# MONTGOMERY COUNTY CGUITTE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.







# 



Information on the aquatics winter 2020-2021 schedule of programs and classes will be available shortly. For the most up-to-date information, visit **www.mocorec.com/aquatics**.





For building and parking information, visit the Department of Transportation at www.montgomerycountymd.gov/dts



### In This Guide



**Arts & Crafts** 



**Cooking** 



**Dance** 



**Fitness** 



**Health/Wellness** 



**Martial Arts** 



**Music** 



**Sports** 



S.T.E.A.M.



Therapeutic Recreation

**12** 

**Senior Programs** 

13-15





All winter classes will be held virtually. A link to join the virtual class will be provided upon registration in **ActiveMontgomery** to your preferred email address.



Partnership Programs are run in collaboration with non-profits and organization serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



**Registration for** Winter 2020-21 starts on

Nov. 9, 2020 J

**Programs by Location .....** 









#### **Agricultural & Historical Programs**

Agricultural History Farm Park Programs	25
Woodlawn Manor Cultural Park Programs	26
Josiah Henson Museum & Park	27
Nature & Horticultural Programs	
Brookside Gardens Programs	28
Black Hill Nature Programs	30
Brookside Nature Center Programs	35
Locust Grove Nature Center Programs	43
Maydale Nature Classroom Programs	45
Meadowside Nature Center Programs	46
Sports Programs	
Ice Skating and Hockey @ Cabin John and Wheaton Ice	52
Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis	53
More to Do in the Parks and Online	
Park Activity Buildings & Park Permits	23
Volunteer	24
Waterfowl Month	33
Maple Sugaring Season	38
Campfire Ring Rentals	. 40
Maple Sugaring Online Sales	. 42
Nature Virtual Series	. 49
Information & Registration	
Mantanana Dada Fasiit Dinatan	04

iniornation & Registration	
Montgomery Parks Facility Directory	21
Registration Information for Parks & Recreation	61
ActiveMontgomery Registration Form for Parks & Recreation	62

#### **Registration Opens**

HISTORY, BROOKSIDE GARDENS & ALL NATURE CENTERS

Monday, **DECEMBER 9** 

ICE SKATING, HOCKEY & INDOOR TENNIS

**WINTER SESSION 1** 

Registration: December 21-January 4

**WINTER SESSION 2** 

Registration: February 17-24



#### **HABLAMOS ESPAÑOL**

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840.

Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.

Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs.

Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email

rec.mainstream@montgomerycountymd.gov.
If you're registering for a Montgomery Parks
program, please call the Parks Program Access
Office at 301-495-2477; email
ProgramAccess@MontgomeryParks.org;
or visit MontgomeryParks.org/access
for more information.

### SEASONAL HIGHLIGHTS



Josiah Henson Museum & Park pg. 27



Maple Sugaring Online Sales pg.38



Black Hill Nature Programs pg. 30



Campfire Ring Rentals pg. 40



### ARTS & CRAFTS COOKING

#### **Adventures in Art**

Ages 5-10 6 Sessions \$70

Instructor: Tatiana Martin

100950 Virtual Class 1/16 Sa 10:15-11:15 a.m.

#### **Fine Arts**

#### **Abrakadoodle Geometric Wonders**

Ages 5-12 10 Sessions \$130

Instructor: Stephanie Burke

100937 Virtual Class 1/13 W 4-4:45 p.m.

### VIRTUAL CLASSES All winter classes will be held virtually. A link to join the virtual class will be provided upon registration in ActiveMontgomery to your preferred email address.

#### **Adult Cooking**

**Sweets for your Sweetheart** 

Ages 16 & Up 1 Session \$50

Instructor: Sheila Crye

100949 Virtual Class 2/13 Sa 1-3 p.m.

#### **Youth Cooking**

#### **Cooking for Beginners**

Ages 7-14 4 Sessions \$80 Instructor: Future Resource Learning

100930 Virtual Class 1/13 W 4-5:30 p.m.

#### **Family Meals**

Ages 6-14 **5 Sessions** \$69

Instructor: Tiny Chefs

99975 Virtual Class 1/19 Tu 5-5:45 p.m.

#### The Art of Cupcakes

Ages 6-14 **5 Sessions** \$69

Instructor: Tiny Chefs

99982 Virtual Class 2/25 Th 5-5:45 p.m.







### DANCE

#### **Ballet**

#### **Ballet for Adults**

Ages 16 & Up 10 Sessions \$115 Instructor: Robyn Lindsey 100931 Virtual Class 1/14 Th 7-8 p.m.

#### Hip-Hop

#### **Hip-Hop Dance**

Ages 10-15 6 Sessions \$60 Instructor: Strathmore Hall Foundation 100992 Virtual Class 1/11 M 7:15-8:15 p.m.

#### **Hippo Hoppo**

 Ages 3-5
 5 Sessions
 \$35

 Instructor: Robyn Lindsey
 99986 Virtual Class
 1/20 W
 5-5:30 p.m.

 4 Sessions
 \$30

 100964 Virtual Class
 3/3 W
 5-5:30 p.m.

#### **Line Dancing**

#### **Urban Line Dance**

Ages 17 & Up 8 Sessions \$72 Instructor: Peytrienne McCormick 100947 Virtual Class 1/13 W 7-8 p.m.



#### **Performing Arts**

#### **Bollywood Dance Fitness**

Ages 14 & Up 6 Sessions \$79 Instructor: Kumud Mathur 100957 Virtual Class 1/12 Tu 6-6:45 p.m.

#### **Playtime & Movement**

#### **Tippi Toes Dance-Toddler and Me**

Ages 3-5 8 Sessions \$104 Instructor: Tippi Toes DC 100963 Virtual Class 1/19 Tu 10-10:40 a.m.





### **FITNESS**

#### **Pilates**

#### **Pilates for Fitness**

Ages 18 & Up 8 Sessions \$80

Instructor: Fit 2 Believe

99288 Virtual Class 1/14 Th 6-7 p.m.

#### **Strength Training**

#### Strength and Toning

Ages 18 & Up 7 Sessions \$65

Instructor: Elite Quality Sports

99249 Virtual Class 10-10:45 a.m. 1/11 M

> 9 Sessions \$85

99250 Virtual Class 1/13 W 1-1:45 p.m.

### **Total Body Conditioning**

#### **ACT The Workout-Fitness**

Ages 18 & Up 10 Sessions \$75

Instructor: Marie Castellucci

96847 Virtual Class 1/13 W 5:30-6:30 p.m. 96846 Virtual Class 1/16 Sa 9-10 a.m.

#### **Kelley's Complete Fitness Workout**

Ages 18 & Up 8 Sessions \$60

Instructor: Pamela Kellev

96830 Virtual Class 1/11 M 7-8 p.m.

#### **Kelley's 50+ Complete Workout**

Ages 50 & Up 10 Sessions \$75

Instructor: Pamela Kelley

96829 Virtual Class 1/14 Th 9:15-10:15 a.m.

#### **Zumba**

#### Zumba

Ages 18 & Up 10 Sessions \$75 Instructor: Ingrid Higgins

96826 Virtual Class 1/16 Sa 10-11 a.m.

#### **Strong Nation Zumba**

Ages 18 & Up 10 Sessions \$75

Instructor: Lauren Farr

99251 Virtual Class 1/12 Tu Noon-12:30 p.m. 99252 Virtual Class 1/14 Th Noon-12:30 p.m.

#### **Zumba Fitness**

Ages 16 & Up 8 Sessions \$60

Instructor: Michelle Johnson-Lancaster

96851 Virtual Class 1/11 M 5:30-6:30 p.m.

> 10 Sessions \$75

96853 Virtual Class 1/14 Th 5:30-6:30 p.m.

#### Zumba Toning

10 Sessions \$75 Ages 18 & Up

Instructor: Ingrid Higgins

96827 Virtual Class 1/13 W 7-8 p.m.







### 55 +

# HEALTH/ WELLNESS

#### **Workshops**

#### **Safe Sitter**

3 Sessions \$98 Ages 10-14 Instructor: Life Rescue Training 102386 Virtual Class 1/12 Tu 4-6 p.m. 102385 Virtual Class 1/16 Sa 9:30-11:30 a.m. 2/13 102387 Virtual Class Sa 9:30-11:30 a.m. 102388 Virtual Class 3/9 Tu 4:6 p.m.

#### Tai Chi

#### Tai Chi Flow

Ages 18 & Up 10 Sessions \$75
Instructor: Move Well Eat Better
100943 Virtual Class 1/15 F 9-9:45 a.m.



#### Yoga

#### **Evening Yoga**

Ages 18 & Up 10 Sessions \$100 Instructor: Robin Morris 97277 Virtual Class 1/12 Tu 6-7 p.m.

#### **Gentle Yoga**

Ages 18 & Up 10 Sessions \$100 Instructor: Irene Bopp 96843 Virtual Class 1/13 W 6:15-7:15 p.m.

#### **Restore and Recharge Yoga**

Ages 18 & Up 8 Sessions 1880 Instructor: Hannah Davis 97278 Virtual Class 1/11 M 7-8 p.m.

#### **Yoga Basics**

 Ages 18 & Up
 10 Sessions
 \$100

 Instructor: Irene Bopp
 1/13 W 7:30-8:30 p.m.

 96844 Virtual Class
 1/14 Th 10:30-11:30 a.m.

#### **Yoga Fundamentals**

Ages 18 & Up 9 Sessions \$90 Instructor: Nancy Neves 97272 Virtual Classes 1/12 Tu 10:30-11:30 a.m.

#### **Yoga/Stretching for Your Relaxation**

Ages 18 & Up 9 Sessions \$90 Instructor: Nancy Neves 97273 Virtual Class 1/13 W 11 a.m.-Noon





### MARTIAL ARTS

#### **Aikido**

#### **Aikido**

Ages 11 & Up 7 Sessions \$70

Instructor: Christopher Rowe

99985 Virtual Class 1/11 M 7-8:30 p.m.

#### Karate/Jujitsu

**Karate - Youth Adv. White and Orange Belts** 

10 Sessions Ages 6-12 \$100

Instructor: TKA Inc.

99978 Virtual Class 1/12 Tu 6:30-7:30 p.m.

**Karate - Youth Yellow and Red Belts** 

9 Sessions \$90 Ages 6-12

Instructor: TKA Inc.

99976 Virtual Class 1/11 M 6:30-7:30 p.m.

**Karate - Youth Green Belts and Higher** 

Ages 6-12 10 Sessions \$100

Instructor: TKA Inc.

99980 Virtual Class 1/14 Th 6:30-7:30 p.m.

**Karate - Adult White Through Red Belts** 

Ages 13 & Up 10 Sessions \$100

Instructor: TKA Inc.

99979 Virtual Class 1/12 Tu 7:45-8:45 p.m.

**Karate - Adult Green Through Blue Belts** 

Ages 13 & Up 9 Sessions \$90

Instructor: TKA Inc.

99977 Virtual Class 1/11 M 7:45-8:45 p.m.

**Karate - Adult Brown Belts** 

10 Sessions Ages 13 & Up \$100

Instructor: TKA Inc.

99981 Virtual Class 1/14 Th 7:45-8:45 p.m.

#### **Specialty Programs**

**Self-Defense** 

7 Sessions Ages 14 & Up \$35

Instructor: Ivan Black

101158 Virtual Class

100946 Virtual Class 1/11 M 7:15-8:15 p.m.

9 Sessions

1/14 Th 7:15-8:15 p.m.

\$45

#### Tai Chi

#### Tai Chi

Ages 18 & Up 10 Sessions \$100

Instructor: Yanni Nguyen

100922 Virtual Class 1/14 Th 6-7 p.m.









### 55 +

### Music

#### **Guitar**

#### **Beginner Guitar for Adults**

Ages 16 & Up 6 Sessions \$89 Instructor: Kevin Mittleman 100971 Virtual Class 1/25 M 8-8:50 p.m. 101668 Guitar Rental Only \$40

#### **Beginner Guitar for Kids**

Ages 8-13 6 Sessions \$89 Instructor: Kevin Mittleman 100970 Virtual Class 1/22 F 5:30-6:20 p.m. 101669 Guitar Rental Only \$40

#### **Beginner Ukulele**

Ages 10 & Up 6 Sessions \$60 Instructor: Strathmore Hall Foundation 100952 Virtual Class 1/11 M 6-7 p.m.

#### **Playtime & Music**

Learn Now Music: My First Music Class
Ages 2-5 6 Sessions \$120
Instructor: Learn Now Music
100926 Virtual Class 1/21 Th 10-10:30 a.m.

#### Mini Musicians, Movers & Shakers

Ages 2-5 5 Sessions \$45
Instructor: Music In Me Foundation International
100959 Virtual Class 1/27 W 10-10:30 a.m.



## **REMINDER**

All prices, dates, times, and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.



### S.T.E.A.M.

#### **Engineering**

**Minecraft Modding** 

Ages 10-14 8 Sessions \$125

Instructor: C3 Cyber Club

100953 Virtual Class 1/15 F 4-5 p.m.

#### **Playtime & Language**

**Spanish Toddlers** 

8 Sessions Ages 2-4 \$80

Instructor: Maria Rhoe

1/26 Tu 4:30-5:15 p.m. 100958 Virtual Class

**Spanish for Youth** 

Ages 5-8 8 Sessions \$80

Instructor: Maria Rhoe

100956 Virtual Class 1/27 W 4:30-5:15 p.m.



#### **Specialty Programs**

**Debate Club** 

Ages 8-12 6 Sessions \$89 Instructor: Spark Business Academy

100941 Virtual Class 1/13 W 4:30-5:30 p.m.

**Finance Club** 

Ages 9-13 6 Sessions \$89

Instructor: Spark Business Academy

100942 Virtual Class 1/11 M 4:30-5:30 p.m.









# **S**PORTS

#### **Baskethall**

#### **Basketball Skill Development and Ball** Handling

Ages 8-14 4 Sessions \$45 Instructor: Coach Parker Basketball Academy 100927 Virtual Class 1/11 M 4-4:45 p.m. 100944 Virtual Class 2/15 M 4-4:45 p.m.

#### Cheer and Poms

#### Intro to Cheer

Ages 5-10 10 Sessions \$100 Instructor: Prodigy All-Star Cheerleading 100932 Virtual Class 1/12 Tu 4:30-5:30 p.m.

#### **Intro to Poms**

Ages 5-10 10 Sessions \$100 Instructor: Prodigy All-Star Cheerleading 100933 Virtual Class 1/16 Sa 10-11 a.m.

#### **Multi-Sports**

#### **Coach Doug Seasonal Sports**

8 Sessions Ages 2-6 \$50 Instructor: Coach Doug Academy 99983 Virtual Class 1/24 Su 10:30-11:05 a.m.

#### **Coach Doug Wee Wanna Be Sports**

Ages 2-5 8 Sessions \$50 Instructor: Coach Doug Academy 99984 Virtual Class 1/20 W 9:30-10:05 a.m.

#### Soccer

#### **Grassroots Soccer at Home**

8 Sessions \$75 Ages 5-7 Instructor: CORE FC 100919 Virtual Class 1/12 Tu 4:30-5:30 p.m. Ages 8-12 8 Sessions \$75 100920 Virtual Class 1/12 Tu 5:45-6:45 p.m.

#### **Sports Conditioning**

#### **Sports Fitness and Conditioning**

4 Sessions Ages 8-14 \$45 Instructor: Coach Parker Basketball Academy 100929 Virtual Class 1/11 M 5-5:45 p.m. 100945 Virtual Class 2/15 M 5-5:45 p.m.





# **THERAPEUTIC** RECREATION

**Programs for People With Disabilities** 

**Moving with Mike: Seated Exercise** 

Ages 18 & Up 8 Sessions \$50 98650 Virtual Class 1/10 Su 1-2 p.m.

#### Karate/Jujitsu

**Karate Clinic for Individuals with Disabilities** 

Ages 6 & Up 8 Sessions \$75 Instructor: TKA Inc. 98651 Virtual Class 1/23 Sa 9:30-10:30 a.m.

### **Specialty Programs**

**A DRAMA Experience: Facial Expressions & Games** 

Ages 6-12 **FREE** 3 Sessions 100985 Virtual Class 2/3 W 3-3:45 p.m. Ages 13-21 3 Sessions **FREE** 100989 Virtual Class 2/3 W 4-4:45 p.m.

Kaleidoscope Art

Ages 5 & Up 4 Sessions \$20 101053 Virtual Class 1/16 Sa 1-1:50 p.m.

**TGIF** 

Ages 3 & Up 1 Session **FREE** 89998 Virtual Class 1/8 F 6-6:50 p.m. 89999 Virtual Class 2/5 F 6-6:50 p.m. 90000 Virtual Class F 3/5 6-6:50 p.m. **TR Friday Friends at Five** 

Ages 16 & Up **5 Sessions FREE** 98579 Virtual Class 1/22 F 5-6 p.m.

**TR Painting** 

Ages 18 & Up 1 Session \$10 101055 Virtual Class 2/6 Sa 3-5 p.m.

TR Undercover Therapy Pets

Ages 5 & Up 6 Sessions **FRFF** 101056 Virtual Class 1/16 Sa 4-5 p.m.

#### **TR Virtual Dance Party**

**March Madness** 

Ages 5 & Up 1 Session FREE 98583 Virtual Class 3/27 Sa 6-7:30 p.m.

**Pajama Party** 

Ages 5 & Up 1 Session **FREE** 98581 Virtual Class 2/27 Sa 6-7:30 p.m.

Winter Wonderland

Ages 5 & Up 1 Session **FREE** 98580 Virtual Class 1/30 Sa 6-7:30 p.m.

#### Yoga

**TR Yoga Basics** 

Ages 15 & Up 6 Sessions \$60 Instructor: Irene Bopp

98582 Virtual Class 1/20 W 4-5 p.m.









### 55+ Adults

### **ARTS & CRAFTS**

#### **Arts**

#### Watercolors 55+

Ages 55 & Up 10 Sessions **FRFF** 100969 Virtual Class 1/12 Tu 10-12:30 p.m.

#### **Knitting/Crochet**



### Knit and Crochet Group

Ages 55 & Up 16 Sessions FREE 101031 Virtual Class 1/5 Tu 10-11:30 a.m.

### **Wood Carving/Woodworking**

#### Woodcarving 55+

Ages 55 & Up 10 Sessions FREE 101969 Virtual Class 1/8 F 1-3 p.m.

## DANCE

#### **International**



#### **Garba Dance**

Ages 55 & Up 10 Sessions **FREE** 100961 Virtual Class 1/14 Th 2-2:55 p.m.

### International Folk Dance

Ages 55 & Up **FREE** 10 Sessions 100966 Virtual Class 1/14 Th 10-10:45 a.m.

#### **Low Impact Exercise**



#### **NIA Dance Fitness**

Ages 55 & Up 8 Sessions **FREE** 100968 Virtual Class 1/11 M 10-10:45 a.m.

#### **Urban Line Dance**

Ages 55 & Up 8 Sessions \$72 Instructor: Peytrienne McCormick 100948 Virtual Class 1/12 Tu 11 a.m.-Noon

#### **Hula Dance**

Ages 55 & Up 8 Sessions **FREE** 102003 Virtual Class 1/11 M 1-1:45 p.m.

### **EDUCATIONAL**

#### **Coffee and Creative Expressions**

Ages 55 & Up 4 Sessions **FREE** 100330 Virtual Class 2-2:45 p.m. 2/1 M

#### **ElderSAFE Workshop (English)**

Ages 55 & Up **FRFF** 1 Session 97472 Virtual Class 1/7 Th 11 a.m.-Noon

#### **ElderSAFE Workshop (Español)**

Ages 55 & Up 1 Session **FREE** 97473 Virtual Class 1/7 Th 1-2 p.m.

#### **ElderSAFE Workshop (Mandarin)**

Ages 55 & Up 1 Session **FREE** 97474 Virtual Class 1/7 Th 3-4 p.m.

#### **Fall Prevention Class**

Ages 55 & Up 1 Session FREE 101292 Virtual Class 12/9 W 1-2 p.m.

#### **Fire Safety During the Holidays**

Ages 55 & Up 1 Session **FRFF** 101293 Virtual Class 12/15 Tu 11 a m -Noon

#### **Seguridad Contra Incendios para las Fiestas**

Ages 55 & Up 1 Session **FRFF** 101094 Virtual Class 12/8 Tu 11 a.m.-Noon



#### **Community Programs**

#### **Celebrate Black History Month Through the Arts**

Ages 55 & Up 4 Sessions **FREE** 101700 Virtual Class 2/3 W 2-3:30 p.m.

#### **Medicare Open Enrollment: Last Chance**

Ages 55 & Up 1 Session **FREE** 101063 Virtual Class 12/2 W 10-11:30 a.m.

#### Thurgood Marshall: A Trail-Blazing Civil **Rights Victory**

1 Session Ages 55 & Up **FREE** 100925 Virtual Class 12/15 Tu 11 a.m.-Noon

#### **Discussions**

#### Book Talk

Ages 55 & Up **FREE** 4 Sessions 101033 Virtual Class 1/26 Tu 1-1:55 p.m.

#### Wednesday Evening Book Club

Ages 55 & Up 8 Sessions **FREE** 101085 Virtual Class 1/20 W 4-4:55 p.m.

#### **Cardiac Presentation**

Ages 55 & Up 1 Sessions FREE 101111 Virtual Class 12/2 W 1-2:30 p.m.

#### **Getting Ahead of Holiday Stress & Blues**

Ages 55 & Up 2 Sessions **FREE** 101013 Virtual Program 12/1 Tu 12-1 p.m.

#### **Managing Life through COVID-19 II**

Ages 55 & Up 6 Sessions **FREE** 97775 Virtual Class 12/1 Tu 1:30-2:30 p.m.

#### Managing Life through COVID-19 III

Ages 55 & Up 6 Sessions FREE 101062 Virtual Class 1/26 Tu 1:30-2:30 p.m.

#### Managing Life through COVID-19 II (Spanish)

Ages 55 & Up 6 Sessions **FREE** 97773 Virtual Class 12/1 Tu 1:30-2:30 p.m.

#### Managing Life through COVID-19 III (Spanish)

Ages 55 & Up **FREE** 6 Sessions 101061 Virtual Class 1/26 Tu 1:30-2:30 p.m.

### **PP** Wake Up Call

Ages 55 & Up 16 Sessions **FREE** 101023 Virtual Class 1/4 M 8-9 a.m.

#### What In The World

Ages 55 & Up 16 Sessions FREE 101025 Virtual Class 1/8 F 4-5 p.m.

#### **Fine Arts**

#### **Musical Musings Holiday Edition**

Ages 55 & Up 2 Sessions **FREE** 101058 Virtual Class 12/9 W 1-2 p.m.

#### Virtual Choir

Ages 55 & Up 6 Sessions FREE 101059 Virtual Class 1/6 W 1-2 p.m.

#### Language

#### **French Intermediate**

Ages 55 & Up 10 Sessions **FREE** 100962 Virtual Class 1/13 W 11:30-12:30 p.m.

#### Welcome 2021

Ages 55 & Up **FREE** 1 Session 100960 Virtual Class 1/5 Tu 3-4:30 p.m.



Partnership Programs are run in collaboration with non-profits and organization serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



#### **Workshops**

**Leaving a Legacy** 

Ages 55 & Up 3 Sessions **FREE** 101080 Virtual Class 1/21 Th 1-3 p.m.

### **FITNESS**

#### **Low Impact Exercise**

**Chair Dancing** 

10 Sessions Ages 55 & Up **FRFF** 100965 Virtual Class 1/14 Th 1-1:45 p.m.

**Winter Walkers** 

Ages 55 & Up **FREE** 9 Sessions 101701 Brookside Gardens 12/2 W 2-3 p.m.

#### **Strength Training**

**Body Awareness through Micromovements** 

**FRFF** Ages 55 & Up 4 Sessions 99287 Virtual Class 1/14 Th 9:30-10:30 a.m.

### **Total Body Conditioning**

**Bang Fitness** 

Ages 55 & Up 8 Sessions **FRFF** 101123 Virtual Class 1/7 Th 11 a.m.-Noon Ages 55 & Up **5 Sessions FREE** 101107 Virtual Class 12/3 Th 11 a.m.-Noon

#### Zumba

**Zumba Gold** 

Ages 55 & Up 8 Sessions **FRFF** 101103 Virtual Class 12/2 W 11 a.m.-Noon 101119 Virtual Class 1/6 W 11 a.m.-Noon

# HEALTH/ WELLNESS

#### Yoga

#### **Hatha Yoga & Stress Management**

Instructor: Suzana Cooper

10 Sessions Ages 55 & Up \$100 96850 Virtual Class 1/15 F 10-11 a.m.

#### **Boost Your Brain Power**

Ages 55 & Up 1 Sessions FREE 93616 Virtual Class 11/19 Th Noon-12:30 p.m.

### MARTIAL ARTS

#### Tai Chi

#### **Virtual Tai Chi Sword**

Ages 55 & Up 8 Sessions **FREE** 101836 Virtual Class 1/11 M 2:30-3:25 p.m.

### REMINDER

All prices, dates, times, and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.

### MONTGOMERY COUNTY RECREATION







A new, personalized experience to share with your friends and family. Create a custom class designed just for you. It's Rec, Your Way. For more information visit https://bit.ly/2TvsBzu or call 240-777-4926.





### **ACTIVITIES INDEX**

Abrakadoodle Geometric Wonders	4
ACT The Workout-Fitness	6
A DRAMA Experience: Facial Expressions	
& Games	12
Adventures in Art	4
Aikido	8
Ballet for Adults	5
Bang Fitness	15
Basketball Skill Development and	
Ball Handling	
Beginner Guitar for Adults	9
Beginner Guitar for Kids	9
Beginner Ukulele	9
Body Awareness through Micromovements	15
Bollywood Dance Fitness	
Book Talk	14
Boost Your Brain Power	15
Cardiac Presentation	14
Celebrate Black History Month	
Through the Arts	14
Chair Dancing	15
Coach Doug Seasonal Sports	11
Coach Doug Wee Wanna Be Sports	11
Coffee and Creative Expressions	13
Cooking for Beginners	4
Debate Club	10
ElderSAFE Workshop (English)	13
ElderSAFE Workshop (Mandarin)	13
ElderSAFE Workshop (Español)	13
Evening Yoga	7
Fall Prevention Class	13
Family Meals	4
Finance Club	10
Fire Safety During the Holidays	13
French Intermediate	14
Garba Dance	13
Gentle Yoga	7
Getting Ahead of Holiday Stress &	
Holiday Blues	14
Grassroots Soccer at Home	11
Hatha Yoga and Stress Management	15
	_

Нірро Норро	ا
International Folk Dance	.13
Intro to Cheer	1′
Intro to Poms	1′
Kaleidoscope Art	13
Karate - Adult Brown Belts	
Karate - Adult Green Through Blue Belts	8
Karate - Adult White Through Red Belts	8
Karate - Youth Adv. White and Orange Belts	38
Karate - Youth Green Belts and Higher	8
Karate - Youth Yellow and Red Belts	8
Karate Clinic for Individuals with Disabilities	12
Kelley's 50+ Complete Workout	6
Kelley's Complete Fitness Workout	6
Knit and Crochet Group 55+	13
Learn Now Music: My First Music Class	(
Leaving a Legacy	14
Managing Life through Covid-19 II	13
Managing Life through Covid-19 III	13
(Spanish) Managing Life through Covid-19 II	13
(Spanish) Managing Life through Covid-19 III	13
Medicare Open Enrollment:Last Chance	13
Minecraft Modding	10
Mini Musicians, Movers & Shakers	
Moving with Mike: Seated Exercise	12
Musical Musings Holiday Edition	14
NIA Dance Fitness	
Pilates for Fitness	
Restore and Recharge Yoga	
Safe Sitter	
Seguridad Contra Incendios para las Fiestas	
Self-Defense	
Spanish for Youth	
Spanish Toddlers	
Sports Fitness and Conditioning	
Strength and Toning	
Strong Nation/Zumba	
Sweets for your Sweetheart	
Tai Chi Flow	
TGIF	
The Art of Cupcakes	4

Civil Rights Victory	14
Tippi Toes Dance- Toddler and Me	5
TR Friday Friends at Five	12
TR Painting Virtual - Adults	12
TR Undercover Therapy Pets	12
TR Dance Party - March Madness	12
TR Dance Party - Pajama Party	12
TR Dance Party - Winter Wonderland	12
TR Yoga Basics	12
Urban Line Dance	5
Urban Line Dance 55+	13
Virtual Choir	14
Watercolors 55+	14
Wake Up Call	14
Wednesday Evening Book Club	14
What In The World	
Winter Walkers	
Woodcarving 55+	
Yoga Basics	
Yoga Fundamentals	
Yoga/Stretching for Your Relaxation	
Zumba	
Zumba Fitness	
Zumba Gold	
Zumba Toning	6

# REMINDER

All prices, dates, times, and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.





Thurgood Marshall: A Trail-Blazing







- 28 Brookside Gardens Programs & Events
- 30 Black Hill Programs & Events
- 35 Brookside Nature Center Programs & Events
- 43 Locust Grove Nature Center Programs & Events
- 45 Maydale Nature Classroom Programs & Events
- 46 Meadowside Nature Center Programs & Events

#### **Sports Programs**

- 52 Ice Skating and Hockey @ Cabin John and Wheaton Ice
- 53 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis

#### More to Do in the Parks

- 26 Woodlawn Visitor Center
- 27 Josiah Henson Museum & Park
- 24 Volunteer Opportunities in Montgomery Parks
- 33 Celebrate Waterfowl with Black Hill Nature Programs
- 38 Maple Sugaring Days
- 40, 42 Campfire Ring Rentals at Brookside Nature Center
  - 49 Nature Virtual Series with Meadowside Nature Center

#### **Information & Registration**

- 20 Chair's Letter
- 21 Montgomery Parks Facility Directory
- Registration Information for Parks & Recreation
- 62 Ac veMONTGOMERY Registration Form for Parks & Recreation

#### **REGISTRATION OPENS**

...Tuesday, NOVEMBER 9 for BROOKSIDE GARDENS ALL NATURE CENTERS

...Tuesday, DECEMBER 21 - JANUARY 4 for ICE SKATING & HOCKEY AND INDOOR TENNIS WINTER 1 Session JANUARY 6 - FEBRUARY 16

..Saturday, FEBRUARY 15 for ICE SKATING & HOCKEY AND INDOOR TENNIS WINTER 2 Session FEBRUARY 26 - APRIL 19

(No classes March 26 - April 5)

Registration for all sessions is open to Montgomery County residents on first date shown; next day, registration is open to all.

#### From the Chair





Winter 2020

As we head toward the end of a challenging year, we hope our parks, trails, open parkways, gardens and facilities have been able to provide you solace and opportunities to connect and recharge while getting outdoors and getting some exercise.

I'm proud of the work our staff have done to maintain our world-class public spaces and provide safe programming. We made a difficult decision to cancel Garden of Lights, the annual outdoor light display at Brookside Gardens, but we hope to welcome you back in 2021. We invite you to explore this guide to find ways you can celebrate the season both-in person and virtually. Whether you are interested in exploring nature, staying active, or learning a new skill, there are programs for all ages and interests. Each program includes precautions to ensure participants' safety.

I'm pleased to share that we are nearing completion of the new Josiah Henson Museum & Park. The museum, located in North Bethesda on the property where Revered Josiah Henson was once enslaved, will interpret Henson's inspirational life story and educate visitors about African American History in Montgomery County. The museum will be a historic resource of local, national and even international significance. Once we are able to open the doors to the public, I invite you to come and learn more about Henson and his influential role in history.

I wish you and your family a healthy winter season and a happy new year.

Casey Anderson

Chair, Montgomery County Planning Board and

Vice Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320 www.MontgomeryPlanningBoard.org E-Mail: mcp-chair@mncppc.org

#### **MONTGOMERY PARKS Directory**

#### **ARCHERY**

Classes offered in **South Germantown Recreational Park**See contact information under "Driving Range/Golf" with questions.

#### **BOATING & FISHING**

**Black Hill Boats** • Black Hill Regional Park 20920 Lake Ridge Drive, Boyds, MD 20841 301-528-3466 Boat House www.BlackHillBoats.org

**Lake Needwood Boats** • Rock Creek Regional Park 15700 Needwood Lake Circle, Rockville, MD 20855 301-563-7540 recorded info • 301-563-7544 in season www.LakeNeedwoodBoats.org

#### **CAMPING**

Little Bennett Campground • Little Bennett Regional Park AV 23705 Frederick Road, Clarksburg, MD 20871 301-528-3430 • LittleBennettCampground@MontgomeryParks.org www.LittleBennettCampground.org

#### **CAROUSEL**

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

#### **CULTURAL & HISTORIC ATTRACTIONS**

Visit www.HistoryintheParks.org for more information and sites.

#### **Agricultural History Farm Park**

18400 Muncaster Road, Derwood, MD 20855 301-840-5120 • www.HistoryInTheParks.org

#### Oakley Cabin African American Museum

3610 Brookeville Road, Olney, MD 20832 301-650-4373 • www.OakleyCabin.org

#### **Underground Railroad Experience Trail**

16501 Norwood Rd., Sandy Spring, MD 20860 301-929-5989 • www.HistoryInTheParks.org

#### **Woodlawn Manor Cultural Park**

16501 Norwood Road, Sandy Spring, MD 20860 301-929-5989 • www.HistoryInTheParks.org

#### **DOG PARKS**

#### **Black Hill Regional Park Dog Park**

20930 Lake Ridge Drive, Boyds, MD 20841 On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

#### Cabin John Regional Park Dog Park

10900 Westlake Drive, Bethesda, MD 20876

#### Ellsworth Urban Park Dog Park

621 Ellsworth Drive, Silver Spring, MD 20910 South of the playground, entrance off Colesville Rd.

#### Olney Manor Recreational Park Dog Park

16601 Georgia Avenue, Olney, MD 20832 Near Ballfield #4, across from the concession stand

#### Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876 North of the soccer field, west of the in-line hockey rink

#### Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance

\*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.

#### **DRIVING RANGE/GOLF**

#### South Germantown Driving Range AM

18045 Central Park Circle, Boyds, MD 20841 301-670-4670 • www.SGDrivingRange.com

#### **EVENT CENTERS**

Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat!

**Brookside Gardens** • Wheaton Regional Park 1800 Glenallan Avenue, Wheaton, MD 20902 301-962-1404 • Event.Manager@MontgomeryParks.org www.ParkEventCenters.org or www.BrooksideGardens.org

#### Seneca Lodge

14500-A Clopper Road, Boyds, MD 20841 301-528-6010 • SenecaLodge@MontgomeryParks.org www.ParkEventCenters.org or www.LodgeatSeneca.org

#### **Rockwood Manor**

11001 MacArthur Boulevard, Potomac, MD 20854 301-563-7510 • RockwoodManor@MontgomeryParks.org www.ParkEventCenters.org or www.RockwoodManor.org

#### GARDENS

**Brookside Gardens** • Wheaton Regional Park 1800 Glenallan Ave., Wheaton, MD 20902

301-962-1400 general information • 301-962-1404 event rentals www.BrooksideGardens.org

#### **McCrillis Gardens**

6910 Greentree Road, Bethesda, MD 20817 301-962-1455 • www.McCrillisGardens.org

#### GOLF

\*Golf courses are operated by the Montgomery County Revenue Authority. Visit www.MCGGolf.com for information.

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

#### HORSEBACK RIDING & STABLES

#### **Callithea Farm Park**

15000 River Rd., Potomac, MD 20854 • 301-977-8010

#### **Meadowbrook Riding Stables**

8200 Meadowbrook Lane, Chevy Chase, MD 20815 301-589-9026 • www.MeadowbrookStables.org

#### **Potomac Horse Center**

14211 Quince Orchard Rd., N. Potomac, MD 20878 301-208-0200 • www.PotomacHorse.com

#### Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841 1-301-349-0075 • www.GreatandSmallRide.org

#### **Wheaton Regional Park Stables**

1101 Glenallen Ave., Wheaton, MD 20902 301-622-2424 • www.WheatonParkStables.com

#### **Woodstock Equestrian Park**

20100 Darnestown Rd., Beallsville, MD 20839 240-498-2412 • www.EquestrianPark.org

#### **ICE SKATING**

#### Cabin John Ice Rink AM

Cabin John Regional Park 10610 Westlake Drive, Rockville, MD 20852 301-765-8620 • www.CabinJohnIce.org

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

#### Wheaton Ice Arena 💉

Wheaton Regional Park

11717 Orebaugh Avenue, Wheaton, MD 20902 301-905-3000 • www.WheatonIceArena.org

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

#### MINIATURE GOLF

#### **South Germantown Miniature Golf**

18 hole miniature course with 9 wheelchair accessible holes.

South Germantown Recreational Park 18056 Central Park Circle, Boyds, MD 20841 301-670-4680 • www.SplashandGolf.com

#### **NATURE CENTERS**

#### Black Hill Visitor Center

Black Hill Regional Park 20926 Lake Ridge Dr., Boyds, MD 20841 301-528-3492 • www.BlackHillNature.org

#### Brookside Nature Center AM

Wheaton Regional Park 1400 Glenallan Avenue, Wheaton, MD 20902 301-962-1480 • www.BrooksideNature.org

#### Locust Grove Nature Center AM

Cabin John Regional Park

7777 Democracy Boulevard, Bethesda, MD 20817 301-765-8660 • www.LocustGroveNature.org

#### Meadowside Nature Center AV

Rock Creek Regional Park 5100 Meadowside Lane, Rockville, MD 20855 301-258-4030 • www.MeadowsideNature.org

#### **SPLASH PARK**

#### South Germantown SplashPark

Kids will have an excellent time staying cool and playing in the large interactive SplashPark.
South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

#### **SKATEBOARDING, INLINE SKATING & BMX**

#### **Olney Manor Skate Park**

Olney Manor Regional Park 16601 Georgia Avenue, Olney, MD 20832 301-905-3095 • www.OlneyManorSkate.com

OMSP is an unsupervised facility; admission is free. See web for details.

#### **TENNIS (INDOOR)**

#### Pauline Betz Addie Tennis Center

Cabin John Regional Park 7801 Democracy Boulevard, Bethesda, MD 20817 301-765-8650 • www.CabinJohnTennis.org

#### Wheaton Indoor Tennis AM

Wheaton Regional Park 11715 Orebaugh Avenue, Wheaton, MD 20902 301-905-3030 • www.WheatonTennis.org

#### Montgomery TennisPlex\*

in South Germantown Recreational Park
18010 Central Park Circle, Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com
\*This facility is managed by a private operator through a
partnership with the Maryland-National Capital Park and
Planning Commission. Please contact them directly for more
information about their classes and programs.

#### **TENNIS (OUTDOOR)**

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits).

Complete court list: www.MontgomeryParks.org Reserve a court: www.ActiveMONTGOMERY.org

#### TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

#### TRAINS (MINIATURE)

#### Cabin John Miniature Train 🗚

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.org
CabinJohnTrain@MontgomeryParks.org.

#### Wheaton Train and Carousel AM

Wheaton Regional Park 2000 Shorefield Road, Wheaton, MD 20902 301-563-7545 • 301-650-2880 party rentals www.WheatonTrainandCarousel.org WheatonTrainCarousel@MontgomeryParks.org.

#### **TURF FIELD**

#### Wheaton Sports Pavilion AM

Wheaton Regional Park

11751 Orebaugh Avenue, Wheaton, MD 20902 301-905-3070 • www.WheatonSportsPavilion.org WheatonSportsPavilion@MontgomeryParks.org

200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, parties and more.

= Get full-service help with ActiveMONTGOMERY registration at this facility!

#### CONTACT INFORMATION

- To report maintenance issues or problems in a park: 301-670-8080
- To reserve a picnic shelter or Park Activity building: 301-495-2525 eMONTGOMERY.org
- Athletic Field Rainout number: **301-765-8787**
- Park Police: 301-949-3010
- To volunteer in the Parks: www.ParksVolunteers.org
- General Information: 301-495-2595
   MontgomeryParks.org
- Accessibility Information: 301-495-2477 | 301-439-0579 TTY ProgramAccess @MontgomeryParks.org MontgomeryParks.org/access
- Ac veMONTGOMERY
   Info@ActiveMONTGOMERY.org
   Call 301-495-2580 (10am-4pm)
   for Parks, or 240-777-6840
   (8:30am-4:30pm) for Rec
- For info about a specific park:
   MontgomeryParks.org
   Click on "Contact Us"
- Become a fan of Montgomery Parks on Facebook
- Follow MontgomeryParks on Twitter at h er.com/ MontgomeryParks
- Support MontgomeryParks!
   Visit MontgomeryParks
   Founda g



#### **CUPF Schedules All Athletic Fields**

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.



socialize

play



eat



relax

### the *perfect* place to gather!

PARK ACTIVITY BUILDINGS | PICNIC AREAS

Park Activity Buildings and Picnic Shelters in Montgomery Parks are ideal for family and social gatherings, special events, meetings and more!



celebrate



engage

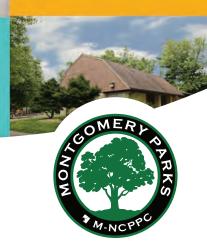


enjoy

meet

Hours: 8:30 am-5:00 pm, Monday-Friday Email: parkpermits@montgomeryparks.org

ParkPermits.org | 301-495-2525





# Volunteering in Montgomery Parks is such a natural thing to do!

We love the folks in our community who get involved—and we think you'll love volunteering with us too. Due to continuing updates of COVID-19 policy, our winter volunteer openings are going to just be sho n on our we ebsite **ParksVolunteers.org** for now.









### **AGRICULTURAL HISTORY FARM PARK**

18400 Muncaster Road • Derwood, MD 20855 • 301-467-8273 Park grounds and trails open dawn to dusk daily.

Montgomery Parks' facilities and programs are taking precautionary measures, which are in accordance with the Center for Disease Control and Prevention as well as state and county guidelines. For more information visit: https://www.montgomerycountymd.gov/covid19.

See the past, present, and future of Montgomery County farming at the Agricultural History Farm Park. This scenic 455 acre park features rolling hills, open fields, an apple orchard, and a variety of farm animals. Get a unique perspective on the county's rich farming heritage while visiting the park. Park is open daily, sunrise to sunset. Visit our website at AgHistoryFarm.org for current programming and event information.







#### **WOODLAWN MANOR CULTURAL PARK**

16501 Norwood Road • Sandy Spring, MD 20860
 301-929-5989 • MCP-WoodlawnPrograms@montgomeryparks.org
 Park grounds and trail open dawn to dusk daily.

Montgomery Parks' facilities and programs are taking precautionary measures, which are in accordance with the Center for Disease Control and Prevention as well as state and county guidelines.

For more information visit: https://www.montgomerycountymd.gov/covid19.

Explore history by hiking the Underground Railroad Experience Trail, or walk the peaceful and historic park grounds. Park is open sunrise to sunset. Visit our website at **WoodlawnManor.org** for current programming and event information.





MONTGOMERY PARKS

Maryland's newest museum of African American history!

The NEW Josiah Henson Museum & Park in North Bethesda, Maryland, commemorates the life of Reverend Josiah Henson (1789–1883). He was renowned as an Underground Railroad hero, abolitionist and author. Reverend Henson's autobiography helped inspire the fictional anti-slavery novel, *Uncle Tom's Cabin* by Harriet Beecher Stowe.

The museum's exhibits and programs celebrate the challenging and inspiring life of Reverend Henson, educates visitors about enslavement in Maryland, and promotes an appreciation of the African American experience of Montgomery County.



#### **JOSIAH HENSON MUSEUM & PARK**

11410 Old Georgetown Road | North Bethesda, Maryland 20852 240.772.7909 | JosiahHenson.org





Montgomery Parks is dedicated to providing quality services and programs that are inclusive and accessible to all. ADA: ProgramAccess@MontgomeryParks.org Non-Discrimination: MontgomeryParks.org/about/parks/



1800 Glenallan Avenue • Wheaton, MD 20902 301-962-1400 • www.BrooksideGardens.org



#### Children's Programs

#### Flower Buds: At-Home Edition

**New!** Log on for a live presentation that will excite your preschooler's imagination as Miss Lynn reads nature and garden themed picture books, along with fingerplays, song and manipulatives to enhance literary development. Next, follow along as she demonstrates how to make a fun craft at home. A list of craft supplies to gather in advance will be emailed upon registration, and the link for joining will be emailed 48 hours in advance. Access to the recorded presentation will be available afterward. Register children ages 3-6 for each session of three classes. Adults may need to assist children with craft.

Ages: 3 - 6yrs Fee: \$25

Winter Wonders • Course #87444 • 10:30-11:30 am

Senses and Spices • Monday, Dec. 14

Popcorn and other Yummy Seeds • Monday, Jan. 11

Lovely Valentines • Monday, Feb. 8

#### **Kokedama for Kids**

Warm up the winter with a variety of tropical plants wrapped with soil and moss into a round decorative ball, hence the proper Japanese name, Kokedama. These look great hanging in front of a bright window and are fun to make! Make 3 Kokedamas to take away! Families or groups of 4 including adult must register. Since this is a limited attendance event, we suggest limited adult supervision (i.e. one parent instead of two accompanying child or group of children). We are sorry, walk-ins will not be accepted so everyone can keep a safe social distance.

Ages: 6 & Up Fee: \$60

Course: #87335 • Friday, Jan. 22 • 4-5:30 pm

### Crafty Valentine's Heart's-a-Bustin Workshop

Make fragrant hanging lavender hearts, a heart dream pillow, floral and hearts valentine's cards for friends and loved ones. Families or groups of 4 including adult must register. Since this is a limited attendance event, we suggest limited adult supervision (i.e. one parent instead of two accompanying child or group of children). We are sorry, walk-ins will not be accepted so everyone can keep a safe social distance.

Ages: 6 & Up Fee: \$48

Course: #87333 • Friday, Feb. 12 • 4-5:30 pm

#### **Adult Programs**

#### **Greenscapes Symposium 2021**

Back to Our Roots: Leveraging Na ve Plants to Restore the Environment

Keynote Speaker: Doug Tallamy, professor in the Department of Entomology and Wildlife Ecology at the University of Delaware.

Note: This will be offered as a series of live online lectures with audience Q&A incorporated into the program.

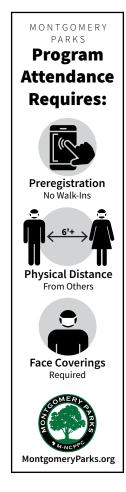
Years of rapid urbanization have fragmented natural habitats with manicured lawns and barren overdevelopment. What can you do to counteract this disturbing trend? Discover some proven strategies in this year's Sustainable Landscape Symposium! We'll tackle the native vs. non-native plant debate: Is a native plant-only prescription necessary? Under what conditions should non-native plants be incorporated? Join the conversation as experts assess the scope of environmental benefits provided by native ecosystems, from supporting pollinators to decreasing pollution. Learn how to garden with native plants, helping to sustain a wide range of food chains, including habitats that nurture a diversity of wildlife. Speakers will combine principles of horticulture and ecology to inform landscape design models inspired by nature, with broad applications for residential and commercial landscapes.

#### **About the Greenscapes Symposium**

Green Matters, an annual symposium sponsored by Brookside Gardens since 2004, is now the Greenscapes Symposium and will continue to concentrate attention on the intersection of horticulture and environmental issues. Environmental stewardship is a core value of the Maryland-National Capital Park and Planning Commission (M-NCPPC), Brookside Gardens' parent organization. As such, we strive to provide timely information and viable solutions to environmental challenges.

Ages: 18 & Up Fee: \$45

Course: #87621 • Friday, Feb. 19 • 9 am-4 pm Early Bird Fee expires on Friday, January 8: \$45. Regular Fee starts on Saturday, January 9: \$55.









### MONTGOMERY PARKS **Program Attendance Requires:** Preregistration No Walk-Ins **Physical Distance** From Others **Face Coverings** Required

MontgomeryParks.org

#### **Hands-On Workshops**

#### Festive Fresh Greens: Wreath

Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing. Instructor: Brookside Gardens Staff. Join us to make a long-lasting, beautiful wreath using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpieces, or come both days. Learn to make an evergreen wreath for your front door. complete with pinecone and bow accents. Fee includes all materials for one wreath.

Ages: 18 & Up Fee: \$50 FOBG: \$46 Course: #87648 • Tuesday, Dec. 8 • 10-11:30 am Course: #87649 • Tuesday, Dec. 8 • 1-2:30 pm

#### **Festive Fresh Greens: Centerpieces**

Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing. Instructor: Brookside Gardens Staff. Join us to make a long-lasting, beautiful centerpiece using fresh greens! Come Tuesday to make wreaths,

Wednesday to make centerpieces, or come both days. The centerpieces will include a candle and seasonal decorations. Fee includes all materials for two centerpieces.

Fee: \$50 FOBG: \$46 Ages: 18 & Up Course: #87650 • Wednesday, Dec. 9 • 10-11:30 am Course: #87651 • Wednesday, Dec. 9 • 1-2:30 pm

#### **Kokedama: The Art of Crafting Living Moss Balls**

Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing. Instructor: Kathy Jentz, Washington Gardener Magazine Originating in Japan, kokedama are living plant and moss balls. Traditionally displayed sitting, they also look magical bound up with string and hanging. Similar to bonsai, they are a lovely way to bring a bit of greenery indoors and can live for years with proper care. In this hands-on workshop you? Il have access to all the materials needed to make your own beautiful kokedama and will be taken step-by-step through the unique process. Everyone will make two kokedama to take home with them at the end of the class.

Ages: 18 & Up Fee: \$40 FOBG:\$36 Course: #87652 • Saturday, Jan. 16 • 10-11:30 am Course: #87653 • Saturday, Jan. 16 • 1-2:30 pm

#### **Horticultural Classes**

#### **Introduction to Plant Propagation -Tropical Houseplants**

Instructor: Nate Roehrich, Greenhouse Manager, **Brookside Gardens** 

\*Inclement weather makeup date: Saturday, February

Learn the various forms of plant propagation in our new state-of-the-art greenhouse facilities. You'll learn how to produce a variety of your own plants inexpensively and easily from start to finish with this hands-on workshop. The class will focus on a variety of tropical houseplants and related propagation techniques including root cuttings. We'll also cover seed propagation including seed physiology, special seed treatments, scarification, and stratification. We'll review the best techniques and plants to propagate from cuttings and participants will get to take a few offshoots to grow at home.

Ages: 18 & Up Fee: \$35

Course: #87654 • Saturday, Feb. 6 • 10 am-12 pm

#### **Everything You Ever Wanted to Know About Pruning**

Josh Demers, Brookside Gardens Staff Learn all about the why's, how's and when's of pruning a variety of specimens in your garden. Gain invaluable advice and experience on how to make proper pruning cuts on trees and bushes of various sizes to achieve structural corrections and rejuvenate old overgrown shrubs. Discover how plants respond to pruning and how to get a shrub or tree to do what you want it to - in a way that is healthy for the plant (within reason, of course).

Fee: \$10 FOBG: \$8 Ages: 18 & Up

Course: #87643 • Saturday, Feb. 20 • 10 am-12 pm

#### **Garden Walks**

#### **Brookside Gardens Winter Tour**

Tour Guide: Brookside Gardens Staff Winter's advent brings on a whole new dimension to the gardens usually overlooked by visitors. Enjoy this walking tour with Phil Normandy where you'll see what makes up the "bones of the garden" without the distraction of leaves or flowers. You'll appreciate the architectural elements of evergreens and woody plants in addition to how hardscapes shape the gardens.

\*Meet at the Visitor Center entrance Ages: 18 & Up Fee: \$8 FOBG: \$6

Course: #87637 • Saturday, Jan. 30 • 10-11:30 am Course: #87638 • Saturday, Jan. 30 • 1-2:30 pm







#### BLACK HILL VISITOR CENTER

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Look for additional programming to be added for the Winter Season. Go to ACTIVEMongtomery.org to see the most up-to-date program listings. Other upcoming programming info will appear on Facebook and our website.

#### MONTGOMERY PARKS

#### **Program Attendance Requires:**



Preregistration No Walk-Ins



**Physical Distance** From Others



**Face Coverings** Required



#### **DECEMBER 2020**

#### 12/5 Take & Make It: Feathered Friends

A new twist on an old favorite! Come by the Visitor Center to pick up a craft kit to work on at home. See who is visiting our meadow and make a gift for our feathered friends. Kits will have most of the supplies needed and instructions to make a craft at home. Stop by anytime during program hours to pick up your craft

Ages: All Ages Fee: \$2

Course: #97253 • Saturday, Dec. 5 • 2-3 pm

#### 12/5 Family Waterfowl Watching from the Bird Blind

Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.

Ages: All Ages Fee: \$2

Course: #97256 • Saturday, Dec. 5 • 4-5:30 pm

#### 12/8 Waterfowl Viewing from the Deck

Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather. FOBH \$5

Ages: 18 & Up Fee: \$6

Course: #97289 • Tuesday, Dec. 8 • 4:30-5:30 pm

#### 12/10 Babes in a Backpack

Let's go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you'll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information. Please register everyone; only adults pay.

Ages: All Ages Fee: \$2

Course: #97260 • Thursday, Dec. 10 • 10 am-12 pm

#### 12/12 Hike Club

The first rule of Hike Club - have fun! Improve your fitness, make new friends, and experience trails and scenery we don't often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible and are easy to moderate in difficulty. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Ages: All Ages Fee: \$2

Course: #97266 • Saturday, Dec. 12 • 9-11 am

#### 12/12 Wild Child Hike

This isn't your average walk in the woods. Scamper like a squirrel, balance like a billy goat, and run like a rabbit through the park. We'll be on and off the trail as we go on a hiking adventure. Wear shoes and clothes you don't mind getting dirty. Be sure to sign up 24 hours ahead so we can contact you with the meeting location, FOBH \$5

Ages: 4 - 12yrs Fee: \$6

Course: #97269 • Saturday, Dec. 12 • 1:30-2:30 pm

#### 12/12 Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it's chilly. FOBH \$5 Ages: 1 & Up Fee: \$6

Course: #97274 • Saturday, Dec. 12 • 4-5 pm

#### 12/15 Virtual Storytime: "Goodbye Autumn, Hello Winter"

Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today's story is "Goodbye Autumn, Hello Winter" by Kenard Pak.

Ages: 2 - 5vrs Fee: \$2

Course: #97279 • Tuesday, Dec. 15 • 10-10:30 am

#### 12/17 Homeschool Hike

Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.

Fee: \$6 Ages: 5 - 15yrs

Course: #97330 • Thursday, Dec. 17 • 1-4 pm

#### 12/19 DIY Nature

Stop by the Visitor Center information desk to pick up materials for a self-led activity. Let your imagination and curiosity lead you! Supplies are limited, and available on a first come, first served basis. Please return all supplies by 1 pm. Registration required.

Ages: All Ages Fee: Free

Course: #97337 • Saturday, Dec. 19 • 12-1 pm

#### **JANUARY 2021**

#### 1/1 First Day Hike: Family Edition

First Day Hikes are a part of a nationwide initiative led by America's State Parks to encourage people to get outdoors. On New Year's Day, hundreds of free, guided hikes will be organized in all 50 states. Join us at Black Hill Regional Park for a hike starting at the Black Hill Visitor Center. We will hike 1-2 miles on a paved surface trail that's easier for shorter legs! Children are welcome and the trail is stroller accessible.

Ages: All Ages Fee: Free

Course: #97341 • Friday, Jan. 1 • 11 am-12 pm

#### 1/1 First Day Hike

First Day Hikes are a part of a nationwide initiative led by America's State Parks to encourage people to get outdoors. On New Year's Day, hundreds of free, guided hikes will be organized in all 50 states. Join us at Black Hill Regional Park for a hike starting at the Black Hill Visitor Center. We will hike 2-3 miles on natural surface terrain.

Ages: All Ages Fee: Free

Course: #97349 • Friday, Jan. 1 • 1-3 pm

#### 1/10 Hike Club

The first rule of Hike Club - have fun! Improve your fitness, make new friends, and experience trails and scenery we don't often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible and are easy to moderate in difficulty. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Ages: All Ages Fee: \$2

Course: #97267 • Sunday, Jan. 10 • 9-11 am

#### 1/10 Wild Child Hike

This isn't your average walk in the woods. Scamper like a squirrel, balance like a billy goat, and run like a rabbit through the park. We'll be on and off the trail as we go on a hiking adventure. Wear shoes and clothes you don't mind getting dirty. Be sure to sign up 24 hours ahead so we can contact you with the meeting location.

Ages: 4 - 12yrs Fee: \$6 FOBH \$5

Course: #97270 • Sunday, Jan. 10 • 1:30-2:30 pm

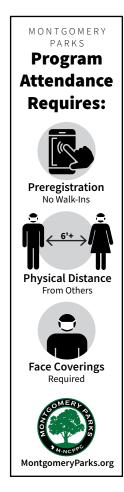
#### 1/12 Babes in a Backpack

Let's go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you'll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information. Please register everyone; only adults pay.

Ages: All Ages Fee: \$2

Course: #97264 • Tuesday, Jan. 12 • 10 am-12 pm













#### 1/13 Virtual Storytime: "The Tea Party in the Woods"

Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today's story is "The Tea Party in the Woods" by Akiko Miyakoshi.

Ages: 2 - 5yrs Fee: \$2

Course: #97280 • Wednesday, Jan. 13 • 10-10:30 am

#### 1/16 Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it's chilly.

Ages: 1 & Up Fee: \$6 FOBH \$5

Course: #97275 • Saturday, Jan. 16 • 4:30-5:30 pm

#### 1/20 Waterfowl Viewing from the Deck

Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather.

Ages: 18 & Up Fee: \$6 FOBH \$5

Course: #97293 • Wednesday, Jan. 20 • 5-6 pm

#### 1/21 Homeschool Hike

Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.

Fee: \$6 Ages: 5 - 15yrs

Course: #97331 • Thursday, Jan. 21 • 1-4 pm

#### 1/23 Take & Make It: Feathered Friends

A new twist on an old favorite! Come by the Visitor Center to pick up a craft kit to work on at home. See who is visiting our meadow and make a gift for our feathered friends. Kits will have most of the supplies needed and instructions to make a craft at home. Stop by anytime during program hours to pick up your craft

Ages: All Ages Fee: \$2

Course: #97254 • Saturday, Jan. 23 • 2-3 pm

#### 1/23 Family Waterfowl Watching from the Bird Blind

Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.

Ages: All Ages Fee: \$2

Course: #97258 • Saturday, Jan. 23 • 5-6 pm

#### 1/27 Night Hike

We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile or less. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill

Ages: 8 & Up Fee: \$6 FOBH \$5

Course: #97350 • Wednesday, Jan. 27 • 5:30-6:30 pm

#### **FEBRUARY 2021**

#### 2/6 DIY Nature

Stop by the Visitor Center information desk to pick up materials for a self-led activity. Let your imagination and curiosity lead you! Supplies are limited, and available on a first come, first served basis. Please return all supplies by 1 pm. Registration required.

Ages: All Ages Fee: Free

Course: #97338 • Saturday, Feb. 6 • 12-1 pm

### 2/8 Virtual Storytime: "The Snowy

Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today's story is "The Snowy Day" by Ezra Jack Keats.

Ages: 2 - 5vrs Fee: \$2

Course: #97282 • Monday, Feb. 8 • 10-10:30 am

#### 2/10 Babes in a Backpack

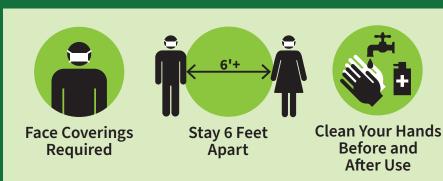
Let's go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you'll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information. Please register everyone; only adults pay.

Ages: All Ages Fee: \$2

Course: #97265 • Wednesday, Feb. 10 • 10 am-12 pm

# Attending Programs This Winter

We are happy to be back, and have you come visit us. But things may look and feel a bit different when you come to a program. Groups will be smaller, some activities will be online or something you can do on your own, and you'll need to wear a mask, just like the staff. Health and safety will be first and foremost on our minds as we welcome everyone back to Black Hill Nature Programs.



- Programs will be held outdoors with limited capacity.
- Registration is required, sign up at ActiveMontgomery.com.
- Face coverings are required for all guests and staff inside the buildings and outside when near other people.











Nature Programs



No More

Than 50

People









Join us online for FREE live sessions and videos on waterfowl art, anatomy lab, citizen science, and birding.
Learn how to draw a duck, identify a bufflehead, and watch the sunset over the lake from the comfort of your home. Check Facebook and our website for program announcements.







#### 2/18 Homeschool Hike

Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.

Ages: 5 - 15yrs Fee: \$6

Course: #97332 • Thursday, Feb. 18 • 1-4 pm

#### 2/20 Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it's chilly.

Ages: 1 & Up Fee: \$6 FOBH \$5 Course: #97276 • Saturday, Feb. 20 • 5-6 pm

#### 2/22 Preschool in the Park

Join us for a virtual and in-person preschool experience. We believe children learn best by playing and experiencing the world around them, and we want to be part of your child's journey. This program will include two days (Monday and Wednesday) of live video sessions via Microsoft Teams with park naturalists, monthly activity kits to foster play and learning, and monthly family nature time at Black Hill Regional Park. We will also have monthly family hikes, parent virtual gatherings, and online resources to support your child on nature adventures.

Ages: 3.3m - 6yrs Fee: \$250

Course: #97370 • Monday, Feb. 22 • 10-10:30 am

#### 2/23 Preschool in the Park: Nature **School Edition**

We believe children belong outside and that they learn best by playing and experiencing the world around them. This program is a 14-week, in-person, dropoff outdoor preschool program designed to foster your child's creativity, sense of self, and love of the outdoors. Classes will be held outdoors, with a park shelter as our home base. Children must be pottytrained by the start of the program and bring their own snack with them. A welcome letter with more information will be sent once you register. If we are not able to provide in-person classes due to COVID-19, we will provide alternative programming at a reduced cost. Ages: 3.3m - 6yrs Fee: \$350

Course: #97373 • Tuesday, Feb. 23 • 9 am-12 pm

#### 2/23 Waterfowl Viewing from the Deck

Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather.

Ages: 18 & Up Fee: \$6 FOBH \$5

Course: #97294 • Tuesday, Feb. 23 • 5:30-6:30 pm

#### 2/26 Rachel Carson Hike

Meet a naturalist at Rachel Carson Conservation Park for a hike through meadow and forest in search of the first signs of spring. Bring binoculars, water, and dress for the weather. Trails are often muddy so wear good hiking shoes. Meet at the gravel parking lot for Rachel Carson Conservation Park, 22201 Zion Road, Olney, MD 28303.

Fee: \$12 FOBH \$11 Ages: 18 & Up

Course: #97360 • Friday, Feb. 26 • 10 am-12 pm

#### 2/26 Night Hike at Rachel Carson

We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile or less. Dress warmly and please, no flashlights. Meet at the gravel parking lot for Rachel Carson Conservation Park, 22201 Zion Road, Olney, MD 28303.

Ages: 8 & Up Fee: \$6 FOBH \$5 Course: #97355 • Friday, Feb. 26 • 6-7 pm

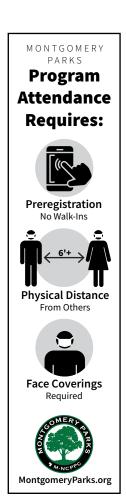
#### 2/27 Family Waterfowl Watching from the Bird Blind

Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.

Ages: All Ages Fee: \$2

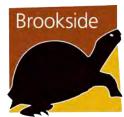
Course: #97259 • Saturday, Feb. 27 • 5:30-6:30 pm











#### Nature Center in Wheaton Regional Park

MONTGOMERY

PARKS

**Program** 

**Attendance** 

**Requires:** 

Preregistration

No Walk-Ins

**Physical Distance** 

From Others

**Face Coverings** 

Required

MontgomeryParks.org

## **BROOKSIDE NATURE CENTER**

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org Open Tuesday-Saturday, 9 am-5 pm; Sunday, 1-5 pm. Trails open daily, dawn to dusk.

## **Recurring Programs**

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

#### **Flying Squirrels**

Maryland Flying Squirrels are abundant, cute, and active year-round, but few see them in the wild because they are active at night - nocturnal. The program starts on the Nature Center deck 30 minutes after sunset. All attendees must preregister. Physical distancing and face coverings are required.

Ages: 1 & Up Fee: \$6

Course #96715 • Fri, Dec. 4 • 5:15-5:45 pm Course #97430 • Fri, Dec. 11 • 5:15-5:45 pm Course #97431 • Fri, Dec. 18 • 5:15-5:45 pm Course #96718 • Fri, Jan. 8 • 5:30-6 pm Course #97432 • Fri, Jan. 15 • 5:30-6 pm

Course #96719 • Fri, Jan. 22 • 5:45-6:15 pm

Course #96721 • Fri, Jan. 29 • 6-6:30 pm



#### **DECEMBER 2020**

#### 12/4 Friday Foray: Cabin John Stream **Valley Trail**

Hiking in winter is a special treat. The woods are guiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. All attendees must pre-register. Face coverings and physical distancing are required. Zip up your down parka and join us!

Ages: 18 & Up Fee: \$8

Course: #96311 • Friday, Dec. 4 • 10 am-12 pm

#### 12/5 Break Out Family Adventure -Evergreen!

Green isn't just for summer! Winter's landscape is filled with greenery, from holly leaves to clubmosses. On our investigative hike along Brookside Nature Center's trails we'll be on the alert for every shade of green and learn why some plants and microorganisms insist on staying that color all year long. We'll wrap up our hike by creating a small swag of greenery to remind us that even in December, summer is never far away. All attendees must pre-register. Face coverings and physical distancing is required.

Ages: 5 - 99yrs Fee: \$7

Course: #96697 • Saturday, Dec. 5 • 2-3 pm



# 12/6 Break Out Family Adventure - Evergreen!

Green isn't just for summer! Winter's landscape is filled with greenery, from holly leaves to clubmosses. On our investigative hike along Brookside Nature Center's trails we'll be on the alert for every shade of green and learn why some plants and microorganisms insist on staying that color all year long. We'll wrap up our hike by creating a small swag of greenery to remind us that even in December, summer is never far away. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 5 - 99yrs Fee: \$7

Course: #96698 • Sunday, Dec. 6 • 2-3 pm

# 12/8 Let's Hike...Wheaton Regional Park!

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks as you join a park naturalist for this adults-only two to three mile hike to explore the trails of Wheaton Regional Park. Hike starts from Brookside Nature Center. All pre-registered attendees will be emailed directions and trail head information. Face coverings and physical distancing is required.

Ages: 18 & Up Fee: \$7

Course: #97460 • Tuesday, Dec. 8 • 10:30 am-12 pm

#### 12/9 Photo Scavenger Hike

Can you find all the items on the list? Join a Park Naturalist for a hike in Wheaton Regional Park. Participants will be given items to find and photograph along the hike. Hikers should wear closed toe shoes for walking on natural surface trails and bring a camera or cellular phone with camera. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 5 - 99yrs Fee: \$6

Course: #96848 • Wednesday, Dec. 9 • 2-3 pm

#### 12/9 Bagels with the Birds

Do birds eat pizza? Join a naturalist to find out and to learn more about the different diets of our favorite backyard birds. Bring your favorite binoculars or borrow a pair from us! There will be bagels for everyone - except for the birds. Dress for the weather, but a heavy rain will cancel the program. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 6 & Up Fee: \$7

Course: #97475 • Thursday, Dec. 9 • 3:30-4:30 pm

# 12/11 Friday Foray - Cabin John Stream Valley Trail

Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 to 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. All attendees must pre-register. Face coverings and physical distancing are mandatory. Zip up your down parka and join us!

Ages: 18 & Up Fee: \$8

Course: #96313 • Friday, Dec. 11 • 10 am-12 pm

#### 12/12 Bagels with the Birds

Do birds eat pizza? Join a naturalist to find out and to learn more about the different diets of our favorite backyard birds. Bring your favorite binoculars or borrow a pair from us! There will be bagels for everyone - except for the birds. Dress for the weather, but a heavy rain will cancel the program. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 6 & Up Fee: \$7

Course: #97476 • Saturday, Dec. 12 • 10-11 am

# 12/15 Let's Hike... Agricultural History Farm Park!

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Agricultural History Farm Park. Hikers must register by Friday, December 11. Directions to Park and group meeting spot will be emailed to all registered participants. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97461 • Tuesday, Dec. 15 • 10:30 am-12 pm

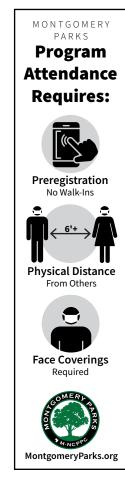
# 12/16 Form and Shape in Trees: A Photography Hike

Follow a Brookside Naturalist along the trails of Wheaton Regional Park and discover the beauty and wonder of winter trees. Adult photographers of all skill levels will enjoy this discovery hike of one to two miles. Plenty of time will be allowed for camera artists to capture odd shapes in the natural landscape and to discuss and learn about how and why our native trees grow in weird ways. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97478 • Wednesday, Dec. 16 • 1:30-3:30 pm



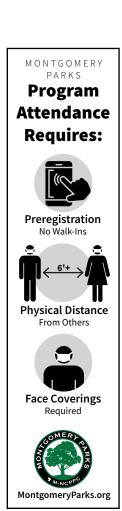








Nature Center in Wheaton Regional Pa



#### 12/16 Winter Nature Crafts

As the winter holidays draw near join a Park Naturalist in creating a nature craft to decorate your home. Some crafting materials will be provided by Nature and all will be collected by you. Dress for the weather. All attendees must register and pay. All attendees must pre-register. Face coverings and physical distancing are required.

Ages: 5 - 99vrs Fee: \$7

Course: #96854 • Wednesday, Dec. 16 • 11 am-12 pm

#### 12/18 Form and Shape in Trees: a photography hike

Follow a Brookside Naturalist along the trails of Wheaton Regional Park and discover the beauty and wonder of winter trees. Adult photographers of all skill levels will enjoy this discovery hike of one to two miles. Plenty of time will be allowed for camera artists to capture odd shapes in the natural landscape and to discuss and learn about how and why our native trees grow in weird ways. All attendees must pre-register. Face coverings and physical distancing are required. Ages: 18 & Up Fee: \$7

Course: #97477 • Friday, Dec. 18 • 1:30-3:30 pm

#### 12/19 Campfire 101

Have your ever wanted to learn how to start a campfire? Join a Park Naturalist and learn different ways to stack your logs, different lighting techniques, and fire safety. Participants are encouraged to bring a campfire snack for roasting. Dress for the weather. All attendees must pre-register. Face coverings and physical distancing are required (except when eating). Ages: 8 & Up Fee: \$7

Course: #96855 • Saturday, Dec. 19 • 1-4 pm

#### 12/20 Treasure Hunting in Wheaton **Regional Park**

Geocaching is a fun way to get outside and explore. With the help of a Park Naturalist, participants will hike Wheaton Regional Park looking for and finding caches. All attendees must register and pay. Make sure to dress for the weather and for natural surface trail conditions. Bring your cellular phone, water bottle and trail snacks. All attendees must pre-register. Face coverings and physical distancing are required.

Fee: \$6 Ages: 8 & Up

Course: #96856 • Sunday, Dec. 20 • 2-4 pm

#### 12/22 Longest Night Hike

The winter solstice is a day marking the turning point between daylight's decrease and increase. Over thousands of years it has been interpreted and celebrated with myth, fire, superstition and a mixture of fear and hope. We shall commemorate the solstice by brightening the forest's darkness with company, stories, exercise and wonder. All attendees must preregister. Face coverings and physical distancing are required.

Ages: 6 & Up Fee: \$7

Course: #96699 • Tuesday, Dec. 22 • 6:45-7:45 pm

#### 12/29 Let's Hike...Northwest Branch Stream Valley Park

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks as you ioin a park naturalist for this adults-only two to three mile hike to explore the trails of the Northwest Branch Stream Valley Park. Hikers must register by Friday, December 25. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97462 • Tuesday, Dec. 29 • 10:30 am-12 pm

#### 12/29 VIRTUAL CAMP: Winter Indoors and Out Camp!

There are countless ways to enjoy winter and our virtual mini camp specializes in many of them. With icy art activities, visits with our resident cold-blooded friends, stories and outdoor activities to do after camp is over, you'll find winter to be anything but dull. All registrants will join us through the Park's secure TEAMS online platform. Kits with art and activity materials are provided in advance for pick up. Parental participation may be required for certain activities and is certainly welcome all throughout camp. Registration closes December 15.

Ages: 7 - 10yrs Fee: \$50

Course: #96702 • Tuesday, Dec. 29 - Thursday, Dec. 31 • 11 am-12 pm



#### **JANUARY 2021**

# 1/2 Break Out Family Adventure - Surviving the Cold!

We have jackets stuffed with feathers, hats knitted from wool, boots lined with insulate and magical pads to warm our hands. But how do animals and plants, outside all winter long, stay comfy, let alone alive? What are their secrets? On our very vigorous hike we'll search for the clues to this question. All atendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 5 - 99yrs Fee: \$7

Course: #96700 • Saturday, Jan. 2 • 2-3 pm

# 1/3 Break Out Family Adventure - Surviving the Cold!

We have jackets stuffed with feathers, hats knitted from wool, boots lined with insulate and magic chemical pads to warm our feet. But how do animals and plants outside all winter long, stay comfy, let alone alive? What are their secrets? On our vigorous hike we'll search for the clues to this question. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 5 - 99yrs Fee: \$7

Course: #96701 • Sunday, Jan. 3 • 2-3 pm

# 1/5 Let's Hike...Rachel Carson Conservation Park

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Rachel Carson Conservation Park. Hikers must register by Friday, January 1. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97463 • Tuesday, Jan. 5 • 10:30 am-12 pm

#### 1/8 Friday Foray - Lake Needwood

Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. Face coverings and physical distancing are required. Zip up your down parka and join us

Ages: 18 & Up Fee: \$8

Course: #96695 • Friday, Jan. 8 • 10 am-12 pm

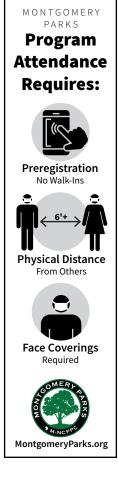
# 1/12 Let's Hike... Blockhouse Point Conservation Park

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Blockhouse Point Conservation Park. Hikers must register by Friday, January 8. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97464 • Tuesday, Jan. 12 • 10:30 am-12 pm









#### **BROOKSIDE NATURE CENTER**

1400 Glenallan Avenue | Wheaton, Maryland 20902 Hours: Trails are open sunrise to sunset.











in Wheaton Regional Pa



MontgomeryParks.org

#### 1/15 Friday Foray - Lake Needwood

Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. Face coverings and physical distancing are required. Zip up your down parka and join us!

Ages: 18 & Up Fee: \$8

Course: #96696 • Friday, Jan. 15 • 10 am-12 pm

#### 1/17 Treasure Hunting in Wheaton Regional Park

Geocaching is a fun way to get outside and explore. With the help of a Park Naturalist, participants will hike Wheaton Regional Park looking for and finding caches. All attendees must register and pay. Make sure to dress for the weather and for natural surface trail conditions. Bring your cellular phone, water bottle and trail snacks. All attendees must pre-register and should download the free Geocaching app before attending. Face coverings and physical distancing are required.

Ages: 8 & Up Fee: \$6

Course: #96857 • Sunday, Jan. 17 • 2-4 pm

#### 1/19 Let's Hike... Lois Y. Green **Conservation Park**

Wear your hiking boots and dress for the outdoors and don't forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Lois Y. Green Conservation Park. Hikers must register by Friday, January 15. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.

Ages: 18 & Up Fee: \$7

Course: #97465 • Tuesday, Jan. 19 • 10:30 am-12 pm

#### 1/21 VIRTUAL PROGRAM: Basic Winter Tree ID

Though we love our trees covered with leaves, bare trees in winter reveal many clues to identity. In observing the characteristics of bark, bud, branching pattern, and more, we come to know our trees more completely and can identify them in any season. At the end of the class, you'll know what to look for as you observe winter trees and key features that will help you confidently identify at least two trees common to our forests. This virtual and interactive class will be conducted through the TEAMS platform. All registrants will receive an invitation to join this secure meeting and will be sent necessary instructions ahead of time.

Ages: 18 & Up Fee: \$15 Course: #96711 • Thursday, Jan. 21 • 2-3:30 pm

#### 1/23 VIRTUAL: Harper Homestead in Winter: What's for Dinner?

Learn about the history, nutrition and rich culture of African American foods. Discuss how soul food became a dominant theme among African American families, their church and social gatherings during the 19th century. This virtual class will be conducted through the TEAMS platform. All registrants will receive an invitation to join this secure meeting and will be sent necessary instructions ahead of time.

Ages: 16 & up Fee: \$15

Course: #96712 • Saturday, Jan. 23 • 2-3 pm





1400 Glenallan Avenue | Wheaton, Maryland 20902 Hours: Trails are open sunrise to sunset.









# **LOCUST GROVE NATURE CENTER**

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org Building open for scheduled programs only. Trails open daily, dawn to dusk.

### **Recurring Programs**

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

#### **Hike & Seek: Winter Wonderland**

This month we're hosting a holiday-themed scavenger hunt: I spy with my little eye, swirls of snow and stars in the sky, woodland critters in warm mittens and coats, and little silver bells playing musical notes. Register by Friday, December 11, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. \$2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new naturethemed puzzle each month in Hike and Seek. This outdoor-only program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time.

Ages: All Ages Fee: \$2

Course #97376 • Sun, Dec. 13 • 2-5 pm

#### **Hike & Seek: Snow Birds**

This month it's a sky-high scavenger hunt with colorful feathered creatures, both real and artificial. hidden in the trees. Visit the Nature Center feeders for a special exhibit on bringing winter birds to your backyard.Register by Friday, January 8, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. \$2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month in Hike and Seek. This outdooronly program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time."

Ages: All Ages Fee: \$2

Course #97433 • Sun, Jan. 10 • 2-5 pm

#### Hike & Seek: I ♥ Nature

This month, work together with (or challenge!) your valentine to nature trivia in a heart-themed scavenger hunt.Register by Friday, February 12, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. \$2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month in Hike and Seek. This outdoor-only program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time."

Fee: \$2 Ages: All Ages

Course #97445 • Sun, Feb. 14 • 2-5 pm



#### **DECEMBER 2020**

#### 12/1 Theme Month: Home

For both people and wildlife, home is a unique and special place. Join us in celebrating homes of every shape and size, and exploring the important winter traditions that take place there. Discover how animals make their home in Cabin John Regional Park through self-guided hikes, displays, and programs throughout the month. Register for "Home" to receive a complete program schedule by email. Individual programs may require separate registration.

Ages: All Ages Fee: Free

Course: #97457 • Tuesday, Dec. 1 • 9 am-9 pm

#### 12/7 Virtual Nature Explorers Preschool- M

Join our virtual preschool program for young naturalists! Each week our naturalists will introduce the group to a new nature theme via a live virtual session. Children will learn about the flora and fauna in their own backyard while engaging in nature-based games, crafts, experiments, stories and songs. PLEASE NOTE: The same content is being offered on Monday and Wednesday; please only register for the Monday OR the Wednesday session, not both.

Ages: 3 - 5yrs Fee: \$250

Course: #97486 • Monday, Dec. 7 • 9:30-10:15 am

#### 12/9 Virtual Nature Explorers Preschool- W

Join our virtual preschool program for young naturalists! Each week our naturalists will introduce the group to a new nature theme via a live virtual session. Children will learn about the flora and fauna in their own backyard while engaging in nature-based games, crafts, experiments, stories and songs. PLEASE NOTE: The same content is being offered on Monday and Wednesday; please only register for the Monday OR the Wednesday session, not both.

Ages: 3 - 5yrs Fee: \$250

Course: #97487 • Wednesday, Dec. 9 • 9:30-10:15 am

#### **JANUARY 2021**

#### 1/1 Theme Month: Hidden Worlds

Winter: a season of cold and quiet in the natural world, but if you take a closer look, you can see there is a lot of animal activity. Mammals can still be seen foraging for food, flocks of bird are braving the winter cold, and just below the surface plants are waiting for the arrival of spring to sprout. Join us at Locust Grove Nature Center as we discover the hidden worlds of winter. Register for "Hidden Worlds" to receive a complete program schedule by email. Individual programs may require separate registration.

Ages: All Ages Fee: Free

Course: #97458 • Friday, Jan. 1 • 9 am-9 pm

# Locust Grove

Nature Center
in Cabin John Regional Park

#### **FEBRUARY 2021**

#### 2/1 Theme Month: Fairy Tales

Nature can be a magical place. Many of the myths and fairy tales we know were inspired by nature. Come to Locust Grove Nature Center and discover the magical world of nature through self-guided activities, magical displays, and virtual & in person programs. Register for "Fairy Tales" to receive a complete program schedule by email. Individual programs may require separate registration.

Ages: All Ages Fee: Free

Course: #97459 • Monday, Feb. 1 • 9 am-9 pm

MONTGOMERY PARKS **Program** 

# Attendance Requires:



Preregistration No Walk-Ins



Physical Distance From Others



Face Coverings Required



MontgomeryParks.org







### MAYDALE NATURE CLASSROOM

1638 Maydale Drive • Colesville, MD 20905 • 301-962-1487 MCP-Maydale@montgomeryparks.org • Trails open daily, dawn to dusk. www.montgomeryparks.org/parks-and-trails/maydale-conservation-park/

#### MONTGOMERY PARKS

#### **Program Attendance Requires:**



Preregistration No Walk-Ins



**Physical Distance** From Others



**Face Coverings** Required



MontgomeryParks.org

#### **DECEMBER 2020**

#### 12/8 Virtual Nature Tales Series: **Animals in Winter**

Make a crown of antlers, create Valentines for the birds, and make animal masks. It's time to dig, dash and soar as we learn how our wild neighbors survive winter. Each month we will explore a new nature theme. Participants will receive an activity kit with nature themed crafts, activities, and supplies to inspire the imagination. Each gathering includes a virtual session with a park naturalist where we will read a nature related tale and complete a related craft from the activity kit that we can share with the group. After the virtual session, there will be other suggested activities for participants to do on their own or as a family. Registration is for the series.

December: 8th: "Adaption" January 12th: "Hibernation" February 9th: "Migration"

This online program is being hosted by staff for Maydale Nature Classroom. You will pickup you activity kit for 1638 Maydale Drive, Colesville, MD 20905 prior to the first virtual program.

Ages: 3 - 4yrs Fee: \$20

Course: #94603 • Tuesday, Dec. 8 • 9:30-10:15 am

# 12/17 Home School Naturally Virtual

Sink your teeth into skull ID, create colorful creatures learning about camouflage and spark your interest with electricity. Participants will receive a science kit filled with experiments, activities, and supplies. Each gathering will include a virtual session with a park naturalist where we will explore the science topic using experiments from the science kit and share your results with the group. After the virtual session, there will be other suggested activities for participants to do on their own or as a family. Registration is for the series.

December 17th: Skull ID January 21st: Camouflage February 18th: Electricity

This online program is being hosted by staff for Maydale Nature Classroom. You will pickup you activity kit for 1638 Maydale Drive, Colesville, MD 20905 prior

to the first virtual program. Ages: 8 - 11yrs Fee: \$30

Course: #96349 • Thursday, Dec. 17 • 10-11 am

#### **JANUARY 2021**

#### 1/9 Signs of Winter Scavenger Hunt

Come by the Nature Classroom to pick up a scavenger hunt sheet and head outside to start looking for some of the signs of winter! Please register all participants for program.

Ages: 3 & Up Fee: Free

Course: #96401 • Saturday, Jan. 9 • 2:30-4:30 pm

#### 1/31 Groundhog Day Celebration!

Let's get ready to celebrate Groundhog Day with groundhog stories, activities, and crafts. We'll top it off by bringing out our own (stuffed) groundhog to see if it sees its shadow! All participants must register and pay.

Ages: 3 & Up Fee: \$3

Course: #96389 • Sunday, Jan. 31 • 3-4 pm

#### **FEBRUARY 2021**

#### 2/7 Winter Animals at Maydale

Come on a hike with us as we explore the animals that live at Maydale in the winter. We'll look for tracks, dens, nests, as well as discuss how animals survive the winter. All participants must register and pay.

Ages: 3 & Up Fee: \$3

Course: #96386 • Sunday, Feb. 7 • 3-4 pm

#### 2/27 Full Moon Hike

Let's use the light of the full moon to guide us on a hike through the woods, meadow, and ponds of Maydale as we explore the sights and sounds that sound us. All participants must register and pay.

Ages: 6 & Up Fee: \$3

Course: #96399 • Saturday, Feb. 27 • 8-9 pm





# **MEADOWSIDE NATURE CENTER**

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 MeadowsideNature.org • Meadowside@MontgomeryParks.org Trails open daily dawn to dusk.



# **Recurring Programs**

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

#### **Raptor Training and Enrichment Talk**

Observe a training session and see how raptors use positive reinforcement to learn new behaviors and concepts. Meet outside at the Raptor Walkway fence to the right of the facility entrance.

Ages: 2 & Up Fee: Free Course #96722 • Mon, Dec. 7 • 1-1:30 pm Course #96723 • Mon, Dec. 14 • 1-1:30 pm Course #96724 • Mon, Dec. 28 • 1-1:30 pm Course #96725 • Mon, Jan. 4 • 1-1:30 pm Course #96726 • Mon, Jan. 11 • 1-1:30 pm Course #96727 • Mon, Jan. 18 • 1-1:30 pm Course #96728 • Mon, Jan. 25 • 1-1:30 pm Course #96729 • Mon, Feb. 1 • 1-1:30 pm Course #96730 • Mon, Feb. 8 • 1-1:30 pm

Course #96731 • Mon, Feb. 15 • 1-1:30 pm

Course #96732 • Mon, Feb. 22 • 1-1:30 pm

Storytime at Meadowside

Animal storytime is fun! Enjoy fresh air in the park and the beautiful sounds of nature. We will meet in Meadowside's campfire area. Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on.

Ages: 2 - 5yrs Fee: Free Course #97226 • Tue, Dec. 8 • 11-11:20 am Course #97227 • Tue, Jan. 12 • 11-11:20 am Course #97229 • Tue, Feb. 9 • 11-11:20 am

#### Historias en Meadowside

¡Ven a escuchar un cuento de animales! Disfruta el aire libre del parque y los bellos sonidos de la naturaleza. Vamos a reunirnos en el área de la fogata de Meadowside. Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 2 - 5yrs Fee: Free Course: #97223 • Tuesday, Dec. 1 • 11-11:20 am

Tuesday, Jan. 5 • 11-11:20 am Tuesday, Feb. 2 • 11-11:20 am

#### **DECEMBER 2020**

#### 12/3 Wildlife Hikes

Do you enjoy exploring the lake trails and learning about plants and animals of the park? Join us in a hike with a naturalist consisting of a few stops with engaging nature activities. Every program will have a different nature theme. This is a children-focused program. Please note that the group will keep a 6 feet distance between families. Safety is our priority and naturalists will run the program by following health guidelines.

Ages: All Ages Fee: \$5

Course: #96738 • Thursday, Dec. 3 • 9:30-10:10 am

#### 12/4 Friday Hike it Out

It's Friday! Come chill and listen to the world's first DJ: nature. Hike with new friends, take care of yourself after a long week, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on.

¡Es viernes! Ven a relajarte y a escuchar el primer DJ del mundo: la naturaleza. Camina con nuevos amigos, cuídate después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 18 & Up Fee: Free

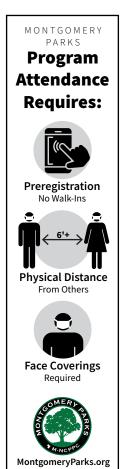
Course: #97234 • Friday, Dec. 4 • 3-3:45 pm

#### 12/5 Primitive Survival: What is a **Survival Situation?**

The best thing to do in a survival situation is to never get into one. Join a Naturalist to learn how to know if you're in a wilderness survival situation, work through the "rule of three", and determine your priorities of food, water, and shelter. Most of this program will be spent building a debris shelter on the Meadowside Nature Center property. This is an outdoor program, please dress in layers and prepare for the weather.

Ages: 12 & Up Fee: \$8

Course: #96747 • Saturday, Dec. 5 • 1-2:30 pm

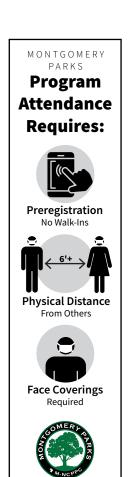








in Rock Creek Regional Park



MontgomeryParks.org

#### 12/12 Primitive Survival: Keeping **Warm-Starting Fire**

Did you know you have items at home that you could use to start a fire? I'm not talking about firewood and lighters. Join a Naturalist to learn how to collect items in the forest and at home to start a fire. Practice using your new bow drill, included with the program! This is an outdoor program, please dress in layers and prepare for the weather.

Ages: 14 & Up Fee: \$8

Course: #96759 • Saturday, Dec. 12 • 1-2:30 pm

#### 12/17 Campfire Conversations

Join a naturalist by a campfire to learn about one of Rock Creek Regional Park's fascinating animals and park stories. Every program will consist of a different nature theme. Follow the signs to the campfire to the right of the nature center. The seating in the benches will follow 6 feet of distancing between families. Feel free to bring your own tarp or towel for ground sitting. Safety is our priority and naturalists will run the program by following health guidelines.

Ages: 12 & Up Fee: \$2

Course: #96740 • Thursday, Dec. 17 • 6-6:45 pm

#### 12/17 Mother Nature: Baby and Me!

Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. ¿A tu bebé le encantan los seres de la selva? Explora la naturaleza con tu niñito/a mientras participamos en cuentos, movimiento y mini-caminatas. ¡Vamos a reír, jugar y hacer nuevos amigos en Meadowside! Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas en

participantes de edad 2+. Ages: 3 & Under Fee: \$5

Course: #97230 • Thursday, Dec. 17 • 10:30-11:15 am

#### 12/19 Primitive Survival: Locate and **Purify Water in the Wild**

Whether you're lost in the woods or on a backpacking trip, water is an important resource. Join a naturalist to learn how to use nature clues to locate water in the wild and make your very own solar still in the ground.

Ages: 8 & Up Fee: \$6

Course: #96766 • Saturday, Dec. 19 • 1-2 pm

#### 12/21 Solstice with the Owls

Celebrate owls on the shortest day of the year, the winter soltice! Come to this special Raptor Enrichment and Feeding Talk to learn about the nocturnal adaptations of these amazing birds of prey.

Ages: 2 & Up Fee: Free

Course: #96720 • Monday, Dec. 21 • 1-1:30 pm

#### 12/21 Winter Solstice Night Hike

Let's celebrate the shortest day of the year by becoming nocturnal. Join a Naturalist on a guided night hike on a 1-mile hike around Meadowside Nature Center. Learn how your five senses change once your vision becomes limited. You may bring a flashlight, but they will not be used on the hike. This is an outdoor event, please dress warmly.

Ages: 8 & Up Fee: \$6

Course: #96779 • Monday, Dec. 21 • 5-6:30 pm

#### **JANUARY 2021**

#### 1/1 First Day Hike

Happy New Year! Start your year off right with a hike in the woods around Meadowside Nature Center. This will be a casual hike, about 1-2 miles. Feel free to bring along your binoculars and dress in layers.

Ages: 6 & Up Fee: Free

Course: #96794 • Friday, Jan. 1 • 11 am-12 pm

#### 1/5 Historias en Meadowside

¡Ven a escuchar un cuento de animales! Disfruta el aire libre del parque y los bellos sonidos de la naturaleza. Vamos a reunirnos en el área de la fogata de Meadowside. Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 2 - 5yrs Fee: Free

Course: #97224 • Tuesday, Jan. 5 • 11-11:20 am

#### 1/6, 1/20, 2/10, 2/24 Nature Club

Do you love exploring nature? In this series, join naturalists for this virtual after-school club exploring a different nature topic each week! We will observe animals, play games, and create crafts. All sessions conducted through Microsoft Teams.

Ages: 6 - 8yrs Fee: \$28

Course #96713 • Fri, Jan. 6 • 3-4 pm

Fri, Jan. 20 • 3-4 pm

Fri, Feb. 10 • 3-4 pm

Fri, Feb. 24 • 3-4 pm

#### 1/7 Caminatas Silvestres

¿Te gusta explorar los senderos del lago y aprender sobre plantas y animales del parque? Únase a nosotros en una caminata con un naturalista que consiste en algunas paradas con actividades dinámicas. Cada programa tendrá un tema de naturaleza diferente. Este es un programa para niños. Tenga en cuenta que el grupo mantendrá una distancia de 6 pies entre las familias. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud.

Ages: All Ages Fee: \$5

Course: #96742 • Thursday, Jan. 7 • 9:30-10:10 am

#### 1/9 Primitive Survival: How to Pack Your Bag for a Remote Hike

If you were lost in the woods, what three items would you want with you? Learn about some basic survival tools and other tips when you pack your bag at home. After discussing supplies, practice using a compass (provided) and reading the Meadowside Nature Center Trail map. This is an outdoor program, please dress in layers and prepare for the weather.

Ages: 8 & Up Fee: \$8

Course: #97215 • Saturday, Jan. 9 • 1-2:30 pm

#### 1/14 Charlas con Fogata

Únase a un naturalista junto a una fogata para conocer uno de los fascinantes animales e historias del parque de Rock Creek Regional Park. Cada programa consistirá en un tema de naturaleza diferente. Siga las indicaciones hacia la fogata a la derecha del centro de la naturaleza. Los asientos en los bancos seguirán 6 pies de distanciamiento entre las familias. Siéntase libre de traer su propia lona o toalla para sentarse en el suelo. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud. Ages: 12 & Up Fee: \$2

Course: #96744 • Thursday, Jan. 14 • 6-6:45 pm

# 1/16 For the Birds: Natural Ornaments (Virtual)

The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams. Ages: 5 & Up Fee: \$2

Course: #97216 • Saturday, Jan. 16 • 10-11 am

# 1/19 Nature Virtual Lectures: The American Bald Eagle Foundation

Join us as we uncover the natural drama of the hidden lives of Bald Eagles. Expert raptor trainers from the American Bald Eagle Foundation will present on the natural history of Bald Eagles and dive into the animal's winter behaviors including defending their territories, mating, and nest building. We look forward to learning together again through the Microsoft Teams video platform! The link will be emailed a few days before the presentation.

Ages: 18 & Up Fee: \$5

Course: #96736 • Tuesday, Jan. 19 • 6:30-7:30 pm

# 1/20 For the Birds: Natural Ornaments (Virtual)

The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.

Ages: 5 & Up Fee: \$2

Course: #97217 • Wednesday, Jan. 20 • 11 am-12 pm

#### 1/21 Mother Nature: Baby and Me!

Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. ¿A tu bebé le encantan los seres de la selva? Explora la naturaleza con tu niñito/a mientras participamos en

la naturaleza con tu niñito/a mientras participamos en cuentos, movimiento y mini-caminatas. ¡Vamos a reír, jugar y hacer nuevos amigos en Meadowside! Programa al aire libre; se cancela en caso de mal tiempo.

Requisitos: seis pies de distancia y máscaras puestas en participantes de edad 2+.

Ages: 3 & Under Fee: \$5

Course: #97231 • Thursday, Jan. 21 • 10:30-11:15 am

#### 1/21 Wildlife Hikes

Do you enjoy exploring the lake trails and learning about plants and animals of the park? Join us on a hike with a naturalist consisting of a few stops with engaging nature activities. Every program will have of a different nature theme. This is a children focused program. Please note that the group will keep a 6 feet distance between families. Safety is our priority and naturalists will run the program by following health guidelines.

Ages: All Ages Fee: \$5

Course: #96739 • Thursday, Jan. 21 • 9:30-10:10 am

#### 1/25 First Annual Snowpeople Pageant!

Bring some hot cocoa and your sled and join us on the first big snow day of the year to create snow creatures of all shapes and sizes! Nature Center staff will post photos on Facebook of the pageant of snowpeople and pick the top three for a People's Choice Award. Snow creatures must be made of naturally found materials ONLY! Watch our Facebook page for the pageant date! Registration not necessary, but registrants will be emailed the morning of the pageant.

Ages: 2 & Up Fee: Free

Course: #96734 • Monday, Jan. 25 • 9 am-5 pm

#### 1/28 Campfire Conversations

Join a naturalist by a campfire to learn about one of Rock Creek Regional Park's fascinating animals and park stories. Every program will consist of a different nature theme. Follow the signs to the campfire to the right of the nature center. The seating in the benches will follow 6 feet of distancing between families. Feel free to bring your own tarp or towel for ground sitting. Safety is our priority and naturalists will run the program by following health guidelines.

Ages: 12 & Up Fee: \$2

Course: #96741 • Thursday, Jan. 28 • 6-6:45 pm





# NATURE TRTUAT SFRIFS

This is an online virtual series. hosted by Meadowside Nature Center.

Register online at ActiveMontgomery.com

A link for the program will be emailed a few days before the presentation.

#### THE AMERICAN BALD EAGLE FOUNDATION

Join us as we uncover the natural drama of the hidden lives of bald eagles. Expert raptor trainers from the American Bald Eagle Foundation will present on the natural history of bald eagles and dive into the animal's winter behaviors including defending their territories, mating, and nest building. We look forward to learning together again through the Microsoft Teams video platform! The link will be emailed a few days before the presentation.

January 19, 2021 6:30-7:30pm



#### For the Love of Frogs

Join us as we learn the dual meanings of mating calls of local frogs. In this Valentine's inspired presentation, biologists from the Rockville Department of Environmental Protection will present on local frog calls and how the county's past FrogWatch data can be used to interpret local environmental health. Learn about opportunities to volunteer with FrogWatch and how your love for frogs can support research.

February 26, 2021 | 6:30-7:30pm



#### MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855 301.258.4030 | MeadowsideNature.org

Montgomery Parks is dedicated to providing quality services and programs that are inclusive and accessible to all. ADA: ProgramAccess@MontgomeryParks.org Non-Discrimination: MontgomeryParks.org/about/parks/















#### 1/28 The Stinky Clues About Poo (Virtual)

There's a lot you can learn from poo, also known as scat. Zookeepers, scientists, and naturalist use these smelly clues left behind to learn about the animals. Become a poo detective and discover the stinky clues about poo. A suggested list of craft supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams. Ages: 6 & Up Fee: \$2

Course: #97218 • Thursday, Jan. 28 • 11 am-12 pm

#### 1/29 Friday Hike it Out

It's Friday! Come chill and listen to the world's first DJ: nature. Hike with new friends, take care of yourself after a long week, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on. ¡Es viernes! Ven a relajarte y a escuchar el primer DJ

del mundo: la naturaleza. Camina con nuevos amigos, cuídate después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 18 & Up Fee: Free

Course: #97235 • Friday, Jan. 29 • 4-4:45 pm

#### **FEBRUARY 2021**

#### 2/2 Historias en Meadowside

¡Ven a escuchar un cuento de animales! Disfruta el aire libre del parque y los bellos sonidos de la naturaleza. Vamos a reunirnos en el área de la fogata de Meadowside. Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 2 - 5yrs Fee: Free

Course: #97225 • Tuesday, Feb. 2 • 11-11:20 am

#### 2/2 Tyke Hike: Groundhog's Day **Hibernation Hike**

Celebrate Groundhog's Day with a self-guided winter hike-and-read with your little one. Stop by the Nature Center to pick up your craft bag. Make a little groundhog craft to act out the passages you read from the classic Children's Story, "Woodchuck at Blackberry Pond" by C. Drew Lamm. Pick up supplies from 10:30 to 11:00 February 2nd and hike at your leisure.

Ages: 3 - 6yrs Fee: \$5

Course: #96735 • Tuesday, Feb. 2 • 10:30-11 am

#### 2/4 Caminatas Silvestres

¿Te gusta explorar los senderos del lago y aprender sobre plantas y animales del parque? Únase a nosotros en una caminata con un naturalista que consiste en algunas paradas con actividades dinámicas. Cada programa tendrá un tema de naturaleza diferente. Este es un programa para niños. Tenga en cuenta que el grupo mantendrá una distancia de 6 pies entre las familias. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud.

Ages: All Ages Fee: \$5

Course: #96743 • Thursday, Feb. 4 • 9:30-10:10 am

#### 2/11 Charlas con Fogata

Únase a un naturalista junto a una fogata para conocer uno de los fascinantes animales e historias del parque de Rock Creek Regional Park. Cada programa consistirá en un tema de naturaleza diferente. Siga las indicaciones hacia la fogata a la derecha del centro de la naturaleza. Los asientos en los bancos seguirán 6 pies de distanciamiento entre las familias. Siéntase libre de traer su propia lona o toalla para sentarse en el suelo. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud. Ages: 12 & Up Fee: \$2

Course: #96745 • Thursday, Feb. 11 • 6-6:45 pm

#### 2/13 Make Nature Valentines (Virtual)

This year, consider collecting outdoor items to create your very own nature valentine. Before the program, go on a self-guided walk around your home and collect nuts, sticks, and other natural items. During the program, we will share why we collected our items, and assemble our valentines. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.

Ages: 5 & Up Fee: \$2

Course: #97222 • Saturday, Feb. 13 • 1-2 pm

#### 2/18 Mother Nature: Baby and Me!

Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. ¿A tu bebé le encantan los seres de la selva? Explora la naturaleza con tu niñito/a mientras participamos en cuentos, movimiento y mini-caminatas. ¡Vamos a reír, jugar y hacer nuevos amigos en Meadowside! Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas en participantes de edad 2+.

Ages: 3 & Under Fee: \$5

Course: #97232 • Thursday, Feb. 18 • 10:30-11:15 am





#### 2/18 Virtual Nature, Paint and Wine

Do you enjoy expressing your artistic side? Join us in this virtual opportunity in creating some magic with paint, led by a naturalist painter. After picking up the paint kit from the nature center, you will be able to follow a naturalist on a virtual live call where you'll be able to learn about the meanings of nature and how we can turn them into a beautiful canvas. This activity is for beginners only. Deadline for sign up is 1 week before the program date. Pickup and videocall instructions will follow after the sign up deadline.

Ages: 21 & Up Fee: \$15

Course: #96746 • Thursday, Feb. 18 • 6-7 pm

#### 2/19 Friday Hike it Out

It's Friday! Come chill and listen to the world's first DJ: nature. Hike with new friends, take care of yourself after a long week, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on.

¡Es viernes! Ven a relajarte y a escuchar el primer DJ del mundo: la naturaleza. Camina con nuevos amigos, cuídate después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y máscaras puestas.

Ages: 18 & Up Fee: Free

Course: #97236 • Friday, Feb. 19 • 4-4:45 pm

#### 2/20 The Stinky Clues About Poo (Virtual)

There's a lot you can learn from poo, also known as scat. Zookeepers, scientists, and naturalist use these smelly clues left behind to learn about the animals. Become a poo detective and discover the stinky clues about poo. A suggested list of craft supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams. Ages: 6 & Up Fee: \$2

Course: #97220 • Saturday, Feb. 20 • 1-2 pm

#### 2/20 Youth on Earth

Do you enjoy being active outdoors? Come join other teens in our Youth on Earth program! Go hiking with new friends, learn about wildlife, and get moving and laughing in team-building and improv games. Bring your sense of humor and creativity! Bilingual (English/ Spanish) program coordinator. Required: social distancing and masks on. ¿Te gusta hacer actividades al aire libre? ¡Únete con otros jóvenes en nuestro programa Youth on Earth! Vas a caminar con nuevos amigos, aprender sobre animales locales y reír durante juegos improvisados y en equipo. ¡Trae tu sentido de humor y creatividad! Coordinadora bilingüe (español/ inglés). Requisitos: seis pies de distancia y máscaras puestas.

Ages: 12 - 16yrs Fee: Free

Course: #97237 • Saturday, Feb. 20 • 2-3:30 pm

#### 2/24 For the Birds: Natural Ornaments (Virtual)

The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.

Ages: 5 & Up Fee: \$2

Course: #97221 • Wednesday, Feb. 24 • 11 am-12 pm

#### 2/26 Black History Month Story Walk and Campfire

Celebrate Black History Month with a moonlit walk and campfire at Meadowside! We'll share stories, listen for the owls, and remember the past while we move forward. Required: social distancing and masks

Ages: 21 & Up Fee: Free

Course: #97233 • Friday, Feb. 26 • 6:30-8 pm

#### 2/26 Nature Virtual Lectures: For the **Love of Frogs**

Join us as we learn the dual meanings of mating calls of local frogs. In this Valentine's-inspired presentation, biologists from the Rockville Department of Environmental Protection will present on local frog calls and how the county's past FrogWatch data can be used to interpret local environmental health. Learn about opportunities to volunteer with FrogWatch and how your love for frogs can support research. We look forward to learning together again through the Microsoft Teams video platform! The link will be e-mailed a few days before the presentation.

Ages: 18 & Up Fee: \$5

Course: #96737 • Friday, Feb. 26 • 6:30-7:30 pm

#### 2/27 Caminos y Cuentos/Trails & Tales

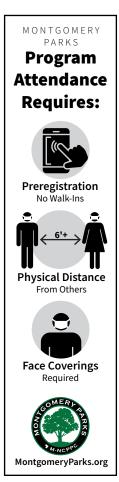
Cada uno tiene su historia. Tú, yo y la criatura más chiquita hasta el árbol más enorme. Vamos a descubrir qué nos cuenta la naturaleza durante el invierno. Ven a Meadowside para una caminata con nuevos amigos. Vamos a parar por la quebrada o en el bosque para compartir nuestras experiencias especiales de la naturaleza. Los cuentos de la naturaleza de todas culturas son bienvenidos. Requisitos: seis pies de distancia y máscaras puestas.

Everyone has a story. You, me, and the tiniest creature to the tallest tree. Let's find out what stories nature tells in the wintertime. Meet at the nature center for a hike with new friends. We'll pause by the creek or in the woods to observe wildlife and to share our favorite nature experiences. All cultures' nature stories are welcome. Required: social distancing and masks on.

Ages: 5 & Up Fee: Free

Course: #97238 • Saturday, Feb. 27 • 3-4 pm







# Ice Skating & Hockey Group Lessons • Winter 2020



www.CabinJohnIce.org 10610 Westlake Drive Rockville, MD 20852 301-765-8620



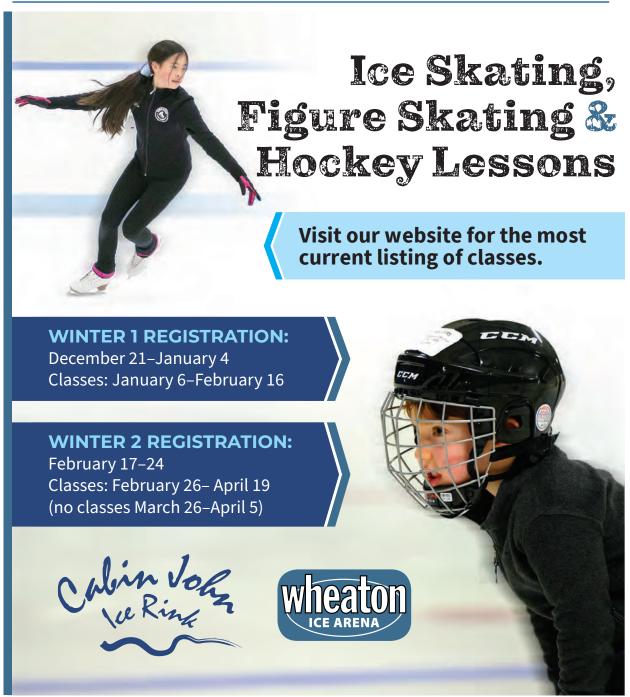
www.WheatonIceArena.org 11717 Orebaugh Avenue Wheaton, MD 20902 301-905-3000

Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on [f] 💆 🔯











# Tennis Group Lessons • Winter 2020



Pauline Betz Addie Tennis Center 7801 Democracy Blvd. Bethesda, MD 20817 CabinJohnTennis.org 301-765-8650



Wheaton Indoor Tennis 11715 Orebaugh Ave. Wheaton, MD 20902 WheatonTennis.org 301-905-3030

#### MONTGOMERY PARKS **Program Attendance**

**Requires:** 



Preregistration No Walk-Ins



**Physical Distance** From Others



**Face Coverings** Required



#### **CLASS DATES**

Winter 1 Classes January 6-February 16 Winter 2 Classes February 26-April 19

#### **ONLINE REGISTRATION DATES**

Winter 1 registration December 21, 2020-January 4, 2021

Classes: January 6 - February 16

Winter 2 registration February 17-2

Classes: February 26 - April 5 (No classes March 26 - April 5)

If you register for Winter 1 after January 1 or Winter 2 after February 19, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are accepted after the second session of class.

#### **COURSE FEES COVER**

- Six group lessons
- Winter 1 classes meet once/week for 6 weeks
- Winter 2 classes meet once/week for 6 weeks

#### On your First Day of Class...

- Bring a racquet and water bottle.
- Loaner racquets are available.
- Wear proper footwear and athletic clothes.

#### **PLEASE NOTE**

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- Listings are organized by facility. Be sure to select the course number for the location you desire.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.

#### **Parent & Child Tennis**

Our youngest beginners, with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court/Red Balls; loaner racquets available)

#### Pauline Betz Addie Tennis

		,,,,,,,,		•	
85388	4 - 6yrs	4 Classes	\$147	Wednesday, Jan. 6	4-5 pm
85473	4 - 6yrs	6 Classes	\$147	Friday, Jan. 8	5-6 pm
85448	4 - 6yrs	6 Classes	\$147	Saturday, Jan. 9	2-3 pm
85426	4 - 6yrs	6 Classes	\$147	Sunday, Jan. 10	2-3 pm
85420	4 - 6yrs	6 Classes	\$147	Monday, Jan. 11	4-5 pm
94838	4 - 6yrs	6 Classes	\$147	Friday, Feb. 26	5-6 pm
94837	4 - 6yrs	6 Classes	\$147	Saturday, Feb. 27	2-3 pm
94836	4 - 6yrs	6 Classes	\$147	Sunday, Feb. 28	2-3 pm
94835	4 - 6yrs	6 Classes	\$147	Monday, Mar. 1	4-5 pm
94834	4 - 6yrs	6 Classes	\$147	Wednesday, Mar. 3	4-5 pm
Whee	aton In	door Te	nnis		
88710	4 - 6yrs	6 Classes	\$123	Wednesday, Jan. 6	6-7 pm
88713	4 - 6yrs	6 Classes	\$123	Friday, Jan. 8	6-7 pm
88711	4 - 6yrs	6 Classes	\$123	Saturday, Jan. 9	12-1 pm
88712	4 - 6yrs	6 Classes	\$123	Sunday, Jan. 10	1-2 pm
88779	4 - 6yrs	6 Classes	\$123	Friday, Feb. 26	6-7 pm

#### Youth Tennis, Beginner

88787 4 - 6yrs 6 Classes \$123 Saturday, Feb. 27

88801 4 - 6yrs 6 Classes \$123 Sunday, Feb. 28

88762 4 - 6yrs 6 Classes \$123 Wednesday, Mar. 3

Group lesson class for the young beginner who has limited or no prior tennis experience. Class teaches basic strokes and promotes cooperative play through games and skill-building activities. Instruction for ages 5-7 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 7-10 focuses on racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available).

#### **Ages 5-7**

#### **Pauline Betz Addie Tennis**

85387	5 - 7yrs	4 Classes	\$135	Wednesday, Jan. 6	4-5 pm
85370	5 - 7yrs	4 Classes	\$135	Thursday, Jan. 7	5-6 pm
85463	5 - 7yrs	6 Classes	\$135	Saturday, Jan. 9	9-10 am
85442	5 - 7yrs	6 Classes	\$135	Sunday, Jan. 10	9-10 am
85419	5 - 7yrs	6 Classes	\$135	Monday, Jan. 11	4-5 pm
94847	5 - 7yrs	6 Classes	\$135	Saturday, Feb. 27	9-10 am
94846	5 - 7yrs	6 Classes	\$135	Sunday, Feb. 28	9-10 am
94845	5 - 7yrs	6 Classes	\$135	Monday, Mar. 1	4-5 pm
94844	5 - 7yrs	6 Classes	\$135	Wednesday, Mar. 3	4-5 pm
94843	5 - 7yrs	6 Classes	\$135	Thursday, Mar. 4	5-6 pm
Whee	aton Inc	door Ten	nis		
88730	5 - 7yrs	6 Classes	\$131	Wednesday, Jan. 6	5-6 pm
88731	5 - 7yrs	6 Classes	\$131	Saturday, Jan. 9	1-2 pm
88729	5 - 7yrs	6 Classes	\$131	Tuesday, Jan. 12	5-6 pm
88789	5 - 7yrs	6 Classes	\$131	Saturday, Feb. 27	1-2 pm
88816	5 - 7yrs	6 Classes	\$131	Tuesday, Mar. 2	5-6 pm
88760	5 - 7yrs	6 Classes	\$131	Wednesday, Mar. 3	5-6 pm

#### Ages 7-10

#### Pauline Betz Addie Tennis

85462	7 - 10yrs	6 Classes	\$135	Saturday, Jan. 9	9-10 am
85441	7 - 10yrs	6 Classes	\$135	Sunday, Jan. 10	9-10 am
85418	7 - 10yrs	6 Classes	\$135	Monday, Jan. 11	5-6 pm
85404	7 - 10yrs	6 Classes	\$135	Tuesday, Jan. 12	4-5 pm
94851	7 - 10yrs	6 Classes	\$135	Saturday, Feb. 27	9-10 am
94850	7 - 10yrs	6 Classes	\$135	Sunday, Feb. 28	9-10 am
94849	7 - 10yrs	6 Classes	\$135	Monday, Mar. 1	5-6 pm
94848	7 - 10yrs	6 Classes	\$135	Tuesday, Mar. 2	4-5 pm
Whee	aton Inc	door Te	nnis		
88732	7 - 10yrs	6 Classes	\$131	Thursday, Jan. 7	5-6 pm
88732 88733	7 - 10yrs 7 - 10yrs	6 Classes 6 Classes	\$131 \$131	Thursday, Jan. 7 Saturday, Jan. 9	5-6 pm 9-10 am
	,			,,	
88733	7 - 10yrs	6 Classes	\$131	Saturday, Jan. 9	9-10 am
88733 88734	7 - 10yrs 7 - 10yrs	6 Classes 6 Classes	\$131 \$131	Saturday, Jan. 9 Sunday, Jan. 10	9-10 am 9-10 am
88733 88734 88735	7 - 10yrs 7 - 10yrs 7 - 10yrs	6 Classes 6 Classes 6 Classes	\$131 \$131 \$131	Saturday, Jan. 9 Sunday, Jan. 10 Monday, Jan. 11	9-10 am 9-10 am 5-6 pm
88733 88734 88735 88781	7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs	6 Classes 6 Classes 6 Classes 6 Classes	\$131 \$131 \$131 \$131	Saturday, Jan. 9 Sunday, Jan. 10 Monday, Jan. 11 Saturday, Feb. 27	9-10 am 9-10 am 5-6 pm 9-10 am
88733 88734 88735 88781 88794	7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs	6 Classes 6 Classes 6 Classes 6 Classes 6 Classes	\$131 \$131 \$131 \$131 \$131 \$131	Saturday, Jan. 9 Sunday, Jan. 10 Monday, Jan. 11 Saturday, Feb. 27 Sunday, Feb. 28	9-10 am 9-10 am 5-6 pm 9-10 am 9-10 am

#### Youth Tennis, Intermediate

Prerequisite: Passed Beginner level.

For the developing player who can rally on the Red Court but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court/Red Balls and Orange Court/Orange Balls; loaner racquets available).

#### Ages 5-7

12-1 pm

1-2 pm

6-7 pm

Pauli	ne Betz	Addie	Tenni.	S	
85386	5 - 7yrs	4 Classes	\$135	Wednesday, Jan. 6	5-6 pm
85472	5 - 7yrs	6 Classes	\$135	Friday, Jan. 8	5-6 pm
85460	5 - 7yrs	6 Classes	\$135	Saturday, Jan. 9	10-11 am
85439	5 - 7yrs	6 Classes	\$135	Sunday, Jan. 10	10-11 am
94855	5 - 7yrs	6 Classes	\$135	Friday, Feb. 26	5-6 pm
94854	5 - 7yrs	6 Classes	\$135	Saturday, Feb. 27	10-11 am
94853	5 - 7yrs	6 Classes	\$135	Sunday, Feb. 28	10-11 am
94852	5 - 7yrs	6 Classes	\$135	Wednesday, Mar. 3	5-6 pm
Whee	aton Inc	door Te	nnis		
88737	5 - 7yrs	6 Classes	\$111	Thursday, Jan. 7	5-6 pm
88736	5 - 7yrs	6 Classes	\$111	Monday, Jan. 11	6-7 pm
88809	5 - 7yrs	6 Classes	\$111	Monday, Mar. 1	6-7 pm
88771	5 - 7yrs	6 Classes	\$111	Thursday, Mar. 4	5-6 pm
Ages	7-10				
Pauli	ne Betz	Addie	Tenni	s	
85471	7 - 10yrs	6 Classes	\$135	Friday, Jan. 8	5-6 pm
85459	7 - 10yrs	6 Classes	\$135	Saturday, Jan. 9	10-11 am
85438	7 - 10yrs	6 Classes	\$135	Sunday, Jan. 10	10-11 am
85417	7 - 10yrs	6 Classes	\$135	Monday, Jan. 11	5-6 pm
94859	7 - 10yrs	6 Classes	\$135	Friday, Feb. 26	5-6 pm
94858	7 - 10yrs	6 Classes	\$135	Saturday, Feb. 27	10-11 am
94857	7 - 10yrs	6 Classes	\$135	Sunday, Feb. 28	10-11 am
94856	7 - 10yrs	6 Classes	\$135	Monday, Mar. 1	5-6 pm
Whee	aton Inc	door Te	nnis		
88738	7 - 10yrs	6 Classes	\$111	Wednesday, Jan. 6	5-6 pm
88739	7 - 10yrs	6 Classes	\$111	Thursday, Jan. 7	6-7 pm
88740	7 - 10yrs	6 Classes	\$111	Saturday, Jan. 9	2-3 pm
88791	7 - 10yrs	6 Classes	\$111	Saturday, Feb. 27	2-3 pm

#### MONTGOMERY PARKS

#### **Program Attendance** Requires:



Preregistration No Walk-Ins



**Physical Distance** From Others



Face Co erings equired



MontgomeryParks.org

5-6 pm

6-7 pm

88761 7 - 10yrs 6 Classes \$111 Wednesday, Mar. 3

88773 7 - 10yrs 6 Classes \$111 Thursday, Mar. 4



#### **Youth Tennis, Intro to Match Play 7 to 10**

Prerequisite: Passed Youth Tennis, Intermediate. It's time to put your skills into play. Learn the basics of match play using the USTA's Junior Team Tennis (JTT) format, where everyone earns points for the team. The focus will be on positioning, serve-and-return, and movement in both singles and doubles using a combination of Red and Orange Ball formats based on age and ability level.

#### Pauline Betz Addie Tennis

85385	7 - 10yrs	4 Classes	\$135	Wednesday, Jan. 6	5-6 pm
85373	7 - 10yrs	4 Classes	\$135	Thursday, Jan. 7	4-5 pm
85446	7 - 10yrs	6 Classes	\$135	Saturday, Jan. 9	3-4 pm
85416	7 - 10yrs	6 Classes	\$135	Monday, Jan. 11	5-6 pm
85401	7 - 10yrs	4 Classes	\$135	Tuesday, Jan. 12	5-6 pm
94864	7 - 10yrs	6 Classes	\$135	Saturday, Feb. 27	3-4 pm
94863	7 - 10yrs	6 Classes	\$135	Monday, Mar. 1	5-6 pm
94862	7 - 10yrs	6 Classes	\$135	Tuesday, Mar. 2	5-6 pm
94861	7 - 10yrs	6 Classes	\$135	Wednesday, Mar. 3	5-6 pm
94860	7 - 10yrs	6 Classes	\$135	Thursday, Mar. 4	4-5 pm

#### Wheaton Indoor Tennis

88741	7 - 10yrs	6 Classes	\$111	Sunday, Jan. 10	1-2 pm
88802	7 - 10yrs	6 Classes	\$111	Sunday, Feb. 28	1-2 pm

#### Youth Tennis, More Match Play 7 to 10

Prerequisite: Passed Intro to Match Play or Instructor approval.

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

#### Pauline Betz Addie Tennis

85384	7 - 10vrs	4 Classes	\$147	Wednesday, Jan. 6	5-6 pm
	- / -			,,	
85457	7 - 10yrs	6 Classes	\$147	Saturday, Jan. 9	11 am-12 pm
85435	7 - 10yrs	6 Classes	\$147	Sunday, Jan. 10	11 am-12 pm
85413	7 - 10yrs	6 Classes	\$147	Monday, Jan. 11	6-7 pm
85398	7 - 10yrs	4 Classes	\$147	Tuesday, Jan. 12	6-7 pm
94869	7 - 10yrs	6 Classes	\$147	Saturday, Feb. 27	11 am-12 pm
94868	7 - 10yrs	6 Classes	\$147	Sunday, Feb. 28	11 am-12 pm
94867	7 - 10yrs	6 Classes	\$147	Monday, Mar. 1	6-7 pm
94866	7 - 10yrs	6 Classes	\$147	Tuesday, Mar. 2	6-7 pm
94865	7 - 10yrs	6 Classes	\$147	Wednesday, Mar. 3	5-6 pm
Whee	aton Inc	door Te	nnis		
88742	7 - 10yrs	6 Classes	\$111	Saturday, Jan. 9	11 am-12 pm

88785 7 - 10yrs 6 Classes \$111 Saturday, Feb. 27

#### **Youth Tennis, Advanced 7-10**

Prerequisite: Passed Youth Tennis, Intermediate. For players who can rally consistently and comfortably engage in point play against a variety of players. Focus will be on improving movement, positioning, concentration, focus, shot placement, and closing points. (Combination of Red Court/Red Balls and Orange Court/Orange Balls); may incorporate use of Green Dot Ball for players ready to transition from the Orange Court to full court play).

#### Pauline Betz Addie Tennis

85381	7 - 10yrs	4 Classes	\$147	Wednesday, Jan. 6	6-7 pm
85371	7 - 10yrs	4 Classes	\$147	Thursday, Jan. 7	5-6 pm
85458	7 - 10yrs	6 Classes	\$147	Saturday, Jan. 9	11 am-12 pm
85414	7 - 10yrs	6 Classes	\$147	Monday, Jan. 11	6-7 pm
94842	7 - 10yrs	6 Classes	\$147	Saturday, Feb. 27	11 am-12 pm
94841	7 - 10yrs	6 Classes	\$147	Monday, Mar. 1	6-7 pm
94840	7 - 10yrs	6 Classes	\$147	Wednesday, Mar. 3	6-7 pm
94839	7 - 10yrs	6 Classes	\$147	Thursday, Mar. 4	5-6 pm
3 1033	, 10113	0 0103363	Ψ=		0 0 p
	•	door Te			5 0 p
	aton Inc			Wednesday, Jan. 6	6-7 pm
Whee	aton Inc	<b>door Te</b> l 6 Classes	nnis	,,	
<b>Whed</b> 88727	7 - 10yrs	<b>door Te</b> l 6 Classes	<b>nnis</b> \$123	Wednesday, Jan. 6	6-7 pm
<b>Whed</b> 88727 88728	7 - 10yrs 7 - 10yrs 7 - 10yrs	door Tea 6 Classes 6 Classes	\$123 \$123	Wednesday, Jan. 6 Sunday, Jan. 10	6-7 pm 11 am-12 pm
<b>Whed</b> 88727 88728 88726	7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs	door Tea 6 Classes 6 Classes 6 Classes	\$123 \$123 \$123 \$123	Wednesday, Jan. 6 Sunday, Jan. 10 Tuesday, Jan. 12	6-7 pm 11 am-12 pm 6-7 pm
Whee 88727 88728 88726 88798	7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs 7 - 10yrs	6 Classes 6 Classes 6 Classes 6 Classes	\$123 \$123 \$123 \$123 \$123	Wednesday, Jan. 6 Sunday, Jan. 10 Tuesday, Jan. 12 Sunday, Feb. 28	6-7 pm 11 am-12 pm 6-7 pm 11 am-12 pm

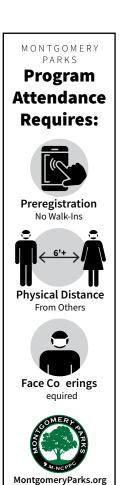
#### **Beginner 1 Tennis, Middle School**

Prerequisite: For beginners who have never played before or have not played recently.

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

#### Pauline Betz Addie Tennis

85434	11 - 14yrs 6 Classes	\$135	Sunday, Jan. 10	12-1 pm
85415	11 - 14yrs 6 Classes	\$135	Monday, Jan. 11	6-7 pm
85403	11 - 14yrs 4 Classes	\$135	Tuesday, Jan. 12	5-6 pm
94784	11 - 14yrs 6 Classes	\$135	Sunday, Feb. 28	12-1 pm
94783	11 - 14yrs 6 Classes	\$135	Monday, Mar. 1	6-7 pm
94782	11 - 14yrs 6 Classes	\$135	Tuesday, Mar. 2	5-6 pm
Whee	aton Indoor Te	nnis		
88686	11 - 14yrs 6 Classes	\$131	Friday, Jan. 8	4-5 pm
88687	11 - 14yrs 6 Classes	\$131	Sunday, Jan. 10	10-11 am
88688	11 - 14yrs 6 Classes	\$131	Monday, Jan. 11	5-6 pm
88775	11 - 14yrs 6 Classes	\$131	Friday, Feb. 26	4-5 pm
88796	11 - 14yrs 6 Classes	\$131	Sunday, Feb. 28	10-11 am
88804	11 - 14yrs 6 Classes	\$131	Monday, Mar. 1	5-6 pm



11 am-12 pm

#### **Beginner 2 Tennis, Middle School**

Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

#### **Pauline Betz Addie Tennis**

85372	11 - 14yrs 4 Classes	\$135	Thursday, Jan. 7	5-6 pm
85368	11 - 14yrs 4 Classes	\$135	Thursday, Jan. 7	6-7 pm
85402	11 - 14yrs 4 Classes	\$135	Tuesday, Jan. 12	5-6 pm
94798	11 - 14yrs 6 Classes	\$135	Tuesday, Mar. 2	5-6 pm
94797	11 - 14yrs 6 Classes	\$135	Thursday, Mar. 4	5-6 pm
94796	11 - 14yrs 6 Classes	\$135	Thursday, Mar. 4	6-7 pm
Whee	aton Indoor Te	nnis		
88693	11 - 14yrs 6 Classes	\$111	Wednesday, Jan. 6	5-6 pm
88694	11 - 14yrs 6 Classes	\$111	Friday, Jan. 8	5-6 pm
88695	11 - 14yrs 6 Classes	\$111	Sunday, Jan. 10	11 am-12 pm
88696	11 - 14yrs 6 Classes	\$111	Monday, Jan. 11	5-6 pm
88778	11 - 14yrs 6 Classes	\$111	Friday, Feb. 26	5-6 pm
88797	11 - 14yrs 6 Classes	\$111	Sunday, Feb. 28	11 am-12 pm
88805	11 - 14yrs 6 Classes	\$111	Monday, Mar. 1	5-6 pm
88759	11 - 14yrs 6 Classes	\$111	Wednesday, Mar. 3	5-6 pm

#### **Beginner 1 Tennis, High School**

Prerequisite: For beginners who have never played before or have not played recently.

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

#### Pauline Betz Addie Tennis

85466	15 - 18yrs 6 Classes	\$135	Friday, Jan. 8	7-8 pm
85449	15 - 18yrs 6 Classes	\$135	Saturday, Jan. 9	2-3 pm
85431	15 - 18yrs 6 Classes	\$135	Sunday, Jan. 10	1-2 pm
94781	15 - 18yrs 6 Classes	\$135	Friday, Feb. 26	7-8 pm
94780	15 - 18yrs 6 Classes	\$135	Saturday, Feb. 27	2-3 pm
94779	15 - 18yrs 6 Classes	\$135	Sunday, Feb. 28	1-2 pm
Whee	aton Indoor Te	nnis		
88684	15 - 18yrs 6 Classes	\$131	Wednesday, Jan. 6	4-5 pm
88685	15 - 18yrs 6 Classes	\$131	Saturday, Jan. 9	10-11 am
88783	15 - 18yrs 6 Classes	\$131	Saturday, Feb. 27	10-11 am
88757	15 - 18yrs 6 Classes	\$131	Wednesday, Mar. 3	4-5 pm

#### **Beginner 2 Tennis, High School**

Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

#### **Pauline Betz Addie Tennis**

85468	15 - 18yrs 6 Classes	\$135	Friday, Jan. 8	6-7 pm
85456	15 - 18yrs 6 Classes	\$135	Saturday, Jan. 9	12-1 pm
85424	15 - 18yrs 6 Classes	\$135	Sunday, Jan. 10	3-4 pm
85399	15 - 18yrs 4 Classes	\$135	Tuesday, Jan. 12	6-7 pm
94795	15 - 18yrs 6 Classes	\$135	Friday, Feb. 26	6-7 pm
94794	15 - 18yrs 6 Classes	\$135	Saturday, Feb. 27	12-1 pm
94793	15 - 18yrs 6 Classes	\$135	Sunday, Feb. 28	3-4 pm
94792	15 - 18yrs 6 Classes	\$135	Tuesday, Mar. 2	6-7 pm
Whe	aton Indoor Te	nnis		
88692	15 - 18yrs 6 Classes	\$111	Wednesday, Jan. 6	4-5 pm
88758	15 - 18yrs 6 Classes	\$111	Wednesday, Mar. 3	4-5 pm

#### **Intermediate Tennis, Middle School**

Prerequisite: Passed Beginner 2.

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

#### Pauline Betz Addie Tennis

85382	11 - 14yrs 4 Classes	\$135	Wednesday, Jan. 6	6-7 pm
85451	11 - 14yrs 6 Classes	\$135	Saturday, Jan. 9	1-2 pm
85454	11 - 14yrs 6 Classes	\$135	Saturday, Jan. 9	12-1 pm
85429	11 - 14yrs 6 Classes	\$135	Sunday, Jan. 10	1-2 pm
85432	11 - 14yrs 6 Classes	\$135	Sunday, Jan. 10	12-1 pm
94821	11 - 14yrs 6 Classes	\$135	Saturday, Feb. 27	1-2 pm
94822	11 - 14yrs 6 Classes	\$135	Saturday, Feb. 27	12-1 pm
94819	11 - 14yrs 6 Classes	\$135	Sunday, Feb. 28	1-2 pm
94820	11 - 14yrs 6 Classes	\$135	Sunday, Feb. 28	12-1 pm
94818	11 - 14yrs 6 Classes	\$135	Wednesday, Mar. 3	6-7 pm
Whee	aton Indoor Te	nnis		
88704	11 - 14yrs 6 Classes	\$111	Thursday, Jan. 7	4-5 pm
88702	11 - 14yrs 6 Classes	\$111	Saturday, Jan. 9	2-3 pm
88703	11 - 14yrs 6 Classes	\$111	Monday, Jan. 11	6-7 pm
88790	11 - 14yrs 6 Classes	\$111	Saturday, Feb. 27	2-3 pm
88888	11 - 14yrs 6 Classes	\$111	Monday, Mar. 1	6-7 pm
88769	11 - 14yrs 6 Classes	\$111	Thursday, Mar. 4	4-5 pm





Prerequisite: Passed Beginner 2.

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

#### Pauline Betz Addie Tennis

85367	11 - 14yrs 4 Classes	\$135	Thursday, Jan. 7	6-7 pm
94799	11 - 14yrs 6 Classes	\$135	Thursday, Mar. 4	6-7 pm

#### **Intermediate Tennis, High School**

Prerequisite: Passed Beginner 2.

Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy, and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

85383	15 - 18yrs 4 Classes	\$135	Wednesday, Jan. 6	6-7 pm				
85465	15 - 18yrs 6 Classes	\$135	Friday, Jan. 8	7-8 pm				
85452	15 - 18yrs 6 Classes	\$135	Saturday, Jan. 9	1-2 pm				
85423	15 - 18yrs 6 Classes	\$135	Sunday, Jan. 10	4-5 pm				
94817	15 - 18yrs 6 Classes	\$135	Friday, Feb. 26	7-8 pm				
94816	15 - 18yrs 6 Classes	\$135	Saturday, Feb. 27	1-2 pm				
94815	15 - 18yrs 6 Classes	\$135	Sunday, Feb. 28	4-5 pm				
94814	15 - 18yrs 6 Classes	\$135	Wednesday, Mar. 3	6-7 pm				
Whed	Wheaton Indoor Tennis							
88701	15 - 18yrs 6 Classes	\$111	Saturday, Jan. 9	12-1 pm				

#### Intro to Match Play Tennis, Middle

88786 15 - 18yrs 6 Classes \$111 Saturday, Feb. 27

#### School

Prerequisite: Passed Intermediate Tennis or Instructor Approval.

Time to put your skills into play. Learn the basics of match play using USTA's Junior Team Tennis (JTT) format. The focus will be on positioning and strategy for full court play in both singles and doubles. By the end of this class, you should be ready for the fun of playing official Junior Team Tennis on a team with new friends.

#### Pauline Betz Addie Tennis

	85445	11 - 14yrs 6 Classes	\$222	Saturday, Jan. 9	4-5:30 pm	
	94823	11 - 14yrs 6 Classes	\$222	Saturday, Feb. 27	4-5:30 pm	
Wheaton Indoor Tennis						
	88705	11 - 18yrs 6 Classes	\$111	Sunday, Jan. 10	12-1 pm	
	88800	11 - 18yrs 6 Classes	\$111	Sunday, Feb. 28	12-1 pm	

#### More Match Play Tennis, Middle School

Prerequisite: Passed Intro to Match Play or Instructor approval.

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

#### Pauline Betz Addie Tennis

85444	11 - 18yrs 6 Classes	\$222	Saturday, Jan. 9	5:30-7 pm
94833	11 - 18yrs 6 Classes	\$222	Saturday, Feb. 27	5:30-7 pm

#### **Advanced Match Play Tennis, Middle**

#### School

Prerequisite: Passed Intermediate, More Match Play, or Instructor Approval.

For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

#### Pauline Betz Addie Tennis

85474	11 - 14yrs 6 Classes	\$147	Friday, Jan. 8	4-5 pm
85450	11 - 14yrs 6 Classes	\$147	Saturday, Jan. 9	2-3 pm
85425	11 - 14yrs 6 Classes	\$147	Sunday, Jan. 10	3-4 pm
85400	11 - 14yrs 4 Classes	\$147	Tuesday, Jan. 12	6-7 pm
94768	11 - 14yrs 6 Classes	\$147	Friday, Feb. 26	4-5 pm
94767	11 - 14yrs 6 Classes	\$147	Saturday, Feb. 27	2-3 pm
94766	11 - 14yrs 6 Classes	\$147	Sunday, Feb. 28	3-4 pm
94765	11 - 14yrs 6 Classes	\$147	Tuesday, Mar. 2	6-7 pm
34703	11 1+y13 0 Classes	Y = 17	racsaay, man z	0 / piii
	aton Indoor Te		racoday, man z	0 7 pm
	,		Friday, Jan. 8	5-7 pm
Whee	aton Indoor Te	nnis		·
<b>Whed</b> 88676	aton Indoor Tel 11 - 14yrs 6 Classes	<b>nnis</b> \$246	Friday, Jan. 8	5-7 pm
<b>Whed</b> 88676 88677	nton Indoor Tell 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes	**************************************	Friday, Jan. 8 Sunday, Jan. 10	5-7 pm 2-4 pm
<b>Whed</b> 88676 88677 88675	nton Indoor Tell 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes	\$246 \$246 \$246 \$246	Friday, Jan. 8 Sunday, Jan. 10 Tuesday, Jan. 12	5-7 pm 2-4 pm 5-7 pm
Whee 88676 88677 88675 88777	11 - 14yrs 6 Classes 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes 11 - 14yrs 6 Classes	\$246 \$246 \$246 \$246 \$246	Friday, Jan. 8 Sunday, Jan. 10 Tuesday, Jan. 12 Friday, Feb. 26	5-7 pm 2-4 pm 5-7 pm 5-7 pm

#### **Advanced Match Play Tennis, High**

#### School

12-1 pm

Prerequisite: Passed Intermediate, More Match Play, or Instructor Approval.

For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

#### Pauline Betz Addie Tennis

85369	15 - 18yrs 4 Classes	\$147	Thursday, Jan. 7	6-7 pm
85469	15 - 18yrs 6 Classes	\$147	Friday, Jan. 8	6-7 pm
85437	15 - 18yrs 6 Classes	\$147	Sunday, Jan. 10	11 am-12 pm
94764	15 - 18yrs 6 Classes	\$147	Friday, Feb. 26	6-7 pm
94763	15 - 18yrs 6 Classes	\$147	Sunday, Feb. 28	11 am-12 pm
94762	15 - 18yrs 6 Classes	\$147	Thursday, Mar. 4	6-7 pm
Whee	aton Indoor Te	nnis		
88674	15 - 18yrs 6 Classes	\$246	Friday, Jan. 8	5-7 pm
88673	15 - 18yrs 6 Classes	\$246	Tuesday, Jan. 12	5-7 pm
88776	15 - 18yrs 6 Classes	\$246	Friday, Feb. 26	5-7 pm
88814	15 - 18yrs 6 Classes	\$246	Tuesday, Mar. 2	5-7 pm

# **Adult Tennis**

#### **Beginner 1 Tennis, Adult (NTRP 2.0)**

Designed to turn adult beginners into tennis players. Students will enjoy one-hour lessons with our certified tennis coaches and learn the basics of tennis including the serve, forehand, backhand, and net play for singles and doubles featuring a Rally and Play approach.

#### **Pauline Betz Addie Tennis**

				-	
85391	18 & Up	4 Classes	\$135	Wednesday, Jan. 6	10-11 am
85366	18 & Up	4 Classes	\$135	Thursday, Jan. 7	7-8 pm
85467	18 & Up	6 Classes	\$135	Friday, Jan. 8	7-8 pm
85461	18 & Up	6 Classes	\$135	Saturday, Jan. 9	10-11 am
85440	18 & Up	6 Classes	\$135	Sunday, Jan. 10	10-11 am
85397	18 & Up	4 Classes	\$135	Tuesday, Jan. 12	7-8 pm
94778	18 & Up	6 Classes	\$135	Friday, Feb. 26	7-8 pm
94777	18 & Up	6 Classes	\$135	Saturday, Feb. 27	10-11 am
94776	18 & Up	6 Classes	\$135	Sunday, Feb. 28	10-11 am
94775	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	7-8 pm
94774	18 & Up	6 Classes	\$135	Wednesday, Mar. 3	10-11 am
94773	18 & Up	6 Classes	\$135	Thursday, Mar. 4	7-8 pm
Whee	aton In	door Te	nnis		
88680	18 & Up	6 Classes	\$111	Wednesday, Jan. 6	10-11 am
88681	18 & Up	6 Classes	\$111	Thursday, Jan. 7	6-7 pm
88683	18 & Up	6 Classes	\$111	Saturday, Jan. 9	1-2 pm
88682	18 & Up	6 Classes	\$111	Sunday, Jan. 10	9-10 am
88788	18 & Up	6 Classes	\$111	Saturday, Feb. 27	1-2 pm
88793	18 & Up	6 Classes	\$111	Sunday, Feb. 28	9-10 am
88755	18 & Up	6 Classes	\$111	Wednesday, Mar. 3	10-11 am
88772	18 & Up	6 Classes	\$111	Thursday, Mar. 4	6-7 pm

#### **Beginner 2 Tennis, Adult (NTRP 2.5)**

This player has played some tennis but needs additional instruction on basic skills and techniques. Rally and Play approach reinforces introduction to positioning, movement, and rules of play.

#### **Pauline Betz Addie Tennis**

85390	18 & Up	4 Classes	\$135	Wednesday, Jan. 6	11 am-12 pm
85380	18 & Up	4 Classes	\$135	Wednesday, Jan. 6	7-8 pm
85365	18 & Up	4 Classes	\$135	Thursday, Jan. 7	7-8 pm
85363	18 & Up	4 Classes	\$135	Thursday, Jan. 7	8-9 pm
85436	18 & Up	6 Classes	\$135	Sunday, Jan. 10	11 am-12 pm
85405	18 & Up	4 Classes	\$135	Tuesday, Jan. 12	12-1 pm
85394	18 & Up	4 Classes	\$135	Tuesday, Jan. 12	8-9 pm
94791	18 & Up	6 Classes	\$135	Sunday, Feb. 28	11 am-12 pm
94790	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	12-1 pm
94789	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	8-9 pm
94788	18 & Up	6 Classes	\$135	Wednesday, Mar. 3	11 am-12 pm
94787	18 & Up	6 Classes	\$135	Wednesday, Mar. 3	7-8 pm
94786	18 & Up	6 Classes	\$135	Thursday, Mar. 4	7-8 pm
94785	18 & Up	6 Classes	\$135	Thursday, Mar. 4	8-9 pm
Whe	aton In	door Te	nnis		
88690	18 & Up	6 Classes	\$111	Wednesday, Jan. 6	11 am-12 pm
88691	18 & Up	6 Classes	\$111	Sunday, Jan. 10	12-1 pm
88689	18 & Up	6 Classes	\$111	Tuesday, Jan. 12	7-8 pm
88799	18 & Up	6 Classes	\$111	Sunday, Feb. 28	12-1 pm
88818	18 & Up	6 Classes	\$111	Tuesday, Mar. 2	7-8 pm
88756	18 & Up	6 Classes	\$111	Wednesday, Mar. 3	11 am-12 pm

#### **Intermediate Tennis, Adult (NTRP 3.0+)**

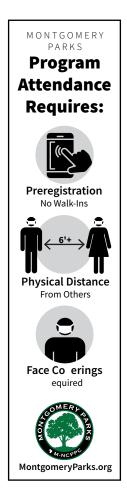
Prerequisite: Passed Beginner 2, Adult or a 3.5 NTRP level player.

Player has dependable strokes, but needs work on depth, variety, and consistency for power. Can play singles and doubles, but needs to improve net play, shot selection, and serve.

#### Pauline Betz Addie Tennis

85389	18 & Up	4 Classes	\$135	Wednesday, Jan. 6	12-1 pm
85379	18 & Up	4 Classes	\$135	Wednesday, Jan. 6	7-8 pm
85374	18 & Up	4 Classes	\$135	Thursday, Jan. 7	11 am-12 pm
85362	18 & Up	4 Classes	\$135	Thursday, Jan. 7	8-9 pm
85475	18 & Up	6 Classes	\$135	Friday, Jan. 8	11 am-12 pm
85453	18 & Up	6 Classes	\$135	Saturday, Jan. 9	1-2 pm
85455	18 & Up	6 Classes	\$135	Saturday, Jan. 9	12-1 pm
85430	18 & Up	6 Classes	\$135	Sunday, Jan. 10	1-2 pm
85433	18 & Up	6 Classes	\$135	Sunday, Jan. 10	12-1 pm
85421	18 & Up	6 Classes	\$135	Monday, Jan. 11	11 am-12 pm
85412	18 & Up	6 Classes	\$135	Monday, Jan. 11	7-8 pm
85406	18 & Up	5 Classes	\$135	Tuesday, Jan. 12	11 am-12 pm
85396	18 & Up	4 Classes	\$135	Tuesday, Jan. 12	7-8 pm
85393	18 & Up	4 Classes	\$135	Tuesday, Jan. 12	8-9 pm
94813	18 & Up	6 Classes	\$135	Friday, Feb. 26	11 am-12 pm
94811	18 & Up	6 Classes	\$135	Saturday, Feb. 27	1-2 pm
94812	18 & Up	6 Classes	\$135	Saturday, Feb. 27	12-1 pm
94809	18 & Up	6 Classes	\$135	Sunday, Feb. 28	1-2 pm
94810	18 & Up	6 Classes	\$135	Sunday, Feb. 28	12-1 pm
94808	18 & Up	6 Classes	\$135	Monday, Mar. 1	11 am-12 pm
94807	18 & Up	6 Classes	\$135	Monday, Mar. 1	7-8 pm
94806	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	11 am-12 pm
94805	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	7-8 pm
94804	18 & Up	6 Classes	\$135	Tuesday, Mar. 2	8-9 pm
94803	18 & Up	6 Classes	\$135	Wednesday, Mar. 3	12-1 pm
94802	18 & Up	6 Classes	\$135	Wednesday, Mar. 3	7-8 pm
94801	18 & Up	6 Classes	\$135	Thursday, Mar. 4	11 am-12 pm
94800	18 & Up	6 Classes	\$135	Thursday, Mar. 4	8-9 pm
Whee	aton In	door Te	nnis		
88699	18 & Up	6 Classes	\$111	Wednesday, Jan. 6	7-8 pm
88700	18 & Up	6 Classes	\$111	Thursday, Jan. 7	11 am-12 pm
00000	400 11-	C Cl	6444	Manualan Ian 44	6.7

88699	18 & Up	6 Classes	\$111	Wednesday, Jan. 6	7-8 pm
88700	18 & Up	6 Classes	\$111	Thursday, Jan. 7	11 am-12 pm
88698	18 & Up	6 Classes	\$111	Monday, Jan. 11	6-7 pm
88697	18 & Up	6 Classes	\$111	Tuesday, Jan. 12	10-11 am
88807	18 & Up	6 Classes	\$111	Monday, Mar. 1	6-7 pm
88812	18 & Up	6 Classes	\$111	Tuesday, Mar. 2	10-11 am
88764	18 & Up	6 Classes	\$111	Wednesday, Mar. 3	7-8 pm
88768	18 & Up	6 Classes	\$111	Thursday, Mar. 4	11 am-12 pm







Want to practice but don't have a partner?





The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions.

Rent the SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Centers! Sign up at the front desk or call to reserve at either facility.

#### **Match Play 3.0 Tennis**

The 3.0 player is fairly consistent when hitting mediumpaced shots but is not comfortable with all strokes and lacks execution when trying for directional control, depth, and pace. First half of class focuses on needed drills and skills. Class finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

#### **Pauline Betz Addie Tennis**

85376	18 & Up	4 Classes	\$147	Wednesday, Jan. 6	8-9 pm			
85364	18 & Up	4 Classes	\$147	Thursday, Jan. 7	7-8 pm			
85427	18 & Up	6 Classes	\$147	Sunday, Jan. 10	2-3 pm			
85410	18 & Up	6 Classes	\$294	Monday, Jan. 11	7-9 pm			
85395	18 & Up	4 Classes	\$147	Tuesday, Jan. 12	7-8 pm			
94828	18 & Up	6 Classes	\$147	Sunday, Feb. 28	2-3 pm			
94827	18 & Up	6 Classes	\$294	Monday, Mar. 1	7-9 pm			
94826	18 & Up	6 Classes	\$147	Tuesday, Mar. 2	7-8 pm			
94825	18 & Up	6 Classes	\$147	Wednesday, Mar. 3	8-9 pm			
94824	18 & Up	6 Classes	\$147	Thursday, Mar. 4	7-8 pm			
Whatton Indoor Tonnis								

#### Wheaton Indoor Tennis

88706	18 & Up	6 Classes	\$246	Wednesday, Jan. 6	7-9 pm
88707	18 & Up	6 Classes	\$123	Saturday, Jan. 9	9-10 am
88780	18 & Up	6 Classes	\$123	Saturday, Feb. 27	9-10 am
88765	18 & Up	6 Classes	\$246	Wednesday, Mar. 3	7-9 pm

#### Match Play 3.5 Tennis

The 3.5 player has dependable strokes, but still lacks depth, variety, and the ability to alter distance of shots. Lack of confidence might limit the 3.5 player in effective use of lobs, overheads, approach shots, and volleys. This player is more comfortable at net, has improved court awareness, and is developing teamwork in doubles. First half of class focuses on needed drills and skills. Class finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

#### Pauline Betz Addie Tennis

85378	18 & Up	4 Classes	\$294	Wednesday, Jan. 6	7-9 pm
85361	18 & Up	4 Classes	\$147	Thursday, Jan. 7	8-9 pm
85408	18 & Up	6 Classes	\$147	Monday, Jan. 11	8-9 pm
85392	18 & Up	4 Classes	\$147	Tuesday, Jan. 12	8-9 pm
94832	18 & Up	6 Classes	\$147	Monday, Mar. 1	8-9 pm
94831	18 & Up	6 Classes	\$147	Tuesday, Mar. 2	8-9 pm
94830	18 & Up	6 Classes	\$294	Wednesday, Mar. 3	7-9 pm
94829	18 & Up	6 Classes	\$147	Thursday, Mar. 4	8-9 pm
Whee	aton In	door Te	nnis		
88708	18 & Up	6 Classes	\$246	Thursday, Jan. 7	7-9 pm
88709	18 & Up	6 Classes	\$246	Monday, Jan. 11	7-9 pm
88811	18 & Up	6 Classes	\$246	Monday, Mar. 1	7-9 pm
88774	18 & Up	6 Classes	\$246	Thursday, Mar. 4	7-9 pm

#### Advanced Tennis, Adult (NTRP 4.0 & Up)

Prerequisite: Passed Intermediate or Instructor approval.
A competitive clinic involving intense drilling,
competitive situational games, and match play. Course
will focus on finessing use of lobs, overheads, approach
shots, and volleys. Student will also concentrate on
hitting with power, spin, depth, and control.

#### Pauline Betz Addie Tennis

85377	18 & Up	4 Classes	\$147	Wednesday, Jan. 6	8-9 pm
85447	18 & Up	6 Classes	\$147	Saturday, Jan. 9	3-4 pm
85428	18 & Up	6 Classes	\$147	Sunday, Jan. 10	2-3 pm
85409	18 & Up	6 Classes	\$147	Monday, Jan. 11	8-9 pm
94772	18 & Up	6 Classes	\$147	Saturday, Feb. 27	3-4 pm
94771	18 & Up	6 Classes	\$147	Sunday, Feb. 28	2-3 pm
94770	18 & Up	6 Classes	\$147	Monday, Mar. 1	8-9 pm
94769	18 & Up	6 Classes	\$147	Wednesday, Mar. 3	8-9 pm
Whee	aton In	door Te	nnis		
88678	18 & Up	6 Classes	\$123	Wednesday, Jan. 6	8-9 pm
88679	18 & Up	6 Classes	\$123	Tuesday, Jan. 12	11 am-12 pm
88813	18 & Up	6 Classes	\$123	Tuesday, Mar. 2	11 am-12 pm
88766	18 & Up	6 Classes	\$123	Wednesday, Mar. 3	8-9 pm

#### Sunday Round Robin Doubles Tennis,

#### Intermediate 3.0+

NTRP Level 3.0 - 3.5 You and your partner will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winning pairs move up a court and losers move down a court with each rotation.

88720	18 & Up	1 Classes	\$20	Sunday, Jan. 10	7-9 am
88721	18 & Up	1 Classes	\$20	Sunday, Jan. 17	7-9 am
88722	18 & Up	1 Classes	\$20	Sunday, Jan. 24	7-9 am
88723	18 & Up	1 Classes	\$20	Sunday, Jan. 31	7-9 am
88724	18 & Up	1 Classes	\$20	Sunday, Feb. 7	7-9 am
88725	18 & Up	1 Classes	\$20	Sunday, Feb. 14	7-9 am
88792	18 & Up	1 Classes	\$20	Sunday, Feb. 21	7-9 am
88820	18 & Up	1 Classes	\$20	Sunday, Feb. 28	7-9 am
88822	18 & Up	1 Classes	\$20	Sunday, Mar. 7	7-9 am

# Specialty Tennic

#### Saturday Round Robin Doubles Tennis, Advanced 4.0+

NTRP Level 4.0 & Up You and your partner will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winning pairs move up a court and losers move down a court with each rotation.

88748	18 & Up	1 Classes	\$20	Saturday, Jan. 9	7-9 am
88715	18 & Up	1 Classes	\$20	Saturday, Jan. 16	7-9 am
88716	18 & Up	1 Classes	\$20	Saturday, Jan. 23	7-9 am
88717	18 & Up	1 Classes	\$20	Saturday, Jan. 30	7-9 am
88718	18 & Up	1 Classes	\$20	Saturday, Feb. 6	7-9 am
88719	18 & Up	1 Classes	\$20	Saturday, Feb. 13	7-9 am
88829	18 & Up	1 Classes	\$20	Saturday, Feb. 20	7-9 am
88819	18 & Up	1 Classes	\$20	Saturday, Feb. 27	7-9 am
88821	18 & Up	1 Classes	\$20	Saturday, Mar. 6	7-9 am

#### **Adult Cardio Tennis**

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

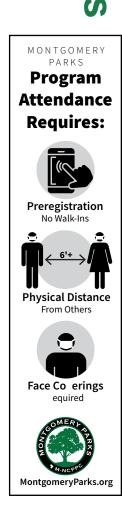
#### Pauline Betz Addie Tennis

85375	18 & Up	6 Classes	\$147	Thursday, Jan. 7	10-11 am
85476	18 & Up	6 Classes	\$147	Friday, Jan. 8	10-11 am
85470	18 & Up	6 Classes	\$147	Friday, Jan. 8	6-7 pm
85464	18 & Up	6 Classes	\$147	Saturday, Jan. 9	9-10 am
85443	18 & Up	6 Classes	\$147	Sunday, Jan. 10	9-10 am
85422	18 & Up	6 Classes	\$147	Monday, Jan. 11	10-11 am
85407	18 & Up	6 Classes	\$147	Tuesday, Jan. 12	10-11 am
94761	18 & Up	6 Classes	\$147	Friday, Feb. 26	10-11 am
94760	18 & Up	6 Classes	\$147	Friday, Feb. 26	6-7 pm
94759	18 & Up	6 Classes	\$147	Saturday, Feb. 27	9-10 am
94758	18 & Up	6 Classes	\$147	Sunday, Feb. 28	9-10 am
94757	18 & Up	6 Classes	\$147	Monday, Mar. 1	10-11 am
94756	18 & Up	6 Classes	\$147	Tuesday, Mar. 2	10-11 am
94755	18 & Up	6 Classes	\$147	Thursday, Mar. 4	10-11 am
Whee	aton In	door Tei	nnis		
88672	18 & Up	6 Classes	\$123	Thursday, Jan. 7	10-11 am
88670	18 & Up	6 Classes	\$123	Sunday, Jan. 10	10-11 am
88671	18 & Up	6 Classes	\$123	Monday, Jan. 11	7-8 pm
88795	18 & Up	6 Classes	\$123	Sunday, Feb. 28	10-11 am
88810	18 & Up	6 Classes	\$123	Monday, Mar. 1	7-8 pm
88767	18 & Up	6 Classes	\$123	Thursday, Mar. 4	10-11 am

# ACEing Autism @ Wheaton Indoor Tennis

Prerequisite: Families are required to complete a participant support questionnaire for the ACEing Autism organization. This information will help our coaches and volunteers be better prepared to help your child succeed. This unique curriculum aims to develop coordination, confidence, and social skills through on-court activities that emphasize taking turns, working in teams, and following instruction. Class is led by our trained instructors and every participant is paired with a volunteer. A clear and consistent weekly routine helps participants gain comfort and familiarity with tennis fundamentals. All tennis equipment is provided. While parents/caregivers are not expected to participate with their child, we do ask them to be responsible for assisting with any self-care if necessary during the program hour.

88668	6 - 12yrs 6 Classes	\$111	Saturday, Jan. 9	10-11 am
88669	13 - 17yrs 6 Classes	\$111	Saturday, Jan. 9	11 am-12 pm
88782	6 - 12yrs 6 Classes	\$111	Saturday, Feb. 27	10-11 am
88784	13 - 17vrs 6 Classes	\$111	Saturday, Feb. 27	11 am-12 nm



# REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

#### **3 WAYS TO REGISTER**

#### ONLINE- Credit Card payment only Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

#### 2. BY MAIL- Check payment only

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 2425 Reedie Drive

• 10<sup>th</sup> Floor • Wheaton, MD 20902

#### 3. IN PERSON\*- Cash, check and credit card

Stop by Montgomery County Recreation Administrative Office

2425 Reedie Drive, 10<sup>th</sup> Floor, Wheaton, MD 20902 (M-F, 9:30 a.m.-4 p.m.) or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.

\*Due to COVID-19 restrictions, please visit our websites for the most up-to-date information before heading out.

#### PAYMENT INFORMATION

- Full payment must be made at time of registration.
   Do not submit registrations and/or payments to
   Parks or Recreation instructors.
- For Montgomery County Recreation activities, noncounty residents and City of Gaithersburg and City of Rockville residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.

#### • CHECKS & MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and phone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper and a returned check fee of \$35.
- Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, Mastercard, American Express and Discover are accepted.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstatiated credit card disputes, or any outstanding debt.



#### **CREATE YOUR NEW Account TODAY!**

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities.; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation. Visit the website for more information.

#### WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity <b>Canceled</b> by Parks or Recreation	Full or Pro-rated Refund	Refund may be applied to customer's ActiveMONT-GOMERY account; or returned in same form as payment rendered.
At least <b>5 (five)</b>	Any reason, Full ONLINE Refund		If payment was made by credit cardRefund will be applied to credit card.  If payment was made by check, cash, or money orderRefund will be applied to customer's ActiveMONT-GOMERY account.
business days before activity begins	Any reason, IN PERSON	Full Refund	Activity fee is \$25 or less Refund will be applied to customer's ActiveMONT- GOMERY account.  Activity fee is \$26 or moreRefund may be applied to customer's ActiveMONTGOMERY account, or refund may be requested.
Less than 5 (five) business days before activity begins	Any reason, IN PERSON For Parks: At the hosting facility For Recreation: At Recreation HDQ No withdrawals may be made ONLINE less than five days before activity begins.	Refund Less \$25 With- drawal Fee	Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONT- GOMERY account.  Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund.
For classes/sessions missed by participant After second session/ class of activity has met After the final session	No refund of an type will be issue		Call 240-777-6840 (8:30am-4:30pm) or 301-495-2580 (10am-4pm) or email

The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.

of activity has met

Active MONTGOMER



Use this form to register for BOTH Montgomery Parks AND Montgomery County Recreation activities.\*

Use este formulario para activides de LOS DOS Montgomery Parks Y Montgomery County Recreation.\*

* Required Info I Info Requerida REGISTRA	TION FORM   FOR	MUL	ARIO E	OE II	NSCRIPCIÓI	N	
☐ Check here if this is a new address, phone number or email a	ddress. Please print. This form may be cop	nied.			es una dirección nueva, tele iste formulario puede ser re	éfono o dirección de correo ( producido.	electrónico.
PARENT/GUARDIAN I PADRE/GUARDIÁN  Last Name I Apellido *	First Name   Nombre *		Pirthday I Each	na da naci	miento (mm/dd/yy) *	Email	
Address   Dirección *		Ciudad *	olitilday i recii	ia de Haci	miento (minzadzyy)	State   Estado *   ZIP   (	°ádigo Doetal *
Home Phone I Teléfono de Casa *	Work Phone I Teléfono de Trabajo	Olddad			Cell Phone I Celular	Otato i Estado   ZII   I	Doulyo T Ostal
EMERGENCY CONTACT   EMERGENCIA CONTACTO  For participants under 18   Participantes de 18					1		
Name I Nombre		Relation	nship   Relacić	n	Phone I Telf.		
Participant s Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm	/dd/yy)	Sex Sexo		ity Name bre de la Actividad	Activity Number Número	Fees * Costo *
'Non-County residents include an additional \$15 per participant, per 'Incluya \$15 por participante, por actividades de Montgomery County					ble for Parks activities)	Total Program Fees: Cantidad Total:	
To which ethnicity do you identify most?	PAYMENT OPTIONS*					* Required Info I In	formación requerida
_ American Indian/Alaskan Native _ Asian	Total Program Fees \$			(	CASH \$		
_ Black or African American _ Hispanic or Latino or Spanish Origin of Any Race	Non-Resident/Other Fees	\$		(	Check #	\$	<del></del>
<ul> <li>Native Hawaiian or Other Pacific Islander</li> <li>White</li> <li>Two or More Races</li> </ul>	Total Fees Due \$						
_ Other _ Prefer not to answer	Make checks and money ActiveMONTGOMERY.						20902
Will you need an ADA (Americans with Disabilities Act) of equipment, assistive listening/auxiliary devices, and/or		support st	aff, sign lar	nguage i	interpreters, companio	on, Braille/large print, a	daptive
_Yes _No							
If YES, please see below:  ADA Requests for Montgomery Parks To request an accommodation for M-NCPPC, Montgor contact the Program Access Office at 301-495-2477 or ProgramAccess@montgomeryparks.org.		To requesthe Thera	st an accon peutic Reci	nmodati reation a		Recreation ounty Recreation, you n Office at 240-777-6870	

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Date | Fecha

\*SIGNATURE IS REQUIRED\* | \*SE REQUIERE LA FIRMA\*

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.