

MONTGOMERY PARKS
GUIDE
SPRING 2025



CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



MONTGOMERY PARKS PROGRAM GUIDE | SPRING 2025

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Programs are subject to change.

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





Register Online

Click the Course # link next to each program in this guide to register for that program or visit [ActiveMONTGOMERY.org](https://www.ActiveMONTGOMERY.org)

Register By Mail

Download a [registration form](#) and mail to:
ActiveMONTGOMERY
2425 Reddie Drive, 10th Floor
Wheaton, MD 20902

Questions?

Call: 301-495-2580
Monday–Friday, 8:30 am–4:30 pm
Visit [ActiveMONTGOMERY.org](https://www.ActiveMONTGOMERY.org) for answers to frequently-asked-questions.

Program Access & Inclusion Services

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

Phone: **301-495-2581**
MD Relay: **7-1-1**
Email: ProgramAccess@MontgomeryParks.org
[MontgomeryParks.org/Accessibility](https://www.MontgomeryParks.org/Accessibility)

REGISTRATION DATES

Spring Programs: February 18, 6:30 am
Ice/Tennis Spring Terms: April 7, 6:30 am



Payment, Withdrawals, and Refunds

Visit the [Montgomery Parks Activity Withdrawals and Refund webpage](#) for complete details.

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

BIKE PARKS

[South Germantown Bike Park](#)

18045 Central Park Circle, Boyds, MD 20841

[The Pit at Fairland Bike Park](#)

3928 Greencastle Road Fairland, MD 20866

[Wheaton Gravity Mountain Bike Park](#)

2000 Shorefield Road in Wheaton, MD 20902

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.

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
301-670-4660

[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](#)

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

[Cabin John Regional Park](#)

7400 Tuckerman Lane, Bethesda, MD 20817

[Columbia Local Park](#)

14900 Old Columbia Pike, Burtonsville, MD 20866

[Dewey Local Park](#)

1720 Dewey Road, Silver Spring, MD 20906

[Ellsworth Urban Park](#)

621 Ellsworth Drive, Silver Spring, MD 20910

[Olney Manor Recreational Park](#)

16601 Georgia Avenue, Olney, MD 20832

[Piedmont Woods Local Park](#)

12835 Snowden Farm Parkway, Clarksburg, MD 20871

[Ridge Road Recreational Park](#)

21155 Frederick Road, Germantown, MD 20876

[Wheaton Regional 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

MONTGOMERY PARKS DIRECTORY

[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](#).

[Little Bennett Golf Course](#)

25900 Prescott Road Clarksburg, MD 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

[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

IN-LINE HOCKEY RINKS

[Dewey Local Park](#)

11720 Dewey Road, Veirs Mill, MD 20906

[Ridge Road Recreational Park](#)

21155 Frederick Road, Germantown, MD 20876

MINIATURE GOLF

[South Germantown Miniature Golf](#)

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

NATURE CENTERS

[Black Hill Discovery 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

MONTGOMERY PARKS DIRECTORY

PARK ACTIVITY BUILDINGS & PICNIC SHELTERS

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

SKATE PARKS

[Olney Manor Recreational 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

SPORTS COURTS (OUTDOOR)

Visit [Sports](#) for a list of outdoor basketball, tennis, pickleball, and soccer courts.

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](#)

Park information, maintenance requests, or concerns:

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

[Rainout Line](#)

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

Email: ProgramAccess@MontgomeryParks.org



ONE website
ONE account
for both Recreation & Parks
Registration, Reservations
and More!
[ActiveMontgomery.org](https://www.ActiveMontgomery.org)
Create your account today!

Thank you
for all you do.

VOLUNTEER IN PARKS

Naturally!

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 Spring opportunities below, and go to ParksVolunteers.org to see all of our most up to date postings!

- ★ **Weed Warriors (Year -Round)** – Save the trees! Learn about and remove non-native invasive plants from our parks at a Weed Warrior Workday!
- ★ **Park Lovers (Year-Round)** – One of the simplest and easiest ways to show your park some love is to join a park clean up or organize your own!
- ★ **Nature Center Gardeners** – Help keep our gardens attractive and appealing to park visitors and pollinators.
- ★ **Camp Counselors** – Volunteer for at least one week (up to 40 hours) and help create magical summer camp experience for young children.
- ★ **Butterfly Experience Docents, Brookside Gardens** – We are seeking volunteers who want to be essential stewards of the environment.
- ★ **Earth Month Volunteers** – Assist with park cleanups and other earth month events.
- ★ **Adaptive Sports Volunteers** – Support individuals with disabilities participating in programs, such as kayaking, mountain biking, and more.

LONG TERM

- ★ **Kingsley School House Docents, Little Bennett** – Assist our “schoolmaster” showing what learning was like in the past out our historic schoolhouse.
- ★ **Oakley Cabin Docents, Brookeville** – Give tours of our cabin that was home to free African Americans from Emancipation to the 20th century.
- ★ **Stream Striders, Watershed Cleanup Leaders – Spring Training** – Teach groups about why it is important to keep our parks and streams litter free.
- ★ **Instructional Ice Skating Aides, Cabin John Ice Rink** – Assist instructors and be an extra pair of hands for group lessons – skating experience required.
- ★ **Montgomery Explorers** – Assist in guiding participants on Monday morning walks throughout the county.



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:

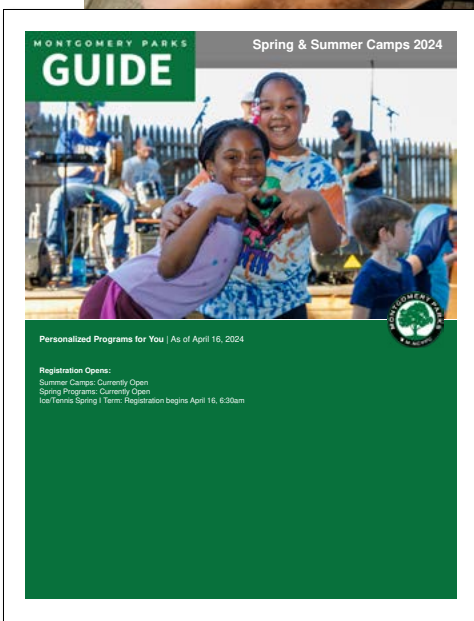
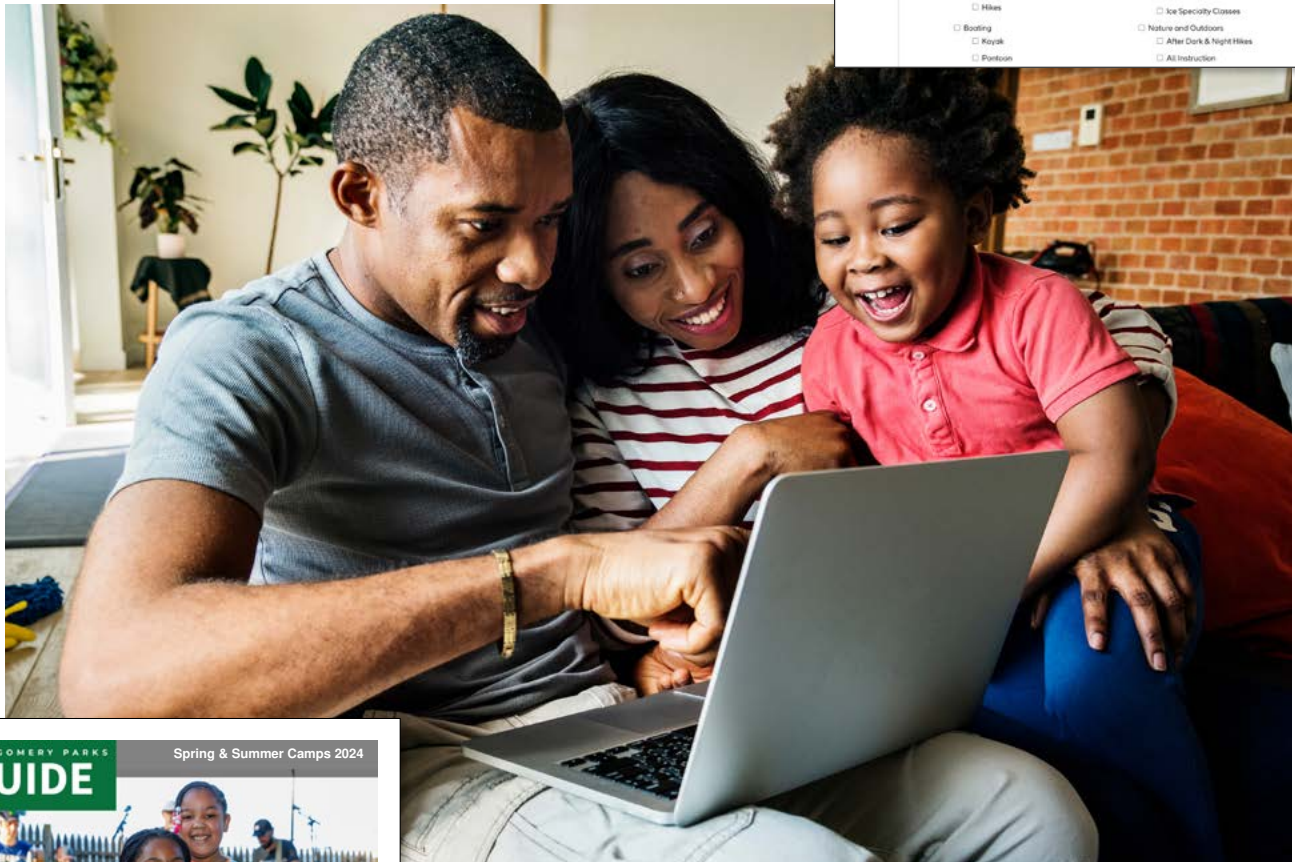
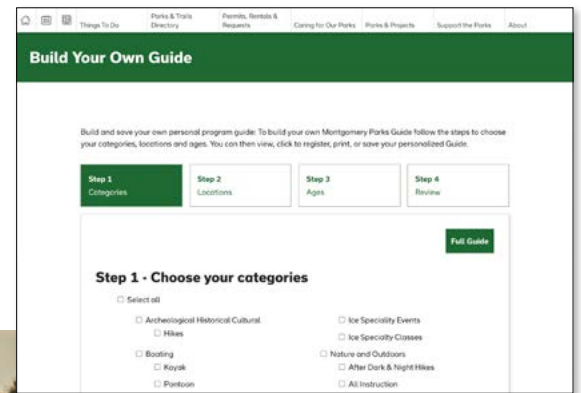
- 1 **Phone:** Trail Conditions: 240-270-0008 or Athletic Field Status: 301-579-5610
- 2 **Online:** Go to MontgomeryParks.org/RainoutLine
- 3 **App:** Download the free mobile app for your smartphone.

MontgomeryParks.org/RainoutLine

MONTGOMERY PARKS
Rainout Line



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

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](https://www.ActiveMontgomery.org)

Contact the Park Permits Office

Monday–Friday, 8:30am–5pm | 301.495.2525
ParkPermits@MontgomeryParks.org | [ParkPermits.org](https://www.ParkPermits.org)
2425 Reddie Drive, 2nd Floor | Wheaton, MD 20902



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

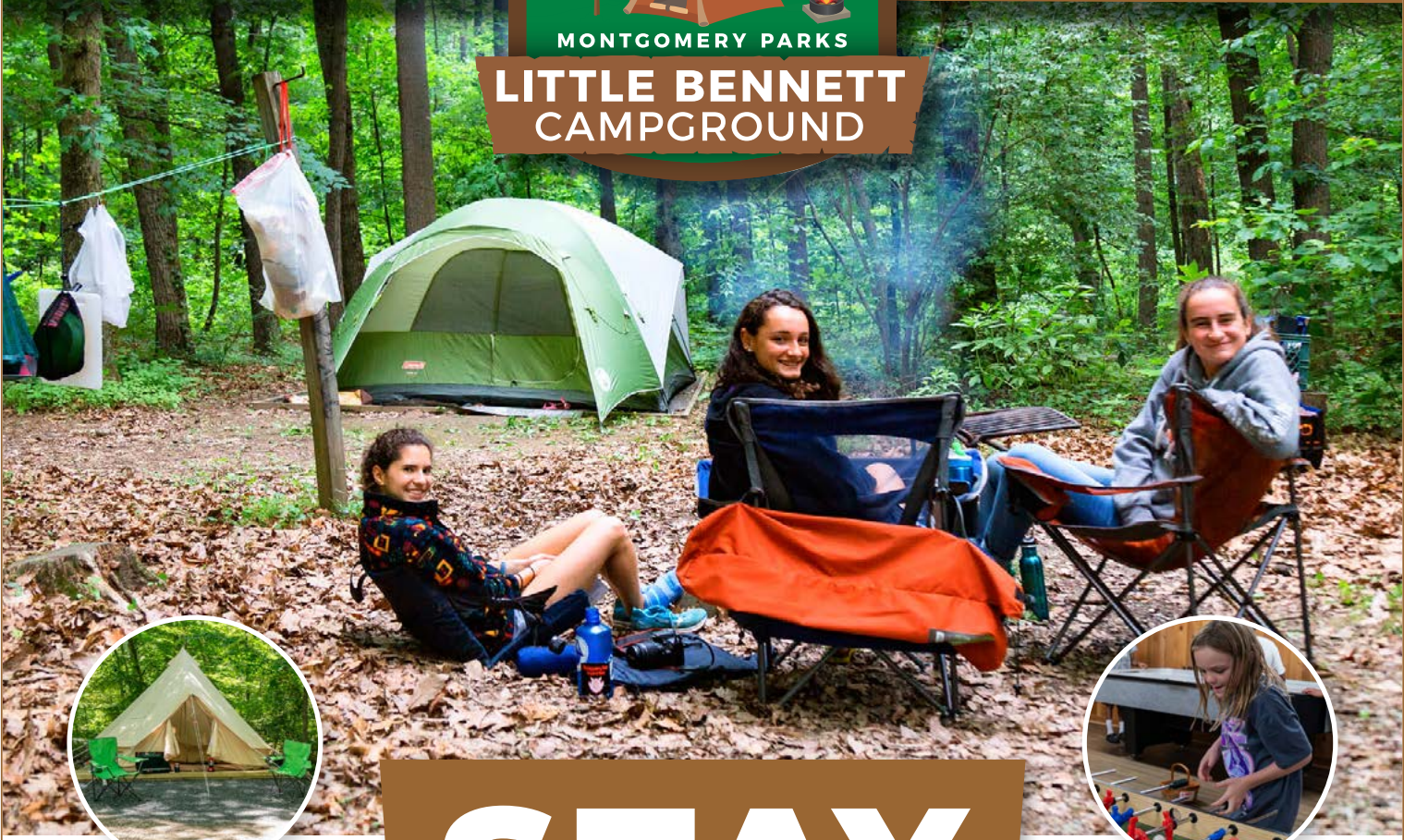
Now Booking Overnight Stays

ParkEventCenters.org





LITTLE BENNETT CAMPGROUND



STAY — & — PLAY

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

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





WORK — FOR — MONTGOMERY PARKS

NOW HIRING

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

Seasonal positions open to ages 16 and up

Career & Full-Time Positions

- Park Maintenance
- Skilled Trades
- Tree Workers
- Ice Rink Management
- Heavy Equipment
- Park Police Officers
- Admin Support
- Horticulture
- Construction Management

Part-Time & Seasonal Staff Positions

Summer Camp Staff, Tennis Facility Positions, Park Maintenance, Museum Educators, Horticulture and more

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

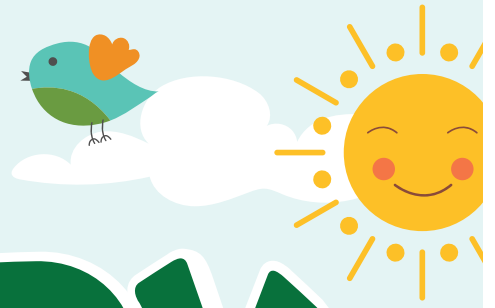
Have Questions? Email us at
MCP-ParksCareers@montgomeryparks.org



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



Open weekends in April
and April 14-21
9:30a-4:30p



SPRING EYE SPY TRAINS



Can you find 'em all?

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

Located at both Cabin John and Wheaton Regional Parks

- Great for families! Each child under 2 rides free per paying adult.
- Tickets can be purchased online at [ActiveMontgomery.org](https://www.ActiveMontgomery.org) or onsite the day of.
- Tickets include activities around the station.

Learn more by visiting [MontgomeryParks.org/Trains](https://www.MontgomeryParks.org/Trains)





MONTGOMERY PARKS

Shine Brighter Together

AUTISM ACCEPTANCE MONTH

FREE FAMILY-FRIENDLY EVENT



April is Autism Acceptance Month!

Join Montgomery Parks in celebrating Autism Acceptance Month with a fun-filled, family-friendly event open to everyone!

April 5, 2025* | 11 am–2 pm

Wheaton Regional Park | 2000 Shorefield Road | Wheaton, Maryland 20902

**Event Rain Date: April 26, 2025*

Exciting Activities: Face painting, games, temporary tattoos, sensory-friendly story time, performances, hands on crafts and more!

Creative Fun: Contribute to a collaborative art project celebrating unity.

Learn & Connect: Discover resources from local organizations and learn about creating a more inclusive community.



For more information, scan the QR code or visit:

MoCoParks.org/ShineBrighter



For more information, contact Ashlyn Thompson at Ashlyn.Thompson@montgomeryparks.org or 301-495-2551.

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/



– CAN'T MISS – SPRING EVENTS



ACOUSTICS AND ALES

March 8, April 4, May 22

Locations vary

Join us for an outdoor happy hour with live music, locally crafted beer, and food.



SUNDAY SERENADE

March 30, April 6 and 13 | 10–11:30a

Cabin John Regional Park

Ease into your Sunday on a high note with the soothing sounds of R&B, jazz, funk and southern soul.



Sligo Creek Fest

May 3 | 11a–3p

Sligo Creek Parkway (Dennis Ave. to University Blvd.)

Sligo Creek Parkway transforms into a vibrant street festival filled with music, food, and fun for all ages.



EARTH MONTH AT OUR NATURE CENTERS



Join us throughout April for eco-friendly activities, educational programs, and hands-on experiences that celebrate the earth and inspire conservation!

PROGRAM SPOTLIGHT:

Black Hill Discovery Center

Share Fair

April 5 | All Ages

Give your once-loved items a second life by participating in our inaugural Share Fair, a community free yard sale.

Brookside Nature Center

Upcycled Art: Paper

April 5 | Ages 18 and up

Transform trash into treasure! Shredded paper will be used to create a decorative planter.

Locust Grove Nature Center

Getting started with Native Plants: Nativescaping 101

April 13 | Ages 18 and up

Learn how to incorporate native plants into your landscape.



Maydale Nature Classroom

Insect Indicators

April 5 | Ages 6 and up

Insects make the world go round. Learn more about these important creatures and how they help.

Meadowside Nature Center

Earth Day with the Owls

April 26 | All Ages

Learn how owls contribute to a healthy ecosystem and create a take-home seed bomb to attract pollinators to your yard!

For a complete list of programs visit MontgomeryParks.org/Events



MONTGOMERY PARKS

AGRICULTURAL HISTORY FARM PARK

Park grounds and trails open daily sunrise to sunset.

See the past, present, and future of Montgomery County's rich farming heritage at the **Agricultural History Farm Park**. This scenic 455-acre park features rolling hills, open fields, an apple orchard, and a variety of farm animals.

Visit AgHistoryFarm.org for programming and event information.

AGRICULTURAL HISTORY FARM PARK
18400 Muncaster Road | Derwood, MD 20855
301-670-4660 | AgHistoryFarm.org



AGRICULTURAL HISTORY FARM PARK



AGRICULTURAL HISTORY FARM PARK
18400 Muncaster Road | Derwood, MD 20855
301-670-4660 | AgHistoryFarm.org

SPECIAL EVENT

Homeschool Tailgate Day: A Fun and Educational Event for All!

Join us for Homeschool Tailgate Day, a special event that combines learning and fun! This event is perfect for homeschoolers of all ages. Teachers, helpers, and volunteers will come together along with mobile learning centers to teach students all about farming, science, history, and different jobs that involve working with the land.

Agricultural History Farm Park

[Click to Register](#)

May 9	Fri	11a-3p	All Ages	\$20	1 Class	PAHFP0012-100001
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HISTORICAL, CULTURAL & ARCHEOLOGICAL

Homeschool History

In this dynamic program, students will embark on an exciting journey through history to discover the crucial role animals have played at the farm park. They'll explore how different families relied on animals for food, labor, and materials, diving into the diverse ways animals were integrated into life on the farm across various time periods. Through engaging hands-on activities and interactive games, students will uncover where these animals came from, how their roles evolved, and how societal changes -like industrialization and urbanization—transformed farming practices. This comprehensive exploration will provide students with a fascinating, deeper understanding of the essential role animals have played in both small-scale and commercial agriculture throughout history.

Agricultural History Farm Park

[Click to Register](#)

Farm Park Friends: Exploring the Animals of the Farm Park's History

Mar 13	Thu	1-3p	Ages 8 to 14	\$15	1 Class	PAHFP0009-100001
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Flavors of History: Exploring the Foods of the Farm Park's Past

Mar 27	Thu	1-3p	Ages 8 to 14	\$15	1 Class	PAHFP0009-100002
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Farm Fashion: Clothing in Agriculture

Apr 10	Thu	1-3p	Ages 8 to 14	\$15	1 Class	PAHFP0009-100003
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Tools of the Trade: A History of Farming Tools and Chores

Apr 24	Thu	1-3p	Ages 8 to 14	\$15	1 Class	PAHFP0009-100004
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Pastimes of the Past: Exploring Historical Toys and Games

May 22	Thu	1-3p	Ages 8 to 14	\$15	1 Class	PAHFP0009-100005
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PLAYTIME OR STORYTIME

Little Farmer Storytime

Join us for Little Farmer Storytime, a special hour just for little ones under 5 years old and their loved ones. Here at the farm park, a fun farm-related story will be read out loud. It's a great way to learn about farm animals, plants, and all the wonderful things that happen on a farm! Comfy seating where little ones can enjoy the story will be offered. Whether you're a family who loves farms or just want to spend some time in nature, this is the perfect way to enjoy a story together in a relaxing and friendly environment.

Agricultural History Farm Park

[Click to Register](#)

Mar 7	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100001
Mar 22	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100002
Apr 4	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100003
Apr 26	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100004
May 2	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100005
May 24	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-100006

THERAPEUTIC RECREATION

Inclusive Sensory Saturday

The Farm Park is partnering with Program Access to offer an inclusive experience for visitors with sensory sensitivities. Each month, the program will feature a different theme, welcoming people of all abilities. A variety of alternative seating, fidget tools, and other sensory-friendly materials will be provided to ensure a comfortable and inclusive experience for everyone.

Agricultural History Farm Park

[Click to Register](#)

Mar 15	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-100001
Apr 19	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-100002
May 17	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-100003

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

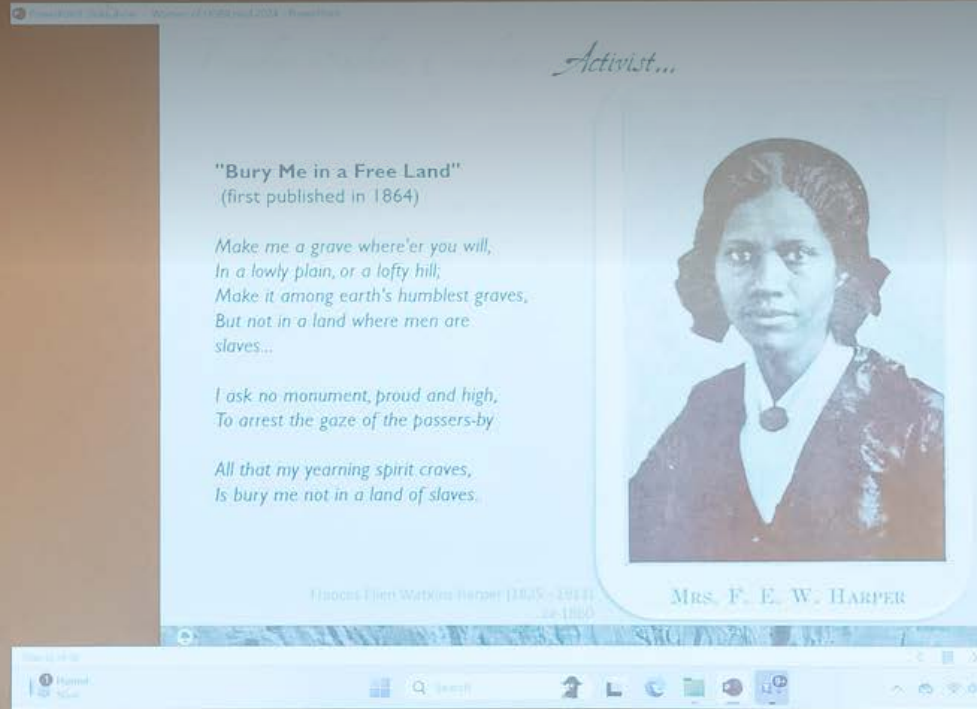


Montgomery Parks is dedicated to providing quality services and programs that are inclusive and accessible to all. ADA: MontgomeryParks.org/accessibility
Non-Discrimination: MontgomeryParks.org/about/parks/

Facebook: [facebook.com/josiahhensonmuseum](https://www.facebook.com/josiahhensonmuseum)
Twitter: @MontgomeryParks
Instagram: @MontgomeryParks



JOSIAH
HENSON
MUSEUM
& PARK



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

JOSIAH HENSON MUSEUM & PARK

Please note: Parking for the Josiah Henson Museum and Park is available one and a half blocks away at Wall Local Park, 5900 Executive Boulevard, North Bethesda. Limited accessible parking is available on site at the museum.

SPECIAL EVENTS

Spring Break for History

The kids may be out of school but the learning continues with an interactive history lesson at Josiah Henson Museum and Park. The museum will be open Special Hours on Wednesday, April 16 and Thursday, April 17, 10am – 1pm. Self-guided tours and special hands-on activities will be available for families. Admission, \$4 for children and seniors, and \$5 for adults. Tickets available onsite.

Josiah Henson Museum and Park

Apr 16-17	Wed & Thu	10a-1p	Ages 4 and up
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History of Play

Even in the most challenging times, children find a way to play. Join us as we celebrate playfulness through the centuries at the Josiah Henson Museum and Park. History of Play activities will be held outside in our park and are free. To view the museum, admission is required: \$4 seniors, \$5/adults, \$4/youth ages 6-17, Free for children 5 and under. Parking for the Josiah Henson Museum and Park is located at 5900 Executive Blvd.

Josiah Henson Museum and Park

Apr 19	Sat	10a-4p	Ages 4 and up
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SPEAKER SERIES

History Hour

This lecture series features local historians, educators and more who will share their knowledge of local and regional history. Arrive early and take a self-guided tour of the museum. Doors open at 5pm. This program will take place at the Josiah Henson Museum and Park Visitor Center. Refreshments provided. Admission, \$5 per person. Tickets available onsite and online. Parking is only located at Wall Local Park, 5900 Executive Blvd.

Josiah Henson Museum and Park

African Labor, Language and Lifeways in American Culture, Speaker: Dr. Iyelli Ichile

Mar 20	Thu	6-7p	Ages 12 and up	\$5	1 Class	Purchase Tickets
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The Religion of Rev. Josiah Henson: Uncle Tom or Theology of Liberation, Speaker: Rev. Dr. Doug Tzan

Apr 10	Thu	6-7p	Ages 12 and up	\$5	1 Class	Purchase Tickets
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Is Your House on a Plantation? A Workshop on Researching Historic Land Ownership, Speaker: Anastasia Poulos

May 17	Thu	6-7p	Ages 12 and up	\$5	1 Class	Purchase Tickets
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ARCHAEOLOGICAL, HISTORICAL & CULTURAL

Archaeology Tour

Join us for a guided tour of the grounds at Josiah Henson Museum and Park to learn about the features and artifacts that inform our understanding of Rev. Josiah Henson’s life at the Riley Plantation. This 30-minute tour is appropriate for ages 6 and up. Pre-registration is not required. Admission, \$3 per person. Tickets available onsite on the day of tour. Does not include admission to museum.

Josiah Henson Museum and Park

Apr 5	Sat	1-1:30p	Ages 4 and up	\$3	1 Class
Apr 12	Sat	1-1:30p	Ages 4 and up	\$3	1 Class
Apr 19	Sat	1-1:30p	Ages 4 and up	\$3	1 Class
Apr 26	Sat	1-1:30p	Ages 4 and up	\$3	1 Class
May 10	Sat	1-1:30p	Ages 4 and up	\$3	1 Class





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

Oakley Cabin

African American Museum & Park

Learn about the African American roadside community that 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.

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 ParksVolunteers.org.

Visiting the park when the cabin is closed?

Visitors can learn about the history of the cabin through the Oakley Cabin Augmented Reality Experience. Scan a series of QR codes on-site for an immersive learning experience.



OAKLEY CABIN AFRICAN AMERICAN MUSEUM & PARK

3610 Brookeville Road | Olney, MD 20832

OakleyCabin.org | 301-650-4373



WOODLAWN MANOR CULTURAL PARK



WOODLAWN MANOR
CULTURAL PARK

WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860

MCP-WoodlawnPrograms@montgomeryparks.org

301-929-5989 | WoodlawnManor.org

Park grounds and trails open daily sunrise to sunset.
Free of charge.

WOODLAWN MUSEUM

Open April–November

Friday and Saturday 10am–4pm

Sunday 12–4pm

Fee Required.

SPECIAL EVENTS

Women of Woodlawn Walking Tour

In celebration of Women’s History Month, this tour will highlight the “Women of Woodlawn” and the societal norms of women from the early 1800s to the 1970s. The guided tour includes interior and exterior spaces, including optional spaces that are not ADA accessible. Tours are available at 1pm and 3pm and are approximately 45 minutes. Admission, \$5 per person. Advanced registration highly recommended at ActiveMontgomery.org. Limited tickets will be available to purchase the day-of at the Visitor Center.

Woodlawn Manor Cultural Park

Mar 29	Sat	1-1:45p	All Ages	\$5	1 Class	Purchase Tickets
Mar 29	Sat	3-3:345p	All Ages	\$5	1 Class	Purchase Tickets

Spring Break for History

The kids may be out of school but continue the learning experience with special spring break hours at Woodlawn Manor Cultural Park this week! Woodlawn Museum will be open April 17 - 19, 10 am to 4 pm. Admission required, tickets sold the day of at the Visitor Center.

Woodlawn Manor Cultural Park

[Learn More](#)

Apr 17-19	Thu-Sat	10a-4p	All Ages	Free		WoodlawnManor.org
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Spring Fling Family Day

Kids and families of all ages are welcome to drop-in to Spring Fling Family Day. Enjoy hands-on activities including building and flying your own kite, creating a seed bomb for a garden, embark on a nature scavenger hunt, and more! Part of a quarterly Family Day series. The event takes place on the grounds of Woodlawn Manor Cultural Park. Guests should dress accordingly. Admission, FREE. No advanced reservation required.

Woodlawn Manor Cultural Park

[Learn More](#)

May 10	Sat	11a-3p	All Ages	Free		WoodlawnManor.org
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Twilight Trek

Learn historical context and techniques used to navigate the way North to freedom including the challenges and opportunities nighttime travel presented. Traverse the trail with the help of stars and moonlight while learning which plants were helpful along the journey. Participants are highly encouraged to bring a flashlight and wear light colored or reflective clothing. Hike will begin at 7 pm and end at approximately 8:30 pm. Woodlawn Museum admission included; please arrive 30 minutes prior to the start of the hike to explore the museum. Hike covers 2 miles on a natural surface hiking trail; not ADA accessible or appropriate for all strollers. Appropriate for ages 15 and up. The next Twilight Trek will be Saturday, July 26 at 7pm. Admission: \$8 per person. Advanced registration required by 5 pm Wednesday before hike.

Woodlawn Manor Cultural Park

May 31	Sat	7-8:30p	Ages 15 and up	\$8	1 Class	Purchase Tickets
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Guided Hike on the Underground Railroad Experience Trail

Learn about the experience of 19th century freedom seekers and Montgomery County residents in a guided hike of the Underground Railroad Experience Trail. Discover techniques used for navigation, eluding detection, and finding food/shelter on the perilous journey. Hike covers 2 miles on a natural surface hiking trail; not ADA accessible or appropriate for all strollers. Dress appropriately. Content appropriate for ages 7 and up; fee charged for ages 6 and up. Advance registration closes 12 pm day before hike. Limited walk-in availability; sold at the Woodlawn Visitor Center. Woodlawn Museum admission included in ticket.

Woodlawn Manor Cultural Park

Apr 5	Sat	10-11:30a	Ages 6 and up	\$8	1 Class	Purchase Tickets
Apr 18	Fri	10-11:30a	Ages 6 and up	\$8	1 Class	Purchase Tickets
Apr 19	Sat	10-11:30a	Ages 6 and up	\$8	1 Class	Purchase Tickets
May 3	Sat	10-11:30a	Ages 6 and up	\$8	1 Class	Purchase Tickets
May 17	Sat	10-11:30a	Ages 6 and up	\$8	1 Class	Purchase Tickets



WOODLAWN MANOR CULTURAL PARK

WOODLAWN MUSEUM

Self-guided exhibits illustrate Montgomery County's agricultural history, enslaved and free black communities, the Quaker experience and the Underground Railroad.

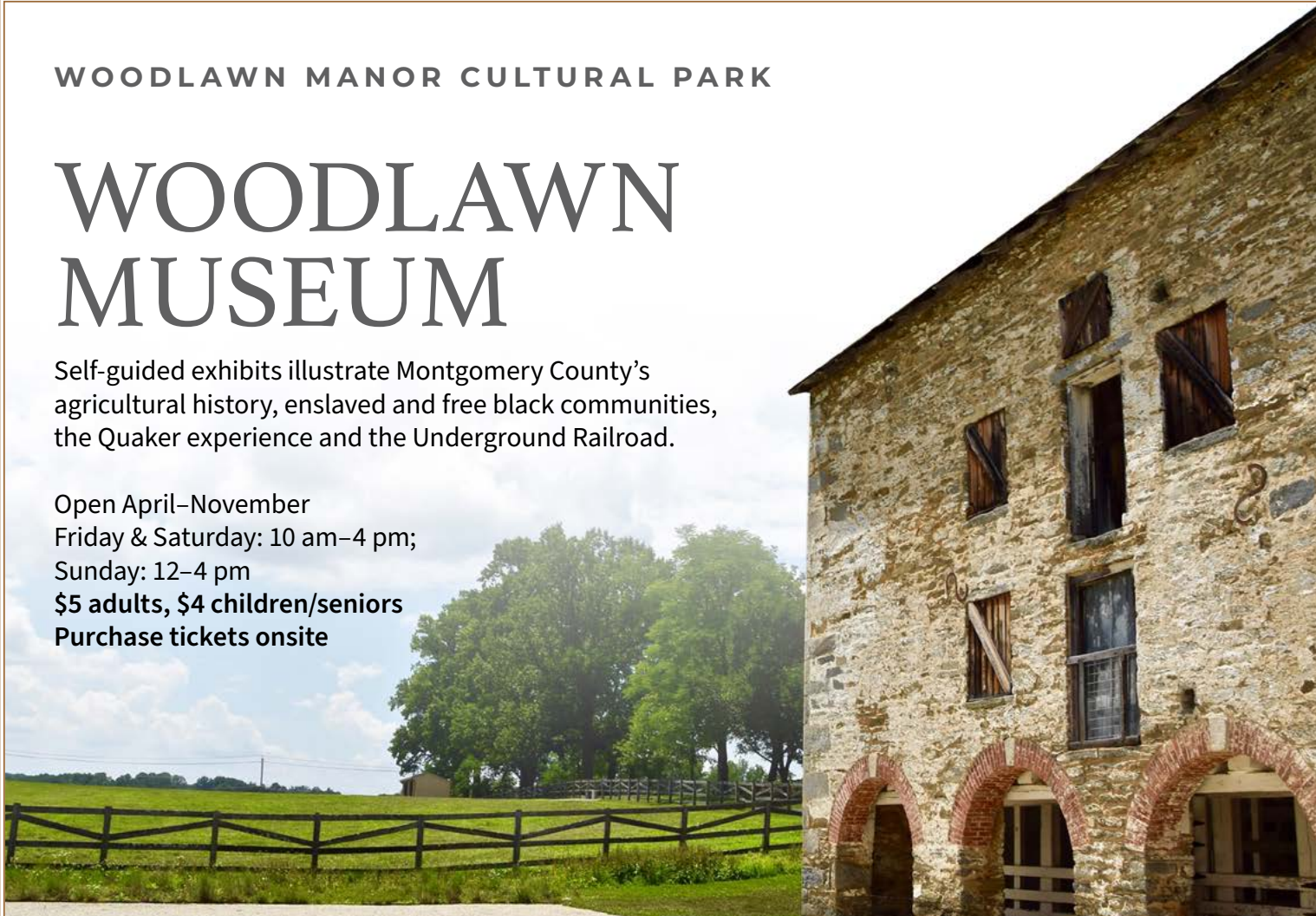
Open April–November

Friday & Saturday: 10 am–4 pm;

Sunday: 12–4 pm

\$5 adults, \$4 children/seniors

Purchase tickets onsite



Woodlawn Manor House

Take a guided tour of the 19th century Woodlawn Manor House and learn about Palmer family that oversaw the farm for nearly 100 years. Learn about the grounds and historic outbuildings and the role they played in this successful farm.

Tour includes interior and exterior spaces, including optional spaces that are not ADA accessible.

Open April–November by guided tour only.

Tours offered Saturdays, 11 am and 2 pm; Sundays, 1 pm.

Tour length 45 minutes.

\$5 per person. Purchase tickets onsite.

WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860

MCP-WoodlawnPrograms@montgomeryparks.org

301-929-5989 | WoodlawnManor.org



WOODLAWN MANOR
CULTURAL PARK





FITNESS

Toddler and You Yoga

Dance, sing and frolic with your toddler while learning yoga poses, participating in creative movement and learning breathing exercises and other methods small children can use for self calming. All classes in the series are included in the one registration fee. When registering, please register your child only. A parent or guardian must attend class with their child. Classes in the series are not offered on an individual basis. Please bring a yoga mat. Classes are held in the Tilden Woods Local Park Activity Building located on park grounds. Registration is required. No walk-ins will be accepted. NOTE: Class will not meet on Saturday, April 19.

Tilden Woods Local Park

[Click to Register](#)

Mar 6-May 22	Thu	10-10:45a	Ages 2 to 5	\$144	12 Classes	PPACT0006-100001
Mar 8-May 17	Sat	11:30a-12:15p	Ages 2 to 5	\$120	10 Classes	PPACT0006-100002



POUND Fitness

Unleash your inner Rockstar! POUND is a drumming-inspired cardio indoor workout that uses Ripstix (lightly weighted drumsticks) to tone your body. Infused with Pilates based movements, strength training and plyometrics, you'll leave class feeling alive, confident and strong! It's a perfect way to destress after your day. Let's jam to the beat of good music, move your body, and have fun! *NOTE: This is a series of eight consecutive classes. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Please bring a yoga mat. Ripstix's will be provided by the instructor for in class use. Registration is required. No walk-ins will be accepted.

Norbeck-Muncaster Mill Park (100003), Meadowbrook Local Park (100004, 100005)

[Click to Register](#)

Mar 19-May 7	Wed	5:30-6:15p	Ages 18 and up	\$72	8 Classes	PPACT0004-100003
Mar 20-May 8	Thu	5:30-6:15p	Ages 18 and up	\$72	8 Classes	PPACT0004-100004
Mar 20-May 8	Thu	7:15-8p	Ages 18 and up	\$72	8 Classes	PPACT0004-100005

Intro to Nordic Walking

Join a certified instructor for three introduction classes to Nordic Waking! This fun and easy-to-learn exercise is also known as Urban Poling or pole walking. Nordic Walking levels up and intensifies regular walking by helping participants burn up to 46% more calories than walking without poles. Additionally, it helps improve posture and balance and engages the core and upper body. Nordic Walking is for individuals who can walk without assistance and poles are provided. *NOTE: This is a series of three consecutive Tuesday classes. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Equipment will be provided by the instructor for in class use. Due to the expansion of the park and construction, please meet your instructor Anna at the playground of the Ovid Hazen Wells Recreational Park. Registration is required. No walk-ins will be accepted.

Ovid Hazen Wells Recreational Park

[Click to Register](#)

Mar 11-25	Tue	6-7p	Ages 18 and up	\$30	3 Classes	PPACT0010-100001
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Nordic Walking - Park Tour 2025

This is the perfect continuation course if you have participated in a prior Nordic Walking class and you would like to practice your walking skills. Join instructor Anna for a park tour during our Nordic Walking - Level 2 Park Tour 2025. During the April session you will be walking through our Green Farm Conservatory Park. Sign up again in May to walk at Lake Needwood in Rock Creek Regional Park. Nordic Walking is for individuals who can walk without assistance and poles are provided. *NOTE: This is a series of four consecutive Tuesday classes. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Equipment will be provided by the instructor for in class use. Registration is required. No walk-ins will be accepted.

Green Farm Conservatory Park

[Click to Register](#)

Apr 8-29	Tue	6-7p	Ages 18 and up	\$40	4 Classes	PPACT0010-100002
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Lake Needwood Boats

[Click to Register](#)

May 6-27	Tue	6-7p	Ages 18 and up	\$40	4 Classes	PPACT0010-100003
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Yoga for Strength and Vitality

Focusing on building strength and flexibility to promote healthy aging for ages 55 and up. This class is mat-based, but will have chairs available to modify poses and make the practice accessible to most levels. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Participants should be able to get up and down from a mat without assistance. Please bring a yoga mat. Classes are held indoors at the Tilden Woods Local Park Activity Building located on park grounds. Registration is required. No walk-ins will be accepted.

Tilden Woods Local Park

[Click to Register](#)

Mar 4-May 20	Tue	10-11a	Ages 55 and up	\$108	12 Classes	PPACT0017-100001
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Mar 6-May 22	Thu	11a-12p	Ages 55 and up	\$108	12 Classes	PPACT0017-100002
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Midday Reset Yoga

Need a break from your busy day? In this 45 minute indoor class, experience the restorative practice of yoga nidra, known as “yogic sleep”. The class begins with gentle movement to release tension, followed by yoga nidra meditation, combining breath awareness, body scanning, and visualization to guide you into a state of deep relaxation. The session wraps up with energizing techniques, such as breathwork and simple movements, to help you return to your day with clarity and focus. Perfect for anyone seeking a midday or midweek reset! *NOTE: Class will not meet on Wednesday, April 23, 2025. Class will be held inside the park activity building and move outside if weather permits. This is a series of six Wednesday classes. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Please bring a yoga mat or two for comfort and a light blanket or towel. Chairs will be available for use. There is no parking lot for this park. Neighborhood street parking only. Registration is required. No walk-ins will be accepted.

Kensington Cabin Local Park

[Click to Register](#)

Apr 2-May 14	Wed	12:15-1p	Ages 18 and up	\$60	6 Classes	PPACT0019-100001
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DANCE

Partnering Dance 101

Let's partner up and learn basic Cha-Cha and Foxtrot dance steps with a partner to music. Picture this: a beautiful spring evening...time to decompress outdoors and invest in yourself. Maybe this class will be a unique date night activity, a new way to connect with others, a fun new hobby, or for overall wellness and fitness, No matter your reason-all are welcomed. Come join us Monday evenings for Partner Dancing 101 in the park!*NOTE: This is a series of six Monday outdoor classes. All classes in the series are included in the one registration fee. Classes in the series are not offered on an individual basis. Everyone must have a partner to register. Partners must register as individuals. Registration required. No walk-ins will be accepted.

Arora Hills Local Park

[Click to Register](#)

Mar 10-Apr 14	Mon	5:30-6:30p	Ages 18 and up	\$54	6 Classes	PPACT0011-100001
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ART

Storytime Art

Let's CREATE! Listen along with your toddler to a story, then together create art while exploring a variety of art materials. At the end of each 45 minute session, you will be able to bring home your artwork to share with family and friends. Sessions are taught by a MCPS certified elementary art teacher. Materials fee included. *NOTE: Storytime will be held outside in the park if weather permits. Please bring a blanket or two to sit on. The art portion of the class will be held inside the park activity building located on park grounds. When registering, please register your child only. A parent or guardian must attend class with their child. Registration is required. No walk-ins will be accepted.

Clarksburg Neighborhood Park

[Click to Register](#)

Mouse Paint by Ellen Stoll Walsh

Mar 14	Fri	1-1:45p	Ages 2 to 5	\$18	1 Class	PPACT0020-100001
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The Rainbow Fish by Marcus Pfister

Mar 21	Fri	1-1:45p	Ages 2 to 5	\$18	1 Class	PPACT0020-100002
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The Very Hungry Caterpillar by Eric Carle

May 2	Fri	1-1:45p	Ages 2 to 5	\$18	1 Class	PPACT0020-100003
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Planting a Rainbow by Lois Ehlert

May 9	Fri	1-1:45p	Ages 2 to 5	\$18	1 Class	PPACT0020-100004
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CANOPY CONNECTION

Canopy Connection-Tree Climbing for Teens

EmBARK on a tree climbing adventure into the treetops, reach out and touch the trees. This hands-on course for teens offers a unique opportunity to learn the basics of ropes, how to tie basic knots, proper techniques to ascend ropes, and safety equipment used for tree climbing. Take time to talk with the professionals and learn how this can be a career path. * NOTE: Proper clothing is required. Participants must wear long pants and sturdy athletic shoes. Tree climbing is physically demanding, Participants must be able to get up and down from a mat and support yourself. Drink plenty of water the night before the climb and bring a water bottle along to the climb. Registration is required. No walk-in accepted. Spectators, please bring a lawn chair.

Washington Square Neighborhood Park

[Click to Register](#)

Apr 16	Wed	9a-12p	Ages 14 to 18	\$75	1 Class	PPACT0014-100001
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Canopy Connection-Tree Climbing for 55+

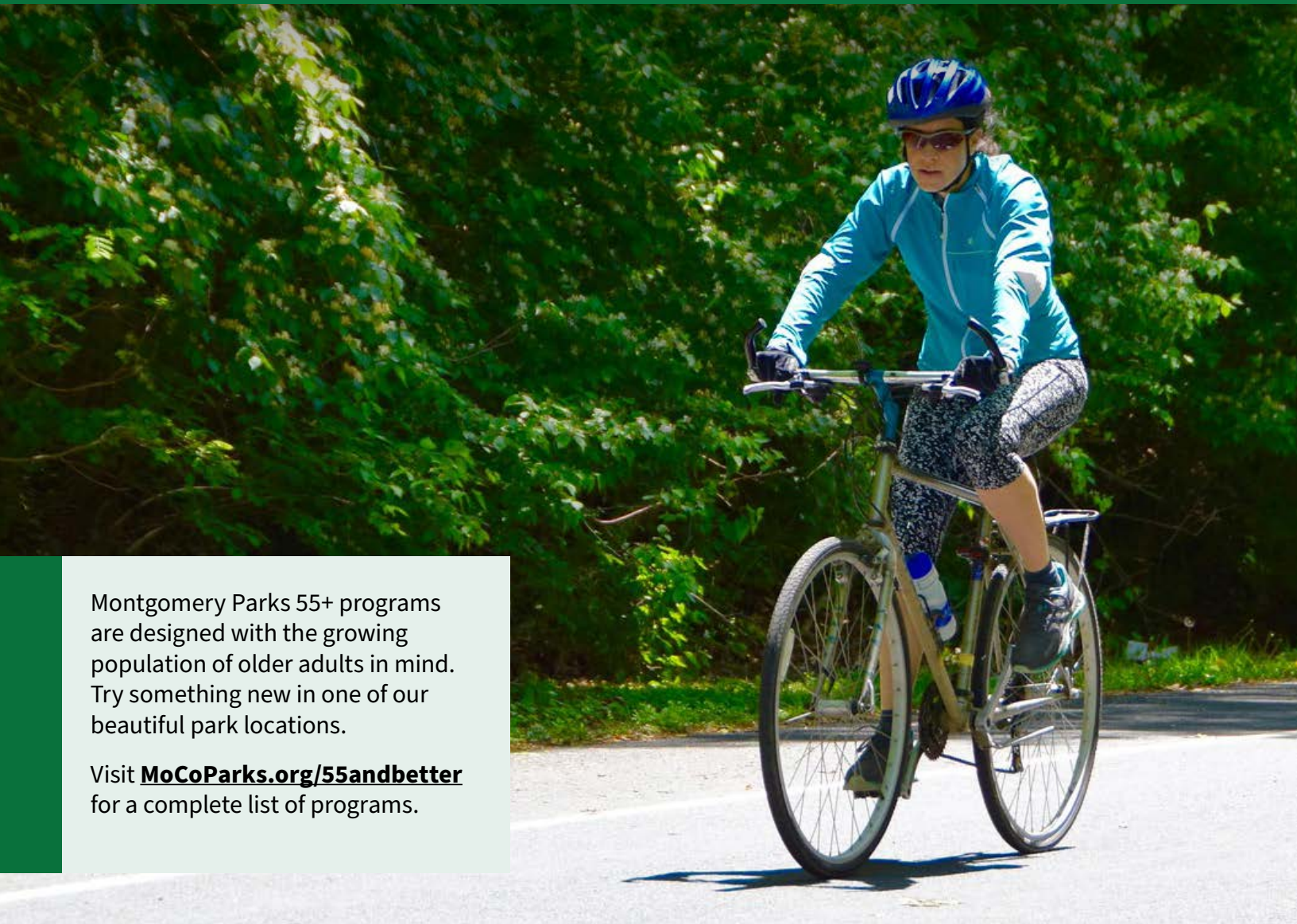
EmBARK on a tree climbing adventure into the treetops, reach out and touch the trees. Remember the days when climbing a tree was a form of exercise. Come climb a tree with the professionals and have fun again. This hands-on course offers a unique opportunity to learn the basics of ropes, how to tie basic knots, proper techniques to ascend ropes, and safety equipment used for tree climbing. * NOTE: Proper clothing is required. Participants must wear long pants and sturdy athletic shoes. Tree climbing is physically demanding, Participants must be able to get up and down from a mat and support yourself. Drink plenty of water the night before the climb and bring a water bottle along to the climb. Registration is required. No walk-ins accepted. Spectators, please bring a lawn chair.

Clarksburg Neighborhood Park

[Click to Register](#)

May 16	Fri	9a-12p	Ages 55 and up	\$75	1 Class	PPACT0013-100001
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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](https://mocoparks.org/55andbetter) for a complete list of programs.

PROGRAMS FOR 55+

55+ The C&O Canal by Bike

Join us while we ride along the towpath stopping to enjoy the natural and cultural history of the area. Each biking excursion will be about 20 miles roundtrip. Comfort breaks and lunch break included. Participants must supply their own bike, helmet, lunch, water bottle, and transportation to starting location. An extra innertube is also recommended.

Dickerson Conservation Park

[Click to Register](#)

Dickerson Conservation Park to Point of Rocks Ride

Mar 26	Wed	10:30a-2:30p	Ages 55 and up	\$25	1 Class	PMAY0037-100001
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Dickerson Conservation Park to Edwards Ferry Ride

Apr 30	Wed	10:30a-2:30p	Ages 55 and up	\$25	1 Class	PMAY0037-100002
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55+ 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. Adaptive equipment will be available to assist participants in getting in and out of the kayak. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. 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.

Black Hill Discovery Center

[Click to Register](#)

May 25	Sun	12-2p	Ages 55 and up	\$30	1 Class	PPACC0009-100001
May 27	Tue	3-5p	Ages 55 and up	\$30	1 Class	PPACC0009-100002

Beginning Recreational Kayaking for Older Adults

Kayaking is even more fun that it looks, plus it has numerous health and physical benefits! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. You may get wet, so dress accordingly. All necessary equipment provided, and adaptive equipment will be available for those needing assistance getting in and out of the kayak. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Expect to get your feet wet and your clothes a bit damp. You must be able to swim. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required.

Black Hill Discovery Center

[Click to Register](#)

May 11	Sun	12-2p	Ages 55 and up	\$55	1 Class	PPACC0010-100001
May 20	Tue	3-5p	Ages 55 and up	\$55	1 Class	PPACC0010-100002

Nature Book Club

Join our 55+ Nature Book Club and become part of a community that celebrates the beauty of literature and the outdoors! Explore a range of books centered around nature, wildlife, conservation, and environmental issues. Each month, our members vote on the next book to read, ensuring a diverse and engaging reading list. Light refreshments will be provided. Registration is required.

Black Hill Discovery Center

[Click to Register](#)

Mar 18, Apr 15, May 20	Tue	6-7:30p	Ages 55 and up	Free		MoCoParks.org/ 55andbetter
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ADAPTIVE PROGRAMS KAYAKING

Adaptive Paddling

Experience a fun, accessible evening on the water with our Adaptive Paddling Program! We offer adaptive kayaking equipment such as transfer benches, hand and wrist supports, stabilizing outriggers, and supportive seating systems for individuals who benefit from physical support. Our trained staff ensures a safe and enjoyable adventure on calm, flat water. Each registered participant can bring one guest to join in the experience by answering the custom question during registration. Essential gear, including PFDs and paddles, are provided. Registration Required.

Seneca Landing Special Park

[Click to Register](#)

Apr 24	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC0005-100001
May 22	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC0005-100002

Therapeutic Recreation Kayaking

Join our new Therapeutic Recreation Kayaking Program for a fun, inclusive experience on the calm waters of Little Seneca Lake. Participants with disabilities will learn kayaking skills like basic strokes, boat control, and more taught by certified instructors. Our trained staff will ensure a safe and enjoyable program. Each registered participant can bring one guest by answering the custom question during registration. All necessary equipment is provided including PFDs and paddles. Registration Required.

Black Hill Discovery Center

[Click to Register](#)

May 6	Tue	10:30a-12p	Ages 18 and up	Free	1 Class	PPACC0013-100001
May 27	Tue	10:30a-12p	Ages 18 and up	Free	1 Class	PPACC0013-100002

ADAPTIVE MOUNTAIN BIKING

Adaptive Mountain Biking Clinic

This program is designed exclusively for individuals with disabilities to experience the thrill of mountain biking. A variety of adaptive bikes will be available to borrow through a partnership with Catalyst Sports. Support riders will provide support along the trail. Registration Required. Visit MoCoParks.org/AdaptiveMountainBiking for more details.

Little Bennett Regional Park

[Click to Register](#)

Mar 22	Sat	10:30a-2p	Ages 16 and up	Free	1 Class	PPACC0012-400001
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Adaptive Mountain Biking Group Ride

Sign up to join a Roots to Rocks Group Mountain Bike Trail Ride on one of our adaptive bikes. This "no rider left behind" ride is designed to be safe, inclusive, and enjoyable for all participants. Rides average 5 miles, and a bike fitting and orientation will take place before the ride begins. Riders will be accompanied by volunteer guides and sweeps to ensure a supportive experience for everyone.

Two adaptive bikes are available:

Lasher Recumbent Handcycle: An all-terrain handcycle designed for comfort and control, featuring adjustable seat settings, hand-operated braking, steering, and propulsion, with power assist for challenging terrain. This bike is suitable for riders with grip strength to use a hand brake, and transfers require some lower limb flexibility. The riding position is seated, recumbent, and low, offering a stable and enjoyable ride for all skill levels.

TerraTrike All Terrain with Power Assist: A foot-pedaled e-assist recumbent bike designed for trail riding in a seated position. It features a wide range of gears and power assist to handle hills, with a wide track for added balance. This bike is suitable for riders who can pedal but require the stability and seating position of a recumbent trike. Grip strength is needed to operate the brakes.

Participants should register for the bike they believe will best fit their needs. The Program Access office will contact participants for bike and ride details prior to the program.



Lasher Recumbent Handcycle



TerraTrike All Terrain with Power Assist

ADAPTIVE PROGRAMS

Adaptive Mountain Biking Group Ride (continued)

TerraTrike Recumbent Foot-Pedaled Trike

North Branch SVU4

[Click to Register](#)

Apr 18	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100001
Jun 6	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100005

Block House Point Conservation Park

[Click to Register](#)

May 23	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100003
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TerraTrike Recumbent Foot-Pedaled Trike

North Branch SVU4

[Click to Register](#)

Apr 18	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100002
Jun 6	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100006

Block House Point Conservation Park

[Click to Register](#)

May 23	Fri	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-100004
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HIKING

Trail Trekkers

Join Trail Trekkers, an inclusive walking program for individuals with disabilities, their friends, family, and community members. Explore accessible trails in Wheaton Regional Park and Rock Creek Regional Park alongside a Master Naturalist. Share conversations, make new friends, and have fun while staying active outdoors. Registration Required.

Wheaton Regional Park

[Click to Register](#)

Apr 3	Thu	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC00014-100001
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Rock Creek Regional Park

[Click to Register](#)

Apr 15	Tue	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC00014-100002
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Wheaton Regional Park

[Click to Register](#)

May 1	Thu	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC00014-100003
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Rock Creek Regional Park

[Click to Register](#)

May 13	Tue	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC00014-100004
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Additional adaptive programs:

[Adaptive Recreation - Gardening 101](#) - [Page 67](#)

[Introduction to Mosaics with Ellen Mansfield: American Sign Language](#) - [Page 93](#)

Brookside
GARDENS



BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

301-962-1400

BrooksideGardens.org

SPECIAL EVENTS

Earth Month Family Celebration

Celebrate Earth Day at Brookside Gardens on April 26 when the activities are especially geared towards children and their families. Explore the science and art of sustainability through child-driven projects, plantings, and crafts. Registration is encouraged but not required.

Brookside Gardens

[Click to Register](#)

Apr 26	Sat	10a-2p	All Ages	Free	1 Class	PBG0128-100002
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Brookside Gardens Plant Sale

Get a head start on spring gardening! You'll appreciate the high-quality perennials, shrubs, and small trees grown at Montgomery Parks' Pope Farm and local nurseries. Enjoy a wide selection of plants, including native ecotypes, and get expert advice from staff horticulturists. Proceeds support ongoing efforts to beautify Brookside Gardens.

Brookside Gardens

Apr 27	Sat	10a-1p	All Ages			
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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. Meet in the Outdoor Classroom located in the Children's Garden area.

Brookside Gardens

[Click to Register](#)

Mar 8	Sat	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100008
Mar 15	Sat	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100009
Mar 22	Sat	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100010
Mar 29	Sat	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100011
May 18	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100012
May 25	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	PBG0111-100013

Seed Design Challenge

Seeds are amazing. They can float, fly, explode, and hitch a ride across vast distances. Do you think you have what it takes to engineer a new type of seed that can travel farther than our local species? Come to this engineering design challenge and find out. This is a hands-on workshop which will include both indoor and outdoor components. Come ready to work collaboratively and troubleshoot together as you create a prototype and test your creation. Participants will also make and take native seed balls back home, so that you can keep spreading seeds in your community even after the program is over. Meet in the Children's Classroom in the Visitor Center.

Brookside Gardens

[Click to Register](#)

Mar 16	Sun	10-11a	Ages 8 to 12	\$10	1 Class	PBG0172-100001
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Youth Nature Photography

Take a closer look at the natural world through the lens of a camera in this beginner-friendly program. Learn tips and strategies for getting the most out of your outdoor photos and learn about nature along the way. Bring your camera (phone cameras count) or borrow one of ours. Meet in the Visitor Center and dress for the weather.

Brookside Gardens

[Click to Register](#)

Mar 22	Sat	11a-12p	Ages 13 to 18	\$10	1 Class	PBG0174-100001
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School's Outside for Teens

A day off of school is the perfect time to go outside - join us for a full day of garden fun for youth ages 11-14. Each session will include a variety of indoor and outdoor activities including games, hands-on botany, arts and crafts, and garden walks. Bring a lunch and refillable water bottle. Required sign-in procedures and forms will be emailed to guardians prior to program start date. Meet in the Children's Classrooms in the Visitor Center.

Brookside Gardens

[Click to Register](#)

Mar 31	Mon	9a-3:30p	Ages 11 to 14	\$45	1 Class	PBG0167-100001
Apr 14	Mon	9a-3:30p	Ages 11 to 14	\$45	1 Class	PBG0167-100002
Apr 15	Tue	9a-3:30p	Ages 11 to 14	\$45	1 Class	PBG0167-100003

Eco-Friendly Planters

Celebrate the weeks leading up to Earth Day by creating a pot from upcycled materials and transplanting a seedling grown at Brookside Gardens to take home. Learn about the specific plant and take a garden walk to find it growing outside. Meet in the Visitor Center. Plant care instructions will be provided during the program.

Brookside Gardens

[Click to Register](#)

Apr 5	Sat	10-11a	Ages 8 to 10	\$10	1 Class	PBG0175-100001
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Youth BioBlitz

If you like being outside, taking pictures, and hanging out with your friends, this is the BioBlitz for you. We need your help to collect real data and take a snapshot of the biodiversity in the Gardens. Get permission to bring your smartphone to the BioBlitz and download the iNaturalist app so that you can help us identify plants and wildlife (a few devices will be available to borrow). Free with registration required. Meet at the Visitor Center and dress for the weather.

Brookside Gardens

[Click to Register](#)

Apr 19	Sat	11a-12p	Ages 13 to 18	Free	1 Class	PBG0171-100001
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Birding in the Garden

Take a bird walk with an expert instructor and learn the basics of using binoculars, listening for bird calls, using field guides and digital tools, and looking carefully in all directions. Stop at the spots in the garden that are most attractive for local birds and learn more about them. Borrow a pair of our binoculars or bring your own (optional). Meet in the Visitor Center and dress for the weather.

Brookside Gardens

[Click to Register](#)

May 17	Sat	10-11a	Ages 8 to 12	\$10	1 Class	PBG0173-100001
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HEALTH AND WELLNESS

Yoga at Brookside Gardens

Instructor: Tanory Ateek

Location: This class will be held in the Brookside Gardens Visitor Center Auditorium (March - April) or in the Japanese Tea House (May - August). No walk-ins will be accepted. Class size limited to 20 people.

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.

Brookside Gardens

[Click to Register](#)

Mar 1	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100001
Mar 8	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100002
Mar 15	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100003
Mar 29	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100004
Apr 5	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100005
Apr 12	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100006
Apr 19	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100007
Apr 26	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100008
May 3	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100009
May 10	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100010
May 17	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100011
May 24	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-100012

Tai Chi at Brookside Gardens

Instructor: Charles Votaw

Location: This class will be held in the Brookside Gardens Visitor Center Auditorium (March - April) or in the Japanese Tea House (May - August). No walk-ins will be accepted. Class size limited to 25 people.

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.

Brookside Gardens

[Click to Register](#)

Mar 5	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100001
Mar 12	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100002
Mar 19	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100003
Mar 26	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100004
Apr 2	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100005
Apr 9	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100006
Apr 16	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100007
Apr 23	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100008
Apr 30	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100009
May 7	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100010
May 14	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100011
May 21	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100012
May 28	Wed	9-10:15a	Ages 18 and up	\$14	1 Class	PBG0029-100013





Gentle Yoga at Brookside Gardens

Instructor: Sherry Weber

Location: This class will be held in the Brookside Gardens Visitor Center Auditorium (March - April) or in the Japanese Tea House (May - August). No walk-ins will be accepted. Class size limited to 20 people.

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.

Brookside Gardens

[Click to Register](#)

Mar 6	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100001
Mar 13	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100002
Mar 20	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100003
Mar 27	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100004
Apr 3	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100005
Apr 10	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100006
Apr 17	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100007
Apr 24	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100008
May 1	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100009
May 8	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100010
May 15	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100011
May 22	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100012
May 29	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-100013

Guided Mindfulness Walks: Family Mindfulness and Nature

Strengthen family bonds and foster emotional well-being with this immersive workshop focused on mindfulness and nature exploration. Engage in fun, mindful activities designed to deepen connection, communication, and presence within your family. Children of all ages with their family are welcome.

Brookside Gardens

[Click to Register](#)

Mar 20	Thu	10a-12p	All Ages	\$28	1 Class	PBG0168-100001
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Guided Mindfulness Walk - “Connections in Nature”

Uncover the links between yourself and the environment around you in this guided walk through the Gude Garden. Through gentle movement, discussion, journaling, and meditation, you will explore what it means to connect with yourself, with others and with the natural world.

Brookside Gardens

[Click to Register](#)

Apr 5	Sat	10a-12p	Ages 18 and up	\$28	1 Class	PBG0108-100001
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Guided Mindfulness Walk - “Motherhood in Nature”

Reconnect with yourself and the natural world in this workshop designed to support mothers in cultivating mindfulness, self-compassion, and resilience. Through guided movement and mindfulness practices, nature connection, and shared reflection, discover tools to nurture both yourself and your role as a mother. Babies in strollers are welcome.

Brookside Gardens

[Click to Register](#)

Apr 17	Thu	10a-12p	Ages 18 and up	\$28	1 Class	PBG0125-100001
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Yoga Sprouts

Bring your little ones to this series of fun, garden-related yoga movement classes. Physical exercise and mindfulness will awaken your senses, boost your energy, and give you good garden vibes to start your day. Classes are outdoors and either moved indoors or canceled in cases of inclement weather. Bring your own mat or borrow one of ours. Adults must accompany children. Meet at the South Terrace before walking with the instructor to the outdoor class location in the Woodland Chapel.

Brookside Gardens

[Click to Register](#)

Apr 19	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100019
May 3	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100020
May 10	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100021
May 17	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100022
May 24	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100023
May 31	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	PBG0078-100024

Strolls for Well-Being at Brookside Gardens

Immerse yourself in the transformative power of nature through Strolls for Well-Being - an evidence-based program designed to nurture emotional wellness and inspire self-discovery. Over eight weeks, you'll enjoy twelve unaccompanied walks (or strolls!) through the serene beauty of Brookside Gardens, guided by a stunning, full-color, 110-page journal. Each walk centers around a meaningful theme, offering reflective readings and prompts to help you slow down, be present, and look inward. Whether you're navigating life's challenges, seeking relief from stress, or simply craving a deeper connection to nature, this program is your pathway to renewal and growth. You'll also have the chance to connect with others during three in-person group meetings, held at the beginning, middle, and end of the program. These sessions offer essential guidance, materials, and a supportive space to share insights with fellow participants. (Please ensure you can attend all three meetings before registering!) Don't wait to prioritize your well-being - join us on this journey of mindfulness and self-care in our beautiful garden! Please note: While this program is created by mental health professionals, Brookside Gardens is not a licensed mental health service provider.

Brookside Gardens

[Click to Register](#)

Apr 19- Jun 7	Sat	10-11:30a	Ages 18 and up	\$75	3 Classes	PBG0033-100003
Apr 22-Jun 17	Tue	11a-12:30p	Ages 18 and up	\$75	3 Classes	PBG0033-100001
Apr 23- Jun 18	Wed	11a-12:30p	Ages 18 and up	\$75	3 Classes	PBG0033-100002

Shinrin-yoku: The Art of Forest Bathing

Instructor: Ana Ka'ahanui, certified forest therapy guide

Location: Brookside Gardens Grounds. Meet at Visitor Center Entrance of Brookside Gardens located at 1800 Glenallan Avenue

Connect with nature through a forest bathing walk among the beautiful springtime blossoms and newly leafing trees. 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.

About Forest Bathing: The Forest Agency of Japan began promoting forest bathing, or shinrin-yoku, in the 1980s as a response to the stresses of urban living and long work hours. This nature-oriented mindfulness practice, which is rooted in the traditional Japanese reverence for the natural world, has since become popular all over the world, bringing joy and improved mental and physical health to millions of people. Numerous health studies have confirmed forest bathing's benefits and doctors and nurses in our region are taking note. Many are prescribing "Nature" to their patients.

Brookside Gardens

[Click to Register](#)

May 3	Sat	9:30-11:30a	Ages 18 and up	\$35	1 Class	PBG0022-100001
May 25	Sun	10a-12p	Ages 18 and up	\$35	1 Class	PBG0022-100002

Half-Day Mindfulness Retreat at Brookside Gardens

Instructor: Tanory Ateek

Location: Meet at Visitor Center Entrance of Brookside Gardens located at 1800 Glenallan Avenue

With her signature curiosity and playful approach, Tanory 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 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.

Brookside Gardens

[Click to Register](#)

May 18	Sun	9a-1p	Ages 18 and up	\$70	1 Class	PBG0018-100001
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GARDEN TOURS

Brookside Gardens Azalea & Rhododendron Tour

Tour guide: Keely Shaughnessy, Brookside Gardens staff

Location: Meet at Visitor Center Entrance of Brookside Gardens located at 1800 Glenallan Avenue

Join us for a walking tour of Brookside Gardens' late spring blooming shrubs and deciduous plants. Explore our colorful collection of azaleas and rhododendrons while learning how to incorporate them into your own home garden.

Brookside Gardens

[Click to Register](#)

Apr 23	Wed	1-2:15p	All Ages	\$12	1 Class	PBG0001-100001
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Behind-the-Scenes Greenhouse Tour

Tour guide: Nate Roehrich, Brookside Gardens greenhouse manager

Location: Address and parking logistics will be sent after registration.

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.

Brookside Gardens

[Click to Register](#)

Apr 24	Thu	2-3:15p	Ages 18 and up	\$12	1 Class	PBG0003-100001
Apr 30	Wed	10-11:15a	Ages 18 and up	\$12	1 Class	PBG0003-100002



Guided Bird Walk at Brookside Gardens

Tour guide: Emily Williams, avian ecologist

Location: Meet at Visitor Center Entrance of Brookside Gardens located at 1800 Glenallan Avenue.

Did you know that 168 bird species have been sighted at Brookside Gardens? Marvel at the spring migration and bring your binoculars to look for warblers, Baltimore Orioles and Orchard Orioles, Red-winged Blackbirds, and many more!

Brookside Gardens

[Click to Register](#)

May 3	Sat	8-9:30a	Ages 18 and up	\$12	1 Class	PBG0133-100001
May 6	Tue	8-9:30a	Ages 18 and up	\$12	1 Class	PBG0133-100002

Guided Bird Walk - Celebrating Black Birding Week

Tour Guide: Maria-Elena Montero, vice president, programming, DC Bird Alliance

Location: This in-person event meets at the Brookside Gardens Visitor Center Entrance located at 1800 Glenallan Avenue

Join Brookside Gardens and the DC Bird Alliance as we celebrate Black Birding Week, supporting and increasing the visibility of black birders. Learn about the amazing variety of birds that make their homes in these gardens while helping to build a welcoming community.

Brookside Gardens

[Click to Register](#)

May 28	Wed	8-9:30a	Ages 18 and up	\$12	1 Class	PBG0186-100001
May 31	Sat	8-9:30a	Ages 18 and up	\$12	1 Class	PBG0186-100002

HORTICULTURAL CLASSES

Succulent Container

Instructor: Angelus Bullock, Brookside Gardens staff

Location: Adult Classroom of Brookside Gardens Visitor Center located at 1800 Glenallan Avenue.

Native to arid regions, succulents store water in their fleshy leaves enabling them to resist drought and extreme temperatures. These hardy plants require little watering and do well both inside the home or outside. Plant your own colorful and resilient container garden using specially selected low maintenance, yet gorgeous, succulents.

Brookside Gardens

[Click to Register](#)

May 15	Thu	10:30a-12p	Ages 18 and up	\$55	1 Class	PBG0046-100001
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HANDS ON WORKSHOPS

Spring Sketchbook in the Garden

Instructor: Sue Fierston, teaching artist and president of the International Nature Printing Society

Location: Adult Classroom of Brookside Gardens Visitor Center located at 1800 Glenallan Avenue.

Delight in drawing and painting amidst springtime flowers at Brookside Gardens. Learn how to bring your drawings to life in the classroom with techniques for contour drawing and watercolor mixing. We will then go outside and capture a spring still life or landscape in your new watercolor sketchbook. Supplies included.

Brookside Gardens

[Click to Register](#)

May 2	Fri	10a-1p	Ages 18 and up	\$60	1 Class	PBG0187-100001
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LOCAL FIELD TRIPS

Rachel Carson Conservation Park Walking Tour

Tour guide: Ryan Colliton, vegetation ecology & management unit leader, Montgomery Parks

Location: Meet at Rachel Carson Conservation Park: 22201 Zion Rd, Brookeville, MD 20833.

Enjoy the peak of spring ephemerals as you stroll through woodlands vibrantly leafing out. You'll appreciate the rich biodiversity of native plant specimens including Virginia bluebells, wild geranium, rue anemone, mayapple, Solomon's seal and ferns. Bring binoculars to see the wonderful variety of birds including warblers, hawks, woodpeckers, and thrushes!

Brookside Gardens Off Site Program

[Click to Register](#)

Apr 10	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PBG0086-100001
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Living Field Lab: A Woodland Garden: Spring Ephemerals and Understory Plantings

Location: North Potomac, MD (address sent after registration)

Enjoy an abundance of spring ephemerals while learning how to design with shade tolerant plants for woodland gardens and shaded borders. Explore creative ways to weave ground covers, shrubs, and understory trees for year-round interest. Expand your plant palette by seeing firsthand more than 40 different species of holly and a variety of evergreen perennials and unique bulbs.

Brookside Gardens Off Site Program

[Click to Register](#)

Apr 15	Tue	10:30a-12:30p	Ages 18 and up	\$25	1 Class	PBG0142-100001
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SPEAKER SERIES WORKSHOPS OR DISCUSSIONS

Introduction to Landscape Design: Sessions I & II

Instructor: Jason Gedeik, Brookside Gardens staff

Whether you're looking to upgrade your existing garden or develop an entirely new area, you'll learn the fundamentals of landscape design to create functional, enjoyable, and beautiful outdoor spaces.

Session I: Learn practical steps to approach the design process, including site analysis, creating a concept design, and determining the functional goals for your space. You'll understand why the environmental conditions of your landscape are key to a successful design that keeps your plants healthy, minimizes garden maintenance, and reduces costs. Real-world case studies will bring these concepts to life.

Brookside Gardens Virtual

[Click to Register](#)

Mar 15	Sat	10a-12p	Ages 18 and up	\$15	1 Class	PBG0012-100001
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Session II: Learn to implement core design elements like color, texture, form, line, and scale to create a beautiful and functional landscape. Design concepts like seasonality and layering will be explored through real-world case studies. Plant combinations and lists will also be examined that address site-specific challenges like sun vs. shade and dry vs. wet conditions.

Brookside Gardens Virtual

[Click to Register](#)

Mar 29	Sat	10a-12p	Ages 18 and up	\$15	1 Class	PBG0013-100001
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Cultivating a Sustainable Future: Cornell Botanic Gardens’ Native Lawn

Speaker: Todd Bittner, Director of Natural Areas, Cornell Botanic Gardens & Lecturer, School of Integrative Plant Science, Cornell University

Traditional turfgrass lawns offer no native biodiversity, are sources of air and water pollution, and require significant maintenance. Bittner will discuss a visionary lawn paradigm shift—one where lush, low-growing native grasses and forbs take center stage. We will explore the journey behind Cornell Botanic Gardens native lawn, from its inception to the multitude of benefits it brings, and the invaluable lessons it can teach us.

Brookside Gardens Virtual

[Click to Register](#)

Mar 20	Thu	7-8:30p	Ages 18 and up	Free	1 Class	PBG0176-10001
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DC Environmental Film Festival - Screening & Panel Discussion

Brookside Gardens and the DC Environmental Film Festival partner to present a screening of Family Tree. This new documentary highlights the stories of two Black families fighting to preserve their land while balancing economic potential with environmental protection. The screening will be followed by a panel discussion of experts exploring the conservation challenges of protecting forests and their role in fighting climate change.

Brookside Gardens Visitor Center Auditorium

[Click to Register](#)

Apr 5	Sat	10a-12p	Ages 18 and up	Free	1 Class	PBG0134-10001
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Ecological Gardening: Supporting Native Habitats in The Home Landscape

Instructor: Christopher Elenstar, Brookside Gardens staff

Whether you’re looking to create a new garden or blend in plants with your existing one, this lecture will help you develop a habitat that attracts and supports a range of wildlife year-round. Learn how to make informed plant selections based on their characteristics and how they uniquely sustain birds, butterflies, and pollinators. A deeper understanding of local ecosystems will inform design strategies for layering plant combinations and placement to create a functional and beautiful landscape. Plant lists provided.

Brookside Gardens Virtual

[Click to Register](#)

Apr 9	Wed	7-8:30p	Ages 18 and up	\$15	1 Class	PBG0130-10001
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The Lost Trees of Willow Avenue: A Story of Climate and Hope on One American Street

Speaker: Mike Tidwell, Executive Director of Chesapeake Climate Action Network

Join Tidwell as he shares insights from his latest book that explores the growing impacts of climate change on his one urban block in Takoma Park, Maryland. A love letter to the magnificent oaks and other trees dying from record heat waves and bizarre rain, Tidwell’s story depicts the neighborhood’s battle to save the trees and combat climate change.

Brookside Gardens Visitor Center Auditorium

[Click to Register](#)

Apr 16	Wed	7-8:30p	Ages 18 and up	Free	1 Class	PBG0177-10001
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Native Plant Solutions to Familiar Landscape Challenges

Instructor: Shannon Currey, Education and Outreach, Izel

Native Plants Native perennials offer solutions for challenging landscape areas, such as under established trees and on slopes. We will address how to choose plants for the variable shade underneath trees, while providing “soft landings” for beneficial insects to complete their life cycle. We’ll also cover plant attributes that are helpful for reducing erosion on slopes. Discover regionally native perennials that provide beautiful solutions!

Brookside Gardens Virtual

[Click to Register](#)

Apr 24	Thu	7-8:30p	Ages 18 and up	\$15	1 Class	PBG0178-100001
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Piecing Together Nature’s Puzzle - The Interconnectedness of the Natural World

Speaker: Alonso Abugattas, Natural Resources Manager, Arlington County Parks & founder, The Capital Naturalist

Join Abugattas for an interesting examination of how pieces of the “nature puzzle” fit together, focusing on our native flora and wildlife. You will be amazed at the interdependency of plants, fungi, insects, wildlife and even humans. We will look at host plants, oligolectic bees, ethnobotany, and other wildlife interactions. You will not look at our natural world the same way again!

Brookside Gardens Visitor Center Auditorium

[Click to Register](#)

May 3	Sat	10:30a-12p	Ages 18 and up	Free	1 Class	PBG0183-100001
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RainScape Your Yard - Sessions I & II

Instructor: Montgomery County Department of Environmental Protection staff

A RainScape is a landscape or design technique that helps reduce stormwater runoff from individual properties. RainScape projects can include rain gardens, conservation landscapes, green roofs, and permeable pavements. The Montgomery County Department of Environmental Protection offers a rebate program for approved RainScape projects for homeowners. To be eligible for a rebate, participants must apply and be approved for installation based on a submitted plan before projects are installed. These two sessions are intended to help homeowners create a RainScape design plan. Classes are open to anyone regardless if applying for a RainScape rebate.

Session I: Evaluating Stormwater Solutions for Home Landscapes: Learn how environmentally friendly landscapes, such as conservation landscapes and rain gardens, can help manage stormwater issues on residential properties. We’ll review steps to planning a RainScape including site evaluation and determining the type and scale of project that best suits your needs.

Brookside Gardens Virtual

[Click to Register](#)

May 8	Thu	7-9p	Ages 18 and up	\$15	1 Class	PBG0015-100001
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RainScape Your Yard - Sessions I & II (continued)

Session II: Plants & Landscape Design for RainScapes Gardens Explore strategies to properly size a garden project, estimate plant quantities, and create an effective planting plan. Study the range of native plants for managing water runoff and supporting pollinators and wildlife. Learn the steps to develop and submit a plan that qualifies for the RainScapes Rewards Rebate. Registrants will receive a selection of free native plants to take home.

Brookside Gardens

[Click to Register](#)

May 17	Sat	10a-12p	Ages 18 and up	\$25	1 Class	PBG0015-100002
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Creating Healthy Soils Through Regenerative Gardening Practices

Instructor: Chuck Schuster, Senior Agent Emeritus, County Extension Director, University of Maryland Extension

Explore practical strategies to foster healthy soils in your garden. We will cover composting, organic fertilizers, soil amendments and the critical role of beneficial microorganisms. Study regenerative gardening practices that improve drought tolerance, increase nutrient uptake, promote disease resistance, and grow more flowers. You will experience thriving plants, effective designs, and a garden that's more environmentally friendly.

Brookside Gardens Virtual

[Click to Register](#)

May 21	Wed	7-8:30p	Ages 18 and up	\$15	1 Class	PBG0179-100001
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The Spirit of Stone - Practical and Creative Stonescaping Ideas for Your Garden

Instructor: Jan Johnsen, author and landscape designer

Rediscover this often-overlooked element in the landscape and most ancient of materials - stone! Johnsen will share creative and practical ways you can use natural stone in the garden: from rock gardens to dry streams, as benches, standing stones, paths, and more. Stone's durability and sustainability make it appealing to both homeowners and designers. You will never look at natural stone the same again!

Brookside Gardens Virtual

[Click to Register](#)

May 31	Sat	10:30a-12p	Ages 18 and up	\$15	1 Class	PBG0180-100001
Apr 5	Sat	10a-12p	Ages 18 and up	Free	1 Class	PBG0134-100001

SPRING NATIVE PLANT SALES

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



Maydale Nature Classroom

1638 Maydale Drive | Colesville, Maryland 20905

Online sale only, sale begins April 7

Plant pick up on April 26 at Maydale Nature Classroom

For more information visit MaydaleNature.org



MAYDALE
NATURE CLASSROOM



Black Hill Discovery Center

20926 Lake Ridge Drive | Boyds, Maryland 20841

Shop in-person May 3 and 4 | 9a-5p

Wide selection of plants including natives germinated from locally collected seeds.

For more information visit FriendsOfBlackHillNature.org



BLACK HILL
DISCOVERY CENTER



Locust Grove Nature Center

Shop in-person May 17 and 18 | 10a-2p

Pope Farm Nursery

7400 Airpark Road | Gaithersburg, Maryland 20905

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

For more information visit MoCoParks.org/LGPlantNative



LOCUST GROVE
NATURE CENTER

Sales support nature programming at Montgomery Parks.





**BLACK HILL
DISCOVERY CENTER**



BLACK HILL DISCOVERY CENTER

20926 Lake Ridge Drive | Boyds, MD 20841

301-528-3493

BlackHillDiscovery.org

SPECIAL EVENTS

Celebration Station: St. Patrick's Day Edition

Are you as lucky as a leprechaun? Can you solve the clues and find what you need to earn a prize? Come by the Discovery Center to test your skills and set off on your own spright-ly adventure. Participants will have different activities to choose from, ranging from challenge pages to hikes around the park. Stop by anytime during program hours to choose your quests. Registration is encouraged so that we can provide enough supplies.

[Black Hill Discovery Center](#)

[Click to Register](#)

Mar 15	Sat	1-4p	All Ages	Free	1 Class	PBHDC0095-100001
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Harpists at the Discovery Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Discovery Center and enjoy.

[Black Hill Discovery Center](#)

Mar 16	Sun	12-1p	All Ages	Free	1 Class	PBHDC0082-100001
May 11	Sun	12-1p	All Ages	Free	1 Class	PBHDC0082-100003

Share Fair

Come celebrate Earth Month at Black Hill Discovery Center with a community free yard sale! Have a coat you know someone will love but it's just not right for you? Have a game your kids played when they were younger, but hasn't been touched for years? Give your once-loved items a second life by participating in our inaugural Share Fair! "Sellers" will use the trunks of their cars or bring their own tables, hanging racks, etc. to display items being given away, trunk-or-treat style. Be as creative and elaborate as you like! Prizes will be awarded for the most creative and most efficient use of space. "Buyers" can drop by anytime to browse and seek an amazing find. Registration is required for each "Seller" group or family and guarantees two parking spaces worth of space per registration. Please register only one adult PER group/family. We encourage those interested in bringing goods to join together to make the most of the space. Those "selling" can browse the other offerings throughout the event. Those interested in "shopping" but not bringing their own goods do not need to register. Items brought to the Share Fair should be clean and in usable condition with all parts. Please contact Christy.Korzen@MontgomeryParks.org with any questions.

[Black Hill Discovery Center](#)

[Click to Register](#)

Apr 5	Sat	10a-1p	All Ages	Free	1 Class	PBHDC0105-100001
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Garden Day

Discover the joys and benefits of gardening! Drop by the Discovery Center to ask questions about gardening and get your Gardening Info Pack about invasive and native plants, pollinators, and gardening for wildlife. Included will be a take-home activity for kids. Please register for this FREE program so that we can prepare enough Gardening Info Packs (one per family). Sorry, but we won't be able to distribute info packs to anyone that hasn't registered. Registration required (please register one person per household).

[Black Hill Discovery Center](#)

[Click to Register](#)

Apr 13	Sun	11a-3p	All Ages	Free	1 Class	PBHDC0005-100001
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Native Plant Sale

The native plant sale hosted by the Friends of Black Hill Nature Programs (FOBH) is back again this spring! Most plants are grown by our volunteer gardeners with all proceeds of the sale supporting Black Hill Discovery Center and Seed Classroom. The sale will take place on Saturday and Sunday, May 3 and 4 at the Black Hill Discovery Center. Members get to shop early! For a plant list, how to become a member, and further details about the sale, check out the Friends of Black Hill Nature Programs website www.FriendsofBlackHillNature.org.

[Black Hill Discovery Center](#)

[FriendsofBlackHillNature.org](http://www.FriendsofBlackHillNature.org)

May 3-4	Sat & Sun	9a-5p				
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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 Discovery Center](#)

[Click to Register](#)

May 13	Tue	6-8p	Ages 12 and up	\$30	1 Class	PBHDC0008-100001
May 27	Tue	6:30-8:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-100002

Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. All necessary equipment provided but if you have your own PFD (Type III or V), you can bring it along. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Expect to get your feet wet and your clothes a bit damp. You must be able to swim. Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required.

Black Hill Discovery Center

[Click to Register](#)

May 11	Sun	9-11a	Ages 12 and up	\$60	1 Class	PBHDC0030-100001
May 20	Tue	6-8p	Ages 12 and up	\$60	1 Class	PBHDC0030-100002
May 25	Sun	9-11a	Ages 12 and up	\$60	1 Class	PBHDC0030-100003

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges and feeding sites, and hopefully see some beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. You may want to bring a jacket or sweater as it is often cooler on the boat. Meet at the pontoon boat dock, by the boat rentals. Registration required. FOBH \$7

Black Hill Discovery Center

[Click to Register](#)

Apr 21	Mon	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-100001
Apr 29	Tue	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-100002
May 8	Thu	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-100003
May 28	Wed	7-8:30p	Ages 6 and up	\$8	1 Class	PBHDC0027-100004

Mother's Day Pontoon Ride

It's Mother's Day and Mom deserves to be given a treat. So, bring her out for a sunset tour of Little Seneca Lake and let her enjoy the beauty around her with the people she loves. We'll cruise the lake and look for nature activity. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. FOBH \$7

Black Hill Discovery Center

[Click to Register](#)

May 11	Sun	6:30-8p	All Ages	\$8	1 Class	PBHDC0107-100001
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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 \$14

Black Hill Discovery Center

[Click to Register](#)

Apr 18	Fri	10a-12p	Ages 3 and up	\$15	1 Class	PBHDC0003-100001
May 28	Wed	6:30-8:30p	Ages 3 and up	\$15	1 Class	PBHDC0003-100002

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 \$7

Black Hill Discovery Center

[Click to Register](#)

Apr 29	Tue	10-11:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-100001
May 13	Tue	10-11:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-100002
May 23	Fri	10-11:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-100003

PLAYTIME AND STORYTIME

Time for Tots

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Registration required. FOBH \$6

Black Hill Discovery Center

[Click to Register](#)

“Possum and the Peeper”

Mar 26	Wed	10-11a	Ages 2 to 5	\$7	1 Class	PBHDC0022-100001
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“The Nest That Wren Built”

Apr 25	Fri	10-11a	Ages 2 to 5	\$7	1 Class	PBHDC0022-100002
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Play Day in the Park

Toddlers of all abilities are invited to explore the exciting natural world in and around the Discovery Center. Families will explore at their own pace using nature play prompts that will remain out for the duration of the program. All ages are welcome but prompts and materials are geared towards children aged one to three. Registration required.

Black Hill Discovery Center

[Click to Register](#)

Mar 28	Fri	11a-12p	Ages 6 months to 3 years	Free	1 Class	PBHDC0012-100001
Apr 11	Fri	11a-12p	Ages 6 months to 3 years	Free	1 Class	PBHDC0012-100002
May 9	Fri	11a-12p	Ages 6 months to 3 years	Free	1 Class	PBHDC0012-100003

Pics in the Park

Strike a pose and say cheese! Drop by for a unique photo op at the Discovery Center. We'll provide some fun props, and a staff member will take your photo on instant film, just like those original instant photos (shaking optional). Take home a memory you will never forget. No registration required; drop in anytime during program hours. Supplies are limited; first come, first served.

Black Hill Discovery Center

[Click to Register](#)

Apr 26	Sat	2-5p	All Ages	Free	1 Class	PBHDC0087-100001
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HIKES, SCAVENGER HUNTS & CAMPFIRES

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.

Black Hill Discovery Center

[Click to Register](#)

Mar 1	Sat	1:30-3:30p	All Ages	\$2	1 Class	PBHDC0007-100001
Apr 12	Sat	9-11a	All Ages	\$2	1 Class	PBHDC0007-100002

Woodcock Walk

Little Bennett Regional Park is a wonderful spot to enjoy the spring display dance of the American Woodcock. Meet a naturalist at the Kingsley Parking Area for an evening walk, where we will also look for wood frogs, spring peepers and spring migrants. Bring binoculars and a camp chair. Meet at Kingsley Parking area in Little Bennett Regional Park, 24758 Clarksburg Rd., Clarksburg, MD 20871. Registration required. FOBH \$13

Little Bennett Regional Park

[Click to Register](#)

Mar 11	Tue	6:30-8:30p	Ages 18 and up	\$14	1 Class	PBHDC0019-100001
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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 Discovery Center

[Click to Register](#)

Mar 14	Fri	10a-12p	All Ages	\$2/ adult	1 Class	PBHDC0051-100001
Apr 17	Thu	10a-12p	All Ages	\$2/ adult	1 Class	PBHDC0051-100002
May 2	Fri	10a-12p	All Ages	\$2/ adult	1 Class	PBHDC0051-100003

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 \$6

Black Hill Discovery Center

[Click to Register](#)

Mar 22	Sat	6:30-7:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-100001
Apr 19	Sat	7-8p	Ages 1 and up	\$7	1 Class	PBHDC0002-100002
May 17	Sat	7:30-8:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-100003

Herp Hunt at Rachel Carson

Spring is such an exciting time of year, with plants and animals all waking up from their winter slumber. And it's one of the best times to go looking for herps (reptiles and amphibians). We'll trek through the fields and woods of Rachel Carson Conservation Park to a vernal pool looking for tadpoles, frogs, and salamanders and maybe we'll even get to see some snakes too! Meet at Rachel Carson Conservation Park, 22201 Zion Road, Brookeville, MD Registration required. FOBH \$6

Rachel Carson Conservation Park

[Click to Register](#)

Mar 31	Mon	3:30-5p	Ages 6 to 12	\$7	1 Class	PBHDC0006-100002
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Salamanders Went Out on a Rainy Night

Once a year, on warm, rainy nights, elusive spotted salamanders migrate to breeding pools to mate and lay eggs. Sign up now to join us on that UNKNOWN March date and we'll call you the day of the hike. Wear shoes or boots that can get muddy, dress for the weather, and bring a flashlight. Children should be comfortable walking in the woods at night. The hike is about 1-mile roundtrip. Please register all participants. Be sure your contact information is updated and correct. When contacted on the day of the hike, registrants will need to confirm their attendance with a staff member. Meet at Rachel Carson Conservation Park, 22201 Zion Road, Brookeville, MD. Registration required.

Rachel Carson Conservation Park

[Click to Register](#)

Mar TBD	TBD	7:30-9p	Ages 6 and up	Free	1 Class	PBHDC0014-100001
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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 \$6

Black Hill Discovery Center

[Click to Register](#)

Apr 16	Wed	10-11:30a	Ages 4 to 12	\$7	1 Class	PBHDC0016-100001
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Letterbox Hunt

Go on a treasure hunt! People have hidden boxes with handmade stamps around the park. Stop inside the Discovery Center anytime during program hours to get an introduction to letterboxing and the tools to participate, then head out on your own for an adventure! Every letterbox has a list of clues to find it. Collect the stamps and leave your mark in the box. Registration required.

Black Hill Discovery Center

[Click to Register](#)

May 10	Sat	1-4p	Ages 6 and up	Free	1 Class	PBHDC0083-100002
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NATURE, OUTDOOR EXPLORATION, AND SKILLS

Birding for Beginners

Want to join the 96 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. Meeting location will be determined closer to the date; participants will be notified by email. FOBH \$11

Black Hill Discovery Center

[Click to Register](#)

Mar 8	Sat	9a-12p	Ages 16 and up	\$12	1 Class	PBHDC0060-100001
May 31	Sat	9a-12p	Ages 16 and up	\$12	1 Class	PBHDC0060-100002

Homeschool: Forest Thrills & Skills

Come join us for a woodland adventure full of wonderful play, nature lessons, and wild skills. Each month we will 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 \$13

Black Hill Discovery Center

[Click to Register](#)

Mar 19	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	PBHDC0056-100001
Apr 23	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	PBHDC0056-100002
May 21	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	PBHDC0056-100003

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 Discovery Center

[Click to Register](#)

Mar 23	Sun	2-3:30p	Ages 3 and up	Free	1 Class	PBHDC0024-100001
Apr 15	Tue	2-3:30p	Ages 3 and up	Free	1 Class	PBHDC0024-100002

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 Discovery Center

[Click to Register](#)

Mar 28, Apr 11, May 9	Fri	5-7p	Ages 7 to 12	\$42	3 Classes	PBHDC0010-100001
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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 Discovery Center and let the adventures begin! Registration required.

Black Hill Discovery Center

[Click to Register](#)

Mar 29	Sat	1-3p	All Ages	Free	1 Class	PBHDC0028-100001
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Feeling Froggy

Drop by the Discovery 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 froggy craft. Registration required, please register only those making the craft. Stop in anytime during program hours!

Black Hill Discovery Center

[Click to Register](#)

Apr 12	Sat	1:30-3p	All Ages	\$2	1 Class	PBHDC0063-100001
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TOAD! Teen Outdoor Adventure Day

Come and join your peers for a day outside! We will hike the trails, practice our fire building skills, and cook our lunches over the fire. Additional activities may include geocaching, whittling, cordage (making rope out of plant fibers), shelter building, and fishing depending on the weather and the group's specific interests. FOBH \$48.

Black Hill Discovery Center

[Click to Register](#)

Apr 14	Mon	9a-3:30p	Ages 12 to 15	\$50	1 Class	PBHDC0106-100001
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SPEAKER SERIES WORKSHOPS OR DISCUSSIONS

Black Hill Bookworms

Are you looking for a community of like-minded readers that enjoy science and nature books? Then join the Black Hill Discovery Center Bookworms! Our book discussion group meets in-person every fourth Thursday of the month, March through October. Books will focus on environmental, conservation, and nature-related topics including non-fiction and fiction titles. Group members will have the chance to help select future books. Please register for each discussion you plan to attend so that we can contact you ahead of the meet-up. Please feel free to bring dinner or snacks with you to have during the discussion. All selected books are available through the Montgomery County Public Library. If you need help finding a copy to read or have any questions, please contact Christy.Korzen@MontgomeryParks.org.

Black Hill Discovery Center

[Click to Register](#)

“Eager: The Surprising, Secret Life of Beavers and Why They Matter”

Mar 27	Thu	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-100001
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“All We Can Save: Truth, Courage, and Solutions for the Climate Crisis”

Apr 24	Thu	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-100002
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“The Seed Keeper”

May 22	Thu	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-100003
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BLACK HILL VAN TRIPS

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 Discovery Center

[Click to Register](#)

Apr 8	Tue	8a-5p	Ages 18 and up	\$60	1 Class	PBHDC0057-100002
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Chanticleer Garden

Travel by van to a unique 35-acre pleasure garden near Philadelphia, featuring courtyards of tropical, perennial, and container plantings, water gardens, fountains, and ponds. Also featured are vegetable and woodland gardens, as well as The Ruin garden, among others. We will walk on trails of various surfaces, some being uneven and hilly. Bring a bagged lunch, water, comfortable shoes, binoculars, and sunscreen. Also bring money for a quick supper stop on the way home. FOBH \$58

Black Hill Discovery Center

[Click to Register](#)

May 7	Wed	9a-8p	Ages 18 and up	\$60	1 Class	PBHDC0057-100003
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THERAPEUTIC RECREATION

Adaptive Recreation - Gardening 101

Gardening has been proven to improve physical health, mental wellness, and cognitive ability! Join us for this 6-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. Meeting dates are: April 3, 17, May 1, 15, 29, and June 5. Registration required.

Black Hill Discovery Center

[Click to Register](#)

See dates above	Thu	4-5p	Ages 18 and up	\$42	6 Classes	PBHDC0015-100001
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VOLUNTEER DAYS

Mystery Project

We need your help at the park! Join us for a variety of projects which can earn Student Service Learning hours or come out to help because it just feels good to volunteer. As the workday draws closer, check out our Facebook page for detailed information on today’s project. Can’t make it to one of our Mystery Project workdays? Watch for other opportunities to be announced on Facebook or contact us through the Parks’ volunteer website ParksVolunteers.org. Parents must accompany children 13 and under. Groups are welcome too! Interested groups should email Katie.Festa@MontgomeryParks.org. Registration required. Please register through www.ParksVolunteers.org.

Black Hill Discovery Center

[Click to Register](#)

Apr 15	Tue	10a-1p	Ages 5 and up	Free	1 Class	ParksVolunteers.org
Apr 21	Mon	1-3p	Ages 5 and up	Free	1 Class	ParksVolunteers.org
May 4	Sun	2-5p	Ages 5 and up	Free	1 Class	ParksVolunteers.org

Earth Day Clean-up

Join us in recognizing Earth Day through a volunteer park cleanup at Black Hill Discovery Center. Help beautify your community green spaces, keep litter out of our streams, and protect wildlife. We will provide bags and gloves. Wear close-toed shoes/boots and clothes that can get dirty. Bring a reusable water bottle. SSL hour forms will be provided! Parents must accompany children 13 and under. Groups are welcome. Interested groups should email Katie.Festa@MontgomeryParks.org. Registration is required. Please register at www.ParksVolunteers.org.

Black Hill Discovery Center

[Click to Register](#)

Apr 22	Tue	4-6p	Ages 5 and up	Free	1 Class	ParksVolunteers.org
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MONTGOMERY PARKS

MUDFEST

JUNE 14, 2025 | 11AM-3PM

\$20/Car

Get down and dirty, jumping, slipping, and sliding in giant mud pits! Cook up a mud pie, make mud art, and play games! This muddy fun is great for the whole family.

***This is a rain or shine event! (Severe Weather Date of June 15.)**

**SAVE
THE
DATE**



WOODSTOCK EQUESTRIAN PARK

20207 Darnestown Road | Beallsville, MD 20842

301-528-3480 | BlackHillDiscovery.org

f t i #MoCoMudFest



**BLACK HILL
DISCOVERY CENTER**





BROOKSIDE
NATURE CENTER



BROOKSIDE NATURE CENTER

1400 Glenallan Ave | Wheaton, MD 20902

301-962-1480

BrooksideNature.org

ART & CRAFTING

Upcycled Art: Paper

Immerse yourself in the experience of creating, dyeing and molding paper clay. Imbue your creation with essential oils and use natural elements to add finishing touches. Don't miss out on the chance to transform trash into treasure! Shredded paper will be used to create a decorative planter. Participants will need to return on a different date to pick up their planter. All attendees must register. Inclement weather could cancel this program. Be sure to check BrooksideNature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

Apr 5	Sat	10a-1p	Ages 18 and up	\$30	1 Class	PBNC0082-100001
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Inspired by Nature: Art Journaling

Drop in for an unstructured time of creativity! Relax and de-stress with doodling, drawing, painting, collage and more. Materials will be provided along with a few project ideas. All attendees must register. Inclement weather could cancel this program. Be sure to check BrooksideNature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

Mar 5	Wed	12:30-1:30p	Ages 55 and up	\$15	1 Class	PBNC0074-100001
Mar 12	Wed	12:30-1:30p	Ages 55 and up	\$15	1 Class	PBNC0074-100002
Mar 19	Wed	12:30-1:30p	Ages 55 and up	\$15	1 Class	PBNC0074-100003
Mar 26	Wed	12:30-1:30p	Ages 55 and up	\$15	1 Class	PBNC0074-100004

Inspired by Nature: Rustic Vine Basket

Gain a new skill and make a difference! Participants will identify common invasives and use them to weave a beautiful basket. All attendees must register. Inclement weather could cancel this program. Be sure to check BrooksideNature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

May 3	Sat	10a-12:30p	Ages 18 and up	\$25	1 Class	PBNC0085-100001
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GARDENING & NATIVE PLANTS

Fairy Gardening for Butterflies

Welcome fairies and gnomes to your garden! Enjoy an enchanting fairytale and then make a tiny fairy garden with native flowers and fairy figures to create perfect butterfly habitat to add to your home or community garden. Wands and costumes that can get dirty are welcome. Fee covers one child; adult guardian does not need to register but must attend.

Brookside Nature Center

[Click to Register](#)

Apr 18	Fri	1-2p	Ages 5 and up	\$10	1 Class	PBNC0094-100001
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HIKES, SCAVENGER HUNTS & CAMPFIRES

Park in the Dark

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

Brookside Nature Center

[Click to Register](#)

Mar 7	Fri	6-7p	Ages 5 and up	\$7	1 Class	PBNC0051-100004
Apr 4	Fri	7:30-8:30p	Ages 5 and up	\$7	1 Class	PBNC0051-100005
May 2	Fri	8-9p	Ages 5 and up	\$7	1 Class	PBNC0051-100006

My Dog & Me Hike

Calling all dog moms, dads, aunts, and uncles! Put on your sneakers and dress for the outdoors! Bring your fur babies along for a leisurely hike on natural surface trails in Wheaton Regional Park. All dogs must be on-leash, up to date on vaccinations and familiar with being around other dogs and people. Minors must be accompanied by an adult. All attendees must register. Inclement weather could cancel this program. Be sure to check BrooksideNature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

Mar 8	Sat	10-11a	Ages 8 and up	Free	1 Class	PBNC0090-100001
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Campfire 101

Have you ever wanted to learn how to start a campfire? Join a Park Naturalist and learn different ways to stack your logs, different lighting techniques, and fire safety. Participants are encouraged to bring a campfire snack for roasting. All attendees must register. Inclement weather could cancel this program. Be sure to check Brooksidenature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

Mar 15	Sat	10a-12p	Ages 8 and up	\$7	1 Class	PBNC0019-100001
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Nature Hike and Seek

Join a Park Naturalist and seek the many natural wonders of Wheaton Regional Park. Preschoolers and their favorite adult will have the opportunity to collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and develop social skills like sharing and cooperation. Register each child, a guardian must attend.

Brookside Nature Center

[Click to Register](#)

Mar 26	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	PBNC0042-100011
Apr 9	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	PBNC0042-100012
Apr 23	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	PBNC0042-100013
May 10	Sat	10:30-11:30a	Ages 3 to 5	\$7	1 Class	PBNC0042-100014
May 14	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	PBNC0042-100015

School's Out, Nature's In!

School's out! Join us for a fun day of nature-themed activities in Wheaton Regional Park! We'll explore outdoors, play group games, enjoy lunch around the campfire, create a few projects to take home, and make some new friends! Register each child.

Brookside Nature Center

[Click to Register](#)

Mar 31	Mon	9a-3:30p	Ages 6 to 11	\$75	1 Class	PBNC0059-100002
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Orienteering 101

Try orienteering, the navigation adventure, in Wheaton Regional Park. Gather your friends and family to take turns at finding wilderness checkpoints with your map, a compass, and powers of observation. All attendees must register.

Brookside Nature Center

[Click to Register](#)

Apr 12	Sat	10a-12p	Ages 8 and up	\$7	1 Class	PBNC0080-100001
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Ready, Set, Go!

ALL NEW MISSIONS! Embark on an adult only, nature-themed, evening scavenger hunt at Brookside Nature Center and on the trails of Wheaton Regional Park. Teams will race through a series of nature-based challenges in the allotted time. Participants will use the GooseChase app on their smart device to complete as many missions as possible. Make sure to pre-register for this exciting program as space is limited. All attendees must register. Inclement weather could cancel this program. Be sure to check Brooksidenature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

May 17	Sat	6-8p	Ages 18 and up	\$20	1 Class	PBNC0083-10001
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The Birds and The Bees and Trees

Location: Northwest Branch Stream Valley Park

Spring is in the air; the flowers are blooming, the bees are buzzing, the birds are singing and some of us are sneezing. Come take a walk, along the northwest branch stream valley, to meet our native trees and discover some of their secrets. All attendees must register. Inclement weather could cancel this program. Be sure to check BrooksideNature.org for day-of event status.

Brookside Nature Center

[Click to Register](#)

May 31	Sat	10-11:30a	Ages 18 and up	\$10	1 Class	PBNC0006-100004
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NATURE, OUTDOOR EXPLORATION, AND SKILLS

Little Explorers

Let's read stories, sing songs, and take mini-hikes meant for the youngest legs! Please note: The Little Explorers programs scheduled in the same month will have the same topic and activities. Register each child, a guardian must attend.

Brookside Nature Center

[Click to Register](#)

Mar 19	Wed	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100001
Mar 22	Sat	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100002
Apr 2	Wed	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100003
Apr 16	Wed	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100004
May 7	Wed	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100005
May 21	Wed	10:30-11:15a	Ages 18 to 36 months	\$7	1 Class	PBNC0073-100006

Warm Up Woods Hike

Join a naturalist to search for and learn about ephemeral wildflowers that take advantage of the early spring sunshine that reaches the forest floor. It's a magical time to be in the woods! We'll hike approximately 2-3 miles on natural surface trails. All attendees must register.

Brookside Nature Center

[Click to Register](#)

Mar 22	Sat	1:30-3p	Ages 55 and up	\$7	1 Class	PBNC0092-100001
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Spring Songs

Which animals sing in spring? We'll learn how and why frogs, birds and other creatures sing; then take a short walk to listen for calls, croaks, peeps, and tweets! We'll also create our own instruments to take home. Register each child, a guardian must attend.

Brookside Nature Center

[Click to Register](#)

Apr 15	Tue	10:30-11:30a	Ages 5 to 11	\$7	1 Class	PBNC0093-100001
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Birding the Bigfoot Way

Learn the basics of birding from Big Foot! Enjoy a story time followed by a walk through the woods looking for signs of Sasquatch and our local feathered friends. Binoculars will be provided. Walk will take place on natural surface trails.

Brookside Nature Center

[Click to Register](#)

May 9	Fri	5-6p	Ages 5 to 11	\$7	1 Class	PBNC0096-100001
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Fern Identification Hike

Wheaton Regional Park is home to more than ten different species of fern. Join a park naturalist to search for learn about these ancient and fascinating plants! We'll begin with an introduction to identification indoors, then hike approximately 2-3 miles on natural surface trails. All attendees must register.

Brookside Nature Center

[Click to Register](#)

May 17	Sat	10a-12:30p	Ages 18 and up	\$15	1 Class	PBNC0095-100001
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MULTI-LINGUAL

Escapadas de Tortugas - Bilingual Program

¡Hemos perdido una de nuestras tortugas de caja! ¿Puedes ayudarnos a encontrarla? Estamos seguros de que está por aquí. Ha dejado pistas que nos indican dónde ha estado. Si seguimos las pistas, seguro que la encontramos y la traemos sana y salva. ¡Ayúdanos, por favor! Participa en una divertida búsqueda de tesoros en los terrenos del Centro de la Naturaleza Brookside. Esta actividad debería durar menos de una hora. Adultos y niños deben inscribirse.

We've lost one of our box turtles! Can you help us find him? We're sure he's around here somewhere. He's left clues to where he's been. If we follow the clues, we are sure to find him and bring him back safely. Please help! Participate in a fun scavenger hunt on the grounds of Brookside Nature Center. This activity should take under an hour. Adults and children must register.

Brookside Nature Center

[Click to Register](#)

Mar 8	Sat	2-3:30p	Ages 8 and up	Free	1 Class	PBNC0072-100001
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BROOKSIDE NATURE CENTER

Drop-in Weekend Programs

Free | No Registration Required

Creature Feature

March 1; April 17, 26; May 8, May 24 | 1:30-2:00pm
All Ages

Join us for an up-close encounter with one of our animal ambassadors! Why do they live at the nature center? What would their wild counterparts be doing at this time of year? We'll answer these questions and more!



Turtle Talk

May 3, 17, and 31 | 1:30-2:00pm
All Ages

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



BROOKSIDE NATURE CENTER

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





LOCUST GROVE
NATURE CENTER

LOCUST GROVE NATURE CENTER

7777 Democracy Blvd | Bethesda, MD 20817

301-765-8660

LocustGroveNature.org

SPECIAL EVENTS

Spring Native Plant Sale

Beautify your backyard with native plants! Shop a unique selection of the highest quality plants and seeds. Ask the experts your questions about growing low-maintenance and pest-resistant varieties that help attract wildlife to your garden. Free Admission. No Registration Required. Sales support educational programs at Locust Grove Nature Center. This in-person sale will be held at Pope Farm Nursery 7400 Airpark Rd. in Gaithersburg (Note: Pope Farm Nursey is open to the public during these sale hours only).

Pope Farm Nursery

May 17-18	Sat & Sun	10a-2p
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ART & CRAFTING

Nature Journaling Hour

Learn how to connect with the natural world through the art and science of nature journaling. Join a naturalist in a guided nature journaling session and learn how to observe the flora and fauna around you. After a guided session, you will have the opportunity to create a nature journal entry on your own. Please make sure you have a sketchpad and a pencil for this program. Registration is required.

Locust Grove Nature Center

[Click to Register](#)

March 7	Fri	4:30-6p	Ages 18 and up	Free	1 Class	PLGNC0031-100001
Apr 4	Fri	4:30-6p	Ages 18 and up	Free	1 Class	PLGNC0031-100004
May 2	Fri	4:30-6p	Ages 18 and up	Free	1 Class	PLGNC0031-100005

Poetry “Tea” Time with Grandmother Sycamore

Join a naturalist for a tea party and nature poetry under Grandmother Sycamore. Refreshments and snacks will be offered during the program. If you have any dietary restrictions please email us a week prior to the program date. Registration is required for this program, please register each child and their accompanying adult for the program. Trails are on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs.

Locust Grove Nature Center

[Click to Register](#)

April 26	Sat	4:30-5:30p	Ages 5-8	\$8	1 class	PLGNC0031-100006
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GARDENING & NATIVE PLANTS

Wildflower Walks

For just a few magical weeks in the Spring, the forest floor is studded with our most beautiful woodland wildflowers, including spring beauties, bluebells, and bloodroot. Take a leisurely stroll through the park with our Master Naturalists who will interpret this spectacular show before it disappears entirely (at least until next spring!). Now a three part series, you may join us for one class or sign up for all three to watch the season unfold before your eyes. This trail difficulty is moderate. The trail is on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs.

Locust Grove Nature Center

[Click to Register](#)

Mar 23	Sun	10-11:30a	Ages 16 and up	\$7	1 Class	PLGNC0022-100001
Apr 13	Sun	10-11:30a	Ages 16 and up	\$7	1 Class	PLGNC0022-100002
May 4	Sun	10-11:30a	Ages 16 and up	\$7	1 Class	PLGNC0022-100003

#PlantNative Nativescaping Series

Check out our nativescaping programs and learn how to incorporate native plants into your landscape.

Locust Grove Nature Center

[Click to Register](#)

Getting started with Native Plants: Nativescaping 101

Apr 13	Sun	2-4p	Ages 18 and up	\$20	1 Class	PLGNC0040-100001
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Right Plant, Right Place: Habitat Preferences and Design (Apr 27),

When the time is right: Seasonality in the Nativescape (May 4)

Nativescaping with Wildlife: Balance Welcome and unwelcome visitors (May 11)

Apr 27, May 4, 11	Sun	2-4p	Ages 18 and up	\$50	3 Classes	PLGNC0040-100002
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Gardening with your body: Getting in the dirt without the hurt

Jun 1	Sun	2-4p	Ages 18 and up	\$20	1 Class	PLGNC0040-100006
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MINDFULNESS & WELLNESS

Spring Forest Bathing

Forest bathing promotes wellness through deepening our connection to natural environments. Based on the Japanese practice of Shinrin-Yoku, which translates as “taking in the atmosphere of the forest.” This two-hour session, led by certified forest therapy guide Adria S. Zeldin, will guide you through mindfulness-based sensory invitations to help you slow down, awaken your senses, and reconnect with nature. Please dress comfortably with the weather in mind. We will be outdoors and moving slowly so you may want to bring extra layers. There may be times that you wish to sit, so a blanket or mat may make your experience more enjoyable. This trail difficulty is moderate. The trail is on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs. Registration required for 18 and up.

Locust Grove Nature Center

[Click to Register](#)

Apr 19	Sat	10a-12p	Ages 18 and up	\$10	1 Class	PLGNC0015-100001
May 10	Sat	10a-12p	Ages 18 and up	\$10	1 Class	PLGNC0015-100002
May 31	Sat	10a-12p	Ages 18 and up	\$10	1 Class	PLGNC0015-100003

PLAYTIME OR STORYTIME

Nature Night In

Need a break? Drop the kids for a Nature Night In and enjoy a Parent’s Night Out. We will have a fun filled night with nature based games, crafts, a picnic dinner, and a hike on natural surface trails if weather permits. Children must be potty trained and dressed appropriately for weather. Please pack a nut-free dinner, snack, and a water. Register each child for this program

Locust Grove Nature Center

[Click to Register](#)

Mar 15	Sat	4-7p	Ages 4 to 10	\$20	1 Class	PLGNC0042-100001
Apr 12	Sat	4-7p	Ages 4 to 10	\$20	1 Class	PLGNC0042-100002
May 3	Sat	4-7p	Ages 4 to 10	\$20	1 Class	PLGNC0042-100003



HIKES, SCAVENGER HUNTS & CAMPFIRES

Full Moon Fridays

Join us for the magic of the full moon for a hike and campfire on each Friday nearest the full moon. We offer a variety of Full Moon Friday programs for a variety of ages.

Locust Grove Nature Center

[Click to Register](#)

Mar 14	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-100001
Apr 11	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-100002
May 9	Fri	7-8:30p	Ages 5 and up	\$8	1 Class	PLGNC0001-100003

Nature Families- Spring

In this 10-week session, Caregivers will have the chance to play, create and learn right alongside their little nature explorers. Each 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 Spring session, which meets Thursdays from March 6 to May 15. No class April 17 and hold May 22 for weather makeup (10 classes).

Locust Grove Nature Center

[Click to Register](#)

Mar 6-May 15	Thu	10:30-11:30a	Ages 1.5 to 3	\$150	10 Classes	PLGNC0007-100001
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Baby and Me- Spring

Studies show that babies as young as a few weeks old thrive with daily outside time. Join us for a guided nature walk on the trails of Cabin John Park. Get to know other local parents and caregivers while enjoying the fresh and spending quality time with baby. Trails are not stroller accessible so baby must be in a carrier. The trail is on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs. Fee is for one child and their adult for the entire Spring session, which meets Thursdays from April 3 to May 15. No class April 17 and hold May 22 for weather makeup (6 classes).

Locust Grove Nature Center

[Click to Register](#)

Apr 3-May 15	Thu	12-1p	Ages 1 and younger	\$45	6 Classes	PLGNC0008-100001
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NATURE, OUTDOOR EXPLORATION, AND SKILLS

Migratory Bird Watch

Celebrate World Migratory Bird Day here in Cabin John Regional Park. Join us as we keep track of the different migratory birds that pass through the park this time of year. Ask our naturalist any bird related questions as well. All levels of birders welcome, you are welcome to bring your own pair of binoculars, the nature center will have pairs to borrow if necessary. Registration is required for this program.

Locust Grove Nature Center

[Click to Register](#)

Migratory Bird Watch - Dawn Chorus

May 10	Sat	7-9a	Ages 18 and up	Free	1 Class	PLGNC0002-100003
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Migratory Bird Watch - Afternoon Flight

May 10	Sat	4:30-5:30p	Ages 8 and up	Free	1 Class	PLGNC0002-100002
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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. We advise you to dress appropriately for the weather and to bring your binoculars if you have them. Registration is encouraged, just so we can notify participants of cancellations. You are not required to attend all the sessions in the season, come to as many as you like. If you have any questions, please feel free to send an email to MCP-LocustGrove@MontgomeryParks.org. 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.

Locust Grove Nature Center

[Click to Register](#)

FeederWatch Thursdays

Mar 6-Apr 24	Thu	11a-12p	Ages 5 and up	Free	8 Classes	PLGNC0018-100001
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FeederWatch Fridays

Mar 7-Apr 25	Fri	11a-12p	Ages 5 and up	Free	8 Classes	PLGNC0018-100002
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Morning Tweets and Tea

Do you have an interest in birding? Then join us for a morning of bird watching at Locust Grove Nature Center. Bring a thermos of your favorite breakfast beverage to enjoy as you learn beginner birding techniques. 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](#)

Morning Tweets and Tea - Nature Journaling with Birds

Mar 7	Fri	9-10a	Ages 18 and up	Free	1 Class	PLGNC0024-100001
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Morning Tweets and Tea - Community Science with Birds

Apr 4	Fri	9-10a	Ages 18 and up	Free	1 Class	PLGNC0024-100002
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Morning Tweets and Tea-Native Plants

May 2	Fri	9-10a	Ages 18 and up	Free	1 Class	PLGNC0024-100003
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Creepy Critters

Curious about bugs, worms, snails, and all the other things that make others squirm when Spring comes? Join a naturalist to learn all about the different invertebrates in your backyard. Ages 7-10. Registration is required for both child and adult for this program

[Locust Grove Nature Center](#)

[Click to Register](#)

Slime, Legs, Claws and Jaws

April 12	Sat	11-12p	Ages 7-10	\$7	1 Class	PLGNC0028-100001
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In the field: Community Science

Join a naturalist for a guided hike to explore the flora and fauna of the park. All ages are welcome. Trails are on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs. Registration is required for this program.

[Locust Grove Nature Center](#)

[Click to Register](#)

LGBTQIA+ Nature Hike

Mar 22	Sat	11-12p	All ages	Free	1 class	PLGNC0013-100001
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W.A.N.D.E.R. - Women and Non-Binary Individuals Deepening their Environmental Relationships

Welcome to WANDER, Women And Non-Binary individuals Deepening their Environmental Relationships, an empowering hands-on program that provides accessible and practical knowledge in various outdoor activities. WANDER is an invitation to explore, learn, and thrive in the great outdoors. Our workshops cover outdoor skills such as shelter building, campfire cooking, fire building, foraging, wildlife identification, and more! This program is designed for participants 16 and up; no prior experience is necessary, and complete beginners are encouraged to attend. Our workshops foster an inclusive, non-competitive atmosphere where participants feel encouraged to further their journey outdoors. Research indicates access to nature provides numerous social, physical, and psychological benefits, and WANDER aims to make these benefits accessible to all. Instruction by our experienced Park' staff and guest instructors is intentionally hands-on, providing participants with practical knowledge that goes beyond the workshop. We aim to emphasize not just skill acquisition but also the joy, camaraderie, and transformative potential that outdoor recreation offers.

[Locust Grove Nature Center](#)

[Click to Register](#)

Gardening with Wildlife for Women and Non-binary Individuals

May 3	Sat	10a-12p	Ages 16 and up	\$20	1 Class	PLGNC0050-100001
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NATURE ON WHEELS



NATURE ON WHEELS

At a park near you!

301-765-8665 | [MoCoParks.org/NoW](https://www.mocoparks.org/NoW)

NATURE ON WHEELS

Hike to Parks Unknown: Seniors 55+ Beginner

Join a Park Naturalist for an off-site hike and get to know a new park! Includes 80 minute hike and social chat at the end. The Nature on Wheels vehicle will provide seating, water and bathroom access (using stairs). This event is for experienced hikers. Trail may be rocky or steep and distance will be around 2 miles. Look for the Nature On Wheels vehicle.

Fairland Recreational Park

[Click to Register](#)

Mar 16	Sun	9:30-11a	All Ages	\$10	1 Class	PLGNC0041-100004
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Lake Needwood

Apr 13	Sun	9:30-11a	All Ages	\$10	1 Class	PLGNC0041-100005
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Laytonia Recreational Park

May 4	Sun	9:30-11a	All Ages	\$10	1 Class	PLGNC0041-100006
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Hike to Parks Unknown: Seniors 55+ Intermediate

Join a Park Naturalist for an off-site hike and get to know a new park! Includes 80 minute hike and social chat at the end. The Nature on Wheels vehicle will provide seating, water and bathroom access (using stairs). This event is for experienced hikers. Trail may be rocky or steep and distance will be around 2 miles. Look for the Nature On Wheels vehicle.

Rock Creek Regional Park

[Click to Register](#)

Mar 14	Fri	1-2:30p	All Ages	\$10	1 Class	PLGNC0041-100001
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Rachel Carson Conservation Park

Apr 11	Fri	1-2:30p	All Ages	\$10	1 Class	PLGNC0041-100002
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Bucklodge Conservation Park

May 2	Fri	1-2:30p	All Ages	\$10	1 Class	PLGNC0041-100003
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Nature Center Pop-Up

Join a Park Naturalist for an off-site hike and get to know a new park! Includes 80 minute hike and social chat at the end. The Nature on Wheels vehicle will provide seating, water and bathroom access (using stairs). This event is for experienced hikers. Trail may be rocky or steep and distance will be around 2 miles. Look for the Nature On Wheels vehicle.

Fairland Recreational Park

[Click to Register](#)

Mar 16	Sun	12-3p	All Ages	Free	1 Class	PLGNC0041-100007
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Lake Needwood

Apr 13	Sun	12-3p	All Ages	Free	1 Class	PLGNC0041-100008
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Laytonia Recreational Park

May 4	Sun	12-3p	All Ages	Free	1 Class	PLGNC0041-100009
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MAYDALE NATURE CLASSROOM



MAYDALE
NATURE CLASSROOM



MAYDALE NATURE CLASSROOM

1638 Maydale Drive | Colesville, MD 20905

301-962-1496

MaydaleNature.org

SPECIAL EVENTS

Special Events at Maydale

Springtime is filled with festivities. Join us as we search for leprechauns and hunt for their pots of gold or for a Mother's Day hike with craft.

Maydale Nature Classroom

[Click to Register](#)

St. Patrick's Day Leprechaun Hunt

Mar 15	Sat	10:30-11:30a	Ages 3 to 8	\$6	1 Class	PMAY0001-100001
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Mother's Day Hike and Craft

May 6	Tue	10:30-11:30a	Ages 3 to 8	\$6	1 Class	PMAY0001-100003
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Animals from Eggs Hunt

Join a naturalist to learn about what animals hatch from eggs. Then go on a guided hike through the meadow, pond, and forest in search of plastic eggs filled with baby animal toys to take home and enjoy.

Maydale Nature Classroom

[Click to Register](#)

Animals From Eggs Hunt: 9:30am

Apr 17	Thu	9:30-10:30a	Ages 3 to 10	\$6	1 Class	PMAY0002-100001
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Animals From Eggs Hunt: 11am

Apr 17	Thu	11a-12p	Ages 3 to 10	\$6	1 Class	PMAY0002-100002
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Online Native Plant Sale: April 7-21

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 begin Monday, April 7 with plant pickup Saturday, April 26. Online sales only.

Maydale Nature Classroom

[Learn More](#)

Online Native Plant Sale: April 7-21, plant pickup: April 26

[MaydaleNature.org](https://www.maydalenature.org)



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](#)

“Big Night for Salamanders”

Mar 11	Tue	10-11a	Ages 3 to 5	\$6	1 Class	PMAY0004-100001
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“Planting a Rainbow”

Apr 22	Tue	10-11a	Ages 3 to 5	\$6	1 Class	PMAY0004-100006
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“Bird Builds a Nest”

May 13	Tue	10-11a	Ages 3 to 5	\$6	1 Class	PMAY0004-100004
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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

[Click to Register](#)

It’s Almost Spring!

Mar 18	Tue	10:30-11:30a	Ages 3 to 5	\$6	1 Class	PMAY0009-100013
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The Hummingbirds are Coming!

Apr 8	Tue	10:30-11:30a	Ages 3 to 5	\$6	1 Class	PMAY0009-100001
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Family Scavenger Hunt and Hike

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](#)

Mar 22	Sat	12:30-1:30p	Ages 6 to 10	Free	1 Class	PMAY0006-100001
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MAYDALE NATURE CLASSROOM

Teen Outdoor Adventure Challenge

Schools out! Let the fun begin! Teens will work together on multiple fun outdoor activities and challenges throughout the day. All activities are weather dependent and may include fishing, fire making, campfire cooking, geo caching, spear throwing, owl pellet dissections, and more.

Maydale Nature Classroom

[Click to Register](#)

Mar 31	Mon	9a-3:30p	Ages 12 to 14	\$50	1 Class	PMAY0036-100001
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Fantastic Frogs Campfire

Enjoy time around the campfire with your family. Each campfire is unique with its own theme. Register for one or the entire series.

Maydale Nature Classroom

[Click to Register](#)

Apr 5	Sat	7-8p	Ages 5 and up	\$7	1 Class	PMAY0017-100001
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Insect Indicators!

Insects make the world go round. They pollinate the food we eat, keep other insect pests in check, and act as sanitation experts, cleaning up our waste. Learn more about these important creatures and how they help.

Maydale Nature Classroom

[Click to Register](#)

Apr 5	Sat	12:30-2p	Ages 6 and up	Free	1 Class	PMAY0008-100002
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Family Fishing Fun!

Join us as we set out on a half-mile walk to one of our local fishing holes! Once there, we'll provide you with your own fishing pole, bobber, and bait, as well as teach you a few basics, including casting and reeling, and you're all set! Please note that we catch and release fish and that there is no bathroom or water at the pond. All children must be accompanied by an adult.

Maydale Nature Classroom

[Click to Register](#)

May 31	Sat	10a-12p	Ages 6 to 10	\$8	1 Class	PMAY0031-100001
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Playdate in the Park

Bring your toddler and explore the exciting world around the Nature Classroom. Families can move at their own pace using nature play prompts designed for creative play and exploration. Each playdate has a new and exciting theme. Siblings welcomed though nature prompts are geared towards children 18 months to 3 years of age. Children must be accompanied by an adult. Registration required.

Maydale Nature Classroom

[Click to Register](#)

Mar 25	Tue	10:30-11:30a	Ages 1 to 3	Free	1 Class	PMAY0035-100001
Apr 29	Tue	10:30-11:30a	Ages 1 to 3	Free	1 Class	PMAY0035-100002
May 27	Tue	10:30-11:30a	Ages 1 to 3	Free	1 Class	PMAY0035-100003

MONTGOMERY PARKS

WaterFest

Maydale Nature Classroom

Saturday, May 17, 2025
11am-2pm
Maydale Nature Classroom

Come make a splash while learning about your local watershed through crafts, games, exhibitors, and activities.

Crafts and Activities Include:

- Rainstick making and shaking
- Fish print creations
- Bubble Fun
- Water Cycle Adventures
- Spring Crafts



For more information scan the QR code or go to MoCoParks.org/WaterFest



MAYDALE NATURE CLASSROOM
1638 Maydale Drive | Colesville, MD 20905
MaydaleNature.org



MAYDALE
NATURE CLASSROOM





**MEADOWSIDE
NATURE CENTER**



MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855

301-258-4030

MeadowsideNature.org

SPECIAL EVENTS

Introduction to Mosaics with Ellen Mansfield: American Sign Language

Get cozy in the nature center as you learn the basics of mosaic art with local artist, Ellen Mansfield. She will show you how to make handshape ILY (I love you) with tiles as you create a one-of-a-kind piece of art to take home at the end of class. All supplies are included. Instructions will be giving in American Sign Language, and a qualified interpreter will be available. This is a BYOB event and participants are welcome to bring wine, beer, and peanut-free food. IDs will be checked to ensure 21 years of age for anyone bringing wine or beer. All are welcome to attend.

Meadowside Nature Center

[Click to Register](#)

Apr 5	Sat	6-8p	Ages 18 and up	\$55	1 Class	PMNC0174-100001
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St. Patrick' Day Quest for the Gold

Follow the rainbow down our trails as you celebrate an early St. Patricks' Day. Are you feeling lucky enough to not get pinched? During this self-guided hike, wear something green as you search for a pot of gold, make a rainbow, and learn about the tiny plants that leprechauns call home. Adult chaperones are required for each registered participant but are free to attend. Please register all children.

Meadowside Nature Center

[Click to Register](#)

Mar 14	Fri	5-6p	All Ages	\$7	1 Class	PMNC0172-100001
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Etch and Sip Wine 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 stemless wine glass using the process of chemical glass etching.

Meadowside Nature Center

[Click to Register](#)

Mar 21	Fri	5-6:30p	Ages 21 and up	\$20	1 Class	PMNC0060-100001
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Mother's Day Eco-Printing Workshop

Join us as we design tote bags with gorgeous flower prints and patterns using a technique called eco-printing! Eco-printing is a form of natural dyeing where the colors from plant material are transferred to fabric by pounding them with a mallet. Grab your tote bag to decorate, pick your flowers, and get creating!

Meadowside Nature Center

[Click to Register](#)

May 10	Sat	10-11a	Ages 7 and up	\$12	1 Class	PMNC0064-100001
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Wild, Wacky, and Weird: Spring Break Activity Series

Take a (spring) break with us and join one or all of the activities offered throughout the week. Each program is one hour and may have an outdoors component. Please read the descriptions below carefully for details on each session. Participants will only be allowed to attend their registered session

Creek Crawl

Grab a net because we are “crawling” the creek looking for macroinvertebrates. We will learn about these aquatic bugs before heading down to the creek to get our feet wet. As we collect our critters, a naturalist will enter them into a phone app that will help us learn about water quality. Participants will get wet and closed-toe shoes are required. Rain prior to the event or cold weather will cancel this program. Adult chaperones are required to attend with each registered participant, but do not need to register. Please register all children.

Meadowside Nature Center

[Click to Register](#)

Apr 15	Mon	11a-12p	Ages 4 and up	\$7	1 Class	PMNC0177-100001
Apr 15	Mon	2-3p	Ages 4 and up	\$7	1 Class	PMNC0177-100002

Bubbly, Fizzy, and Explosive Science

Get ready to get your hands dirty because we are tackling science activities that may fizz, bubble, or even explode! Wear clothing that can get a little dirty and bring your sense of adventure.

Apr 16	Wed	11a-12p	Ages 6 and up	\$7	1 Class	PMNC0178-100001
Apr 16	Wed	2-3p	Ages 6 and up	\$7	1 Class	PMNC0178-100002

Learn to Make Living Paper

Let’s upcycle paper into a one-of-a-kind piece of living art! Join a naturalist as they introduce you to the process of papermaking and the importance of native plants. Participants will “seed” their paper with native seeds and will be able to use the paper as a gift, or plant it to see what blooms.

Meadowside Nature Center

[Click to Register](#)

Apr 18	Fri	11a-12p	Ages 3 and up	\$7	1 Class	PMNC0179-100001
Apr 18	Fri	2-3p	Ages 3 and up	\$7	1 Class	PMNC0179-100002



Storytime with the Animals

Meet one of Meadowside Nature Center’s animal ambassadors and sit down with them to listen to a story!

Meadowside Nature Center

[Click to Register](#)

Mar 12	Wed	11-11:30a	Ages 6 and younger	Free	1 Class	PMNC0169-100001
Apr 9	Wed	11-11:30a	Ages 6 and younger	Free	1 Class	PMNC0169-100002
May 14	Wed	11-11:30a	Ages 6 and younger	Free	1 Class	PMNC0169-100003

Mother’s Day: Animal Babies - Choose Your Own Adventure Storytime

Celebrate the mothers and caregivers in your life with our family friendly puppet show all about animal babies! What does it take to raise a baby eagle? What friendships might the woodland animals create? We won’t know until YOU choose the adventure throughout this guided story. All you need is a sense of adventure and your imagination. Please register all participants

Meadowside Nature Center

[Click to Register](#)

May 10	Sat	10-11a	All Ages	\$7	1 Class	PMNC0184-100001
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NATURE, OUTDOOR EXPLORATION, AND SKILLS

W.A.N.D.E.R.- Fire Building Skills

W.A.N.D.E.R. (Women And Non-binary individuals Deepening their Environmental Relationships) Fire starting is an important (and fun!) outdoor skill to have. In this hands-on class, you will learn several fire-starting strategies that you can use whether you're camping, backpacking, in a survival situation, or just in your own backyard. You will then have opportunities to put these new skills to the test by foraging for natural materials and practicing these different fire-starting methods. This workshop is designed to empower participants of all levels in learning and practicing outdoor skills. No experience required; beginners are welcome. Each participant will take home a fire-starting kit. Please register in advance and dress for the weather as we will be outside for the majority of the program.

Meadowside Nature Center

[Click to Register](#)

Mar 15	Sat	10a-12p	Ages 18 and up	\$20	1 Class	PMNC0173-100001
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Froggy Night Hike & Campfire

Enjoy a magical frog-filled evening at Meadowside Nature Center this spring. Join us for marshmallow treats around the campfire, a gentle naturalist-led stroll under the stars, and a pondside serenade from Maryland's many frog species.

Meadowside Nature Center

[Click to Register](#)

Apr 11	Fri	7-8p	All Ages	\$7	1 Class	PMNC0175-100001
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Plantitas Praderas

En Español: Plantitas Praderas. Aprender sobre las plantas nativas de praderas a través de un cuento infantil y sembrar una pradera chiquita para llevar a casa con materiales cotidianas.

This program will be offered in Spanish. Learn about the plants of our local wild meadows through a children's story read in Spanish. Then, use everyday materials to make your own mini meadow to take home.

Meadowside Nature Center

[Click to Register](#)

Apr 12	Sat	11-11:45a	Ages 6 and up	Free	1 Class	PMNC0176-100001
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LGBTQ+ Wellness in a Changing World

As the world around us changes, self-care is as important as ever. Join naturalists and wellness experts for LGBTQ+ centered activities that promote our wellbeing and affirm our place in nature.

Meadowside Nature Center

[Click to Register](#)

Apr 18	Fri	7-8p	Ages 18 and up	\$10	1 Class	PMNC0180-100001
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Plant Swap

This program is Bilingual (English/Spanish). Kick off spring with some new plant friends for the home and the garden! Participants are encouraged to bring plants, plant supplies, cuttings, and other plant items to trade with fellow plant aficionados. Bring house plants and/or native plants for use in outdoor spaces and then mingle with friends old and new. While supplies last, the nature center will provide some native plant giveaways with tips on how to grow native plants and which pollinators they can support.

EN ESPAÑOL Esto es un evento social y no hay necesidad de poder hablar inglés para participar. Habrá personal y participantes hispanohablantes en este evento. Les invitamos traer plantas de casa o plantas nativas del jardín para intercambiar con otros aficionados al mundo de las plantas. Hasta agotar existencias, ofreceremos plantitas para llevar a casa con consejos sobre su cuidado.

Meadowside Nature Center

[Click to Register](#)

Apr 19	Sat	11a-12p	All Ages	Free	1 Class	PMNC0181-100001
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Earth Day with the Owls

Come celebrate Earth Day with the owls! While observing the owls on the raptor deck, we will learn about their amazing adaptations and how they contribute to a healthy ecosystem. Then, make your own contribution to a healthy environment and create a take-home seed bomb to attract pollinators to your yard!

Meadowside Nature Center

[Click to Register](#)

Apr 26	Sat	6-7p	All Ages	\$7	1 Class	PMNC0182-100001
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Living with Wildlife: Moon Gardens 101

There’s a whole world of plants and wildlife that stir under the light of the moon. Learn about gardening with the moon, then go on a night walk with a naturalist to see nocturnal flora and fauna.

Meadowside Nature Center

[Click to Register](#)

May 2	Fri	7:30-9p	Ages 18 and up	\$7	1 Class	PMNC0183-100001
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LGBTQ+ Campfire & Night Hike

Join us for a fun and educational evening with your community at Meadowside Nature Center this spring. We’ll enjoy a cozy campfire, a gentle naturalist-led night hike, and exploration of the various crepuscular and nocturnal animals that call Maryland home.

Meadowside Nature Center

[Click to Register](#)

May 30	Fri	7-8p	Ages 18 and up	\$7	1 Class	PMNC0185-100001
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SPEAKER SERIES WORKSHOPS OR DISCUSSIONS

Raptor Caretaker Chats

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](#)

Mar 15	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100001
Mar 22	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100002
Mar 29	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100003
Apr 5	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100004
Apr 12	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100005
May 17	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100006
May 24	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100007
May 31	Sat	12-12:45p	All Ages	Free	1 Class	PMNC0044-100008



Rent a kayak,
canoe, pedal
boat, or
rowboat and
spend a day
on the water



BLACK HILL BOATS

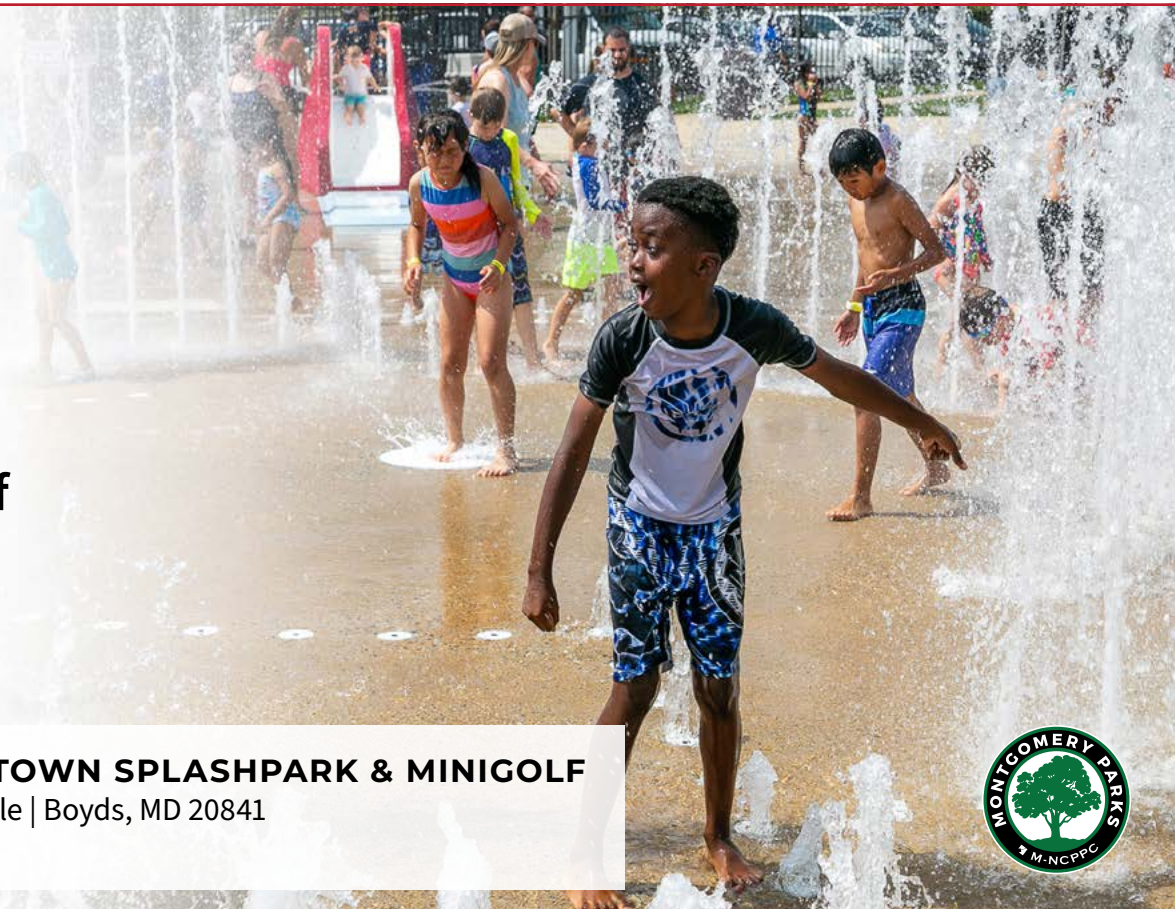
20920 Lake Ridge Drive | Boyds, MD 20841
BlackHillBoats.org

LAKE NEEDWOOD BOATS

15700 Needwood Lake Circle | Rockville, MD 20855
LakeNeedwoodBoats.org

★ **OPENING MEMORIAL DAY WEEKEND** ★

Cool off in
the 280-jet
water maze
or challenge
yourself to
a round of
miniature golf



SOUTH GERMANTOWN SPLASHPARK & MINIGOLF

18056 Central Park Circle | Boyds, MD 20841
SplashandGolf.com





MOUNTAIN BIKING

A limited number of bikes and helmets are available to borrow for all Roots to Rocks programs. For those who bring their own bicycle, please ensure that the bike is in safe working order prior to attending the program. Participants must wear closed toe shoes and provide their own water bottle/hydration pack. It is also recommended that participants wear sunscreen, bike gloves, and above the ankle socks. Reminder to check the email Inbox associated with the registred participant prior to the event for information specific to your program. In the event of inclement weather, we will either cancel our program or adjust it to accommodate. If we must cancel a program, we will do our best to notify you 24 hrs in advance.

Roots to Rocks - Learn to Ride

This is a perfect way to learn the basics of biking from certified bike coaches. Program requirements: Ages 6 and up, must bring a positive attitude, get ready to have fun!

<i>Black Hill Regional Park</i>						Click to Register
Apr 27	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0001-100001
<i>Big Pines Local Park</i>						Click to Register
May 18	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0001-100002
<i>Burnt Mills East Special Park</i>						Click to Register
May 24	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0001-100003
<i>Fairland Recreational Park</i>						Click to Register
Apr 13	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0001-100005
Jun 8	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0001-100004

Roots to Rocks - Bike Clinics

This is a perfect way to expand on your skills aboard a bicycle from certified bike coaches. Depending on the location you can expect a program that includes: bike set up and safety, body position, shifting and cadence, looking ahead, effective braking and more!. Please pay attention to the location of the program as some programs will require dirt tires. Requirements: Ages 6+, must already know how to ride a bicycle with gears, must bring a positive attitude - get ready to have fun!

<i>South Germantown Recreational Park</i>						Click to Register
Apr 6	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0003-100001

Roots to Rocks - Mountain Bike Trail Ride

This is a no rider left behind group ride – think “party pace.” There will likely be some “session-ing” and skills instruction along the way. This is a perfect way to meet other riders and build skills on your bike. Program pre-requisites: Ages 6 and up, must know how to ride a bicycle, must know how to operate a bicycle with gears/hand brakes (no coaster brakes).

(*) indicates adaptive mountain bikes can be reserved for this ride. See [page 39](#) for more details, or contact our Program Access team 301-495-2581, ProgramAccess@MontgomeryParks.org.

Waters House Special Park

[Click to Register](#)

Apr 4	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100001
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Little Bennett Regional Park

[Click to Register](#)

Apr 10	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100002
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North Branch SVU 4

[Click to Register](#)

Apr 18*	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100003
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May 29	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100012
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Jun 6*	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100013
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Jun 12	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100014
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Lake Needwood Mansion

[Click to Register](#)

Apr 25	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100004
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May 1	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100005
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Great Seneca Stream Valley Park

[Click to Register](#)

May 8	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100006
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Muddy Branch SVU 3

[Click to Register](#)

May 16	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100007
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Block House Point Conservation Park

[Click to Register](#)

May 23*	Fri	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002-100008
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Roots to Rocks - Bike Park Days

Come out to the bike park to hang out and ride with the Roots to Rocks coaches! We will be “session-ing” the pump track, features and progressive jumps with some individualized skills instruction along the way. This is a perfect way to meet other riders and build skills on your bike. Requirements Ages 6+, must know how to ride a bicycle.

Wheaton Regional Park – Wheaton Gravity Mountain Bike Park

[Click to Register](#)

May 31	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0002-100009
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South Germantown Recreational Park – Trails & Bike Park

[Click to Register](#)

Apr 6	Sun	12-2p	Ages 6 and up	Free	1 Class	PPSDT0002-100010
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Fairland Recreational Park – The Pit at Fairland Bike Park

[Click to Register](#)

May 10	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0002-100011
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SOUTH GERMANTOWN
Driving Range



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

GOLF

Spring Break Golf Camp

What a fun way to spend Spring Break! Monday through Thursday at the Driving Range, campers will learn how to putt, chip, pitch, drive and use irons and woods with the help of a Montgomery County Golf Academy instructor. On Friday, we'll play a 9-hole tournament at Needwood Golf Course. Golf equipment will be provided to those who don't have their own golf clubs.

South Germantown Driving Range

[Click to Register](#)

Apr 14-18	Mon-Fri	9a-12p	Ages 9 to 14	\$225	5 Days	PSGDR0018-100001
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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 7-14) 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](#)

Mar 22-Apr 12	Sat	11a-12p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100001
Mar 22-Apr 12	Sat	12-1p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100002
Mar 22-Apr 12	Sat	4:30-5:30p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100003
Apr 26-May 17	Sat	11a-12p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100004
Apr 26-May 17	Sat	12-1p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100005
Apr 26-May 17	Sat	4:30-5:30p	Ages 7 to 14	\$140	4 Classes	PSGDR0015-100006

Beginner 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](#)

Mar 22-Apr 12	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	PSGDR0011-100001
Apr 26-May 17	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	PSGDR0011-100002

Beginner 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](#)

Mar 18-Apr 8	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100001
Mar 20-Apr 10	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100002
Mar 22-Apr 12	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100003
Apr 22-May 13	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100004
Apr 24-May 15	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100005
Apr 26-May 17	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	PSGDR0010-100006

ARCHERY

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

[Click to Register](#)

Mar 22-Apr 12	Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR0004-100001
Mar 23-Apr 13	Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR0004-100002
Apr 26-May 17	Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR0004-100003
Apr 27-May 25	Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR0004-100004

Level 1 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](#)

Apr 26-May 17	Sat	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR0001-100001
Mar 23-Apr 13	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR0001-100002
Mar 22-Apr 12	Sat	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR0001-100003
Apr 27-May 25	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR0001-100004

Level 2 Archery

Prerequisite: Passed Level 1 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

[Click to Register](#)

Mar 22-Apr 12	Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR0003-100001
Mar 23-Apr 13	Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR0003-100002
Apr 27-May 25	Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR0003-100003
Apr 26-May 17	Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR0003-100004





Cabin John
Ice Rink



CABIN JOHN ICE RINK

10610 Westlake Dr | Rockville, MD 20852

301-765-8620

CabinJohnIce.org

CLASS DATES

Registration dates: April 7-23.

Class Dates: April 25-June 9

No classes: May 23-26

On your first day of class...

- Check in at the Group Lesson area in the rink lobby to pick up your practice card.
- 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.

PUBLIC SESSIONS

Visit our website for schedules and pricing.

CabinJohnIce.org



**Cabin John
Ice Rink**

EVENTS AND IMPORTANT DATES:

- Open for public skating
- No Classes: May 23-26
- Rink Closed: May 24, 25, 26

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.



ICE SKATING

Wheaton Ice Arena is closed for the spring season due to facility renovations.

ICE SKATING

Spring Break Advanced Freestyle Camp

Prerequisite: Passed Free Skate 6 & working on an axel jump. The Advanced Free Skate Camp is designed for athletes who are currently competing and testing through the U.S. Figure Skating pipeline. Spend the week learning drills that will improve your jump entrances and exits. Learn the bullet points for improving your GOE (grade of execution) on jumps and breakdown of points for combinations and sequences. Spins technique will be focused on daily and will include, strengthening and understanding spin features, levels, and improving GOE (grade of execution). Edgework, exercises and advanced transitions will also be focused on daily. Off Ice classes will include a variety of topics. Some examples include, improving balance and coordination for jump landing and spin positions. Understanding and maximizing program components, managing the “inner athlete,” and maintaining a healthy balance between schoolwork, skating, and life outside the ice rink. Groups will be divided by current competitive (or testing) level both on and off the ice.

Cabin John Ice Rink

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Apr 14	Mon	9a-1p	Ages 6 to 17	\$60	1 Class	PCJI2022-102020
Apr 15	Tue	9a-1p	Ages 6 to 17	\$60	1 Class	PCJI2022-102021
Apr 16	Wed	9a-1p	Ages 6 to 17	\$60	1 Class	PCJI2022-102022
Apr 17	Thu	9a-1p	Ages 6 to 17	\$60	1 Class	PCJI2022-102023
Apr 18	Fri	9a-1p	Ages 6 to 17	\$60	1 Class	PCJI2022-102024

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

[Click to Register](#)

Apr 27-Jun 8	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	PICE0100-112001
Apr 27-Jun 8	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	PICE0100-112002
Apr 29-Jun 3	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0100-112004
Apr 30-Jun 4	Wed	11-11:30a	Ages 3 to 5	\$120	6 Classes	PICE0100-112005
Apr 26-Jun 7	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	PICE0100-112006
Apr 26-Jun 7	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	PICE0100-112007

Preschool Ice Skating 1

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

[Click to Register](#)

Apr 27-Jun 8	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	PICE0101-112001
Apr 27-Jun 8	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	PICE0101-112002
Apr 27-Jun 8	Sun	2:30-3p	Ages 3 to 5	\$120	6 Classes	PICE0101-112003
Apr 29-Jun 3	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0101-112004
Apr 30-Jun 4	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0101-112005
Apr 25-Jun 6	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0101-112006
Apr 26-Jun 7	Sat	10:45-11:15a	Ages 3 to 5	\$120	6 Classes	PICE0101-112007
Apr 26-Jun 7	Sat	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0101-112008

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

[Click to Register](#)

Apr 27-Jun 8	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	PICE0102-112000
Apr 27-Jun 8	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	PICE0102-112001
Apr 27-Jun 8	Sun	2:30-3p	Ages 3 to 5	\$120	6 Classes	PICE0102-112002
Apr 29-Jun 3	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0102-112004
Apr 30-Jun 4	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0102-112005
Apr 25-Jun 6	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0102-112007
Apr 26-Jun 7	Sat	10:45-11:15a	Ages 3 to 5	\$120	6 Classes	PICE0102-112008
Apr 26-Jun 7	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	PICE0102-112009
Apr 26-Jun 7	Sat	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0102-112010
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	PICE0102-115003

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

[Click to Register](#)

Apr 27-Jun 8	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	PICE0103-112000
Apr 27-Jun 8	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	PICE0103-112001
Apr 27-Jun 8	Sun	2:30-3p	Ages 3 to 5	\$120	6 Classes	PICE0103-112002
Apr 29-Jun 3	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0103-112003
Apr 30-Jun 4	Wed	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0103-112005
Apr 25-Jun 6	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0103-112007
Apr 26-Jun 7	Sat	10:45-11:15a	Ages 3 to 5	\$120	6 Classes	PICE0103-112008
Apr 26-Jun 7	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0103-112009
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	PICE0103-115002

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

[Click to Register](#)

Apr 27-Jun 8	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	PICE0104-112001
Apr 30-Jun 4	Wed	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0104-112004
Apr 26-Jun 7	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	PICE0104-112007
Apr 26-Jun 7	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	PICE0104-112008
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	PICE0104-115003

Skating Superstars

For skaters ages 4-8, who have completed Preschool Skating Level 3 or Youth Level 1, this 45-minute 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 and further independent practice.

Cabin John Ice Rink

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Apr 27-Jun 8	Sun	1:15-2p	Ages 4 to 9	\$180	6 Classes	PICE0105-115004
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ICE SKATING

Babes and Blades

Let us ease your child into ice skating with a low impact class that focuses on coordination, balance, and babes first steps. Using music, bubbles, games, and dancing, our professional ice-skating instructors will help make your child's first steps on the ice amazing. Bonus: We have story time at the end of each class with popcorn! Helmets and gloves required. Bike helmets are fine.

Cabin John Ice Rink

[Click to Register](#)

Apr 25-Jun 6	Fri	12:30-1:15p	Ages 3 to 6	\$180	6 Classes	PICE0110-112002
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Youth Ice Skating 1

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

[Click to Register](#)

Apr 27-Jun 8	Sun	12:45-1:15p	Ages 6 to 12	\$120	6 Classes	PICE0201-112001
Apr 27-Jun 8	Sun	3-3:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-112002
Apr 28-Jun 9	Mon	4-4:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-112003
Apr 29-Jun 3	Tue	4:30-5p	Ages 6 to 12	\$120	6 Classes	PICE0201-112004
Apr 30-Jun 4	Wed	4:30-5p	Ages 6 to 12	\$120	6 Classes	PICE0201-112005
Apr 30-Jun 4	Wed	5-5:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-112006
Apr 25-Jun 6	Fri	4-4:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-112009
Apr 25-Jun 6	Fri	4:30-5p	Ages 6 to 12	\$120	6 Classes	PICE0201-112010
Apr 26-Jun 7	Sat	11:15-11:45a	Ages 6 to 12	\$120	6 Classes	PICE0201-112011
Apr 26-Jun 7	Sat	12:30-1p	Ages 6 to 12	\$120	6 Classes	PICE0201-112012
Apr 26-Jun 7	Sat	1:30-2p	Ages 6 to 12	\$120	6 Classes	PICE0201-112013
Apr 26-Jun 7	Sat	2-2:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-112014
Apr 26-Jun 7	Sat	3:30-4p	Ages 6 to 12	\$120	6 Classes	PICE0201-112015
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 6 to 12	\$120	6 Classes	PICE0201-115002

ICE SKATING

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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Apr 27-Jun 8	Sun	12-12:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112001
Apr 27-Jun 8	Sun	12:45-1:15p	Ages 4 to 12	\$120	6 Classes	PICE0202-112002
Apr 28-Jun 9	Mon	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112003
Apr 28-Jun 9	Mon	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0202-112004
Apr 29-Jun 3	Tue	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112005
Apr 30-Jun 4	Wed	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0202-112006
May 1-Jun 5	Thu	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0202-112007
Apr 25-Jun 6	Fri	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112008
Apr 25-Jun 6	Fri	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0202-112009
Apr 26-Jun 7	Sat	9-9:30a	Ages 4 to 12	\$120	6 Classes	PICE0202-112010
Apr 26-Jun 7	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	PICE0202-112011
Apr 26-Jun 7	Sat	12:30-1p	Ages 4 to 12	\$120	6 Classes	PICE0202-112012
Apr 26-Jun 7	Sat	1:30-2p	Ages 4 to 12	\$120	6 Classes	PICE0202-112013
Apr 26-Jun 7	Sat	1-1:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112014
Apr 26-Jun 7	Sat	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-112015
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 4 to 12	\$120	6 Classes	PICE0202-115002

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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Apr 27-Jun 8	Sun	10-10:30a	Ages 4 to 12	\$120	6 Classes	PICE0203-112001
Apr 27-Jun 8	Sun	12:45-1:15p	Ages 4 to 12	\$120	6 Classes	PICE0203-112002
Apr 28-Jun 9	Mon	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-112004
Apr 29-Jun 3	Tue	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0203-112005
Apr 30-Jun 4	Wed	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0203-112006

Youth Ice Skating 3 (continued)

Cabin John Ice Rink

[Click to Register](#)

Apr 30-Jun 4	Wed	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-112007
May 1-Jun 5	Thu	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-112008
Apr 25-Jun 6	Fri	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-112009
Apr 25-Jun 6	Fri	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0203-112010
Apr 26-Jun 7	Sat	9-9:30a	Ages 4 to 12	\$120	6 Classes	PICE0203-112011
Apr 26-Jun 7	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	PICE0203-112012
Apr 26-Jun 7	Sat	12:30-1p	Ages 4 to 12	\$114	6 Classes	PICE0203-112013
Apr 26-Jun 7	Sat	1:30-2p	Ages 4 to 12	\$114	6 Classes	PICE0203-112014
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 4 to 12	\$120	6 Classes	PICE0203-115001
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0203-115002

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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Apr 27-Jun 8	Sun	10-10:30a	Ages 4 to 12	\$120	6 Classes	PICE0204-112001
Apr 27-Jun 8	Sun	12-12:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-112002
Apr 28-Jun 9	Mon	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0204-112003
Apr 29-Jun 3	Tue	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-112004
Apr 30-Jun 4	Wed	5:30-6p	Ages 4 to 12	\$120	6 Classes	PICE0204-112006
May 1-Jun 5	Thu	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0204-112008
Apr 25-Jun 6	Fri	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-112009
Apr 26-Jun 7	Sat	10:30-11a	Ages 4 to 12	\$120	6 Classes	PICE0204-112011
Apr 26-Jun 7	Sat	1-1:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-112012
Apr 26-Jun 7	Sat	2-2:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-112013
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 4 to 12	\$120	6 Classes	PICE0204-115000
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0204-115001

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

[Click to Register](#)

Apr 27-Jun 8	Sun	10-10:30a	Ages 4 to 14	\$120	6 Classes	PICE0205-112001
Apr 27-Jun 8	Sun	12-12:30p	Ages 4 to 14	\$120	6 Classes	PICE0205-112002
Apr 29-Jun 3	Tue	5-5:30p	Ages 4 to 14	\$120	6 Classes	PICE0205-112003
Apr 28-Jun 9	Mon	4:30-5p	Ages 4 to 14	\$120	6 Classes	PICE0205-112004
Apr 30-Jun 4	Wed	5:30-6p	Ages 4 to 14	\$120	6 Classes	PICE0205-112005
May 1-Jun 5	Thu	4:30-5p	Ages 4 to 14	\$120	6 Classes	PICE0205-112006
Apr 25-Jun 6	Fri	5-5:30p	Ages 4 to 14	\$120	6 Classes	PICE0205-112007
Apr 26-Jun 7	Sat	10:30-11a	Ages 4 to 14	\$120	6 Classes	PICE0205-112008
Apr 26-Jun 7	Sat	1-1:30p	Ages 4 to 14	\$120	6 Classes	PICE0205-112009
Apr 26-Jun 7	Sat	2-2:30p	Ages 4 to 14	\$120	6 Classes	PICE0205-112013
Apr 27-Jun 8	Sun	1:15-1:45p	Ages 4 to 14	\$120	6 Classes	PICE0205-115000
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 4 to 14	\$120	6 Classes	PICE0205-115001

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

[Click to Register](#)

Apr 28-Jun 9	Mon	5-5:45p	Ages 4 to 12	\$180	6 Classes	PICE0206-112002
May 1-Jun 5	Thu	5:45-6:30p	Ages 4 to 12	\$180	6 Classes	PICE0206-112003
Apr 26-Jun 7	Sat	9:45-10:30a	Ages 4 to 12	\$180	6 Classes	PICE0206-112004
Apr 26-Jun 7	Sat	2:45-3:30p	Ages 4 to 12	\$180	6 Classes	PICE0206-112005
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0206-115001

Tweens and Teens Ice Skating

This class is specifically geared for skaters between the ages of 12-17 who have little to no skating experience. Skaters will cover up to the first 3 introductory levels (Youth 1-3) of beginning ice skating. This is a fast-paced class to help late starters catch up to the higher levels and advanced hockey classes. In an effort to maximize the full 6 weeks of instruction, participants are strongly encouraged to practice outside class time. Helmets and gloves are required (bike helmets are acceptable).

Cabin John Ice Rink

[Click to Register](#)

Apr 26-Jun 7	Sat	10:30-11:15a	Ages 12 to 17	\$180	6 Classes	PICE0210-112002
May 1-Jun 5	Thu	8-8:45p	Ages 12 to 17	\$180	6 Classes	PICE0210 112003

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

[Click to Register](#)

Apr 26-Jun 7	Sat	9-9:30a	Ages 4 to 18	\$120	6 Classes	PICE0215-112001
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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

[Click to Register](#)

Apr 27-Jun 8	Sun	1:15-1:45p	Ages 13 and up	\$120	6 Classes	PICE0220-112001
May 1-Jun 5	Thu	1:15-1:45p	Ages 13 and up	\$120	6 Classes	PICE0220-112002
May 1-Jun 5	Thu	7:30-8p	Ages 13 and up	\$120	6 Classes	PICE0220-112003
Apr 26-Jun 7	Sat	8:30-9a	Ages 13 and up	\$120	6 Classes	PICE0220-112004
Apr 26-Jun 7	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	PICE0220-112005



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

[Click to Register](#)

Apr 27-Jun 8	Sun	1:15-1:45p	Ages 13 and up	\$120	6 Classes	PICE0221-112000
May 1-Jun 5	Thu	1:15-1:45p	Ages 13 and up	\$120	6 Classes	PICE0221-112001
May 1-Jun 5	Thu	7:30-8p	Ages 13 and up	\$120	6 Classes	PICE0221-112002
Apr 26-Jun 7	Sat	8:30-9a	Ages 13 and up	\$120	6 Classes	PICE0221-112003
Apr 26-Jun 7	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	PICE0221-112004

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

[Click to Register](#)

Apr 27-Jun 8	Sun	1:45-2:30p	Ages 13 and up	\$180	6 Classes	PICE0222-112002
May 1-Jun 5	Thu	12:30-1:15p	Ages 13 and up	\$180	6 Classes	PICE0222-112003
May 1-Jun 5	Thu	8-8:45p	Ages 13 and up	\$180	6 Classes	PICE0222-112004
Apr 26-Jun 7	Sat	9:45-10:30a	Ages 13 and up	\$180	6 Classes	PICE0222-112005

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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Apr 27-Jun 8	Sun	1:45-2:30p	Ages 13 and up	\$180	6 Classes	PICE0223-112002
May 1-Jun 5	Thu	12:30-1:15p	Ages 13 and up	\$180	6 Classes	PICE0223-112003
May 1-Jun 5	Thu	8-8:45p	Ages 13 and up	\$180	6 Classes	PICE0223-112004
Apr 26-Jun 7	Sat	9:45-10:30a	Ages 13 and up	\$180	6 Classes	PICE0223-112005

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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Apr 28-Jun 9	Mon	8:15-9p	Ages 13 and up	\$180	6 Classes	PICE0224-112001
Apr 26-Jun 7	Sat	9:45-10:30a	Ages 13 and up	\$180	6 Classes	PICE0224-112002
May 1-Jun 5	Thu	11:45a-12:30p	Ages 13 and up	\$180	6 Classes	PICE0224-112003

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.

Cabin John Ice Rink

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Apr 26-Jun 7	Sat	9:45-10:30a	Ages 13 and up	\$180	6 Classes	PICE0225-112001
Apr 28-Jun 9	Mon	8:15-9p	Ages 13 and up	\$180	6 Classes	PICE0225-112002
May 1-Jun 5	Thu	11:45a-12:30p	Ages 13 and up	\$180	6 Classes	PICE0225-112004

Seasoned Skater

Let our professional ice-skating instructors gracefully glide you through the beginning skating skills that will help you practice balance, coordination, and posture. The first 10 minutes of each class will be spent practicing off ice (on skates!) balancing exercises to help you find your center while on the ice. This class is for ages 50+ who want to find their inner Olympic spirit! Helmets and gloves are required (bike helmets are fine).

Cabin John Ice Rink

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Apr 30-Jun 4	Wed	11:30a-12:15p	Ages 50 and up	\$180	6 Classes	PICE0227-112000
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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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Apr 28-Jun 9	Mon	5-5:45p	Ages 4 to 18	\$180	6 Classes	PICE0300-112002
Apr 26-Jun 7	Sat	9:45-10:30a	Ages 4 to 18	\$180	6 Classes	PICE0300-112004
Apr 26-Jun 7	Sat	2:45-3:30p	Ages 4 to 18	\$180	6 Classes	PICE0300-112005
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 4 to 18	\$120	6 Classes	PICE0300-115004

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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Apr 28-Jun 9	Mon	6-6:45p	Ages 5 and up	\$180	6 Classes	PICE0310-112004
May 1-Jun 5	Thu	5:45-6:30p	Ages 5 and up	\$180	6 Classes	PICE0310-112005
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0310-112006
Apr 26-Jun 7	Sat	2:45-3:30p	Ages 5 and up	\$180	6 Classes	PICE0310-112007
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0310-115007

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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Apr 28-Jun 9	Mon	6-6:45p	Ages 5 and up	\$180	6 Classes	PICE0312-112004
May 1-Jun 5	Thu	5:45-6:30p	Ages 5 and up	\$180	6 Classes	PICE0312-112005
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0312-112006
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0312-115007

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.

Cabin John Ice Rink

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Apr 28-Jun 9	Mon	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0314-112004
May 1-Jun 5	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0314-112005
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0314-112006
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0314-115005

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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Apr 28-Jun 9	Mon	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0316-112004
May 1-Jun 5	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0316-112005
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0316-112006
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0316-115005

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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Apr 28-Jun 9	Mon	7:30-8:15p	Ages 5 and up	\$180	6 Classes	PICE0318-112004
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0318-112006
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0318-115005

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

[Click to Register](#)

Apr 28-Jun 9	Mon	7:30-8:15p	Ages 5 and up	\$180	6 Classes	PICE0320-112004
Apr 26-Jun 7	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	PICE0320-112006
Apr 27-Jun 8	Sun	2:15-2:45p	Ages 5 and up	\$120	6 Classes	PICE0320-115005

Wheaton Aspire Figure Skating Program

Note: This program takes place at Cabin John Ice Rink

The Aspire Youth Academy is for figure skaters at the Youth 4 level and higher. This 45-minute weekly session will include sessions on power stroking, advanced turns, spins, jumps, choreography, ice dance, skating skills, 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.

Cabin John Ice Rink

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Aspire Youth Skating Academy

Apr 27-Jun 8	Sun	2-2:45p	Ages 6 and up	\$180	6 Classes	PICE0321-115000
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Aspire Teen & Adult Skating Academy

Apr 27-Jun 8	Sun	2-2:45p	Ages 6 and up	\$180	6 Classes	PICE0321-115002
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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.

Cabin John Ice Rink

[Click to Register](#)

Aspire Figure Skating

Apr 26-Jun 7	Sat	8:30-9:30a	Ages 4 to 12	\$180	6 Classes	PICE0322-112001
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Aspire Youth

May 1-Jun 5	Thu	4:45-5:45p	Ages 4 to 12	\$180	6 Classes	PICE0322-112002
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Aspire Preschool

Apr 27-Jun 8	Sun	2:30-3:30p	Ages 4 to 12	\$180	6 Classes	PICE0322-112004
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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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Apr 26-Jun 7	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	PICE0325-112001
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 6 and up	\$120	6 Classes	PICE0325-115001

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 skating skills pattern including edges, spirals, three turn sequences, and power crossovers. Fee includes skate rental (if needed) plus a skating practice card.

Cabin John Ice Rink

[Click to Register](#)

Apr 26-Jun 7	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	PICE0333-112006
Apr 27-Jun 8	Sun	1:45-2:15p	Ages 6 and up	\$120	6 Classes	PICE0333-115001

Cabin John Spring Ice Show Clinic

This class will meet for four weeks to learn a group skating program to perform in the Cabin John Spring Ice Show on June 8 at 5:30 pm. Skaters will be placed into groups based on skating level and age. Skaters should be able to attend all six practices and the ice show performance. Practice dates are May 1, 8, 15, 22, 29, and June 5 from 6:15-7:15 pm on the NHL rink. (your skater will be assigned a 30 minute slot after registration closes).

Cabin John Ice Rink

[Click to Register](#)

Apr 30-Jun 4	Wed	6:15-7:15p	Ages 4 and up	\$120	6 Classes	PICE1010-112001
Apr 27-Jun 1	Sun	2:45-3:15p	Ages 6 and up	\$100	5 classes	PICE1010-115001



HOCKEY

Tots with Sticks

Can't get your child to put that stick down!? Let's put a hockey stick in their hands instead. This class is geared for the high-energy toddler who likes to move, bang, and bash. We will teach them to skate and how to shoot a hockey puck! Helmet and gloves are required.

Cabin John Ice Rink

[Click to Register](#)

Apr 25-Jun 6	Fri	1:15-2p	Ages 3 to 6	\$180	6 Classes	PICE0112-112001
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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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Apr 29-Jun 3	Tue	5:45-6:15p	Ages 4 to 12	\$120	6 Classes	PICE0351-112001
Apr 30-Jun 4	Wed	6:15-6:45p	Ages 4 to 12	\$120	6 Classes	PICE0351-112002
Apr 26-Jun 7	Sat	9:30-10a	Ages 4 to 12	\$120	6 Classes	PICE0351-112003
Apr 26-Jun 7	Sat	10:15-10:45a	Ages 4 to 12	\$120	6 Classes	PICE0351-112004

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

[Click to Register](#)

Apr 29-Jun 3	Tue	5:45-6:15p	Ages 4 to 12	\$120	6 Classes	PICE0352-112001
Apr 30-Jun 4	Wed	6:15-6:45p	Ages 4 to 12	\$120	6 Classes	PICE0352-112002
Apr 26-Jun 7	Sat	9:30-10a	Ages 4 to 12	\$120	6 Classes	PICE0352-112003
Apr 26-Jun 7	Sat	10:15-10:45a	Ages 4 to 12	\$120	6 Classes	PICE0352-112004

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

[Click to Register](#)

Apr 29-Jun 3	Tue	6:15-7p	Ages 4 to 12	\$180	6 Classes	PICE0353-112001
Apr 30-Jun 4	Wed	6:45-7:30p	Ages 4 to 12	\$180	6 Classes	PICE0353-112002
Apr 26-Jun 7	Sat	7:45-8:30a	Ages 4 to 12	\$180	6 Classes	PICE0353-112003

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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Apr 29-Jun 3	Tue	7-7:45p	Ages 4 to 14	\$180	6 Classes	PICE0354-112001
Apr 30-Jun 4	Wed	6:45-7:30p	Ages 4 to 14	\$180	6 Classes	PICE0354-112002
Apr 26-Jun 7	Sat	7:45-8:30a	Ages 4 to 14	\$180	6 Classes	PICE0354-112003



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

[Click to Register](#)

Apr 29-Jun 3	Tue	7:45-8:15p	Ages 4 to 12	\$180	6 Classes	PICE0355-112001
Apr 30-Jun 4	Wed	7:30-8:15p	Ages 4 to 12	\$180	6 Classes	PICE0355-112002
Apr 26-Jun 7	Sat	7:45-8:30a	Ages 4 to 12	\$180	6 Classes	PICE0355-112003

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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Apr 26-Jun 7	Sat	8:30-9a	Ages 13 and up	\$120	6 Classes	PICE0357-112001
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Our Pro Shops offer a full line of skating equipment and services.

- CCM Hockey skates and equipment
- Figure skates
- Skating apparel and accessories
- Hockey gear sizing and fitting
- Skate services including sharpening, heat molding, blade mounting, and stretching

Discounts available for students enrolled in group lessons

Book your appointment online at CabinJohnIce.org



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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Apr 30-Jun 4	Wed	8:30-9:15p	Ages 13 and up	\$180	6 Classes	PICE0358-112001
Apr 26-Jun 7	Sat	7:45-8:30a	Ages 13 and up	\$180	6 Classes	PICE0358-112002

Scrimmage

Passed Hockey 3. This hands-on instructional class focuses on key elements of hockey. Skaters will learn rules of the game, enhance their skills, and practice through a series of scrimmages. 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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Scrimmage Class (Ages 6-8)

Apr 26-Jun 7	Sat	9-9:30a	Ages 6 and up	\$120	6 Classes	PICE0362-112002
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Scrimmage Class (Ages 9-12)

Apr 26-Jun 7	Sat	8:30-9a	Ages 6 and up	\$120	6 Classes	PICE0362-112001
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Advanced Scrimmage (Ages 8-13)

Apr 29-Jun 3	Tue	8:30-9p	Ages 6 and up	\$120	6 Classes	PICE0362-112004
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Teen and Adult Hockey Power Skating

Improve your conditioning and skating skills. This class will focus on stride length, take-offs and acceleration, agility skating, and edge work. Skaters must have passed Teen and Adult Hockey 1

Cabin John Ice Rink

[Click to Register](#)

Apr 26-Jun 7	Sat	8:30-9a	Ages 13 and up	\$120	6 Classes	PICE0365-112000
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TENNIS



**Pauline Betz Addie
Tennis Center**



**Wheaton
Indoor Tennis**



PAULINE BETZ ADDIE TENNIS CENTER

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

WHEATON INDOOR TENNIS

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

TENNIS

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

CLASS DATES

Registration Dates: April 7-23
Class Dates: April 25-June 9

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 (Ages 4-5)

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

[Click to Register](#)

Apr 25-Jun 6	Fri	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110011
Apr 27-Jun 8	Sun	9-10a	Ages 4 to 5	\$156	6 Classes	PTEN0001-110012
Apr 28-Jun 9	Mon	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110013
Apr 28-Jun 9	Mon	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110014
Apr 29-Jun 3	Tue	3-4p	Ages 4 to 5	\$150	6 Classes	PTEN0001-110015
Apr 29-Jun 3	Tue	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110016
Apr 30-Jun 4	Wed	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110017
Apr 30-Jun 4	Wed	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110018
May 1-Jun 5	Thu	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110019
May 1-Jun 5	Thu	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-110020

Wheaton Indoor Tennis

[Click to Register](#)

Apr 26-Jun 7	Sat	10-11a	Ages 4 to 5	\$135	6 Classes	PTEN0001-116006
Apr 27-Jun 8	Sun	12-1p	Ages 4 to 5	\$135	6 Classes	PTEN0001-116007
Apr 28-Jun 9	Mon	6-7p	Ages 4 to 5	\$135	6 Classes	PTEN0001-116008
Apr 30-Jun 4	Wed	6-7p	Ages 4 to 5	\$135	6 Classes	PTEN0001-116009



Youth Tennis, Beginner 6-8

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 6-8 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 9-10 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

[Click to Register](#)

Apr 27-Jun 8	Sun	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-110024
Apr 28-Jun 9	Mon	5-6p	Ages 6 to 8	\$147	6 Classes	PTEN0005-110025
Apr 29-Jun 3	Tue	5-6p	Ages 6 to 8	\$147	6 Classes	PTEN0005-110026
Apr 30-Jun 4	Wed	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-110027
May 1-Jun 5	Thu	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-110028

Wheaton Indoor Tennis

[Click to Register](#)

May 1-Jun 5	Thu	6-7p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116016
Apr 26-Jun 7	Sat	1-2p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116017
Apr 27-Jun 8	Sun	11a-12p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116018
Apr 28-Jun 9	Mon	6-7p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116019
Apr 29-Jun 3	Tue	5-6p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116020
Apr 29-Jun 3	Tue	5-6p	Ages 6 to 8	\$123	6 Classes	PTEN0005-116021

Youth Tennis, Intermediate 6-8

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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Apr 27-Jun 8	Sun	10-11a	Ages 6 to 8	\$141	6 Classes	PTEN0010-110025
Apr 28-Jun 9	Mon	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-110026
Apr 29-Jun 3	Tue	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-110027
Apr 30-Jun 4	Wed	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-110028
May 1-Jun 5	Thu	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-110029

Youth Tennis, Beginner 9-10

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 6-8 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 9-10 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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Apr 27-Jun 8	Sun	9-10a	Ages 9 to 10	\$147	6 Classes	PTEN0015-110035
Apr 28-Jun 9	Mon	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-110036
Apr 29-Jun 3	Tue	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0015-110037
Apr 30-Jun 4	Wed	6-7p	Ages 9 to 10	\$146	6 Classes	PTEN0015-110038
May 1-Jun 5	Thu	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-110039

Wheaton Indoor Tennis

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May 1-Jun 5	Thu	5-6p	Ages 9 to 10	\$123	6 Classes	PTEN0015-116037
Apr 27-Jun 8	Sun	9-10a	Ages 9 to 10	\$123	6 Classes	PTEN0015-116038
Apr 28-Jun 9	Mon	5-6p	Ages 9 to 10	\$123	6 Classes	PTEN0015-116039
Apr 26-Jun 7	Sat	9-10a	Ages 9 to 10	\$123	6 Classes	PTEN0015-116040
Apr 30-Jun 4	Wed	6-7p	Ages 9 to 10	\$123	6 Classes	PTEN0015-116041
Apr 29-Jun 3	Tue	6-7p	Ages 9 to 10	\$117	6 Classes	PTEN0015-116042

Youth Tennis, Intermediate 9-10

Prerequisite: Passed Beginner level. For the developing player who can rally on the Orange 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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Apr 27-Jun 8	Sun	10-11a	Ages 9 to 10	\$141	6 Classes	PTEN0020-110046
Apr 28-Jun 9	Mon	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-110047
Apr 29-Jun 3	Tue	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-110048
Apr 30-Jun 4	Wed	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-110049
May 1-Jun 5	Thu	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-110050

Wheaton Indoor Tennis

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Apr 28-Jun 9	Mon	5-6p	Ages 9 to 10	\$117	6 Classes	PTEN0020-116044
May 1-Jun 5	Thu	5-6p	Ages 9 to 10	\$117	6 Classes	PTEN0020-116045
Apr 26-Jun 7	Sat	9-10a	Ages 9 to 10	\$117	6 Classes	PTEN0020-116046

Youth Tennis, Advanced 9-10

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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Apr 28-Jun 9	Mon	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-110055
Apr 29-Jun 3	Tue	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-110056
Apr 30-Jun 4	Wed	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-110057
May 1-Jun 5	Thu	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-110058

Youth Tennis, Match Play 9-10

Supervised match-play for players in our Orange Intermediate and Advanced Programs.

Wheaton Indoor Tennis

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Apr 26-Jun 7	Sat	11a-12p	Ages 9 to 10	\$129	6 Classes	PTEN0030-116062
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Youth Tennis, Beginner 11-12

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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Apr 25-Jun 6	Fri	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0040-110084
Apr 27-Jun 8	Sun	11a-12p	Ages 11 to 12	\$147	6 Classes	PTEN0040-110085
Apr 28-Jun 9	Mon	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0040-110086
Apr 30-Jun 4	Wed	12-1p	Ages 11 to 12	\$147	6 Classes	PTEN0040-110087

Wheaton Indoor Tennis

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Apr 30-Jun 4	Wed	5-6p	Ages 11 to 12	\$123	6 Classes	PTEN0040-116084
Apr 27-Jun 8	Sun	10-11a	Ages 11 to 12	\$123	6 Classes	PTEN0040-116085

Youth Tennis, Intermediate 11-12

Prerequisite: Passed Beginner 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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Apr 25-Jun 6	Fri	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-110096
Apr 28-Jun 9	Mon	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-110097
Apr 30-Jun 4	Wed	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-110098

Wheaton Indoor Tennis

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Apr 27-Jun 8	Sun	1-2p	Ages 11 to 12	\$123	6 Classes	PTEN0045-116094
Apr 30-Jun 4	Wed	5-6p	Ages 11 to 12	\$123	6 Classes	PTEN0045-116095

Youth Tennis, Advanced 11-12

Prerequisite: Passed Intermediate Tennis. 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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Apr 25-Jun 6	Fri	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-110105
Apr 28-Jun 9	Mon	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-110106
Apr 30-Jun 4	Wed	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-110107

Teen Tennis, Beginner 13-18

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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Apr 29-Jun 3	Tue	1-2p	Ages 13 to 18	\$147	6 Classes	PTEN0055-110114
May 1-Jun 5	Thu	4-5p	Ages 13 to 18	\$146	6 Classes	PTEN0055-110115
Apr 27-Jun 8	Sun	11a-12p	Ages 13 to 18	\$147	6 Classes	PTEN0055-110116

Wheaton Indoor Tennis

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May 1-Jun 5	Thu	6-7p	Ages 13 to 18	\$123	6 Classes	PTEN0055-116113
Apr 26-Jun 7	Sat	12-1p	Ages 13 to 18	\$123	6 Classes	PTEN0055-116114

Teen Tennis, Intermediate 13-18

Prerequisite: Passed Beginner 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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Apr 29-Jun 3	Tue	4-5p	Ages 13 to 18	\$147	6 Classes	PTEN0060-110125
May 1-Jun 5	Thu	4-5p	Ages 13 to 18	\$147	6 Classes	PTEN0060-110126

Teen Tennis, Advanced 13-18

Prerequisite: Passed Intermediate Tennis. 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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Apr 29-Jun 3	Tue	4-6p	Ages 13 to 18	\$141	6 Classes	PTEN0065-110133
Apr 30-Jun 4	Wed	4-6p	Ages 13 to 18	\$141	6 Classes	PTEN0065-110134

Wheaton Indoor Tennis

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Apr 26-Jun 7	Sat	12-1p	Ages 13 to 18	\$117	6 Classes	PTEN0065-116132
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Adult Beginner 1 Tennis, NTRP 1.0

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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Apr 25-Jun 6	Fri	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0090-110189
Apr 26-Jun 7	Sat	12-1p	Ages 18 and up	\$147	6 Classes	PTEN0090-110190
Apr 26-Jun 7	Sat	4-5p	Ages 18 and up	\$147	6 Classes	PTEN0090-110191
Apr 27-Jun 8	Sun	9-10a	Ages 18 and up	\$147	6 Classes	PTEN0090-110192
Apr 28-Jun 9	Mon	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0090-110193
Apr 28-Jun 9	Mon	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-110194
Apr 29-Jun 3	Tue	11a-12p	Ages 18 and up	\$141	6 Classes	PTEN0090-110195
Apr 30-Jun 4	Wed	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-110196
May 1-Jun 5	Thu	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-110197

Adult Beginner 1 Tennis, NTRP 1.0 (continued)

Wheaton Indoor Tennis

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May 1-Jun 5	Thu	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0090-116186
Apr 27-Jun 8	Sun	9-10a	Ages 18 and up	\$123	6 Classes	PTEN0090-116187
Apr 30-Jun 4	Wed	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0090-116188

Adult Beginner 2 Tennis, 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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Apr 26-Jun 7	Sat	1-2p	Ages 18 and up	\$147	6 Classes	PTEN0095-110198
Apr 27-Jun 8	Sun	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0095-110199
Apr 28-Jun 9	Mon	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0095-110200
Apr 29-Jun 3	Tue	10-11a	Ages 18 and up	\$141	6 Classes	PTEN0095-110201
Apr 30-Jun 4	Wed	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0095-110202
May 1-Jun 5	Thu	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0095-110203

Wheaton Indoor Tennis

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Apr 29-Jun 3	Tue	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0095-116200
Apr 28-Jun 9	Mon	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0095-116201
Apr 26-Jun 7	Sat	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0095-116202

Adult Intermediate Tennis, 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.

Pauline Betz Addie Tennis Center

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Apr 26-Jun 7	Sat	3-4p	Ages 18 and up	\$141	6 Classes	PTEN0100-110211
Apr 27-Jun 8	Sun	12-1p	Ages 18 and up	\$141	6 Classes	PTEN0100-110212
Apr 28-Jun 9	Mon	11a-12p	Ages 18 and up	\$141	6 Classes	PTEN0100-110213
Apr 29-Jun 3	Tue	7-8p	Ages 18 and up	\$141	6 Classes	PTEN0100-110214

Adult Intermediate Tennis, NTRP 3.0 (continued)

Wheaton Indoor Tennis

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Apr 27-Jun 8	Sun	11a-12p	Ages 18 and up	\$117	6 Classes	PTEN0100-116206
Apr 29-Jun 3	Tue	11a-12p	Ages 18 and up	\$117	6 Classes	PTEN0100-116207
Apr 28-Jun 9	Mon	7-8p	Ages 18 and up	\$117	6 Classes	PTEN0100-116209
Apr 26-Jun 7	Sat	1-2p	Ages 18 and up	\$117	6 Classes	PTEN0100-116210
Apr 30-Jun 4	Wed	7-8p	Ages 18 and up	\$117	6 Classes	PTEN0100-116211

Adult Intermediate Tennis, NTRP 3.5

Prerequisite: Passed Intermediate 3.0, Adult. Learn to hit with a higher shot quality that keeps opponents neutral or at a disadvantage more often on serves and returns, during baseline exchanges and when approaching and at the net. Learn to make better, 'high percentage' decisions as to when to attack, defend, or stay neutral.

Pauline Betz Addie Tennis Center

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Apr 26-Jun 7	Sat	2-3p	Ages 18 and up	\$141	6 Classes	PTEN0105-110301
Apr 30-Jun 4	Wed	7-8p	Ages 18 and up	\$141	6 Classes	PTEN0105-110302

Adult Advanced Tennis, NTRP 4.0+

Prerequisite: Passed Intermediate 3.5 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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Apr 26-Jun 7	Sat	11a-12p	Ages 18 and up	\$156	6 Classes	PTEN0110-110226
Apr 27-Jun 8	Sun	11a-12p	Ages 18 and up	\$156	6 Classes	PTEN0110-110227
Apr 29-Jun 3	Tue	7-8p	Ages 18 and up	\$156	6 Classes	PTEN0110-110228
May 1-Jun 5	Thu	7-8p	Ages 18 and up	\$156	6 Classes	PTEN0110-110229
Apr 30-Jun 4	Wed	8-9p	Ages 18 and up	\$156	6 Classes	PTEN0110-110230

Wheaton Indoor Tennis

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Apr 28-Jun 9	Mon	8-9p	Ages 18 and up	\$135	6 Classes	PTEN0110-116223
May 1-Jun 5	Thu	11a-12p	Ages 18 and up	\$135	6 Classes	PTEN0110-116224
Apr 27-Jun 8	Sun	12-1p	Ages 18 and up	\$135	6 Classes	PTEN0110-116225

Adult 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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Apr 25-Jun 6	Fri	11a-12p	Ages 18 and up	\$150	6 Classes	PTEN0115-110236
Apr 27-Jun 8	Sun	1-2p	Ages 18 and up	\$150	6 Classes	PTEN0115-110237
Apr 28-Jun 9	Mon	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0115-110238
May 1-Jun 5	Thu	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0115-110239

Wheaton Indoor Tennis

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May 1-Jun 5	Thu	7-9p	Ages 18 and up	\$258	6 Classes	PTEN0115-116233
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Adult 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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Apr 27-Jun 8	Sun	2-4p	Ages 18 and up	\$300	6 Classes	PTEN0120-110245
Apr 29-Jun 3	Tue	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0120-110246

Wheaton Indoor Tennis

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Apr 29-Jun 3	Tue	7-9p	Ages 18 and up	\$258	6 Classes	PTEN0120-116242
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TENNIS

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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Apr 25-Jun 6	Fri	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-110264
Apr 25-Jun 6	Fri	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-110265
Apr 26-Jun 7	Sat	7-8a	Ages 18 and up	\$150	6 Classes	PTEN0125-110266
Apr 27-Jun 8	Sun	8-9a	Ages 18 and up	\$150	6 Classes	PTEN0125-110267
Apr 27-Jun 8	Sun	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-110268
Apr 28-Jun 9	Mon	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-110269
Apr 28-Jun 9	Mon	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-110270
Apr 28-Jun 9	Mon	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-110271
Apr 29-Jun 3	Tue	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-110272
Apr 29-Jun 3	Tue	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-110273
Apr 30-Jun 4	Wed	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-110274
Apr 30-Jun 4	Wed	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-110275
Apr 30-Jun 4	Wed	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-110276
May 1-Jun 5	Thu	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-110277

Wheaton Indoor Tennis

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Apr 27-Jun 8	Sun	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-116254
Apr 28-Jun 9	Mon	7-8p	Ages 18 and up	\$129	6 Classes	PTEN0125-116255
Apr 30-Jun 4	Wed	8-9p	Ages 18 and up	\$129	6 Classes	PTEN0125-116256
Apr 26-Jun 7	Sat	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-116257
Apr 29-Jun 3	Tue	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-116258



TENNIS

Youth, Match Play

Supervised match-play with various formats

Pauline Betz Addie Tennis Center

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Youth Tennis, Match Play 9-10

Apr 25-Jun 6	Fri	6-7p	Ages 9 to 18	\$150	6 Classes	PTEN0130-110001
Apr 26-Jun 7	Sat	11a-1p	Ages 9 to 18	\$300	6 Classes	PTEN0130-110002

Youth Tennis, Match Play 11-12

Apr 26-Jun 7	Sat	3-5p	Ages 9 to 18	\$300	6 Classes	PTEN0130-110003
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Teen Tennis, Match Play 13-18

Apr 25-Jun 6	Fri	5-6p	Ages 9 to 18	\$150	6 Classes	PTEN0130-110006
Apr 26-Jun 7	Sat	1-3p	Ages 9 to 18	\$300	6 Classes	PTEN0130-110005

Wheaton Indoor Tennis

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Youth Tennis, Match Play 11-12

Apr 25-Jun 6	Fri	4-6p	Ages 9 to 18	\$258	6 Classes	PTEN0130-116002
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Teen Tennis, Match Play 13-18

Apr 25-Jun 6	Fri	4-6p	Ages 9 to 18	\$258	6 Classes	PTEN0130-116003
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Tennis Daytime Mixer

Coach organized mixers: These are fun low-key, social events with various formats.

Pauline Betz Addie Tennis Center

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Tennis Daytime Mixer

May 1	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-110019
May 8	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-110017
May 15	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-110016

Tennis 2.5 Mixer

May 16	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-110021
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Tennis 3.5 Mixer

Apr 4	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-110020
May 2	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-110018

Tennis 4.0 Mixer

May 23	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-110022
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