

MONTGOMERY PARKS GUIDE

FALL 2023



CLASSES. PROGRAMS. ACTIVITIES. EVENTS.





MONTGOMERY PARKS | FALL 2023

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Programs are subject to change.

For the most up-to-date listings visit: MontgomeryParks.org



MONTGOMERY PARKS DIRECTORY

ATHLETIC FIELDS

Visit [Athletic Fields](#) for reservation information.

ARCHERY

[South Germantown Recreational Park](#)

18045 Central Park Circle, Boyds, MD 20841

[Rock Creek Regional Park](#)

5700 Needwood Lake Circle, Rockville, MD 20855

BASKETBALL, TENNIS & PICKLEBALL COURTS (OUTDOOR)

Visit [Sports](#) for a list of court locations.

BOATING

[Black Hill Boats](#)

20920 Lake Ridge Drive, Boyds, MD 20841 • 301-528-3466

[Lake Needwood Boats](#)

15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540

CAMPING

[Little Bennett Campground](#)

23705 Frederick Road, Clarksburg, MD 20871
301-528-3430

[Robert C. McDonell Campground](#)

7701 Tuckerman Lane, Rockville, MD 20854 • 301-495-2525

Visit [Rentals and Permits](#) for additional camping options.

CAROUSEL

[Ovid Hazen Wells Carousel](#)

2002 Shorefield Road, Wheaton, MD 20902

COMMUNITY GARDENS

Visit [Community Gardens](#) for information.

CULTURAL & HISTORIC ATTRACTIONS

Visit [History in the Parks](#) for more information.

[Agricultural History Farm Park](#)

18400 Muncaster Road, Derwood, MD 20855
301-840-5120

[Kingsley Schoolhouse](#)

24472 Clarksburg Road, Clarksburg, MD 20871
301-650-4373

[Josiah Henson Museum & Park](#)

11410 Old Georgetown Road, North Bethesda, MD 20852
301-765-8790

[Oakley Cabin African American Museum](#)

3610 Brookeville Road, Olney, MD 20832
301-650-4373

[Woodlawn Manor Cultural Park](#) and [Underground Railroad Experience Trail](#)

16501 Norwood Road, Sandy Spring, MD 20860
301-929-5989

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 Drive

[Cabin John Regional Park Dog Park](#)

7400 Tuckerman Lane, Bethesda, MD 20817

[Dewey Local Park Dog Park](#)

1720 Dewey Road, Silver Spring, MD 20906

[Ellsworth Urban Park Dog Park](#)

621 Ellsworth Drive, Silver Spring, MD 20910

[Olney Manor Recreational Park Dog Park](#)

16601 Georgia Avenue, Olney, MD 20832

[Piedmont Woods Local Park Dog Park](#)

12835 Snowden Farm Parkway, Clarksburg, MD 20871

[Ridge Road Recreational Park Dog Park](#)

21155 Frederick Road, Germantown, MD 20876

[Wheaton Regional Park Dog Park](#)

11710 Orebaugh Avenue, Wheaton, MD 20902

DRIVING RANGE/GOLF

[South Germantown Driving Range](#)

18045 Central Park Circle, Boyds, MD 20841
301-670-4670

EVENT CENTERS

Ideal venues for weddings, special events, meetings and more!

[Brookside Gardens](#)

1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404

Email: Event.Manager@MontgomeryParks.org

[The Lodge at Little Seneca Creek](#)

14500-A Clopper Road, Boyds, MD 20841
301-528-6010

Email: SenecaLodge@MontgomeryParks.org

[Rockwood Manor Retreats and Events](#)

11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510

Email: RockwoodManor@MontgomeryParks.org

GARDENS

Brookside Gardens

1800 Glenallen Avenue, Wheaton, MD 20902
301-962-1400 general information
301-962-1404 event rentals

McCrillis Gardens

6910 Greentree Road, Bethesda, MD 20817
301-962-1455

GOLF

Golf courses are operated by the [Montgomery County Revenue Authority](https://www.montgomerycountymd.gov/RevenueAuthority/).

Little Bennett Golf Course

25900 Prescott Road Clarksburg, Maryland 20871
301-253-1515

Needwood Golf Course

6724 Needwood Road, Derwood, MD 20855
301-948-1075

Northwest Park Golf Course

15711 Layhill Road, Silver Spring, MD 20906
301-598-6100

Sligo Creek Golf Course

9701 Sligo Creek Parkway, Silver Spring, MD 20901
301-585-6006

HORSEBACK RIDING & STABLES

Equestrian facilities are managed by private operators through partnerships with M-NCPPC.

Callithea Farm Park

15000 River Road, Potomac, MD 20854
301-977-8010

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026

Potomac Horse Center

14211 Quince Orchard Road, N. Potomac, MD 20878

Rickman Farm Horse Park

17320 Moore Road, Boyds, MD 20841
301-349-0075

Wheaton Regional Park Stables

1101 Glenallen Avenue, Wheaton, MD 20902
301-622-2424

Woodstock Equestrian Park

20100 Darnestown Road, Beallsville, MD 20839
301-495-2525

ICE SKATING

Cabin John Ice Rink

10610 Westlake Drive, Rockville, MD 20852
301-765-8620

Wheaton Ice Arena

11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000

MINIATURE GOLF

South Germantown Miniature Golf

18056 Central Park Circle, Boyds, MD 20841
301-670-4680

NATURE CENTERS

Black Hill Visitor Center

20926 Lake Ridge Drive, Boyds, MD 20841
301-528-3492

Brookside Nature Center

1400 Glenallen Avenue, Wheaton, MD 20902
301-962-1480

Locust Grove Nature Center

7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660

Maydale Nature Classroom

1638 Maydale Drive, Colesville, MD 20905
301-962-1496

Meadowside Nature Center

5100 Meadowside Lane, Rockville, MD 20855
301-258-4030

PARK ACTIVITY BUILDINGS & PICNIC SHELTERS

Visit [Park Permits](#) for rental information.

SKATING AND BMX

In-line Hockey Rink

Dewey Local Park

11720 Dewey Road, Veirs Mill, MD 20906

Ridge Road Recreational Park

21155, Frederick Road, Germantown, MD 20876

Mountain Bike and BMX Pump Track

South Germantown Recreational Park

18045 Central Park Circle, Boyds, MD 20841

SKATING AND BMX (CONTINUED)

Skate Park

Fairland Recreational Park The Pit at Fairland Bike Park

3928 Greencastle Road
Fairland, MD 20866

Olney Manor Skate Park

16601 Georgia Avenue, Olney, MD 20832

Takoma-Piney Branch Local Park

2 Darwin Avenue Takoma Park, MD 20910

Woodside Urban Park

8800 Georgia Avenue, Silver Spring, MD 20910

SPLASH PARK

South Germantown SplashPark

18056 Central Park Circle, Boyds, MD 20841
301-670-4680

TENNIS (INDOOR)

Pauline Betz Addie Tennis Center

7801 Democracy Boulevard, Bethesda, MD 20817
301-765-8650

Wheaton Indoor Tennis

11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030

Montgomery TennisPlex*

18010 Central Park Circle, Boyds, MD 20841
240-477-4430z

** This facility is managed by a private operator through a partnership with M-NCPPC. Please contact them directly for more information.*

TRAILS

Visit [Trails](#) for maps and detailed information about the more than 250 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals

Wheaton Train and Carousel

2002 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals

TURF FIELD

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

Wheaton Sports Pavilion

11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070

CONTACT INFORMATION

Montgomery Parks

2425 Reddie Drive, Wheaton, MD 20902

Customer Service

General park Information or to report maintenance requests or concern:

Call: 301-495-2595

Email: Info@MontgomeryParks.org

Permits & Rentals

Call: 301-495-2525

Email: ParkPermits@MontgomeryParks.org

Volunteer Opportunities

Call: 301-495-2504

Email: ParksVolunteers@MontgomeryParks.org

RainoutLine

Call: 301-579-5610 for Athletic Fields

Call: 240-270-0008 for Trail Conditions

Park Police

Call: 301-949-8010, Emergency call 911

Twitter: [@ParkPolice](https://twitter.com/ParkPolice)

ACCESSIBILITY

Program Access & Inclusion Services

For inquiries regarding inclusion services, programs, and accommodations, please contact the Program Access office:

Call: 301-495-2477

MD Relay: 7-1-1 or 800-552-7724

Email: ProgramAccess@MontgomeryParks.org

**ONE website
ONE account**
for both Recreation & Parks
Registration, Reservations & More!

Active
MONTGOMERY

ActiveMontgomery.org
Create your account today!



WAYS TO REGISTER

Online

Click the Course # link next to each program in this guide to register for that program or visit **ActiveMONTGOMERY**

By Mail

Fill out and sign the registration form and mail it to:
ActiveMONTGOMERY
2425 Reddie Drive, 10th Floor
Wheaton, MD 20902

Questions?

Call: 301-495-2580
Monday–Friday, 8:30 am–4:30 pm
Email: Info@ActiveMONTGOMERY.org

REGISTRATION DATES

Fall Programs: Aug 14, 6:30 am

Ice/Tennis Fall Term I: Aug 24, 6:30 am

Ice/Tennis Fall Term II: Oct 24, 6:30 am



VOLUNTEER IN PARKS *Naturally!*

*Thank you
for all you do.*

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. Check out some of our Fall opportunities below, and go to **ParksVolunteers.org** to see all of our most up to date postings!

SPECIAL EVENTS

- ★ **Children's Weekend, Brookside Gardens, September 17**
Help kids celebrate the beauty of the gardens through crafts, games and art!
- ★ **Halloween Eye Spy Trains, Cabin John and Wheaton Regional Parks, October Weekends**
Help families with "spying" all of our not-so-scary Halloween characters while they enjoy a train ride through the parks!
- ★ **Haunted Trail, Little Bennett Campground, October Weekends**
Get spooky at one of our scare stations along the trail!
Or come the week before it opens, to help with setting up the trail!
- ★ **Help keep our Parks clean, and free of non-native invasive plants at one of these workdays this fall!**
Park Cleanups, September – November
Weed Warrior Workdays - All year
- ★ **Active Aging Kick-off, Brookside Gardens, October 2**
Help staff with this signature event about keeping active even as we get older.

LONG TERM

- ★ **Kingsley Schoolhouse Docent/Tour Guide, Little Bennett**
Give tours showing what learning was like in a historic one-room schoolhouse in Froggy Hollow.
- ★ **Oakley Cabin Docent/Tour Guide, Brookeville/Olney**
Give tours of our cabin that was once home to free African Americans from Emancipation to the 20th century.
- ★ **Stream Striders, Watershed Cleanup Leaders**
Teach groups about why it is important to keep our parks and streams litter free
- ★ **Instructional Ice Skating Aides, Cabin John and Wheaton Ice Arenas**
Assist instructors and be an extra pair of hands for group lessons – skating experience required



*We ♥ our
volunteers!*

ParksVolunteers.org | 301-495-2504



Trails open? Game on?

Montgomery Parks has you covered.

When inclement weather occurs, use the **RainoutLine** system to get instant information on Montgomery Parks trails and athletic fields.

Three ways to access RainoutLine:

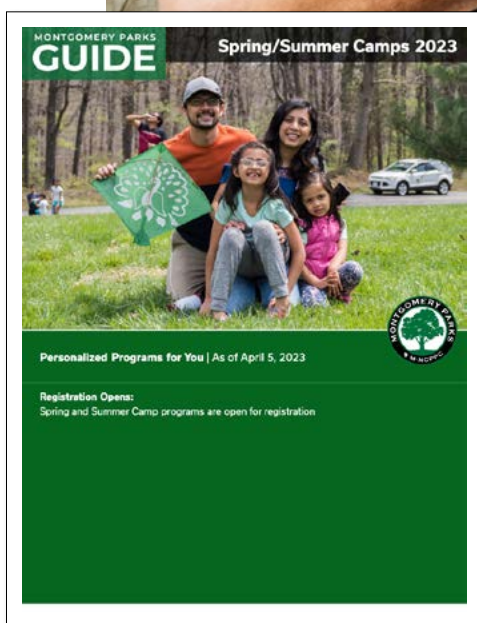
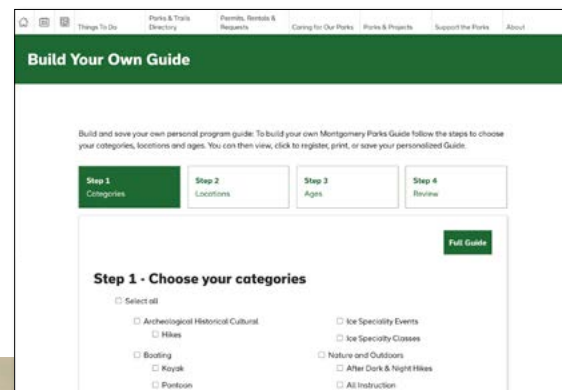
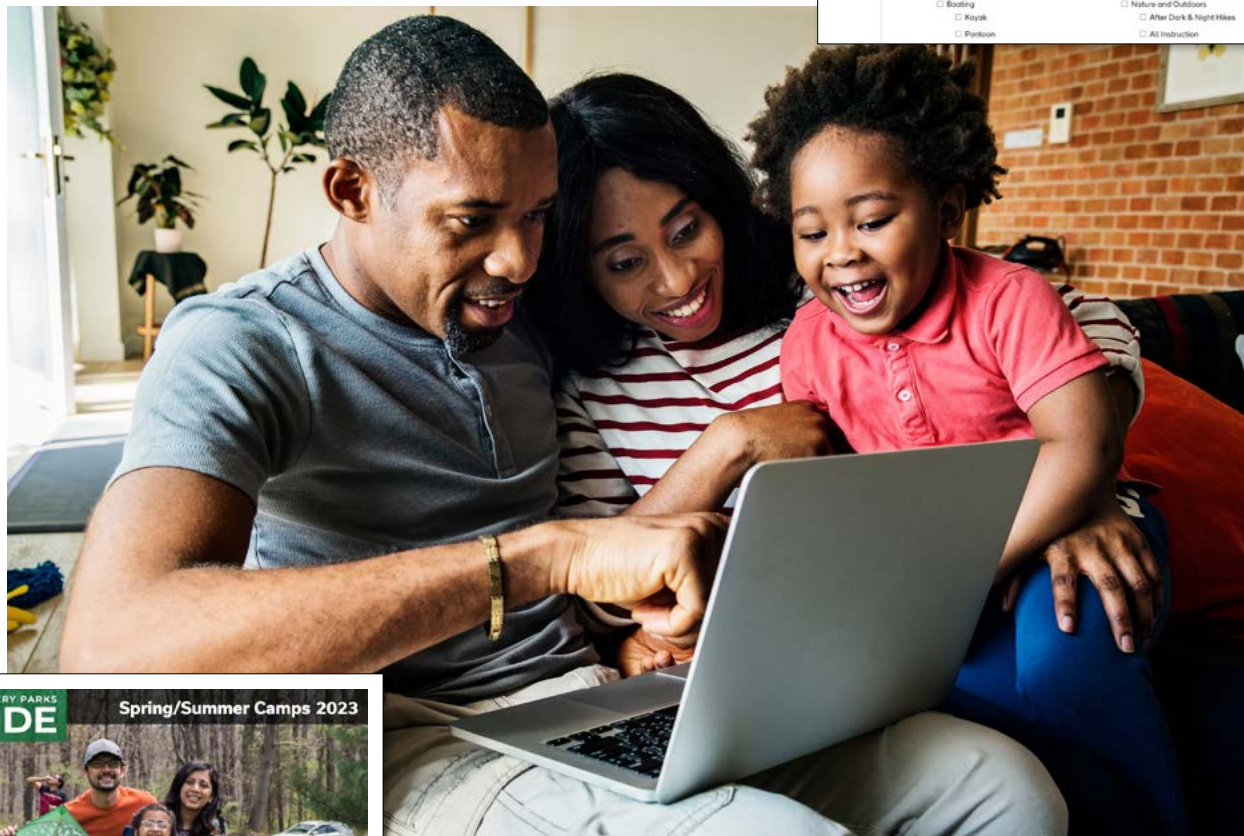
- ❶ **Phone:** Trail Conditions: 240-270-0008 or Athletic Field Status: 301-579-5610
- ❷ **Online:** Go to **[MontgomeryParks.org/RainoutLine](https://montgomeryparks.org/RainoutLine)**
- ❸ **App:** Download the free mobile app for your smartphone.

[MontgomeryParks.org/RainoutLine](https://montgomeryparks.org/RainoutLine)



NEW!

Build Your Own Guide!



- The new online Build Your Own Guide tool allows you to create a digital program guide customized to your specific interests.
- In just three easy steps, you can select the program categories, locations and age ranges you prefer, and then download or print your personalized guide at home.

MontgomeryParks.org/Your-Guide



Montgomery Parks... the perfect place to gather!



BIRTHDAY PARTIES • RECEPTIONS • REUNIONS •
NEIGHBORHOOD GATHERINGS • BUSINESS MEETINGS



Park Activity Buildings available
year-round

Picnic Shelters available
to rent April 1–October 31

Convenient and affordable, our **Park Activity Buildings** and **Picnic Shelters** provide all the amenities needed to make your next event enjoyable and hassle-free!



View availability
and book online at
ActiveMontgomery.org

Contact the Park Permits Office for rental information

P: Monday–Friday, 8:30am–5pm | 301.495.2525

E: ParkPermits@MontgomeryParks.org | W: ParkPermits.org

2425 Reddie Drive, 2nd Floor | Wheaton, MD 20902



MontgomeryParks.org

The natural choice for your special event!

Our event centers are the ideal venues for picture-perfect weddings, elegant celebrations, successful retreats, and more!

Available year-round at affordable rates.



BROOKSIDE GARDENS

50 acres of stunning garden areas

1800 Glenallan Avenue | Wheaton, MD 20902
301-962-1404 | BrooksideGardens.org
event.manager@montgomeryparks.org



Brookside Gardens

THE LODGE AT LITTLE SENECA CREEK

Rustic charm and beautiful panoramic views

14500-A Clopper Road | Boyds, MD 20841
301-670-3282 | LodgeatSeneca.org
senecalodge@montgomeryparks.org



The Lodge at Little Seneca Creek

ROCKWOOD MANOR RETREATS & EVENTS

Serene estate just six minutes from the Capital Beltway

11001 MacArthur Boulevard | Potomac, MD 20854
301-563-7510 | RockwoodManor.org
rockwoodmanor@montgomeryparks.org



Rockwood Manor

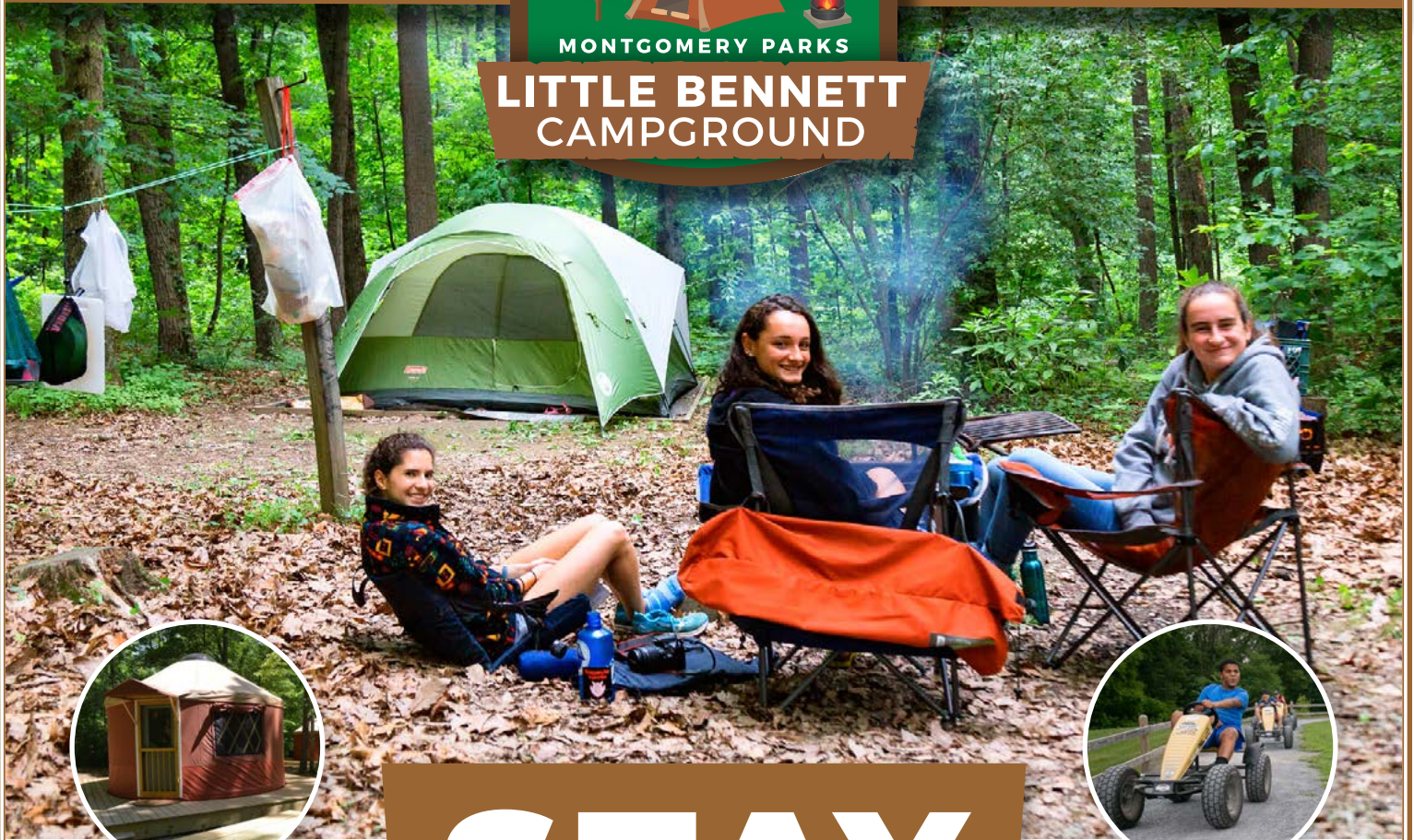
Now Booking Overnight Stays

ParkEventCenters.org





LITTLE BENNETT CAMPGROUND



Range of
accommodations
including campsites,
cabins, and yurts,
to fit your needs

STAY — & — PLAY

OPEN YEAR-ROUND

[MINIMUM 2-NIGHT STAY]

Hiking and biking
trails, pedal kart
track, jumping pillow,
laser tag, outdoor
movies, arts & crafts,
and more!



LITTLE BENNETT CAMPGROUND
23705 Frederick Road | Clarksburg, MD 20871
LittleBennettCampground.org



YOUR NEXT
Adventure
STARTS HERE

WORK
— FOR —
**MONTGOMERY
PARKS**

NOW HIRING

**Full-Time and Part-Time
Positions in Park Operations,
Management, Administration
and more!**

Career & Full-Time Positions

- Park Maintenance
- Skilled Trades
- Heavy Equipment
- CDL Drivers
- Park Police Officers
- Admin Support
- IT - Telecom
- Horticulture
- Engineering/Planning
- Natural Resources

Part-Time & Seasonal Staff Positions

Event Staff, Administration, Athletics Instructors,
Camp Staff, Maintenance, Park Education

We offer a **competitive compensation package** with **exceptional benefits** that will provide security for you and your family through every stage of life.

Have Questions? Email us at
MCP-ParksCareers@montgomeryparks.org



To view all our open positions, scan the QR code or go to
MoCoParks.org/jobs



MONTGOMERY PARKS

WEEKENDS IN OCTOBER | SATURDAYS & SUNDAYS, 10 AM–6 PM

HALLOWEEN EYESPY TRAINS



Can you find 'em all?

Mark off the halloween-themed items placed along the tracks with your “Eye Spy” card.

- **Located at both Wheaton & Cabin John Regional Park.**
- Great for families of all ages.
- Kids under 2 ride free with a paying adult.
- Tickets include additional activities around the Train Station.

WHEATON REGIONAL PARK
2002 Shorefield Road
Wheaton, MD 20902 | 301 563 7545

CABIN JOHN REGIONAL PARK
7400 Tuckerman Lane
Rockville, MD 20817 | 301 765 8670

Learn more by visiting
MontgomeryParks.org/Trains



tours • music
crafts • storytelling

MONTGOMERY PARKS CELEBRATES

Maryland's Emancipation Day

NOVEMBER 4 AND 5, 2023

Visit Montgomery Parks' historic sites for special programs commemorating the end of slavery in the Maryland.



Oakley Cabin African American Museum & Park



Josiah Henson Museum & Park



Woodlawn Museum



Thomas Harper Cabin at Brookside Nature Center

For complete schedule of events visit HistoryInTheParks.org





AGRICULTURAL HISTORY FARM PARK

18400 Muncaster Road | Derwood, MD 20855
301-840-5120

Outdoor park areas and trails open daily
from sunrise to sunset

For programming and event information visit
AgHistoryFarm.org

AGRICULTURAL HISTORY FARM PARK

Painting on the Porch

Paint fall landscapes from the porch of the Bussard farmhouse at the AHFP with the guidance of a local artist. From rolling hills, to the colors of changing leaves, to the gentle setting sun, the view from the porch is breathtaking and will make for lovely keepsakes or even holiday gifts. Beginners are welcome

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|------|----------------|---------|----------------------------------|
| Sep 9 | Fri | 3:30-5:30p | \$10 | Ages 12 and up | 1 Class | ActiveMontgomery |
| Sep 16 | Fri | 3:30-5:30p | \$10 | Ages 12 and up | 1 Class | ActiveMontgomery |
| Sep 23 | Fri | 3:30-5:30p | \$10 | Ages 12 and up | 1 Class | ActiveMontgomery |

Picking on the Porch

Bring your stringed instrument to the porch of the Bussard farmhouse for one hour on Thursday and Friday afternoons in September and October. Enjoy an improvisational good time beginning at 4:00pm. Instruments not provided. Online registration is recommended.

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|-----------|----------|------|------|----------|---------|----------------------------------|
| Sep - Oct | Thu, Fri | 4-5p | Free | All Ages | 1 Class | ActiveMontgomery |
|-----------|----------|------|------|----------|---------|----------------------------------|

Lunch and Learn Yoga Series

Connect the body, breath, and mind with this mid-day Serenity Yoga series lead by a licensed yoga instructor. Bring your bagged lunch and learn the history of the AHFP before you go. The Bussard farmhouse will be available for viewing.

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|-------------------------|-----|-----------|-------------|---------------|---------|----------------------------------|
| Sep 7, 14, 21 and 28 | Thu | 11:30a-1p | \$5/session | Ages 18 an up | 1 Class | ActiveMontgomery |
|-------------------------|-----|-----------|-------------|---------------|---------|----------------------------------|





Saturday Story Time

There's more than "this little piggy" who went to market at the AHFP. Bring your toddler to the Bussard farmhouse for stories about the farm, and about greater Maryland. Learn about native plants and what farmers do. Afterwards, help feed the animals (weather permitting).

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|------|-------------|---------|----------------------------------|
| Oct 14 | Sat | 11a-12p | Free | Ages 3 to 5 | 1 Class | ActiveMontgomery |
| Oct 21 | Sat | 11a-12p | Free | Ages 3 to 5 | 1 Class | ActiveMontgomery |
| Oct 28 | Sat | 11a-12p | Free | Ages 3 to 5 | 1 Class | ActiveMontgomery |

Candlelight Tours

Come and learn about the rich history of the farm and of Montgomery County from costumed re-enactors who will tell the stories of the Magruder, Newman, and Bussard families by candlelight. Highlighted era's will cover colonial, antebellum, and post-civil war life on the farm. Includes live music and refreshments. Family friendly. Registration and Admission Fee are required. \$20 Ages 18 and up, \$10 ages 10 to 17, under 10 is free.

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|---------------|----------|---------|----------------------------------|
| Oct 20 | Fri | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |
| Oct 21 | Sat | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |
| Nov 17 | Fri | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |
| Nov 18 | Sat | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |
| Dec 15 | Fri | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |
| Dec 16 | Sat | 6:30-8:30p | Varies by age | All Ages | 1 Class | ActiveMontgomery |

AGRICULTURAL HISTORY FARM PARK

HARVEST FESTIVAL



Saturday, October 7 | 11am - 4pm

**Farm animals, hay rides, history,
music, food, and more!**

ADMISSION

\$20*

CASH ONLY
PER CAR

*Call 301-840-5120 for
bus/van parking rates



An SSL-approved opportunity
Call 301-495-2474
or visit ParkVolunteers.org
to find out more!

AGRICULTURAL HISTORY FARM PARK

18400 Muncaster Road | Derwood, MD 20855

301-840-5120 | AgHistoryFarm.org



MONTGOMERY PARKS

WALK-INS WELCOME

Josiah Henson Museum & Park



Admission required. Tickets available onsite.
Open Friday through Sunday
For hours and information visit JosiahHenson.org



Josiah Henson Museum & Park tells the story about the life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice.

Visit the museum and experience interactive multimedia exhibits. Explore the park and engage in personal or group reflection. Discover the archaeological sites throughout the park. Visit JosiahHenson.org for program and event information.



JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road North
Bethesda, Maryland 20852

301-765-8790 | JosiahHenson.org

Visitor Parking at Wall Local Park, 5900 Executive Blvd



JOSIAH
HENSON
MUSEUM
& PARK



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

f t i @MontgomeryParks
facebook.com/josiahhensonmuseum



JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road | North Bethesda, MD 20852
301-765-8790

Open Friday through Sunday

For hours and information visit JosiahHenson.org

SPEAKER SERIES WORKSHOPS OR DISCUSSIONS

History Hour

This lecture series for adult audiences will feature local historians, educators and more as they share their knowledge of local and regional history. Each event will feature a new subject with a presentation that may include video, slide shows or other interpretive aides. Arrive early and take a self-guided tour of Josiah Henson and Park. Doors open at 5pm. Refreshments provided. Admission, \$5 per person. Tickets available onsite.

Josiah Henson Museum and Park

[Click to Register](#)

Speaker: Author Stephen Goldman / Topic: “One More War to Fight: Union Veterans’ Battle for Equality through Reconstruction, Jim Crow, and the Lost Cause”

| | | | | | | |
|--------|-----|------|-----|----------------|---------|----------------------------------|
| Sep 28 | Thu | 6-7p | \$5 | Ages 12 and up | 1 Class | PJHMP0001-300001 |
|--------|-----|------|-----|----------------|---------|----------------------------------|

Speaker: Historian and PhD candidate Sophie Rose Hess / Topic: Benjamin Banneker's Environmental Life

| | | | | | | |
|--------|-----|------|-----|----------------|---------|----------------------------------|
| Oct 19 | Thu | 6-7p | \$5 | Ages 12 and up | 1 Class | PJHMP0001-300002 |
|--------|-----|------|-----|----------------|---------|----------------------------------|

Foodie Fridays

Foodie Fridays is a monthly speaker series featuring farmers, educators, community organizers, food lovers, and changemakers. Each month, we will have presentations that highlight why food matters and the many ways the food system impacts residents of Montgomery County and the surrounding region. Attendees will have a chance to engage with regional food system experts and community members. Admission includes light refreshments, including one alcoholic beverage for adults 21 and older with identification, as well as a ticket to the Josiah Henson Museum (\$5 value) that is redeemable during regular museum hours. Check-in and refreshments from 6:30-6:50pm. Speaker starts promptly at 7:00pm. Parking is only available at the Kennedy Shriver Aquatic Center, 1.5 blocks away at 5900 Executive Boulevard, North Bethesda, with limited accessible parking at the museum.

Josiah Henson Museum and Park

[Click to Register](#)

Speaker: Niraj Ray, founder of Cultivate the City / Topic: “Saving Seeds & Stories”

| | | | | | | |
|--------|-----|------------|------|----------|---------|----------------------------------|
| Sep 22 | Fri | 6:30-8:30p | \$10 | All Ages | 1 Class | Purchase Tickets |
|--------|-----|------------|------|----------|---------|----------------------------------|

Speaker: Susan Cook / Topic: “Food is Freedom”

| | | | | | | |
|--------|-----|------------|------|----------|---------|----------------------------------|
| Oct 27 | Fri | 6:30-8:30p | \$10 | All Ages | 1 Class | Purchase Tickets |
|--------|-----|------------|------|----------|---------|----------------------------------|



A photograph of a historic log cabin with a stone chimney and a wooden porch, surrounded by trees with autumn foliage. The cabin is built with horizontal log staves and has a gabled roof. A stone chimney is on the left side. A wooden porch with a railing and stairs leads to the entrance. The cabin is set in a grassy field with a wooden fence in the background.

MONTGOMERY PARKS

**FREE
GUIDED
TOURS**

April through October
2nd and 4th Saturdays
12 - 4 pm

Oakley Cabin

African American Museum & Park

Explore the rich history of Oakley Cabin's African American roadside community. Learn how these tenant farm families lived and worked on this historic site from emancipation well into the 20th century. Their culture and traditions heavily influenced those of surrounding communities, and their story is deeply woven into Montgomery County's history. At the center of this site is Oakley Cabin, now serves as a living history museum.

Visit OakleyCabin.org for current programming and event information.

BECOME A VOLUNTEER TOUR GUIDE!

Share your love of history, the great outdoors, and agriculture with visitors of all ages. Volunteer opportunities meet SSL requirements. FREE training provided.

Register online at HistoryInTheParks.org.

OAKLEY CABIN AFRICAN AMERICAN MUSEUM & PARK

3610 Brookeville Road | Olney, MD 20832

HistoryInTheParks.org | 301-650-4373



WOODLAWN MANOR CULTURAL PARK

WOODLAWN MUSEUM

Exhibits illustrate Montgomery County's agricultural history, enslaved and free black communities, the Quaker experience and the Underground Railroad.

Open April–November

Friday & Saturday: 10 am–4 pm;

Sunday: 12–4 pm

**Tickets can be purchased
on-site**



The Underground Railroad Experience Trail

This simulated trail provides information about the Underground Railroad and the 19th century history of Sandy Spring and Montgomery County.

Visitors can explore the two-mile natural surface trail on a self-guided hike or purchase tickets for a scheduled guided hike.

For more information and a schedule of guided hikes visit: WoodlawnManor.org

WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860

MCP-WoodlawnPrograms@montgomeryparks.org

301-929-5989 | WoodlawnManor.org



WOODLAWN MANOR
CULTURAL PARK



MONTGOMERY PARKS

55+ PROGRAMS

Montgomery Parks 55+ programs are designed with the growing population of older adults in mind. Try something new in one of our beautiful park locations.

Visit MoCoParks.org/55andbetter for a complete list of programs.



55+ PROGRAMS

Never Grow Up Socials for 55+

Come out and play at Montgomery Parks! At Never Grow Up Socials, we encourage participants to embrace their youthful spirit while connecting with like-minded individuals in an outdoor setting. Registration is required. Refreshments will be provided.

This session will include an immersive farm tour at Agricultural History Farm Park. Discover the rich history and vibrant agricultural traditions of the area as you explore the farm's picturesque landscapes, barns, and farm animals.

Agricultural History Farm Park

[Click to Register](#)

| | | | | | | |
|-------|-----|-----------|------|----------------|---------|----------------------------------|
| Sep 6 | Wed | 10-11:30a | Free | Ages 55 and up | 1 Class | PPACC0002-300001 |
|-------|-----|-----------|------|----------------|---------|----------------------------------|

This session will include mini-golf at South Germantown Recreational Park. Mini golf is not only a fun pastime but also a fantastic way to engage both physically and mentally, keeping your mind sharp and your body active.

South Germantown SplashPark & Mini-Golf

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|------|----------------|---------|----------------------------------|
| Sep 20 | Wed | 11a-12:30p | Free | Ages 55 and up | 1 Class | PPACC0002-300002 |
|--------|-----|------------|------|----------------|---------|----------------------------------|

This session will include archery instruction at South Germantown Driving Range. Whether you're a complete beginner or have some previous experience, our expert instructors will guide you through the fundamentals of archery, ensuring a safe and enjoyable learning experience for all. Learn proper techniques, improve your aim, and experience the thrill of hitting your target as you develop new skills alongside fellow participants.

South Germantown Driving Range

[Click to Register](#)

| | | | | | | |
|-------|-----|------------|------|----------------|---------|----------------------------------|
| Oct 4 | Wed | 11a-12:30p | Free | Ages 55 and up | 1 Class | PPACC0002-300003 |
|-------|-----|------------|------|----------------|---------|----------------------------------|





Never Grow Up Socials for 55+ (continued)

This session will include a captivating bird-watching experience at Agricultural History Farm Park as part of Birdability Week. Explore the park's diverse habitats and learn to identify different bird species while enjoying the tranquil surroundings. If you need binoculars or other assistive equipment, please let our Program Access Office know.

[Agricultural History Farm Park](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|----------------------------------|
| Oct 18 | Wed | 10-11:30a | Free | Ages 55 and up | 1 Class | PPACC0002-300004 |
|--------|-----|-----------|------|----------------|---------|----------------------------------|

This session offers mesmerizing demonstrations of blacksmithing and glassblowing at Agricultural History Farm Park. Expert artisans will guide you through the fascinating processes, showcasing the mastery and craftsmanship involved in shaping metal and glass into beautiful works of art.

[Agricultural History Farm Park](#)

[Click to Register](#)

| | | | | | | |
|-------|-----|-----------|------|----------------|---------|----------------------------------|
| Nov 1 | Wed | 10-11:30a | Free | Ages 55 and up | 1 Class | PPACC0002-300005 |
|-------|-----|-----------|------|----------------|---------|----------------------------------|

This session will include a cozy and memorable campfire gathering at Maydale Nature Classroom. Feel the warmth of the crackling flames as you relax in the company of fellow participants. We will provide coffee and tea as well as materials to make s'mores. Please feel free to bring snacks and a light picnic.

[Maydale Nature Classroom](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|----------------------------------|
| Nov 15 | Wed | 10-11:30a | Free | Ages 55 and up | 1 Class | PPACC0002_300006 |
|--------|-----|-----------|------|----------------|---------|----------------------------------|

Active Aging Week

GO,
GROW,
AND GET
ACTIVE



Monday, October 2, 2023

9am-12pm or 2-5pm

Registration is required.

BROOKSIDE GARDENS

Get out and get active with the 50+ community at Brookside Gardens for a FREE signature Active Aging Week event.

Participate in activities that will boost your physical and mental wellness through creative expression, exercise, and socialization.



Activities include:

- Laughter Yoga
- Brain Games
- Strength Training
- Walk with a Doc
- Seasonal Crafts
- Meditation
- YogaDance
- and more...

Visit MoCoParks.org/ActiveAgingWeek for a complete schedule of activities and to register.

BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

BrooksideGardens.org

Brookside
GARDENS



Birdability Week



Celebrate the beauty of birds and enjoy a welcoming and inclusive birding experience.

Birding for All

Sunday, October 15, 2023
11am–2pm | Ray's Meadow Local Park
2901 East-West Hwy | Chevy Chase, MD 20815

FREE

People of all abilities and ages are invited to kick off Birdability Week with a fun-filled afternoon of birding activities. Discover the diverse bird species that call Montgomery Parks home and learn about the services provided to make your birding experiences accessible, like our new EnChroma glasses for color blindness. Knowledgeable naturalists will guide you through bird identification techniques and provide fascinating insights into the avian world.

Join us for additional programs at various locations throughout the week including bird walks, workshops, and presentations.

Oct 18 **Never Grow Up Socials: Birdwatching** at Agricultural History Farm Park

Oct 21 **Birding Sit and Sip** at Locust Grove Nature Center

Oct 21 **Beginning Birding for Every Body** at Brookside Nature Center

For more information visit: MoCoParks.org/Birdability



Join Montgomery Parks for adaptive, accessible, and inclusive programs this fall

Adaptive Paddling

Enjoy an inclusive evening on the water with our new Adaptive Paddling Program. This program is designed for individuals with disabilities and their family or friends, providing an accessible and accommodating experience. To join the program, please register the individual with a disability and indicate the number of guests accompanying them in the custom question during the registration process. Our program includes all the necessary gear to ensure your comfort and confidence on the river such as life jackets and paddles. Trained and friendly staff will accompany you on the water to ensure a safe and enjoyable program. The program takes place on calm, flat water, creating a relaxed and safe environment for participants.

Seneca Landing Boat Ramp

[Click to Register](#)

| | | | | | | |
|--------|-----|------|------|----------------|---------|----------------------------------|
| Aug 11 | Fri | 4-7p | Free | Ages 16 and up | 1 Class | PPACC0005-200001 |
| Sep 15 | Fri | 4-7p | Free | Ages 16 and up | 1 Class | PPACC0005-300001 |

Black Hill Nature Programs

[Click to Register](#)

| | | | | | | |
|--------|-----|------|------|----------------|---------|----------------------------------|
| Oct 20 | Tue | 4-7p | Free | Ages 16 and up | 1 Class | PPACC0005-300002 |
|--------|-----|------|------|----------------|---------|----------------------------------|



Trail Trekkers

Walk and chat with Trail Trekkers - an organized walking club sponsored by Montgomery Parks! This program, designed for individuals with disabilities, their friends or family members and community members, encourages participants to discover the beauty of the outdoors, enhance their social skills, and create long lasting friendships. Organized in-person walks will be held bi-weekly at various parks throughout Montgomery County. All participants must be a registered Trail Trekkers member to walk. Logistics about these walks will be sent after registration is complete. Walks take place in late afternoon every other Thursday, beginning September 14th.

Multiple Locations

[Click to Register](#)

| | | | | | | |
|-----------------|-----|----|------|----------------|---------|---|
| Starting Sep 14 | Thu | 5p | Free | Ages 16 and up | 1 Class | MoCoParks.org/TrailTrekkers |
|-----------------|-----|----|------|----------------|---------|---|

Brookside GARDENS



BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

301-962-1400

BrooksideGardens.org

SPECIAL EVENTS

Fall Twilight Concert Series

Join us each Wednesday evening in September for a series of musical performances set in the beauty of the Gardens! Admission is free, and no registration is required. Bring your friends and family, and don't forget your chairs, blankets, and picnics (allowed in the Gardens on concert evenings only). Food trucks will also be available for your dining pleasure.

Brookside Gardens

The High and Wides

| | | | | | | |
|-------|-----|---------|------|----------|---------|--------------------------|
| Sep 6 | Wed | 6-7:30p | Free | All Ages | 1 Class | No registration required |
|-------|-----|---------|------|----------|---------|--------------------------|

Ocho de Bastos

| | | | | | | |
|--------|-----|---------|------|----------|---------|--------------------------|
| Sep 13 | Wed | 6-7:30p | Free | All Ages | 1 Class | No registration required |
|--------|-----|---------|------|----------|---------|--------------------------|

Allen Ambush Jazz Quartet

| | | | | | | |
|--------|-----|---------|------|----------|---------|--------------------------|
| Sep 20 | Wed | 6-7:30p | Free | All Ages | 1 Class | No registration required |
|--------|-----|---------|------|----------|---------|--------------------------|

Patty Reese Band

| | | | | | | |
|--------|-----|---------|------|----------|---------|--------------------------|
| Sep 27 | Wed | 6-7:30p | Free | All Ages | 1 Class | No registration required |
|--------|-----|---------|------|----------|---------|--------------------------|

Children's Day

Explore the science and art of gardening through child-driven art projects and engaging science activities. Groups will rotate through our outdoor activity stations designed to educate and entertain. Bring your friends, family, and picnics (only allowed during this special event). Registration is encouraged but not required.

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|--------|------|----------|---------|--------------------------------|
| Sep 17 | Sun | 11a-2p | Free | All Ages | 1 Class | PBG0077-300004 |
|--------|-----|--------|------|----------|---------|--------------------------------|

Brookside Gardens Fall Wedding Vendor Showcase

Brookside Gardens Fall Wedding Vendor Showcase allows newly engaged couples to taste different foods, talk to caterers, photographers, planners, musicians and other professionals, get a tour of the gardens, get a preview of our We Speak Weddings Workshop, and mingle with other couples. Don't forget to enter the door prize raffle for over \$3,000 in prizes and services- including a rental at Brookside Gardens!

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|--------|------|----------|---------|--------------------------------|
| Nov 19 | Sun | 11a-3p | Free | All Ages | 1 Class | PBG0080-300002 |
|--------|-----|--------|------|----------|---------|--------------------------------|

ARTS AND CRAFTS

Botanical Creatures and Cartoons

What if plant adaptations gave gardens special powers or unlocked hidden talents? Join us for Botanical Creatures and Cartoons and you can learn more about plants while using your imagination. Expert horticulturist and cartoon enthusiast Thomas Crawley will help us explore the science and art behind plant adaptations in the garden. Then, we will draw our own cartoon creatures adapted to the extremes of the environment. Beginner scientists and beginner cartoonists ages 8-12 years welcome. Meet in the Children's Classroom in the Visitor Center and dress for the weather.

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|--------------|---------|--------------------------------|
| Oct 22 | Sun | 10-11:30a | \$10 | Ages 8 to 12 | 1 Class | PBG0110-300001 |
|--------|-----|-----------|------|--------------|---------|--------------------------------|

ENVIRONMENTAL EDUCATION

Storytime in the Garden

Join us for an interactive story time followed by an outdoor exploration or activity for children ages 3-7. We will meet in the outdoor classroom area located in the Children's Garden, weather permitting. Adults must accompany children.

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|-----|-------------|---------|--------------------------------|
| Oct 15 | Sun | 10-10:45a | \$5 | Ages 3 to 7 | 1 Class | PBG0111-300001 |
| Nov 4 | Sat | 10-10:45a | \$5 | Ages 3 to 7 | 1 Class | PBG0111-300002 |



HEALTH AND WELLNESS

Yoga Sprouts!

Yoga Sprouts is a delightful family activity that promotes connection, mindfulness and movement, all in a beautiful setting! Geared towards children ages 3-7 years and an adult family member, this yoga class builds self-esteem and improves emotional regulation. Classes are held outdoors and canceled in cases of inclement weather. Bring your own mat or borrow one of ours. Adult presence required.

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|-----|-------------|---------|--------------------------------|
| Sep 9 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300001 |
| Sep 23 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300002 |
| Sep 30 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300003 |
| Oct 7 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300004 |
| Oct 14 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300005 |
| Oct 21 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300006 |
| Oct 28 | Sat | 10-10:45a | \$7 | Ages 3 to 9 | 1 Class | PBG0078-300007 |

Tai Chi at Brookside Gardens

Instructor: Charles Votaw

Tai Chi is an ancient, Chinese form of exercise perfect for adults seeking stress reduction while strengthening muscles, improving balance, and increasing flexibility. The Forms are repetitive patterns that emphasize slow, flowing motions and controlled movements. Classes will help beginners to learn the Forms while providing regular practitioners the guidance of an experienced instructor. FOBG \$12

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|----------|------|----------------|---------|--------------------------------|
| Sep 13 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300001 |
| Sep 20 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300002 |
| Sep 27 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300003 |
| Oct 4 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300004 |
| Oct 11 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300005 |
| Oct 18 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300006 |
| Oct 25 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300007 |
| Nov 1 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300008 |
| Nov 8 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300009 |
| Nov 15 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300010 |
| Nov 29 | Wed | 9-10:15a | \$14 | Ages 18 and up | 1 Class | PBG0029-300011 |

Gentle Yoga at Brookside Gardens

Instructor: Sherry Weber

This series of classes feature foundational yoga poses that are designed to support better breathing, walking, and space orientation. Yoga movements help build muscle, bone density and core strength while improving balance, posture, and flexibility. Mats are not included. FOBG \$12

Brookside Gardens

[Click to Register](#)

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|--------|-----|--------|------|----------------|---------|--------------------------------|
| Sep 7 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300001 |
| Sep 14 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300002 |
| Sep 21 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300003 |
| Sep 28 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300004 |
| Oct 5 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300005 |
| Oct 12 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300006 |
| Oct 19 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300007 |
| Oct 26 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300008 |
| Nov 2 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300009 |
| Nov 9 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300010 |
| Nov 16 | Thu | 10-11a | \$14 | Ages 18 and up | 1 Class | PBG0030-300011 |

Yoga at Brookside Gardens

Instructor: Tanory Ateek

Designed to increase flexibility and physical strength and to cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included. FOBG \$12

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|-------------|------|----------------|---------|--------------------------------|
| Sep 9 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300001 |
| Sep 16 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300002 |
| Sep 23 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300003 |
| Sep 30 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300004 |
| Oct 7 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300005 |
| Oct 14 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300006 |
| Oct 21 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300007 |
| Oct 28 | Sat | 9:30-10:30a | \$14 | Ages 18 and up | 1 Class | PBG0031-300008 |

Half-Day Mindfulness Retreat at Brookside Gardens

Instructor: Tanory Ateek

With her signature curiosity and playful approach to ancient meditative practices, Ms. Ateek will guide you through a half-day of stress relieving practices, including gentle yoga; walking and seated meditation; and the meditative way of the labyrinth. Whether you are brand new to meditation or a seasoned practitioner, this retreat will provide a chance to slow down, connect to nature in new ways, and rekindle a deeper sense of peace and wonder in your life. Class size limited. FOBG \$59

[Brookside Gardens](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|-------|------|----------------|---------|--------------------------------|
| Sep 10 | Sun | 9a-1p | \$65 | Ages 18 and up | 1 Class | PBG0018-300001 |
|--------|-----|-------|------|----------------|---------|--------------------------------|

Shinrin-yoku: The Art of Forest Bathing

Instructor: Ana Ka'ahanui, certified Forest Therapy Guide

Connect with nature through a forest bathing walk among the beautiful fall colors. Stroll the grounds and neighboring forest at a measured pace that allows you to notice the small miracles of nature unfolding. We'll close the walk by enjoying hot tea and healthy snacks. FOBG \$30

[Brookside Gardens](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|-------------|------|----------------|---------|--------------------------------|
| Oct 28 | Sat | 9:30-11:30a | \$35 | Ages 18 and up | 1 Class | PBG0022-300001 |
| Nov 4 | Sat | 9:30-11:30a | \$35 | Ages 18 and up | 1 Class | PBG0022-300002 |

Strolls for Well-Being at Brookside Gardens

Connect with and care for your inner self through the Strolls for Well-Being, an evidence based program that promotes emotional healing and wellness through connection to nature. Over the course of eight weeks, you will complete twelve walks individually in Brookside Gardens, on your own schedule and with a beautiful full-color, 110-page journal as your guide. Each walk has its own theme, reflected in the journal with readings and writing prompts encouraging you to slow down, be present, and look inward. Those struggling with difficulty, stress, or transition may particularly benefit. Dates listed are for group meetings at the beginning, middle, and end of the program, where you will receive important information/materials and share insights with other participants (before registering, please be sure that you can commit to attending all three sessions).

[Brookside Gardens](#)

[Click to Register](#)

| | | | | | |
|------------------------|------------|------|----------------|-----------|--------------------------------|
| Sep 9, Oct 7, Nov 4 | 11:30a-1p | \$75 | Ages 18 and up | 3 Classes | PBG0033-300001 |
| Sep 26, Oct 24, Nov 14 | 11a-12:30p | \$75 | Ages 18 and up | 3 Classes | PBG0033-300002 |
| Sep 27, Oct 25, Nov 15 | 11a-12:30p | \$75 | Ages 18 and up | 3 Classes | PBG0033-300003 |

GARDEN TOURS

Brookside Gardens Greenhouse Tour

Nate Roehrich, Greenhouse Manager, Brookside Gardens

Opened in 2018, the O'Rourke Greenhouse consists of four growing areas totaling 10,000 square feet under glass. Participants will take a closer look at the state-of-the-art technology that enables the greenhouse staff to grow a variety of beautiful plants year-round while getting a sneak peek at the thousands of plants being grown for the garden displays. FOBG \$10

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|------|----------------|---------|--------------------------------|
| Sep 20 | Wed | 10-11:15a | \$12 | Ages 18 and up | 1 Class | PBG0003-300001 |
| Sep 22 | Fri | 11a-12:15p | \$12 | Ages 18 and up | 1 Class | PBG0003-300002 |

Brookside Gardens Full Moon Walk

Jason Gedeik, Brookside Gardens Staff

Explore Brookside Gardens by moon light as we tour gardens, streams, and woods after dark. Be surprised by seasonal garden highlights and friendly nighttime wildlife. Wear sturdy shoes and comfortable clothes as we will cover some hilly terrain. FOBG \$22

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|------|----------------|---------|--------------------------------|
| Sep 29 | Fri | 7-8:30p | \$25 | Ages 18 and up | 1 Class | PBG0002-300001 |
|--------|-----|---------|------|----------------|---------|--------------------------------|

Glory of Fall Garden Tour

Josh Demers, Brookside Gardens Staff

Discover a whole new garden brought on by the changing Autumn season. This walking tour highlights the spectacular fall colors in the woody and herbaceous plant collections with a closer look at our staff's favorite fall blooming perennials like asters, coneflowers, sedums, and grasses. FOBG \$10

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|--------------------------------|
| Oct 26 | Thu | 1-2:30p | \$12 | Ages 18 and up | 1 Class | PBG0059-300001 |
| Oct 27 | Fri | 10-11:30a | \$12 | Ages 18 and up | 1 Class | PBG0059-300002 |

Chrysanthemum Tour

Nate Roehrich, Greenhouse Manager, Brookside Gardens

Explore fall blooming chrysanthemums and colorful tropical plants in the Conservatory. This year's display is inspired by the autumn harvest with foliage and fruits of amaranth, ornamental grasses, and peppers. It will be a brilliant crescendo to the colorful garden year! FOBG \$10

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|-------|-----|------------|------|----------------|---------|--------------------------------|
| Nov 1 | Wed | 11a-12:15p | \$12 | Ages 18 and up | 1 Class | PBG0060-300001 |
|-------|-----|------------|------|----------------|---------|--------------------------------|

HANDS-ON WORKSHOPS

Expert Strategies for Winterizing Your Garden

Instructor: Christopher Elenstar, Brookside Gardens Staff

Wintertime is often overlooked, yet seasoned gardeners know that preparation in late fall can reap many rewards. Discover maintenance strategies that will lengthen your garden's seasonal interest while preparing for spring. Learn how to improve your soil, provide shelter and food for wildlife, and protect outdoor plants. This program combines in-class learning with outdoor exploration of Brookside Gardens. Note: This class meets in-person in the Brookside Gardens Adult Classroom. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

| | | | | | | |
|-------|-----|---------|------|----------------|---------|--------------------------------|
| Nov 4 | Sat | 10a-12p | \$25 | Ages 18 and up | 1 Class | PBG0117-300001 |
|-------|-----|---------|------|----------------|---------|--------------------------------|

Mixed Winter Container

Instructor: Joan O'Rourke, Brookside Gardens Volunteer

Create a container garden with plants that can withstand winter's harshest conditions while providing you with a beautiful respite from the dull weather. Mix dwarf evergreens with a splash of vibrant violas for some late season color. Cost covers materials, including a 14-inch container (or bring your own favorite). FOBG \$67

[Brookside Gardens](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|------|----------------|---------|--------------------------------|
| Nov 16 | Thu | 10:30a-12p | \$75 | Ages 18 and up | 1 Class | PBG0064-300001 |
|--------|-----|------------|------|----------------|---------|--------------------------------|

LECTURES & SPEAKER SERIES

All lectures and classes will be held online using Zoom unless otherwise noted.

Recordings of online lectures will be made available to students. After registering, a link will be emailed to you 24 hours prior to the live webinar. Please ensure your Active Montgomery account is updated with your correct email address.

Native Flowers, Fruits, and Foliage for Fall

Instructor: Elaine Mills, Virginia Cooperative Extension Master Gardener

Struggling to find long-lasting blooms and colorful foliage for your fall garden? We'll explore 40 plants native to the mid-Atlantic region, including perennials, ground covers, vines, shrubs, and trees that support local wildlife and offer fall beauty. You'll learn the characteristics and maintenance tips specific to these native plants, including design ideas. FOBG \$12

[Brookside Gardens Virtual](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|--------------------------------|
| Sep 23 | Sat | 10-11:30a | \$15 | Ages 18 and up | 1 Class | PBG0114-300001 |
|--------|-----|-----------|------|----------------|---------|--------------------------------|

Elevating Your Garden with Unusual Bulbs, Rhizomes, and Tubers

Instructor: Kathy Jentz, Washington Gardener Magazine

Tired of the same old daffodil and tulip displays? Explore more than 25 of the lesser-known bulbs, rhizomes, and tubers that flourish in our region throughout each season. Discover how to force bulbs for the holidays and brighten indoors with early spring blooms. You'll learn design strategies, plant combinations, and growing tips to create a dynamic garden with these unusual yet versatile plants. FOBG \$12

Brookside Gardens Virtual

[Click to Register](#)

| | | | | | | |
|-------|-----|-----------|------|----------------|---------|--------------------------------|
| Oct 7 | Sat | 10-11:30a | \$15 | Ages 18 and up | 1 Class | PBG0116-300001 |
|-------|-----|-----------|------|----------------|---------|--------------------------------|

The Unsung Season: Gardens in Winter

Instructor: Karen Bussolini, author, principal of Enchanted Gardens

Be inspired to garden for winter in new ways! Big structures carry the garden when details are buried under snow, evergreens provide color and form, seedheads and pods lend punctuation and texture, and many herbaceous plants persist well into winter. Explore design strategies and beautiful plant combinations that provide interest way past the first frost. FOBG \$12

Brookside Gardens Virtual

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|--------------------------------|
| Oct 21 | Sat | 10-11:30a | \$15 | Ages 18 and up | 1 Class | PBG0115-300001 |
|--------|-----|-----------|------|----------------|---------|--------------------------------|



A World of Discovery: How Science and Heart Can Make You a More Ecological Gardener

Speaker: Nancy Lawson, author, Master Naturalist, founder of The Humane Gardener, LLC

Have you ever wondered how plants and animals perceive the world around them? Unfortunately, in our urban areas, noise, light and odor pollution can have many unintended consequences. Learn how to expand your gardening focus beyond visual appeal to create landscapes that mitigate these disruptions and offer sensory refuges for wildlife. NOTE: This is an in-person event, taking place in the Brookside Gardens Auditorium. Free, but registration is required.

Brookside Gardens

[Click to Register](#)

| | | | | | | |
|-------|-----|---------|------|----------------|---------|--------------------------------|
| Nov 8 | Wed | 6:30-8p | Free | Ages 18 and up | 1 Class | PBG0113-300001 |
|-------|-----|---------|------|----------------|---------|--------------------------------|

SPONSORED BY FRIENDS OF BROOKSIDE GARDENS

Children's Day



SUNDAY, SEPTEMBER 17 | 11 AM - 2 PM

Explore the science and art of gardening through child-driven art projects and engaging science activities. Groups will rotate through our outdoor activity stations designed to educate and entertain. Bring your friends, family, and picnics (only allowed during this special event).

Registration is encouraged but not required.

MoCoParks.org/BrooksideChildrensDay



BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, Maryland 20902

BrooksideGardens.org



BROOKSIDE GARDENS

Garden of Lights

November 17, 2023, through December 31, 2023

(Closed November 20–23 and December 24–25)

Brookside Gardens transforms into a magical winter wonderland for the annual Garden of Lights display.

Stroll through the one-half mile, outdoor, walk through exhibit and enjoy the twinkling lights and glimmering one-of-a-kind displays adorning the flowerbeds and grounds throughout the 50 acre horticultural gem in Wheaton.

✧ Shop for unique seasonal items at the Gift Shop

✧ Hot chocolate and light snacks available for purchase

Tickets: Timed-entry tickets available at GardenofLights.org

✧ \$10 per person, ages 5 and older

✧ Visitors must arrive within their half-hour time slot

BROOKSIDE GARDENS

1500 and 1800 Glenallan Avenue | Wheaton, Maryland 20902

303-962-1400 | BrooksideGardens.org

Brookside
GARDENS





Nature Programs

BLACK HILL NATURE PROGRAMS

20926 Lake Ridge Drive | Boyds, MD 20841

301-528-3493

BlackHillNature.org

BOATING

Lake Tour by Kayak

Want to watch wildlife or just enjoy a peaceful paddle? Then join us for a leisurely kayak tour of Little Seneca Lake. We could see beaver, herons, maybe even a bald eagle. We'll supply boats, paddles, and PFD's, but you can bring your own PFD (Type III or V) if you have one. And don't forget to bring water, sunscreen, and extra shoes to change into after. You can expect to get your feet wet and your clothes a bit damp. Basic paddling experience is necessary (THIS IS NOT A LESSON). Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required. FOBH \$29

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-------|------|----------------|---------|----------------------------------|
| Sep 20 | Wed | 5-7p | \$30 | Ages 12 and up | 1 Class | PBHVC0008-300001 |
| Sep 30 | Sat | 9-11a | \$30 | Ages 12 and up | 1 Class | PBHVC0008-300002 |
| Oct 7 | Sat | 1-3p | \$30 | Ages 12 and up | 1 Class | PBHVC0008-300003 |
| Oct 30 | Mon | 4-6p | \$30 | Ages 12 and up | 1 Class | PBHVC0008-300004 |

Witchy Paddle

Calling all witches! Pack your potions and dust off your brooms! Join us for our costumed paddle of Little Seneca Lake. Don your best witchy wear, bring your own boat, and meet up with other witches for a sunset paddle followed by a campfire, s'mores, and cider. Meet up at 5pm at the beach in front of the boat rental building in Black Hill Regional Park. Witchy paddling begins at 5:30, with the campfire at 6:30pm. You must BRING YOUR OWN paddleboard, kayak, or canoe, and appropriate paddle, as well as safety gear and PFDs.

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|------|----------------|---------|----------------------------------|
| Oct 28 | Sat | 5-7:30p | Free | Ages 12 and up | 1 Class | PBHVC0080-300001 |
|--------|-----|---------|------|----------------|---------|----------------------------------|

Storytime on the Lake: A Not Too Scary Halloween

Join us for a special edition of Storytime on the Lake! Wear your costume and board the pontoon boat for a spirited ride. A naturalist will read aloud some Halloween stories that are sure to make you smile, not scream! All the while, we'll keep our eyes peeled for mysterious lake creatures. Stories are geared toward kids aged 1 to 7 years. Be sure to dress warmly as it's often cooler on the lake. Adults must also register and pay. Meet at the pontoon boat dock by the boat rental area. FOBH \$5

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|------|-----|---------------|---------|----------------------------------|
| Oct 29 | Sun | 1-2p | \$6 | Ages 1 and up | 1 Class | PBHVC0059-300001 |
| Oct 29 | Sun | 3-4p | \$6 | Ages 1 and up | 1 Class | PBHVC0059-300002 |



FISHING

Family Fishing Fun!

Fishing is fun for the whole family and for all abilities! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies; you just need to catch the fish! We have fishing poles you can borrow, but if you have your own bring it along. Anglers of all abilities are welcome. All registrants 16 and over must have a current MD fishing license. Meet at the pontoon boat dock by the boat rentals. Registration required. Please register only those planning to fish. FOBH \$11

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|-------|------|---------------|---------|----------------------------------|
| Sep 21 | Thu | 5-7p | \$12 | Ages 3 and up | 1 Class | PBHVC0003-300001 |
| Sep 30 | Sat | 9-11a | \$12 | Ages 3 and up | 1 Class | PBHVC0003-300002 |
| Oct 7 | Sat | 9-11a | \$12 | Ages 3 and up | 1 Class | PBHVC0003-300003 |

Fishing with the Li'l Ones

Let's go fishin'! We'll provide poles and bait, then see what we can catch off the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals. Registration required. FOBH \$6

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|-----|-------------|---------|----------------------------------|
| Sep 19 | Tue | 10-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBHVC0004-300001 |
| Oct 6 | Fri | 10-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBHVC0004-300002 |

ART & CRAFTING

Make It & Take It: Turkey Time

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. Today we'll be making a turkey craft. Registration required - please register only those making the craft. Stop in anytime during program hours!

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|------|-----|----------|---------|----------------------------------|
| Nov 18 | Sat | 1-3p | \$2 | All Ages | 1 Class | PBHVC0063-300001 |
|--------|-----|------|-----|----------|---------|----------------------------------|

NATURE, OUTDOOR EXPLORATION, AND SKILLS

Preschool in the Park

We believe children belong outside and that they learn best by playing and experiencing the world around them. This program is a 26 session, drop-off, preschool program designed to foster your child's creativity, sense of self, and love of the outdoors. Classes will be outdoors with a park pavilion as our base. Children must be potty-trained 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.

Black Hill Visitor Center

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| | | | | | | |
|---|----------------|--------|-------|-------------------|---------|---------------------------------|
| Sep 12-Dec 14 (No class on Nov 21 and 23) | Tue and Thu | 9a-12p | \$650 | Ages 3.5 to 6 yrs | 1 Class | BHVC0052-200001 |
|---|----------------|--------|-------|-------------------|---------|---------------------------------|

Play Day in the Park

Toddlers of all abilities are invited to explore the exciting natural world around the Visitor Center. Families will explore at their own pace using nature play prompts that will remain out for the duration of the program. Visit the front entrance of the Visitor Center to begin your journey through our most accessible areas of the park which are stroller friendly, with shaded areas and locations to rest. Prompts and materials are geared towards children aged one to three. Registration required.

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|---------|------|---------------------|---------|----------------------------------|
| Sep 22 | Fri | 11a-12p | Free | Ages 6 mos to 3 yrs | 1 Class | PBHVC0012-300001 |
| Oct 20 | Fri | 11a-12p | Free | Ages 6 mos to 3 yrs | 1 Class | PBHVC0012-300002 |
| Nov 17 | Fri | 11a-12p | Free | Ages 6 mos to 3 yrs | 1 Class | PBHVC0012-300003 |

Homeschool: Forest Thrills & Skills

Come join us for a woodland adventure full of adventurous play, nature lessons, and wild skills. Each month we'll explore what nature has to show us and spend some time learning new wild skills. We will also have time, space, and materials for unstructured play in the woods around our campfire circle. Students will be able to self-select what they would like to focus on from the activities provided. We will meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. FOBH \$11

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|------------|------|--------------|---------|----------------------------------|
| Sep 20 | Wed | 1:30-3:30p | \$12 | Ages 6 to 14 | 1 Class | PBHVC0056-300001 |
| Oct 25 | Wed | 1:30-3:30p | \$12 | Ages 6 to 14 | 1 Class | PBHVC0056-300002 |
| Nov 15 | Wed | 1:30-3:30p | \$12 | Ages 6 to 14 | 1 Class | PBHVC0056-300003 |

Nature Girls Club: Seedlings Club

Girls belong in nature, enjoying outdoor adventures! Join us for a girl-centered Nature Girls Club. There are three sessions with a Park Naturalist that will focus on exploring nature, trying out outdoor skills, and nature journaling. Meetings are monthly. Registration required.

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|-------------------------|-----|------------|------|-------------|-----------|----------------------------------|
| Sep 8, Oct 13, Nov 3 | Fri | 4:30-6:30p | \$40 | Ages 6 to 8 | 3 Classes | PBHVC0010-300002 |
|-------------------------|-----|------------|------|-------------|-----------|----------------------------------|

Nature Girls Club

Girls belong in nature, enjoying outdoor adventures! Join us for a girl-centered Nature Girls Club. There are three in-person sessions with a Park Naturalist that will focus on exploring nature, trying out outdoor skills, and nature journaling. Meetings are monthly. Registration required.

Black Hill Visitor Center

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| | | | | | | |
|---------------------------|-----|------------|------|--------------|-----------|----------------------------------|
| Sep 22, Oct 20, Nov 17 | Fri | 4:30-6:30p | \$40 | Ages 9 to 12 | 3 Classes | PBHVC0010-300001 |
|---------------------------|-----|------------|------|--------------|-----------|----------------------------------|

Stream Adventures

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs, and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the gravel Boat Launch parking lot on Black Hill Road. Registration required. FOBH \$6

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|---------|-----|--------------|---------|----------------------------------|
| Sep 25 | Mon | 1:30-3p | \$7 | Ages 2 to 12 | 1 Class | PBHVC0026-300001 |
|--------|-----|---------|-----|--------------|---------|----------------------------------|

Stargazing For Starters

Are you curious about stargazing but unsure how to get started? We get it! There's so much to see in the night sky. We'll begin with the basic tools to start discovering the stars and beyond. Bring your own binoculars and chairs or blankets. Star maps will be provided. Rain date is November 10. Registration required.

Black Hill Visitor Center

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| | | | | | | |
|-------|-----|------|-----|----------------|---------|----------------------------------|
| Nov 9 | Thu | 7-8p | \$6 | Ages 10 and up | 1 Class | PBHVC0017-300001 |
|-------|-----|------|-----|----------------|---------|----------------------------------|

Wild Forest Time

Do you dream of building forts in the woods, or climbing a tree? Maybe you want to learn about woodland critters or create some art in the woods. Join us for a time to explore the woods how you want to. We'll supply some materials and a space to create and explore, you supply the imagination and sense of adventure! Drop in at our campfire circle area any time during the program to join in on the fun. Meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. Registration required.

[Black Hill Visitor Center](#)

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| | | | | | | |
|--------|-----|---------|------|---------------|---------|----------------------------------|
| Nov 12 | Sun | 2-3:30p | Free | Ages 3 and up | 1 Class | PBHVC0024-300001 |
|--------|-----|---------|------|---------------|---------|----------------------------------|

Something Awesome!

Nature is awesome, cool, and super-fun! We'll celebrate the nature around us with awesome family activities. Let your curiosity guide you with this self-led program. Pick up materials at the Visitor Center and let the adventures begin! Registration required.

[Black Hill Visitor Center](#)

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| | | | | | | |
|--------|-----|------|-----|----------|---------|----------------------------------|
| Nov 25 | Sat | 1-4p | \$0 | All Ages | 1 Class | PBHVC0028-300001 |
|--------|-----|------|-----|----------|---------|----------------------------------|

Birding at Black Hill: Birding for Beginners

Want to join the 45 million other bird-watching Americans, but don't know where to start? We'll start with the basics of bird identification and go over how to select and use binoculars. Then we'll go do some birding! If you have your own binoculars, please bring them along. And be sure to dress for the weather. Meet at the Visitor Center. FOBH \$11

[Black Hill Visitor Center](#)

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| | | | | | | |
|--------|-----|--------|------|----------------|---------|----------------------------------|
| Nov 25 | Sat | 9a-12p | \$12 | Ages 16 and up | 1 Class | PBHVC0060-300002 |
|--------|-----|--------|------|----------------|---------|----------------------------------|



HIKES, SCAVENGER HUNTS & CAMPFIRES

Babes in a Backpack

Let's go outside and hike 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 everyone attending no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|------|----------|---------|----------------------------------|
| Sep 8 | Fri | 10a-12p | Free | All Ages | 1 Class | PBHVC0051-300001 |
| Oct 13 | Fri | 10a-12p | Free | All Ages | 1 Class | PBHVC0051-300002 |
| Nov 3 | Fri | 10a-12p | Free | All Ages | 1 Class | PBHVC0051-300003 |

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. Registration required. MEETING LOCATION WILL BE EMAILED.

Little Bennett Regional Park

[Click to Register](#)

| | | | | | | |
|-------|-----|---------|-----|----------|---------|----------------------------------|
| Oct 9 | Mon | 10a-12p | \$2 | All Ages | 1 Class | PBHVC0007-300001 |
|-------|-----|---------|-----|----------|---------|----------------------------------|

Black Hill Visitor Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-------|-----|----------|---------|----------------------------------|
| Nov 18 | Sat | 9-11a | \$2 | All Ages | 1 Class | PBHVC0007-300002 |
|--------|-----|-------|-----|----------|---------|----------------------------------|

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. Registration required. FOBH \$5 MEETING LOCATION WILL BE EMAILED

Black Hill Visitor Center

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| | | | | | | |
|-------|-----|------|-----|--------------|---------|----------------------------------|
| Nov 1 | Wed | 4-5p | \$6 | Ages 4 to 12 | 1 Class | PBHVC0016-300001 |
|-------|-----|------|-----|--------------|---------|----------------------------------|

Night Hikes

Join us for a post-sunset stroll where we'll look and listen for creatures that are most active at night. Hikes are approximately one mile or less. Dress warmly and please, no flashlights. Meet at the gravel parking lot by the boat launch on Black Hill Road. FOBH \$5

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|------|-----|---------------|---------|----------------------------------|
| Nov 27 | Mon | 5-6p | \$6 | Ages 8 and up | 1 Class | PBHVC0062-300001 |
|--------|-----|------|-----|---------------|---------|----------------------------------|

Campfires at Black Hill

There is nothing like being at a campfire under the stars. Join a naturalist for themed songs, stories, games, and of course, s'mores around a fire. Bring a blanket if it's chilly. Meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. Registration required for all attending. FOBH \$5

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|------------|-----|---------------|---------|----------------------------------|
| Sep 16 | Sat | 6:30-7:30p | \$6 | Ages 1 and up | 1 Class | PBHVC0002-300001 |
| Oct 21 | Sat | 5:30-6:30p | \$6 | Ages 1 and up | 1 Class | PBHVC0002-300002 |
| Nov 18 | Sat | 4-5p | \$6 | Ages 1 and up | 1 Class | PBHVC0002-300003 |

THERAPEUTIC RECREATION

Adaptive Recreation Gardening 101

Gardening has been proven to improve physical health, mental wellness, and cognitive ability! Join us for this 5-session series to learn how to grow native plants, herbs, or vegetables. This program is designed to support aspiring gardeners with disabilities. We will supply guidance and all materials, including accessible garden beds, worktables, and ergonomic garden tools. At the end of our program, you will have acquired the skills, and plants, to take home and continue your garden adventures. Participants will be asked to complete a Modification Intake Form upon registration to ensure appropriate support from Program Access. Registration required.

Black Hill Visitor Center

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| | | | | | | |
|--------------------------------|-----|------|------|----------------|-----------|----------------------------------|
| Sep 7, 21, 28 and Oct 5, 12 | Thu | 4-5p | \$25 | Ages 18 and up | 5 Classes | PBHVC0015-300001 |
|--------------------------------|-----|------|------|----------------|-----------|----------------------------------|

DAY TRIP AND TOURS

Museum of the Shenandoah Valley

Join us on a van trip to the Museum of the Shenandoah Valley in Winchester, Virginia. At 214 acres, it is the largest green space in the city of Winchester, where the art, history, and culture of the Shenandoah Valley is interpreted. And the Glen Burnie House, with its surrounding seven-acre gardens, remain an important part of this year-round regional history complex. During our visit, we'll tour the historic Glen Burnie House and the galleries, which feature art and furniture collected by the original families through the years as well as new art exhibits. After, we'll explore the gardens and hike the trails on our own. Bring your picnic lunch to enjoy in the gardens. Be sure to dress for the weather and wear comfortable hiking shoes. FOBH \$58

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|-------|------|----------------|---------|----------------------------------|
| Oct 17 | Tue | 8a-5p | \$60 | Ages 18 and up | 1 Class | PBHVC0057-300001 |
|--------|-----|-------|------|----------------|---------|----------------------------------|

Mt. Cuba Center

Travel by van to Mt. Cuba Center, a beautiful botanic garden committed to the conservation of native plants and their habitats located near Wilmington, Delaware. Mt. Cuba Center is home to more than 1,000 species of native plants, many of which are threatened by extinction. We'll walk some of the two-plus miles of trails which meander through fields and forests, sometimes over uneven terrain and moderately steep hills, as well as explore the more formal gardens. Bring a bagged lunch, water, comfortable shoes, binoculars, and sunscreen. Also bring money for quick supper stop on the way home. FOBH \$58

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|-------|------|----------------|---------|----------------------------------|
| Sep 27 | Wed | 9a-8p | \$60 | Ages 18 and up | 1 Class | PBHVC0057-300002 |
|--------|-----|-------|------|----------------|---------|----------------------------------|

Bombay Hook National Wildlife Refuge

Join a naturalist on this day trip to the Bombay Hook National Wildlife Refuge Center in Delaware for some outstanding viewing of snow geese, dabbling ducks, and eagles. Fee includes transportation from Black Hill Visitor Center. Please bring binoculars, warm clothing, a lunch, and money for a quick dinner stop on the way home. FOBH \$58

Black Hill Visitor Center

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| | | | | | | |
|--------|-----|-----------|------|----------------|---------|----------------------------------|
| Nov 14 | Tue | 10a-8:30p | \$60 | Ages 18 and up | 1 Class | PBHVC0057-300003 |
|--------|-----|-----------|------|----------------|---------|----------------------------------|





BROOKSIDE NATURE CENTER

1400 Glenallan Ave | Wheaton, MD 20902
301-962-1480
BrooksideNature.org

ART & CRAFTING

Family Nature Art

Join a Park Naturalist to collect natural items around Wheaton Regional Park and turn them into an artistic masterpiece. Adults and children must register.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|-----|---------------|---------|---------------------------------|
| Sep 9 | Sat | 10-11:30a | \$7 | Ages 6 and up | 1 Class | PBNC0061-300001 |
| Oct 14 | Sat | 10-11:30a | \$7 | Ages 6 and up | 1 Class | PBNC0061-300002 |

HIKES, SCAVENGER HUNTS & CAMPFIRES

Trail Buddies

Discover nature while hiking along the trails in Wheaton Regional Park! Preschoolers will have the opportunity to work on important skills with other preschoolers and their favorite adults. We'll meet new trail buddies as we increase our hiking ability little by little. Register each child, a guardian must attend.

Brookside Nature Center

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| | | | | | | |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|
| Sep 13 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300018 |
| Sep 20 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300019 |
| Sep 27 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300020 |
| Oct 18 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300021 |
| Oct 25 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300022 |
| Nov 1 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300023 |
| Nov 8 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300024 |
| Nov 15 | Wed | 10:30-11:30a | \$7 | Ages 3 to 6 | 1 Class | PBNC0016-300025 |

Park In The Dark

Who's out and about in Wheaton Regional Park once the sun sets? Join us for an evening experience this fall to find out! Please note that each month focuses on a different theme! Adults and children must register.

Brookside Nature Center

[Click to Register](#)

| Bats | | | | | | |
|-------|-----|------------|-----|---------------|---------|---------------------------------|
| Sep 1 | Fri | 7:30-8:30p | \$7 | Ages 5 and up | 1 Class | PBNC0051-300001 |
| Oct 6 | Fri | 6:30-7:30p | \$7 | Ages 5 and up | 1 Class | PBNC0051-300002 |

Bark and Buds Tree Hike

Take a break and get outside! No longer walk past a beautiful tree and wish you knew it's name. Use leaves, bark and buds to brush up on your tree identification skills while exploring the trails of Wheaton Regional Park. All attendees must register.

Brookside Nature Center

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| | | | | | | |
|-------|-----|------------|-----|----------------|---------|---------------------------------|
| Sep 2 | Sat | 10:30a-12p | \$8 | Ages 18 and up | 1 Class | PBNC0046-300001 |
|-------|-----|------------|-----|----------------|---------|---------------------------------|

Let's Hike

Wear your hiking boots and dress for the outdoors! Don't forget your water as you join a park naturalist for this adults-only evening hike in Wheaton Regional Park. All attendees must register.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|-----|----------------|---------|---------------------------------|
| Sep 15 | Fri | 6:30-8p | \$8 | Ages 18 and up | 1 Class | PBNC0012-300001 |
|--------|-----|---------|-----|----------------|---------|---------------------------------|

Campfire Time: Pumpkin Painting

Be a pumpkin artist! Gather around a cheery campfire as we celebrate the harvest season with pumpkin painting. Let nature inspire your creation and paint a pretty pumpkin, a silly pumpkin or a scary pumpkin. Each registered participant will receive one pumpkin. All attendees must register.

Brookside Nature Center

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| | | | | | | |
|--------|-----|---------|------|----------------|---------|---------------------------------|
| Oct 13 | Fri | 6:30-8p | \$10 | Ages 18 and up | 1 Class | PBNC0018-300003 |
|--------|-----|---------|------|----------------|---------|---------------------------------|

NATURE, OUTDOOR EXPLORATION, AND SKILLS

Beginning Birding for Every Body

Join a Brookside naturalist and learn the basics of birding on our frustration-free flat bird practice trail. Our wildlife pond boardwalk is accessible for all budding birders. Stroll or roll to each bird station and learn proper use of binoculars, how to navigate a field guide and what to look for and at as you step into the wide world of birding! Rain cancels the program. All attendees must register.

Brookside Nature Center

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| | | | | | | |
|--------|-----|-------|-----|-----------|---------|---------------------------------|
| Sep 23 | Sat | 9-10a | \$7 | 18 and up | 1 Class | PBNC0003-300001 |
| Oct 21 | Sat | 9-10a | \$7 | 18 and up | 1 Class | PBNC0003-300002 |
| Nov 18 | Sat | 9-10a | \$7 | 18 and up | 1 Class | PBNC0003-300003 |

Little Explorers

Join us as we read stories, sing songs, engage in hands-on play, and take mini-hikes meant for the littlest legs! Each month will focus on a different seasonal topic. Register each child, a guardian must attend.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-------------|-----|--------------------------|---------|---------------------------------|
| Sep 21 | Thu | 10-10:45a | \$7 | 18 months to 3 years old | 1 Class | PBNC0073-300001 |
| Oct 12 | Thu | 3:30 -4:15p | \$7 | 18 months to 3 years old | 1 Class | PBNC0073-300002 |
| Nov 3 | Fri | 10-10:45a | \$7 | 18 months to 3 years old | 1 Class | PBNC0073-300003 |

Inspired by Nature: Art Journaling

Are you fascinated by nature? Do you love being creative? Join us as we combine the two! Starting off with a short nature walk we will use our senses to observe and explore the world around us. We will then create our very own nature inspired art journal using mixed media techniques such as doodling, drawing, painting, collage and more. Materials are included in the registration fee. All attendees must register.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|---------------------------------|
| Oct 28 | Sat | 9:30a-12p | \$35 | Ages 18 and up | 1 Class | PBNC0074-300001 |
|--------|-----|-----------|------|----------------|---------|---------------------------------|

Family Fire Night

Join a Park Naturalist for a nighttime campfire. Bring your favorite campfire snack for roasting and meet friends and neighbors around the fire. Adults and children must register.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|------|-----|---------------|---------|---------------------------------|
| Nov 3 | Fri | 6-8p | \$7 | Ages 6 and up | 1 Class | PBNC0070-300001 |
|-------|-----|------|-----|---------------|---------|---------------------------------|

MULTI-LINGUAL

Escapadas de Tortugas

¡Hemos perdido una de nuestras tortugas de caja! ¿Puedes ayudarnos a encontrarlo? Ha dejado pistas que nos indican dónde ha estado. Si seguimos las pistas, seguro que lo encontraremos y lo traeremos sano y salvo. ¡Ayúdanos, por favor! Participa en una divertida búsqueda de tesoros en los terrenos del Brookside Nature Center. Esta actividad debería durar menos de una hora. Adultos y niños deben inscribirse.

Brookside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-------------|-----|---------------|---------|---------------------------------|
| Sep 30 | Sat | 9:30-10:30a | \$5 | Ages 8 and up | 1 Class | PBNC0072-300001 |
|--------|-----|-------------|-----|---------------|---------|---------------------------------|

Drop-in Weekend Programs

Free | No Registration Required

Turtle Talk

Saturdays | September | 1:30 to 2 pm

Visit our turtle ambassadors! Watch our Eastern box turtles stretch their legs and then learn about their behavior, conservation challenges and the physical features that make them such fascinating reptiles.



Honeybee 101

Sundays | September – November | 1:30 to 2 pm

Join a member of the Montgomery County Beekeepers Association to learn all about honeybees? What makes honeybees unique? What are they doing at this time of year? What does a beekeeper do to care for the hive? And what can you do to support all kinds of bees at home?



Feed me! Feed me!

Sundays | September – November | 3:30 to 3:45 pm

What's a toad's favorite food? What do turtles snack on? Join us to find out what our animal ambassadors love to nibble.



Wonder Bugs

Saturdays | October – November | 1:30 to 2 pm

Learn about and see insects up close! Why are insects and other invertebrates so important? Come and find out as we feed and care for our tiniest animal ambassadors.



BROOKSIDE NATURE CENTER

1400 Glenallan Ave. | Wheaton, Maryland 20902

301-962-1480 | BrooksideNature.org





LOCUST GROVE NATURE CENTER

7777 Democracy Blvd | Bethesda, MD 20817
301-765-8660
LocustGroveNature.org

SPECIAL EVENTS

Fall Native Plant Sale

Beautify your backyard with native plants! New- we are moving the Fall sale to our nursery location at Pope Farm. Ask the experts your questions about growing low-maintenance and pest-resistant varieties that help attract wildlife to your garden. Shop a unique selection of the highest quality plants and seeds. Free Admission. No Registration Required. Sales support educational programs at Locust Grove Nature Center. The Live, in person sale will be held at Pope Farm Nursery 7400 Airpark Rd. in Gaithersburg (only one greenhouse will be open to the public for these sale hours only- Pope farm is closed the rest of the year)

Pope Farm Nursery

[Click to Register](#)

| | | |
|----------------|--------|----------------------------------|
| Sept 16 and 17 | 10a-2p | PLGNC0004-300001 |
|----------------|--------|----------------------------------|

EARLY CHILDHOOD AND PRESCHOOL

Baby and Me Nature Walks - Fall

Studies show that babies as young as a few weeks old thrive with daily outside time. So pack your baby in a carrier and join us for a low-key nature walk lead by one of our naturalists. Get to know other local parents while enjoying the fresh air and beauty of Cabin John forest. Fee is for one child and their adult for the entire Fall session, which meets Thursdays from September 14th to October 19th, with October 26th for weather makeup (6 classes).

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|-----------------|-----|--------|------|--------------|-----------|----------------------------------|
| Sep 14 - Oct 19 | Thu | 11-12p | \$45 | Age 0 to 1.5 | 6 Classes | PLGNC0008-300001 |
|-----------------|-----|--------|------|--------------|-----------|----------------------------------|

Nature Families - Fall

In this 10-week session, Caregivers will have the chance to play, create and learn right alongside their little nature explorers. Each one-and-a-half hour class will include a hike, storytime and hands-on, nature-based activities that encourages imaginative play, curiosity, and cooperation. The majority of each class will be outdoors (barring extreme weather) so be sure to dress appropriately! Fee is for one child and their adult for the entire Fall session, which meets Wednesdays from September 13th to November 15th, with November 29th for weather makeup (10 classes).

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|-----------------|-----|------------|-------|---------------|------------|----------------------------------|
| Sep 13 - Nov 15 | Wed | 10:30a-12p | \$150 | Ages 1.5 to 2 | 10 Classes | PLGNC0007-300001 |
|-----------------|-----|------------|-------|---------------|------------|----------------------------------|

Family Nature Hikes - Fall

Join a Park Naturalist for a weekly hike exploring the changing of the seasons in Cabin John Regional Park. Children will also be introduced to our Nature Center's resident animal ambassadors and engage in nature based play and exploration. Program is intended for children 3-5.5 years old and requires the accompaniment of an adult to ensure safety. The majority of each class will be outdoors (barring extreme weather) so be sure to dress appropriately! Fee is for one child and their adult for the entire Fall session, which meets Wednesdays from September 13th to November 15th, with November 29th for weather makeup (10 classes).

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | | |
|-----------------|-----|---------|-------|-------------|------------|----------------------------------|
| Sep 13 - Nov 15 | Wed | 1-2:30p | \$150 | Ages 3 to 5 | 10 Classes | PLGNC0006-300001 |
|-----------------|-----|---------|-------|-------------|------------|----------------------------------|

PLAYTIME OR STORYTIME

Nature Kids Care

Love caring for your little ones, but need a little break. Then check out our Nature Kids Care programs.

[Locust Grove Nature Center](#)

[Click to Register](#)

Yoga for Caregivers/ Exploration for Kids

| | | | | | | |
|--------|-----|------------|------|-------------|---------|----------------------------------|
| Sep 29 | Fri | 10a-11:30a | \$50 | Ages 3 to 5 | 1 Class | PLGNC0042-300003 |
| Oct 13 | Fri | 10a-11:30a | \$50 | Ages 3 to 5 | 1 Class | PLGNC0042-300004 |
| Nov 17 | Fri | 10a-11:30a | \$50 | Ages 3 to 5 | 1 Class | PLGNC0042-300005 |

Nature Night In- Nocturnal Neighbors

| | | | | | | |
|--------|-----|------------|------|--------------|---------|----------------------------------|
| Oct 21 | Sat | 5:30-8:30p | \$20 | Ages 4 to 6 | 1 Class | PLGNC0042-300001 |
| Oct 21 | Sat | 5:30-8:30p | \$20 | Ages 7 to 10 | 1 Class | PLGNC0042-300002 |

MINDFULNESS & WELLNESS

Yoga in the Park

Looking for the healing effect of nature along with seeking calm in your day. Then join us for any of our Yoga in the Park programs at Locust Grove Nature Center.

[Locust Grove Nature Center](#)

[Click to Register](#)

Autumnal Equinox: Sunrise Stretch at the Sycamore

| | | | | | | |
|--------|-----|------|------|----------------|---------|----------------------------------|
| Sep 23 | Sat | 6-7a | \$20 | Ages 18 and up | 1 Class | PLGNC0047-300001 |
|--------|-----|------|------|----------------|---------|----------------------------------|

Sustainability Day: Sunrise Stretch at the Sycamore

| | | | | | | |
|--------|-----|------|------|----------------|---------|----------------------------------|
| Oct 25 | Wed | 6-7a | \$20 | Ages 18 and up | 1 Class | PLGNC0047-300002 |
|--------|-----|------|------|----------------|---------|----------------------------------|

Yoga in the Park (continued)

Locust Grove Nature Center

[Click to Register](#)

Midday Mindfulness in the Meadow

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|--------|-----|----------|-----|----------------|---------|----------------------------------|
| Sep 19 | Tue | 12:30-1p | \$5 | Ages 18 and up | 1 Class | PLGNC0047-300003 |
| Oct 26 | Thu | 12:30-1p | \$5 | Ages 18 and up | 1 Class | PLGNC0047-300004 |
| Nov 14 | Tue | 12:30-1p | \$5 | Ages 18 and up | 1 Class | PLGNC0047-300005 |

Gentle Park Bench Yoga

| | | | | | | |
|--------|-----|--------|------|----------------|---------|----------------------------------|
| Sep 28 | Thu | 2-3p | \$15 | Ages 55 and up | 1 Class | PLGNC0047-300006 |
| Oct 12 | Thu | 12-1p | \$15 | Ages 55 and up | 1 Class | PLGNC0047-300007 |
| Nov 2 | Thu | 10-11a | \$15 | Ages 55 and up | 1 Class | PLGNC0047-300008 |

NATURE & OUTDOORS

Luminary Hikes

Enjoy a crisp fall evening on the trails as we light up the night with our hand-carved Jack-O-Lanterns, then warm up by the campfire and toast a marshmallow. Select a time BEFORE 6pm if you would prefer to walk by daylight, or AFTER 6pm to enjoy the trails by jack-o-lantern light.

Locust Grove Nature Center

[Click to Register](#)

Pumpkin Patch Hike

| | | | | | | |
|--------|-----|---------|-----|---------------|---------|----------------------------------|
| Oct 27 | Fri | 5-5:30p | \$6 | Ages 4 and up | 1 Class | PLGNC0046-300001 |
| Oct 27 | Fri | 5:30-6p | \$6 | Ages 4 and up | 1 Class | PLGNC0046-300002 |

Jack-o-Lantern Hike

| | | | | | | |
|--------|-----|---------|-----|---------------|---------|----------------------------------|
| Oct 27 | Fri | 6-6:30p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300003 |
| Oct 27 | Fri | 6:30-7p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300004 |
| Oct 27 | Fri | 7-7:30p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300005 |
| Oct 27 | Fri | 7:30-8p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300006 |
| Oct 27 | Fri | 8-8:30p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300007 |
| Oct 27 | Fri | 8:30-9p | \$6 | Ages 6 and up | 1 Class | PLGNC0046-300008 |

Art in Nature: Nature Journaling

Learn how to connect with the natural world through the art and science of nature journaling. Join a naturalist in a nature journaling session and learn how to observe the flora and fauna around you. Please make sure you have a sketchpad and a pencil for this program.

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|------|-----|----------------|---------|----------------------------------|
| Sep 7 | Thu | 5-6p | \$7 | Ages 14 and up | 1 Class | PLGNC0031-300001 |
| Oct 12 | Thu | 5-6p | \$7 | Ages 14 and up | 1 Class | PLGNC0031-300002 |
| Nov 9 | Thu | 5-6p | \$7 | Ages 14 and up | 1 Class | PLGNC0031-300003 |

Wildflower Walks

Fall is a rainbow of wildflowers, from goldenrods to asters in every shade of purple. Take a leisurely stroll through the park with our Master Naturalists who will interpret this last spectacular show of color before the changing of the seasons. Space is limited and registration is required. Participants should be able to walk on natural surface trails, which may have some steep inclines.

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|-----|---------------|---------|----------------------------------|
| Aug 20 | Sun | 10a-12p | \$7 | Age 16 and up | 1 Class | PLGNC0022-200001 |
| Sep 10 | Sun | 10a-12p | \$7 | Age 16 and up | 1 Class | PLGNC0022-300001 |
| Oct 1 | Sun | 10a-12p | \$7 | Age 16 and up | 1 Class | PLGNC0022-300002 |

Pollinator Programs: Butterfly Bonanza

Butterflies abound in September! Join a naturalist as we explore the meadow and look for butterfly eggs, caterpillars, chrysalis and butterflies. Learn how important butterflies are as pollinators for all of our favorite fall flowers.

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|------|-----|----------|---------|----------------------------------|
| Sep 3 | Sun | 4-5p | \$7 | All Ages | 1 Class | PLGNC0032-300001 |
|-------|-----|------|-----|----------|---------|----------------------------------|

Full Moon Fridays

Join us for the magic of the full moon for a hike and campfire on each Friday nearest to the full moon. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide marshmallows. Please register and pay for adults and children.

Locust Grove Nature Center

[Click to Register](#)

Once in a Blue Moon

| | | | | | | |
|--------|-----|---------|-----|----------------|---------|----------------------------------|
| Sep 1 | Fri | 6:30-8p | \$8 | Ages 18 and up | 1 Class | PLGNC0001-300004 |
| Sep 29 | Fri | 6:30-8p | \$8 | Ages 5 and up | 1 Class | PLGNC0001-300001 |
| Nov 24 | Fri | 5:30-7p | \$8 | Ages 5 and up | 1 Class | PLGNC0001-300003 |

Creepy Critters

Snakes, spiders, and toads... do these critters give you the jitters? We'll celebrate nature's creepiest with a special presentation featuring our live animal ambassadors. Then come around the campfire to roast a sweet marshmallow treat. Costumes encouraged! Each registration is for one child and their adult.

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|------------|-----|-------------|---------|----------------------------------|
| Oct 28 | Sat | 10a-11:30a | \$8 | Ages 3 to 7 | 1 Class | PLGNC0028-300001 |
| Oct 29 | Sun | 10a-11:30a | \$8 | Ages 3 to 7 | 1 Class | PLGNC0028-300003 |

Cider Pressing

Fall is the perfect time to sip on fresh apple cider. Learn about pollination, the history of cider-making, and about different apple varieties. Then we'll work together to hand crank the traditional cider press. Sampling the (juiced) fruits of our labor is such a sweet reward! Registration is required for pressing programs. Please register everyone in your group including adults and children (over the age of 2)

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|---------------|-----|----------|---------|----------------------------------|
| Oct 7 | Sat | 10a-11a | \$8 | All Ages | 1 Class | PLGNC0030-300001 |
| Oct 7 | Sat | 11:30a-12:30p | \$8 | All Ages | 1 Class | PLGNC0030-300002 |
| Oct 7 | Sat | 2-3p | \$8 | All Ages | 1 Class | PLGNC0030-300003 |
| Oct 7 | Sat | 3:30-4:30p | \$8 | All Ages | 1 Class | PLGNC0030-300004 |
| Oct 8 | Sun | 10-11a | \$8 | All Ages | 1 Class | PLGNC0030-300005 |
| Oct 8 | Sun | 11:30a-12:30p | \$8 | All Ages | 1 Class | PLGNC0030-300006 |
| Oct 8 | Sun | 2-3p | \$8 | All Ages | 1 Class | PLGNC0030-300007 |
| Oct 8 | Sun | 3:30-4:30p | \$8 | All Ages | 1 Class | PLGNC0030-300008 |

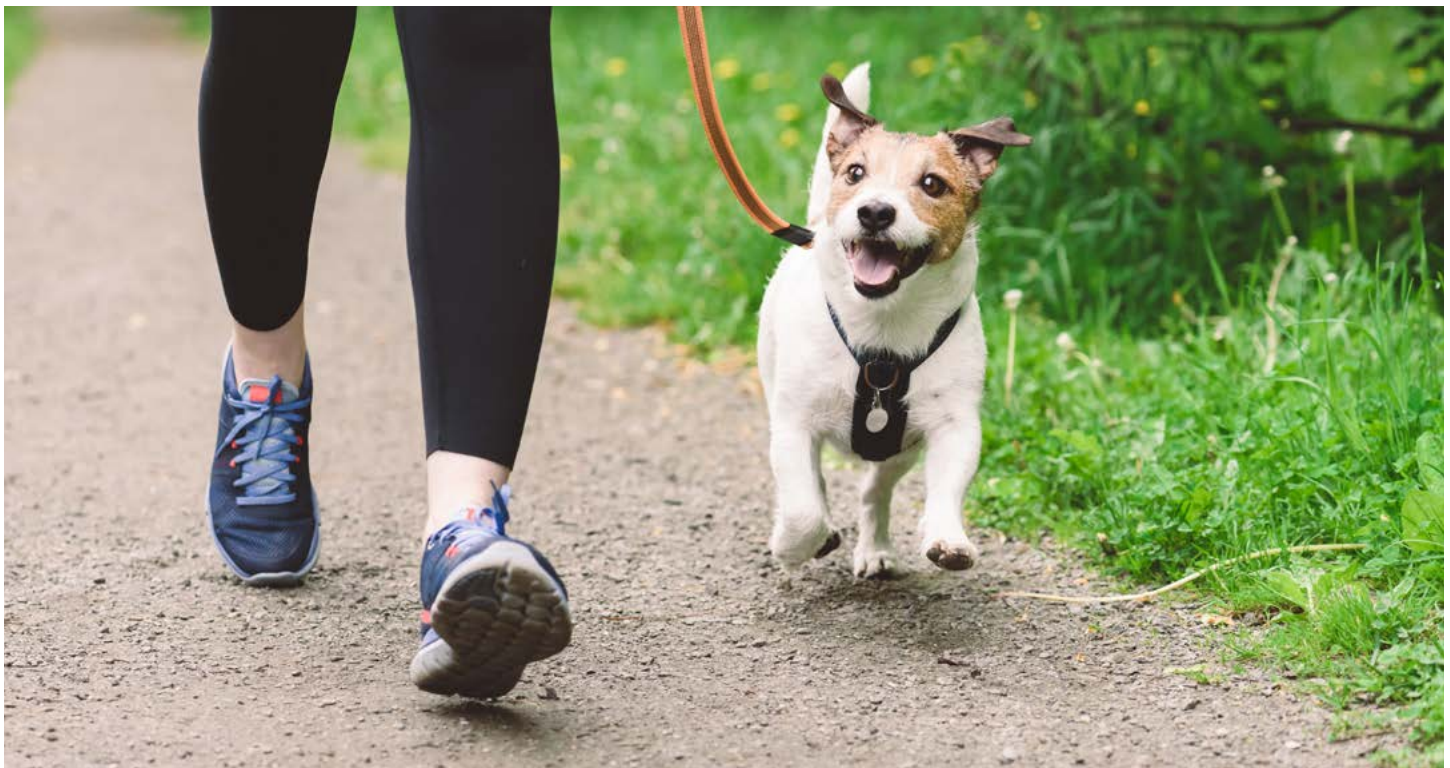
Morning Tweets and Tea

Do you have an interest in birding? Then join us for a morning of bird watching at Cabin John Regional Park. Enjoy a cup of freshly brewed tea from our tea station as you learn beginner birding techniques, or bring a thermos of your favorite breakfast beverage. Bring your own pair of binoculars or borrow a pair from the nature center, we will show you how to use them. Registration is required for this program.

Locust Grove Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|-------|------|----------------|---------|----------------------------------|
| Sep 8 | Fri | 9-10a | Free | Ages 18 and up | 1 Class | PLGNC0024-300001 |
| Oct 6 | Fri | 9-10a | Free | Ages 18 and up | 1 Class | PLGNC0024-300002 |
| Nov 3 | Fri | 9-10a | Free | Ages 18 and up | 1 Class | PLGNC0024-300003 |



Bark in the Park

Learn how to prepare for a fun time at the park with your dog with any of these program we offer at Locust Grove Nature Center.

[Locust Grove Nature Center](#)

[Click to Register](#)

Hiking with Your Dog: Virtual Workshop

| | | | | | | |
|--------|-----|---------|------|----------------|---------|----------------------------------|
| Sep 21 | Thu | 7-8:30p | \$10 | Ages 16 and up | 1 Class | PLGNC0038-300001 |
|--------|-----|---------|------|----------------|---------|----------------------------------|

Hiking with Your Dog: Bark in the Park

| | | | | | | |
|--------|-----|---------|------|----------------|---------|----------------------------------|
| Sep 24 | Sun | 10a-12p | \$10 | Ages 16 and up | 1 Class | PLGNC0038-300002 |
|--------|-----|---------|------|----------------|---------|----------------------------------|

Birding

Check out all of these fun birding programs at Locust Grove Nature Center. We offer a variety of birding programs through out the year focusing on different aspects of birding.

[Locust Grove Nature Center](#)

[Click to Register](#)

Birding for All

| | | | | | | |
|--------|-----|---------|------|----------------|---------|----------------------------------|
| Sep 23 | Sat | 4:30-6p | Free | Ages 18 and up | 1 Class | PLGNC0044-300001 |
|--------|-----|---------|------|----------------|---------|----------------------------------|

Birding Sit and Sip-Morning

| | | | | | | |
|--------|-----|---------|------|----------------|---------|----------------------------------|
| Oct 21 | Sat | 10a-12p | Free | Ages 18 and up | 1 Class | PLGNC0044-300002 |
|--------|-----|---------|------|----------------|---------|----------------------------------|

Birding Sit and Sip-Afternoon

| | | | | | | |
|--------|-----|------|------|---------------|---------|----------------------------------|
| Oct 21 | Sat | 2-4p | Free | Ages 5 and up | 1 Class | PLGNC0044-300003 |
|--------|-----|------|------|---------------|---------|----------------------------------|



Project FeederWatch

Are you interested in birding? Do you want to be part of a national community science project? Then, join us at Locust Grove Nature Center for Project FeederWatch. Project FeederWatch is a seasonal community science project, where participants count the different species of birds that flock to a bird feeder. All levels of birders are welcome. We advise you to dress appropriately for the weather and to bring your binoculars if you have them. If you have any questions, please feel free to send an email to MCP-LocustGrove@MontgomeryParks.org.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | | |
|---------------|-----|---------|------|---------------|-----------|----------------------------------|
| Nov 2 - 30 | Thu | 11a-12p | Free | Ages 5 and up | 5 Classes | PLGNC0018-300001 |
| Nov 3 - Dec 1 | Fri | 11a-12p | Free | Ages 5 and up | 5 Classes | PLGNC0018-300002 |

Making Fire- Outdoor Skills Workshop

In the wilderness, fire is survival. Learn to start a campfire using only what you find outside and without the use of matches. No experience required, beginners are welcome.

This workshop for families to become a confident campfire-creator, including:

- How to forage natural tinder in the woods
- The difference between tinder, kindling, and fuel - and when to use each
- Reading the needs of a fire by understanding the "Fire Triangle"
- How to build a fire to suit various environments and weather conditions

Practice using a variety of firestarting methods, from ferro rods to a magnifying glass to - yes! - even rubbing two sticks together.

Please register in advance and dress for the weather, as we will be outside for the duration of the program.

Please dress comfortably with the weather in mind. We will be outdoors and moving slowly so you may want to bring extra layers. Depending on the weather, sunscreen or a raincoat may be necessary. Shoes should be something appropriate for walking in grass and on trails that may be wet and muddy. There may be times that you wish to sit so a blanket or mat may make your experience more enjoyable.

Space is limited and registration is required for this program- parent and child should register together.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | | |
|-------|-----|-----------|------|---------------|---------|----------------------------------|
| Nov 5 | Sun | 10-11:30a | \$10 | Ages 8 and up | 1 Class | PLGNC0027-300001 |
|-------|-----|-----------|------|---------------|---------|----------------------------------|

THEME MONTHS

Theme months at Locust Grove feature special programming and exhibits throughout the month. Visit the park any time between sunrise and sunset for self-guided hikes and activities free for drop in visitors as well as programs that need preregistration connected to the the theme month.

Fall Rainbow

Nature is a rainbow that we can experience with all our senses in the Fall. Join us as we celebrate migrating birds of all feathers, native wildflowers in bloom, and the leaves just beginning to take color. Experience the forest in every hue by creating art, learning new skills, and reconnecting with your community.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|------------|-----|--------|------|----------|----------------------------------|
| Sep 2 - 30 | Sat | 10a-4p | Free | All Ages | PLGNC0005-300001 |
|------------|-----|--------|------|----------|----------------------------------|

Cider Days

Come to Locust Grove to celebrate Cider Days! The Nature Center will feature special exhibits and self-guided activities all about apples and the history of cider-making. No registration required, just visit during our regular hours. Please Note: Cider Pressing, a Naturalist-led program that uses the hand-cranked press to turn fresh apples into cider, is a separate program that requires registration. Time slots are available throughout Saturday and Sunday. Please see “Cider Pressing” to reserve your spot.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|-----------|-----|--------|------|----------|----------------------------------|
| Oct 7 - 8 | Sat | 10a-4p | Free | All Ages | PLGNC0005-300002 |
|-----------|-----|--------|------|----------|----------------------------------|

Nocturnal Animal Days

Claws, jaws, scales and slime... Are you afraid of creatures that come out at nighttime? Critters like bats, owls, snakes, and insects may seem scary, but appearances can be deceiving! Nocturnal animals have cool adaptations that allow them to master the darkness. Join us for one spooktacular weekend as we celebrate these “superheroes” of the night through displays, activities, and specialty programming. Please Note: Creepy Critter programs require separate registration.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|-------------|-----|--------|------|----------|----------------------------------|
| Oct 27 - 29 | Fri | 10a-4p | Free | All Ages | PLGNC0005-300003 |
|-------------|-----|--------|------|----------|----------------------------------|



Dinovember

Unearthing the natural mysteries of the past can help us understand wildlife in the present. Join us as we dig, roar, and stomp to discover dinosaurs and fossils here in the park. Learn what life was like for these ancient beings that lived eons ago and see how modern animals are echoes of the prehistoric past. Register for “Dino-vember” to receive a complete program schedule by email. Individual programs may require separate registration.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|-------------|---------|--------|------|----------|----------------------------------|
| Nov 10 - 12 | Fri-Sun | 10a-4p | Free | All Ages | PLGNC0005-300004 |
|-------------|---------|--------|------|----------|----------------------------------|

Tea-Rex

You’re invited to a tea party that’s dino-mite! Together we’ll read “Tadpole Rex” by Kurt Cyrus, a favorite of children’s literature, then we’ll enjoy a snack with a real, living amphibian. Each registration is for a child and their adult. Snacks and tea provided for all participants. Please contact the Nature Center at least one week prior to the program with any dietary concerns.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|--------|-----|-----------|------|---------------|----------------------------------|
| Nov 10 | Fri | 10-11:30a | \$15 | Ages 4 and up | PLGNC0005-300006 |
|--------|-----|-----------|------|---------------|----------------------------------|

Turkey Days

Come to Locust Grove for November’s theme week: Turkey Days. The Nature Center will feature special exhibits, mindful meditation stations for giving thanks, and a self-guided turkey trivia trail. Free and open to all participants. The Nature Center is closed Thursday, November 23 and Friday November 24 for Thanksgiving. No registration required.

[Locust Grove Nature Center](#)

[Click to Register](#)

| | | | | | |
|-------------|---------|--------|------|----------|----------------------------------|
| Nov 25 - 26 | Sat-Sun | 10a-4p | Free | All Ages | PLGNC0005-300005 |
|-------------|---------|--------|------|----------|----------------------------------|





NATURE ON WHEELS

Nature Center Pop-Up

We are bringing our mobile nature center to you! Come talk with a naturalist, explore some natural objects, ask questions and try out biology-themed activities.

Rock Creek Regional Park

[Click to Register](#)

| | | | | | | |
|--------|-----|------|------|----------|---------|----------------------------------|
| Sep 24 | Sun | 1-4p | Free | All Ages | 1 Class | PLGNC0041-300001 |
|--------|-----|------|------|----------|---------|----------------------------------|

Long Branch Arliss Neighborhood Park

[Click to Register](#)

| | | | | | | |
|--------|-----|------|------|----------|---------|----------------------------------|
| Oct 22 | Sun | 1-4p | Free | All Ages | 1 Class | PLGNC0041-300002 |
|--------|-----|------|------|----------|---------|----------------------------------|

Josiah Henson Museum and Park

[Click to Register](#)

| | | | | | | |
|--------|-----|------|------|----------|---------|----------------------------------|
| Nov 19 | Sun | 1-4p | Free | All Ages | 1 Class | PLGNC0041-300003 |
|--------|-----|------|------|----------|---------|----------------------------------|



Hike to Parks Unknown: Seniors

Join a Park Naturalist for an off-site hike and get to know a new park! Includes 75 minute hike and social chat at the end. The Nature on Wheels vehicle will provide seating, water and bathroom access (using stairs).

Little Bennett Regional Park

[Click to Register](#)

| | | | | | | |
|-------|-----|-----------|------|----------------|---------|----------------------------------|
| Sep 8 | Fri | 10-11:30a | \$10 | Ages 55 and up | 1 Class | PLGNC0041-300004 |
|-------|-----|-----------|------|----------------|---------|----------------------------------|

Fairland Recreational Park

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|----------------------------------|
| Oct 13 | Fri | 10-11:30a | \$10 | Ages 55 and up | 1 Class | PLGNC0041-300005 |
|--------|-----|-----------|------|----------------|---------|----------------------------------|

Rock Creek Regional Park

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------------|---------|----------------------------------|
| Nov 10 | Fri | 10-11:30a | \$10 | Ages 55 and up | 1 Class | PLGNC0041-300006 |
|--------|-----|-----------|------|----------------|---------|----------------------------------|



FALL NATIVE PLANT SALES

Beautify your backyard and
be a good neighbor to wildlife
with native plants.



Locust Grove Nature Center

Shop online

Order online between Aug 28 – Sep 3 and
pick up at Pope Farm Nursery on Sep 9.

Shop in-person

Sep 16 and 17 | 10am – 2pm

Pope Farm Nursery (**New Location**)

7400 Airpark Road | Gaithersburg, MD 20905

Please note Pope Farm is only open to
the public during sale hours.

MoCoParks.org/LGPlantNative

Sales support educational programs at
Locust Grove Nature Center.



Maydale Nature Classroom

1638 Maydale Drive | Colesville, MD 20905

Online Sales Only

Sale begins Tuesday, September 5

Plant pickup on September 23 at
Maydale Nature Classroom

MaydaleNature.org

Sales support educational programs at
Maydale Nature Classroom.





Nature Programs

MAYDALE NATURE CLASSROOM

1638 Maydale Drive | Colesville, MD 20905

301-962-1496

MaydaleNature.org

SPECIAL EVENTS

Fall Native Plant Sale

Growing native plants encourages beneficial insects, birds, and other wildlife in your community. Support your back-yard ecosystem with this fundraising event benefiting Maydale Nature Classroom. Online sales run Tuesday, September 5th through Monday, September 18th with plant pickup Saturday, September 23rd. Online sales only. To learn more or purchase plants please visit MaydaleNature.org

Maydale Nature Classroom

| | |
|------------------|---|
| Sept 5 - Sept 18 | MaydaleNature.org |
|------------------|---|

Fall Events at Maydale

Fall is filled with festivities. Join us as we press fresh apple cider, make pumpkin bird feeders, create a scarecrow for your front yard, make creepy crafts, and go on a spooky skull hike.

Maydale Nature Classroom

[Click to Register](#)

Apple Cider Pressing

| | | | | | | |
|--------|-----|------|-----|---------------|---------|---------------------------------|
| Sep 30 | Sat | 3-4p | \$7 | Ages 3 and up | 1 Class | PMAY0021-300001 |
|--------|-----|------|-----|---------------|---------|---------------------------------|

Pumpkin Bird Feeders

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|--------|-----|--------------|-----|--------------|---------|---------------------------------|
| Oct 14 | Sat | 10:30-11:30a | \$7 | Ages 3 to 12 | 1 Class | PMAY0021-300002 |
|--------|-----|--------------|-----|--------------|---------|---------------------------------|

Scarecrow Making

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|--------|-----|------------|-----|--------------|---------|---------------------------------|
| Oct 14 | Sat | 2:30-3:30p | \$7 | Ages 3 to 12 | 1 Class | PMAY0021-300003 |
|--------|-----|------------|-----|--------------|---------|---------------------------------|

Spooky Skull Hike

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|--------|-----|------|-----|--------------|---------|---------------------------------|
| Oct 22 | Sun | 2-4p | \$2 | Ages 3 to 12 | 1 Class | PMAY0021-300004 |
|--------|-----|------|-----|--------------|---------|---------------------------------|

Halloween Animal "Creepy Crawlies"

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|--------|-----|---------|-----|--------------|---------|---------------------------------|
| Oct 22 | Sun | 11a-12p | \$6 | Ages 3 to 12 | 1 Class | PMAY0021-300005 |
|--------|-----|---------|-----|--------------|---------|---------------------------------|

PLAYTIME OR STORYTIME

Storytime at Maydale

Join a naturalist for a reading of a seasonal story, participate in a hike, and make a craft to take home. Enroll in the entire series or individual sessions.

Maydale Nature Classroom

[Click to Register](#)

Every Autumn Comes the Bear

| | | | | | | |
|--------|-----|--------|-----|-------------|---------|---------------------------------|
| Sep 19 | Tue | 10-11a | \$6 | Ages 3 to 5 | 1 Class | PMAY0004-300001 |
|--------|-----|--------|-----|-------------|---------|---------------------------------|

Oh No, Woolly Bear!

| | | | | | | |
|-------|-----|--------|-----|-------------|---------|---------------------------------|
| Oct 3 | Tue | 10-11a | \$6 | Ages 3 to 5 | 1 Class | PMAY0004-300002 |
|-------|-----|--------|-----|-------------|---------|---------------------------------|

Leaf Man

| | | | | | | |
|--------|-----|--------|-----|-------------|---------|---------------------------------|
| Oct 17 | Tue | 10-11a | \$6 | Ages 3 to 5 | 1 Class | PMAY0004-300003 |
|--------|-----|--------|-----|-------------|---------|---------------------------------|

The Green Gourd

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|--------|-----|--------|-----|-------------|---------|---------------------------------|
| Oct 31 | Tue | 10-11a | \$6 | Ages 3 to 5 | 1 Class | PMAY0004-300004 |
|--------|-----|--------|-----|-------------|---------|---------------------------------|

NATURE , OUTDOOR EXPLORATION, AND SKILLS

Nature Explorers

These classes are designed to teach young children and their caregivers more about wildlife and nature right in their own backyards through activities, explorations, games, hikes, and take-home crafts.

Maydale Nature Classroom

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Bugs, Toads, and Snakes, Oh My!

| | | | | | | |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|
| Sep 14 | Thu | 10:30-11:30a | \$6 | Ages 3 to 5 | 1 Class | PMAY0009-300001 |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|

The Scoop on Poop

| | | | | | | |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|
| Sep 28 | Thu | 10:30-11:30a | \$6 | Ages 3 to 5 | 1 Class | PMAY0009-300002 |
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Daytime Owl Prowl!

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| Oct 12 | Thu | 10:30-11:30a | \$6 | Ages 3 to 5 | 1 Class | PMAY0009-300003 |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|

Web Walk!

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|--------|-----|--------------|-----|-------------|---------|---------------------------------|
| Oct 26 | Thu | 10:30-11:30a | \$6 | Ages 3 to 5 | 1 Class | PMAY0009-300004 |
|--------|-----|--------------|-----|-------------|---------|---------------------------------|

Turkey Talk

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|-------|-----|--------------|-----|-------------|---------|---------------------------------|
| Nov 9 | Thu | 10:30-11:30a | \$6 | Ages 3 to 5 | 1 Class | PMAY0009-300005 |
|-------|-----|--------------|-----|-------------|---------|---------------------------------|

HIKES, SCAVENGER HUNTS & CAMPFIRES

Campfire and a Movie

Come and cookout over a campfire. You supply the hot dogs, buns, and your favorite condiments. We will supply the roasting sticks and all the ingredients for making s'mores. We will finish the cookout by watching a fall themed children's film. Please register and pay for all participants.

Maydale Nature Classroom

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| | | | | | | |
|--------|-----|------------|-----|---------------|---------|---------------------------------|
| Sep 28 | Thu | 6:30-7:30p | \$6 | Ages 3 and up | 1 Class | PMAY0022-300001 |
| Oct 12 | Thu | 6:30-7:30p | \$6 | Ages 3 and up | 1 Class | PMAY0022-300002 |
| Oct 26 | Thu | 6:30-7:30p | \$6 | Ages 3 and up | 1 Class | PMAY0022-300003 |

Maydale Hikes and Scavenger Hunts

Explore the great outdoors with a naturalist-led hike. Whether you are looking for a family-friendly hike around Maydale, want to learn about nocturnal animals during a night hike, or enjoy a scavenger hunt with your family there is a hike for you.

Maydale Nature Classroom

[Click to Register](#)

Family Scavenger Hunt and Hike

| | | | | | | |
|--------|-----|-------------|------|---------------|---------|---------------------------------|
| Oct 14 | Sat | 12:30-1:30p | Free | Ages 3 and up | 1 Class | PMAY0006-300003 |
|--------|-----|-------------|------|---------------|---------|---------------------------------|

Night Hike

| | | | | | | |
|--------|-----|------------|-----|---------------|---------|---------------------------------|
| Oct 14 | Sat | 7:30-8:30p | \$3 | Ages 6 and up | 1 Class | PMAY0006-300001 |
|--------|-----|------------|-----|---------------|---------|---------------------------------|


Fall Scavenger Hunt!

| | | | | | | |
|--------|-----|------|------|--------------|---------|---------------------------------|
| Nov 18 | Sat | 2-3p | Free | Ages 3 to 12 | 1 Class | PMAY0006-300002 |
|--------|-----|------|------|--------------|---------|---------------------------------|



MAYDALE NATURE CLASSROOM'S

COMMUNITY CELEBRATION





Saturday, November 4 | 1 to 4 pm

Join Montgomery Parks for the annual community celebration at Maydale Nature Classroom.

ACTIVITIES INCLUDE:

Live Music
Campfire and S'mores
Appearances by Smokey Bear
Apple Cider Making
Fall Crafts



Limited accessible parking on-site, neighborhood street parking available.



MAYDALE NATURE CLASSROOM

1638 Maydale Drive | Colesville, MD 20905

301.962.1496 | MaydaleNature.org



Nature Programs





MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855

301-258-4030

MeadowsideNature.org

SPECIAL EVENTS

Apple Picnic

Celebrate all things apple at our apple picnic! Enjoy a fun craft, apple tasting, games, and more at this fun filled family event! Please register all participants.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|------|-----|----------|---------|---------------------------------|
| Sep 16 | Sat | 2-3p | \$8 | All Ages | 1 Class | PMNC0086-300001 |
| Sep 16 | Sat | 3-4p | \$8 | All Ages | 1 Class | PMNC0086-300002 |

Etch & Sip Hard Cider Night

Make your own pieces of functional nature-themed art and enjoy your next drink in style! During this hands-on program you will be provided with the instructions, materials, and stencils needed to create your own personalized pint glass using the process of chemical glass etching. Be sure to join us after for a splash of cider on our raptor deck with a naturalist-led raptor talk. Please note that this program uses the process of chemical glass etching. All necessary safety equipment will be provided.

Meadowside Nature Center

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| | | | | | | |
|--------|-----|------|------|----------------|---------|---------------------------------|
| Sep 22 | Fri | 5-7p | \$20 | Ages 21 and up | 1 Class | PMNC0088-300001 |
|--------|-----|------|------|----------------|---------|---------------------------------|

Over the Moon

Are you “over the moon” about the mid-autumn festival? Come listen to a story about Chang’e the Moon Goddess, taste a variety of mooncakes* from local bakeries, and make your own rabbit lantern to take home. This program is best for families with children 6-10 years (or for those who enjoy picture books and small crafts). ALL participants must register for this event. *This program may contain food allergies in mooncakes. Please contact Meadowside Nature Center for allergy questions or concerns.

Meadowside Nature Center

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| | | | | | | |
|--------|-----|------|-----|----------|---------|---------------------------------|
| Sep 29 | Fri | 7-8p | \$8 | All Ages | 1 Class | PMNC0090-300001 |
|--------|-----|------|-----|----------|---------|---------------------------------|

Not so “Scary” Movie Night

Want to get into the spooky spirit? Put on your pajamas and join us as we host a not so “scary” movie night inside the nature center. A snack and a craft will be provided, and we will be showing a seasonal children's movie.

Meadowside Nature Center

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|--------|-----|---------|-----|---------------|---------|---------------------------------|
| Oct 20 | Fri | 6-7:30p | \$5 | Ages 7 and up | 1 Class | PMNC0096-300001 |
|--------|-----|---------|-----|---------------|---------|---------------------------------|

ART & CRAFTING

Pumpkin Decorating

School's out today! Come celebrate the season by making beautiful pumpkins to adorn your house, yard, or porch! We'll decorate pumpkins using craft materials such as paint, glitter, markers, and more! Each participant will take home one pumpkin.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|-------|-----|---------------|---------|---------------------------------|
| Oct 9 | Mon | 12-1p | \$9 | Ages 5 and up | 1 Class | PMNC0092-300001 |
|-------|-----|-------|-----|---------------|---------|---------------------------------|

Nature Wreaths with Autumn Leaves

Want a beautiful fall wreath that's also sustainable? Join us as we make our own fall wreaths using natural materials right here in the park! Learn how to preserve leaves and go home with a beautiful piece of seasonal décor.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|-------|------|----------------|---------|---------------------------------|
| Nov 3 | Fri | 12-1p | \$20 | Ages 18 and up | 1 Class | PMNC0098-300001 |
|-------|-----|-------|------|----------------|---------|---------------------------------|



NATURE , OUTDOOR EXPLORATION, AND SKILLS

International Vulture Day's Ultimate Scavenger Hunt

Join Meadowside Nature Center to celebrate International Vulture Awareness Day! Fly through the forest on this self-guided ultimate scavenger hunt and find the hidden vultures. Answer trivia, solve puzzles, and learn some vulture jokes as you “carion” down the trail. When you finish your trail challenge come and visit with our raptor ambassadors on the Raptor Deck. Sign up everyone attending. All scavengers will leave with a prize!

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|------|-----|----------|---------|---------------------------------|
| Sep 4 | Mon | 1-2p | \$3 | All Ages | 1 Class | PMNC0023-300001 |
|-------|-----|------|-----|----------|---------|---------------------------------|

Moth Madness

Like a moth to a flame, bring your flashlight and phone as we learn how to go “mothing.” We will start with a short presentation about moths and butterflies around the fire, and then learn how to use the phone app “Seek” to identify any critters that are drawn to our viewing stations. This program will introduce participants to “Seek” and field guide use, as well as beginning identification of moths. This is an outdoor program. Register all participants.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|-------|-----|------|------|----------|---------|---------------------------------|
| Sep 9 | Sat | 7-8p | Free | All Ages | 1 Class | PMNC0084-300001 |
|-------|-----|------|------|----------|---------|---------------------------------|

Women's Fire Making Class

Would you like to learn how to start your own campfire without any matches? Join a Naturalist to learn how to collect items in the forest and at home to start a fire. Practice working with a bow drill, making sparks with flint and knap, and learning to set up the proper framework to encourage a lasting fire. This is an outdoor program, please dress in layers and prepare for the weather.

Meadowside Nature Center

[Click to Register](#)

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|--------|-----|---------|------|----------------|---------|---------------------------------|
| Oct 14 | Sat | 10a-12p | \$25 | Ages 16 and up | 1 Class | PMNC0028-300001 |
|--------|-----|---------|------|----------------|---------|---------------------------------|



Adult Spooky Night Hike

Did you know that Meadowside is rumored to be haunted both inside and out? Come learn more about “little William” who once lived at our Pioneer Homestead and local urban legends such as “Goatman”. Start the night around a campfire roasting marshmallows and swapping spooky stories. Next, go on a guided hike to the Pioneer Homestead and covered bridge. This will be about a one-mile hike on uneven ground and registration is required.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|---------|------|----------------|---------|---------------------------------|
| Oct 26 | Thu | 7:30-9p | \$10 | Ages 18 and up | 1 Class | PMNC0035-300001 |
|--------|-----|---------|------|----------------|---------|---------------------------------|

Women and Non-Binary Individuals - Outdoor Skills Workshop

Ever wanted to build a shelter in the woods? Now's your chance to learn how to do just that! You will learn tips for choosing a safe shelter site, which materials are useful for constructing a shelter, and the various types of shelters that offer protection from the elements. You will have the opportunity to practice these skills on Meadowside grounds by foraging for natural materials and building a shelter of your own. This workshop is designed to empower beginners in learning practical and fun outdoor skills. No experience required; beginners are encouraged! Each participant will also receive a waterproof tarp (\$10 value) to take home. Please register in advance and dress for the weather, as we will be outside for the duration of the program.

Meadowside Nature Center

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|--------|-----|---------|------|----------------|---------|---------------------------------|
| Oct 15 | Sun | 10a-12p | \$20 | Ages 16 and up | 1 Class | PMNC0094-300001 |
|--------|-----|---------|------|----------------|---------|---------------------------------|

School's Out Fall Nature Camp

Spend the day enjoying the wonders of fall, at our school's out, nature camp. We'll look for migrating water birds, and foraging squirrels while we crunch through the trail's autumn leaves. Activities will include hikes, crafts, games and more.

Meadowside Nature Center

[Click to Register](#)

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|--------|-----|-------|------|--------------|---------|---------------------------------|
| Nov 22 | Wed | 9a-2p | \$30 | Ages 6 to 11 | 1 Class | PMNC0100-300001 |
|--------|-----|-------|------|--------------|---------|---------------------------------|

Care of Magical Creatures

Calling all wizards, witches, fairies, and elves, come and care for Meadowside Nature Center's most magical creatures. Procure a wand that meets your strengths, create potions to harness creature powers, watch the extraordinary abilities of Meadowside's own fantastic beasts! Magical costumes welcome.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|------|-----|---------------|---------|---------------------------------|
| Nov 24 | Fri | 1-2p | \$7 | Ages 4 and up | 1 Class | PMNC0025-300001 |
|--------|-----|------|-----|---------------|---------|---------------------------------|



American Sign Language Family Fishing

Wet your line at our American Sign Language introduction to family fishing hosted at Lake Needwood. A park naturalist will show you how to tie and bait your hook, go over casting, and show you how to remove a fish without even touching it. We will provide the bait and loan you tackle and a fishing pole, but you're welcome to bring your own gear. Anglers of all abilities are welcome. A qualified Sign Language Interpreter will be present during this program. All registrants 16 and over must have a current MD fishing license. Registration is required for those who plan to fish and participate in activities. Companions who support a registered angler do not need to register themselves. A companion is someone who will assist a registered angler during the entire program but will not actually fish or participate independently in the activities.

[Meadowside Nature Center](#)

[Click to Register](#)

| | | | | | | |
|--------|-----|--------|------|----------|---------|---------------------------------|
| Oct 21 | Sat | 10-12p | \$12 | All Ages | 1 Class | PMNC0097-300001 |
|--------|-----|--------|------|----------|---------|---------------------------------|

Post-Thanksgiving Family Movie Night Featuring “Sign Up” ASL Interpretation*

Looking for something to do now that Thanksgiving has passed but the kids are still home from school? Join us for an indoor picnic on the floor hosted right after the holiday (bring your leftovers!) in the nature center as we show a movie on our “big screen.” The movie will have sound and will feature “Sign Up” which will provide American Sign Language interpretation on the screen along with the movie. Bring along your peanut free picnic dinner, blanket, and/or low beach chair to make yourself comfortable. We will show a movie and choices will be emailed to registered participants prior to the event. Popcorn will be provided. Please register all attending participants. *This will not be a drop off program, caregivers must stay with youth for the entire event.

[Meadowside Nature Center](#)

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| | | | | | | |
|--------|-----|------|-----|----------|---------|--------------------------------|
| Nov 24 | Fri | 6-8p | \$5 | All Ages | 1 Class | PMNC0101-30001 |
|--------|-----|------|-----|----------|---------|--------------------------------|

SPEAKER SERIES WORKSHOPS OR DISCUSSIONS

Raptor Caretaker Chat

What does it take to care for a raptor? Come and learn how our Naturalist Staff care for our amazing birds of prey! Discover what raptors eat for lunch, what raptors do for fun, and how trainers build relationships with these incredible animals.

Meadowside Nature Center

[Click to Register](#)

| | | | | | | |
|--------|-----|-----------|------|----------|---------|---------------------------------|
| Sep 9 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300001 |
| Sep 16 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300002 |
| Sep 23 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300003 |
| Sep 30 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300004 |
| Oct 7 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300005 |
| Nov 4 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300006 |
| Nov 11 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300007 |
| Nov 18 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300008 |
| Nov 25 | Sat | 12-12:30p | Free | All Ages | 1 Class | PMNC0031-300009 |

Visit a Vulture

Come by our Nature Playspace and watch Gilly the Vulture train with her caretakers! Ask vulture questions, volunteer in a training session, or just relax and enjoy a vulture visit.

Meadowside Nature Center

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| | | | | | | |
|--------|-----|----------|------|----------|---------|---------------------------------|
| Sep 11 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300001 |
| Sep 18 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300002 |
| Sep 25 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300003 |
| Oct 2 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300004 |
| Oct 9 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300005 |
| Oct 16 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300006 |
| Oct 23 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300007 |
| Oct 30 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300008 |
| Nov 6 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300009 |
| Nov 13 | Mon | 12:30-1p | Free | All Ages | 1 Class | PMNC0085-300010 |

ONLINE PROGRAMS

Virtual Family Trivia Night

Check out virtual family trivia with Quizmaster Jenn! Sit down at the dinner table with your friends and/or family and spend the hour entertained with nature themed trivia designed for the whole family. Questions feature a mix of nature facts, current news, pop culture and scientific discoveries. To play, you will need two devices, one to stream the live event via Microsoft Teams (a computer or laptop is ideal) and a phone or device that has the free Kahoot! App installed. Please download both the Microsoft Teams app and Kahoot! before the start of the program. If you arrive more than 10 min late to trivia, you will not be able to join the program. Registration is not required but will be capped at the first 200 teams. To play, simply save this link to your calendar and click the link at the start of the game. <https://bit.ly/3O2oisP>

Meadowside Nature Center

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|--------|-----|------|------|----------|---------|---------------------------------|
| Sep 13 | Wed | 6-7p | Free | All Ages | 1 Class | PMNC0089-300001 |
|--------|-----|------|------|----------|---------|---------------------------------|

Spooky Teen to Adult Trivia Night

Check out virtual trivia with Quizmaster Jenn! Join in from the comfort and safety of your own home (did you lock the front door?) and spend the hour entertained with spooky nature themed trivia. Questions feature a mix of nature facts, current news, pop culture and scientific discoveries. To play, you will need two devices, one to stream the live event via Microsoft Teams (a computer or laptop is ideal) and a phone or device that has the free Kahoot! App installed. To play, you will need two devices, one to stream the live event via Microsoft Teams (a computer or laptop is ideal) and a phone or device that has the free Kahoot! App installed. Registration is not required but will be capped at the first 200 teams. To play, simply save this link to your calendar and click the link at the start of the game. <https://bit.ly/452fFVt> *Question difficulty and themes are best for participants 14 and up. Please download both the Microsoft Teams app and Kahoot! before the start of the program. If you arrive more than 10 min late to trivia, you will not be able to join the program.

Meadowside Nature Center

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| | | | | | | |
|--------|-----|------|------|----------------|---------|---------------------------------|
| Oct 18 | Wed | 6-7p | Free | Ages 14 and up | 1 Class | PMNC0095-300001 |
|--------|-----|------|------|----------------|---------|---------------------------------|

Virtual Family Trivia Night - Dark Sky Theme

Register for virtual family trivia with Quizmasters Jenn and Lu! Sit down at the dinner table with your friends and/or family and spend the hour entertained with dark sky themed trivia. To play, you will need two devices, one to stream the live event via Microsoft Teams (a computer or laptop is ideal) and a phone or device that has the free Kahoot! App installed. Registration is not required but will be capped at the first 200 teams. To play, simply save this link to your calendar and click the link at the start of the game. <https://bit.ly/3nQ2aaw> Please download both the Microsoft Teams app and Kahoot! before the start of the program. If you arrive more than 10 min late to trivia, you will not be able to join the program.

Meadowside Nature Center

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| | | | | | | |
|--------|-----|------|------|----------|---------|---------------------------------|
| Nov 15 | Wed | 6-7p | Free | All Ages | 1 Class | PMNC0099-300001 |
|--------|-----|------|------|----------|---------|---------------------------------|



SOUTH GERMANTOWN DRIVING RANGE
18045 Central Park Circle | Boyds, MD 20841
301-670-4670
SGDrivingRange.org



GOLF

Beginning Golf, Adult

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

South Germantown Driving Range

[Click to Register](#)

| | | | | | | |
|-----------------|-----|------------|------|----------------|-----------|----------------------------------|
| Sep 12 - Oct 10 | Tue | 5:30-6:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301001 |
| Sep 14 - Oct 5 | Thu | 5:30-6:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301002 |
| Sep 16 - Oct 7 | Sat | 2:30-3:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301003 |
| Oct 24 - Nov 14 | Tue | 5:30-6:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301004 |
| Oct 19 - Nov 9 | Thu | 5:30-6:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301005 |
| Oct 21 - Nov 11 | Sat | 2:30-3:30p | \$99 | Ages 18 and up | 4 Classes | PSGDR2010-301006 |

Beginning Golf, Junior

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you will get four weeks of professional instruction from a Montgomery County Golf Academy Certified Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you are sure to get a good bit of personal attention.

South Germantown Driving Range

[Click to Register](#)

| | | | | | | |
|-----------------|-----|------------|------|--------------|-----------|----------------------------------|
| Sep 16 - Oct 7 | Sat | 3:30-4:30p | \$99 | Ages 7 to 15 | 4 Classes | PSGDR2011-301001 |
| Oct 21 - Nov 11 | Sat | 3:30-4:30p | \$99 | Ages 7 to 15 | 4 Classes | PSGDR2011-301002 |

Parent and Child Golf

Golf is a great game for kids to start early, and you will have a great time learning together. With the help of a Montgomery County Golf Academy Certified Instructor, you and your child (age 7-15) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you are already a golfer, the instructor will work with you at your level to help you improve your game. Fee covers one child and one adult; register the child only. Fee covers instruction, loaner clubs and balls.

South Germantown Driving Range

[Click to Register](#)

| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|----------------------------------|
| Sep 16 - Oct 7 | Sat | 11a-12p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301001 |
| Sep 16 - Oct 7 | Sat | 12-1p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301002 |
| Sep 16 - Oct 7 | Sat | 4:30-5:30p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301003 |
| Oct 21 - Nov 11 | Sat | 11a-12p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301004 |
| Oct 21 - Nov 11 | Sat | 12-1p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301005 |
| Oct 21 - Nov 11 | Sat | 4:30-5:30p | \$120 | Ages 7 to 15 | 4 Classes | PSGDR2015-301006 |

ARCHERY

Beginner Archery

Interested in learning archery? Participants will learn basic skills and safety instruction. You will learn how to hold, aim, draw, and shoot a bow. We will introduce or build on participant's current knowledge/skills of archery and provide time to practice each new skill. We will supply all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range

[Click to Register](#)

| | | | | | | |
|----------------|-----|---------|------|--------------|-----------|----------------------------------|
| Sep 9 - Sep 30 | Sat | 2-3:30p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2001-301001 |
| Sep 10 - Oct 1 | Sun | 2-3:30p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2001-301002 |
| Oct 14 - Nov 4 | Sat | 2-3:30p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2001-301003 |
| Oct 15 - Nov 5 | Sun | 2-3:30p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2001-301004 |





Intermediate Archery

Prerequisite: Passed Beginner Archery Interested in more archery? Intermediate archery focuses on the draw cycle. You will learn how to anchor, transfer/hold, aim, and release/follow through. We will supply all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range

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| | | | | | | |
|----------------|-----|---------|------|--------------|-----------|----------------------------------|
| Sep 9 - Sep 30 | Sat | 3:30-5p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2003-301001 |
| Sep 10 - Oct 1 | Sun | 3:30-5p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2003-301002 |
| Oct 14 - Nov 4 | Sat | 3:30-5p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2003-301003 |
| Oct 15 - Nov 5 | Sun | 3:30-5p | \$50 | Ages 8 to 15 | 4 Classes | PSGDR2003-301004 |

Parent and Child Archery

Whether you are a novice, or you shoot better than Robin Hood, this class is for parent/guardian and their children interested in the sport of archery. It is a really FUN way for boys and girls to learn about archery in a positive learning environment involving both parent and child! Participants should wear comfortable clothing. This is an outdoor class, so participants should dress accordingly. Fee covers one child and one adult; register the child only.

South Germantown Driving Range

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| | | | | | | |
|----------------|-----|----------|------|--------------|-----------|----------------------------------|
| Sep 9 - Sep 30 | Sat | 12:30-2p | \$65 | Ages 7 to 15 | 4 Classes | PSGDR2004-301001 |
| Oct 14 - Nov 4 | Sat | 12:30-2p | \$65 | Ages 7 to 15 | 4 Classes | PSGDR2004-301002 |
| Sep 10 - Oct 1 | Sun | 12:30-2p | \$65 | Ages 7 to 15 | 4 Classes | PSGDR2004-301003 |
| Oct 15 - Nov 5 | Sun | 12:30-2p | \$65 | Ages 7 to 15 | 4 Classes | PSGDR2004-301004 |



CABIN JOHN ICE RINK

10610 Westlake Dr | Rockville, MD 20852
301-765-8620
CabinJohnIce.org

WHEATON ICE ARENA

11717 Orebaugh Ave | Wheaton, MD 20902
301-905-3000
WheatonIceArena.org

CLASS DATES**Fall I:**

Registration Dates: Aug 24-Sep 6

Class Dates: Sep 8-Oct 23

No Classes: Sep 15, 16, 24, 25

Fall II:

Registration Dates: Oct 24-30

Class Dates: Nov 1-Dec 17

No Classes: Nov 22-26

On your first day of class...

- Check in at the Group Lesson area in the rink lobby.
- Wear one pair of thin long socks that cover your ankles.
- Helmets and gloves are highly recommended for safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent lessons to have time to get skates on properly.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protections against injuries.

EVENTS AND IMPORTANT DATES:

- Rink Closed: Sept. 2-4, Nov. 23, Dec. 25
- Rink closes at 3 pm on Dec. 24 and 31
- Halloween Skates: Fri, Oct. 27
- Winter Ice Show at Cabin John: Sat., Dec. 16 at 6:30 pm

COURSE FEES COVER

1. Six instructed group lessons
2. Skate rental
3. A practice pass good for public skating admissions and skate rental during the lesson series

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match the skater's ability and experience. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future.
- If you see a class you like, register! Classes may be canceled or combined if a minimum enrollment is not met.
- If you wish to practice on the same day as your lesson, please see the public skating schedules before signing up
- Skaters will receive a ribbon award at the end of the course.

PUBLIC SESSIONS

Visit our websites for schedules and pricing.

CabinJohnIce.orgWheatonIceArena.org



Not so Spooky Skate

Come celebrate Halloween at the ice rink! Skaters should come in costume so they can trick or treat at the rink, participate in the costume contest, and do some Halloween crafts. Organized on ice activities including a costume parade and skating that will take place on the public session. Registration includes public skate admission, skate rental, and crafts in the party rooms. Skaters under the age of 6 should have a parent participate in the public skating and craft portion of the program. Please register the child only.

Cabin John Ice Rink

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| | | | | | | |
|--------|-----|------------|------|--------------|---------|---------------------------------|
| Oct 27 | Fri | 4:30-6:30p | \$12 | Ages 3 to 12 | 1 Class | PICE2020-302010 |
|--------|-----|------------|------|--------------|---------|---------------------------------|

Wheaton Ice Arena

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| | | | | | | |
|--------|-----|---------|------|--------------|---------|---------------------------------|
| Oct 27 | Fri | 5:30-7p | \$12 | Ages 3 to 12 | 1 Class | PICE2020-305010 |
|--------|-----|---------|------|--------------|---------|---------------------------------|

School's Out Skate Day

No school? No problem! On many of the days Montgomery County Public Schools are off School's Out Skate Days are on! Bring your kids (ages 6-12) for a Skate Day full of supervised activities. The day includes a group ice skating lesson, practice skating time, arts & crafts, and fun games. Skaters will need to pack a lunch and submit day camp forms prior to the skate day.

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| | | | | | | |
|--------|-----|------|------|--------------|---------|---------------------------------|
| Sep 25 | Mon | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-302020 |
| Dec 26 | Tue | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-302021 |
| Dec 27 | Wed | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-302022 |
| Dec 28 | Thu | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-302023 |
| Dec 29 | Fri | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-302024 |

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| | | | | | | |
|--------|-----|------|------|--------------|---------|---------------------------------|
| Sep 25 | Mon | 9-5p | \$75 | Ages 6 to 12 | 1 Class | PICE2000-305020 |
|--------|-----|------|------|--------------|---------|---------------------------------|

Fall I: ☐ ☐

Fall II: ☐ ☐

Ice Explorers

This is a fun introduction to ice skating and recommended for every toddler between ages 3 and 4. This class starts off the ice to make your skater comfortable with the skates and the ice rink through fun and games. Children will meet off ice to get familiar with skates, the rink, and beginning skating moves before heading out onto the ice. Rental skates are included.

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|-------------|-------|-------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 4:30-5p | \$114 | Ages 3 to 4 | 6 Classes | PICE0099-315001 |
| Sep 8 - Oct 20 | Fri | 9:45-10:15a | \$114 | Ages 3 to 4 | 6 Classes | PICE0099-315002 |
| Nov 2 - Dec 14 | Thu | 4:30-5p | \$114 | Ages 3 to 4 | 6 Classes | PICE0099-325001 |
| Nov 3 - Dec 15 | Fri | 9:45-10:15a | \$114 | Ages 3 to 4 | 6 Classes | PICE0099-325002 |

Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers registration for child and parent, skate rental for child and parent, and a practice card good for admission to six public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-312000 |
| Sep 10 - Oct 22 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-312001 |
| Sep 8 - Oct 20 | Fri | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-312002 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-312004 |
| Nov 5 - Dec 17 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-322000 |
| Nov 5 - Dec 17 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-322001 |
| Nov 3 - Dec 15 | Fri | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-322002 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-322004 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-315001 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-315003 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-315004 |
| Sep 14 - Oct 20 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-315005 |

Fall I: ☐ ☐

Fall II: ☐ ☐



Parent and Tot Ice Skating (continued)

Wheaton Ice Arena

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| | | | | | | |
|----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-325001 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-325006 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-325007 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0100-325008 |

Preschool Ice Skating 1 (Beginner)

This class is designed for children ages 3-5 who are beginning skaters. Skaters will learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. Fee includes rental skates and a practice card good for admission to six public skate sessions for the skater to practice skills learned in class. Equipment required: Helmet and gloves

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312001 |
| Sep 10 - Oct 22 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312003 |
| Sep 12 - Oct 17 | Tue | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312004 |
| Sep 13 - Oct 18 | Wed | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312005 |
| Sep 8 - Oct 20 | Fri | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312006 |
| Sep 8 - Oct 20 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312007 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312008 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312009 |
| Sep 9 - Oct 21 | Sat | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-312010 |
| Nov 5 - Dec 17 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322001 |
| Nov 5 - Dec 17 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322003 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Preschool Ice Skating 1 (Beginner) (continued)

Cabin John Ice Rink



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| | | | | | | |
|----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Nov 7 - Dec 12 | Tue | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322004 |
| Nov 1 - Dec 13 | Wed | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322005 |
| Nov 3 - Dec 15 | Fri | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322006 |
| Nov 3 - Dec 15 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322007 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322008 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322009 |
| Nov 4 - Dec 16 | Sat | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-322010 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315001 |
| Sep 10 - Oct 22 | Sun | 3-3:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315002 |
| Sep 13 - Oct 18 | Wed | 1-1:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315004 |
| Sep 14 - Oct 19 | Thu | 5-5:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315005 |
| Sep 14 - Oct 19 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315006 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315008 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-315009 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325001 |
| Nov 1 - Dec 13 | Wed | 12:30-1p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325004 |
| Nov 2 - Dec 14 | Thu | 5-5:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325005 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325006 |
| Nov 3 - Dec 15 | Fri | 10:15-10:45a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325007 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325008 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0101-325010 |

Fall I:  Fall II:  

Preschool Ice Skating 2

Prerequisite: Preschool Ice Skating 1. This skating class is for children between the ages of 3-5. Skaters will learn how to march followed by a long glide, dip while moving, backward wiggles, forward two-foot swizzles, beginning snowplow stop, and a two-foot hop in place. Fee includes rental skates and a practice card good for admission to six public skate sessions for the skater to practice skills learned in class. Equipment Required: Helmet & Gloves

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312000 |
| Sep 10 - Oct 22 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312001 |
| Sep 10 - Oct 22 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312002 |
| Sep 10 - Oct 22 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312003 |
| Sep 12 - Oct 17 | Tue | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312004 |
| Sep 13 - Oct 18 | Wed | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312005 |
| Sep 8 - Oct 20 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312006 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312007 |
| Sep 9 - Oct 21 | Sat | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-312008 |
| Nov 5 - Dec 17 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322000 |
| Nov 5 - Dec 17 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322001 |
| Nov 5 - Dec 17 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322002 |
| Nov 5 - Dec 17 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322003 |
| Nov 7 - Dec 12 | Tue | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322004 |
| Nov 1 - Dec 13 | Wed | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322005 |
| Nov 3 - Dec 15 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322006 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322007 |
| Nov 4 - Dec 16 | Sat | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-322008 |


 Fall I: ☐ ☐

 Fall II: ☐ ☐

Preschool Ice Skating 2 (continued)

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-315001 |
| Sep 13 - Oct 18 | Wed | 1-1:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-315004 |
| Sep 14 - Oct 19 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-315005 |
| Sep 8 - Oct 20 | Fri | 10:15-10:45a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-315006 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-315007 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-325001 |
| Nov 1 - Dec 13 | Wed | 12:30-1p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-325004 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-325005 |
| Nov 3 - Dec 15 | Fri | 10:15-10:45a | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-325006 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0102-325007 |

Preschool Ice Skating 3

Prerequisite: Preschool Ice Skating 2. This class is for skaters ages 3-5. Skater will learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Fee includes skate rental and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312001 |
| Sep 10 - Oct 22 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312002 |
| Sep 10 - Oct 22 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312003 |
| Sep 13 - Oct 18 | Wed | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312004 |
| Sep 8 - Oct 20 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312005 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312006 |
| Sep 9 - Oct 21 | Sat | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-312007 |
| Nov 5 - Dec 17 | Sun | 10:30-11a | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322001 |
| Nov 5 - Dec 17 | Sun | 11:30-12p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322002 |
| Nov 5 - Dec 17 | Sun | 2:30-3p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322003 |
| Nov 1 - Dec 13 | Wed | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322004 |
| Nov 3 - Dec 15 | Fri | 3:30-4p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322005 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322006 |
| Nov 4 - Dec 16 | Sat | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-322007 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Preschool Ice Skating 3 (continued)

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-315001 |
| Sep 13 - Oct 18 | Wed | 12-12:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-315003 |
| Sep 14 - Oct 19 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-315004 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-315005 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-325001 |
| Nov 1 - Dec 13 | Wed | 1-1:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-325003 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-325004 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 3 to 5 | 6 Classes | PICE0103-325005 |

Preschool Ice Skating 4

Prerequisite: Preschool Ice Skating 3. This class is for skaters ages 3-5. Skater will learn forward skating, backward two-foot glides, backward swizzles, rocking horse, two-foot turns from forward to backward in place, and two-foot hop. Fee includes skate rental and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-312001 |
| Sep 13 - Oct 18 | Wed | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-312003 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-312004 |
| Sep 9 - Oct 21 | Sat | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-312005 |
| Nov 5 - Dec 17 | Sun | 11-11:30a | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-322001 |
| Nov 1 - Dec 13 | Wed | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-322003 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-322004 |
| Nov 4 - Dec 16 | Sat | 4-4:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-322005 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-315001 |
| Sep 13 - Oct 18 | Wed | 12-12:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-315003 |
| Sep 14 - Oct 20 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-315004 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-325001 |
| Nov 1 - Dec 13 | Wed | 1-1:30p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-325003 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 3 to 5 | 6 Classes | PICE0104-325004 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Skating Superstars

For skaters ages 4-8, who have completed Preschool Skating Level 2 or 3 or Youth Level 1, this 3-week class offers a high-energy fun time on the ice. Class starts with an on ice warm-up to music, followed by focused skating technique work. Engaging games and colorful obstacle courses strengthen forward/backward skating, turns and stopping skills. Students listen, learn, and practice their ice skating skills in an encouraging, joyful space. Series will run for 3 weeks on Sunday.

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 12:15-1p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-315001 |
| Sep 10 - Oct 22 | Sun | 11:15-12p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-315002 |
| Sep 9 - Oct 21 | Sat | 10:45-11:30a | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-315003 |
| Sep 9 - Oct 21 | Sat | 11:30-12:15p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-315004 |
| Nov 5 - Dec 17 | Sun | 12:15-1p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-325001 |
| Nov 5 - Dec 17 | Sun | 11:15-12p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-325002 |
| Nov 4 - Dec 16 | Sat | 10:45-11:30a | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-325003 |
| Nov 4 - Dec 16 | Sat | 11:30-12:15p | \$171 | Ages 3 to 8 | 6 Classes | PICE0105-325004 |

Youth Ice Skating 1 (Beginner)

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet & gloves are required (bike helmet is fine).

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 12:45-1:15p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312001 |
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312002 |
| Sep 10 - Oct 22 | Sun | 3-3:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312003 |
| Sep 11 - Oct 23 | Mon | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312005 |
| Sep 12 - Oct 17 | Tue | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312006 |
| Sep 13 - Oct 18 | Wed | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312007 |
| Sep 13 - Oct 18 | Wed | 4:30-5p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312008 |
| Sep 14 - Oct 19 | Thu | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312009 |
| Sep 8 - Oct 20 | Fri | 12-12:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312010 |
| Sep 8 - Oct 20 | Fri | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312011 |
| Sep 8 - Oct 20 | Fri | 4:30-5p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312012 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312013 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Ice Skating 1 (Beginner) (continued)

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 12:15-12:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312014 |
| Sep 9 - Oct 21 | Sat | 1:30-2p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312015 |
| Sep 9 - Oct 21 | Sat | 2-2:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312016 |
| Sep 9 - Oct 21 | Sat | 3:30-4p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312017 |
| Sep 9 - Oct 21 | Sat | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-312018 |
| Nov 5 - Dec 17 | Sun | 12:45-1:15p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322001 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322002 |
| Nov 5 - Dec 17 | Sun | 3-3:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322003 |
| Nov 6 - Dec 11 | Mon | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322005 |
| Nov 7 - Dec 12 | Tue | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322006 |
| Nov 1 - Dec 13 | Wed | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322007 |
| Nov 1 - Dec 13 | Wed | 4:30-5p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322008 |
| Nov 2 - Dec 14 | Thu | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322009 |
| Nov 3 - Dec 15 | Fri | 12-12:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322010 |
| Nov 3 - Dec 15 | Fri | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322011 |
| Nov 5 - Dec 17 | Sat | 11:15-11:45a | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322012 |
| Nov 3 - Dec 15 | Fri | 4:30-5p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322013 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322014 |
| Nov 4 - Dec 16 | Sat | 12:15-12:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322015 |
| Nov 4 - Dec 16 | Sat | 1:30-2p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322016 |
| Nov 4 - Dec 16 | Sat | 2-2:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322017 |
| Nov 4 - Dec 16 | Sat | 3:30-4p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322018 |
| Nov 4 - Dec 16 | Sat | 4-4:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-322019 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315001 |
| Sep 10 - Oct 22 | Sun | 3-3:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315002 |
| Sep 13 - Oct 18 | Wed | 1:30-2p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315004 |
| Sep 14 - Oct 19 | Thu | 5:45-6:15p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315005 |
| Sep 8 - Oct 20 | Fri | 5:30-6p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315006 |
| Sep 8 - Oct 20 | Fri | 6:30-7p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315007 |

Fall I: ☐ ☐Fall II: ☐ ☐

Youth Ice Skating 1 (Beginner) (continued)

Wheaton Ice Arena

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| | | | | | | |
|----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-315008 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325001 |
| Nov 5 - Dec 17 | Sun | 3-3:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325002 |
| Nov 3 - Dec 15 | Fri | 5:30-6p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325003 |
| Nov 1 - Dec 13 | Wed | 1:30-2p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325004 |
| Nov 2 - Dec 14 | Thu | 5:45-6:15p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325005 |
| Nov 3 - Dec 15 | Fri | 12-12:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325006 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325007 |
| Nov 3 - Dec 15 | Fri | 6:30-7p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325009 |
| Nov 4 - Dec 16 | Sat | 1-1:30p | \$114 | Ages 6 to 12 | 6 Classes | PICE0201-325011 |

Youth Ice Skating 2

Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312001 |
| Sep 10 - Oct 22 | Sun | 12:45-1:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312002 |
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312003 |
| Sep 11 - Oct 23 | Mon | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312004 |
| Sep 12 - Oct 17 | Tue | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312005 |
| Sep 13 - Oct 18 | Wed | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312006 |
| Sep 14 - Oct 19 | Thu | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312007 |
| Sep 14 - Oct 19 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312008 |
| Sep 8 - Oct 20 | Fri | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312009 |
| Sep 9 - Oct 21 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312010 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312011 |
| Sep 9 - Oct 21 | Sat | 12:15-12:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312012 |
| Sep 9 - Oct 21 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312013 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Youth Ice Skating 2 (continued)

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-312014 |
| Nov 5 - Dec 17 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322001 |
| Nov 5 - Dec 17 | Sun | 12:45-1:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322002 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322003 |
| Nov 6 - Dec 11 | Mon | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322004 |
| Nov 7 - Dec 12 | Tue | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322005 |
| Nov 1 - Dec 13 | Wed | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322006 |
| Nov 2 - Dec 14 | Thu | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322007 |
| Nov 2 - Dec 14 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322008 |
| Nov 3 - Dec 15 | Fri | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322009 |
| Nov 4 - Dec 16 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322010 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322011 |
| Nov 4 - Dec 16 | Sat | 12:15-12:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322012 |
| Nov 4 - Dec 16 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322013 |
| Nov 4 - Dec 16 | Sat | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-322014 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315001 |
| Sep 13 - Oct 18 | Wed | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315003 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315004 |
| Sep 8 - Oct 20 | Fri | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315006 |
| Sep 8 - Oct 20 | Fri | 6:30-7p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315007 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-315008 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325001 |
| Nov 1 - Dec 13 | Wed | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325003 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325005 |
| Nov 3 - Dec 15 | Fri | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325006 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325007 |
| Nov 3 - Dec 15 | Fri | 6:30-7p | \$114 | Ages 4 to 12 | 6 Classes | PICE0202-325009 |

Fall I: ☐ ☐Fall II: ☐ ☐

Youth Ice Skating 3

Prerequisite: Passed Youth Ice Skating 2. Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312001 |
| Sep 10 - Oct 22 | Sun | 12:45-1:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312002 |
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312003 |
| Sep 12 - Oct 17 | Tue | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312005 |
| Sep 13 - Oct 18 | Wed | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312006 |
| Sep 14 - Oct 19 | Thu | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312007 |
| Sep 8 - Oct 20 | Fri | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312008 |
| Sep 8 - Oct 20 | Fri | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312009 |
| Sep 9 - Oct 21 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312010 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312011 |
| Sep 9 - Oct 21 | Sat | 12:15-12:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312012 |
| Sep 9 - Oct 21 | Sat | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-312013 |
| Nov 5 - Dec 17 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322001 |
| Nov 5 - Dec 17 | Sun | 12:45-1:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322002 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322003 |
| Nov 7 - Dec 12 | Tue | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322005 |
| Nov 1 - Dec 13 | Wed | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322006 |
| Nov 2 - Dec 14 | Thu | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322007 |
| Nov 3 - Dec 15 | Fri | 4-4:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322008 |
| Nov 3 - Dec 15 | Fri | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322009 |
| Nov 4 - Dec 16 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322010 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322011 |
| Nov 4 - Dec 16 | Sat | 12:15-12:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322012 |
| Nov 4 - Dec 16 | Sat | 1:30-2p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-322013 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Ice Skating 3 (continued)

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-315001 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-315003 |
| Sep 8 - Oct 20 | Fri | 6-6:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-315004 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-315005 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-325001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-325003 |
| Nov 3 - Dec 15 | Fri | 6-6:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-325004 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0203-325005 |

Youth Ice Skating 4

Prerequisite: Passed Youth Ice Skating 3. Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, and forward lunges. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|-----------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312001 |
| Sep 10 - Oct 22 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312002 |
| Sep 11 - Oct 23 | Mon | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312003 |
| Sep 12 - Oct 17 | Tue | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312004 |
| Sep 13 - Oct 18 | Wed | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312005 |
| Sep 14 - Oct 19 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312006 |
| Sep 8 - Oct 20 | Fri | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312007 |
| Sep 9 - Oct 21 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312008 |
| Sep 9 - Oct 21 | Sat | 10:30-11a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312009 |
| Sep 9 - Oct 21 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312010 |
| Sep 9 - Oct 21 | Sat | 2-2:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-312011 |
| Nov 5 - Dec 17 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322001 |
| Nov 5 - Dec 17 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322002 |
| Nov 6 - Dec 11 | Mon | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322003 |
| Nov 7 - Dec 12 | Tue | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322004 |
| Nov 1 - Dec 13 | Wed | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322005 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Youth Ice Skating 4 (continued)

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|-----------|-------|--------------|-----------|---------------------------------|
| Nov 2 - Dec 14 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322006 |
| Nov 3 - Dec 15 | Fri | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322007 |
| Nov 4 - Dec 16 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322008 |
| Nov 4 - Dec 16 | Sat | 10:30-11a | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322009 |
| Nov 4 - Dec 16 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322010 |
| Nov 4 - Dec 16 | Sat | 2-2:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-322011 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-315001 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-315003 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-315005 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-325001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-325003 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0204-325005 |

Youth Ice Skating 5

Prerequisite: Passed Youth Ice Skating 4. Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three-turns, advanced two-foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|-----------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312000 |
| Sep 10 - Oct 22 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312001 |
| Sep 11 - Oct 23 | Mon | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312002 |
| Sep 12 - Oct 17 | Tue | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312003 |
| Sep 13 - Oct 18 | Wed | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312004 |
| Sep 14 - Oct 19 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312005 |
| Sep 8 - Oct 20 | Fri | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312006 |
| Sep 9 - Oct 21 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312007 |
| Sep 9 - Oct 21 | Sat | 10:30-11a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312008 |
| Sep 9 - Oct 21 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312009 |
| Sep 9 - Oct 21 | Sat | 2-2:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-312010 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Ice Skating 5 (continued)

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|-----------|-------|--------------|-----------|---------------------------------|
| Nov 5 - Dec 17 | Sun | 10-10:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322000 |
| Nov 5 - Dec 17 | Sun | 12-12:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322001 |
| Nov 6 - Dec 11 | Mon | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322002 |
| Nov 7 - Dec 12 | Tue | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322003 |
| Nov 1 - Dec 13 | Wed | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322004 |
| Nov 2 - Dec 14 | Thu | 4:30-5p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322005 |
| Nov 3 - Dec 15 | Fri | 5-5:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322006 |
| Nov 4 - Dec 16 | Sat | 9-9:30a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322007 |
| Nov 4 - Dec 16 | Sat | 10:30-11a | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322008 |
| Nov 4 - Dec 16 | Sat | 1-1:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322009 |
| Nov 4 - Dec 16 | Sat | 2-2:30p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-322010 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-315001 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-315002 |
| Sep 9 - Oct 21 | Sat | 11:45-12:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-315004 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-325001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-325002 |
| Nov 4 - Dec 16 | Sat | 11:45-12:15p | \$114 | Ages 4 to 12 | 6 Classes | PICE0205-325005 |


Fall I: ☐ ☐
Fall II: ☐ ☐

Youth Ice Skating 6

Prerequisite: Passed Youth Ice Skating 5. Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one-foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|-------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-312001 |
| Sep 11 - Oct 23 | Mon | 5-5:45p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-312002 |
| Sep 14 - Oct 19 | Thu | 5:45-6:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-312003 |
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-312004 |
| Sep 9 - Oct 21 | Sat | 2:45-3:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-312005 |
| Nov 5 - Dec 17 | Sun | 1:45-2:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-322001 |
| Nov 6 - Dec 11 | Mon | 5-5:45p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-322002 |
| Nov 2 - Dec 14 | Thu | 5:45-6:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-322003 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-322004 |
| Nov 4 - Dec 16 | Sat | 2:45-3:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0206-322005 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-315001 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-315002 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-315003 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-325001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-325002 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0206-325003 |

Therapeutic Ice Skating 1

Ages 18 and under. This beginning ice skating class is for people with cognitive and/or developmental disabilities who want to learn how to ice skate. Skaters will learn proper technique to fall on the ice and recover, skate forward, and stop safely. Fee includes skate rental plus a practice card good for admission to six public skate sessions to practice skills learned in class. Helmet and gloves are required.

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|---------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 8-8:30a | \$114 | Ages 4 to 18 | 6 Classes | PICE0215-312001 |
| Nov 4 - Dec 16 | Sat | 8-8:30a | \$114 | Ages 4 to 18 | 6 Classes | PICE0215-322001 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Teen and Adult Ice Skating 1

This class is for beginner teen & adult skaters. Learn falling & recovery, forward marching, forward two-foot glide, forward swizzles, one forward/one backward swizzle, dip, and forward snowplow stop. Fee includes skate rental (if needed) plus a skating practice card. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 1:15-1:45p | \$114 | Ages 13 and up 6 Classes | PICE0220-312002 |
| Sep 14 - Oct 19 | Thu | 7:30-8p | \$114 | Ages 13 and up 6 Classes | PICE0220-312003 |
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 13 and up 6 Classes | PICE0220-312004 |
| Nov 2 - Dec 14 | Thu | 1:15-1:45p | \$114 | Ages 13 and up 6 Classes | PICE0220-322002 |
| Nov 2 - Dec 14 | Thu | 7:30-8p | \$114 | Ages 13 and up 6 Classes | PICE0220-322003 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 13 and up 6 Classes | PICE0220-322004 |

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 13 and up 6 Classes | PICE0220-315001 |
| Sep 8 - Oct 20 | Fri | 11-11:30a | \$114 | Ages 13 and up 6 Classes | PICE0220-315002 |
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0220-315003 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 13 and up 6 Classes | PICE0220-315004 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 13 and up 6 Classes | PICE0220-325001 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0220-325003 |
| Nov 3 - Dec 15 | Fri | 11-11:30a | \$114 | Ages 13 and up 6 Classes | PICE0220-325004 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 13 and up 6 Classes | PICE0220-325005 |

Teen and Adult Ice Skating 2

Prerequisite: Passed Teen and Adult Ice Skating 1. Learn forward skating, forward one-foot glides, forward slalom, backward skating, backward swizzles, and two-foot turns in place. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 1:15-1:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-312001 |
| Sep 14 - Oct 19 | Thu | 7:30-8p | \$114 | Ages 13 and up 6 Classes | PICE0221-312002 |
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 13 and up 6 Classes | PICE0221-312003 |
| Nov 2 - Dec 14 | Thu | 1:15-1:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-322001 |
| Nov 2 - Dec 14 | Thu | 7:30-8p | \$114 | Ages 13 and up 6 Classes | PICE0221-322002 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 13 and up 6 Classes | PICE0221-322003 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Teen and Adult Ice Skating 2 (continued)

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-315001 |
| Sep 13 - Oct 18 | Wed | 12:30-1p | \$114 | Ages 13 and up 6 Classes | PICE0221-315002 |
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-315003 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 13 and up 6 Classes | PICE0221-315004 |
| Sep 8 - Oct 20 | Fri | 11:30-12p | \$114 | Ages 13 and up 6 Classes | PICE0221-315005 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-325001 |
| Nov 1 - Dec 13 | Wed | 12-12:30p | \$114 | Ages 13 and up 6 Classes | PICE0221-325002 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0221-325003 |
| Nov 3 - Dec 15 | Fri | 11:30-12p | \$114 | Ages 13 and up 6 Classes | PICE0221-325004 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 13 and up 6 Classes | PICE0221-325005 |

Teen and Adult Ice Skating 3

Prerequisite: Passed Teen and Adult Ice Skating 2. Learn forward stroking, forward half-swizzle pumps on circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating & glide, forward chasses on a circle, and backward snowplow stop. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|-------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 12:30-1:15p | \$171 | Ages 13 and up 6 Classes | PICE0222-312001 |
| Sep 14 - Oct 19 | Thu | 8-8:45p | \$171 | Ages 13 and up 6 Classes | PICE0222-312002 |
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0222-312003 |
| Nov 2 - Dec 14 | Thu | 12:30-1:15p | \$171 | Ages 13 and up 6 Classes | PICE0222-322001 |
| Nov 2 - Dec 14 | Thu | 8-8:45p | \$171 | Ages 13 and up 6 Classes | PICE0222-322002 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0222-322003 |

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 13 and up 6 Classes | PICE0222-315001 |
| Sep 13 - Oct 18 | Wed | 12:30-1p | \$114 | Ages 13 and up 6 Classes | PICE0222-315002 |
| Sep 9 - Oct 21 | Sat | 10:45-11:15a | \$114 | Ages 13 and up 6 Classes | PICE0222-315003 |
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0222-315004 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Teen and Adult Ice Skating 3 (continued)

Wheaton Ice Arena

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| | | | | | |
|----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 13 and up 6 Classes | PICE0222-325001 |
| Nov 1 - Dec 13 | Wed | 12-12:30p | \$114 | Ages 13 and up 6 Classes | PICE0222-325002 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0222-325003 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 13 and up 6 Classes | PICE0222-325004 |

Teen and Adult Ice Skating 4

Prerequisite: Passed Teen and Adult Ice Skating 3. Learn forward outside & inside edges on a circle, forward crossovers, backward one-foot glides, backward half swizzle pumps on a circle and Hockey stop. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|-------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 12:30-1:15p | \$171 | Ages 13 and up 6 Classes | PICE0223-312001 |
| Sep 14 - Oct 19 | Thu | 8-8:45p | \$171 | Ages 13 and up 6 Classes | PICE0223-312002 |
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0223-312003 |
| Nov 2 - Dec 14 | Thu | 12:30-1:15p | \$171 | Ages 13 and up 6 Classes | PICE0223-322001 |
| Nov 2 - Dec 14 | Thu | 8-8:45p | \$171 | Ages 13 and up 6 Classes | PICE0223-322002 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0223-322003 |

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0223-315003 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0223-325003 |

Teen and Adult Ice Skating Advanced

Passed Teen and Adult Ice Skating 4. Learn back edges on a circle, backward crossovers, outside three-turn, swing rolls, advanced stroking with crossovers forwards & backwards, forward inside three-turns, forward outside to inside change of edge power pulls, T-stop, Lunge, and two-foot to one-foot spins. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 8:15-9p | \$171 | Ages 13 and up 6 Classes | PICE0224-312001 |
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0224-312002 |
| Nov 6 - Dec 11 | Mon | 8:15-9p | \$171 | Ages 13 and up 6 Classes | PICE0224-322001 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0224-322002 |
| Nov 2 - Dec 14 | Thu | 11:45-12:30p | \$171 | Ages 13 and up 6 Classes | PICE0224-322003 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Teen and Adult Ice Skating Advanced (continued)

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|--------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0224-315003 |
| Sep 9 - Oct 21 | Sat | 11:30-12:15p | \$171 | Ages 13 and up 6 Classes | PICE0224-315004 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0224-325003 |
| Nov 4 - Dec 16 | Sat | 11:30-12:15p | \$171 | Ages 13 and up 6 Classes | PICE0224-325004 |

Teen and Adult Free Skate

Prerequisite: Passed Teen and Adult Ice Skating Advanced. This class will focus on introductory free skating skills including beginner jumps and spins. Fee includes skate rental (if needed) plus a skating practice card.

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| | | | | | |
|-----------------|-----|-------------|-------|--------------------------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0225-312001 |
| Sep 11 - Oct 23 | Mon | 8:15-9p | \$171 | Ages 13 and up 6 Classes | PICE0225-312002 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 13 and up 6 Classes | PICE0225-322001 |
| Nov 6 - Dec 11 | Mon | 8:15-9p | \$171 | Ages 13 and up 6 Classes | PICE0225-322002 |

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|------------|-------|--------------------------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0225-315001 |
| Nov 2 - Dec 14 | Thu | 7:15-7:45p | \$114 | Ages 13 and up 6 Classes | PICE0225-325001 |

Pre Free Skate

Prerequisite: Passed Youth Ice Skating 6. Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one-foot upright spin, mazurka, and waltz jump. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|-------------|-------|------------------------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 5-5:45p | \$171 | Ages 4 to 12 6 Classes | PICE0300-312001 |
| Sep 9 - Oct 21 | Sat | 9:45-10:30a | \$171 | Ages 4 to 12 6 Classes | PICE0300-312002 |
| Sep 9 - Oct 21 | Sat | 2:45-3:30p | \$171 | Ages 4 to 12 6 Classes | PICE0300-312003 |
| Sep 10 - Oct 22 | Sun | 1:45-2:30p | \$171 | Ages 4 to 12 6 Classes | PICE0300-312004 |
| Nov 6 - Dec 11 | Mon | 5-5:45p | \$171 | Ages 4 to 12 6 Classes | PICE0300-322001 |
| Nov 4 - Dec 16 | Sat | 9:45-10:30a | \$171 | Ages 4 to 12 6 Classes | PICE0300-322002 |
| Nov 4 - Dec 16 | Sat | 2:45-3:30p | \$171 | Ages 4 to 12 6 Classes | PICE0300-322003 |
| Nov 5 - Dec 17 | Sun | 1:45-2:30p | \$171 | Ages 4 to 12 6 Classes | PICE0300-322004 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Pre Free Skate (continued)

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|--------------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 22 | Sat | 2:15-2:45p | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-315001 |
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-315002 |
| Sep 9 - Oct 21 | Sat | 11:15-11:45a | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-315003 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-325001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-325002 |
| Nov 4 - Dec 16 | Sat | 11:15-11:45a | \$114 | Ages 4 to 17 | 6 Classes | PICE0300-325003 |

Free Skate 1

Prerequisite: Passed Pre Free Skate. Learn forward power stroking, forward outside & inside consecutive edges, backward outside three-turns, upright one-foot spin from back crossovers, half flip, toe loop, and waltz jump combinations. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 6-6:45p | \$171 | Ages 5 and up | 6 Classes | PICE0310-312001 |
| Sep 14 - Oct 19 | Thu | 5:45-6:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-312002 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0310-312003 |
| Sep 9 - Oct 21 | Sat | 2:45-3:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-312004 |
| Sep 10 - Oct 22 | Sun | 1:45-2:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-312005 |
| Nov 6 - Dec 11 | Mon | 6-6:45p | \$171 | Ages 5 and up | 6 Classes | PICE0310-322001 |
| Nov 2 - Dec 14 | Thu | 5:45-6:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-322002 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0310-322003 |
| Nov 4 - Dec 16 | Sat | 2:45-3:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-322004 |
| Nov 5 - Dec 17 | Sun | 1:45-2:30p | \$171 | Ages 5 and up | 6 Classes | PICE0310-322005 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 5 and up | 6 Classes | PICE0310-315001 |
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0310-315002 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 5 and up | 6 Classes | PICE0310-325001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0310-325002 |

Fall I: ☐ ☐Fall II: ☐ ☐

Free Skate 2

Prerequisite: Passed Free Skate 1. Skates will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three-turns, beginning back spin, half lutz, and salchow. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 6-6:45p | \$171 | Ages 5 and up | 6 Classes | PICE0312-312001 |
| Sep 14 - Oct 19 | Thu | 5:45-6:30p | \$171 | Ages 5 and up | 6 Classes | PICE0312-312002 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0312-312003 |
| Nov 6 - Dec 11 | Mon | 6-6:45p | \$171 | Ages 5 and up | 6 Classes | PICE0312-322001 |
| Nov 2 - Dec 14 | Thu | 5:45-6:30p | \$171 | Ages 5 and up | 6 Classes | PICE0312-322002 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0312-322003 |

Wheaton Ice Arena

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|-----------------|-----|--------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0312-315002 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0312-325002 |
| Nov 4 - Dec 16 | Sat | 10:45-11:15a | \$114 | Ages 5 and up | 6 Classes | PICE0312-325003 |

Free Skate 3

Prerequisite: Passed Free Skate 2. Skaters will learn alternating back crossovers to backward outside edges, alternating mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and salchow/toe loop combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions.

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0314-312001 |
| Sep 14 - Oct 19 | Thu | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0314-312002 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0314-312003 |
| Nov 6 - Dec 11 | Mon | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0314-322001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0314-322002 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0314-322003 |

Wheaton Ice Arena

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|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0314-315002 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0314-325002 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Free Skate 4

Prerequisite: Passed Free Skate 3. Skaters will learn forward power three-turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0316-312001 |
| Sep 14 - Oct 19 | Thu | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0316-312002 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0316-312003 |
| Nov 6 - Dec 11 | Mon | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0316-322001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:30p | \$171 | Ages 5 and up | 6 Classes | PICE0316-322002 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0316-322003 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0316-315001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0316-325001 |

Free Skate 5

Prerequisite: Passed Free Skate 4. Skaters will learn backward power three-turns, five-step mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 7:30-8:15p | \$171 | Ages 5 and up | 6 Classes | PICE0318-312001 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0318-312002 |
| Nov 6 - Dec 11 | Mon | 7:30-8:15p | \$171 | Ages 5 and up | 6 Classes | PICE0318-322001 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0318-322002 |

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0318-315001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0318-325001 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Free Skate 6

Prerequisite: Passed Free Skate 5. Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/salchow combination, axel exercises, and backward outside pivot. Fee includes skate rental (if needed) plus a practice card good for admission to public skate session to practice skills learned in class.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 7:30-8:15p | \$171 | Ages 5 and up | 6 Classes | PICE0320-312001 |
| Sep 9 - Oct 21 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0320-312002 |
| Nov 6 - Dec 11 | Mon | 7:30-8:15p | \$171 | Ages 5 and up | 6 Classes | PICE0320-322001 |
| Nov 4 - Dec 16 | Sat | 11-11:45a | \$171 | Ages 5 and up | 6 Classes | PICE0320-322002 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0320-315001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$114 | Ages 5 and up | 6 Classes | PICE0320-325001 |

Wheaton Aspire Figure Skating Program

The Aspire Academy is for figure skaters at the Pre Free Skate level and higher. This 30-minute weekly session will include sessions on power stroking, advanced turns, spins, jumps, choreography, ice dance, moves into the field, and performance. It's goal is to allow additional ice time and group instruction to our figure skaters (youth and adult) and this can be taken in addition to your regular free skate class. We will offer an off ice session during each series for parents and skaters to talk about topics such as figure skating topics such as equipment, testing, and competition.

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 6-6:45p | \$171 | Ages 6 and up | 6 Classes | PICE0321-315001 |
| Sep 13 - Oct 18 | Wed | 6-6:45p | \$171 | Ages 14 and up | 6 Classes | PICE0321-315002 |
| Nov 1 - Dec 13 | Wed | 6-6:45p | \$171 | Ages 6 and up | 6 Classes | PICE0321-325001 |
| Nov 1 - Dec 13 | Wed | 6-6:45p | \$171 | Ages 14 and up | 6 Classes | PICE0321-325002 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Cabin John Aspire Figure Skating Program

The Aspire program is for children who are accelerating through the standard levels and have a strong interest in figure skating. Each class includes and on ice and off ice instructional segment.

Aspire Preschool

The Preschool Aspire program is for children who are between the ages of 4-6 who have currently passed the Preschool 4 level or have permission from the Cabin John Skating Director. The overall program is designed for young children who are accelerating rapidly through our standard Preschool Levels but are not old enough yet for our Youth Levels. Skaters in this program should have a strong interest in pursuing figure skating as a sport, as well as a desire to perform on the ice. After completing the Preschool Aspire program skaters will move into the standard Aspire Program. This class meets for 20 minutes off ice and for 30 minutes on ice.

[Cabin John Ice Rink](#)

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| | | | | | | |
|-----------------|-----|------------|-------|-------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:30-3:30p | \$171 | Ages 4 to 6 | 6 Classes | PICE0322-312005 |
| Sep 12 - Oct 17 | Tue | 4-5p | \$171 | Ages 4 to 6 | 6 Classes | PICE0322-312006 |
| Nov 5 - Dec 17 | Sun | 2:30-3:30p | \$171 | Ages 4 to 6 | 6 Classes | PICE0322-322005 |
| Nov 7 - Dec 12 | Tue | 4-5p | \$171 | Ages 4 to 6 | 6 Classes | PICE0322-322006 |


Aspire Boys

Aspire boys is for boys ranging from 6-10 years of age who have already passed the Youth 2 Level or have permission from the Cabin John Ice Skating Director. This high energy, fast paced class is geared for boys who demonstrate a desire to learn strong fundamentals of ice skating, are already accelerating through the beginning skating levels, and share a passion for all things ice! This class meets for 20 minutes off ice and for 30 minutes on ice.

[Cabin John Ice Rink](#)

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 4-5p | \$171 | Ages 6 to 10 | 6 Classes | PICE0322-312003 |
| Sep 13 - Oct 18 | Wed | 4:30-5:30p | \$171 | Ages 6 to 10 | 6 Classes | PICE0322-312004 |
| Nov 6 - Dec 11 | Mon | 4-5p | \$171 | Ages 6 to 10 | 6 Classes | PICE0322-322003 |
| Nov 1 - Dec 13 | Wed | 4:30-5:30p | \$171 | Ages 6 to 10 | 6 Classes | PICE0322-322004 |

Fall I:  

Fall II:  

Cabin John Aspire Figure Skating Program (continued)

Aspire Youth

The Youth Aspire program is for young children between the ages of 7-10 who have passed the Youth 2 Level or have permission from the Cabin John Skating Director. Aspire is geared towards children who are already accelerating rapidly through our standard Youth Levels. Skaters in this program should have a strong interest in pursuing figure skating as a sport, as well as a desire to perform on the ice. This class meets for 20 minutes off ice and for 30 minutes on ice.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 9-10a | \$171 | Ages 7 to 10 | 6 Classes | PICE0322-312001 |
| Sep 14 - Oct 19 | Thu | 4:30-5:30p | \$171 | Ages 7 to 10 | 6 Classes | PICE0322-312002 |
| Nov 2 - Dec 14 | Thu | 4:30-5:30p | \$171 | Ages 7 to 10 | 6 Classes | PICE0322-322002 |
| Nov 4 - Dec 16 | Sat | 9-10a | \$171 | Ages 7 to 10 | 6 Classes | PICE0322-322001 |

Advanced Spins

This class is for skaters at the Free Skate 4 and higher level and will focus on advanced spins. (Skaters should be comfortable with scratch spin, sit spin, and beginning camel spin). Class will focus on learning basic spin features, combination spins, and flying spins. Fee includes a practice card good for admission to six public skating sessions.

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|-----------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0325-312001 |
| Nov 4 - Dec 16 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0325-322001 |

Skating Skills

Prerequisite: Passed Basic 6. In these classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and pre-preliminary and preliminary moves in the field patterns. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|-----------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0333-312001 |
| Nov 4 - Dec 16 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0333-322001 |

Fall I: ☐ ☐

Fall II: ☐ ☐

High Turns and Edges

This class is for skaters on the Preliminary skating skills (moves in the field) level and higher. Class will focus on edges and turns at these levels of moves tests including back three turns, double threes, backward power threes, brackets, and twizzles.

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:15-6:45p | \$114 | Ages 6 and up | 6 Classes | PICE0334-315001 |
| Nov 2 - Dec 14 | Thu | 6:15-6:45p | \$114 | Ages 6 and up | 6 Classes | PICE0334-325001 |

Low Turns and Edges

Prerequisite: Passed Basic 6. In these classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and pre-preliminary and preliminary moves in the field patterns. Fee includes skate rental (if needed) plus a skating practice card.

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-----|------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6:45-7:15p | \$0 | Ages | 6 Classes | PICE0335-315001 |
| Nov 2 - Dec 14 | Thu | 6:45-7:15p | \$0 | Ages | 6 Classes | PICE0335-325001 |

Ice Dance

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. Skaters will learn basic ice dance steps including progressives, swing rolls, chasses, slide chasses, and closed mohawks. They will also learn the steps and partnering holds for dances in the preliminary and pre-bronze levels (US Figure Skating levels).

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|-----------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0336-312001 |
| Nov 4 - Dec 16 | Sat | 10:30-11a | \$114 | Ages 6 and up | 6 Classes | PICE0336-322001 |

Artistry on Ice

Prerequisite: Must have passed Free Skate 2. This advanced figure skating class will help skaters develop their component mark. It will focus on educating the skater in improving their transitions, skating skills, performance, composition, and interpretation. Fee includes a practice card good for admission to 6 public skate sessions.

Wheaton Ice Arena

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| | | | | | | |
|----------------|-----|--------------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10:45-11:30a | \$114 | Ages 6 and up | 6 Classes | PICE0337-315001 |
| Nov 4 - Dec 16 | Sat | 10:45-11:30a | \$114 | Ages 6 and up | 6 Classes | PICE0337-325001 |

Fall I: ☐ ☐

Fall II: ☐ ☐



HOCKEY

Hockey 1

Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two-foot glide, front to back turns, and snowplow stop. Fee includes skate rental, and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, flat stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|-------------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-312001 |
| Sep 13 - Oct 18 | Wed | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-312002 |
| Sep 9 - Oct 21 | Sat | 9:15-9:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-312003 |
| Sep 9 - Oct 21 | Sat | 9:45-10:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-312004 |
| Nov 7 - Dec 12 | Tue | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-322001 |
| Nov 1 - Dec 13 | Wed | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-322002 |
| Nov 4 - Dec 16 | Sat | 9:15-9:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-322003 |
| Nov 4 - Dec 16 | Sat | 9:45-10:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-322004 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-315001 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0351-325001 |

Fall I: ☐ ☐
Fall II: ☐ ☐

Hockey 2

Prerequisite: Passed Hockey 1. Skaters will learn strides using 45-degree v push, forward one-foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental, and a practice card good for admission to six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|-------------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-312001 |
| Sep 13 - Oct 18 | Wed | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-312002 |
| Sep 9 - Oct 21 | Sat | 9:15-9:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-312003 |
| Sep 9 - Oct 21 | Sat | 9:45-10:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-312004 |
| Nov 7 - Dec 12 | Tue | 5:30-6p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-322001 |
| Nov 1 - Dec 13 | Wed | 6:15-6:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-322002 |
| Nov 4 - Dec 16 | Sat | 9:15-9:45a | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-322003 |
| Nov 4 - Dec 16 | Sat | 9:45-10:15a | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-322004 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-315001 |
| Nov 5 - Dec 17 | Sun | 1:15-1:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0352-325001 |


 Fall I: ☐ ☐

 Fall II: ☐ ☐

Hockey 3

Prerequisite: Passed Hockey 2. Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one-foot forward snowplow stops. Fee includes skate rental and a practice card good for admission to public sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 6:15-7p | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-312001 |
| Sep 13 - Oct 18 | Wed | 6:45-7:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-312002 |
| Sep 9 - Oct 21 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-312003 |
| Nov 7 - Dec 12 | Tue | 6:15-7p | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-322001 |
| Nov 1 - Dec 13 | Wed | 6:45-7:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-322002 |
| Nov 4 - Dec 16 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0353-322003 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0353-315001 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0353-325001 |

Hockey 4

Prerequisite: Passed Hockey 3. Skaters will learn quick starts using V-starts, backward one-foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 7-7:45p | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-312001 |
| Sep 13 - Oct 18 | Wed | 6:45-7:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-312002 |
| Sep 9 - Oct 21 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-312003 |
| Nov 7 - Dec 12 | Tue | 7-7:45p | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-322001 |
| Nov 1 - Dec 13 | Wed | 6:45-7:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-322002 |
| Nov 4 - Dec 16 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0354-322003 |

Wheaton Ice Arena

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0354-315001 |
| Nov 5 - Dec 17 | Sun | 2:15-2:45p | \$114 | Ages 4 to 12 | 6 Classes | PICE0354-325001 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Hockey Advanced

Prerequisite: Passed Hockey 4. Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

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| | | | | | | |
|-----------------|-----|------------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 7:45-8:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-312001 |
| Sep 13 - Oct 18 | Wed | 7:30-8:15p | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-312002 |
| Sep 9 - Oct 21 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-312003 |
| Nov 7 - Dec 12 | Tue | 7:45-8:30p | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-322001 |
| Nov 1 - Dec 13 | Wed | 7:30-8:15p | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-322002 |
| Nov 4 - Dec 16 | Sat | 7:45-8:30a | \$171 | Ages 4 to 12 | 6 Classes | PICE0355-322003 |

Teen and Adult Hockey 1

Prerequisite: Passed Teen & Adult 1 in hockey skates. Learn the fundamentals of hockey skating including alternating forward and backward c-cuts, backward swizzles, one-foot snowplow stop, lateral crossover march, forward c-cuts on a circle, and turns from forward to backward. Skaters will also learn skating with a puck and beginning passing and stickhandling skills. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

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| | | | | | | |
|----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 13 and up | 6 Classes | PICE0357-312001 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 13 and up | 6 Classes | PICE0357-322001 |



Fall I: ☐ ☐

Fall II: ☐ ☐

Teen and Adult Hockey 2

Prerequisite: Passed Teen & Adult Hockey 1. This class will focus on more advanced skating skills including backward crossovers, hockey stops, forward power hockey turns, fast stops & starts, backward V-stops, and forward to backward mohawk pivots. Skaters will also learn hockey techniques, rules, and game play including some scrimmage time. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

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| | | | | | |
|-----------------|-----|------------|-------|--------------------------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 8:30-9:15p | \$171 | Ages 13 and up 6 Classes | PICE0358-312001 |
| Sep 9 - Oct 21 | Sat | 7:45-8:30a | \$171 | Ages 13 and up 6 Classes | PICE0358-312002 |
| Nov 1 - Dec 13 | Wed | 8:30-9:15p | \$171 | Ages 13 and up 6 Classes | PICE0358-322001 |
| Nov 4 - Dec 16 | Sat | 7:45-8:30a | \$171 | Ages 13 and up 6 Classes | PICE0358-322002 |

Stickhandling and Passing

Prerequisite: Passed Hockey 1. This class focuses on proper technique for stickhandling and passing. Skaters will learn individual skills including proper grips and maneuvering with a puck as well as fundamental passing skills with other players. No game experience is needed. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Full gear required.

Cabin John Ice Rink

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| | | | | | |
|----------------|-----|---------|-------|------------------------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 4 to 12 6 Classes | PICE0360-312002 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 4 to 12 6 Classes | PICE0360-322001 |

Wheaton Ice Arena

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| | | | | | |
|-----------------|-----|------------|-------|------------------------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 6 Classes | PICE0360-315001 |
| Nov 5 - Dec 17 | Sun | 1:45-2:15p | \$114 | Ages 4 to 12 6 Classes | PICE0360-325001 |

Hockey Offensive Skills

Prerequisite: Passed Hockey 3. This advanced hockey class will focus on getting through the offensive zone and putting the puck in the net. Topics covered will include shooting techniques, speed and agility, stickhandling, skating in open ice, receiving passes, and defending the puck. Full gear required.

Cabin John Ice Rink

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| | | | | | |
|----------------|-----|---------|-------|--------------------------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 12 and up 6 Classes | PICE0361-312001 |
| Sep 9 - Oct 21 | Sat | 8:30-9a | \$114 | Ages 5 to 12 6 Classes | PICE0361-312002 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 12 and up 6 Classes | PICE0361-322001 |
| Nov 4 - Dec 16 | Sat | 8:30-9a | \$114 | Ages 5 to 12 6 Classes | PICE0361-322002 |

Fall I: ☐ ☐

Fall II: ☐ ☐

**PAULINE BETZ ADDIE TENNIS CENTER**

7801 Democracy Blvd | Bethesda, MD 20817
301-765-8650
CabinJohnTennis.org

WHEATON INDOOR TENNIS

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

Programs are subject to change.
For the most up-to-date listings visit:
CabinJohnTennis.org or WheatonTennis.org

CLASS DATES

Fall I:

Registration Dates: Aug 24 - Sep 6

Class Dates: Sep 8 - Oct 23

Fall II:

Registration Dates: Oct 24 - 30

Class Dates: Nov 1 - Dec 17

On your first day of class...

- Bring a racquet and water bottle.
- Wear proper footwear and athletic clothes.

COURSE FEES COVER

- Six group lessons
- Starter racquet's available for purchase

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- 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.

TENNIS

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|-------------|-----------|---------------------------------|
| Sep 8 - Oct 20 | Fri | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-310002 |
| Sep 9 - Oct 28 | Sat | 2-3p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-310003 |
| Sep 10 - Oct 29 | Sun | 2-3p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-310004 |
| Sep 12 - Oct 17 | Tue | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-310005 |
| Sep 13 - Oct 18 | Wed | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-310006 |
| Nov 3 - Dec 15 | Fri | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-320002 |
| Nov 4 - Dec 16 | Sat | 2-3p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-320003 |
| Nov 5 - Dec 17 | Sun | 2-3p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-320004 |
| Nov 7 - Dec 12 | Tue | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-320005 |
| Nov 1 - Dec 13 | Wed | 5-6p | \$150 | Ages 4 to 7 | 6 Classes | PTEN0001-320006 |

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|-------|-------|-------------|-----------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 6-7p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-316001 |
| Sep 9 - Oct 21 | Sat | 12-1p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-316002 |
| Sep 11 - Oct 23 | Mon | 6-7p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-316003 |
| Sep 10 - Oct 22 | Sun | 12-1p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-316004 |
| Nov 1 - Dec 13 | Wed | 6-7p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-326001 |
| Nov 4 - Dec 16 | Sat | 12-1p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-326002 |
| Nov 6 - Dec 11 | Mon | 6-7p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-326003 |
| Nov 5 - Dec 17 | Sun | 12-1p | \$129 | Ages 4 to 7 | 6 Classes | PTEN0001-326004 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Tennis, Beginner 5-7

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)

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|-------|-------|-------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 4-5p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-310011 |
| Sep 10 - Oct 29 | Sun | 9-10a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-310012 |
| Sep 9 - Oct 28 | Sat | 9-10a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-310013 |
| Sep 13 - Oct 18 | Wed | 4-5p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-310014 |
| Nov 6 - Dec 11 | Mon | 4-5p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-320011 |
| Nov 5 - Dec 17 | Sun | 9-10a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-320012 |
| Nov 4 - Dec 16 | Sat | 9-10a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-320013 |
| Nov 1 - Dec 13 | Wed | 4-5p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0005-320015 |

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|---------|-------|-------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 6-7p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-316005 |
| Sep 9 - Oct 14 | Sat | 1-2p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-316006 |
| Sep 10 - Oct 22 | Sun | 11a-12p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-316007 |
| Sep 11 - Oct 23 | Mon | 5-6p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-316008 |
| Sep 12 - Oct 17 | Tue | 5-6p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-316041 |
| Nov 2 - Dec 14 | Thu | 6-7p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-326005 |
| Nov 4 - Dec 16 | Sat | 1-2p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-326006 |
| Nov 5 - Dec 17 | Sun | 11a-12p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-326007 |
| Nov 6 - Dec 11 | Mon | 5-6p | \$117 | Ages 5 to 7 | 6 Classes | PTEN0005-326008 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Tennis, Intermediate 5-7

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)

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|--------|-------|-------------|-----------|---------------------------------|
| Sep 8 - Oct 27 | Fri | 5-6p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-310021 |
| Sep 9 - Oct 28 | Sat | 10-11a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-310022 |
| Sep 10 - Oct 29 | Sun | 10-11a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-310023 |
| Sep 13 - Oct 18 | Wed | 5-6p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-310024 |
| Nov 3 - Dec 15 | Fri | 5-6p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-320021 |
| Nov 4 - Dec 16 | Sat | 10-11a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-320022 |
| Nov 5 - Dec 17 | Sun | 10-11a | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-320023 |
| Nov 1 - Dec 13 | Wed | 5-6p | \$141 | Ages 5 to 7 | 6 Classes | PTEN0010-320025 |

Youth Tennis, Beginner 7-10

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)

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|-------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 4-5p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-310031 |
| Sep 9 - Oct 28 | Sat | 9-10a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-310032 |
| Sep 10 - Oct 29 | Sun | 9-10a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-310033 |
| Sep 11 - Oct 23 | Mon | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-310034 |
| Nov 7 - Dec 12 | Tue | 4-5p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-320031 |
| Nov 4 - Dec 16 | Sat | 9-10a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-320032 |
| Nov 5 - Dec 17 | Sun | 9-10a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-320033 |
| Nov 6 - Dec 11 | Mon | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0015-320035 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Youth Tennis, Beginner 7-10 (continued)

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|---------|-------|--------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316009 |
| Sep 14 - Oct 19 | Thu | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316010 |
| Sep 9 - Oct 21 | Sat | 11a-12p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316011 |
| Sep 10 - Oct 22 | Sun | 9-10a | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316012 |
| Sep 12 - Oct 17 | Tue | 6-7p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316013 |
| Sep 13 - Oct 18 | Wed | 6-7p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-316050 |
| Nov 1 - Dec 13 | Wed | 6-7p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-326009 |
| Nov 2 - Dec 14 | Thu | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-326010 |
| Nov 4 - Dec 16 | Sat | 11a-12p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-326011 |
| Nov 5 - Dec 17 | Sun | 9-10a | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-326012 |
| Nov 6 - Dec 11 | Mon | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0015-326013 |

Youth Tennis, Intermediate 7-10

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)

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|--------|-------|--------------|-----------|---------------------------------|
| Sep 8 - Oct 27 | Fri | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-310041 |
| Sep 9 - Oct 28 | Sat | 10-11a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-310042 |
| Sep 10 - Oct 29 | Sun | 10-11a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-310043 |
| Sep 11 - Oct 23 | Mon | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-310044 |
| Sep 14 - Oct 19 | Thu | 6-7p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-310045 |
| Nov 3 - Dec 15 | Fri | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-320041 |
| Nov 4 - Dec 16 | Sat | 10-11a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-320042 |
| Nov 5 - Dec 17 | Sun | 10-11a | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-320043 |
| Nov 2 - Dec 14 | Thu | 6-7p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-320045 |
| Nov 6 - Dec 11 | Mon | 5-6p | \$141 | Ages 7 to 10 | 6 Classes | PTEN0020-320046 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Youth Tennis, Intermediate 7-10 (continued)

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|-------|-------|--------------|-----------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-316014 |
| Sep 14 - Oct 19 | Thu | 6-7p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-316015 |
| Sep 9 - Oct 21 | Sat | 9-10a | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-316016 |
| Nov 1 - Dec 13 | Wed | 5-6p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-326014 |
| Nov 2 - Dec 14 | Thu | 6-7p | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-326015 |
| Nov 4 - Dec 16 | Sat | 9-10a | \$117 | Ages 7 to 10 | 6 Classes | PTEN0020-326016 |



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 Center

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| | | | | | | |
|-----------------|-----|---------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 11a-12p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-310051 |
| Sep 13 - Oct 18 | Wed | 4-5p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-310054 |
| Sep 8 - Oct 27 | Fri | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-310055 |
| Nov 4 - Dec 16 | Sat | 11a-12p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-320051 |
| Nov 1 - Dec 13 | Wed | 4-5p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-320055 |
| Nov 3 - Dec 15 | Fri | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0025-320056 |

Fall I:  
Fall II:  

Youth Tennis, Intro to Match Play 7-10

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|--------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 3-4p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-310061 |
| Sep 11 - Oct 23 | Mon | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-310062 |
| Sep 12 - Oct 17 | Tue | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-310063 |
| Sep 13 - Oct 18 | Wed | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-310064 |
| Nov 4 - Dec 16 | Sat | 3-4p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-320061 |
| Nov 6 - Dec 11 | Mon | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-320062 |
| Nov 7 - Dec 12 | Tue | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-320063 |
| Nov 1 - Dec 13 | Wed | 5-6p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0030-320064 |

Youth Tennis, More Match Play 7-10

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|--------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0035-310073 |
| Sep 12 - Oct 17 | Tue | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0035-310074 |
| Nov 6 - Dec 11 | Mon | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0035-320073 |
| Nov 7 - Dec 12 | Tue | 6-7p | \$150 | Ages 7 to 10 | 6 Classes | PTEN0035-320075 |

Fall I: ☐ ☐

Fall II: ☐ ☐

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 Center

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| | | | | | | |
|-----------------|-----|-------|-------|---------------|-----------|---------------------------------|
| Sep 10 - Oct 29 | Sun | 12-1p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-310081 |
| Sep 11 - Oct 23 | Mon | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-310082 |
| Sep 12 - Oct 17 | Tue | 5-6p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-310083 |
| Nov 5 - Dec 17 | Sun | 12-1p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-320081 |
| Nov 6 - Dec 11 | Mon | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-320082 |
| Nov 7 - Dec 12 | Tue | 5-6p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0040-320083 |

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|--------|-------|---------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 5-6p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-316017 |
| Sep 10 - Oct 22 | Sun | 10-11a | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-316018 |
| Sep 11 - Oct 23 | Mon | 6-7p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-316019 |
| Nov 2 - Dec 14 | Thu | 5-6p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-326017 |
| Nov 5 - Dec 17 | Sun | 10-11a | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-326018 |
| Nov 6 - Dec 11 | Mon | 6-7p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0040-326019 |

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 2-3p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-310091 |
| Sep 8 - Oct 27 | Fri | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-310092 |
| Sep 14 - Oct 19 | Thu | 5-6p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-310093 |
| Sep 10 - Oct 29 | Sun | 1-2p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-310094 |
| Nov 4 - Dec 16 | Sat | 2-3p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-320091 |
| Nov 3 - Dec 15 | Fri | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-320092 |
| Nov 2 - Dec 14 | Thu | 5-6p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-320093 |
| Nov 5 - Dec 17 | Sun | 1-2p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0045-320094 |

Fall I: ☐ ☐
Fall II: ☐ ☐

Intermediate Tennis, Middle 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.

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 10 - Oct 29 | Sun | 1-2p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-310102 |
| Sep 13 - Oct 18 | Wed | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-310103 |
| Sep 14 - Oct 19 | Thu | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-310104 |
| Nov 4 - Dec 16 | Sat | 1-2p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-320101 |
| Nov 5 - Dec 17 | Sun | 1-2p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-320102 |
| Nov 1 - Dec 13 | Wed | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-320103 |
| Nov 2 - Dec 14 | Thu | 6-7p | \$141 | Ages 11 to 14 | 6 Classes | PTEN0050-320104 |

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|-------|-------|---------------|-----------|---------------------------------|
| Sep 10 - Oct 22 | Sun | 12-1p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0050-316020 |
| Sep 13 - Oct 18 | Wed | 5-6p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0050-316039 |
| Nov 5 - Dec 17 | Sun | 12-1p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0050-326020 |
| Nov 1 - Dec 13 | Wed | 5-6p | \$117 | Ages 11 to 14 | 6 Classes | PTEN0050-326039 |

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 7-8p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-310113 |
| Sep 14 - Oct 19 | Thu | 5-6p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-310116 |
| Sep 8 - Oct 27 | Fri | 7-8p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-31015 |
| Nov 6 - Dec 11 | Mon | 7-8p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-320113 |
| Nov 2 - Dec 14 | Thu | 5-6p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-320117 |
| Nov 3 - Dec 15 | Fri | 7-8p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0055-32015 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Beginner 1 Tennis, High School (continued)

Wheaton Indoor Tennis

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| | | | | | | |
|----------------|-----|--------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 21 | Sat | 10-11a | \$117 | Ages 15 to 18 | 6 Classes | PTEN0055-316022 |
| Nov 3 - Dec 15 | Fri | 6-7p | \$117 | Ages 15 to 18 | 6 Classes | PTEN0055-326021 |
| Nov 4 - Dec 16 | Sat | 10-11a | \$117 | Ages 15 to 18 | 6 Classes | PTEN0055-326022 |

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0060-310124 |
| Sep 11 - Oct 23 | Mon | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0060-310126 |
| Nov 7 - Dec 12 | Tue | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0060-320124 |
| Nov 6 - Dec 11 | Mon | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0060-320127 |

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.

Pauline Betz Addie Tennis Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 1-2p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0065-310131 |
| Sep 13 - Oct 18 | Wed | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0065-310132 |
| Nov 4 - Dec 16 | Sat | 1-2p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0065-320131 |
| Nov 1 - Dec 13 | Wed | 6-7p | \$141 | Ages 15 to 18 | 6 Classes | PTEN0065-320132 |

Fall I: ☐ ☐

Fall II: ☐ ☐

Advanced Match Play, Middle School

Prerequisite: Passed Intermediate 2, More Match Play, or Instructor Approval. For competitive players training for tournaments and/or 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 Center

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| | | | | | | |
|-----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 8 - Oct 27 | Fri | 4-5p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-310161 |
| Sep 9 - Oct 28 | Sat | 2-3p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-310162 |
| Sep 10 - Oct 29 | Sun | 3-4p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-310163 |
| Sep 12 - Oct 17 | Tue | 6-7p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-310164 |
| Nov 3 - Dec 15 | Fri | 4-5p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-320161 |
| Nov 4 - Dec 16 | Sat | 2-3p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-320162 |
| Nov 5 - Dec 17 | Sun | 3-4p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-320163 |
| Nov 7 - Dec 12 | Tue | 6-7p | \$150 | Ages 11 to 14 | 6 Classes | PTEN0080-320164 |

Wheaton Indoor Tennis

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| | | | | | | |
|----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 8 - Oct 20 | Fri | 4-6p | \$258 | Ages 11 to 14 | 6 Classes | PTEN0080-316023 |
| Nov 3 - Dec 15 | Fri | 4-6p | \$258 | Ages 11 to 14 | 6 Classes | PTEN0080-326023 |
| Nov 7 - Dec 12 | Tue | 5-7p | \$258 | Ages 11 to 14 | 6 Classes | PTEN0080-326024 |

Advanced Match Play Tennis, High School

Prerequisite: Passed Intermediate 2, 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 Center

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| | | | | | | |
|-----------------|-----|---------|-------|---------------|-----------|---------------------------------|
| Sep 10 - Oct 29 | Sun | 11a-12p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-310171 |
| Sep 14 - Oct 19 | Thu | 5-6p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-310172 |
| Sep 13 - Oct 18 | Wed | 7-8p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-310173 |
| Nov 5 - Dec 17 | Sun | 11a-12p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-320171 |
| Nov 2 - Dec 14 | Thu | 5-6p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-320172 |
| Nov 1 - Dec 13 | Wed | 7-8p | \$150 | Ages 15 to 18 | 6 Classes | PTEN0085-320173 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

Advanced Match Play Tennis, High School (continued)

Wheaton Indoor Tennis

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| | | | | | | |
|----------------|-----|------|-------|---------------|-----------|---------------------------------|
| Sep 8 - Oct 20 | Fri | 4-6p | \$258 | Ages 15 to 18 | 6 Classes | PTEN0085-316025 |
| Nov 3 - Dec 15 | Fri | 4-6p | \$258 | Ages 15 to 18 | 6 Classes | PTEN0085-326025 |
| Nov 7 - Dec 12 | Tue | 5-7p | \$258 | Ages 15 to 18 | 6 Classes | PTEN0085-326026 |

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 Center

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| | | | | | | |
|-----------------|-----|--------|-------|----------------|-----------|---------------------------------|
| Sep 8 - Oct 27 | Fri | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310181 |
| Sep 9 - Oct 28 | Sat | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310182 |
| Sep 10 - Oct 29 | Sun | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310183 |
| Sep 12 - Oct 17 | Tue | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310184 |
| Sep 13 - Oct 18 | Wed | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310185 |
| Sep 14 - Oct 19 | Thu | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310186 |
| Sep 11 - Oct 23 | Mon | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-310196 |
| Nov 3 - Dec 15 | Fri | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320181 |
| Nov 4 - Dec 16 | Sat | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320182 |
| Nov 5 - Dec 17 | Sun | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320183 |
| Nov 7 - Dec 12 | Tue | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320184 |
| Nov 1 - Dec 13 | Wed | 10-11a | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320185 |
| Nov 2 - Dec 14 | Thu | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320186 |
| Nov 6 - Dec 11 | Mon | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0090-320196 |

Wheaton Indoor Tennis

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| | | | | | | |
|-----------------|-----|-------|-------|----------------|-----------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0090-316027 |
| Sep 14 - Oct 19 | Thu | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0090-316028 |
| Sep 10 - Oct 22 | Sun | 9-10a | \$117 | Ages 18 and up | 6 Classes | PTEN0090-316029 |
| Nov 1 - Dec 13 | Wed | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0090-326027 |
| Nov 2 - Dec 14 | Thu | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0090-326028 |
| Nov 5 - Dec 17 | Sun | 9-10a | \$117 | Ages 18 and up | 6 Classes | PTEN0090-326029 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

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 Center

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|-----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310191 |
| Sep 10 - Oct 22 | Sun | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310192 |
| Sep 12 - Oct 17 | Tue | 8-9p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310193 |
| Sep 13 - Oct 18 | Wed | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310194 |
| Sep 14 - Oct 19 | Thu | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310195 |
| Sep 12 - Oct 17 | Tue | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-310196 |
| Nov 4 - Dec 16 | Sat | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320191 |
| Nov 5 - Dec 17 | Sun | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320192 |
| Nov 7 - Dec 12 | Tue | 8-9p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320193 |
| Nov 1 - Dec 13 | Wed | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320194 |
| Nov 2 - Dec 14 | Thu | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320195 |
| Nov 7 - Dec 12 | Tue | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0095-320196 |

Wheaton Indoor Tennis

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|-----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0095-316030 |
| Sep 12 - Oct 17 | Tue | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0095-316032 |
| Nov 6 - Dec 11 | Mon | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0095-326030 |
| Nov 7 - Dec 12 | Tue | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0095-326032 |


Fall I: ☐ ☐
Fall II: ☐ ☐

Intermediate Tennis, Adult (NTRP 3.0)

Prerequisite: Passed Beginner 2, Adult. This player can keep the ball in play but needs to improve consistency of strokes and overall understanding of court positioning, strategy, and use of shots in various situations.

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|-----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 8 - Oct 27 | Fri | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310101 |
| Sep 10 - Oct 22 | Sun | 1-2p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310102 |
| Sep 13 - Oct 18 | Wed | 6-7p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310103 |
| Sep 14 - Oct 19 | Thu | 6-7p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310104 |
| Sep 11 - Oct 23 | Mon | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310105 |
| Sep 12 - Oct 17 | Tue | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310106 |
| Sep 12 - Oct 17 | Tue | 8-9p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310107 |
| Sep 14 - Oct 19 | Thu | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310110 |
| Sep 11 - Oct 23 | Mon | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-310210 |
| Nov 3 - Dec 15 | Fri | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320101 |
| Nov 5 - Dec 17 | Sun | 1-2p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320102 |
| Nov 2 - Dec 14 | Thu | 6-7p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320104 |
| Nov 6 - Dec 11 | Mon | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320105 |
| Nov 7 - Dec 12 | Tue | 12-1p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320106 |
| Nov 7 - Dec 12 | Tue | 8-9p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320107 |
| Nov 1 - Dec 13 | Wed | 7-8p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320109 |
| Nov 2 - Dec 14 | Thu | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320195 |
| Nov 6 - Dec 11 | Mon | 11a-12p | \$141 | Ages 18 and up | 6 Classes | PTEN0100-320210 |

Wheaton Indoor Tennis

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|-----------------|-----|---------|-------|----------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-316033 |
| Sep 13 - Oct 18 | Wed | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-316034 |
| Sep 10 - Oct 22 | Sun | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-316040 |
| Nov 7 - Dec 12 | Tue | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-326033 |
| Nov 1 - Dec 13 | Wed | 7-8p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-326034 |
| Nov 5 - Dec 17 | Sun | 11a-12p | \$117 | Ages 18 and up | 6 Classes | PTEN0100-326040 |

 Fall I: ☐ ☐

 Fall II: ☐ ☐

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 9 - Oct 28 | Sat | 3-4p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-310221 |
| Sep 10 - Oct 29 | Sun | 2-3p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-310222 |
| Sep 11 - Oct 23 | Mon | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-310223 |
| Sep 13 - Oct 18 | Wed | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-310225 |
| Nov 4 - Dec 16 | Sat | 3-4p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-320221 |
| Nov 5 - Dec 17 | Sun | 2-3p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-320222 |
| Nov 6 - Dec 11 | Mon | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0110-320223 |

Wheaton Indoor Tennis

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|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 8-9p | \$129 | Ages 18 and up | 6 Classes | PTEN0110-316042 |
|-----------------|-----|------|-------|----------------|-----------|---------------------------------|

Match Play 3.0 Tennis

The 3.0 player is fairly consistent when hitting medium-paced 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 Center

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|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 10 - Oct 29 | Sun | 2-3p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-310231 |
| Sep 11 - Oct 23 | Mon | 7-9p | \$300 | Ages 18 and up | 6 Classes | PTEN0115-310232 |
| Sep 12 - Oct 17 | Tue | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-310233 |
| Sep 13 - Oct 18 | Wed | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-310234 |
| Sep 14 - Oct 19 | Thu | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-310235 |
| Nov 5 - Dec 17 | Sun | 2-3p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-320231 |
| Nov 6 - Dec 11 | Mon | 7-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-320232 |
| Nov 7 - Dec 12 | Tue | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-320233 |
| Nov 1 - Dec 13 | Wed | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-320234 |
| Nov 2 - Dec 14 | Thu | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0115-320235 |

Wheaton Indoor Tennis

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|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 14 - Oct 19 | Thu | 7-9p | \$258 | Ages 18 and up | 6 Classes | PTEN0115-316043 |
|-----------------|-----|------|-------|----------------|-----------|---------------------------------|

Fall I: ☐ ☐

Fall II: ☐ ☐

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 Center

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| | | | | | | |
|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 11 - Oct 23 | Mon | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-310241 |
| Sep 12 - Oct 17 | Tue | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-310242 |
| Sep 13 - Oct 18 | Wed | 7-9p | \$300 | Ages 18 and up | 6 Classes | PTEN0120-310243 |
| Sep 14 - Oct 19 | Thu | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-310244 |
| Nov 6 - Dec 11 | Mon | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-320241 |
| Nov 7 - Dec 12 | Tue | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-320242 |
| Nov 1 - Dec 13 | Wed | 7-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-320243 |
| Nov 2 - Dec 14 | Thu | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0120-320244 |

Wheaton Indoor Tennis

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|-----------------|-----|------|-------|----------------|-----------|---------------------------------|
| Sep 12 - Oct 17 | Tue | 7-9p | \$258 | Ages 18 and up | 6 Classes | PTEN0120-316035 |
| Nov 7 - Dec 12 | Tue | 7-9p | \$258 | Ages 18 and up | 6 Classes | PTEN0120-326035 |


 Fall I: ☐ ☐

 Fall II: ☐ ☐

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 Center

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| | | | | | | |
|-----------------|-----|--------|-------|----------------|-----------|---------------------------------|
| Sep 8 - Oct 20 | Fri | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310251 |
| Sep 8 - Oct 20 | Fri | 6-7p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310252 |
| Sep 9 - Oct 28 | Sat | 9-10a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310253 |
| Sep 10 - Oct 29 | Sun | 9-10a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310254 |
| Sep 11 - Oct 23 | Mon | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310255 |
| Sep 12 - Oct 17 | Tue | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310256 |
| Sep 14 - Oct 19 | Thu | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310257 |
| Sep 12 - Oct 17 | Tue | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310258 |
| Sep 14 - Oct 19 | Thu | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310259 |
| Sep 13 - Oct 18 | Wed | 12-1p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-310295 |
| Nov 3 - Dec 15 | Fri | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320251 |
| Nov 3 - Dec 15 | Fri | 6-7p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320252 |
| Nov 4 - Dec 16 | Sat | 9-10a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320253 |
| Nov 5 - Dec 17 | Sun | 9-10a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320254 |
| Nov 6 - Dec 11 | Mon | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320255 |
| Nov 7 - Dec 12 | Tue | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320256 |
| Nov 2 - Dec 14 | Thu | 10-11a | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320257 |
| Nov 7 - Dec 12 | Tue | 7-8p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320258 |
| Nov 2 - Dec 14 | Thu | 8-9p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320259 |
| Nov 1 - Dec 13 | Wed | 12-1p | \$150 | Ages 18 and up | 6 Classes | PTEN0125-320296 |

Wheaton Indoor Tennis

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|-----------------|-----|--------|-------|----------------|-----------|---------------------------------|
| Sep 13 - Oct 18 | Wed | 8-9p | \$129 | Ages 18 and up | 6 Classes | PTEN0125-316036 |
| Sep 10 - Oct 22 | Sun | 10-11a | \$129 | Ages 18 and up | 6 Classes | PTEN0125-316037 |
| Sep 11 - Oct 23 | Mon | 7-8p | \$129 | Ages 18 and up | 6 Classes | PTEN0125-316038 |
| Nov 2 - Dec 14 | Thu | 7-8p | \$129 | Ages 18 and up | 6 Classes | PTEN0125-326036 |
| Nov 5 - Dec 17 | Sun | 10-11a | \$129 | Ages 18 and up | 6 Classes | PTEN0125-326037 |
| Nov 6 - Dec 11 | Mon | 7-8p | \$129 | Ages 18 and up | 6 Classes | PTEN0125-326038 |

Fall I: ☐ ☐
Fall II: ☐ ☐

REGISTRATION INFORMATION

for Montgomery Parks

WAYS TO REGISTER

Online

Click the Course # link next to each program in this guide to register for that program or visit ActiveMONTGOMERY.org

By Mail

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY
2425 Reddie Drive, 10th Floor
Wheaton, MD 20902

In-person registration is currently suspended.



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.

QUESTIONS?

Call 301-495-2580

Monday–Friday, 8:30 am– 4:30 pm
info@ActiveMONTGOMERY.org

Program Access & Inclusion Services

For inquiries regarding inclusion services, programs, and accommodations, please contact the Program Access office:

Phone: **301-495-2581**

MD Relay: **7-1-1 or 800-552-7724**

Email: ProgramAccess@MontgomeryParks.org
MontgomeryParks.org/Accessibility

PAYMENT INFORMATION

Full Payment must be made at time of registration. Do not submit registrations and/or payments to Parks Instructors.


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 for the state's maximum allowable service fee.

Payment by check constitutes authorization of these transactions. you make revoke authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due. Please allow 2 weeks to receive a refund by check.

CREDIT CARDS: Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.

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 unsubstantiated credit card disputes, or any outstanding debt.

ACTIVITY WITHDRAWALS AND REFUNDS

| Withdrawal Time Frame | Withdrawal Reason & Method | Refund Amount | Refund Form |
|--|--|--|---|
| Any | Activity Canceled by Parks or Recreation | Full Refund | Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered. |
| At least 5 (five) business days before activity begins | Any reason, ONLINE | Full Refund | If payment was made by credit card... Refund will be applied to credit card. |
| | | | If payment was made by check, cash, or money order... Refund will be applied to customer's ActiveMONTGOMERY account. |
| | Any reason, IN PERSON | Full Refund | Activity fee is \$25 or less... Refund will be applied to customer's ActiveMONTGOMERY account. |
| | | | Activity fee is \$26 or more... Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested. |
| Less than 5 business days before activity begins <i>No withdrawals may be made ONLINE less than five days before activity begins.</i> | Parks: Withdraw in person at the hosting facility. Recreation: Email Rec.FinanceOffice@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ. | Refund Less \$25 Withdrawal Fee | Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account. Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check. |
| For classes/sessions missed by participant | No refund of any type will be issued | |  |
| After second session/class of activity has met | | | |
| After the final session of activity has met | | | |

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.