6:00-7:00 pm	starts Feb 12	Free

MIXED AGES

Animal Training 101

Discover how animal care professionals use positive reinforcement to train animals for their health, safety, and enrichment. Learn the basics of animal behavior and watch live training demonstrations. This beginner-friendly program offers a fascinating behind-the-scenes look at the science and art of animal training.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22699-188A	5 & up	1 class	Tue	1:00-2:00 pm	starts Dec 22	$5(R); $7(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: 22616-161A	14 & up	1 class	Sat	8:00-11:00 am	starts Dec 19	Free
View activity: 22616-161B	14 & up	1 class	Sat	8:00-11:00 am	starts Jan 9	Free
View activity: 22616-161C	14 & up	1 class	Sat	8:00-11:00 am	starts Feb 13	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						PGParkRangers@pgparks.com
View activity: 22675-175D	18 & up	1 class	Sat	8:00-10:00 am	starts Dec 19	$5(R); $7(NR)
View activity: 22675-175E	18 & up	1 class	Sat	8:00-10:00 am	starts Jan 16	$5(R); $7(NR)
View activity: 22675-175F	18 & up	1 class	Sat	8:00-10:00 am	starts Feb 20	$5(R); $7(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 22675-175A	18 & up	1 class	Thu	8:00-10:00 am	starts Dec 10	$5(R); $7(NR)
View activity: 22675-175B	18 & up	1 class	Thu	8:00-10:00 am	starts Jan 7	$5(R); $7(NR)
View activity: 22675-175C	18 & up	1 class	Thu	8:00-10:00 am	starts Feb 11	$5(R); $7(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: 22615-108A	All ages	1 class	Fri	6:00-8:00 pm	starts Dec 11	$7(R); $10(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 22615-175A	10 & up	1 class	Fri	6:00-8:00 pm	starts Dec 4	$6(R); $8(NR)

Eagle Watch

Join a Naturalist and explore the world of the Bald Eagle in Winter with binoculars and spotting scopes from a tower above Jug Bay. Then, head out on a hike in search of roosting bald eagles.

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22642-161A	5 & up	1 class	Sat	10:00-11:00 am	starts Dec 19	$4(R); $6(NR)
View activity: 22642-161B	5 & up	1 class	Sat	10:00-11:00 am	starts Jan 16	$4(R); $6(NR)
View activity: 22642-161C	5 & up	1 class	Sat	10:00-11:00 am	starts Feb 20	$4(R); $6(NR)

Family Discovery Hike: Mixed Ages

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

Clearwater Nature Center						clearwaternaturecenter@pgparks.com
View activity: 22604-114A	All ages	1 class	Sat	10:30 am-12:00 pm	starts Jan 2	$5(R); $7(NR)

Fireside Folktales

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

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22679-188A	4 & up	1 class	Fri	7:00-8:30 pm	starts Jan 22	$6(R); $8(NR)
View activity: 22679-188B	4 & up	1 class	Fri	6:30-8:00 pm	starts Feb 19	$6(R); $8(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						clearwaternaturecenter@pgparks.com
View activity: 22610-114A	2 & up	1 class	Sun	1:00-1:45 pm	starts Dec 6	$4(R); $6(NR)
View activity: 22610-114B	2 & up	1 class	Sat	1:00-1:45 pm	starts Jan 2	$4(R); $6(NR)
View activity: 22610-114C	2 & up	1 class	Sun	1:00-1:45 pm	starts Feb 7	$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: 22674-188A	3 - 7yrs.	1 class	Wed	10:00-10:45 am	starts Dec 16	$4(R); $6(NR)
View activity: 22674-188B	3 - 7yrs.	1 class	Wed	10:00-10:45 am	starts Jan 20	$4(R); $6(NR)
View activity: 22674-188C	3 - 7yrs.	1 class	Wed	10:00-10:45 am	starts Feb 17	$4(R); $6(NR)

Nature Club

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

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22688-188A	10 - 14yrs.	3 classes	Sat	9:00-11:00 am	starts Dec 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: 22605-108B	6 & up	1 class	Sat	1:00-2:30 pm	starts Jan 16	$5(R); $7(NR)
Clearwater Nature Center						**clearwaternaturecenter@pgparks.com**
View activity: 22605-114A	All ages	1 class	Sat	2:00-3:00 pm	starts Dec 12	$5(R); $7(NR)
View activity: 22605-114B	All ages	1 class	Sat	2:00-3:00 pm	starts Jan 9	$5(R); $7(NR)
View activity: 22605-114C	All ages	1 class	Sat	2:00-3:00 pm	starts Feb 13	$5(R); $7(NR)

Old Maryland Farm						oldmarylandfarm@pgparks.com
View activity: 22605-156A	2 - 10yrs.	1 class	Thu	11:00 am-12:00 pm	starts Dec 10	$4(R); $6(NR)
View activity: 22605-156C	2 - 10yrs.	1 class	Tue	11:00 am-12:00 pm	starts Dec 15	$4(R); $6(NR)
View activity: 22605-156D	2 - 10yrs.	1 class	Thu	11:00 am-12:00 pm	starts Jan 7	$4(R); $6(NR)
View activity: 22605-156E	2 - 10yrs.	1 class	Tue	11:00 am-12:00 pm	starts Jan 26	$4(R); $6(NR)
View activity: 22605-156F	2 - 10yrs.	1 class	Thu	11:00 am-12:00 pm	starts Feb 11	$4(R); $6(NR)
View activity: 22605-156G	2 - 10yrs.	1 class	Tue	11:00 am-12:00 pm	starts Feb 23	$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: 22629-108A	All ages	1 class	Sun	11:00 am-12:00 pm	starts Jan 3	Free
View activity: 22629-108B	All ages	1 class	Sun	11:00 am-12:00 pm	starts Jan 17	Free
View activity: 22629-108C	All ages	1 class	Sun	11:00 am-12:00 pm	starts Feb 7	Free
View activity: 22629-108D	All ages	1 class	Sun	11:00 am-12:00 pm	starts Feb 21	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: 22678-188A	6 & up	1 class	Wed	1:00-2:00 pm	starts Dec 30	$4(R); $6(NR)
View activity: 22678-188B	18 & up	1 class	Sat	9:00 am-4:30 pm	starts Jan 9	$10(R); $13(NR)

Nature Hike: Mixed Ages

Enjoy a Naturalist-led, woodland nature hike.

Charles Branch Natural Area						PGParkRangers@pgparks.com
View activity: 22630-159A	All ages	1 class	Fri	9:00-10:00 am	starts Jan 1	Free
Patuxent River Park						**PGParkRangers@pgparks.com**
View activity: 22630-159B	All ages	1 class	Fri	11:00 am-12:00 pm	starts Jan 1	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						clearwaternaturecenter@pgparks.com
View activity: 22656-114A	2 - 6yrs.	1 class	Wed	11:00 am-12:00 pm	starts Dec 16	$4(R); $6(NR)
View activity: 22656-114B	2 - 6yrs.	1 class	Wed	11:00 am-12:00 pm	starts Jan 20	$4(R); $6(NR)
View activity: 22656-114C	2 - 6yrs.	1 class	Wed	11:00 am-12:00 pm	starts Feb 17	$4(R); $6(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: 22607-188A	10 - 14yrs.	2 classes	Tue	2:30-4:00 pm	starts Jan 12	$20(R); $26(NR)
View activity: 22607-188B	10 - 14yrs.	2 classes	Tue	2:30-4:00 pm	starts Feb 9	$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: 22614-188A	4 - 6yrs.	2 classes	Tue	10:00-11:00 am	starts Jan 12	$20(R); $26(NR)
View activity: 22614-188B	4 - 6yrs.	2 classes	Tue	10:00-11:00 am	starts Feb 9	$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						clearwaternaturecenter@pgparks.com
View activity: 22606-114A	11 - 14yrs.	1 class	Fri	1:00-2:30 pm	starts Dec 4	$10(R); $13(NR)
View activity: 22606-114B	11 - 14yrs.	1 class	Fri	1:00-2:30 pm	starts Jan 8	$10(R); $13(NR)
View activity: 22606-114C	11 - 14yrs.	1 class	Fri	1:00-2:30 pm	starts Feb 5	$10(R); $13(NR)

Stargazing

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

Brandywine-North Keys Park						PGParkRangers@pgparks.com
View activity: 22661-159A	All ages	1 class	Sat	6:30-8:30 pm	starts Jan 16	Free
Clearwater Nature Center						**clearwaternaturecenter@pgparks.com**
View activity: 22661-114A	All ages	1 class	Sat	5:30-8:00 pm	starts Dec 12	$8(R); $11(NR)
Patuxent River Park						**patuxentriverpark@pgparks.com**
View activity: 22661-161A	All ages	1 class	Sat	6:30-8:00 pm	starts Dec 12	$4(R); $6(NR)
View activity: 22661-161B	All ages	1 class	Fri	6:30-8:00 pm	starts Jan 8	$4(R); $6(NR)
View activity: 22661-161C	All ages	1 class	Sat	6:30-8:00 pm	starts Jan 23	$4(R); $6(NR)
View activity: 22661-161D	All ages	1 class	Sat	7:00-9:00 pm	starts Feb 6	$4(R); $6(NR)

Timberdoodle Hike: Mixed Ages

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

Patuxent River Park						patuxentriverpark@pgparks.com
View activity: 22602-161A	6 & up	1 class	Thu	5:30-7:00 pm	starts Feb 18	$4(R); $6(NR)
View activity: 22602-161B	6 & up	1 class	Thu	5:30-7:00 pm	starts Feb 25	$4(R); $6(NR)

Wings of Watkins

Come face-to-face with a powerful bird of prey! Learn all about what makes raptors so incredible, then enjoy a thrilling training session and watch a bird take flight in an exciting live demonstration.

Watkins Nature Center						watkinsnaturecenter@pgparks.com
View activity: 22692-188A	5 & up	1 class	Tue	10:30-11:00 am	starts Dec 29	$3(R); $4(NR)

PERFORMING ARTS

PRE-SCHOOLERS

Ballet and Jazz: Pre-Schoolers

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

Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 23102-107A	3 - 5yrs.	13 classes	Wed	6:00-7:00 pm	starts Dec 2	$63(R); $82(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 23102-140A	3 - 5yrs.	4 classes	Tue	6:00-7:00 pm	starts Jan 5	$50(R); $65(NR)
View activity: 23102-140B	3 - 5yrs.	4 classes	Tue	6:00-7:00 pm	starts Feb 9	$50(R); $65(NR)
Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 23102-157A	3 - 5yrs.	3 classes	Sat	10:00 am-12:00 pm	starts Dec 5	$30(R); $39(NR)
View activity: 23102-157B	3 - 5yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Jan 9	$40(R); $52(NR)
View activity: 23102-157C	3 - 5yrs.	4 classes	Sat	10:00 am-12:00 pm	starts Feb 6	$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						**glenardencc@pgparks.com**
View activity: 23103-126A	3 - 4yrs.	9 classes	Sat	9:00-10:30 am	starts Jan 2	$60(R); $78(NR)

Ballet: Pre-Schoolers

Keep your little ones light on their feet! From beginning ballet steps to motor skills and more, we will develop your child's love for the art. Introduce him or her to the active world of ballet, which is good for many reasons including better posture, agility, stress reduction, and brain focus. Your child will grow socially as they make friends with other little dancers.

Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 23107-123A	3 - 5yrs.	12 classes	Sat	11:15 am-12:00 pm	starts Dec 5	$96(R); $125(NR)
View activity: 23107-123B	3 - 5yrs.	11 classes	Mon	5:00-5:45 pm	starts Dec 7	$88(R); $115(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 23107-124A	3 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Dec 1	$48(R); $63(NR)
View activity: 23107-124B	3 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jan 19	$48(R); $63(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 23107-116C	3 - 5yrs.	6 classes	Sat	10:45-11:45 am	starts Jan 2	$35(R); $46(NR)
View activity: 23107-116D	3 - 5yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 6	$35(R); $46(NR)
View activity: 23107-116E	3 - 5yrs.	6 classes	Sat	10:45-11:45 am	starts Feb 20	$35(R); $46(NR)
View activity: 23107-116F	3 - 5yrs.	6 classes	Wed	6:00-7:00 pm	starts Feb 24	$35(R); $46(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 23107-147A	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Dec 5	$48(R); $63(NR)
View activity: 23107-147B	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jan 23	$48(R); $63(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 23107-155A	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Dec 1	$48(R); $63(NR)
View activity: 23107-155B	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Jan 19	$48(R); $63(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 23107-177A	4 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Dec 1	$48(R); $63(NR)

View activity: 23107-177B	4 - 5yrs.	6 classes	Tue	6:00-6:45 pm	starts Jan 19	$48(R); $63(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 23107-184A	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Dec 5	$48(R); $63(NR)
View activity: 23107-184B	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jan 23	$48(R); $63(NR)

Creative Movement

Learn dance movements to develop gross motor skills.

Bowie Community Center						**bowiecc@pgparks.com**
View activity: 23108-109A	3 - 5yrs.	8 classes	Sat	9:00-9:45 am	starts Jan 9	$55(R); $72(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: 23101-112A	3 - 5yrs.	6 classes	Sat	10:15-11:00 am	starts Dec 5	$35(R); $46(NR)
View activity: 23101-112C	3 - 5yrs.	6 classes	Sat	10:15-11:00 am	starts Jan 23	$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: 23203-107A	6 - 12yrs.	12 classes	Wed	7:15-8:30 pm	starts Dec 2	$63(R); $82(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 23203-140A	6 - 12yrs.	4 classes	Tue	7:00-8:00 pm	starts Jan 5	$50(R); $65(NR)
View activity: 23203-140B	6 - 12yrs.	4 classes	Tue	7:00-8:00 pm	starts Feb 9	$50(R); $65(NR)
Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 23203-157A	6 - 12yrs.	3 classes	Sat	1:00-3:00 pm	starts Dec 5	$30(R); $39(NR)
View activity: 23203-157B	6 - 12yrs.	4 classes	Sat	1:00-3:00 pm	starts Jan 9	$40(R); $52(NR)
View activity: 23203-157C	6 - 12yrs.	4 classes	Sat	1:00-3:00 pm	starts Feb 6	$40(R); $52(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 23203-177A	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Dec 1	$54(R); $71(NR)
View activity: 23203-177B	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jan 19	$54(R); $71(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: 23205-124A	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Dec 1	$54(R); $71(NR)
View activity: 23205-124B	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jan 19	$54(R); $71(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 23205-147A	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Dec 5	$54(R); $71(NR)
View activity: 23205-147B	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jan 23	$54(R); $71(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 23205-155A	6 - 12yrs.	6 classes	Tue	7:20-8:20 pm	starts Dec 1	$54(R); $71(NR)
View activity: 23205-155B	6 - 12yrs.	6 classes	Tue	7:20-8:20 pm	starts Jan 19	$54(R); $71(NR)

Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23205-177A	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Dec 5	$54(R); $71(NR)
View activity: 23205-177B	6 - 12yrs.	6 classes	Sat	10:30-11:30 am	starts Jan 23	$54(R); $71(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 23205-184A	6 - 12yrs.	6 classes	Sat	7:20-8:20 pm	starts Dec 5	$54(R); $71(NR)
View activity: 23205-184B	6 - 12yrs.	6 classes	Sat	10:20-11:20 am	starts Jan 23	$54(R); $71(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 23205-190A	6 - 12yrs.	6 classes	Mon	7:10-8:10 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23205-190B	6 - 12yrs.	6 classes	Mon	7:10-8:10 pm	starts Jan 18	$54(R); $71(NR)

Ballet, Tap and Jazz: Children

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

Glenarden Community Center						glenardencc@pgparks.com
View activity: 23206-126C	8 - 12yrs.	9 classes	Sat	12:30-2:30 pm	starts Jan 2	$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: 23210-109B	8 - 12yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Jan 9	$55(R); $72(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 23210-116C	6 - 9yrs.	6 classes	Sat	9:30-10:30 am	starts Jan 2	$35(R); $46(NR)
View activity: 23210-116D	6 - 9yrs.	6 classes	Wed	7:15-8:15 pm	starts Jan 6	$35(R); $46(NR)
View activity: 23210-116F	6 - 9yrs.	6 classes	Sat	9:30-10:30 am	starts Feb 20	$35(R); $46(NR)
View activity: 23210-116E	6 - 9yrs.	6 classes	Wed	7:15-8:15 pm	starts Feb 24	$35(R); $46(NR)

Hip-Hop: Children, Beginner

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

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23201-112A	6 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$35(R); $46(NR)
View activity: 23201-112B	6 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jan 23	$35(R); $46(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 23201-127AA	6 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 9	$35(R); $46(NR)

Piano Keyboard: Children, Beginner

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! You will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23212-112A	6 - 12yrs.	6 classes	Wed	6:00-7:00 pm	starts Dec 2	$50(R); $65(NR)
View activity: 23212-112B	6 - 12yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 20	$50(R); $65(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 23212-127A	6 - 12yrs.	6 classes	Tue	4:00-4:45 pm	starts Jan 5	$50(R); $65(NR)
View activity: 23212-127B	6 - 12yrs.	6 classes	Tue	5:00-5:45 pm	starts Jan 5	$50(R); $65(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 23212-187A	10 - 12yrs.	4 classes	Mon	6:30-7:30 pm	starts Jan 4	$70(R); $91(NR)
View activity: 23212-187B	10 - 12yrs.	5 classes	Mon	6:30-7:30 pm	starts Feb 8	$70(R); $91(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: 23214-175A	6 - 8yrs.	13 classes	Sat	8:15-9:15 am	starts Dec 5	$72.00(R); $94.00(NR)
View activity: 23214-175B	6 - 8yrs.	13 classes	Sat	9:30-10:30 am	starts Dec 5	$72.00(R); $94.00(NR)
View activity: 23214-175C	9 - 12yrs.	13 classes	Sat	10:45-11:45 am	starts Dec 5	$72.00(R); $94.00(NR)

TEENS

Piano: Teens

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! You will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 23306-175A	13 - 17yrs.	13 classes	Sat	12:00-1:00 pm	starts Dec 5	$72.00(R); $94.00(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: 23404-103A	18 & up	10 classes	Sat	10:30 am-12:00 pm	starts Jan 9	$60(R); $78(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: 23401-101A	21 & up	12 classes	Tue	1:00-2:30 pm	starts Dec 1	$72(R); $94(NR)
Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 23401-107A	21 & up	4 classes	Mon	2:00-3:30 pm	starts Dec 7	$30(R); $39(NR)
View activity: 23401-107B	21 & up	4 classes	Mon	2:00-3:30 pm	starts Jan 4	$30(R); $39(NR)
View activity: 23401-107C	21 & up	4 classes	Mon	2:00-3:30 pm	starts Feb 1	$30(R); $39(NR)
Cedar Heights Community Center						**cedarheightscc@pgparks.com**
View activity: 23401-112A	21 & up	6 classes	Wed	12:00-1:00 pm	starts Dec 2	$35(R); $46(NR)
View activity: 23401-112B	21 & up	6 classes	Wed	12:00-1:00 pm	starts Jan 20	$35(R); $46(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 23401-127A	21 & up	6 classes	Mon	7:30-8:30 pm	starts Jan 4	$30(R); $39(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 23401-132A	18 & up	8 classes	Mon	6:30-7:30 pm	starts Dec 14	$84(R); $110(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 23401-134A	18 & up	4 classes	Sat	12:00-2:30 pm	starts Dec 5	$70(R); $91(NR)
View activity: 23401-134B	18 & up	4 classes	Sat	12:00-2:30 pm	starts Jan 9	$70(R); $91(NR)
View activity: 23401-134C	18 & up	4 classes	Sat	12:00-2:30 pm	starts Feb 6	$70(R); $91(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 23401-140A	18 & up	4 classes	Sat	10:00-11:30 am	starts Jan 9	$25(R); $33(NR)
View activity: 23401-140B	18 & up	4 classes	Sat	10:00-11:30 am	starts Feb 13	$25(R); $33(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 23401-146A	18 & up	10 classes	Thu	3:30-5:00 pm	starts Dec 3	$50(R); $65(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 23401-147A	18 & up	8 classes	Thu	6:30-7:30 pm	starts Dec 17	$60(R); $78(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 23401-153B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jan 18	$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: 23419-101A	21 & up	12 classes	Mon	7:00-8:30 pm	starts Dec 7	$72(R); $94(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 23419-127A	21 & up	6 classes	Thu	7:00-8:30 pm	starts Jan 7	$30(R); $39(NR)
Laurel-Beltsville Senior Activity Ctr						**LBSAC@pgparks.com**
View activity: 23419-146A	18 & up	10 classes	Thu	5:00-6:00 pm	starts Dec 3	$50(R); $65(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 23419-147A	18 & up	8 classes	Thu	7:30-8:30 pm	starts Dec 17	$60(R); $78(NR)

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23413-112A	18 & up	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$35(R); $46(NR)
View activity: 23413-112B	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$35(R); $46(NR)

Hand Dance: Adults, All Levels

Learn the area's hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You'll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we all have all levels of dancers on the floor.

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23402-124A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Dec 3	$48(R); $63(NR)
View activity: 23402-124B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jan 21	$48(R); $63(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23402-127A	18 & up	6 classes	Tue	11:45 am-12:45 pm	starts Jan 5	$30(R); $39(NR)

Line Dance: Adults, Beginner

Step it up! Get your steps in learning the latest party line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23407-112C	18 & up	6 classes	Tue	9:15-10:15 am	starts Dec 1	$35(R); $46(NR)
View activity: 23407-112E	18 & up	6 classes	Thu	10:00-11:00 am	starts Dec 3	$28(R); $37(NR)
View activity: 23407-112D	18 & up	6 classes	Tue	9:15-10:15 am	starts Jan 19	$35(R); $46(NR)
View activity: 23407-112F	18 & up	6 classes	Thu	10:00-11:00 am	starts Jan 21	$35(R); $46(NR)
Deerfield Run Community Center						deerfieldcc@pgparks.com
View activity: 23407-120A	18 & up	7 classes	Wed	6:00-7:30 pm	starts Dec 2	$30(R); $39(NR)
View activity: 23407-120B	18 & up	6 classes	Wed	6:00-7:30 pm	starts Feb 3	$30(R); $39(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23407-124A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23407-124B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jan 18	$54(R); $71(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23407-127AA	18 & up	12 classes	Mon & Wed	6:30-8:30 pm	starts Jan 4	$66(R); $86(NR)
View activity: 23407-127B	18 & up	6 classes	Tue	10:00-11:30 am	starts Jan 5	$25(R); $33(NR)
Harmony Hall Regional Center						harmonyhallrc@pgparks.com
View activity: 23407-132A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23407-132B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jan 18	$54(R); $71(NR)
Huntington Community Center						huntingtoncc@pgparks.com
View activity: 23407-135A	18 & up	8 classes	Mon	1:00-2:30 pm	starts Dec 7	$40(R); $52(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23407-141A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Dec 3	$35(R); $46(NR)
View activity: 23407-141B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jan 21	$30(R); $39(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 23407-147A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Dec 2	$54(R); $71(NR)
View activity: 23407-147B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jan 20	$54(R); $71(NR)

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 23407-152A	18 & up	6 classes	Wed	7:00-8:00 pm	starts Dec 16	$42(R); $55(NR)
View activity: 23407-152B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Feb 3	$42(R); $55(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 23407-182A	18 & up	6 classes	Sat	10:00-11:30 am	starts Dec 5	$54(R); $71(NR)
View activity: 23407-182B	18 & up	6 classes	Sat	10:00-11:30 am	starts Jan 23	$54(R); $71(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 23407-184A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23407-184B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jan 18	$54(R); $71(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 23407-186A	18 & up	6 classes	Wed	5:00-6:30 pm	starts Dec 2	$42(R); $55(NR)
View activity: 23407-186B	18 & up	6 classes	Wed	5:00-6:30 pm	starts Jan 20	$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: 23408-112A	18 & up	6 classes	Fri	10:00-11:00 am	starts Dec 4	$28(R); $37(NR)
View activity: 23408-112C	18 & up	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$35(R); $46(NR)
View activity: 23408-112B	18 & up	6 classes	Fri	10:00-11:00 am	starts Jan 22	$35(R); $46(NR)
View activity: 23408-112D	18 & up	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$35(R); $46(NR)

SENIORS

Hand Dance: Seniors

Learn the area's hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You'll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we'll have all levels of dancers on the floor.

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 23510-111A	60 & up	12 classes	Mon	11:00 am-12:30 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23510-111B	60 & up	12 classes	Mon	12:30-2:00 pm	starts Dec 7	$54(R); $71(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 23510-141AA	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Dec 21	$50(R); $65(NR)
View activity: 23510-141AB	60 & up	5 classes	Mon	11:30 am-12:30 pm	starts Jan 25	$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: 23501-107A	60 & up	6 classes	Fri	10:00-11:00 am	starts Dec 4	$27(R); $36(NR)
View activity: 23501-107B	60 & up	4 classes	Fri	10:00-11:00 am	starts Jan 15	$27(R); $36(NR)
View activity: 23501-107C	60 & up	4 classes	Fri	10:00-11:00 am	starts Feb 12	$27(R); $36(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 23501-109A	60 & up	25 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$60(R); $78(NR)

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 23501-111A	60 & up	3 classes	Wed	9:30-11:30 am	starts Dec 2	$12(R); $16(NR)
View activity: 23501-111D	60 & up	3 classes	Sat	9:15-11:15 am	starts Dec 5	$12(R); $16(NR)
View activity: 23501-111E	60 & up	3 classes	Sat	9:15-11:15 am	starts Jan 2	$12(R); $16(NR)
View activity: 23501-111B	60 & up	3 classes	Wed	9:30-11:30 am	starts Jan 6	$12(R); $16(NR)
View activity: 23501-111C	60 & up	3 classes	Wed	9:30-11:30 am	starts Feb 3	$12(R); $16(NR)
View activity: 23501-111F	60 & up	3 classes	Sat	9:15-11:15 am	starts Feb 6	$12(R); $16(NR)
Cedar Heights Community Center						cedarheightscc@pgparks.com
View activity: 23501-112A	60 & up	6 classes	Wed	10:00-11:00 am	starts Dec 2	$35(R); $46(NR)
View activity: 23501-112C	60 & up	6 classes	Mon	9:15-10:15 am	starts Dec 7	$35(R); $46(NR)
View activity: 23501-112B	60 & up	6 classes	Wed	10:00-11:00 am	starts Jan 20	$35(R); $46(NR)
View activity: 23501-112D	60 & up	6 classes	Mon	9:15-10:15 am	starts Jan 25	$35(R); $46(NR)
Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23501-124A	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Dec 1	$32(R); $42(NR)
View activity: 23501-124B	60 & up	6 classes	Tue	11:00 am-12:30 pm	starts Jan 19	$32(R); $42(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23501-127A	60 & up	6 classes	Fri	10:00-11:30 am	starts Jan 8	Free
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 23501-134A	60 & up	6 classes	Thu	11:30 am-1:00 pm	starts Dec 3	$36(R); $47(NR)
View activity: 23501-134B	60 & up	6 classes	Thu	11:30 am-1:00 pm	starts Jan 21	$36(R); $47(NR)
Lake Arbor Community Center						lakearborcc@pgparks.com
View activity: 23501-141A	60 & up	6 classes	Mon	9:30-11:00 am	starts Dec 14	$35(R); $46(NR)
View activity: 23501-141B	60 & up	5 classes	Mon	9:30-11:00 am	starts Jan 25	$35(R); $46(NR)
Laurel-Beltsville Senior Activity Ctr						LBSAC@pgparks.com
View activity: 23501-146A	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Dec 1	$30(R); $39(NR)
View activity: 23501-146B	60 & up	6 classes	Tue	11:00 am-12:00 pm	starts Jan 19	$30(R); $39(NR)
Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 23501-157A	60 & up	3 classes	Wed	6:00-8:00 pm	starts Dec 2	$30(R); $39(NR)
View activity: 23501-157B	60 & up	4 classes	Wed	6:00-8:00 pm	starts Jan 6	$40(R); $52(NR)
View activity: 23501-157C	60 & up	4 classes	Wed	6:00-8:00 pm	starts Feb 3	$40(R); $52(NR)
Southern Region Technology & Recreation						techrec@pgparks.com
View activity: 23501-177A	60 & up	6 classes	Mon	10:30 am-12:00 pm	starts Dec 7	$36(R); $47(NR)
View activity: 23501-177B	60 & up	6 classes	Mon	10:30 am-12:00 pm	starts Jan 18	$36(R); $47(NR)
Suitland Community Center						suitlandcc@pgparks.com
View activity: 23501-181A	60 & up	6 classes	Tue	12:30-2:00 pm	starts Dec 1	$24(R); $32(NR)
View activity: 23501-181B	60 & up	6 classes	Tue	12:30-2:00 pm	starts Jan 19	$24(R); $32(NR)
Westphalia Community Center						westphaliacc@pgparks.com
View activity: 23501-190A	60 & up	6 classes	Wed	12:00-1:30 pm	starts Dec 2	$36(R); $47(NR)
View activity: 23501-190B	60 & up	6 classes	Wed	12:00-1:30 pm	starts Jan 20	$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: 23508-109A	60 & up	13 classes	Tue	7:30-8:30 pm	starts Dec 1	$60(R); $78(NR)

Piano: Seniors, Beginner

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

Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 23502-144B	60 & up	3 classes	Fri	10:00-11:00 am	starts Dec 4	$26(R); $34(NR)
View activity: 23502-144C	60 & up	4 classes	Fri	10:00-11:00 am	starts Jan 8	$34(R); $45(NR)
View activity: 23502-144D	60 & up	4 classes	Fri	10:00-11:00 am	starts Feb 5	$34(R); $45(NR)

Piano: Seniors, Intermediate

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

Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 23503-144A	60 & up	3 classes	Fri	11:15 am-12:15 pm	starts Dec 4	$26(R); $34(NR)
View activity: 23503-144B	60 & up	4 classes	Fri	11:15 am-12:15 pm	starts Jan 8	$34(R); $45(NR)
View activity: 23503-144C	60 & up	4 classes	Fri	11:15 am-12:15 pm	starts Feb 5	$34(R); $45(NR)

Piano: Seniors, Advanced

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

Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 23504-144A	60 & up	3 classes	Fri	12:15-1:15 pm	starts Dec 4	$26(R); $34(NR)
View activity: 23504-144B	60 & up	4 classes	Fri	12:15-1:15 pm	starts Jan 8	$34(R); $45(NR)
View activity: 23504-144C	60 & up	4 classes	Fri	12:15-1:15 pm	starts Feb 5	$34(R); $45(NR)

MIXED AGES

African Dance: Mixed Ages

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

Fort Washington Forest Community Center						fortwashingtoncc@pgparks.com
View activity: 23634-124A	5 & up	6 classes	Thu	6:30-7:30 pm	starts Dec 3	$48(R); $63(NR)
View activity: 23634-124B	5 & up	6 classes	Thu	6:30-7:30 pm	starts Jan 21	$48(R); $63(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 23634-152A	5 & up	6 classes	Mon	6:30-7:30 pm	starts Dec 7	$48(R); $63(NR)
View activity: 23634-152B	5 & up	6 classes	Mon	6:30-7:30 pm	starts Jan 18	$48(R); $63(NR)

Ballet, Tap and Jazz: Mixed Ages

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

Glenarden Community Center						glenardencc@pgparks.com
View activity: 23604-126B	5 - 7yrs.	9 classes	Sat	10:30 am-12:30 pm	starts Jan 2	$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 Center						collegeparkcc@pgparks.com
View activity: 23612-116A	6 - 13yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 2	$35(R); $46(NR)
View activity: 23612-116B	6 - 13yrs.	6 classes	Sat	12:00-1:00 pm	starts Feb 20	$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: 23614-120B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jan 20	$60(R); $78(NR)

Drama: Improvisation

Learn the art of Improvisation, also known as 'Silly make 'em ups!'. Excellent for developing social skills, collaboration skills, and communication skills. Practice accepting other people's ideas and adding some of your own, speaking specifically, paying attention to what you are doing, etc. through exercises and short form Improv games.

Prince George's Publick Playhouse						publickplayhouse@pgparks.com
View activity: 20624-167A	18 & up	6 classes	Tue	6:30-8:00 pm	starts Jan 5	$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: 23619-103A	15 & up	10 classes	Sat	12:00-2:00 pm	starts Jan 9	$120(R); $156(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 23619-141A	5 & up	4 classes	Mon	6:30-7:30 pm	starts Dec 7	$65(R); $85(NR)
View activity: 23619-141B	5 & up	4 classes	Mon	6:30-7:30 pm	starts Jan 4	$65(R); $85(NR)
View activity: 23619-141C	5 & up	4 classes	Mon	6:30-7:30 pm	starts Feb 1	$65(R); $85(NR)
Largo/Kettering/Perrywood Comm. Center						**largoketteringperrywoodcc@pgparks.com**
View activity: 23619-145A	6 & up	8 classes	Sat	11:00-11:45 am	starts Dec 5	$66(R); $86(NR)
View activity: 23619-145B	6 & up	4 classes	Sat	11:00-11:45 am	starts Feb 6	$66(R); $86(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 23619-174A	7 & up	4 classes	Sat	9:15-10:00 am	starts Feb 6	$23(R); $30(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: 23675-132A	8 - 15yrs.	8 classes	Fri	10:00-10:45 am	starts Dec 11	$64(R); $84(NR)

Intermediate Acting

This multi-week class builds upon foundational acting skills, focusing on in-depth exploration of techniques, character development, and performance styles; often including scene work, improvisation, and analysis of dramatic texts. Participants should have a basic understanding of acting techniques and principles that the class will focus on refining and expanding.

Prince George's Publick Playhouse						publickplayhouse@pgparks.com
View activity: 23676-167B	18 & up	6 classes	Tue	6:30-8:00 pm	starts Feb 23	$60(R); $78(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: 23624-104A	13 & up	6 classes	Thu	7:00-8:00 pm	starts Dec 3	$48(R); $63(NR)
View activity: 23624-104B	13 & up	6 classes	Thu	7:00-8:00 pm	starts Jan 21	$48(R); $63(NR)

Line Dance: Mixed Ages, Beginner

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 23645-127A	18 & up	6 classes	Tue	9:00-10:00 am	starts Jan 5	$25(R); $33(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 23645-175A	18 & up	4 classes	Sun	2:00-3:30 pm	starts Dec 6	$34(R); $45(NR)
View activity: 23645-175B	18 & up	5 classes	Sun	2:00-3:30 pm	starts Jan 3	$43.00(R); $56.00(NR)
View activity: 23645-175C	18 & up	4 classes	Sun	2:00-3:30 pm	starts Feb 7	$34(R); $45(NR)

Line Dance: Mixed Ages, Intermediate

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you'll make through this course. Practice makes perfect!

Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 23646-134A	13 & up	6 classes	Thu	1:30-3:00 pm	starts Dec 3	$60(R); $78(NR)
View activity: 23646-134B	13 & up	6 classes	Thu	1:30-3:00 pm	starts Jan 21	$60(R); $78(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 23646-160A	13 & up	6 classes	Tue	6:30-8:00 pm	starts Dec 1	$60(R); $78(NR)
View activity: 23646-160C	13 & up	6 classes	Tue	6:30-8:00 pm	starts Jan 19	$60(R); $78(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 23646-165A	13 & up	6 classes	Tue	7:00-8:30 pm	starts Dec 1	$60(R); $78(NR)
View activity: 23646-165B	13 & up	6 classes	Tue	7:00-8:30 pm	starts Jan 19	$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: 23639-125A	13 & up	6 classes	Mon	7:00-8:30 pm	starts Dec 7	$54(R); $71(NR)
View activity: 23639-125B	13 & up	6 classes	Mon	7:00-8:30 pm	starts Jan 18	$54(R); $71(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 23639-177A	13 & up	6 classes	Thu	6:30-8:00 pm	starts Dec 3	$54(R); $71(NR)
View activity: 23639-177C	13 & up	6 classes	Sat	12:00-1:30 pm	starts Dec 5	$54(R); $71(NR)
View activity: 23639-177B	13 & up	6 classes	Thu	6:30-8:00 pm	starts Jan 21	$54(R); $71(NR)
View activity: 23639-177E	13 & up	6 classes	Sat	12:00-1:30 pm	starts Jan 23	$54(R); $71(NR)

Piano Keyboard: Mixed Ages, Beginner

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

Berwyn Heights Elementary School						berwynheightscc@pgparks.com
View activity: 23615-106A	9 - 17yrs.	8 classes	Sat	10:00-10:45 am	starts Dec 5	$60(R); $78(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 23615-174A	6 & up	4 classes	Sat	1:00-2:00 pm	starts Feb 6	$28(R); $37(NR)

Piano Keyboard: Mixed Ages, Intermediate

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

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 23649-106A	9 - 17yrs.	8 classes	Sat	12:00-12:45 pm	starts Dec 5	$60(R); $78(NR)
View activity: 23649-106B	18 & up	8 classes	Sat	1:00-1:45 pm	starts Dec 5	$60(R); $78(NR)

Piano Keyboard: Mixed Ages, Advanced

Let's continue to make music together! Advance in learning the basics of music including keyboard harmony. Develop skills through scales, chords, and technical studies of this well-loved instrument. Start your mastery of the 88 piano keys today!

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 23648-106A	18 & up	9 classes	Sat	2:00-2:45 pm	starts Dec 5	$75(R); $98(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 23648-127AA	6 - 13yrs.	6 classes	Tue	6:00-6:45 pm	starts Jan 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: 23616-175A	18 & up	13 classes	Sat	1:15-2:15 pm	starts Dec 5	$72.00(R); $94.00(NR)
View activity: 23616-175B	18 & up	13 classes	Sat	2:30-3:30 pm	starts Dec 5	$72.00(R); $94.00(NR)

Piano: Mixed Ages, Beginner

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! You will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

Berwyn Heights Community Center						berwynheightscc@pgparks.com
View activity: 23625-106A	18 & up	8 classes	Sat	11:00-11:45 am	starts Dec 5	$60(R); $78(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: 23617-109A	5 - 7yrs.	8 classes	Sat	10:00-11:00 am	starts Jan 9	$55(R); $72(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: 236100-132A	18 & up	6 classes	Wed	6:30-7:45 pm	starts Dec 2	$60(R); $78(NR)
View activity: 236100-132b	18 & up	6 classes	Wed	6:30-7:45 pm	starts Jan 20	$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: 23626-140A	7 - 13yrs.	4 classes	Thu	6:30-7:30 pm	starts Jan 7	$35(R); $46(NR)
View activity: 23626-140B	7 - 13yrs.	4 classes	Thu	6:30-7:30 pm	starts Feb 11	$35(R); $46(NR)

Voice: Mixed Ages

Sing out loud and sing out strong! Whether you want to improve for public performance or to achieve your personal best, we will help you develop your ability to sing. Study tone production, breathing, and related singing skills. Build a sense of community with other participants, improve your mental alertness, and decrease your stress levels through this energizing course. Get started today and you will change your tune for the better.

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 23630-103A	16 & up	10 classes	Tue	6:00-7:30 pm	starts Jan 5	$120(R); $156(NR)

SEASONAL & COMMUNITY EVENTS

SENIORS

Bingo

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 26504-111A	60 & up	1 class	Thu	10:00 am-12:00 pm	starts Dec 17	Free
View activity: 26504-111B	60 & up	1 class	Thu	10:00 am-12:00 pm	starts Jan 21	Free
View activity: 26504-111C	60 & up	1 class	Thu	10:00 am-12:00 pm	starts Feb 18	Free
Gwendolyn Britt Senior Activity Center						gwendolynbrittseniors@pgparks.com
View activity: 26504-130A	60 & up	4 classes	Tue	12:30-1:30 pm	starts Dec 1	$20(R); $26(NR)
View activity: 26504-130B	60 & up	4 classes	Tue	12:30-1:30 pm	starts Jan 5	$20(R); $26(NR)
View activity: 26504-130C	60 & up	4 classes	Tue	12:30-1:30 pm	starts Feb 2	$20(R); $26(NR)

Winter Holiday Party: Seniors

Come join us for an afternoon holiday social with some entertainment, socializing, and a special Christmas menu!

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 26507-111	60 & up	1 class	Tue	10:00 am-12:00 pm	starts Feb 23	Free

MIXED AGES

Family Movie Night

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

Camp Springs Sr. Activity Cntr.						campspringsseniors@pgparks.com
View activity: 26604-111A	50 & up	1 class	Fri	1:00-3:30 pm	starts Dec 18	Free
View activity: 26604-111B	50 & up	1 class	Fri	1:00-3:30 pm	starts Jan 29	Free
View activity: 26604-111C	50 & up	1 class	Fri	1:00-3:30 pm	starts Feb 26	Free

Regional Textile Showcase & Artists' Boutique

Join us for an exhibition showcasing the art of talented artists working in the mediums embroidery, rug hooking, quilting, felting, needlework, and more! Support your local artistic community by purchasing a unique, handmade piece in the Showcase & Boutique and voting for your favorite in this year's People's Choice Awards! Walk-ins are welcome.

Montpelier Historic Site & Museum						montpeliermansion@pgparks.com
View activity: 26615-1101A	All ages	15 classes	Thu-Sun	10:00 am-4:00 pm	starts Dec 3	Free

Winter Holiday Party: Mixed Ages

Come join us for an afternoon holiday social with some entertainment, socializing, and a special Christmas menu! Lunch will be served by your favorite community center's staff members.

Southern Area Aquatics & Recreation Complex						saarc@pgparks.com
View activity: 26606-175B	2 - 12yrs.	1 class	Sat	12:00-3:00 pm	starts Dec 12	$10(R); $13(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: 27114-104A	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Dec 5	$48(R); $63(NR)
View activity: 27114-104B	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jan 23	$48(R); $63(NR)
Hillcrest Heights Community Center						hillcrestheightscc@pgparks.com
View activity: 27114-134A	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Dec 1	$48(R); $63(NR)
View activity: 27114-134B	3 - 5yrs.	6 classes	Tue	6:30-7:15 pm	starts Jan 19	$48(R); $63(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 27114-116C	3 - 5yrs.	6 classes	Sat	10:30-11:15 am	starts Jan 2	$35(R); $46(NR)
View activity: 27114-116D	3 - 5yrs.	6 classes	Sat	10:30-11:15 am	starts Feb 20	$35(R); $46(NR)
Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 27114-147A	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Dec 2	$48(R); $63(NR)
View activity: 27114-147B	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jan 20	$48(R); $63(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27114-152A	3 - 5yrs.	6 classes	Sat	1:00-1:45 pm	starts Dec 19	$64(R); $84(NR)
North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27114-153C	3 - 5yrs.	6 classes	Sat	11:25 am-12:10 pm	starts Dec 5	$48(R); $63(NR)
View activity: 27114-153D	3 - 5yrs.	6 classes	Sat	11:25 am-12:10 pm	starts Jan 23	$48(R); $63(NR)

Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27114-160A	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Dec 2	$48(R); $63(NR)
View activity: 27114-160B	3 - 5yrs.	6 classes	Wed	6:30-7:15 pm	starts Jan 20	$48(R); $63(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27114-162A	3 - 5yrs.	6 classes	Sat	10:00-11:00 am	starts Dec 5	$50(R); $65(NR)
View activity: 27114-162B	3 - 5yrs.	6 classes	Sat	10:00-11:00 am	starts Jan 16	$50(R); $65(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 27114-166A	3 - 5yrs.	4 classes	Sun	1:00-2:00 pm	starts Dec 20	$35(R); $46(NR)
View activity: 27114-166B	3 - 5yrs.	4 classes	Sun	1:00-2:00 pm	starts Jan 24	$35(R); $46(NR)
View activity: 27114-166C	3 - 5yrs.	4 classes	Sun	1:00-2:00 pm	starts Feb 28	$35(R); $46(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 27114-175C	3 - 5yrs.	6 classes	Sat	8:00-8:45 am	starts Jan 2	$39(R); $51(NR)
View activity: 27114-175A	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Jan 5	$39(R); $51(NR)
View activity: 27114-175B	3 - 5yrs.	6 classes	Thu	5:30-6:15 pm	starts Jan 7	$39(R); $51(NR)
View activity: 27114-175C1	3 - 5yrs.	6 classes	Sat	8:00-8:45 am	starts Feb 13	$39(R); $51(NR)
View activity: 27114-175AA	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Feb 16	$39(R); $51(NR)
View activity: 27114-175B1	3 - 5yrs.	6 classes	Thu	5:30-6:15 pm	starts Feb 18	$39(R); $51(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27114-177C	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Dec 1	$48(R); $63(NR)
View activity: 27114-177A	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Dec 5	$48(R); $63(NR)
View activity: 27114-177D	3 - 5yrs.	6 classes	Tue	5:30-6:15 pm	starts Jan 19	$48(R); $63(NR)
View activity: 27114-177B	3 - 5yrs.	6 classes	Sat	9:00-9:45 am	starts Jan 23	$48(R); $63(NR)
Stephen Decatur Community Center						**stephendecaturcc@pgparks.com**
View activity: 27114-180A	3 - 5yrs.	6 classes	Mon	6:30-7:15 pm	starts Dec 7	$48(R); $63(NR)
View activity: 27114-180B	3 - 5yrs.	6 classes	Mon	6:30-7:15 pm	starts Jan 18	$48(R); $63(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27114-181A	3 - 5yrs.	6 classes	Mon	6:15-7:00 pm	starts Dec 7	$48(R); $63(NR)
View activity: 27114-181B	3 - 5yrs.	6 classes	Mon	6:15-7:00 pm	starts Jan 18	$48(R); $63(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 27114-184A	3 - 5yrs.	6 classes	Sat	11:00-11:45 am	starts Dec 5	$48(R); $63(NR)
View activity: 27114-184B	3 - 5yrs.	6 classes	Sat	11:00-11:45 am	starts Jan 23	$48(R); $63(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27114-186A	3 - 5yrs.	6 classes	Wed	6:40-7:25 pm	starts Dec 2	$48(R); $63(NR)
View activity: 27114-186B	3 - 5yrs.	6 classes	Wed	6:40-7:25 pm	starts Jan 20	$48(R); $63(NR)

Boxing: Pre-School

Introduce your little ones to the basics of boxing in a fun and playful environment. Through engaging activities and simple drills, kids will develop coordination, balance, and confidence. Our friendly instructors create a positive and safe atmosphere where preschoolers can learn fundamental movements, socialize, and have a blast. Perfect for budding athletes with big energy!

Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 27139-140A	3 - 5yrs.	4 classes	Mon	4:00-4:25 pm	starts Jan 4	$25(R); $33(NR)
View activity: 27139-140AA	3 - 5yrs.	4 classes	Mon	4:30-4:55 pm	starts Jan 4	$25(R); $33(NR)
View activity: 27139-140B	3 - 5yrs.	4 classes	Mon	4:00-4:25 pm	starts Feb 8	$25(R); $33(NR)
View activity: 27139-140BB	3 - 5yrs.	4 classes	Mon	4:30-4:55 pm	starts Feb 8	$25(R); $33(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: 27126-160A	4 - 5yrs.	6 classes	Sun	1:15-2:45 pm	starts Dec 6	$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: 27102-123A	4 - 5yrs.	11 classes	Mon	5:30-6:15 pm	starts Dec 7	$170(R); $221(NR)
View activity: 27102-123B	4 - 5yrs.	11 classes	Mon	6:30-7:15 pm	starts Dec 7	$170(R); $221(NR)
View activity: 27102-123D	4 - 5yrs.	11 classes	Tue	6:00-6:45 pm	starts Dec 8	$170(R); $221(NR)
View activity: 27102-123F	4 - 5yrs.	10 classes	Thu	6:00-6:45 pm	starts Dec 10	$155(R); $202(NR)
View activity: 27102-123G	4 - 5yrs.	8 classes	Sat	10:30-11:15 am	starts Jan 2	$124(R); $162(NR)
View activity: 27102-123H	4 - 5yrs.	9 classes	Sat	9:30-10:15 am	starts Jan 2	$124(R); $162(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27102-168B	4yrs.	12 classes	Tue	10:00-10:45 am	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27102-168H	4yrs.	12 classes	Tue	4:30-5:15 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27102-168I	4yrs.	12 classes	Tue	5:30-6:15 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27102-168J	4yrs.	11 classes	Wed	4:30-5:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27102-168K	4yrs.	11 classes	Wed	5:30-6:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27102-168O	4yrs.	11 classes	Wed	6:30-7:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27102-168D	4yrs.	10 classes	Thu	4:30-5:15 pm	starts Dec 3	$155(R); $202(NR); $117(IA)
View activity: 27102-168P	4yrs.	10 classes	Thu	5:30-6:15 pm	starts Dec 3	$155(R); $202(NR); $117(IA)
View activity: 27102-168R	4yrs.	10 classes	Thu	6:15-7:00 pm	starts Dec 3	$155(R); $202(NR); $117(IA)
View activity: 27102-168E	4yrs.	9 classes	Sat	9:15-10:00 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27102-168L	4yrs.	9 classes	Sat	10:30-11:15 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27102-168M	4yrs.	9 classes	Sat	11:15 am-12:00 pm	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27102-168N	4yrs.	12 classes	Sat	12:00-12:45 pm	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27102-168A	4yrs.	9 classes	Mon	4:30-5:15 pm	starts Dec 7	$140(R); $182(NR); $105(IA)
View activity: 27102-168F	4yrs.	9 classes	Mon	5:30-6:15 pm	starts Dec 7	$140(R); $182(NR); $105(IA)
View activity: 27102-168G	4yrs.	9 classes	Mon	6:30-7:15 pm	starts Dec 7	$140(R); $182(NR); $105(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: 27103-123A	1 - 3yrs.	11 classes	Tue	10:30-11:15 am	starts Dec 8	$170(R); $221(NR)
View activity: 27103-123B	1 - 3yrs.	8 classes	Sat	9:30-10:15 am	starts Jan 2	$124(R); $162(NR)
View activity: 27103-123C	1 - 3yrs.	8 classes	Sat	10:30-11:15 am	starts Jan 2	$124(R); $162(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27103-168B	1 - 3yrs.	12 classes	Tue	10:45-11:30 am	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27103-168C	1 - 3yrs.	12 classes	Tue	6:15-7:00 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27103-168D	1 - 3yrs.	11 classes	Wed	6:15-7:00 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27103-168E	1 - 3yrs.	9 classes	Sat	10:00-10:45 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27103-168F	1 - 3yrs.	9 classes	Sat	10:45-11:30 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27103-168A	1 - 3yrs.	9 classes	Mon	6:15-7:00 pm	starts Dec 7	$140(R); $182(NR); $105(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: 27101-168H	5yrs.	12 classes	Tue	5:45-6:45 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27101-168K	5yrs.	22 classes	Tue & Thu	5:45-6:45 pm	starts Dec 1	$344(R); $448(NR); $258(IA)
View activity: 27101-168L	5yrs.	12 classes	Tue	4:30-5:30 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27101-168F	5yrs.	11 classes	Wed	4:30-5:30 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27101-168G	5yrs.	11 classes	Wed	5:30-6:30 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27101-168E	5yrs.	10 classes	Thu	5:45-6:45 pm	starts Dec 3	$170(R); $221(NR); $128(IA)
View activity: 27101-168A	5yrs.	9 classes	Sat	9:15-10:15 am	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27101-168B	5yrs.	9 classes	Sat	10:30-11:30 am	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27101-168C	5yrs.	9 classes	Sat	12:30-1:30 pm	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27101-168I	5yrs.	9 classes	Mon	5:30-6:30 pm	starts Dec 7	$153(R); $199(NR); $115(IA)
View activity: 27101-168J	5yrs.	9 classes	Mon	6:30-7:30 pm	starts Dec 7	$153(R); $199(NR); $115(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: 27104-123A	3 - 4yrs.	11 classes	Mon	4:30-5:15 pm	starts Dec 7	$170(R); $221(NR)
View activity: 27104-123B	3 - 4yrs.	11 classes	Tue	4:15-5:00 pm	starts Dec 8	$170(R); $221(NR)
View activity: 27104-123C	3 - 4yrs.	10 classes	Thu	10:30-11:15 am	starts Dec 10	$155(R); $202(NR)
View activity: 27104-123D	3 - 4yrs.	10 classes	Thu	4:15-5:00 pm	starts Dec 10	$155(R); $202(NR)
View activity: 27104-123F	3 - 4yrs.	8 classes	Sat	10:30-11:15 am	starts Jan 2	$124(R); $162(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27104-168D	3yrs.	12 classes	Tue	10:00-10:45 am	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27104-168F	3yrs.	12 classes	Tue	4:30-5:15 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27104-168G	3yrs.	12 classes	Tue	5:30-6:15 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27104-168H	3yrs.	12 classes	Tue	6:15-7:00 pm	starts Dec 1	$186(R); $242(NR); $140(IA)
View activity: 27104-168I	3yrs.	11 classes	Wed	4:30-5:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)

View activity: 27104-168J	3yrs.	11 classes	Wed	5:30-6:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27104-168K	3yrs.	11 classes	Wed	6:30-7:15 pm	starts Dec 2	$171(R); $223(NR); $129(IA)
View activity: 27104-168C	3 - 5yrs.	10 classes	Thu	5:30-6:15 pm	starts Dec 3	$155(R); $202(NR); $117(IA)
View activity: 27104-168E	3yrs.	10 classes	Thu	6:15-7:00 pm	starts Dec 3	$155(R); $202(NR); $117(IA)
View activity: 27104-168L	3yrs.	10 classes	Thu	4:30-5:15 pm	starts Dec 3	$171(R); $223(NR); $129(IA)
View activity: 27104-168M	3yrs.	9 classes	Sat	9:15-10:00 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27104-168N	3yrs.	9 classes	Sat	10:30-11:15 am	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27104-168O	3yrs.	9 classes	Sat	11:15 am-12:00 pm	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27104-168P	3yrs.	9 classes	Sat	12:00-12:45 pm	starts Dec 5	$140(R); $182(NR); $105(IA)
View activity: 27104-168A	3yrs.	9 classes	Mon	4:30-5:15 pm	starts Dec 7	$140(R); $182(NR); $105(IA)
View activity: 27104-168B	3yrs.	9 classes	Mon	5:30-6:15 pm	starts Dec 7	$140(R); $182(NR); $105(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: 27105-133E	1 - 4yrs.	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27105-133A	1 - 4yrs.	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27105-133B	1 - 4yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27105-133C	1 - 4yrs.	6 classes	Sat	11:00-11:30 am	starts Feb 20	$85(R); $111(NR)
View activity: 27105-133D	1 - 4yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27105-133F	1 - 4yrs.	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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: 27106-133G	3 - 5yrs.	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27106-133A	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27106-133B	3 - 5yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27106-133C	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Feb 20	$85(R); $111(NR)
View activity: 27106-133D	3 - 5yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27106-133H	3 - 5yrs.	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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: 27107-133A	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27107-133B	3 - 5yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27107-133C	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Feb 20	$85(R); $111(NR)
View activity: 27107-133D	3 - 5yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$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: 27108-133A	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27108-133B	3 - 5yrs.	6 classes	Sat	11:00-11:30 am	starts Feb 20	$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: 27130-185A	3 - 5yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)
View activity: 27130-185B	3 - 5yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Learn To Skate: Snow Plow Sam 2

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27131-185A	3 - 5yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)
View activity: 27131-185B	3 - 5yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Learn To Skate: Snow Plow Sam 3

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27132-185A	3 - 5yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)

Learn To Skate: Snow Plow Sam 4

Skating is both fun and great exercise for your child! In this beginner's course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner's one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27133-185A	3 - 5yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)

Pee Wee Basketball League

Introduce your little one to the game of basketball and to the exciting world of team sports! With skills and drills especially designed for pre-schoolers, our Pee Wee Basketball League is an excellent way to building self-esteem, balance, coordination, and teaching discipline. Players will be introduced to the basic basketball fundamentals, game rules, offensive/defensive skills, strategy, and good sportsmanship. Because our program relies on volunteers, we encourage parent participation. We need Head Coaches, Assistant Coaches, and Team Managers. Interested in volunteering? Please let us know during the registration process! Contact our support team at countywidesports@pgparks.com.

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27140-118B	3 - 5yrs.	11 classes	Sat	1:00-5:00 pm	starts Jan 16	$65(R); $85(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.

Bowie Community Center						bowiecc@pgparks.com
View activity: 27109-109A	3 - 5yrs.	8 classes	Sat	10:00-10:45 am	starts Dec 19	$56(R); $73(NR)

Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 27109-116C	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Jan 2	$35(R); $46(NR)
View activity: 27109-116E	3 - 5yrs.	6 classes	Sat	10:30-11:15 am	starts Jan 2	$35(R); $46(NR)
View activity: 27109-116G	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Feb 20	$35(R); $46(NR)
View activity: 27109-116H	3 - 5yrs.	6 classes	Sat	10:30-11:15 am	starts Feb 20	$35(R); $46(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27109-152A	3 - 5yrs.	6 classes	Sat	10:00-10:45 am	starts Dec 19	$45(R); $59(NR)
North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27109-153A	3 - 5yrs.	6 classes	Sat	9:30-10:15 am	starts Dec 5	$48(R); $63(NR)
Potomac Landing Comm. Cntr.						potomaclandingcc@pgparks.com
View activity: 27109-165A	3 - 5yrs.	6 classes	Mon	5:30-6:15 pm	starts Dec 7	$48(R); $63(NR)
View activity: 27109-165B	3 - 5yrs.	6 classes	Mon	5:30-6:15 pm	starts Jan 18	$48(R); $63(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: 27110-138A	4 - 5yrs.	4 classes	Sat	9:30-10:15 am	starts Dec 5	$120(R); $156(NR)
Kentland Community Center						kentlandcc@pgparks.com
View activity: 27110-140A	4 - 5yrs.	4 classes	Tue	4:00-5:00 pm	starts Jan 5	$40(R); $52(NR)
View activity: 27110-140B	4 - 5yrs.	4 classes	Tue	4:00-5:00 pm	starts Feb 9	$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: 27137-119A	4 - 5yrs.	6 classes	Mon	5:00-6:00 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27137-119B	4 - 5yrs.	6 classes	Mon	5:00-6:00 pm	starts Jan 18	$54(R); $71(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27137-123A	3 - 5yrs.	6 classes	Wed	11:00 am-12:00 pm	starts Dec 2	$60(R); $78(NR)
View activity: 27137-123C	3 - 5yrs.	6 classes	Wed	10:00-11:00 am	starts Dec 2	$60(R); $78(NR)
View activity: 27137-123B	3 - 5yrs.	6 classes	Wed	11:00 am-12:00 pm	starts Jan 13	$60(R); $78(NR)
View activity: 27137-123D	3 - 5yrs.	6 classes	Wed	10:00-11:00 am	starts Jan 13	$60(R); $78(NR)
North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27137-152A	3 - 5yrs.	6 classes	Mon	4:15-5:00 pm	starts Dec 7	$60(R); $78(NR)
View activity: 27137-152B	3 - 5yrs.	6 classes	Mon	4:15-5:00 pm	starts Jan 18	$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: 27112-152A	0 - 5yrs.	6 classes	Mon & Wed	10:00-10:45 am	starts Dec 14	$50(R); $65(NR)
View activity: 27112-152B	0 - 5yrs.	6 classes	Mon & Wed	10:00-10:45 am	starts Jan 11	$50(R); $65(NR)
View activity: 27112-152C	0 - 5yrs.	6 classes	Mon & Wed	10:00-10:45 am	starts Feb 8	$50(R); $65(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 27112-166A	0 - 5yrs.	4 classes	Sun	12:00-1:00 pm	starts Dec 20	$35(R); $46(NR)
View activity: 27112-166B	0 - 5yrs.	4 classes	Sun	12:00-1:00 pm	starts Jan 24	$35(R); $46(NR)
View activity: 27112-166C	0 - 5yrs.	4 classes	Sun	12:00-1:00 pm	starts Feb 28	$35(R); $46(NR)

CHILDREN

Baseball Skills

Children will learn basics including running, throwing, catching and hitting.

Beltsville Community Center						CountywideSports@pgparks.com
View activity: 27254-199D	6 - 8yrs.	6 classes	Sat	1:00-1:50 pm	starts Jan 16	$50(R); $65(NR)
View activity: 27254-199E	9 - 12yrs.	6 classes	Sat	1:00-1:50 pm	starts Jan 16	$50(R); $65(NR)
Lake Arbor Community Center						**CountywideSports@pgparks.com**
View activity: 27254-199F	6 - 8yrs.	7 classes	Sun	1:00-2:00 pm	starts Jan 17	$50(R); $65(NR)
View activity: 27254-199G	9 - 12yrs.	7 classes	Sun	2:00-2:50 pm	starts Jan 17	$50(R); $65(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!

Palmer Park Community Center						palmerparkcc@pgparks.com
View activity: 27266-157A	6 - 12yrs.	3 classes	Sat	1:00-2:00 pm	starts Dec 5	$15(R); $20(NR)
View activity: 27266-157B	6 - 12yrs.	4 classes	Sat	1:00-2:00 pm	starts Jan 9	$20(R); $26(NR)
View activity: 27266-157C	6 - 12yrs.	4 classes	Sat	1:00-2:00 pm	starts Feb 6	$20(R); $26(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27266-160A	7 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Dec 2	$54(R); $71(NR)
View activity: 27266-160C	7 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jan 20	$54(R); $71(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27266-190A	6 - 8yrs.	10 classes	Sat	10:00-11:00 am	starts Dec 5	$80(R); $104(NR)
View activity: 27266-190C	9 - 12yrs.	10 classes	Sat	11:10 am-12:10 pm	starts Dec 5	$80(R); $104(NR)

Basketball Skills: Children

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 27227-125A	6 - 12yrs.	6 classes	Sat	9:30-10:30 am	starts Dec 5	$48(R); $63(NR)
View activity: 27227-125B	6 - 12yrs.	6 classes	Sat	9:30-10:30 am	starts Jan 23	$48(R); $63(NR)
Glenarden Community Center						**glenardencc@pgparks.com**
View activity: 27227-126A	6 - 12yrs.	6 classes	Thu & Sat	6:00-7:00 pm	starts Dec 3	$40(R); $52(NR)
View activity: 27227-126B	6 - 12yrs.	6 classes	Thu & Sat	7:00-8:00 pm	starts Dec 3	$40(R); $52(NR)
View activity: 27227-126C	6 - 12yrs.	8 classes	Thu & Sat	6:00-7:00 pm	starts Jan 7	$40(R); $52(NR)
View activity: 27227-126D	6 - 12yrs.	8 classes	Thu & Sat	7:00-8:00 pm	starts Jan 7	$40(R); $52(NR)
View activity: 27227-126E	6 - 12yrs.	8 classes	Thu & Sat	6:00-7:00 pm	starts Feb 4	$40(R); $52(NR)
View activity: 27227-126F	6 - 12yrs.	8 classes	Thu & Sat	7:00-8:00 pm	starts Feb 4	$40(R); $52(NR)
Glenn Dale Community Center						**glenndalecc@pgparks.com**
View activity: 27227-127A	6 - 8yrs.	6 classes	Sat	11:15 am-12:15 pm	starts Jan 9	$35(R); $46(NR)
View activity: 27227-127B	9 - 12yrs.	6 classes	Sat	12:30-1:30 pm	starts Jan 9	$35(R); $46(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 27227-134A	6 - 12yrs.	6 classes	Tue	7:15-8:15 pm	starts Dec 1	$54(R); $71(NR)
View activity: 27227-134B	6 - 12yrs.	6 classes	Tue	7:15-8:15 pm	starts Jan 19	$54(R); $71(NR)
Indian Queen Recreation Center						**CountywideSports@pgparks.com**
View activity: 27227-136A	6 - 12yrs.	6 classes	Fri	6:15-7:15 pm	starts Dec 4	$40(R); $52(NR)
View activity: 27227-136B	6 - 12yrs.	6 classes	Fri	6:15-7:15 pm	starts Jan 22	$40(R); $52(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 27227-116C	6 - 8yrs.	6 classes	Sat	9:30-10:15 am	starts Jan 2	$35(R); $46(NR)
View activity: 27227-116E	9 - 12yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Jan 2	$35(R); $46(NR)
View activity: 27227-116D	6 - 8yrs.	6 classes	Sat	9:30-10:15 am	starts Feb 20	$35(R); $46(NR)
View activity: 27227-116F	9 - 12yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Feb 20	$35(R); $46(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 27227-147A	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Dec 2	$54(R); $71(NR)
View activity: 27227-147B	6 - 12yrs.	6 classes	Wed	7:20-8:20 pm	starts Jan 20	$54(R); $71(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27227-153A	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Dec 1	$54(R); $71(NR)
View activity: 27227-153B	6 - 12yrs.	6 classes	Tue	6:50-7:50 pm	starts Jan 19	$54(R); $71(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27227-162A	6 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$50(R); $65(NR)
View activity: 27227-162B	6 - 10yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jan 16	$50(R); $65(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 27227-166a	6 - 8yrs.	4 classes	Sun	2:00-3:00 pm	starts Dec 20	$40(R); $52(NR)
View activity: 27227-166D	9 - 12yrs.	4 classes	Sun	3:00-4:00 pm	starts Dec 20	$45(R); $59(NR)
View activity: 27227-166B	6 - 8yrs.	3 classes	Sun	2:00-3:00 pm	starts Jan 17	$40(R); $52(NR)
View activity: 27227-166E	9 - 12yrs.	4 classes	Sun	3:00-4:00 pm	starts Jan 24	$45(R); $59(NR)
View activity: 27227-166C	6 - 8yrs.	4 classes	Sun	2:00-3:00 pm	starts Feb 28	$40(R); $52(NR)
View activity: 27227-166F	9 - 12yrs.	4 classes	Sun	3:00-4:00 pm	starts Feb 28	$45(R); $59(NR)

Stephen Decatur Community Center						**stephendecaturcc@pgparks.com**
View activity: 27227-180A	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27227-180B	6 - 12yrs.	6 classes	Mon	7:20-8:20 pm	starts Jan 18	$54(R); $71(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27227-181A	6 - 12yrs.	6 classes	Mon	7:10-8:10 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27227-181B	6 - 12yrs.	6 classes	Mon	7:00-8:00 pm	starts Jan 18	$54(R); $71(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 27227-184A	6 - 12yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Dec 5	$54(R); $71(NR)
View activity: 27227-184B	6 - 12yrs.	6 classes	Sat	11:50 am-12:50 pm	starts Jan 23	$54(R); $71(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27227-186A	6 - 12yrs.	6 classes	Wed	7:30-8:30 pm	starts Dec 2	$54(R); $71(NR)
View activity: 27227-186B	6 - 12yrs.	6 classes	Wed	7:30-8:30 pm	starts Jan 20	$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: 27228-104A	6 - 12yrs.	6 classes	Sat	10:15-11:15 am	starts Dec 5	$54(R); $71(NR)
View activity: 27228-104B	6 - 12yrs.	6 classes	Sat	10:15-11:15 am	starts Jan 23	$54(R); $71(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 27228-152A	6 - 8yrs.	6 classes	Sat	12:00-12:45 pm	starts Dec 19	$64(R); $84(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 27228-175C	6 - 12yrs.	6 classes	Sat	9:00-9:45 am	starts Jan 2	$39(R); $51(NR)
View activity: 27228-175A	6 - 12yrs.	6 classes	Tue	6:30-7:15 pm	starts Jan 5	$39(R); $51(NR)
View activity: 27228-175B	6 - 12yrs.	6 classes	Thu	6:30-7:15 pm	starts Jan 7	$39(R); $51(NR)
View activity: 27228-175C1	6 - 12yrs.	6 classes	Sat	9:00-9:45 am	starts Feb 13	$39(R); $51(NR)
View activity: 27228-175A1	6 - 12yrs.	6 classes	Tue	6:30-7:15 pm	starts Feb 16	$39(R); $51(NR)
View activity: 27228-175B1	6 - 12yrs.	6 classes	Thu	6:30-7:15 pm	starts Feb 18	$39(R); $51(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27228-177C	6 - 12yrs.	6 classes	Tue	6:20-7:20 pm	starts Dec 1	$54(R); $71(NR)
View activity: 27228-177A	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Dec 5	$54(R); $71(NR)
View activity: 27228-177D	6 - 12yrs.	6 classes	Tue	6:20-7:20 pm	starts Jan 19	$54(R); $71(NR)
View activity: 27228-177B	6 - 12yrs.	6 classes	Sat	9:50-10:50 am	starts Jan 23	$54(R); $71(NR)

Basketball: Children, Intermediate

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

Berwyn Heights Community Center						**berwynheightscc@pgparks.com**
View activity: 27243-106A	8 - 12yrs.	8 classes	Sat	3:00-3:45 pm	starts Dec 5	$40(R); $52(NR)

Boxing: Children

There's more to boxing than fighting! Learn boxing skill basics and gain so much more. Boxing is a very fun way to get good exercise, improve focus or school, build your confidence, and your self-esteem. Join us in the boxing ring today!

Glenarden Community Center						glenardencc@pgparks.com
View activity: 27230-126A	9 - 12yrs.	7 classes	Tue & Thu	6:00-7:00 pm	starts Dec 8	$40(R); $52(NR)
View activity: 27230-126B	9 - 12yrs.	8 classes	Tue & Thu	6:00-7:00 pm	starts Jan 5	$40(R); $52(NR)
View activity: 27230-126C	9 - 12yrs.	8 classes	Tue & Thu	6:00-7:00 pm	starts Feb 2	$40(R); $52(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 27230-140A	6 - 12yrs.	4 classes	Mon	5:00-5:55 pm	starts Jan 4	$30(R); $39(NR)
View activity: 27230-140B	6 - 12yrs.	4 classes	Mon	5:00-5:55 pm	starts Feb 8	$30(R); $39(NR)

Cheerleading: Children

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

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27231-127A	6 - 8yrs.	6 classes	Sat	1:00-2:00 pm	starts Jan 9	$35(R); $46(NR)
View activity: 27231-127B	8 - 12yrs.	6 classes	Sat	2:00-3:00 pm	starts Jan 9	$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: 27212-123A	7 - 12yrs.	10 classes	Wed	4:30-5:30 pm	starts Dec 9	$170(R); $221(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: 27240-123A	7 - 12yrs.	10 classes	Wed	7:00-8:00 pm	starts Dec 9	$170(R); $221(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: 27239-123B	7 - 12yrs.	10 classes	Wed	6:00-7:00 pm	starts Dec 9	$170(R); $221(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: 27208-123A	7 - 9yrs.	11 classes	Mon	5:30-6:30 pm	starts Dec 7	$187(R); $244(NR)
View activity: 27208-123C	7 - 9yrs.	10 classes	Wed	5:30-6:30 pm	starts Dec 9	$170(R); $221(NR)
View activity: 27208-123E	7 - 9yrs.	10 classes	Thu	5:00-6:00 pm	starts Dec 10	$170(R); $221(NR)
View activity: 27208-123F	7 - 9yrs.	10 classes	Thu	6:00-7:00 pm	starts Dec 10	$170(R); $221(NR)
View activity: 27208-123G	7 - 9yrs.	9 classes	Sat	12:30-1:30 pm	starts Jan 2	$136(R); $177(NR)
View activity: 27208-123H	7 - 9yrs.	8 classes	Sat	11:30 am-12:30 pm	starts Jan 2	$136(R); $177(NR)

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27208-168G	9 - 12yrs.	12 classes	Tue	7:45-8:45 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27208-168H	6 - 8yrs.	12 classes	Tue	4:30-5:30 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27208-168I	6 - 8yrs.	12 classes	Tue	6:45-7:45 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27208-168E	6 - 8yrs.	20 classes	Mon & Wed	6:30-7:30 pm	starts Dec 2	$312(R); $406(NR); $234(IA)
View activity: 27208-168J	6 - 8yrs.	11 classes	Wed	4:30-5:30 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27208-168K	6 - 8yrs.	11 classes	Wed	7:15-8:15 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27208-168Z	6 - 8yrs.	11 classes	Wed	6:30-7:30 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27208-168L	6 - 8yrs.	10 classes	Thu	4:30-5:30 pm	starts Dec 3	$187(R); $244(NR); $141(IA)
View activity: 27208-168BB	9 - 12yrs.	9 classes	Sat	12:30-1:30 pm	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27208-168R	6 - 8yrs.	9 classes	Sat	9:15-10:15 am	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27208-168S	6 - 8yrs.	9 classes	Sat	10:30-11:30 am	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27208-168T	6 - 8yrs.	9 classes	Sat	11:30 am-12:30 pm	starts Dec 5	$153(R); $199(NR); $115(IA)
View activity: 27208-168AA	6 - 8yrs.	9 classes	Mon	4:30-5:30 pm	starts Dec 7	$153(R); $199(NR); $115(IA)
View activity: 27208-168B	6 - 8yrs.	9 classes	Mon	6:30-7:30 pm	starts Dec 7	$153(R); $199(NR); $115(IA)
View activity: 27208-168C	6 - 8yrs.	9 classes	Mon	5:30-6:30 pm	starts Dec 7	$153(R); $199(NR); $115(IA)
View activity: 27208-168D	9 - 12yrs.	9 classes	Mon	7:30-8:30 pm	starts Dec 7	$153(R); $199(NR); $115(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: 27209-123B	7 - 12yrs.	11 classes	Tue	6:00-7:00 pm	starts Dec 8	$187(R); $244(NR)
View activity: 27209-123C	7 - 12yrs.	10 classes	Thu	6:00-7:00 pm	starts Dec 10	$170(R); $221(NR)
View activity: 27209-123D	7 - 12yrs.	9 classes	Sat	10:00-11:00 am	starts Jan 2	$136(R); $177(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: 27244-123B	10 - 12yrs.	10 classes	Thu	7:00-8:00 pm	starts Dec 10	$170(R); $221(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: 27210-123B	6 - 10yrs.	11 classes	Mon	7:30-8:30 pm	starts Dec 7	$187(R); $244(NR)
View activity: 27210-123C	6 - 10yrs.	11 classes	Tue	5:00-6:00 pm	starts Dec 8	$187(R); $244(NR)
View activity: 27210-123D	6 - 10yrs.	11 classes	Tue	7:00-8:00 pm	starts Dec 8	$187(R); $244(NR)
View activity: 27210-123E	6 - 10yrs.	10 classes	Wed	6:30-7:30 pm	starts Dec 9	$170(R); $221(NR)
View activity: 27210-123G	6 - 10yrs.	10 classes	Thu	5:00-6:00 pm	starts Dec 10	$170(R); $221(NR)
View activity: 27210-123H	6 - 10yrs.	9 classes	Sat	12:30-1:30 pm	starts Jan 2	$136(R); $177(NR)
View activity: 27210-123I	6 - 10yrs.	8 classes	Sat	11:30 am-12:30 pm	starts Jan 2	$136(R); $177(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 27210-168D	6 - 12yrs.	12 classes	Tue	6:45-8:00 pm	starts Dec 1	$228(R); $297(NR); $171(IA)
View activity: 27210-168E	6 - 12yrs.	22 classes	Tue & Thu	6:45-8:00 pm	starts Dec 1	$360(R); $$468(R); $270(IA)

View activity: 27210-168F	6 - 12yrs.	11 classes	Wed	5:30-6:45 pm	starts Dec 2	$209(R); $272(NR); $157(IA)
View activity: 27210-168G	6 - 12yrs.	11 classes	Wed	7:15-8:30 pm	starts Dec 2	$209(R); $272(NR); $157(IA)
View activity: 27210-168N	6 - 12yrs.	20 classes	Mon & Wed	7:15-8:30 pm	starts Dec 2	$327(R); $426(NR); $246(IA)
View activity: 27210-168C	6 - 12yrs.	19 classes	Mon & Thu	4:30-5:45 pm	starts Dec 3	$311(R); $405(NR); $234(IA)
View activity: 27210-168I	6 - 12yrs.	10 classes	Thu	6:45-8:00 pm	starts Dec 3	$190(R); $247(NR); $143(IA)
View activity: 27210-168K	6 - 12yrs.	9 classes	Sat	9:15-10:30 am	starts Dec 5	$171(R); $223(NR); $129(IA)
View activity: 27210-168L	6 - 12yrs.	9 classes	Sat	11:30 am-12:45 pm	starts Dec 5	$171(R); $223(NR); $129(IA)
View activity: 27210-168M	6 - 12yrs.	9 classes	Sat	12:30-1:45 pm	starts Dec 5	$171(R); $223(NR); $129(IA)
View activity: 27210-168A	6 - 12yrs.	9 classes	Mon	4:30-5:45 pm	starts Dec 7	$171(R); $223(NR); $129(IA)
View activity: 27210-168B	6 - 12yrs.	9 classes	Mon	7:15-8:30 pm	starts Dec 7	$171(R); $223(NR); $129(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: 27211-123A	6 - 8yrs.	10 classes	Fri	6:30-7:30 pm	starts Dec 11	$170(R); $221(NR)
View activity: 27211-123B	8 - 12yrs.	10 classes	Fri	7:30-8:30 pm	starts Dec 11	$170(R); $221(NR)

Inter-Center Basketball League: Northern Area - Ages 11-12

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Beltsville Community Center						beltsvillecc@pgparks.com
View activity: 27237-105A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 27237-107A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 27237-109A	11 - 12yrs.	11 classes	Sat	9:00 am-9:00 pm	starts Jan 2	$60(R); $78(NR)
Cedar Heights Community Center						**cedarheightscc@pgparks.com**
View activity: 27237-112A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Columbia Park Community Center						**columbiaparkcc@pgparks.com**
View activity: 27237-118A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Deerfield Run Community Center						**deerfieldcc@pgparks.com**
View activity: 27237-120A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 27237-140A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27237-141A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 27237-116A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Largo/Kettering/Perrywood Comm. Center						**largoketteringperrywoodcc@pgparks.com**
View activity: 27237-145A	11 - 12yrs.	11 classes	Sat	9:00 am-9:00 pm	starts Jan 9	$60(R); $78(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 27237-152A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 27237-157A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27237-162A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Rollingcrest-Chillum Community Center						**rollingcrestcc@pgparks.com**
View activity: 27237-171A	11 - 12yrs.	11 classes	Sat	11:00 am-5:15 pm	starts Jan 9	$60(R); $78(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 27237-173B	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 27237-174A	11 - 12yrs.	10 classes	Sat	9:00 am-9:00 pm	starts Jan 3	$60(R); $78(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 27237-187A	11 - 12yrs.	10 classes	Sat	9:00 am-9:00 pm	starts Jan 3	$60(R); $78(NR)

Inter-Center Basketball League: Northern Area - Ages 7-8

Get ready for an exciting season of basketball! Our Youth Basketball League is designed to help players of all skill levels develop fundamental basketball skills, build confidence, and enjoy the game in a fun, positive, and team-oriented environment! Practice times will vary. Game times and game locations will vary. League is for Prince George's County residents only.

Beltsville Community Center						**beltsvillecc@pgparks.com**
View activity: 27235-105A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 27235-109A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Columbia Park Community Center						**columbiaparkcc@pgparks.com**
View activity: 27235-118A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Deerfield Run Community Center						**deerfieldcc@pgparks.com**
View activity: 27235-120A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glenarden Community Center						**glenardencc@pgparks.com**
View activity: 27235-126A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 27235-140A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27235-141A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 27235-116A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 27235-152A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27235-162A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Rollingcrest-Chillum Community Center						**rollingcrestcc@pgparks.com**
View activity: 27235-171A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 27235-173A	7 - 8yrs.	11 classes	Sat	9:00 am-9:00 pm	starts Jan 9	$60(R); $78(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 27235-174A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 27235-187A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Northern Area - Ages 9-10

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Beltsville Community Center						**beltsvillecc@pgparks.com**
View activity: 27236-105A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Berwyn Heights Community Center						**berwynheightscc@pgparks.com**
View activity: 27236-106A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 27236-107A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 27236-109A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Cedar Heights Community Center						**cedarheightscc@pgparks.com**
View activity: 27236-112A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Columbia Park Community Center						**columbiaparkcc@pgparks.com**
View activity: 27236-118A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Deerfield Run Community Center						**deerfieldcc@pgparks.com**
View activity: 27236-120A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glenarden Community Center						**glenardencc@pgparks.com**
View activity: 27236-126A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 27236-140	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27236-141A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 27236-116A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Langley Park Community Center						**langleyparkcc@pgparks.com**
View activity: 27236-143F	9 - 10yrs.	11 classes	Sat	8:00 am-7:30 pm	starts Jan 9	$60(R); $78(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 27236-152A	9 - 10yrs.	11 classes	Sat	9:00 am-9:00 pm	starts Jan 9	$60(R); $78(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27236-162A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Rollingcrest-Chillum Community Center						**rollingcrestcc@pgparks.com**
View activity: 27236-171A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 27236-173A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 27236-187A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Southern Area - Ages 11-12

Get ready for an exciting season of basketball! Our Youth Basketball League is designed to help players of all skill levels develop fundamental basketball skills, build confidence, and enjoy the game in a fun, positive, and team-oriented environment! Practice times will vary. Game times and game locations will vary. League is for Prince George's County residents only.

Baden Community Center						**badencc@pgparks.com**
View activity: 27206-105A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 27206-124A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 27206-125A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 27206-134A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Indian Queen Recreation Center						**CountywideSports@pgparks.com**
View activity: 27206-136A	11 - 12yrs.	10 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
John E. Howard Community Center						**johnehowardcc@pgparks.com**
View activity: 27206-138A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 27206-147A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27206-153A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 27206-155A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27206-160A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 27206-165A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27206-177A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27206-181A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 27206-182A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27206-186A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27206-190A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 27206-191A	11 - 12yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Southern Area - Ages 7-8

Get ready for an exciting season of basketball! Our Youth Basketball League is designed to help players of all skill levels develop fundamental basketball skills, build confidence, and enjoy the game in a fun, positive, and team-oriented environment! Practice times will vary. Game times and game locations will vary. League is for Prince George's County residents only.

Baden Community Center						**badencc@pgparks.com**
View activity: 27204-104A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 27204-124A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 27204-125A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 27204-134A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Indian Queen Recreation Center						**CountywideSports@pgparks.com**
View activity: 27204-136A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 27204-147A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27204-153A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 27204-155A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27204-160A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 27204-165A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27204-177A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27204-181A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 27204-182A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 27204-184A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27204-186A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27204-190A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 27204-191A	7 - 8yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Southern Area - Ages 9-10

Get ready for an exciting season of basketball! Our Youth Basketball League is designed to help players of all skill levels develop fundamental basketball skills, build confidence, and enjoy the game in a fun, positive, and team-oriented environment! Practice times will vary. Game times and game locations will vary. League is for Prince George's County residents only.

Baden Community Center						**badencc@pgparks.com**
View activity: 27205-104A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 27205-124A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 27205-125A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Harmony Hall Regional Center						**harmonyhallrc@pgparks.com**
View activity: 27205-132A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 27205-134A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Indian Queen Recreation Center						**CountywideSports@pgparks.com**
View activity: 27205-136A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
John E. Howard Community Center						**johnehowardcc@pgparks.com**
View activity: 27205-138A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 27205-147A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27205-153A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 27205-155A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27205-160A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 27205-165A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27205-177A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27205-181A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 27205-182A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Tucker Road Community Center						**tuckerroadcc@pgparks.com**
View activity: 27205-184A	9 - 10yrs.	11 classes	Sat	11:00-11:45 am	starts Jan 9	$60(R); $78(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27205-186A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27205-190A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 27205-191A	9 - 10yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(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: 27213-133B	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27213-133A	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27213-133C	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27213-133E	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27213-133F	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27213-133D	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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: 27214-133B	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27214-133A	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27214-133C	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27214-133D	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27215-133B	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27215-133A	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27215-133C	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27215-133D	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27216-133B	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27216-133A	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27216-133C	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27216-133D	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27217-133B	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27217-133A	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27217-133C	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27217-133D	6 - 12yrs.	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27218-133B	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27218-133A	6 - 12yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27218-133C	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27218-133I	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27218-133E	6 - 12yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27218-133G	6 - 12yrs.	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27218-133J	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27218-133F	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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: 27219-133B	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27219-133A	6 - 12yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27219-133C	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27219-133D	6 - 12yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27219-133F	6 - 12yrs.	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27219-133E	6 - 12yrs.	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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						glenndalecc@pgparks.com
View activity: 27265-127AA	6 - 12yrs.	12 classes	Tue & Thu	5:00-6:00 pm	starts Jan 5	$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.

Bowie Community Center						bowiecc@pgparks.com
View activity: 27220-109A	6 - 8yrs.	8 classes	Sat	11:00 am-12:00 pm	starts Dec 19	$56(R); $73(NR)
View activity: 27220-109B	6 - 8yrs.	8 classes	Sat	12:00-1:00 pm	starts Dec 19	$56(R); $73(NR)
Lakeland College Park Community Center						collegeparkcc@pgparks.com
View activity: 27220-116D	6 - 10yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Jan 2	$35(R); $46(NR)
View activity: 27220-116E	6 - 10yrs.	6 classes	Sat	11:30 am-12:15 pm	starts Feb 20	$35(R); $46(NR)
North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27220-153A	6 - 12yrs.	6 classes	Sat	10:20-11:20 am	starts Dec 5	$54(R); $71(NR)
Potomac Landing Comm. Cntr.						potomaclandingcc@pgparks.com
View activity: 27220-165A	6 - 12yrs.	6 classes	Mon	6:20-7:20 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27220-165B	6 - 12yrs.	6 classes	Mon	6:20-7:20 pm	starts Jan 18	$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: 27221-152A	6 - 8yrs.	6 classes	Mon	5:00-5:45 pm	starts Dec 7	$60(R); $78(NR)
View activity: 27221-152B	6 - 8yrs.	6 classes	Mon	5:00-5:45 pm	starts Jan 18	$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: 27283-119A	9 - 12yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$57(R); $75(NR)
View activity: 27283-119B	9 - 12yrs.	6 classes	Sun	6:00-7:00 pm	starts Dec 6	$57(R); $75(NR)
View activity: 27283-119D	9 - 12yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Jan 24	$57(R); $75(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 27283-123B	6 - 11yrs.	12 classes	Tue	5:00-6:00 pm	starts Dec 1	$132(R); $172(NR)
View activity: 27283-123C	6 - 11yrs.	12 classes	Wed	5:00-6:00 pm	starts Dec 2	$132(R); $172(NR)
View activity: 27283-123D	6 - 11yrs.	10 classes	Thu	5:00-6:00 pm	starts Dec 3	$110(R); $143(NR)
View activity: 27283-123A	6 - 11yrs.	12 classes	Mon	5:00-6:00 pm	starts Dec 7	$132(R); $172(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27283-189C	9 - 12yrs.	6 classes	Wed	6:00-7:00 pm	starts Dec 2	$60(R); $78(NR)
View activity: 27283-189A	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 27283-189D	9 - 12yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 20	$60(R); $78(NR)
View activity: 27283-189B	9 - 12yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$60(R); $78(NR)

Tennis: Children, USTA Orange Intermediate

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27284-119A	6 - 8yrs.	6 classes	Sat	10:00-11:00 am	starts Dec 5	$57(R); $75(NR)
View activity: 27284-119B	6 - 8yrs.	6 classes	Sat	10:00-11:00 am	starts Jan 23	$57(R); $75(NR)
View activity: 27284-119C	9 - 12yrs.	6 classes	Sat	10:00-11:00 am	starts Jan 23	$57(R); $75(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27284-189A	9 - 12yrs.	6 classes	Sat	1:00-2:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 27284-189B	9 - 12yrs.	6 classes	Sat	1:00-2:00 pm	starts Jan 23	$60(R); $78(NR)

Tennis: Children, USTA Red Beginner

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27280-119A	6 - 8yrs.	6 classes	Wed	6:00-7:00 pm	starts Dec 2	$57(R); $75(NR)
View activity: 27280-119B	6 - 8yrs.	6 classes	Thu	5:00-6:00 pm	starts Dec 3	$57(R); $75(NR)
View activity: 27280-119D	6 - 8yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 20	$57(R); $75(NR)
View activity: 27280-119E	6 - 8yrs.	6 classes	Thu	5:00-6:00 pm	starts Jan 21	$57(R); $75(NR)

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27280-123B	6 - 11yrs.	12 classes	Tue	4:00-5:00 pm	starts Dec 1	$132(R); $172(NR)
View activity: 27280-123C	6 - 11yrs.	12 classes	Wed	4:00-5:00 pm	starts Dec 2	$132(R); $172(NR)
View activity: 27280-123E	6 - 11yrs.	10 classes	Fri	4:00-5:00 pm	starts Dec 4	$110(R); $143(NR)
View activity: 27280-123F	6 - 11yrs.	12 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$132(R); $172(NR)
View activity: 27280-123A	6 - 11yrs.	12 classes	Mon	4:00-5:00 pm	starts Dec 7	$132(R); $172(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27280-189A	6 - 8yrs.	6 classes	Tue	6:00-7:00 pm	starts Dec 1	$60(R); $78(NR)
View activity: 27280-189C	6 - 8yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 27280-189B	6 - 8yrs.	6 classes	Tue	6:00-7:00 pm	starts Jan 19	$60(R); $78(NR)
View activity: 27280-189D	6 - 8yrs.	6 classes	Sat	11:00 am-12:00 pm	starts Jan 23	$60(R); $78(NR)

Tennis: Children, USTA Red Intermediate

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

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27281-119B	6 - 8yrs.	6 classes	Tue	5:00-6:00 pm	starts Dec 1	$57(R); $75(NR)
View activity: 27281-119A	6 - 8yrs.	6 classes	Mon	6:00-7:00 pm	starts Dec 7	$57(R); $75(NR)
View activity: 27281-119C	9 - 12yrs.	6 classes	Mon	6:00-7:00 pm	starts Jan 18	$57(R); $75(NR)
View activity: 27281-119D	6 - 8yrs.	6 classes	Tue	5:00-6:00 pm	starts Jan 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: 27282-119A	6 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Dec 3	$57(R); $75(NR)
View activity: 27282-119B	6 - 12yrs.	6 classes	Thu	6:00-7:00 pm	starts Jan 21	$57(R); $75(NR)

Tennis: Home-School, Children

Tennis starts with LOVE! Get your child excited about this "sport of kings" in our fun-filled class. Tennis players benefit from the exercise, brain development that may lead to better grades, improved hand-eye coordination plus increased strength and flexibility. Register for a win in life and on the court!

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27250-123B	6 - 12yrs.	10 classes	Thu	11:00 am-12:00 pm	starts Dec 3	$110(R); $143(NR)
View activity: 27250-123A	6 - 12yrs.	12 classes	Mon	11:00 am-12:00 pm	starts Dec 7	$132(R); $172(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27250-189A	6 - 12yrs.	6 classes	Wed	12:00-1:00 pm	starts Dec 2	$60(R); $78(NR)
View activity: 27250-189B	6 - 12yrs.	6 classes	Wed	12:00-1:00 pm	starts Jan 20	$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: 27273-118D	10 - 12yrs.	26 classes	Tue & Thu	5:30-6:30 pm	starts Dec 1	$50(R); $65(NR)

TEENS

Baseball Skills: Teens

Teens will learn basics including running, throwing, catching and hitting.

Beltsville Community Center						CountywideSports@pgparks.com
View activity: 27346-199L	13 - 17yrs.	6 classes	Sat	2:00-2:45 pm	starts Jan 16	$50(R); $65(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27346-141A	13 - 17yrs.	7 classes	Sun	3:00-3:50 pm	starts Jan 17	$50(R); $65(NR)
Prince George's Stadium						**CountywideSports@pgparks.com**
View activity: 27346-199B	13 - 17yrs.	4 classes	Wed	5:30-6:30 pm	starts Jan 6	$40(R); $52(NR)
View activity: 27346-199C	13 - 17yrs.	4 classes	Wed	6:30-8:00 pm	starts Jan 6	$40(R); $52(NR)
View activity: 27346-199D	13 - 17yrs.	3 classes	Sat	10:30 am-12:00 pm	starts Jan 16	$40(R); $52(NR)
View activity: 27346-199F	13 - 17yrs.	4 classes	Wed	5:30-6:30 pm	starts Feb 3	$40(R); $52(NR)
View activity: 27346-199G	13 - 17yrs.	4 classes	Wed	6:30-8:00 pm	starts Feb 3	$40(R); $52(NR)
View activity: 27346-199H	13 - 17yrs.	6 classes	Sat	10:30 am-12:00 pm	starts Feb 6	$50(R); $65(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						glenndalecc@pgparks.com
View activity: 27318-127A	13 - 17yrs.	6 classes	Sat	1:30-2:30 pm	starts Jan 9	$35(R); $46(NR)
Palmer Park Community Center						**palmerparkcc@pgparks.com**
View activity: 27318-157A	13 - 17yrs.	3 classes	Sat	2:30-3:30 pm	starts Dec 5	$15(R); $20(NR)
View activity: 27318-157B	13 - 17yrs.	4 classes	Sat	2:30-3:30 pm	starts Jan 9	$20(R); $26(NR)
View activity: 27318-157C	13 - 17yrs.	4 classes	Sat	2:30-3:30 pm	starts Feb 6	$20(R); $26(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27318-162A	13 - 17yrs.	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$50(R); $65(NR)
View activity: 27318-162B	13 - 17yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 16	$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: 27343-140A	13 - 17yrs.	4 classes	Mon	6:00-6:55 pm	starts Jan 4	$30(R); $39(NR)
View activity: 27343-140B	13 - 17yrs.	4 classes	Mon	6:00-6:55 pm	starts Feb 8	$30(R); $39(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: 27316-168A	13 - 17yrs.	12 classes	Tue	7:45-8:45 pm	starts Dec 1	$204(R); $266(NR); $153(IA)

Inter-Center Basketball League: Northern Area - Ages 13-14

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 27311-107A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Bowie Community Center						**bowiecc@pgparks.com**
View activity: 27311-109A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Cedar Heights Community Center						**cedarheightscc@pgparks.com**
View activity: 27311-112A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(NR)
Deerfield Run Community Center						**deerfieldcc@pgparks.com**
View activity: 27311-120A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27311-141A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lakeland College Park Community Center						**collegeparkcc@pgparks.com**
View activity: 27311-116A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Largo/Kettering/Perrywood Comm. Center						**largoketteringperrywoodcc@pgparks.com**
View activity: 27311-145A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Brentwood Community Center						**northbrentwoodcc@pgparks.com**
View activity: 27311-152A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Peppermill Community Center						**peppermillcc@pgparks.com**
View activity: 27311-162A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Seat Pleasant Activity Center						**seatpleasantcc@pgparks.com**
View activity: 27311-173A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 27311-187A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Southern Area - Ages 13-14

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Baden Community Center						**badencc@pgparks.com**
View activity: 27306-105A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Fort Washington Forest Community Center						**fortwashingtoncc@pgparks.com**
View activity: 27306-124A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Glassmanor Community Center						**glassmanorcc@pgparks.com**
View activity: 27306-125A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Hillcrest Heights Community Center						**hillcrestheightscc@pgparks.com**
View activity: 27306-134A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Indian Queen Recreation Center						**CountywideSports@pgparks.com**
View activity: 27306-136A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Marlow Heights Community Center						**marlowheightscc@pgparks.com**
View activity: 27306-147A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27306-153A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Oakcrest Community Center						**oakcrestcc@pgparks.com**
View activity: 27306-155A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27306-160A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 27306-165A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 2	$60(R); $78(NR)
Southern Region Technology & Recreation						**techrec@pgparks.com**
View activity: 27306-177A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Suitland Community Center						**suitlandcc@pgparks.com**
View activity: 27306-181A	13 - 14yrs.	11 classes	Sat	9:00 am-9:00 pm	starts Jan 9	$60(R); $78(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 27306-182A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27306-186A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27306-190A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 27306-191A	13 - 14yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

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: 27344-133C	13 - 17yrs.	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27344-133A	13 - 17yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27344-133B	13 - 17yrs.	6 classes	Sat	11:30 am-12:00 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27344-133D	13 - 17yrs.	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27345-133A	13 - 17yrs.	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27345-133B	13 - 17yrs.	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)

Sisters In Sports

Girls, join us for a unique program that combines basic athletic instruction and fun! Adopt a healthy lifestyle, experience personal growth, and form friendships!

Bladensburg Community Center						**bladensburgcc@pgparks.com**
View activity: 27347-107A	13 - 14yrs.	1 class	Fri	7:00-10:00 pm	starts Jan 8	Free
Huntington Community Center						**huntingtoncc@pgparks.com**
View activity: 27347-135A	10 - 14yrs.	1 class	Fri	7:00-10:00 pm	starts Dec 4	Free
Vansville Community Center						**vansvillecc@pgparks.com**
View activity: 27347-187A	13 - 14yrs.	1 class	Fri	7:00-10:00 pm	starts Feb 5	Free

Soccer Skills: Teens

Learn basic soccer skills including dribbling, passing, shooting, and tending goal.

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27323-152A	13 - 17yrs.	6 classes	Sat	11:00 am-11:45 pm	starts Dec 19	$30(R); $39(NR)

Tennis: Advanced 1

High school play level or formal tournament experience.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27304-123B	13 - 17yrs.	12 classes	Sat	2:00-4:00 pm	starts Dec 5	$216(R); $281(NR)

Tennis: Teens, Beginner

The ball is in your court! Start to learn basic tennis skills in this exciting course today! Tennis is great exercise for building self-confidence, hand-eye coordination, strength, and muscle tone. Tennis is fantastic for brain function. Sports like tennis require quick thinking, which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and do not miss this opportunity to learn a new sport while getting healthy!

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27302-119A	13 - 17yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Dec 6	$57(R); $75(NR)
View activity: 27302-119B	13 - 17yrs.	6 classes	Sun	11:00 am-12:00 pm	starts Jan 24	$57(R); $75(NR)
Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27302-123A	13 - 17yrs.	12 classes	Wed	6:00-7:00 pm	starts Dec 2	$132(R); $172(NR)
Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27302-189A	13 - 17yrs.	6 classes	Sat	2:00-3:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 27302-189B	13 - 17yrs.	6 classes	Sat	2:00-3:00 pm	starts Jan 23	$60(R); $78(NR)

Tennis: Teens, Intermediate

You got served! Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate tennis skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Tennis is a great for hand-eye coordination, strength, muscle tone, and is fantastic for brain function. Sports like tennis require quick thinking which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and enroll today.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27303-119A	13 - 17yrs.	6 classes	Fri	6:00-7:00 pm	starts Dec 4	$57(R); $75(NR)
View activity: 27303-119B	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Dec 5	$57(R); $75(NR)
View activity: 27303-119C	13 - 17yrs.	6 classes	Fri	5:00-6:00 pm	starts Jan 22	$57(R); $75(NR)
View activity: 27303-119D	13 - 17yrs.	6 classes	Sat	1:00-2:00 pm	starts Jan 23	$57(R); $75(NR)

Volleyball: Teens

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other teens excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27322-118D	13 - 16yrs.	26 classes	Tue & Thu	6:30-7:30 pm	starts Dec 1	$50(R); $65(NR)

ADULTS

Gymnastics: Adults

Lift your body and lift your spirits! You can remain flexible at any age when you begin with basic gymnastic skills. We'll show you, in a safe and fun environment, how to become more bendable with your muscles. Sign up today and cultivate comradery with your new friends. Watch your love for gymnastics grow as your strength, balance, and mood improves by the end of our course.

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27416-123A	18 & up	10 classes	Wed	8:00-9:00 pm	starts Dec 9	$180(R); $234(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27416-168C	18 & up	10 classes	Thu	7:30-8:45 pm	starts Dec 3	$190(R); $247(NR); $143(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: 27401-133A	18 & up	6 classes	Sat	7:00-8:30 am	starts Jan 9	$105(R); $137(NR)
View activity: 27401-133B	18 & up	6 classes	Sat	7:00-8:30 am	starts Feb 20	$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: 27420-133C	18 & up	6 classes	Mon	6:15-6:45 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27420-133A	18 & up	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27420-133B	18 & up	6 classes	Sat	12:45-1:15 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27420-133D	18 & up	6 classes	Sat	11:00-11:30 am	starts Feb 20	$85(R); $111(NR)
View activity: 27420-133E	18 & up	6 classes	Sat	12:45-1:15 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27420-133F	18 & up	6 classes	Mon	6:15-6:45 pm	starts Feb 22	$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: 27421-133C	18 & up	6 classes	Mon	6:45-7:15 pm	starts Jan 4	$85(R); $111(NR)
View activity: 27421-133A	18 & up	6 classes	Sat	11:00-11:30 am	starts Jan 9	$85(R); $111(NR)
View activity: 27421-133B	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$85(R); $111(NR)
View activity: 27421-133D	18 & up	6 classes	Sat	11:00-11:30 am	starts Feb 20	$85(R); $111(NR)
View activity: 27421-133E	18 & up	6 classes	Sat	12:15-12:45 pm	starts Feb 20	$85(R); $111(NR)
View activity: 27421-133F	18 & up	6 classes	Mon	6:45-7:15 pm	starts Feb 22	$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: 27431-185A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Ice Skating: Learn-to-Skate, Adult Level 2

Enjoy the magic of ice-skating! In this course for adults, skaters will learn to forward skate across the width of the ice; forward one-foot glides, right and left; forward slalom; skate backward; backward swizzles; and two-foot turns in place.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27432-185A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Ice Skating: Learn-to-Skate, Adult Level 3

Continue your ice-skating journey! In this course skaters will learn to forward stoke using the blade properly (begin with repetitive one-foot pushes); forward half-swizzle pumps on the circle; move forward and backward and backward to forward two-foot turn on a circle; skate backward into a long two-foot glide; forward chases on a circle; and backward snowplow stop, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27433-185A	18 & up	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Ice Skating: Learn-to-Skate, Adult Level 4

Continue your ice-skating journey! In this course skaters will learn to forward outside edge on a circle, right and left; forward inside the edge on a circle, right and left; forward crossovers; backward one-foot glides, right and left; backward half-swizzle pumps on a circle; and hockey-stop in both directions.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27434-185A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)

Ice Skating: Learn-to-Skate, Adult Level 5

Build a strong foundation for ice-skating. In this course skaters will learn backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three turn, right and left; forward swing rolls to a count of six; and a beginner's two-foot spin.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 27435-185A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$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: 27436-185A	18 & up	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)

Pickleball: Adults

Pickleball combines elements of tennis, table tennis, and badminton. Gain greater balance, flexibility, endurance, and energy with each game you play. Get great exercise without being too strenuous. This is a popular sport all over the world and is one of the fastest growing games in North America. Register today and begin to play the game.

John E. Howard Community Center						johnehowardcc@pgparks.com
View activity: 27429-138C	18 & up	6 classes	Tue	3:30-5:00 pm	starts Dec 1	$54(R); $71(NR)
View activity: 27429-138A	18 & up	6 classes	Thu	6:30-8:00 pm	starts Dec 3	$54(R); $71(NR)
View activity: 27429-138D	18 & up	6 classes	Tue	3:30-5:00 pm	starts Jan 19	$54(R); $71(NR)
View activity: 27429-138B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jan 21	$54(R); $71(NR)
Kentland Community Center						kentlandcc@pgparks.com
View activity: 27429-140A	18 & up	4 classes	Thu	2:00-3:00 pm	starts Jan 7	$25(R); $33(NR)
View activity: 27429-140B	18 & up	4 classes	Thu	2:00-3:00 pm	starts Feb 11	$25(R); $33(NR)

North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27429-153A	18 & up	6 classes	Wed	6:30-8:00 pm	starts Dec 2	$54(R); $71(NR)
View activity: 27429-153B	18 & up	6 classes	Wed	6:30-8:00 pm	starts Jan 20	$54(R); $71(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 27429-160A	18 & up	6 classes	Mon	6:30-8:00 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27429-160B	18 & up	6 classes	Mon	6:30-8:00 pm	starts Jan 18	$54(R); $71(NR)
Potomac Landing Comm. Cntr.						**potomaclandingcc@pgparks.com**
View activity: 27429-165A	18 & up	6 classes	Thu	7:00-8:30 pm	starts Dec 3	$54(R); $71(NR)
View activity: 27429-165B	18 & up	6 classes	Thu	7:00-8:30 pm	starts Jan 21	$54(R); $71(NR)
Temple Hills Community Center						**templehillscc@pgparks.com**
View activity: 27429-182A	18 & up	6 classes	Tue	9:00-10:30 am	starts Dec 1	$54(R); $71(NR)
View activity: 27429-182B	18 & up	6 classes	Tue	9:00-10:30 am	starts Jan 19	$54(R); $71(NR)

Tennis: Adults, Cardio

A fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Class includes a warm-up, cardio workout, and cool down segment, and features short cycles of high intensity workout and periods of rest. Skills include running, moving sideways, stretching, forehands, backhands, volleys. No previous experience required.

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27425-189A	18 & up	6 classes	Sat	11:00 am-12:00 pm	starts Dec 5	$60(R); $78(NR)
View activity: 27425-189B	18 & up	6 classes	Sat	11:00 am-12:00 pm	starts Jan 23	$60(R); $78(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: 27402-119A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Dec 1	$63(R); $82(NR)
View activity: 27402-119B	18 & up	6 classes	Fri	6:00-7:00 pm	starts Dec 4	$63(R); $82(NR)
View activity: 27402-119C	18 & up	6 classes	Sun	6:00-7:00 pm	starts Dec 6	$63(R); $82(NR)
View activity: 27402-119D	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jan 19	$63(R); $82(NR)
View activity: 27402-119E	18 & up	6 classes	Fri	6:00-7:00 pm	starts Jan 22	$63(R); $82(NR)
View activity: 27402-119F	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jan 24	$63(R); $82(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 27402-123A	18 & up	6 classes	Tue	6:00-7:00 pm	starts Dec 1	$60(R); $78(NR)
View activity: 27402-123C	18 & up	6 classes	Sat	10:00-11:00 am	starts Dec 5	$60(R); $78(NR)
View activity: 27402-123B	18 & up	6 classes	Tue	6:00-7:00 pm	starts Jan 12	$60(R); $78(NR)
View activity: 27402-123D	18 & up	6 classes	Sat	10:00-11:00 am	starts Jan 16	$60(R); $78(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27402-189A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Dec 1	$60(R); $78(NR)
View activity: 27402-189E	18 & up	6 classes	Sat	9:00-10:00 am	starts Dec 5	$60(R); $78(NR)
View activity: 27402-189C	18 & up	6 classes	Sun	12:00-1:00 pm	starts Dec 6	$60(R); $78(NR)
View activity: 27402-189B	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jan 19	$60(R); $78(NR)
View activity: 27402-189F	18 & up	6 classes	Sat	9:00-10:00 am	starts Jan 23	$60(R); $78(NR)
View activity: 27402-189D	18 & up	6 classes	Sun	12:00-1:00 pm	starts Jan 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: 27403-119B	18 & up	6 classes	Sun	1:00-2:00 pm	starts Dec 6	$63(R); $82(NR)
View activity: 27403-119A	18 & up	6 classes	Mon	7:00-8:00 pm	starts Dec 7	$63(R); $82(NR)
View activity: 27403-119C	18 & up	6 classes	Mon	7:00-8:00 pm	starts Jan 18	$63(R); $82(NR)
View activity: 27403-119D	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jan 24	$63(R); $82(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27403-189A	18 & up	6 classes	Wed	7:00-8:00 pm	starts Dec 2	$60(R); $78(NR)
View activity: 27403-189C	18 & up	6 classes	Sun	1:00-2:00 pm	starts Dec 6	$60(R); $78(NR)
View activity: 27403-189B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jan 20	$60(R); $78(NR)
View activity: 27403-189D	18 & up	6 classes	Sun	1:00-2:00 pm	starts Jan 24	$60(R); $78(NR)

Tennis: Doubles Drill

Tennis anyone? Youve got the moves and we've got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! Well get you ready for center court!

Fairland Sports Complex						fairlandsports@pgparks.com
View activity: 27407-123C	18 & up	12 classes	Sat	9:00-11:00 am	starts Dec 5	$264(R); $344(NR)
View activity: 27407-123A	18 & up	12 classes	Mon	12:00-2:00 pm	starts Dec 7	$264(R); $344(NR)
View activity: 27407-123B	18 & up	12 classes	Mon	7:00-9:00 pm	starts Dec 7	$264(R); $344(NR)

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

Watkins Tennis Bubble						watkinstennisbubble@pgparks.com
View activity: 27410-189A	18 & up	6 classes	Sun	5:00-7:00 pm	starts Dec 6	$120(R); $156(NR)
View activity: 27410-189B	18 & up	6 classes	Sun	5:00-7:00 pm	starts Jan 24	$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: 27404-119A	18 & up	6 classes	Tue	7:00-8:00 pm	starts Dec 1	$63(R); $82(NR)
View activity: 27404-119B	18 & up	6 classes	Wed	7:00-8:00 pm	starts Dec 2	$63(R); $82(NR)
View activity: 27404-119C	18 & up	6 classes	Sun	2:00-3:00 pm	starts Dec 6	$63(R); $82(NR)
View activity: 27404-119D	18 & up	6 classes	Tue	7:00-8:00 pm	starts Jan 19	$63(R); $82(NR)
View activity: 27404-119E	18 & up	6 classes	Wed	7:00-8:00 pm	starts Jan 20	$63(R); $82(NR)
View activity: 27404-119F	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jan 24	$63(R); $82(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 27404-123A	18 & up	10 classes	Thu	7:00-9:00 pm	starts Dec 3	$220(R); $286(NR)
View activity: 27404-123C	18 & up	12 classes	Sat	8:30-10:00 am	starts Dec 5	$198(R); $258(NR)
View activity: 27404-123B	18 & up	12 classes	Mon	7:00-9:00 pm	starts Dec 7	$264(R); $344(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27404-189C	18 & up	6 classes	Fri	7:00-8:00 pm	starts Dec 4	$60(R); $78(NR)
View activity: 27404-189A	18 & up	6 classes	Sun	2:00-3:00 pm	starts Dec 6	$60(R); $78(NR)

View activity: 27404-189D	18 & up	6 classes	Fri	7:00-8:00 pm	starts Jan 22	$60(R); $78(NR)
View activity: 27404-189B	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jan 24	$60(R); $78(NR)

Tennis: Intermediate 2

Learn advanced tennis skills.

Cosca Tennis Bubble						coscatennisbubble@pgparks.com
View activity: 27405-119A	18 & up	6 classes	Thu	7:00-8:00 pm	starts Dec 3	$63(R); $82(NR)
View activity: 27405-119B	18 & up	6 classes	Sun	2:00-3:00 pm	starts Dec 6	$63(R); $82(NR)
View activity: 27405-119C	18 & up	6 classes	Thu	7:00-8:00 pm	starts Jan 21	$63(R); $82(NR)
View activity: 27405-119D	18 & up	6 classes	Sun	2:00-3:00 pm	starts Jan 24	$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: 27411-123A	18 & up	12 classes	Tue	7:00-9:00 pm	starts Dec 1	$264(R); $344(NR)
View activity: 27411-123B	18 & up	10 classes	Fri	11:00 am-1:00 pm	starts Dec 4	$220(R); $286(NR)

MIXED AGES

Baseball Clinic

Participants will learn how to improve throwing, catching, and batting. Players will be learning through age-appropriate drills. FREE for Prince George's County Residents.

Prince George's Stadium						CountywideSports@pgparks.com
View activity: 276107-199B	8 - 13yrs.	3 classes	Sat	9:00-10:30 am	starts Jan 16	$30(R); $39(NR)
View activity: 276107-199C	8 - 13yrs.	6 classes	Sat	9:00-10:30 am	starts Feb 6	$50(R); $65(NR)

Basketball Skills: Mixed Ages

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

North Forestville Community Center						northforestvillecc@pgparks.com
View activity: 27667-153A	6 - 13yrs.	6 classes	Sat	12:15-1:15 pm	starts Dec 5	$54(R); $71(NR)
View activity: 27667-153B	6 - 13yrs.	6 classes	Sat	12:15-1:15 pm	starts Jan 23	$54(R); $71(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.

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27628-152A	9 - 16yrs.	6 classes	Sat	2:00-2:45 pm	starts Dec 19	$64(R); $84(NR)
South Bowie Community Center						**southbowiecc@pgparks.com**
View activity: 27628-174A	5 - 8yrs.	8 classes	Sat	11:30 am-12:30 pm	starts Dec 19	$50(R); $65(NR)
View activity: 27628-174B	9 - 14yrs.	8 classes	Sat	12:45-1:45 pm	starts Dec 19	$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.

South Bowie Community Center						southbowiecc@pgparks.com
View activity: 27629-174C	10 - 15yrs.	8 classes	Sat	2:00-3:00 pm	starts Dec 19	$50(R); $65(NR)

Cheerleading: Mixed Ages

I've got spirit! Yes, I do! I've got spirit, how about you?! We'll coach you in basic jumps and tumbles from the sport of cheerleading. Gain greater self-confidence, flexibility, strength, and feel motivated to face your day! Join our cheer squad and build relationships with new friends while you fly high with tumbles, jumps, and team spirit!

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 27631-152A	5 - 13yrs.	6 classes	Wed	5:00-6:00 pm	starts Dec 16	$54(R); $71(NR)
View activity: 27631-152B	5 - 13yrs.	6 classes	Wed	5:00-6:00 pm	starts Feb 3	$54(R); $71(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27631-190A	5 - 12yrs.	4 classes	Mon	6:00-7:00 pm	starts Dec 7	$36(R); $47(NR)
View activity: 27631-190B	5 - 13yrs.	4 classes	Mon	6:00-7:00 pm	starts Jan 4	$36(R); $47(NR)
View activity: 27631-190C	5 - 13yrs.	4 classes	Mon	6:00-7:00 pm	starts Feb 1	$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: 276034-185A	6 & up	6 classes	Sat	9:00-10:45 am	starts Jan 9	$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: 276033-107A	8 - 13yrs.	4 classes	Wed	6:00-7:00 pm	starts Dec 16	$20(R); $26(NR)
View activity: 276033-107B	8 - 13yrs.	5 classes	Wed	6:00-7:00 pm	starts Jan 20	$25(R); $33(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: 27657-123A	5 - 8yrs.	8 classes	Sat	1:00-2:00 pm	starts Jan 2	$136(R); $177(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27657-168A	6 & up	12 classes	Tue	7:00-8:15 pm	starts Dec 1	$228(R); $297(NR); $171(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: 27634-123B	5 - 8yrs.	10 classes	Wed	5:00-5:45 pm	starts Dec 9	$155(R); $202(NR)
View activity: 27634-123C	5 - 8yrs.	8 classes	Sat	11:00-11:45 am	starts Jan 2	$124(R); $162(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27634-168B	5 - 8yrs.	12 classes	Tue	4:30-5:30 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27634-168C	5 - 8yrs.	12 classes	Tue	5:45-6:45 pm	starts Dec 1	$201(R); $262(NR); $151(IA)
View activity: 27634-168F	9 - 17yrs.	12 classes	Tue	6:45-7:45 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27634-168A	5 - 8yrs.	11 classes	Wed	6:30-7:30 pm	starts Dec 2	$187(R); $244(NR); $141(IA)
View activity: 27634-168E	5 - 8yrs.	9 classes	Sat	9:15-10:15 am	starts Dec 5	$153(R); $199(NR); $115(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: 27608-123A	5 - 6yrs.	11 classes	Mon	4:30-5:15 pm	starts Dec 7	$170(R); $221(NR)
View activity: 27608-123B	5 - 6yrs.	11 classes	Mon	6:30-7:15 pm	starts Dec 7	$170(R); $221(NR)
View activity: 27608-123D	5 - 6yrs.	11 classes	Tue	5:00-5:45 pm	starts Dec 8	$170(R); $221(NR)
View activity: 27608-123E	5 - 6yrs.	10 classes	Wed	4:30-5:15 pm	starts Dec 9	$155(R); $202(NR)
View activity: 27608-123H	5 - 6yrs.	8 classes	Sat	11:30 am-12:15 pm	starts Jan 2	$124(R); $162(NR)
View activity: 27608-123I	5 - 6yrs.	8 classes	Sat	12:30-1:15 pm	starts Jan 2	$124(R); $162(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: 27609-168C	7 - 17yrs.	12 classes	Tue	5:45-7:00 pm	starts Dec 1	$228(R); $297(NR); $171(IA)
View activity: 27609-168D	7 - 17yrs.	22 classes	Tue & Thu	5:45-7:00 pm	starts Dec 1	$360(R); $$468(R); $270(IA)
View activity: 27609-168B	7 - 17yrs.	20 classes	Mon & Wed	7:00-8:15 pm	starts Dec 2	$327(R); $426(NR); $246(IA)
View activity: 27609-168F	7 - 17yrs.	10 classes	Thu	5:45-7:00 pm	starts Dec 3	$190(R); $247(NR); $143(IA)
View activity: 27609-168I	7 - 17yrs.	10 classes	Thu	6:45-8:00 pm	starts Dec 3	$190(R); $247(NR); $143(IA)
View activity: 27609-168G	7 - 17yrs.	9 classes	Sat	9:15-10:30 am	starts Dec 5	$171(R); $223(NR); $129(IA)
View activity: 27609-168H	7 - 17yrs.	9 classes	Sat	11:30 am-12:45 pm	starts Dec 5	$171(R); $223(NR); $129(IA)
View activity: 27609-168A	7 - 17yrs.	9 classes	Mon	7:00-8:15 pm	starts Dec 7	$171(R); $223(NR); $129(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: 27610-168A	8 - 17yrs.	12 classes	Tue	7:00-8:30 pm	starts Dec 1	$245(R); $319(NR); $184(IA)
View activity: 27610-168B	8 - 17yrs.	22 classes	Tue & Thu	7:00-8:30 pm	starts Dec 1	$388(R); $505(NR); $291(IA)
View activity: 27610-168C	8 - 17yrs.	11 classes	Wed	7:00-8:30 pm	starts Dec 2	$224(R); $292(NR); $168(IA)
View activity: 27610-168F	8 - 17yrs.	20 classes	Mon & Wed	7:00-8:30 pm	starts Dec 2	$353(R); $459(NR); $265(IA)
View activity: 27610-168D	8 - 17yrs.	10 classes	Thu	7:00-8:30 pm	starts Dec 3	$204(R); $266(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: 27640-123A	8 - 17yrs.	11 classes	Tue	7:00-8:30 pm	starts Dec 8	$226(R); $294(NR)
View activity: 27640-123B	8 - 17yrs.	10 classes	Thu	7:00-8:30 pm	starts Dec 10	$206(R); $268(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: 27613-168A	4 - 6yrs.	12 classes	Tue	1:00-2:00 pm	starts Dec 1	$204(R); $266(NR); $153(IA)
View activity: 27613-168B	7 - 17yrs.	12 classes	Tue	1:00-2:00 pm	starts Dec 1	$204(R); $266(NR); $153(IA)

Gymnastics: Home-School, Girls, Silver & Gold

Improve your gymnastic skills with us! Get ready to learn bridges, round-offs, and handstand rolls. Well 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: 27671-168A	6 - 17yrs.	12 classes	Tue	2:00-3:00 pm	starts Dec 1	$204(R); $266(NR); $153(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: 27685-168A	8 - 14yrs.	9 classes	Mon	5:30-6:30 pm	starts Dec 7	$153(R); $199(NR); $115(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: 27615-123A	8 - 13yrs.	11 classes	Tue	7:00-8:00 pm	starts Dec 8	$187(R); $244(NR)
Prince George's Sports & Learning Complex						**splex-distribution@pgparks.com**
View activity: 27615-168A	6 - 17yrs.	12 classes	Tue	7:45-8:45 pm	starts Dec 1	$204(R); $266(NR); $153(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: 27616-168A	6 - 17yrs.	11 classes	Wed	7:30-8:45 pm	starts Dec 2	$209(R); $272(NR); $157(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: 27617-168A	7 - 17yrs.	11 classes	Wed	7:30-8:45 pm	starts Dec 2	$209(R); $272(NR); $157(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: 276111-190A	8 - 15yrs.	8 classes	Mon	10:30-11:30 am	starts Dec 7	$64(R); $84(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: 276112-135A	5 - 8yrs.	8 classes	Wed	12:00-1:00 pm	starts Jan 6	$64(R); $84(NR)

North Brentwood Community Center						northbrentwoodcc@pgparks.com
View activity: 276112-152A	5 - 8yrs.	6 classes	Wed	4:00-5:00 pm	starts Dec 16	$64(R); $84(NR)
View activity: 276112-152B	5 - 8yrs.	6 classes	Wed	4:00-5:00 pm	starts Jan 27	$64(R); $84(NR)

Inter-Center Basketball League: Northern Area - Ages 5-6

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents with a valid M-NCPPC Youth ID membership and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Columbia Park Community Center						columbiaparkcc@pgparks.com
View activity: 27633-118A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Lake Arbor Community Center						**lakearborcc@pgparks.com**
View activity: 27633-141A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Prince George's Plaza Community Center						**princegeorgesplazacc@pgparks.com**
View activity: 27633-166A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)

Inter-Center Basketball League: Southern Area - Ages 5-6

This developmental basketball league teaches fundamental instructional skills. Practices and game times will vary. Participants must be Prince George's County residents with a valid M-NCPPC Youth ID membership and must sign a code of conduct waiver at the time of registration. Only in-person registration is allowed for this activity. A complete schedule (dates and times) will be distributed once the registration period ends.

Marlow Heights Community Center						marlowheightscc@pgparks.com
View activity: 27602-147A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
North Forestville Community Center						**northforestvillecc@pgparks.com**
View activity: 27602-153	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$120(R); $156(NR)
Southern Area Aquatics & Recreation Complex						**saarc@pgparks.com**
View activity: 27602-175A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
Westphalia Community Center						**westphaliacc@pgparks.com**
View activity: 27602-190A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(NR)
William Beanes Community Center						**williambeanescc@pgparks.com**
View activity: 27602-191A	5 - 6yrs.	11 classes	Sat	9:00 am-5:00 pm	starts Jan 9	$60(R); $78(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: 27618-133A	8 - 17yrs.	6 classes	Tue	6:15-7:30 pm	starts Jan 5	$105(R); $137(NR)
View activity: 27618-133B	8 - 17yrs.	6 classes	Tue	6:15-7:30 pm	starts Feb 23	$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: 27619-133A	6 & up	6 classes	Sat	9:45-10:45 am	starts Jan 9	$95(R); $124(NR)
View activity: 27619-133B	6 & up	6 classes	Sat	9:45-10:45 am	starts Feb 20	$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: 27620-133A	4 - 12yrs.	6 classes	Sat	9:45-10:45 am	starts Jan 9	$95(R); $124(NR)
View activity: 27620-133B	4 - 12yrs.	6 classes	Sat	9:45-10:45 am	starts Feb 20	$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: 27621-133A	6 & up	6 classes	Mon	7:15-8:15 pm	starts Jan 4	$105(R); $137(NR)
View activity: 27621-133B	6 & up	6 classes	Mon	7:15-8:15 pm	starts Feb 22	$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: 27622-133A	6 - 17yrs.	6 classes	Sat	8:45-9:30 am	starts Jan 9	$95(R); $124(NR)
View activity: 27622-133B	6 - 17yrs.	6 classes	Sat	8:45-9:30 am	starts Feb 20	$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: 27623-133A	6 - 17yrs.	6 classes	Sat	8:45-9:30 am	starts Jan 9	$95(R); $124(NR)
View activity: 27623-133B	6 - 17yrs.	6 classes	Sat	8:45-9:30 am	starts Feb 20	$95(R); $124(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: 276012-185A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)
View activity: 276012-185B	6 - 16yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Learn to Skate: Basic 2

Get back out on the ice! Build your ice-skating skills. In this course, skaters will learn scooter pushes; forward one-foot glides; backward two-foot glide; glide the length of the skater's height; rocking horse (one forward swizzle, one backward swizzle); backward swizzles; two-foot turns from forward to backward in place; moving snowplow stop; and a bonus skill of curves.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276013-185A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)
View activity: 276013-185B	6 - 16yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Learn to Skate: Basic 3

Take your ice skating to the next level! In this course, skaters will learn a beginner forward stroke, using correct use of blade; forward half swizzle pump on a circle; move forward to backward two-foot turns on a circle; learn a beginner's backward one-foot glides, while focusing on balance; backward snowplow stop on the right and left foot; forward slalom; and bonus skills, forward pivots.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276014-185A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)
View activity: 276014-185B	6 - 16yrs.	6 classes	Sat	12:15-12:45 pm	starts Jan 9	$90(R); $117(NR)

Learn to Skate: Basic 4

Meet us at the rink! In this course, skaters will learn to forward outside edge on a circle, right and left; forward inside edge on a circle, right and left; forward crossovers; backward half swizzle pumps on a circle; backward one-foot glides, right and left; beginner two-foot spin, up to two revolutions; and bonus skill forward lunges for both legs.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276015-185A	6 - 16yrs.	6 classes	Sat	11:45 am-12:15 pm	starts Jan 9	$90(R); $117(NR)

Learn to Skate: Basic 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276016-185A	6 - 16yrs.	6 classes	Sat	11:15-11:45 am	starts Jan 9	$90(R); $117(NR)

Learn to Skate: Basic 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276017-185A	6 - 16yrs.	6 classes	Sat	11:15-11:45 am	starts Jan 9	$90(R); $117(NR)

Learn To Skate: Free Skate 1

Improve your skills on the ice! In this course skaters will learn forward inside open mohawk from a standstill position; backward crossovers to a backward outside edge glides (landing position); backward outside edge to a forward outside edge transition; two forward crossovers into a forward inside mohawk, step down, and cross being, step into one backward crossover and step to a forward inside edge; one-foot upright spin, optional entry and free-foot position; mazurka; waltz jump; and a bonus skill of a backward inside pivots.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276018-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Learn To Skate: Free Skate 2

Take your ice-skating skills to the next level. In this course, skaters will learn an alternating forward outside and inside spirals on a continuous axis; basic backward outside and backward inside consecutive edges; backward inside three-turns, right and left; beginning backspin; half Lutz; salchow; and bonus skill a variation of a forward spiral.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276019-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Learn To Skate: Free Skate 3

Take your ice-skating skills to the next level. In this course skaters will learn alternating backward crossovers to backward outside edges; alternating mohawk/crossover sequence, right to left and left to right; waltz three-turns, advanced backspin with free foot in crossed leg position; loop jump; waltz jump- toe loop or salchow-toe loop combination; and a bonus skill toe step sequence, skater's choice using a variety of toe steps.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276020-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Learn To Skate: Free Skate 4

Take your ice-skating skills to the next level. In this course skaters will learn a forward power three-turn, right and left, three sets of each; waltz eight; forward upright spin to backward upright spin; sit spin; half-loop; flip; and a bonus split jump, stag jump, or spilt falling leaf.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276021-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Learn To Skate: Free Skate 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276022-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Learn To Skate: Free Skate 6

Join us on the ice! In this course, skaters will learn a forward inside three-turn, right and left; moving backward to forward two-foot turn on a circle; backward stoke; a beginners one-foot spin, optional free leg position and entry; T-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill, shoot the duck, right and left.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276023-185A	9 & up	6 classes	Sat	11:00-11:45 am	starts Jan 9	$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: 276026-185A	4 - 6yrs.	6 classes	Sat	10:15-10:45 am	starts Jan 9	$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: 276024-157A	18 & up	3 classes	Tue	12:30-1:30 pm	starts Dec 1	$15(R); $20(NR)
View activity: 276024-157B	18 & up	4 classes	Tue	12:30-1:30 pm	starts Jan 5	$20(R); $26(NR)
View activity: 276024-157C	18 & up	4 classes	Tue	12:30-1:30 pm	starts Feb 2	$20(R); $26(NR)
Patuxent Community Center						**patuxentcc@pgparks.com**
View activity: 276024-160B	18 & up	6 classes	Thu	6:30-8:00 pm	starts Dec 3	$60(R); $78(NR)
View activity: 276024-160C	18 & up	6 classes	Thu	6:30-8:00 pm	starts Jan 21	$60(R); $78(NR)

Skate: Pre-Free Skate

Learn the foundational skills for free skate level skating. Begin learning forward inside open mohawk from standstill position and backward crossovers to a backward outside edge glide, clockwise and counterclockwise. Work on backward outside edge to a forward outside edge transition, clockwise and counterclockwise. Also, work on one-foot upright spin, mazurka, and waltz jump.

Tucker Road Ice Rink						TuckerRoadIceRink@pgparks.com
View activity: 276104-185A	6 - 50yrs.	6 classes	Sat	11:00-11:45 am	starts Jan 9	$110(R); $143(NR)

Softball Clinic: Mixed Ages

It's a grand slam! This softball training program is designed to teach fundamental techniques, as well as conditioning programs for advanced players, to improve their abilities in preparation for high level competition. Build character, self-confidence, and improve your fitness. Come in from the dugout and enhance your game with us!

Vansville Community Center						vansvillecc@pgparks.com
View activity: 27604-187A	12 - 18yrs.	3 classes	Sun	12:00-4:00 pm	starts Dec 6	$60(R); $78(NR)
View activity: 27604-187B	12 - 18yrs.	7 classes	Sun	12:00-4:00 pm	starts Jan 10	$50(R); $65(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: 276114-125A	10 - 16yrs.	6 classes	Wed	6:00-7:00 pm	starts Dec 2	$66(R); $86(NR)
View activity: 276114-125C	10 - 16yrs.	6 classes	Wed	7:00-8:00 pm	starts Dec 2	$70(R); $91(NR)
View activity: 276114-125B	10 - 16yrs.	6 classes	Wed	6:00-7:00 pm	starts Jan 20	$66(R); $86(NR)
View activity: 276114-125D	10 - 16yrs.	6 classes	Wed	7:00-8:00 pm	starts Jan 20	$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: 27641-119A	10 - 16yrs.	6 classes	Sat	12:00-1:00 pm	starts Dec 5	$57(R); $75(NR)
View activity: 27641-119B	10 - 16yrs.	6 classes	Sat	12:00-1:00 pm	starts Jan 23	$57(R); $75(NR)
Fairland Sports Complex						**fairlandsports@pgparks.com**
View activity: 27641-123B	11 - 17yrs.	10 classes	Thu	6:00-7:00 pm	starts Dec 3	$110(R); $143(NR)
View activity: 27641-123C	11 - 17yrs.	9 classes	Fri	5:00-7:00 pm	starts Dec 4	$180(R); $234(NR)
View activity: 27641-123D	11 - 17yrs.	12 classes	Sat	12:00-2:00 pm	starts Dec 5	$216(R); $281(NR)
View activity: 27641-123a	11 - 17yrs.	12 classes	Mon	6:00-7:00 pm	starts Dec 7	$132(R); $172(NR)
Watkins Tennis Bubble						**watkinstennisbubble@pgparks.com**
View activity: 27641-189A	11 - 17yrs.	6 classes	Fri	6:00-7:00 pm	starts Dec 4	$60(R); $78(NR)
View activity: 27641-189B	11 - 17yrs.	6 classes	Fri	6:00-7:00 pm	starts Jan 22	$60(R); $78(NR)

Volleyball: Mixed Ages, Beginner

Volleyball ranks in the top five of most popular team sports in the world. Join the excitement in this physically active pastime. Develop the proper techniques for defense, passing, attacking, blocking, and serving. We will keep the game real as we compete in a recreational and fun manner. Don't stay on the sidelines. Sign up today and get in on the action.

Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 27649-127A	8 - 13yrs.	12 classes	Tue & Thu	6:00-7:00 pm	starts Jan 5	$55(R); $72(NR)
Upper Marlboro Community Center						**uppermarlborocc@pgparks.com**
View activity: 27649-186A	10 - 17yrs.	6 classes	Mon	6:30-7:30 pm	starts Dec 7	$48(R); $63(NR)
View activity: 27649-186B	10 - 17yrs.	6 classes	Mon	6:30-7:30 pm	starts Jan 18	$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: 27653-186A	10 - 17yrs.	6 classes	Mon	7:30-8:30 pm	starts Dec 7	$54(R); $71(NR)
View activity: 27653-186B	10 - 17yrs.	6 classes	Mon	7:30-8:30 pm	starts Jan 18	$54(R); $71(NR)

THERAPEUTIC RECREATION

ADULTS

Therapeutic Recreation: AquaFit

Looking for a class that combines low-impact fitness with the therapeutic benefits of the water? This small-group fitness class includes cardiovascular, flexibility, and strengthening exercises for a total-body workout and is designed for adults with disabilities who reside in Prince George's County. Instructor teaches from the water and provides hands-on support and guidance. Flotation devices, adapted equipment, and modified exercises accommodate various skill levels. Class will be held in chest-deep water. Individuals must be able to participate independently or bring their own aide/companion.

Fairland Aquatics Center						CountywideTRPrograms@pgparks.com
View activity: 25420-178A	18 & up	8 classes	Tue	10:00-10:45 am	starts Jan 5	$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: 25414-178A	18 & up	6 classes	Thu	11:00-11:45 am	starts Jan 21	$54(R)
Southern Regional Aquatic Wellness Center						**CountywideTRPrograms@pgparks.com**
View activity: 25414-178D	18 & up	6 classes	Mon	11:00-11:45 am	starts Jan 18	$54(R)
View activity: 25414-178B	18 & up	6 classes	Wed	11:00-11:45 am	starts Jan 20	$54(R)
Theresa Banks Memorial Aquatics Center						**CountywideTRPrograms@pgparks.com**
View activity: 25414-178AA	18 & up	8 classes	Mon	2:00-2:45 pm	starts Jan 4	$68(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: 25417-178A	18 & up	6 classes	Wed	6:30-7:30 pm	starts Dec 2	$25(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: 25418-178A	18 & up	8 classes	Tue	12:30-1:10 pm	starts Jan 5	$66(R)

MIXED AGES

Therapeutic Recreation: Basketball, Mixed Ages

Learn basic skills and team up for exciting games. This program is designed specifically for persons with disabilities who reside in Prince George's County.

Berwyn Heights Community Center						CountywideTRPrograms@pgparks.com
View activity: 25607-178A	13 & up	10 classes	Thu	6:30-7:30 pm	starts Jan 7	$50(R)
Temple Hills Comm. Cntr.						**CountywideTRPrograms@pgparks.com**
View activity: 25607-178B	13 & up	10 classes	Thu	6:30-7:30 pm	starts Jan 7	$50(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: 25612-178A	13 & up	6 classes	Tue	6:30-7:30 pm	starts Jan 19	$30(R)
Southern Area Aquatics & Recreation Complex						**CountywideTRPrograms@pgparks.com**
View activity: 25612-178B	13 & up	6 classes	Tue	6:30-7:30 pm	starts Jan 19	$30(R)

Therapeutic Recreation: Learn to Swim

Want to learn how to swim? Register today and gain self-confidence as you understand swimming basics such as water entry and exit, breath control, submerging, floating/gliding, treading in chest-deep water. Arm and leg actions will be introduced. This program is designed for persons with disabilities who reside in Prince George's County. Lessons take place once weekly for 6 or 8 weeks. There will be a 1:1 staff/participants ratio. Students are permitted to register for only one class per session. All lessons take place in a shared facility.

C.E. Rieg Regional Center						CountywideTRPrograms@pgparks.com
View activity: 25627-178AA	4 & up	6 classes	Sat	9:00-9:40 am	starts Jan 23	$105(R)
View activity: 25627-178BB	4 & up	6 classes	Sat	9:45-10:25 am	starts Jan 23	$105(R)
View activity: 25627-178CC	4 & up	6 classes	Sat	10:30-11:10 am	starts Jan 23	$105(R)
View activity: 25627-178DD	4 & up	6 classes	Sat	11:15-11:55 am	starts Jan 23	$105(R)
Prince George's Sports & Learning Complex						**CountywideTRPrograms@pgparks.com**
View activity: 25627-178BA	4 & up	8 classes	Tue	4:30-5:10 pm	starts Jan 5	$105(R); $79(IA)
View activity: 25627-178BC	4 & up	8 classes	Tue	5:15-5:55 pm	starts Jan 5	$105(R); $79(IA)
View activity: 25627-178BD	4 & up	8 classes	Tue	6:00-6:40 pm	starts Jan 5	$105(R); $79(IA)
View activity: 25627-178BE	4 & up	8 classes	Tue	6:45-7:25 pm	starts Jan 5	$105(R); $79(IA)

Southern Regional Aquatic Wellness Center						CountywideTRPrograms@pgparks.com
View activity: 25627-178E	4 & up	8 classes	Thu	5:45-6:00 pm	starts Jan 7	$140(R)
View activity: 25627-178FF	4 & up	8 classes	Thu	6:30-7:10 pm	starts Jan 7	$140(R)
View activity: 25627-178GG	4 & up	8 classes	Thu	5:00-5:40 pm	starts Jan 7	$140(R)
View activity: 25627-178AB	4 & up	8 classes	Sat	9:00-9:40 am	starts Jan 9	$140(R)
View activity: 25627-178AC	4 & up	8 classes	Sat	9:45-10:25 am	starts Jan 9	$140(R)
View activity: 25627-178AD	4 & up	8 classes	Sat	10:30-11:10 am	starts Jan 9	$140(R)
View activity: 25627-178AE	4 & up	8 classes	Sat	11:15-11:55 am	starts Jan 9	$140(R)
View activity: 25627-178HH	4 & up	7 classes	Thu	5:45-6:25 pm	starts Jan 14	$140(R)
Theresa Banks Memorial Aquatics Center						CountywideTRPrograms@pgparks.com
View activity: 25627-178GH	4 & up	8 classes	Mon	2:00-2:40 pm	starts Jan 4	$140(R)
View activity: 25627-178GI	4 & up	8 classes	Wed	6:00-6:40 pm	starts Jan 6	$140(R)
View activity: 25627-178GJ	4 & up	8 classes	Wed	6:45-7:25 pm	starts Jan 6	$140(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: 30205-148A	8 - 12yrs.	6 classes	Sun	1:00-3:00 pm	starts Jan 31	$65(R); $85(NR)

Ceramics: Children, Beginner

Basic techniques of hand-built including glazes and firing process. Intermediate students focus on materials, techniques, control and fluency through practice.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30202-148A	8 - 12yrs.	6 classes	Sun	2:00-4:00 pm	starts Jan 31	$65(R); $85(NR)

Comic Book Art

Learn how comic books are drawn, inked, colored, and printed. Produce full-size pages of your own original comic book story.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30203-148A	8 - 12yrs.	6 classes	Sat	2:30-4:30 pm	starts Jan 30	$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: 30204-148A	8 - 12yrs.	6 classes	Sat	10:00 am-12:00 pm	starts Jan 30	$65(R); $85(NR)
Vansville Community Center						vansvillecc@pgparks.com
View activity: 30204-187 A	6 - 12yrs.	4 classes	Tue	6:15-7:00 pm	starts Jan 5	$30(R); $39(NR)
View activity: 30204-187B	6 - 12yrs.	4 classes	Tue	6:15-7:00 pm	starts Feb 9	$40(R); $52(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: 30213-110C	6 - 12yrs.	5 classes	Sat	10:30 am-12:00 pm	starts Jan 9	$90(R); $117(NR)
View activity: 30213-110D	6 - 12yrs.	5 classes	Sat	10:30 am-12:00 pm	starts Feb 20	$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: 30210-148A	8 - 12yrs.	6 classes	Sat	3:00-5:00 pm	starts Jan 30	$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: 30301-148A	13 - 16yrs.	6 classes	Sun	3:30-5:30 pm	starts Jan 31	$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: 30310-148A	13 - 17yrs.	6 classes	Sat	12:00-2:00 pm	starts Jan 30	$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: 30307-148A	13 - 17yrs.	6 classes	Sat	12:30-2:30 pm	starts Jan 30	$65(R); $85(NR)

Modern Art & Design

Explore self-expression through projects influenced by music, fashion, anime, streetwear, pop culture, and modern design. Experiment with drawing, painting, mixed media, and creative techniques while developing your own unique, artistic style. This class encourages creativity, individuality, and confidence!

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30316-168A	13 - 16yrs.	6 classes	Tue	6:00-8:00 pm	starts Jan 19	$60(R); $78(NR); $45(IA)

Painting: Teens

Learn to paint with either watercolor or acrylic. Obtain the materials list from the center and be prepared to paint the first day.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30309-148A	13 - 17yrs.	6 classes	Sun	2:00-4:00 pm	starts Jan 31	$65(R); $85(NR)

ADULTS

Ceramics: Adults, All Levels

Develop your own work of art! Join our ceramics course to learn wheel practice and hand-building techniques. We will emphasize individual learning needs so you achieve your artistic goals in a relaxed, confidence-building environment.

Laurel-Beltsville Senior Activity Ctr						LBSAC@pgparks.com
View activity: 30403-146A	50 & up	10 classes	Tue	10:00 am-2:00 pm	starts Dec 8	$70(R); $91(NR)
View activity: 30403-146B	50 & up	10 classes	Wed	10:00 am-2:00 pm	starts Dec 9	$70(R); $91(NR)
View activity: 30403-146C	50 & up	10 classes	Thu	10:00 am-2:00 pm	starts Dec 10	$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: 30422-103A	18 & up	10 classes	Tue	9:00 am-12:00 pm	starts Jan 5	$124(R); $162(NR)
View activity: 30422-103C	18 & up	10 classes	Tue	5:30-7:30 pm	starts Jan 5	$124(R); $162(NR)
View activity: 30422-103B	18 & up	10 classes	Thu	1:00-4:00 pm	starts Jan 7	$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: 30406-148B	18 & up	8 classes	Tue	12:00-3:00 pm	starts Jan 26	$123(R); $160(NR)
View activity: 30406-148A	18 & up	8 classes	Wed	6:30-9:30 pm	starts Jan 27	$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: 30425-103A	18 & up	10 classes	Fri	9:30 am-12:30 pm	starts Jan 8	$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: 30416-148A	18 & up	8 classes	Thu	6:30-9:30 pm	starts Jan 28	$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: 30407-110A	18 & up	5 classes	Tue	6:00-8:00 pm	starts Jan 12	$145(R); $189(NR)
View activity: 30407-110B	18 & up	5 classes	Tue	6:00-8:00 pm	starts Feb 23	$90(R); $117(NR)
Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30407-168A	18 & up	3 classes	Sat	1:00-3:00 pm	starts Dec 7	$75(R); $98(NR); $57(IA)

Drawing: Portrait and Figure

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30408-168A	18 & up	6 classes	Thu	6:00-8:00 pm	starts Dec 3	$65(R); $85(NR); $49(IA)

Graphic Design: Adults

Learn how to combine text and graphics to communicate an effective message in the design of logos, newsletters, brochures, and other types of visual communication.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30431-168A	18 & up	6 classes	Sat	2:00-3:30 pm	starts Jan 9	$60(R); $78(NR); $45(IA)

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: 30411-148A	18 & up	8 classes	Wed	6:30-9:30 pm	starts Jan 27	$105(R); $137(NR)

Oil Painting

Discover the art of oil painting as you learn essential techniques for working on canvas. Develop ideas from sketches through direct observation, photographs, or still life to a final realistic painting. Students are required to bring sketching and painting materials to class. Contact the center for a detailed materials list.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30441-148A	18 & up	9 classes	Sat	1:00-4:30 pm	starts Jan 30	$120(R); $156(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: 30414-110A	18 & up	5 classes	Wed	6:00-8:00 pm	starts Jan 13	$90(R); $117(NR)
View activity: 30414-110B	18 & up	5 classes	Wed	6:00-8:00 pm	starts Feb 24	$90(R); $117(NR)
Glenn Dale Community Center						glenndalecc@pgparks.com
View activity: 30414-127A	18 & up	1 class	Fri	10:00 am-12:00 pm	starts Jan 22	$15(R); $20(NR)
View activity: 30414-127B	18 & up	1 class	Fri	10:00 am-12:00 pm	starts Feb 19	$15(R); $20(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: 30415-103A	18 & up	10 classes	Sat	12:00-2:00 pm	starts Jan 9	$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: 30426-103A	18 & up	10 classes	Tue	1:00-4:00 pm	starts Jan 5	$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: 30428-146B	50 & up	12 classes	Tue	1:00-3:00 pm	starts Dec 1	$80(R); $104(NR)
View activity: 30428-146A	50 & up	11 classes	Thu	2:00-4:00 pm	starts Dec 3	$74(R); $97(NR)

SENIORS

Jewelry

Learn the proper and safe way to use tools for the production of hand-constructed metal jewelry. Learn how different techniques are used to produce a finished piece of jewelry. Additional materials or material fee may be required.

Langley Park Senior Activity Center						langelyparkseniors@pgparks.com
View activity: 30502-144A	60 & up	4 classes	Tue	10:00-11:00 am	starts Dec 8	$28(R); $37(NR)
View activity: 30502-144B	60 & up	4 classes	Tue	10:00-11:00 am	starts Jan 5	$28(R); $37(NR)
View activity: 30502-144C	60 & up	4 classes	Tue	10:00-11:00 am	starts Feb 2	$28(R); $37(NR)

MIXED AGES

Art: Home-School, Ceramics/Clay

You've got approval to get dirty! Express your power of play through ceramics and clay. Join us for a course of basic ceramics techniques and skills development leading to your own beautiful creation. Improve artistic abilities! Enroll today and use creative hands to bring life to imaginative designs. Wear old clothes as you will have fun and get dirty.

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 30642-103A	13 - 18yrs.	10 classes	Thu	9:00 am-12:00 pm	starts Jan 7	$124(R); $162(NR)

Beginner Stained Glass

Discover the ancient art of transforming glass into beautiful, light-filled creations! In this hands-on class, you'll learn the basics of design, glass cutting, foiling, and soldering while creating your very own stained-glass piece to take home. No experience is necessary--just bring your creativity and curiosity! All materials and tools are provided, and personal guidance will be given every step of the way.

Harmony Hall Arts Center						harmonyhallarts@pgparks.com
View activity: 30659-103A	18 & up	10 classes	Sat	10:00 am-1:00 pm	starts Dec 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: 30661-168A	18 & up	6 classes	Sat	12:00-1:30 pm	starts Jan 9	$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: 30640-148A	16 & up	8 classes	Mon	6:30-9:30 pm	starts Jan 25	$123(R); $160(NR)
View activity: 30640-148B	16 & up	8 classes	Tue	6:30-9:30 pm	starts Jan 26	$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: 30643-143AA	18 & up	11 classes	Mon	10:00 am-12:30 pm	starts Dec 14	$260(R); $338(NR)
View activity: 30643-143BB	18 & up	11 classes	Mon	6:00-8:30 pm	starts Dec 14	$260(R); $338(NR)
View activity: 30643-143CC	18 & up	11 classes	Tue	10:30 am-1:00 pm	starts Dec 15	$260(R); $338(NR)
View activity: 30643-143D	18 & up	11 classes	Tue	6:00-8:30 pm	starts Dec 15	$260(R); $338(NR)
View activity: 30643-143DD	18 & up	11 classes	Wed	6:00-8:30 pm	starts Dec 16	$260(R); $338(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: 30649-171A	8 - 14yrs.	3 classes	Sat	10:00-11:00 am	starts Dec 5	$30(R); $39(NR)
View activity: 30649-171B	8 - 14yrs.	4 classes	Sat	10:00-11:00 am	starts Jan 9	$40(R); $52(NR)
View activity: 30649-171C	8 - 14yrs.	4 classes	Sat	10:00-11:00 am	starts Feb 6	$40(R); $52(NR)

Drawing: Mixed Ages, Still Life

The still life will be explored in terms of line, perspective, form, texture and volume. Bring drawing pencils, charcoal, and a pad of drawing paper to the first class. Please contact the facility for a materials list.

Prince George's Sports & Learning Complex						splex-distribution@pgparks.com
View activity: 30603-168A	18 & up	6 classes	Mon	6:00-8:00 pm	starts Jan 18	$65(R); $85(NR); $49(IA)

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						clearwaternaturecenter@pgparks.com
View activity: 30616-114A	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Dec 5	$30(R); $39(NR)
View activity: 30616-114B	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Jan 2	$30(R); $39(NR)
View activity: 30616-114C	18 & up	1 class	Sat	10:00 am-2:00 pm	starts Feb 6	$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: 30629-138A	All ages	4 classes	Thu	5:00-6:00 pm	starts Dec 3	$36(R); $47(NR)
View activity: 30629-138B	All ages	4 classes	Thu	5:00-6:00 pm	starts Jan 7	$36(R); $47(NR)
View activity: 30629-138C	All ages	4 classes	Thu	5:00-6:00 pm	starts Feb 4	$36(R); $47(NR)
Kentland Community Center						**kentlandcc@pgparks.com**
View activity: 30629-140A	11 - 17yrs.	4 classes	Thu	6:00-7:00 pm	starts Jan 7	$30(R); $39(NR)
View activity: 30629-140B	11 - 17yrs.	4 classes	Thu	6:00-7:00 pm	starts Feb 11	$30(R); $39(NR)

Printmaking: Copper Etching

Learn the traditional printmaking process of intaglio! Explore a wide range of techniques and create your own copper etching, from start to finish. Basic techniques cover drypoint, chemical etching, plate preparation, aquatint, inking, choosing the right materials, and operating a printing press. Experiment with color printmaking techniques like chine colle, a la poupee inking, surface roll, and watercolor monotype. Students will develop the skills to produce a 6" x 9" copper etching and a small edition of prints on paper. No experience necessary! This class is great for beginners interested in a thorough exploration of copper etching or experienced printmakers in need of a refresher.

Montpelier Arts Center						montpelierarts@pgparks.com
View activity: 30662-148A	18 & up	8 classes	Tue	6:30-9:30 pm	starts Jan 26	$120(R); $156(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: 30631-148A	16 & up	8 classes	Thu	6:30-9:30 pm	starts Jan 28	$105(R); $137(NR)

Venues of PRINCE GEORGE'S events & meeting rentals











A Place for Your 2027 Celebration

Engaged over the holidays? Planning a milestone birthday, family gathering, or another special event in 2027?

M-NCPPC, Department of Parks and Recreation offers a variety of rental spaces and historic venues to help you bring people together to find a setting that suits your occasion and start planning a day to remember. Explore our rental venues and reserve your date.

pgparks.com/venues



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



Parks & Recreation
M-N C P P C

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

Parks & Recreation
M-N C P P C

live more, play more

pgparks.com

Connect with us @pgparks

Celebration!

BLACK HISTORY MONTH



From performances to history lessons to tours, celebrate African American heritage! M-NCPPC, Department of Parks and Recreation, offers a variety of events and activities throughout Prince George's County.

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

