

### **MONTGOMERY PARKS PROGRAM GUIDE | SUMMER 2025**

### **Agricultural & Historical Programs**

- 18 Agricultural History Farm Park
- 22 Josiah Henson Museum & Park
- 25 Oakley Cabin African American Museum & Park
- 26 Woodlawn Manor Cultural Park

### **Nature & Horticultural Programs**

- 41 Brookside Gardens
- 51 Black Hill Discovery Center
- 61 Brookside Nature Center
- 65 Locust Grove Nature Center
- 69 Meadowside Nature Center (building closed for renovations)

### **Sports Programs**

- 75 Golf & Archery at South Germantown Driving Range
- 79 Ice Skating and Hockey at Cabin John
- 95 Tennis at Pauline Betz Addie and Wheaton Indoor Tennis

### More to Do in the Parks

- 7 Volunteer Opportunities
- 8 Rainout Line
- 9 Build Your Own Guide
- 10 Park Activity Buildings and Picnic Shelters
- 11 Event Centers
- 12 Little Bennett Campground
- 13 Montgomery Parks Employment
- 14 Trains and Carousel
- 15 Parks Playhouse Junior
- 16 Parks Summer Concert Series
- 17 Shakespeare Beyond
- 30 55+ Programs
- 33 Adaptive Programs
- 36 Park Academy Series
- 38 Roots to Rocks
- 49 Brookside Gardens Summer Twilight Concert Series
- 50 The Butterfly Experience at Brookside Gardens
- 60 Mudfest
- 74 Boating and SplashPark

### **Information & Registration**

- 3 Registration Information
- 4 Montgomery Parks Facility Directory



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** 

### **Register By Mail**

Download a **registration form** and mail to: ActiveMONTGOMERY 2425 Reedie Drive, 10th Floor Wheaton, MD 20902

### **Questions?**

Call: 301-495-2580

Monday-Friday, 8:30 am-4:30 pm

Visit **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

### **REGISTRATION DATES**

Summer Programs: May 12, 6:30am Ice/Tennis Summer Term:
June 10, 6:30am



### **Payment, Withdrawals, and Refunds**

Visit the <u>Montgomery Parks Activity</u>
<u>Withdrawals and Refund webpage</u> 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 <u>Rentals and Permits</u> 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

### Josiah Henson Museum & Park

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

### **Kingsley Schoolhouse**

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

### 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 Glenallan 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 Glenallan 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 <u>Trails</u> 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 Reedie 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

### **ACCESSIBILITY**

### **Program Access & Inclusion Services**

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

Call: 301-495-2581 MD Relay: 7-1-1

Email: ProgramAccess@MontgomeryParks.org



### ONE website ONE account

for both Recreation & Parks

Registration, Reservations and More!

ActiveMontgomery.org
Create your account today!



# Make a difference with Montgomery Parks!

- Join a clean-up at your neighborhood park, or assist at one of our historic sites, ice rinks, tennis centers, nature centers, gardens, or campground.
- Indoor and outdoor opportunities available year-round!
- Students can earn Student Service Learning (SSL) hours.
- Great for team building including corporate, school, and scout groups.



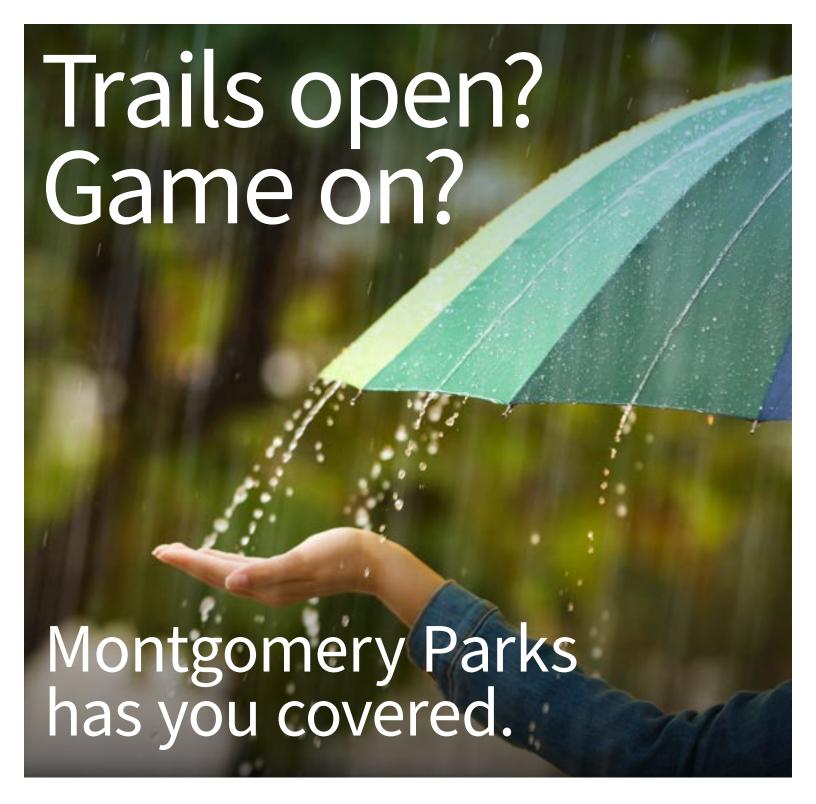












When inclement weather occurs, use the **RainoutLine** system to get instant information on Montgomery Parks trails and athletic fields.

Three ways to access RainoutLine:

**1 Phone:** Trail Conditions: 240-270-0008 or Athletic Field Status: 301-579-5610

Online: Go to MontgomeryParks.org/RainoutLine

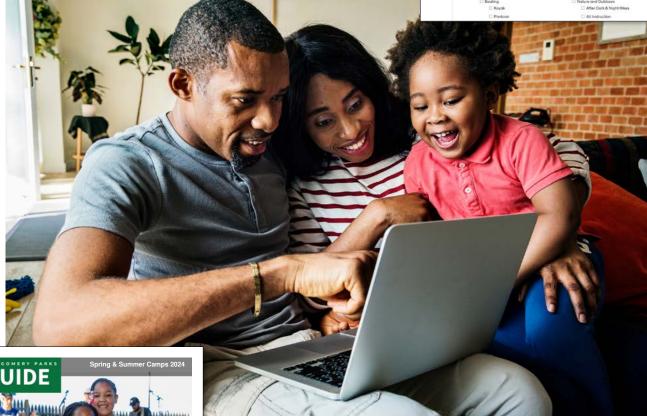
**3 App:** Download the free mobile app for your smartphone.

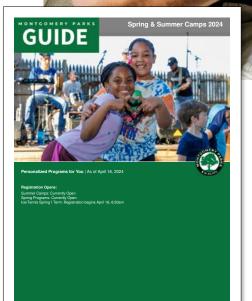




# Build Your Own Guide!







- 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.





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** 

### **Contact the Park Permits Office**

Monday-Friday, 8:30am-5pm | 301.495.2525

ParkPermits@MontgomeryParks.org | ParkPermits.org

2425 Reedie 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 | <u>BrooksideGardens.org</u> event.manager@montgomeryparks.org

### THE LODGE AT LITTLE SENECA CREEK

Rustic charm and beautiful panoramic views

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

### ROCKWOOD MANOR RETREATS & EVENTS

Serene estate just six minutes from the Capital Beltway

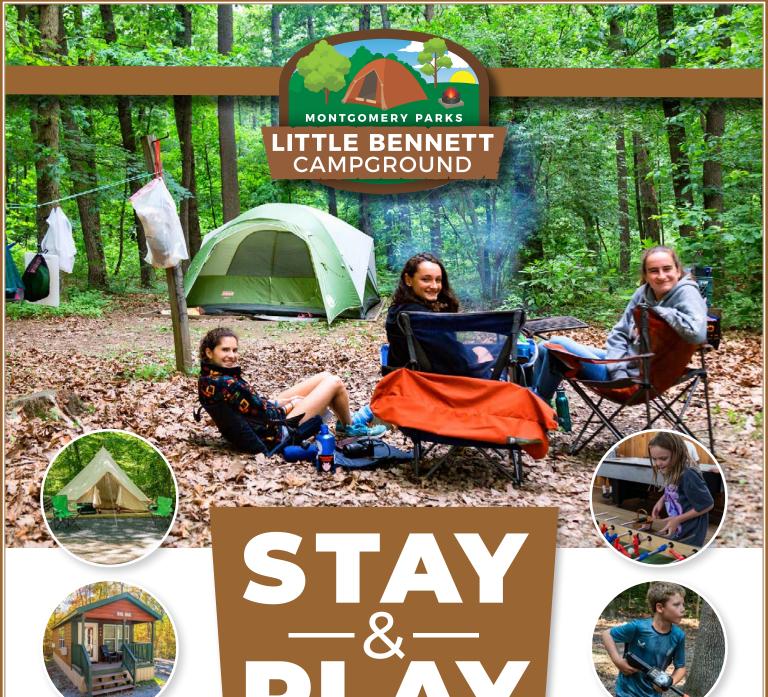
11001 MacArthur Boulevard | Potomac, MD 20854 301-563-7510 | <u>RockwoodManor.org</u> <u>rockwoodmanor@montgomeryparks.org</u> The Lodge at Little Seneca Creek

Now Booking Overnight Stays

Rockwood Manor

Brookside Gardens

ParkEventCenters.org



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





# 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
- Heavy Equipment
- Park Police Officers
- Admin Support
- Horticulture
- Ice Rink Management
   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 Ouestions? Email us at MCP-ParksCareers@montgomeryparks.org









### **CABIN JOHN MINIATURE TRAIN**

Cabin John Regional Park 7410 Tuckerman Lane, Rockville, MD 20852

### **WHEATON MINIATURE TRAIN & CAROUSEL**

Wheaton Regional Park 2000 Shorefield Road Wheaton, MD 20902



**MONTGOMERY PARKS** 



# Keep the kids moving and grooving this summer!

The outdoor performance series returns with sing-a-longs, dance-a-longs, puppets, theater, and more!









For performance dates and locations, scan the QR code or visit

MoCoParks.org/PlayhouseJr



Sign Language Interpretation will be provided at select events.





All Concerts are from 6 to 8 pm

Todos los conciertos programados de 6 a 8 p.m.

### **Chesapeake Sons**

Black Hill Regional Park Thursday, July 24 | 6 to 8 pm Jueves 24 de julio | de 6 a 8 pm

### **Ocho de Bastos**

North Four Corners Local Park Thursday, July 31 | 6 to 8 pm Jueves 31 de julio | de 6 a 8 pm

### **Unity Reggae**

Rock Creek Regional Park
Thursday, August 7 | 6 to 8 pm
Jueves 7 de agosto | de 6 a 8 pm

### The Nighthawks

Cabin John Regional Park
Thursday, August 14 | 6 to 8 pm
Jueves 14 de agosto | de 6 a 8 pm

For more information, scan the QR code or visit MoCoParks.org/
SummerConcertSeries



Para más información, escanee el código QR o visite MoCoParks.org/
SummerConcertSeries



MONTGOMERY PARKS PRESENTS



# The Comedy of Errors, Hon

Don't miss this fresh twist on a timeless Shakespearean classic filled with comedy, fast-paced action, and playful chaos.

- June 17 Martin Luther King Jr. Recreational Park
- June 24 North Four Corners Local Park
- July 8 Lake Needwood Mansion
- July 15 Black Hill Regional Park

Free Admission. Concessions will be available for purchase. Rain dates are the following day at each location.



Event begins at 6:30 pm Show kicks off at 7 pm



MoCoParks.org/ChesapeakeShakespeare



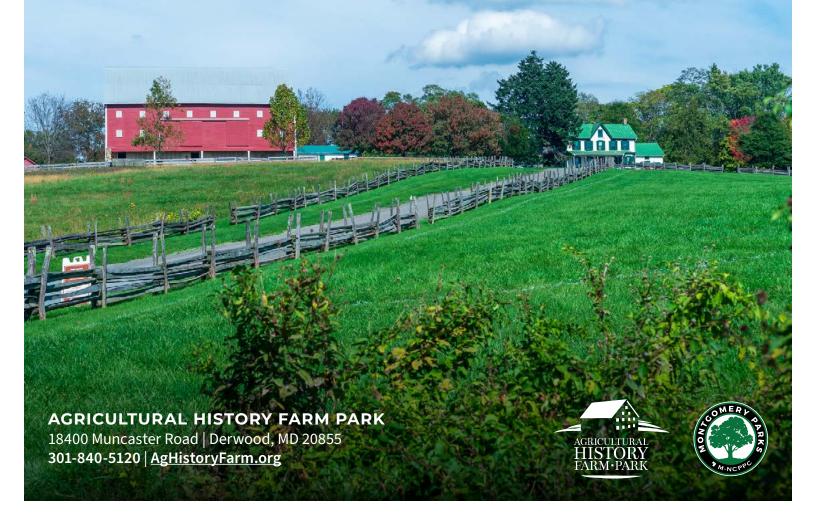


### AGRICULTURAL HISTORY FARM PARK

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 <u>AgHistoryFarm.org</u> for programming and event information.



# **AGRICULTURAL HISTORY FARM PARK**

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

### **AGRICULTURAL HISTORY FARM PARK**

### **ART & CRAFTING**

### **Fun on the Farm**

Join us for Fun on the Farm, a weekly summer program where kids can dive into farm-themed arts and crafts activities like painting, clay sculpting, and basket weaving. Each week, they'll explore a different topic, learn about its history and significance, and create their very own farm-inspired masterpieces. It's a perfect opportunity for kids to get out of the house, unplug, and have fun while getting hands-on with creative projects and learning about the exciting world of agriculture! This is a drop-off program, but parents are welcome to hang around the farm park during the class. Please be sure to dress for the weather and bring water.

Agricultural H	History Farm I	Park				Click to Register		
Dreams & Co	olors: Craftii	ng Suncatchers	and Dream Catcher	<b>'</b> S				
Jun 26	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200001		
The Art of F	lowers: Craf	ting with Natur	e's Beauty					
Jul 10	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200002		
Basketry: Weaving Art and Culture Together								
Jul 17	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200003		
Birdhouse Builders: Crafting Homes for Birds								
Jul 24	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200004		
From Farm	to Canvas: A	Painting Journ	iey					
Jul 31	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200005		
Clay Creation	ns: Sculptin	g Farm Animal	s and Pottery					
Aug 7	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200006		
Feeding Nat	ure: DIY Bird	d Feeders and V	Vildlife Education					
Aug 14	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200007		
Nature's Art	t: Creating C	ollages from th	e Outdoors					
Aug 21	Thu	10a-12p	Ages 8 to 14	\$10	1 Class	PAHFP0014-200008		

### AGRICULTURAL HISTORY FARM PARK





### PLAYTIME OR STORYTIME

### **Little Farmer Storytime**

Join us for Little Farmer Storytime, a special hour just for little ones ages 5 and under 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. The \$5 fee is per child - their accompanying adults are free. The program is rain or shine and will be held outdoors when weather permits.

<b>Agricultural</b>	Histor	v Farm	Park
---------------------	--------	--------	------

$\sim$	• -	l . L .	Register
		$\nu$ TO	PAGICTAR
<u></u>		n lu	I/CSISICI

	<u> </u>						0
	Jun 6	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200001
_	Jun 28	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200002
	Jul 11	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200003
	Jul 26	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200004
	Aug 1	Fri	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200005
	Aug 23	Sat	10-11a	Ages 5 and under	\$5	1 Class	PAHFP0011-200006

### 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 with multiple sensory stations to interact with welcoming people of all abilities. A supportive staff along with a variety of alternative seating, fidget tools, and other sensory-friendly materials will be provided to ensure a comfortable and inclusive experience for everyone. The \$5 fee is per participant - their accompanying companions are free.

### Agricultural History Farm Park

Click to Register

						<u> </u>
Jun 21	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-200001
Jul 19	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-200002
Aug 9	Sat	10a-12p	All Ages	\$5	1 Class	PAHFP0007-200003

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







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

### **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 in front of the museum.

### **SPECIAL EVENTS**

### **Henson Birthday Celebration**

Kick off your Juneteenth Week by joining us to celebrate Josiah Henson's birthday on June 14th! We'll have fun hands-on activities, games, story times, and more! Admission is free; we look forward to celebrating with you!

Josiah Henson Museum and Park

Jun 14 Sat 10a-4p All Ages
----------------------------

### **Special Opening - Juneteenth**

What better way to celebrate Juneteenth than to visit the museum dedicated the man, Reverend Josiah Henson, who traveled along the Underground Railroad freeing 118 former enslaved persons? The museum will be open for special hours on Thursday, June 19. 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

Jun 19	Thu	10a-4p	All Ages	
Juli 13	iiiu	10a-4p	All Ages	

### ARCHAEOLOGICAL, HISTORICAL & CULTURAL

### **Archaeology Tour**

Join a staff member 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 available onsite on the day of tour. Does not include admission to museum.

Josiah Henson Museum and Park						Click to Register
Jun 21	Sat	1-1:30p	Ages 6 and up	\$3	1 Class	PJHMP0003-200002
Jul 12	Sat	1-1:30p	Ages 6 and up	\$3	1 Class	PJHMP0003-200004
Aug 9	Sat	1-1:30p	Ages 6 and up	\$3	1 Class	PJHMP0003-200006

### SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

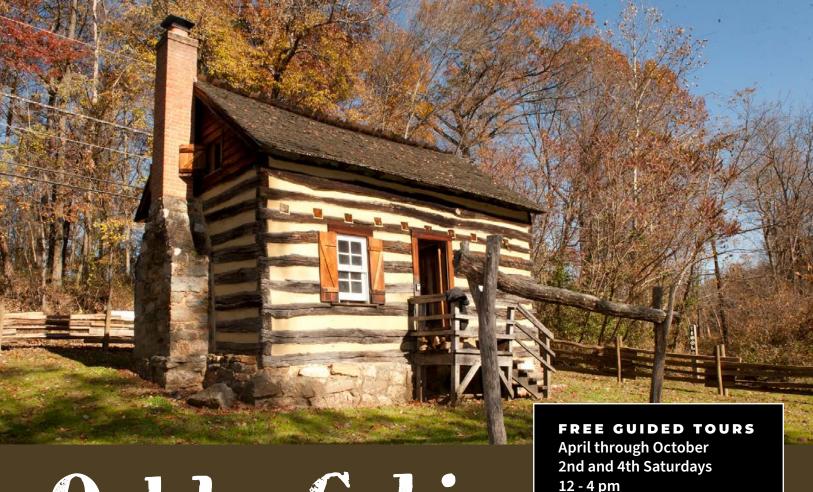
### **Foodie Fridays**

Josiah Henson Museum and Park

Foodie Fridays is a monthly speaker series featuring local food system experts and innovators. Each month, presentations will highlight different parts of the food system - from farming and food recovery programs to community kitchens and composting - and how they relate to residents of Montgomery County. Attendees will have a chance to engage with speakers and community members over food and drinks. Attendees can check-in and enjoy refreshments from 6:30-7:00pm. Speaker(s) will begin at 7:00pm and a Q&A will follow the presentation. \$15 admission includes food and non-alcoholic beverages; \$20 admission includes food and one alcoholic beverage for adults 21 and older with identification. Both options also include a \$5 discount for a ticket to the Josiah Henson Museum (regular price \$7) redeemable during regular museum hours.

obstatt thenson that carry						oticit to register	
Farming: Inpu	ıts & Pro	duction					
Jun 27	Fri	6:30-8:30p	All Ages	\$15/\$20	1 Class	<u>Purchase Tickets</u>	
Connecting: Distribution & Food Recovery							
Jul 25	Fri	6:30-8:30p	All Ages	\$15/\$20	1 Class	<u>Purchase Tickets</u>	
Cooking: Processing & Retail							
Aug 22	Fri	6:30-8:30p	All Ages	\$15/\$20	1 Class	<u>Purchase Tickets</u>	

Click to Register



# 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 <u>OakleyCabin.org</u> | 301-650-4373



### **WOODLAWN MANOR CULTURAL PARK**



### SPECIAL EVENTS

### Juneteenth at Woodlawn Manor Cultural Park

Juneteenth is a federal holiday commemorating the end of enslavement in the United States. Join us for special museum hours Thursday, June 19 from 10am to 4pm. Admission can be purchased the day of in the Visitor Center. Adults \$5, Seniors \$4, Children \$4, Children 5 and under are free.

### Woodlawn Manor Cultural Park

Jun 19 Th	hu 10a-4p	All Ages	
-----------	-----------	----------	--

### **Heritage Days**

Sponsored by Heritage Montgomery, enjoy free admission to the Woodlawn Museum. Please check in at the Visitor Center. Normal admission rates apply for other programs.

### Woodlawn Manor Cultural Park

Jun 28	Sat	10a-4p	All Ages	
Jun 29	Sun	12-4p	All Ages	

### **Summer Family Day**

Children and families are welcome to drop in to Summer Family Day. Nature-based hands-on activities will include a journal of leaf rubbings, crafting a sachet of 19th century traditional herbs, and more! The event takes place on the grounds of Woodlawn Manor Cultural Park. Guests should dress accordingly. Admission, FREE. No advanced reservation required. Recommended ages 6 and up.

### Woodlawn Manor Cultural Park

Aug 9 Sat 11a-5p Ages 6 and up		Aug 9	Sat	11a-3p	Ages 6 and up
--------------------------------	--	-------	-----	--------	---------------



### HIKES

### **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. Woodlawn Museum admission included. Hike covers 2 miles on a natural surface hiking trail. Trail is not ADA accessible or suitable for all strollers. Content appropriate for ages 7 and up, fee charged for ages 6 and up. Advanced registration recommended at www. ActiveMontgomery.org. Limited tickets will be available to purchase the day-of at the Visitor Center.

### Woodlawn Manor Cultural Park

Jun 7	Sat	10-11:30a	Ages 6 and up	\$8	<u>Purchase Tickets</u>
Jun 21	Sat	10-11:30a	Ages 6 and up	\$8	<u>Purchase Tickets</u>
Jul 5	Sat	10-11:30a	Ages 6 and up	\$10	Purchase Tickets
Jul 19	Sat	10-11:30a	Ages 6 and up	\$10	Purchase Tickets
Aug 2	Sat	10-11:30a	Ages 6 and up	\$10	Purchase Tickets
Aug 16	Sat	10-11:30a	Ages 6 and up	\$10	<u>Purchase Tickets</u>

### **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. Check in at Visitor Center. Woodlawn Museum admission included; please arrive 30 minutes prior to the start of the hike to explore the museum. Hike covers approx. 2 miles and lasts 1 ½ hours. The trail is not ADA accessible and too difficult for strollers. Appropriate for ages 15 and up. The next Twilight Trek will be Saturday, September 27 at 6:30pm. Admission: \$8 per person. Advanced registration required by 5 pm Wednesday before hike.

### Woodlawn Manor Cultural Park

Sat

7-8:30p

Jul 26

30t 20	<u> </u>	1 0.50p	riges 15 and ap	710	<u>r archase rie</u>	<del>NC US</del>
200						1234
1000						1
	EN W	11/8 3				,
L				110		

Ages 15 and up

\$10

**Purchase Tickets** 



## 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 Fee Required

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



### 55+ PROGRAMS



### **PROGRAMS FOR 55+**

### Socials for 55+: Herb Craft and Chat

Explore the world of natural herbs in this relaxed, hands-on program for older adults. Try your hand at blending herbal teas, making fragrant sachets, and learning a bit of fun herb trivia -all in a laid-back, friendly setting that's perfect for unwinding and connecting with nature. Materials provided. Registration required.

Meadowbrook Local Park Click to Register

Aug 8 Fri 11a-12:30p /	Ages 55 and up \$5	1 Class	PPACC0002-200007
------------------------	--------------------	---------	------------------

### 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 Cer	nter					Click to Register
Jun 10	Tue	1-3p	Ages 55 and up	\$30	1 Class	PPACC0009-200001
Jun 22	Sun	8-10a	Ages 55 and up	\$30	1 Class	PPACC0009-200002
Jul 20	Sun	8-10a	Ages 55 and up	\$30	1 Class	PPACC0009-200004
Jul 22	Tue	6:30-8:30p	Ages 55 and up	\$30	1 Class	PPACC0009-200005
Aug 10	Sun	8-10a	Ages 55 and up	\$30	1 Class	PPACC0009-200006
Aug 26	Tue	6-8p	Ages 55 and up	\$30	1 Class	PPACC0009-200007



### **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 Cer	nter					Click to Register
Jun 3	Tue	4-6p	Ages 55 and up	\$55	1 Class	PPACC0010-200001
Jun 8	Sun	8-10a	Ages 55 and up	\$55	1 Class	PPACC0010-200002
Jul 13	Sun	8-10a	Ages 55 and up	\$55	1 Class	PPACC0010-200003
Jul 16	Sun	4-6p	Ages 55 and up	\$55	1 Class	PPACC0010-200006
Aug 3	Sun	8-10a	Ages 55 and up	\$55	1 Class	PPACC0010-200004
Aug 12	Tue	3:30-5:30p	Ages 55 and up	\$55	1 Class	PPACC0010-200005

### **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.

Various LocationsClick to RegisterJun 17, Jul 15, Aug 19Tue6-7:30pAges 55 and upFreeMoCoParks.org/<br/>55andBetter



### **ADAPTIVE PROGRAMS**



### **ADAPTIVE PROGRAMS**

### **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

Clid	ck to	Register

<u> </u>						
Jun 23	Mon	5-7p	Ages 16 and up	Free	1 Class	PPACC0005-200001
Jul 17	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC0005-200002
Aug 21	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC0005-200003

### **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. You will receive a request to complete our online Adaptive Sports Pre-consultation form and be contacted by a member of the Program Access team in preparation for the program. A detailed email will be sent prior to the program as a reminder.

Black Hill	Discover	y Center
------------	----------	----------

_				_			
	lıc	k	to	Reg	σı	st	er

Jun 10	Tue	10a-12p	Ages 18 and up	Free	1 Class	PPACC0013-200001
Jul 22	Tue	10a-12p	Ages 18 and up	Free	1 Class	PPACC0013-200002
Aug 26	Tue	10a-12p	Ages 18 and up	Free	1 Class	PPACC0013-200003

### **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 All Terrain

Black Hill Regional Park	(					Click to Register
Jul 31	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200003
Aug 21	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200007
Wheaton Regional Park						Click to Register
Aug 7	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200005
Cabin John Regional Pa	ırk					Click to Register
Aug 28	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200009
Lasher Recumbent Ha	andcycle					
Black Hill Regional Park	(					Click to Register
Jul 31	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200002
Aug 21	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200006
Wheaton Regional Park						Click to Register
Aug 7	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200004
Cabin John Regional Pa	ırk					Click to Register
Aug 28	Thu	5-7p	Ages 16 and up	Free	1 Class	PPACC00012-200008

### **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

Rock Creek Regional Park	k					Click to Register
Jun 5	Thu	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200001
Jul 3	Thu	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200003
Aug 7	Thu	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200005
Wheaton Regional Park						Click to Register
Jun 17	Tue	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200002
Jul 15	Tue	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200004
Aug 19	Tue	10:30-11:30a	Ages 18 and up	Free	1 Class	PPACC0014-200006

### **Additional adaptive programs:**

**Inclusive Sensory Saturday** - Page 21 **Birding for All** - Page 67



### **FITNESS**

### **Yoga for Strength and Vitality 55+**

Focusing on building strength and flexibility to promote healthy aging for ages 55 and up. This class is matbased, but will have chairs available to modify poses and make the practice accessible to most levels.

Kensington Cabin Local Park Click to Register

Jun 17-Aug 19	Tue	10-11a	Ages 55 and up	\$81	9 Classes	PPACT0017-200001
Jun 26-Aug 28	Thu	11a-12p	Ages 55 and up	\$81	9 Classes	PPACT0017-200002

### **PARK ACADEMY SERIES**

### **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 workday. Let's jam to the beat of good music, move your body, and have fun!

Norbeck-Muncaster Mill Neighborhood Po	ırk
--	-----

Click to Register

Jun 25-Aug 13	Wed	5-5:45p	Ages 18 and up	\$72	8 Classes	PPACT0004-200001
Jul 10-Aug 14	Thu	5-5:45p	Ages 18 and up	\$54	6 Classes	PPACT0004-200002

### **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.

Kensington Cabin Local Park

Click to Register

Jun 26-Aug 28	Thu	10-10:45a	Ages 2 to 5	\$108	9 Classes	PPACT0006-200001
Tilden Woods Local	l Park					Click to Register
Jun 21-Aug 16	Sat	11:45a-12:30p	Ages 2 to 5	\$84	7 Classes	PPACT0006-200002



### **ROOTS TO ROCKS**



### ROOTS TO ROCKS



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. We have a limited number of bikes and helmets available to borrow (we will ask to hold something as collateral during the program – cell phone/credit card/etc.). For those who bring their own bicycle, ensure that the bike is in safe working order PRIOR to attending the group ride. Program requirements: Ages 6 and up, must bring a positive attitude, get ready to have fun!

Black Hill Regional ParkClick to RegisterAug 23Sat10a-12pAges 6 and upFree1 ClassPPSDT0001-200003

### **Roots to Rocks - Bike Clinics: Pump Track**

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!

ooden oennam	otien to negister					
Aug 2	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0003-200005
Aug 16	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0003-200006

Click to Register

### **Roots to Rocks - Mountain Bike Group 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 <u>page 34</u> for more details, or contact our Program Access team 301-495-2581, <u>ProgramAccess@MontgomeryParks.org</u>

Black Hill Regio	onal Park					Click to Register			
Jul 31*	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200010			
Wheaton Regional Park									
Aug 7*	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200001			
Black Hill Regio	Black Hill Regional Park								
Aug 14	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200008			
Aug 21*	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200003			
Cabin John Reg	Cabin John Regional Park								
Aug 28*	Thu	5-7p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200012			

### **Roots to Rock - Mountain 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.

South Germant	Click to Register									
Jul 20	Sun	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200005				
Wheaton Regio	Wheaton Regional Park - Wheaton Gravity Mountain Bike Park									
Jul 26	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200006				
South Germant	South Germantown Recreational Park Bike Park									
Aug 2	Sat	1-3p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200004				
Wheaton Regio	Wheaton Regional Park - Wheaton Gravity Mountain Bike Park									
Aug 9	Sat	10a-12p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200002				
South Germant	South Germantown Recreational Park Bike Park									
Aug 16	Sat	1-3p	Ages 6 and up	Free	1 Class	PPSDT0002 - 200009				

### **BROOKSIDE GARDENS**



### SPECIAL EVENTS

### **Summer Twilight Concert Series**

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

### **Brookside Gardens**

ydeco Hot Peppers/Louisiana Blues, Zydeco									
Jun 3	Tue	6:30-8p	All Ages	Free					
David Bach Co	onsort/Wo	rld Contempora	nry/Jazz						
Jun 10	Tue	6:30-8p	All Ages	Free					
Moose Jaw/B	luegrass								
Jun 17	Tue	6:30-8p	All Ages	Free					
René Ibañez &	& Cubano G	Groove / Latin/C	uban						
Jun 24	Tue	6:30-8p	All Ages	Free					

### **Shakespeare In the Garden - The Comedy of Errors**

Delight in the Gude Garden's transformation into an open-air theatre, where you'll embark on a journey filled with shipwrecks, mistaken identities, and above all, the power of family. Whether you're new to Shakespeare or a practiced pedant, this play offers something for everyone! Bring a picnic or enjoy a meal from the on-site food truck. Admission is free, and no registration is required. Rain date July 2.

### **Brookside Gardens**



### **HEALTH AND WELLNESS**

### **Tai Chi at Brookside Gardens**

*Instructor: Charles Votaw* 

\*NOTE: This class will be held in the Japanese Tea House, located in the Gude Garden. 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 Gard	dens					Click to Register
Jun 4	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200001
Jun 11	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200002
Jun 18	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200003
Jun 25	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200004
Jul 2	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200005
Jul 9	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200006
Jul 16	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200007
Jul 23	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200008
Jul 30	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200009
Aug 6	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200010
Aug 13	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	PBG0029-200011



### **BROOKSIDE GARDENS**



### **Gentle Yoga at Brookside Gardens**

*Instructor: Sherry Weber* 

\*NOTE: This class will be held in the Japanese Tea House, located in the Gude Garden. No walk-ins will be accepted. Class size limited to 23 people.

These 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 Gard	dens					Click to Register
Jun 5	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200001
Jun 12	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200002
Jun 19	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200003
Jun 26	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200004
Jul 10	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200005
Jul 17	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200006
Jul 24	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200007
Jul 31	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200008
Aug 7	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200009
Aug 14	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200010
Aug 21	Thu	10-11a	Ages 18 and up	\$14	1 Class	PBG0030-200011

### **BROOKSIDE GARDENS**

### **Yoga at Brookside Gardens**

Instructor: Tanory Ateek

\*NOTE: This class will be held in the Japanese Tea House, located in the Gude Garden. No walk-ins will be accepted. Class size limited to 23 people.

Enjoy yoga held in a peaceful setting under the cover of the Japanese Tea House. 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 Gara	lens					Click to Register
May 31	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200001
Jun 7	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200002
Jun 14	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200003
Jun 21	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200004
Jun 28	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200005
Jul 5	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200006
Jul 12	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200007
Jul 19	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200008
Jul 26	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200009
Aug 2	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200010
Aug 9	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200011
Aug 16	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	PBG0031-200012

### **Shinrin-yoku: The Art of Forest Bathing**

Instructor: Ana Ka'ahanui, certified Forest Therapy Guide

Connect with nature through a forest bathing walk among the vivid colors and rich fragrances of summer blooms. 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 Garden	S					Click to Register
Jun 21	Sat	9:30-11:30a	Ages 18 and up	\$35	1 Class	PBG0022-200001

### YOUTH EDUCATION

### **Exploration Cart Pop-Up**

Celebrate National Pollinator Week with us and learn more about pollinators, their importance, and the plants they love. Enrich your garden visit with a fun pollinator scavenger hunt. Just stop by the Exploration Cart next to the Children's Garden. No Registration required.

### Brookside Gardens

Jun 16	Mon	11a-1p	All Ages	Free	1 Class	
Jun 17	Tue	11a-1p	All Ages	Free	1 Class	
Jun 18	Wed	11a-1p	All Ages	Free	1 Class	

### **Exploration Cart Pop-Up - First Weekend of Summer**

Celebrate the start of the summer season with our community partners, ecoLatinos. Join us in learning more about our environmental community work and ways that you can become involved to help protect the environment in your daily life. We have materials available in both English and Spanish. Make a written pledge to hang on our tree to save the Earth. Just stop by the Exploration Cart next to the Children's Garden. No Registration required.

### Brookside Gardens

Jun 21	Sat	11a-1p	All Ages	Free	1 Class	
Jun 22	Sun	11a-1p	All Ages	Free	1 Class	

### **Butterflies of Brookside (Outdoors)**

This is an Outdoor Program. As the summer winds down, monarchs, swallowtails, and other butterflies are busy in the gardens. Stop at the "hot spots" along the trail to identify different butterfly species, snap a few photos, and record observations in the nature journal provided. Meet in the Visitor Center at the start of class and dress for the weather.

Brookside Gara	lens					Click to Register
Aug 23	Sat	10-11a	Ages 8 to 12	\$7	1 Class	PBG0127-200003

### **GARDEN TOURS**

### **Rose Garden Tour - Redesign Updates**

Tour Guide: Kristin Davey, Brookside Gardens staff

This tour will highlight updates in the Rose Garden one year after its redesign and replanting. You'll learn how Brookside Gardens has shifted to an organic approach with managing disease and insect prone plants like roses. Explore the design concepts used to mix native perennials with traditional non-natives.

Brookside Gardens					Click to Register
Jun 12 Thu	10:30-11:30a	Ages 18 and up	\$12	1 Class	PBG0182-200001

### **Pollinator Meadow Tour**

Tour Guide: Brookside Nature Center & Brookside Gardens staff

Location: Meet at the bottom of the stairs leading up to the Brookside Nature Center (1400 Glenallan Avenue, Wheaton, MD 20902)

Celebrate National Pollinator Week as we wander through an open meadow of beautiful perennials swarming with pollinators. Learn about mid-Atlantic native plants you can plant to help support beneficial insects while adding beauty.

### Brookside Gardens Off Site Program

Click to Register

Jun 30	Mon	1-2:15p	Ages 18 and up	\$12	1 Class	PBG0043-200001
Jul 2	Wed	10:30-11:45a	Ages 18 and up	\$12	1 Class	PBG0043-200002

### LOCAL FIELD TRIPS

### Living Field Lab: Creative Gardening Solutions with Layered Designs & Containers

Location: Silver Spring, MD (address sent after registration)

This part-sun and shade garden offers design lessons in layering plants to create dynamic landscapes. Learn how to make a small yard feel big with innovative uses of garden beds and plant selections. You will enjoy examples of creative gardening solutions that leverage a myriad of containers to liven up garden spaces.

Brookside Gard	ens Off	Site F	Program
----------------	---------	--------	---------

Click to Register

Jun 2 Mon 10a-12p Ages 18 and up	\$25	1 Class	PBG0142-200001
----------------------------------	------	---------	----------------

### **Rachel Carson Conservation Park Walking Tour**

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

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

Rachel Carson was a pioneering environmentalist who called Montgomery County home. Explore her namesake park to learn how Montgomery Parks' restoration projects protect these natural habitats. Journey through colorful meadows housing rare plants and discover a prime example of a chestnut oak forest. Prepare for this active hike with sturdy shoes and a water bottle!

### Brookside Gardens Off Site Program

Click to Register

Jul 15	Tue	9:30-11:30a	Ages 18 and up	\$30	1 Class	PBG0086-200001

### HANDS-ON WORKSHOPS

### **Capturing Summer in Botanical Leaf Prints**

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

Vines, leaves, and vegetables make for beautiful prints. You will learn hand printing and portable walking press techniques to create frameable art with two types of cloth (muslin and metallic) and on rice paper (both supplied). In addition, you may bring your own cotton or silk item to print on such as a scarf, apron, child's onesie or tote bag. Items washable after a heat setting.

Brookside Gardens Click to Register

Jul 12	Sat	10a-1p	Ages 18 and up	\$60	1 Class	PBG0188-200001
Juliz	Juc	100 IP	riges to and ap	700	I Class	1 DO0100 200001

### Miniature Zen Garden

Instructor: Kathy Jentz, Washington Gardener Magazine

Bring a sense of peace and calm to your home by creating your own miniature Zen Garden. This therapeutic and educational activity includes a tray, sand, pebbles, small plants, as well as Japanese-inspired ornaments. Find serenity by creating and changing patterns in the sand. You will receive tips on growing and maintaining your new garden.

Brookside Gardens Click to Register

Aug 2	Sat	10:30a-12p	Ages 18 and up	\$55	1 Class	PBG0118-200001
-------	-----	------------	----------------	------	---------	----------------

### SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### **Managing Garden Pests**

Instructor: Marie Rojas, Independent IPM consultant, Borders and Butterflies

Are organic pesticides always safer than synthetic ones? Are there better, more sustainable ways to manage problems in your garden? Can you tell the difference between a good bug and a bad one? Let's bust some myths and talk about what really works and what doesn't, which insects and diseases are common in our landscapes, and how to prevent them from becoming a problem in yours!

Brookside Gardens Virtual					Click to Register
Jun 18 Wed	7-8:30p	Ages 18 and up	\$15	1 Class	PBG0191-200001

SPONSORED BY FRIENDS OF BROOKSIDE GARDENS

# CONCERT SERIES

FREE!

Dance the night away with this series of musical performances set in the beauty of the Gardens!

- \* Zydeco Hot Peppers | Louisiana Blues, Zydeco Tuesday, June 3 | 6:30 – 8:00 pm
- \* David Bach Consort | World Contemporary, Jazz Tuesday, June 10 | 6:30 8:00 pm
- \* Moose Jaw | Bluegrass
  Tuesday, June 17 | 6:30 8:00 pm
- \* René Ibañez & Cubano Groove | Latin, Cuban Tuesday, June 24 | 6:30 – 8:00 pm



Free Admission No Registration Required

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





- Bring you friends and family!
- Don't forget your chairs, blankets and picnics (allowed in the Gardens only on concert evenings).
- Food trucks will be available.
- No alcohol permitted.

### **BROOKSIDE GARDENS**

1800 Glenallan Avenue | Wheaton, MD 20902 301-962-1400 | <u>BrooksideGardens.org</u>









### April 10-September 21, 2025

Step into Brookside Gardens' South Conservatory and experience the beauty of hundreds of live butterflies fluttering around you.





Learn about the stages of metamorphosis, the important role butterflies play in a healthy ecosystem, and how you can ensure butterflies thrive in your own garden.



All visitors must have a ticket for a specific date and entry time.

Tickets Available Online

MoCoParks.org/bgtickets

### **Tickets:**

- Under age 3: Free
- Ages 3 to 12: \$9
- Ages 13+: \$14



1800 Glenallan Avenue | Wheaton, MD 20902 301-962-1420 | **BrooksideGardens.org** 







### SPECIAL EVENTS

### **Pride Lake Tour by Kayak**

Want to watch wildlife or just enjoy a peaceful paddle with other LGBTQIA+ community members? 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 Disc	overy Cent	er				Click to Register
Jun 20	Fri	6:30-8:30p	Ages 18 and up	\$30	1 Class	PBHDC0108-200001

### **Pride on the Pontoon**

Enjoy a leisurely cruise on our pontoon boat on Little Seneca Lake looking for local wildlife such as beaver, deer, otter, herons, and osprey as we celebrate the LGBTQIA+ community. Please register and pay for all participants. Meet at the pontoon boat dock by the boat rental area. Be sure to bring an extra jacket or blanket, as it's often cooler on the water. FOBH \$7

Black Hill Disc	overy Cente	er				Click to Register
Jun 30	Mon	7-8:30p	Ages 18 and up	\$8	1 Class	PBHDC0108-200002

### **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

Jun 29	Sun	12-1p	All Ages	Free	1 Class
Jul 27	Sun	12-1p	All Ages	Free	1 Class
Aug 24	Sun	12-1p	All Ages	Free	1 Class

### **ART & CRAFTING**

### **Celebrating the Wee Folk - Family Fun Time**

Come by the Discovery Center to enjoy all things fairies. Make a house, some furniture, or even a fairy to take home or to live in our Fairy Garden. We will supply the paints, materials, and some ideas but feel free to bring your own woodsy materials. Let your imagination be your guide. Children should be accompanied by an adult. Register only those making crafts. FOBH \$13

Black Hill Discovery Center

Click to Register

Jun 3	Tue	4:30-6:30p	All Ages	\$14	1 Class	PBHDC0100-200001

### **Celebrating the Wee Folk - Creations for Adults**

Come by the Discovery Center to enjoy all things fairies. Make a house, some furniture, or even a fairy to take home or to live in our Fairy Garden. We will supply the paints, materials, and some ideas but feel free to bring your own woodsy materials. Grown-ups, take a little time to tap into your whimsy and let your imagination be your guide. Bring snacks or your dinner if you'd like. FOBH \$14

Black Hill Discovery Center

Click to Register

Jul 2 Wed 5-7p Ages 16 and up \$15 1 Class	PBHDC0100-200002
--	------------------

### 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.

Blaci	k Hil	l Discovery	/ Center
DIUCI	к пи	DISCOVELV	/ Ceriter

Click to Register

"The Backyard Bird Chronicles"									
Jun 26	Thu	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-200001			
"Playground"									
Jul 23	Wed	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-200002			
"The Accidental Ecosystem: People and Wildlife in American Cities"									
Aug 28	Thu	6-7:30p	Ages 16 and up	Free	1 Class	PBHDC0104-200003			

### 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 Disc	Black Hill Discovery Center									
Jun 11	Wed	6:30-8:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200001				
Jun 17	Tue	6:30-8:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200002				
Jun 22	Sun	10:30a-12:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200003				
Jun 24	Tue	4-6p	Ages 12 and up	\$30	1 Class	PBHDC0008-200004				
Jul 3	Thu	7-9a	Ages 12 and up	\$30	1 Class	PBHDC0008-200005				
Jul 13	Sun	10:30a-12:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200006				
Jul 20	Sun	10:30a-12:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200007				
Jul 22	Tue	4-6p	Ages 12 and up	\$30	1 Class	PBHDC0008-200008				
Aug 5	Tue	6-8p	Ages 12 and up	\$30	1 Class	PBHDC0008-200010				
Aug 10	Sun	10:30a-12:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200012				
Aug 12	Tue	6-8p	Ages 12 and up	\$30	1 Class	PBHDC0008-200013				
Aug 26	Tue	3:30-5:30p	Ages 12 and up	\$30	1 Class	PBHDC0008-200014				

### **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. 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 Disc	covery Cent	ter				Click to Register
Jun 3	Tue	6:30-8:30p	Ages 12 and up	\$60	1 Class	PBHDC0030-200001
Jun 8	Sun	10:30a-12:30p	Ages 12 and up	\$60	1 Class	PBHDC0030-200002
Jul 16	Wed	6:30-8:30p	Ages 12 and up	\$60	1 Class	PBHDC0030-200003
Aug 3	Sun	10:30a-12:30p	Ages 12 and up	\$60	1 Class	PBHDC0030-200004
Aug 20	Wed	5:30-7:30p	Ages 12 and up	\$60	1 Class	PBHDC0030-200005

### **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 Disc	Click to Register					
Jun 9	Mon	7-8:30p	Ages 6 and up	\$8	1 Class	PBHDC0027-200001
Jul 9	Wed	7-8:30p	Ages 6 and up	\$8	1 Class	PBHDC0027-200002
Jul 14	Mon	7-8:30p	Ages 6 and up	\$8	1 Class	PBHDC0027-200003
Aug 4	Mon	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-200004
Aug 13	Wed	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-200005
Aug 27	Wed	6:30-8p	Ages 6 and up	\$8	1 Class	PBHDC0027-200006

### A "Grand" Adventure: Grandparent and Child Pontoon Boat Tour

Join us aboard the pontoon boat for an adventure for grandparents and their grandkids. We'll cruise the lake looking for the creatures that are stirring around the lake and include some stories as we boat along. It could be chilly on the water so dress accordingly. Please register and pay for all participants. Meet at the pontoon boat dock, by the boat rentals. FOBH \$7

Black Hill Disco	overy Cente	er				Click to Register
Aug 22	Fri	10-11a	Ages 3 and up	\$8	1 Class	PBHDC0086-200001

### **Early Morning Pontoon Cruise**

Wildlife are busy in the early morning hours and the lighting is great for photos. Join us for an early morning pontoon tour for some birding and photography, or just a lovely morning cruise on Little Seneca Lake. Meet at the pontoon boat dock, by the boat rentals. Registration required. FOBH \$14

Е	Black Hill Disc	covery Cent	er				Click to Register
	Jun 11	Wed	7:30-9:30a	Ages 18 and up	\$15	1 Class	PBHDC0085-200001
	Aug 29	Fri	7:30-9:30a	Ages 18 and up	\$15	1 Class	PBHDC0085-200002
	Jul 16	Wed	7:30-9:30a	Ages 18 and up	\$15	1 Class	PBHDC0085-200003

### **FISHING**

### **Fishing with the Lil 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 Disc	Click to Register					
Jun 4	Wed	9-10:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-200001
Jul 8	Tue	9-10:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-200002
Aug 21	Thu	9-10:30a	Ages 3 to 6	\$8	1 Class	PBHDC0004-200003

### **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 Disc	overy Cent	er				Click to Register
Jun 7	Sat	9-11a	Ages 3 and up	\$15	1 Class	PBHDC0003-200001
Jul 22	Tue	6:30-8:30p	Ages 3 and up	\$15	1 Class	PBHDC0003-200002
Aug 19	Tue	6-8p	Ages 3 and up	\$15	1 Class	PBHDC0003-200003

### PLAYTIME OR STORYTIME

### Play Day in the Park

Toddlers of all abilities are invited to explore the exciting natural world 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. Visit the front entrance of the Discovery Center to begin your journey through our most accessible areas of the park which are stroller friendly, with shaded areas and locations to rest. All ages are welcome but prompts and materials are geared towards children aged one to three. Registration required.

Black Hill Disc	overy Cente	er				Click to Register
Jun 26	Thu	11a-12p	Ages 6 mo to 3 yrs	Free	1 Class	PBHDC0012-200001
Jul 23	Wed	11a-12p	Ages 6 mo to 3 yrs	Free	1 Class	PBHDC0012-200002
Aug 8	Fri	11a-12p	Ages 6 mo to 3 yrs	Free	1 Class	PBHDC0012-200003

### 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

Jul 12 Sat 2-5p All Ages Free 1 Class
---------------------------------------

### HIKES, SCAVENGER HUNTS & CAMPFIRES

### **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 Disc	covery Cent	er				Click to Register
Jun 21	Sat	7:30-8:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-200001
Jul 5	Sat	7:30-8:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-200002
Jul 19	Sat	7:30-8:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-200003
Aug 16	Sat	7-8p	Ages 1 and up	\$7	1 Class	PBHDC0002-200004
Aug 30	Sat	6:30-7:30p	Ages 1 and up	\$7	1 Class	PBHDC0002-200005

### **Nature Hunt**

Let's take "I Spy" to the next level in the great outdoors. Drop by the Discovery Center, pick up a scavenger hunt sheet, get some helpful hints, and head out on a hunt for natural treasures! When you've finished, come back to the Discovery Center to get a prize. Drop by anytime during program hours!

Black Hill Disc	overy Cente	r				Click to Register	_
Jun 28	Sat	1-4p	All Ages	Free	1 Class	PBHDC0011-200001	
Aug 23	Sat	1-4p	All Ages	Free	1 Class	PBHDC0011-200002	

### **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 email you with the hike's location and other important information.

### Black Hill Discovery Center

Click to Register

Jun 5	Thu	10a-12p	All Ages	\$2/adult 1 Class	PBHDC0051-200001
Jul 9	Wed	10a-12p	All Ages	\$2/adult 1 Class	PBHDC0051-200002
Aug 19	Tue	10a-12p	All Ages	\$2/adult 1 Class	PBHDC0051-200003

### **Explore A Park**

New to the area or just want to get out for a hike? Explore different parks in Montgomery County with an experienced naturalist. The distance of this moderate hike depends on the pace and size of the group.

Today we'll explore Rachel Carson Conservation Park, one of the county's premier conservation areas, walking through meadows, forest and along the Hawlings River. Meet at the parking area, 22201 Zion Rd, Brookeville, MD.

### Rachel Carson Conservation Park

Click to Register

Jul 30 Wed 9-11a Ages 18 and up	\$2	1 Class	PBHDC0065-200001
---------------------------------	-----	---------	------------------

Today we'll explore Lois Y. Green Conservation Park, a remarkable oasis in a highly developed area of the County. Even though it lies beneath an airpark flight pattern, the expanse of the park's grasslands, topography, tree-lined stream, large ponds, wetlands, and woodlands create a feeling of respite and retreat. Meet at the parking area, 8711 Snouffer School Road Gaithersburg, MD.

### Lois Y Green Conservation Park

Click to Register

Aug 20	Wed	9-11a	Ages 18 and up	\$2	1 Class	PBHDC0065-200002

### NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

### **DIY Nature Exploration**

Stop by the Discovery Center Information Desk to pick up a themed pack and start exploring Black Hill Regional Park. Let your curiosity lead you as you follow the activities. No registration required; drop in anytime during program hours. Supplies are limited and loaned out first come, first served. One pack per family. Please return packs by 3 pm.

### Black Hill Discovery Center

Click to Register

		Jun 7	Sat	11a-1p	Ages 6 and up	Free	1 Class	PBHDC0084-200001
--	--	-------	-----	--------	---------------	------	---------	------------------

### **Stream Adventures**

DI 1 11111 D:

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs, and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the gravel Boat Launch parking lot on Black Hill Road. Registration required. FOBH \$7

Black	Hill Disc	covery Cente	<u>Pr</u>				Click to Register
J	lun 9	Mon	1:30-3p	Ages 2 to 12	\$8	1 Class	PBHDC0026-200001
J	ul 14	Mon	1:30-3p	Ages 2 to 12	\$8	1 Class	PBHDC0026-200002
А	ug 21	Thu	1:30-3p	Ages 2 to 12	\$8	1 Class	PBHDC0026-200003
Α	ug 27	Wed	1:30-3p	Ages 2 to 12	\$8	1 Class	PBHDC0026-200004

### **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. Meet at the Discovery Center. FOBH \$11

Bl	ack Hill Disc	overy Cente	er e				Click to Register
	Jun 28	Sat	9a-12p	Ages 16 and up	\$12	1 Class	PBHDC0060-200001
	Aug 2	Sat	9a-12p	Ages 16 and up	\$12	1 Class	PBHDC0060-200002

### Firefly Search & Night Hike

Join a naturalist for a night hike and firefly search at Black Hill Regional Park. Bring your bug boxes for catching these awesome insects. Meet at the Discovery Center for a brief talk, and then we'll head out into the twilight. FOBH \$7

Black Hill Disc	covery Cente	er				Click to Register
Jul 1	Tue	8:30-10p	Ages 2 to 12	\$8	1 Class	PBHDC0078-200001

### **Outdoor Skills Workshop - Fire Building Skills**

Hoping to start the fire at your next cookout or campfire? From start to finish, we will go over how to build a fire, how to keep it going, and how to safely put it out. We will discuss best practices for making fires safely. This program will mainly use matches and is ideal for both novices to fire building and those looking to get more practice. Participants will each get to practice at their own level and even try out some fire challenges. There will also be a campfire treat. Please register all participants. Meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. Park in Lot 3 and follow the orange cones to the campfire circle. FOBH \$13.

Black Hill Disc	covery Center	r				Click to Register
Aug 6	Wed	4-6p	Ages 5 and up	\$14	1 Class	PBHDC0090-200001

MONTGOMERY

JUNE 14, 2025 | 11AM-3PM \$20/Car

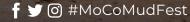
Get down and dirty, jumping, slipping, and sliding in giant mud pits! Cook up a mud pie, make mud art, and play games! This muddy fun is great for the whole family.

\*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







### **BROOKSIDE NATURE CENTER**



### NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

### School's Out, Nature's In!

School's out! Join Brookside Nature Center naturalist 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 projects to take home, and make new friends. Register each child. This school's out bundle for October 20, 2025, February 17, 2026 and April 15, 2026, is being offered at a discount. The bundle will close on Friday, August 8, 2025. If available, individual sessions will open at a later date.

Brookside Nature Center Click to Register

Oct 20, Feb 17, Apr 15 9a-3:30p Ages 6 to 11 \$200 3 Classes <u>PBNC0059-200001</u>

### **BROOKSIDE NATURE CENTER**

### **Morning at the Meadow**

A summer morning is a great time to explore what's blooming and buzzing in the meadow! Bring your sneakers and we'll bring the buckets, nets, and other equipment needed to explore and have fun! The whole family is welcome, register everyone three years and older. A guardian must attend.

Brookside Nat	ture Cent		Click to Register			
Jun 7	Sat	10:30-11:30a	Ages 3 and up	\$7	1 Class	PBNC0104-200001

### **Morning at the Pond**

A summer morning is a great time to explore what's swimming, slithering, and sunning at the pond. Bring your water shoes and we'll bring the buckets, nets, and other equipment needed to explore and have fun! The whole family is welcome, register everyone three years and older. A guardian must attend.

Brookside Na	ture Cente	er		Click to Register		
Jun 11	Wed	10:30-11:30a	Ages 3 and up	\$7	1 Class	PBNC0105-200001

### **Little Naturalist**

Hand in hand, adults and children will explore, laugh, play, and learn about the natural world. Arts and crafts, hikes, and story times will keep adults and children busy. Messy moments, animal warm up stretches, and other activities will ensure that you and your little one will enjoy this introduction to nature. Register the child(ren) an adult must attend.

Brookside Na	Click to Register					
Jun 14	Sat	10:30a-12p	Ages 3 to 5	\$10	1 Class	PBNC0103-200001
Jul 5	Sat	10:30a-12p	Ages 3 to 5	\$10	1 Class	PBNC0103-200002
Jul 23	Wed	10:30a-12p	Ages 3 to 5	\$10	1 Class	PBNC0103-200003
Aug 20	Wed	10:30a-12p	Ages 3 to 5	\$10	1 Class	PBNC0103-200004
Aug 30	Sat	10:30a-12p	Ages 3 to 5	\$10	1 Class	PBNC0103-200005

### **Morning at the Stream**

A warm summer morning is a great time to cool off at the stream! Bring your water shoes and we'll bring the buckets, nets, and other equipment needed to explore and have fun! The whole family is welcome, register everyone three years and older. A guardian must attend.

Brookside Nat	ture Cent		Click to Register			
Aug 16	Sat	10:30-11:30a	Ages 3 and up	\$7	1 Class	PBNC0069-200004

### HIKES

### **Frog Songs Campfire & Walk**

What glows in the dark, sings love songs, and changes shape? Come and learn about amazing amphibian adaptations through campfire storytelling, marshmallow roasting, and a night hike around the pond! Flashlights recommended. The whole family is welcome, register everyone ages 5 and older. Register all participants.

Brookside Nat	Click to Register					
Jun 6	Fri	7:30-8:30p	Ages 5 and up	\$7	1 Class	PBNC0099-200001

### **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 Nat	Click to Register					
Jun 20	Fri	8:30-9:30p	Ages 5 and up	\$7	1 Class	PBNC0051-200004
Jul 25	Fri	8:15-9:15p	Ages 5 and up	\$7	1 Class	PBNC0051-200005
Aug 22	Fri	8-9p	Ages 5 and up	\$7	1 Class	PBNC0051-200006

### My Large Dog and Me

Calling all large dog (over 25lbs) parents! Put on your sneakers and dress for the outdoors! Bring your fur babies along for this adult only hike on natural surface trails. Hike will begin with brief introductions for our more social companions. All dogs must be on-leash, up to date on vaccinations and familiar with being around other dogs and people. All attendees must register.

Brookside Na	Click to Register					
Jun 21	Sat	9:30-10:30a	Ages 18 and up	Free	1 Class	PBNC0090-200003
Jul 26	Sat	9:30-10:30a	Ages 18 and up	Free	1 Class	PBNC0090-200001

### My Small Dog and Me

Calling all small dog (25lbs or under) parents! Put on your sneakers and dress for the outdoors! Bring your fur babies along for a leisurely hike on natural surface trails. Hike will begin with brief introductions for our more social companions. 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.

Brookside Na	Click to Register					
Jun 21	Sat	11a-12p	Ages 8 and up	Free	1 Class	PBNC0090-200004
Jul 26	Sat	11a-12p	Ages 8 and up	Free	1 Class	PBNC0090-200002

### **BROOKSIDE NATURE CENTER**

### **Nature's Fireworks**

Celebrate nature's parks with a rainbow campfire and a glow hike under the stars! Watch the world light up as we take to the trails with black lights, listen for nighttime frog songs and watch for the flicker of fireflies. Be prepared for natural surface trails. The whole family is welcome, please register everyone age 4 and older.

Brookside Nat	ture Cente	r				Click to Register
Jun 28	Sat	7:30-9p	Ages 4 and up	\$10	1 Class	PBNC0100-200001

### MINDFULNESS & WELLNESS

### **Read With A Therapy Dog**

Grab a book and find a cozy seat. Brookside Nature Center welcomes you and your young reader to join us and a therapy dog for a short unstructured reading session. Young readers can work on improving literacy and comprehension in the presence of a calm canine companion. Register each child. A maximum of two adults can attend per child.

E	Brookside Nat	ture Cent	Click to Register				
	Jun 13	Fri	11-11:20a	Ages 6 to 10	Free	1 Class	PBNC0101-200001
	Jun 13	Fri	11:20-11:40a	Ages 6 to 10	Free	1 Class	PBNC0101-200002
	Jun 13	Fri	11:40a-12p	Ages 6 to 10	Free	1 Class	PBNC0101-200003
	Aug 15	Fri	11-11:20a	Ages 6 to 10	Free	1 Class	PBNC0101-200004
	Aug 15	Fri	11:20-11:40a	Ages 6 to 10	Free	1 Class	PBNC0101-200005
	Aug 15	Fri	11:40a-12p	Ages 6 to 10	Free	1 Class	PBNC0101-200006

### **Paws With A Therapy Dog**

Take some time to pause with a therapy dog. Stop by for a moment of relaxation in the presence of a calm canine companion. Do some coloring, add pieces to a puzzle or simply sit and enjoy the space. All attendees must register.

Brookside Nat	ture Cente	Click to Register				
Jun 13	Fri	1-1:20p	Ages 18 and up	Free	1 Class	PBNC0102-200001
Jun 13	Fri	1:20-1:40p	Ages 18 and up	Free	1 Class	PBNC0102-200002
Jun 13	Fri	1:40-2p	Ages 18 and up	Free	1 Class	PBNC0102-200003
Aug 15	Fri	1-1:20p	Ages 18 and up	Free	1 Class	PBNC0102-200004
Aug 15	Fri	1:20-1:40p	Ages 18 and up	Free	1 Class	PBNC0102-200005
Aug 15	Fri	1:40-2p	Ages 18 and up	Free	1 Class	PBNC0102-200006

**BROOKSIDE NATURE CENTER** 

### Drop-in Weekend Programs

**Free | No Registration Required** 

### **Creature Feature**

June 14; July 2, 12; August 9, 20 | 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**

June 7, 21; July 5, 19; August 2, 16, 30 | 1:30-2:00pm All Ages

Watch our Eastern box turtle stretch their legs in their outdoor enclosure! Learn about the big role they play in our forests and communities.

Please note: The Turtle Talk program will be offered in Spanish and English on the third Saturday of each month.

Tenga en cuenta: El programa Charla de Tortuga se ofrecerá en español e inglés el tercer sábado de cada mes.







### **LOCUST GROVE NATURE CENTER**



### LOCUST GROVE NATURE CENTER

### **ART & CRAFTING**

### **Nature Journaling for Adults**

Connect with the natural world through nature journaling. Join a naturalist to learn how to truly observe nature around you and how to get those observations and thoughts on paper. 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. If you have a child interested in nature journaling, register them up for our "Nature Journaling for Kids" program. Registration is required for this program.

Locust Grove	Nature Cer	nter			Click to Regis		
Aug 9	Sat	4:30-6p	Ages 16 and up	Free	1 Class	PLGNC0031-200001	

### **Nature Journaling for Kids**

Kids love being out in nature and through journaling they can learn how to connect with nature even more. Join a naturalist to learn how to truly observe nature around you and how to get those observations and thoughts on paper. 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. For ages 8-15. Registration is required.

Locust Grove Nature Center Click to Register



### HIKES, SCAVENGER HUNTS & CAMPFIRES

### **Full Moon Fridays**

Join us for a campfire program at Locust Grove Nature Center, where you will have a chance to see the park after hours and warm-up by a campfire.

Locust Grove I	Click to Register								
Jun 13	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-200001			
Jul 11	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-200002			
Aug 8	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-200003			
Summer Solstice Campfire									
Jun 20	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	PLGNC0001-200004			

### NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

### **Birding for All**

Birding is for anyone with a passion for nature. Join us for an afternoon of birding at Locust Grove Nature Center. We will start off the program with a brief introduction to birding, along with helpful birding tips. Then for those who wish to practice their birding tips can join a naturalist on a guided walk on our trails. Another naturalist will also remain at the bird feeders with those who wish to remain on our back deck. Binoculars are recommended, however we will provide binoculars if needed. This program celebrates Pride Month by providing a safe and welcoming learning environment for all participants who would like to join, especially for members of the LGBTQIA+ community, BIPOC identities, disability community, and their families.

Locust Grove	Click to Register					
Jun 14	Sat	4:30-6p	Ages 6 and up	Free	1 Class	PLGNC0044-200001

### W.A.N.D.E.R. Hiking

There's more to hiking than just lacing up a pair of boots and heading down the trail! Get more out of your walks in the woods with some basic orienteering as well as recommendations for gear, guides, and local trails. Improve your wilderness safety by learning how to identify poison ivy and what to do if you're bit by a venomous snake. We'll practice these skills while on a short hike of the park. W.A.N.D.E.R., Women And Non-Binary individuals Deepening their Environmental Relationships, is an invitation to explore, learn, and thrive in the great outdoors. This W.A.N.D.E.R. program is designed for women and non-binary individuals and aims to provide an accessible, non-competitive learning space. All are welcome. No prior experience necessary, complete beginners welcome. Meets at Locust Grove Nature Center.

Locust Grove	Click to Register					
Aug 3	Sun	10a-12p	Ages 18 and up	\$20	1 Class	PLGNC0050-200001

### LOCUST GROVE NATURE CENTER



### **Mothing by Moonlight**

Join us in the park after dark to look for moths. We'll set up a mothing station designed to attract these beautiful yet secretive nocturnal animals. Our insect enthusiasts will be on hand to help us identify what we find as we collect data for an ongoing study. Bring a lawn chair and extra layers, as well as a headlamp or flashlight. The mothing station will be set up a short walk from the parking lot. You must be comfortable walking in the woods at night on natural surface trails. Bring your own snacks and drinks to keep your stamina! Participants may leave at any time and do not have to stay for the duration of the program. In the event of rain, we cancel.

Locust Grove Nature Center Click to Register								
Aug 16	Sat	9-11:45p	Ages 8 and up	Free	1 Class	PLGNC0013-200002		

### SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### **Nature Book Club**

Book lovers, join a naturalist and other nature enthusiasts to discuss books that explore nature from different perspectives. The books chosen will focus on BIPOC and LGBTQIA+ viewpoints. While each meeting will focus on the listed book, if you have other reads that you have enjoyed please bring them to share with the group.

Locust Grove	Nature Ce	Click to Register								
June: "Borealis"										
Jun 22	Sun	4:30-5:30p	Ages 16 and up	Free	1 Class	PLGNC0051-200001				
July: "Better Living Through Birding"										
Jul 20	Sun	4:30-5:30p	Ages 16 and up	Free	1 Class	PLGNC0051-200002				
August: "Forest Euphoria"										
Aug 24	Sun	4:30-5:30p	Ages 16 and up	Free	1 Class	PLGNC0051-200003				

## **MEADOWSIDE NATURE** MEADOWSIDE NATURE CENTER **MEADOWSIDE NATURE CENTER** 5100 Meadowside Lane | Rockville, Maryland 20855 301-258-4030 MeadowsideNature.org

### **SPECIAL EVENTS**

### **Etch and Sip Wine Night**

Make your own pieces of functional nature-themed art and enjoy your next drink in style! During this handson program you will be provided with the instructions, materials, and stencils needed to create your own personalized wine glass using the process of chemical glass etching. Enjoy a glass of wine while you work and learn about our local ecosystem. Please note that this program uses the process of chemical glass etching. All necessary safety equipment will be provided.

Meadowside No	iture Cente	er				Click to Register
Jun 13	Fri	4:30-6p	Ages 21 and up	\$20	1 Class	PMNC0060-200001

### **LGBTQ+: Crafting Night**

Celebrate Pride month with an evening of nature and crafting. We'l take a nature stroll to discuss how to use and ethically forage natural materials. Then we'll enjoy refreshments and fun facts about queer ecology while creating unique art pieces to take home.

Meadowside Nature Center Click to Register									
Jun 27	Fri	7-8:30p	Ages 18 and up	\$10	1 Class	PMNC0185-200001			

### **Shakespeare in the Parks: The Comedy of Errors**

Join Shakespeare in the Parks for a vibrant 2025 tour of The Comedy of Errors, set during Italy's lively Carnival season. With masquerades and mistaken identities, this uproarious production brings Shakespeare's classic farce to life in a whirl of chaos and comedy. Don't miss the laughter, mischief, and magic of this unforgettable show! Bring a blanket or lawn chair as this will take place on the front lawn of Meadowside Nature Center. There will be no on-site food vendors so make sure to bring your own picnic! Bathrooms will be available. Program starts at 7:30pm.

Meadowside N	Click to Register					
Jul 3	Thu	7:30-9p	All Ages	Free	1 Class	PMNC0082-200001

### Mateada at Meadowside

Yerba maté may be packed on the shelf as an individual energy drink, but it's actually a communal ritual for loved ones and friends, old and new. Join Meadowside to experience yerba maté as it's meant to be, a living tradition in which people gather to drink tea, play games, and just be with each other. Guests will enjoy an outdoor picnic with yerba maté tea and "hora de té" (teatime) foods traditional to Argentina, Paraguay, and Uruguay. Guests are encouraged to bring picnic blankets, games they'd like to share, and their own maté kits (bombillas, maté and yerba). The Naturalist leading this program is a native Spanish speaker and is fluent in both English and Spanish; all are welcome! Este programa será facilitado por un guía quien habla castellano con fluidez.

Meadowside No	Click to Register					
Aug 23	Sat	2-4p	All Ages	\$10	1 Class	PMNC0190-200001

### **Sunset Summer Movie Night**

Sit back, relax, and enjoy a classic 1988 comedy starring John Candy and Dan Aykroyd on the lawn of Meadowside Nature Center. Registration includes entrance to the event, wine or beer (2 drink maximum), popcorn, and candy. IDs will be checked to ensure 21 years of age. Folding chairs will be available as needed but bringing lawn chairs or picnic blankets is encouraged.

Meadowside No		Click to Register				
Aug 29	Fri	8-9:30p	Ages 21 and up	\$25	1 Class	PMNC0191-200001

### **PLAYTIME OR STORYTIME**

### **Storytime with the Animals**

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

Meadowside N	Click to Register					
Jun 11	Wed	10:30-11a	Ages 6 and under	Free	1 Class	PMNC0169-200001
Jul 16	Wed	10:30-11a	Ages 6 and under	Free	1 Class	PMNC0169-200002
Aug 13	Wed	10:30-11a	Ages 6 and under	Free	1 Class	PMNC0169-200003

### HIKES

### **Meadows and Meads**

Taste your way through a meadow in this mead-tastic event co-hosted with Rockville's local meadery, Clear Skies! Guests will enjoy a leisurely hike through the park to visit Maryland plants. Then, guests will get to taste the plants in a mead tasting guided by a brewer from Clear Skies Meadery. Through eyes, ears, and tastebuds, we will discover the close relationships between our tables and local flora & fauna.

Meadowside N	Click to Register					
Jun 7	Sat	6-8p	Ages 21 and up	\$25	1 Class	PMNC0186-200001

### **Nature Glows: Night Hike**

Celebrate the beauty of summer with a night under the stars! Enjoy glowing campfire treats before walking down to the Meadowside Pond to experience nighttime frog songs and the flicker of fireflies. Bring a flashlight and be prepared for natural surface trails.

Meadowside Nature	Click to Register					
Aug 1 Fi	ri	8-9p	Ages 6 and up	\$7	1 Class	PMNC0138-200001

#### **MEADOWSIDE NATURE**

## Social Hike (20s-30s)

Go on a hike with friends, old and new, to meet and greet people in the 20-30s age range who also enjoy hiking! The hike will go at a leisurely pace while walking a 2-mile loop on natural surface trail, with some rocky areas and inclines.

Meadowside Nature Center

Click to Register

Aug 30	Sat	10-11:30a	Ages 20 to 39	\$7	1 Class	PMNC0192-200001
Aug 30	Jac	10 11.50a	75C3 Z0 10 JJ	١٦	I Class	I MINCOTOT-ZOOOOT

## NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

## **Teen: Introduction to Fire Building**

Have you ever tried to start a campfire with potato chips, cotton balls, or small sparks? Now's your chance! Join a Park Naturalist as you learn how to use a variety of tools to create sparks and learn how everyday items, like lip balm, can be used to fuel your fire. We will cover basic firewood setup and safe ways to extinguish a fire. An optional fire roasted hotdog dinner and chips will be provided.

Μ	leaa	owsi	de i	Nat	ture	Center
---	------	------	------	-----	------	--------

Click to Register

Jun 13 Fri 6-7:30p Ages 13 to 17 \$20 1 Class	PMNC0187-200001
---	-----------------

#### **Teen: Park After Dark**

As the sun sets, start off your night by roasting a hotdog and marshmallow over a campfire. Together, the group will decide where to hike on the trails after dark. Do you want to sit inside an old log cabin for a spooky story? Or would you rather follow the moonlight and listen to wildlife. Have another idea? The choice is yours.

M	lead	owsid	e N	lature (	Center
ч.	cuu	CVVJIG	C 1 V	acare	

Click to Register

Jun 27 Fri 6-7p Ages 13 to 17	\$10 10	Class <u>PMNC0187-200002</u>
-------------------------------	---------	------------------------------

### **Breakfast with the Animals**

Come and learn how our Naturalist Staff care for our amazing reptiles and amphibians! Discover what our animals eat and help prepare their food. Then, enjoy a light continental breakfast alongside our animals! This is not a drop-off program, caretakers must stay with their child. Please no more than 1 caretaker per child.

			<b>.</b>
Mead	owside	Nature	( enter

Click to Register

	Jul 5	Sat	11a-12p	Ages 4 to 8	\$25	1 Class	PMNC0188-200001
--	-------	-----	---------	-------------	------	---------	-----------------

#### **MEADOWSIDE NATURE**

#### **Leaf Boat Float**

Create a miniature boat using natural and upcycled materials, take a Naturalist led hike down to Meadowside's bubbling creek, and watch your boat float its way downstream! Please register all children attending.

Meadowside Nature Center Click to Register

11 1.4	Man	110 120	Agos Condus	¢7	1 Class	DMNC0100 200001
Jul 14	Mon	11a-12p	Ages 6 and up	<b>\$1</b>	1 Class	PMNC0189-200001

#### **All About Birds**

Learn how to spot and identify birds on a Naturalist-led birding hike and make your own teacup birdfeeders to use at home. Beginner birders are encouraged to attend!

Meadowside N	ature Cente	er				Click to Register
Aug 2	Sat	10-11a	Ages 14 and up	\$15	1 Class	PMNC0136-200001

# SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

## **Raptor Caretaker Chats - New Time!**

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. This program takes place at Meadowside Nature Center.

Meadowside No	ature Cente	er				Click to Register
Jul 19	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200001
Jul 26	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200002
Aug 2	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200003
Aug 16	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200004
Aug 23	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200005
Aug 30	Sat	2-2:45p	All Ages	Free	1 Class	PMNC0044-200006





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

SplashandGolf.com



# **GOLF & ARCHERY**



#### **GOLF**

#### **Parent and Child Golf**

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

South Germantown	Click to Register					
Jun 14-Jul 12	Sat	11a-12p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100001
Jun 14-Jul 12	Sat	12-1p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100002
Jun 14-Jul 12	Sat	4:30-5:30p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100003
Jul 26-Aug 16	Sat	11a-12p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100004
Jul 26-Aug 16	Sat	12-1p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100005
Jul 26-Aug 16	Sat	4:30-5:30p	Ages 7 to 15	\$140	4 Classes	PSGDR2015-100006

## **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. 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	Click to Register					
Jun 10-Jul 1	Tue	5-5:30p	Ages 7 to 15	\$60	4 Classes	PSGDR0011-100003
Jun 12-Jul 3	Thu	5-5:30p	Ages 7 to 15	\$60	4 Classes	PSGDR0011-100004
Jul 22-Aug 12	Tue	5-5:30p	Ages 7 to 15	\$60	4 Classes	PSGDR0011-100005
Jul 24-Aug 14	Thu	5-5:30p	Ages 7 to 15	\$60	4 Classes	PSGDR0011-100006
Jun 14-Jul 12	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	PSGDR2011-100001
Jul 26-Aug 16	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	PSGDR2011-100002

## **GOLF & ARCHERY**





## **Beginning Golf, Adult**

If you have always wanted to try golf or have not played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. 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.

Sc	outh Germantown	Click to Register					
	Jun 10-Jul 1	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100001
	Jun 12-Jul 3	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100002
	Jun 14-Jul 12	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100003
	Jul 22-Aug 12	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100004
	Jul 24-Aug 14	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100005
	Jul 26-Aug 16	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	PSGDR2010-100006

#### **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.

uth Germantown Driving Range								
Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR2004-100001			
Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR2004-100002			
Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR2004-100003			
Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	PSGDR2004-100004			
	Sat Sun Sat	Sat       12:30-2p         Sun       12:30-2p         Sat       12:30-2p	Sat       12:30-2p       Ages 7 to 15         Sun       12:30-2p       Ages 7 to 15         Sat       12:30-2p       Ages 7 to 15	Sat       12:30-2p       Ages 7 to 15       \$75         Sun       12:30-2p       Ages 7 to 15       \$75         Sat       12:30-2p       Ages 7 to 15       \$75	Sat         12:30-2p         Ages 7 to 15         \$75         4 Classes           Sun         12:30-2p         Ages 7 to 15         \$75         4 Classes           Sat         12:30-2p         Ages 7 to 15         \$75         4 Classes			

## **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	Click to Register					
Jun 8-Jul 13	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR2001-100002
Jun 14-Jul 12 Sa		2-3:30p	Ages 8 to 15 \$60		4 Classes	PSGDR2001-100003
Jul 26-Aug 16	Sat	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR2001-100001
Jul 27-Aug 17	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	PSGDR2001-100004

## **Level 2 Archery**

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

South Germantown Driving Range Click to										
Jun 14-Jul 12	2 Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR2003-100001				
Jun 8-Jul 13	Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR2003-100002				
Jul 27-Aug 17	7 Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR2003-100003				
Jul 26-Aug 10	5 Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	PSGDR2003-100004				



# **ICE SKATING**



#### **CLASS DATES**

Registration Dates: Jun 10–Jun 18 Class Dates: Jun 20–Aug 7 No Classes: July 4–6

#### On your first day of class...

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

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

# **PUBLIC SESSIONS**

Visit our website for schedules and pricing.

CabinJohnIce.org



#### **EVENTS AND IMPORTANT DATES:**

- June 19- Open for public skating
- July 4- Rinks are closed

#### **COURSE FEES COVER**

- 1. Six instructed group lessons
- 2. Skate rental
- 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**

## **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 Rin	Click to Register					
Jun 22-Aug 3	Sun	12-12:30p	Ages 3 to 5	\$120	6 Classes	PICE0100-212000
Jun 22-Aug 3	Sun	12:30-1p	Ages 3 to 5	\$120	6 Classes	PICE0100-212001
Jun 23-Jul 28	Mon	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0100-212002
Jun 21-Aug 2	Sat	9:45-10:15a	Ages 3 to 5	\$120	6 Classes	PICE0100-212003

## **Preschool Ice Skating 1 (Beginner)**

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

Cabin John Ice Rini	Click to Register					
Jun 22-Aug 3	Sun	12-12:30p	Ages 3 to 5	\$120	6 Classes	PICE0101-212000
Jun 23-Jul 28	Mon	3:30-4p	Ages 3 to 5	\$120	6 Classes	PICE0101-212001
Jun 24-Jul 29	Tue	3:45-4:15p	Ages 3 to 5	\$120	6 Classes	PICE0101-212002
Jun 25-Jul 30	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	PICE0101-212003
Jun 21-Aug 2	Sat	9:45-10:15a	Ages 3 to 5	\$120	6 Classes	PICE0101-212004

## **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										
Jun 22-Aug 3	Sun	12-12:30p	Ages 3 to 5	\$120	6 Classes	PICE0102-212001				
Jun 24-Jul 29	Tue	3:45-4:15p	Ages 3 to 5	\$120	6 Classes	PICE0102-212002				
Jun 25-Jul 30	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	PICE0102-212003				
Jun 21-Aug 2	Sat	9:45-10:15a	Ages 3 to 5	\$120	6 Classes	PICE0102-212004				

## **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 Rini	Click to Register					
Jun 22-Aug 3	Sun	12-12:30p	Ages 3 to 5	\$120	6 Classes	PICE0103-212000
Jun 24-Jul 29	Tue	3:45-4:15p	Ages 3 to 5	\$120	6 Classes	PICE0103-212002
Jun 25-Jul 30	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	PICE0103-212003
Jun 21-Aug 2	Sat	9:45-10:15a	Ages 3 to 5	\$120	6 Classes	PICE0103-212004

## **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 Rinl	Click to Register					
	Jun 22-Aug 3	Sun	12-12:30p	Ages 3 to 5	\$120	6 Classes	PICE0104-212000
	Jun 24-Jul 29	Tue	3:45-4:15p	Ages 3 to 5	\$120	6 Classes	PICE0104-212002
	Jun 25-Jul 30	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	PICE0104-212003
	Jun 21-Aug 2	Sat	9:45-10:15a	Ages 3 to 5	\$120	6 Classes	PICE0104-212004

## **Youth Ice Skating 1 (Beginner)**

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

Cabin John Ice Rink Click to Register										
Jun 22-Aug 3	Sun	12:30-1p	Ages 6 to 12	\$120	6 Classes	PICE0201-212000				
Jun 22-Aug 3	Sun	1:45-2:15p	Ages 6 to 12	\$120	6 Classes	PICE0201-212001				
Jun 22-Aug 3	Sun	2:45-3:15p	Ages 6 to 12	\$120	6 Classes	PICE0201-212002				
Jun 23-Jul 28	Mon	4-4:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-212003				
Jun 25-Jul 30	Wed	5-5:30p	Ages 6 to 12	\$120	6 Classes	PICE0201-212005				
Jun 26-Jul 31	Thu	3:30-4p	Ages 6 to 12	\$120	6 Classes	PICE0201-212006				
Jun 26-Jul 31	Thu	6:15-6:45p	Ages 6 to 12	\$120	6 Classes	PICE0201-212007				
Jun 21-Aug 2	Sat	11:15-11:45a	Ages 6 to 12	\$120	6 Classes	PICE0201-212008				

## **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 Click t									
Jun 22-Aug 3	Sun	12:30-1p	Ages 4 to 12	\$120	6 Classes	PICE0202-212000			
Jun 22-Aug 3	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0202-212001			
Jun 23-Jul 28	Mon	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-212003			
Jun 25-Jul 30	Wed	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0202-212004			
Jun 26-Jul 31	Thu	3:30-4p	Ages 4 to 12	\$120	6 Classes	PICE0202-212005			
Jun 26-Jul 31	Thu	6:15-6:45p	Ages 4 to 12	\$120	6 Classes	PICE0202-212006			
Jun 21-Aug 2	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	PICE0202-212007			

## **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	Cabin John Ice Rink Click to Register										
Jun 22-Aug 3	Sun	12-12:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-212000					
Jun 22-Aug 3	Sun	12:30-1p	Ages 4 to 12	\$120	6 Classes	PICE0203-212001					
Jun 22-Aug 3	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0203-212002					
Jun 23-Jul 28	Mon	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-212003					
Jun 24-Jul 29	Tue	4:15-4:45p	Ages 4 to 12	\$120	6 Classes	PICE0203-212004					
Jun 25-Jul 30	Wed	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-212005					
Jun 25-Jul 30	Wed	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0203-212006					
Jun 26-Jul 31	Thu	3:30-4p	Ages 4 to 12	\$120	6 Classes	PICE0203-212007					
Jun 26-Jul 31	Thu	6:15-6:45p	Ages 4 to 12	\$120	6 Classes	PICE0203-212008					
Jun 21-Aug 2	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	PICE0203-212009					

## **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	Cabin John Ice Rink									
Jun 22-Aug 3	Sun	12-12:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-212000				
Jun 22-Aug 3	Sun	12:30-1p	Ages 4 to 12	\$120	6 Classes	PICE0204-212001				
Jun 22-Aug 3	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0204-212002				
Jun 23-Jul 28	Mon	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0204-212003				
Jun 24-Jul 29	Tue	4:15-4:45p	Ages 4 to 12	\$120	6 Classes	PICE0204-212004				
Jun 25-Jul 30	Wed	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-212005				
Jun 26-Jul 31	Thu	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0204-212006				
Jun 21-Aug 2	Sat	11:15-11:45a	Ages 4 to 13	\$120	6 Classes	PICE0204-212007				

## **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 Rinl	Cabin John Ice Rink									
Jun 22-Aug 3	Sun	12-12:30p	Ages 4 to 12	\$120	6 Classes	PICE0205-212001				
Jun 22-Aug 3	Sun	1:45-2:15p	Ages 4 to 12	\$120	6 Classes	PICE0205-212002				
Jun 23-Jul 28	Mon	4:30-5p	Ages 4 to 12	\$120	6 Classes	PICE0205-212003				
Jun 24-Jul 29	Tue	4:15-4:45p	Ages 4 to 12	\$120	6 Classes	PICE0205-212004				
Jun 25-Jul 30	Wed	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0205-212005				
Jun 26-Jul 31	Thu	4-4:30p	Ages 4 to 12	\$120	6 Classes	PICE0205-212006				
Jun 21-Aug 2	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	PICE0205-212007				

## **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 Rinl	Click to Register					
Jun 22-Aug 3	Sun	1-1:45p	Ages 4 to 12	\$180	6 Classes	PICE0206-212000
Jun 23-Jul 28	Mon	5-5:45p	Ages 4 to 12	\$180	6 Classes	PICE0206-212001
Jun 26-Jul 31	Thu	4:30-5:15p	Ages 4 to 12	\$180	6 Classes	PICE0206-212003
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 4 to 12	\$180	6 Classes	PICE0206-212004

## **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					
	Jun 22-Aug 3	Sun	1-1:45p	Ages 12 to 17	\$180	6 Classes	PICE0210-212001
	Jun 21-Aug 2	Sat	10:30-11:15a	Ages 12 to 17	\$180	6 Classes	PICE0210-212002

## 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.

(	abin John Ice Rink	Click to Register					
	Jun 22-Aug 3	Sun	12:30-1p	Ages 13 and up	\$120	6 Classes	PICE0220-212001
	Jun 21-Aug 2	Sat	9:45-10:15a	Ages 13 and up	\$120	6 Classes	PICE0220-212003

## **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					
	Jun 22-Aug 3	Sun	12:30-1p	Ages 13 and up	\$120	6 Classes	PICE0221-212001
	Jun 21-Aug 2	Sat	9:45-10:15a	Ages 13 and up	\$120	6 Classes	PICE0221-212003

## **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 Rini	abin John Ice Rink								
Jun 22-Aug 3	Sun	1-1:45p	Ages 13 and up	\$180	6 Classes	PICE0222-212000			
Jun 25-Jul 30	Wed	6:15-7p	Ages 13 and up	\$180	6 Classes	PICE0222-212001			
Jun 21-Aug 2	Sat	9-9:45a	Ages 13 and up	\$180	6 Classes	PICE0222-212002			

## **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.

C	abin John Ice Rini	Click to Register					
	Jun 22-Aug 3	Sun	1-1:45p	Ages 13 and up	\$180	6 Classes	PICE0223-212000
	Jun 25-Jul 30	Wed	6:15-7p	Ages 13 and up	\$180	6 Classes	PICE0223-212001
	Jun 21-Aug 2	Sat	9-9:45a	Ages 13 and up	\$180	6 Classes	PICE0223-212002

## **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 Rini	Click to Register					
Jun 22-Aug 3	Sun	1-1:45p	Ages 13 and up	\$180	6 Classes	PICE0224-212000
Jun 25-Jul 30	Wed	6:15-7p	Ages 13 and up	\$180	6 Classes	PICE0224-212001
Jun 21-Aug 2	Sat	9-9:45a	Ages 13 and up	\$180	6 Classes	PICE0224-212002





#### **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 Rini	Click to Register					
	Jun 22-Aug 3	Sun	1-1:45p	Ages 13 and up	\$180	6 Classes	PICE0225-212000
	Jun 25-Jul 30	Wed	6:15-7p	Ages 13 and up	\$180	6 Classes	PICE0225-212001
	Jun 21-Aug 2	Sat	9-9:45a	Ages 13 and up	\$180	6 Classes	PICE0225-212002

#### **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 Rin	Click to Register					
Jun 22-Aug 3	Sun	1-1:45p	Ages 4 to 12	\$180	6 Classes	PICE0300-212000
Jun 23-Jul 28	Mon	5-5:45p	Ages 4 to 12	\$180	6 Classes	PICE0300-212001
Jun 26-Jul 31	Thu	4:30-5:15p	Ages 4 to 12	\$180	6 Classes	PICE0300-212003
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 4 to 12	\$180	6 Classes	PICE0300-212004

#### 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 Rini	Click to Register					
Jun 22-Aug 3	Sun	1-1:45p	Ages 5 and up	\$180	6 Classes	PICE0310-212001
Jun 23-Jul 28	Mon	6-6:45p	Ages 5 and up	\$180	6 Classes	PICE0310-212002
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0310-212003

#### **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 Rir	<u>ık</u>					Click to Register
Jun 22-Aug 3	Sun	1-1:45p	Ages 5 and up	\$180	6 Classes	PICE0312-212001
Jun 23-Jul 28	Mon	6-6:45p	Ages 5 and up	\$180	6 Classes	PICE0312-212002
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0312-212003

#### 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 Rini	Click to Register					
Jun 22-Aug 3	Sun	1-1:45p	Ages 5 and up	\$180	6 Classes	PICE0314-212001
Jun 23-Jul 28	Mon	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0314-212002
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0314-212003

#### **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	Click to Register					
	Jun 23-Jul 28	Mon	6:45-7:30p	Ages 5 and up	\$180	6 Classes	PICE0316-212001
	Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0316-212003

#### 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.

C	Cabin John Ice Rink	Click to Register					
	Jun 23-Jul 28	Mon	7:30-8:15p	Ages 5 and up	\$180	6 Classes	PICE0318-212001
	Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0318-212003

#### 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	Κ					Click to Register	_
Jun 23-Jul 28	Mon	7:30-8:15p	Ages 5 and up	\$180	6 Classes	PICE0320-212001	
Jun 21-Aug 2	Sat	10:30-11:15a	Ages 5 and up	\$180	6 Classes	PICE0320-212003	

## **Aspire Preschool**

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
Jun 22-Aug 3	Sun	2:15-3:15p	Ages 4 to 7	\$180	6 Classes	PICE0322-212000

## **Aspire Youth**

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 Rinl	Click to Register					
Jun 26-Jul 31	Thu	4:45-6p	Ages 6 to 11	\$180	6 Classes	PICE0322-212001
Jun 25-Jul 30	Wed	5:40-7p	Ages 6 to 11	\$180	6 Classes	PICE0322-212003

## **Aspire Figure Skating**

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
Jun 25-Jul 30	Wed	5:40-7p	Ages 6 to 11	\$180	6 Classes	PICE0322-212004

## **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							Click to Register
	Jun 22-Aug 3	Sun	1:45-2:15p	Ages 6 and up	\$120	6 Classes	PICE0325-212001

## **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
	Jun 22-Aug 3	Sun	1:45-2:15p	Ages 6 and up	\$120	6 Classes	PICE0333-212001

#### **ICE 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 Rini	Click to Register					
Jun 23-Jul 28	Mon	2:45-3:30p	Ages 3 to 6	\$180	6 Classes	PICE0112-212001
Jun 26-Jul 31	Thu	5:30-6:15p	Ages 3 to 6	\$180	6 Classes	PICE0112-212002
Jun 21-Aug 2	Sat	11:15a-12p	Ages 3 to 6	\$180	6 Classes	PICE0112-212003

## **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	Click to Register						
Jun 24-Jul 29	Tue	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0351-212001	
Jun 21-Aug 2	Sat	10:15-10:45a	Ages 4 to 12	\$120	6 Classes	PICE0351-212003	



## **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					
	Jun 24-Jul 29	Tue	5-5:30p	Ages 4 to 12	\$120	6 Classes	PICE0352-212001
	Jun 21-Aug 2	Sat	10:15-10:45a	Ages 4 to 12	\$120	6 Classes	PICE0352-212003

## **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 Rini	<u>k</u>					Click to Register
	Jun 24-Jul 29	Tue	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	PICE0353-212001
	Jun 25-Jul 30	Wed	5:45-6:30p	Ages 4 to 12	\$180	6 Classes	PICE0353-212002
Ī	Jun 21-Aug 2	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	PICE0353-212003

## **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	Click to Register					
Jun 24-Jul 29	Tue	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	PICE0354-212001
Jun 25-Jul 30	Wed	5:45-6:30p	Ages 4 to 12	\$180	6 Classes	PICE0354-212002
Jun 21-Aug 2	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	PICE0354-212003

## **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
Jun 24-Jul 29	Tue	6:45-7:30p	Ages 4 to 14	\$180	6 Classes	PICE0355-212001
Jun 21-Aug 2	Sat	8:15-9a	Ages 4 to 14	\$180	6 Classes	PICE0355-212003

## 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	Click to Register					
	Jun 21-Aug 2	Sat	9:45-10:15a	Ages 13 and up	\$120	6 Classes	PICE0357-212001
	Jun 25-Jul 30	Wed	6:45-7:15p	Ages 13 and up	\$120	6 Classes	PICE0357-212002



## **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	<b>k</b>					Click to Register
Jun 25-Jul 30	Wed	7:45-8:30p	Ages 13 and up	\$180	6 Classes	PICE0358-212001
Jun 21-Aug 2	Sat	8:15-9a	Ages 13 and up	\$180	6 Classes	PICE0358-212002

## **Stickhandling and Passing**

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

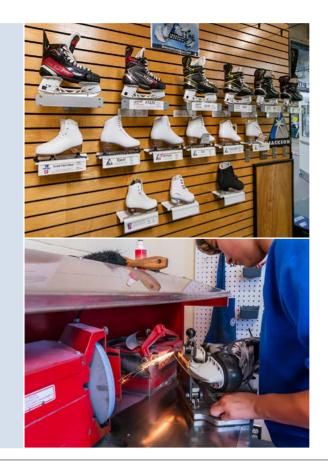
Cabin John Ice Rink	(					Click to Register
Jun 21-Aug 2	Sat	9:15-9:45a	Ages 4 to 12	\$120	6 Classes	PICE0360-212001

# 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



## **Scrimmage Class (Ages 6-8)**

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	e Rink						Click to Register
Jun 21-Aug	g 2	Sat	10:45-11:15a	Ages 6 to 8	\$120	6 Classes	PICE0362-212003

## **Advanced Scrimmage (Ages 8-13)**

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	(					Click to Register
Jun 24-Jul 29	Tue	6:15-6:45p	Ages 8 to 13	\$120	6 Classes	PICE0362-212004

## **Teen and Adult Hockey 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	(					Click to Register
Jun 25-Jul 30	Wed	7:15-7:45p	Ages 13 and up	\$120	6 Classes	PICE0362-212005

## **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 Rini	<u>k</u>					Click to Register
Jun 21-Aug 2	Sat	9-9:45a	Ages 13 and up	\$180	6 Classes	PICE0365-212000
Jun 25-Jul 30	Wed	6:15-7p	Ages 13 and up	\$180	6 Classes	PICE0365-212002



#### **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 <u>WheatonTennis.org</u>

Programs are subject to change.
For the most up-to-date listings visit:

PBATennis.org or WheatonTennis.org

#### **CLASS DATES**

Registration Dates: Jun 10–18 Class Dates: Jun 20–Aug 7 No Classes: July 4–6

#### 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.



## 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										
Jun 20-Jul 25	Fri	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210011				
Jun 22-Jul 27	Sun	9-10a	Ages 4 to 5	\$156	6 Classes	PTEN0001-210012				
Jun 23-Jul 28	Mon	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210013				
Jun 23-Jul 28	Mon	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210014				
Jun 24-Jul 29	Tue	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210015				
Jun 24-Jul 29	Tue	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210016				
Jun 25-Jul 30	Wed	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210017				
Jun 25-Jul 30	Wed	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210018				
Jun 26-Jul 31	Thu	3-4p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210019				
Jun 26-Jul 31	Thu	5-6p	Ages 4 to 5	\$156	6 Classes	PTEN0001-210020				
Wheaton Indoor To	ennis					Click to Register				
Jun 21-Jul 26	Sat	10-11a	Ages 4 to 5	\$135	6 Classes	PTEN0001-216006				
Jun 22-Jul 27	Sun	12-1p	Ages 4 to 5	\$135	6 Classes	PTEN0001-216007				
Jun 23-Jul 28	Mon	6-7p	Ages 4 to 5	\$135	6 Classes	PTEN0001-216008				
Jun 25-Jul 30	Wed	6-7p	Ages 4 to 5	\$135	6 Classes	PTEN0001-216009				



## **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	auline Betz Addie Tennis Center										
Jun 22-Jul 27	Sun	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-210024					
Jun 23-Jul 28	Mon	5-6p	Ages 6 to 8	\$147	6 Classes	PTEN0005-210025					
Jun 24-Jul 29	Tue	5-6p	Ages 6 to 8	\$147	6 Classes	PTEN0005-210026					
Jun 25-Jul 30	Wed	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-210027					
Jun 26-Jul 31	Thu	9-10a	Ages 6 to 8	\$147	6 Classes	PTEN0005-210028					
Wheaton Indoor Tennis Click to Register											
Jun 26-Jul 31	Thu	6-7p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216016					
Jun 21-Jul 26	Sat	1-2p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216017					
Jun 22-Jul 27	Sun	11a-12p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216018					
Jun 23-Jul 28	Mon	6-7p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216019					
Jun 24-Jul 29	Tue	5-6p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216020					
Jun 24-Jul 29	Tue	5-6p	Ages 6 to 8	\$123	6 Classes	PTEN0005-216021					

## **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	Pauline Betz Addie Tennis Center									
Jun 22-Jul 27	Sun	10-11a	Ages 6 to 8	\$141	6 Classes	PTEN0010-210025				
Jun 23-Jul 28	Mon	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-210026				
Jun 24-Jul 29	Tue	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-210027				
Jun 25-Jul 30	Wed	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-210028				
Jun 26-Jul 31	Thu	5-6p	Ages 6 to 8	\$141	6 Classes	PTEN0010-210029				

## **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	Pauline Betz Addie Tennis Center										
Jun 22-Jul 27	Sun	9-10a	Ages 9 to 10	\$147	6 Classes	PTEN0015-210035					
Jun 23-Jul 28	Mon	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-210036					
Jun 24-Jul 29	Tue	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-210037					
Jun 25-Jul 30	Wed	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-210038					
Jun 26-Jul 31	Thu	6-7p	Ages 9 to 10	\$147	6 Classes	PTEN0015-210039					
Wheaton Indoor Tennis Click to Register											
Jun 26-Jul 31	Thu	5-6p	Ages 9 to 10	\$123	6 Classes	PTEN0015-216037					
Jun 22-Jul 27	Sun	9-10a	Ages 9 to 10	\$123	6 Classes	PTEN0015-216038					
Jun 23-Jul 28	Mon	5-6p	Ages 9 to 10	\$123	6 Classes	PTEN0015-216039					
Jun 21-Jul 26	Sat	9-10a	Ages 9 to 10	\$123	6 Classes	PTEN0015-216040					
Jun 25-Jul 30	Wed	6-7p	Ages 9 to 10	\$123	6 Classes	PTEN0015-216041					
Jun 24-Jul 29	Tue	6-7p	Ages 9 to 10	\$123	6 Classes	PTEN0015-216042					

## **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	Click to Register					
Jun 22-Jul 27	Sun	10-11a	Ages 9 to 10	\$141	6 Classes	PTEN0020-210046
Jun 23-Jul 28	Mon	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-210047
Jun 24-Jul 29	Tue	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-210048
Jun 25-Jul 30	Wed	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-210049
Jun 26-Jul 31	Thu	6-7p	Ages 9 to 10	\$141	6 Classes	PTEN0020-210050

## **Youth Tennis, Intermediate 9-10 (continued)**

Wheaton Indoor Te	Click to Register					
Jun 23-Jul 28	Mon	5-6p	Ages 9 to 10	\$117	6 Classes	PTEN0020-216044
Jun 26-Jul 31	Thu	5-6p	Ages 9 to 10	\$117	6 Classes	PTEN0020-216045
Jun 21-Jul 26	Sat	9-10a	Ages 9 to 10	\$117	6 Classes	PTEN0020-216046

## **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	Click to Register					
Jun 23-Jul 28	Mon	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-210055
Jun 24-Jul 29	Tue	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-210056
Jun 25-Jul 30	Wed	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-210057
Jun 26-Jul 31	Thu	6-7p	Ages 9 to 10	\$156	6 Classes	PTEN0025-210058

## **Youth Tennis, Match Play 9-10**

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

Wheaton Indoor Te	Click to Register					
Jun 21-Jul 26	Sat	11a-12p	Ages 9 to 10	\$129	6 Classes	PTEN0030-216062

## **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	Click to Register					
Jun 20-Jul 25	Fri	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0040-210084
Jun 22-Jul 27	Sun	11a-12p	Ages 11 to 12	\$147	6 Classes	PTEN0040-210085
Jun 23-Jul 28	Mon	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0040-210086
Jun 25-Jul 30	Wed	12-1p	Ages 11 to 12	\$147	6 Classes	PTEN0040-210087

## **Youth Tennis, Beginner 11-12 (continued)**

Wheaton Indoor Te	Click to Register					
Jun 25-Jul 30	Wed	5-6p	Ages 11 to 12	\$123	6 Classes	PTEN0040-216084
Jun 22-Jul 27	Sun	10-11a	Ages 11 to 12	\$123	6 Classes	PTEN0040-216085

# **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	auline Betz Addie Tennis Center									
Jun 20-Jul 25	Fri	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-210096				
Jun 23-Jul 28	Mon	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-210097				
Jun 25-Jul 30	Wed	4-5p	Ages 11 to 12	\$147	6 Classes	PTEN0045-210098				
Wheaton Indoor To	Wheaton Indoor Tennis									
Jun 22-Jul 27	Sun	1-2p	Ages 11 to 12	\$123	6 Classes	PTEN0045-216094				
Jun 25-Jul 30	Wed	5-6p	Ages 11 to 12	\$123	6 Classes	PTEN0045-216095				
Jun 23-Jul 28	Mon	5-6p	Ages 11 to 12	\$123	6 Classes	PTEN0045-216096				

## **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	Click to Register					
Jun 20-Jul 25	Fri	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-210105
Jun 23-Jul 28	Mon	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-210106
Jun 25-Jul 30	Wed	4-6p	Ages 11 to 12	\$300	6 Classes	PTEN0050-210107

## 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	Click to Register							
Jun 24-Jul 29	Tue	1-2p	Ages 13 to 18	\$147	6 Classes	PTEN0055-210114		
Jun 26-Jul 31	Thu	4-5p	Ages 13 to 18	\$147	6 Classes	PTEN0055-210115		
Jun 22-Jul 27	Sun	11a-12p	Ages 13 to 18	\$147	6 Classes	PTEN0055-210116		
Wheaton Indoor Te	Wheaton Indoor Tennis							
Jun 26-Jul 31	Thu	6-7p	Ages 13 to 18	\$123	6 Classes	PTEN0055-216113		
Jun 21-Jul 26	Sat	12-1p	Ages 13 to 18	\$123	6 Classes	PTEN0055-216114		

## **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	Click to Register						
Jun 24-Jul 29	Tue	4-5p	Ages 13 to 18	\$147	6 Classes	PTEN0060-210125	
Jun 26-Jul 31	Thu	4-5p	Ages 13 to 18	\$147	6 Classes	PTEN0060-210126	

## **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	Click to Register					
Jun 24-Jul 29	Tue	4-6p	Ages 13 to 18	\$147	6 Classes	PTEN0065-210133
Jun 25-Jul 30	Wed	4-6p	Ages 13 to 18	\$147	6 Classes	PTEN0065-210134
Wheaton Indoor Te	Click to Register					
Jun 21-Jul 26	Sat	12-1p	Ages 13 to 18	\$123	6 Classes	PTEN0065-216132

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

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

Pauline Betz Addie	Click to Register					
Jun 21-Jul 26	Sat	4-5p	Ages 18 and up	\$147	6 Classes	PTEN0090-210191
Jun 22-Jul 27	Sun	9-10a	Ages 18 and up	\$147	6 Classes	PTEN0090-210192

## **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 Click to Register									
Fri	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0090-210189				
Sat	12-1p	Ages 18 and up	\$147	6 Classes	PTEN0090-210190				
Mon	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0090-210193				
Mon	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-210194				
Tue	11a-12p	Ages 18 and up	\$147	6 Classes	PTEN0090-210195				
Wed	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-210196				
Thu	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0090-210197				
ennis					Click to Register				
Thu	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0090-216186				
Sun	9-10a	Ages 18 and up	\$123	6 Classes	PTEN0090-216187				
Wed	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0090-216188				
	Fri Sat Mon Mon Tue Wed Thu Tennis Thu Sun	Fri 10-11a Sat 12-1p Mon 10-11a Mon 7-8p Tue 11a-12p Wed 7-8p Thu 7-8p Tennis Thu 7-8p Sun 9-10a	Fri         10-11a         Ages 18 and up           Sat         12-1p         Ages 18 and up           Mon         10-11a         Ages 18 and up           Mon         7-8p         Ages 18 and up           Tue         11a-12p         Ages 18 and up           Wed         7-8p         Ages 18 and up           Thu         7-8p         Ages 18 and up           Thu         7-8p         Ages 18 and up           Sun         9-10a         Ages 18 and up	Fri         10-11a         Ages 18 and up         \$147           Sat         12-1p         Ages 18 and up         \$147           Mon         10-11a         Ages 18 and up         \$147           Mon         7-8p         Ages 18 and up         \$147           Tue         11a-12p         Ages 18 and up         \$147           Wed         7-8p         Ages 18 and up         \$147           Thu         7-8p         Ages 18 and up         \$147           Tennis           Thu         7-8p         Ages 18 and up         \$123           Sun         9-10a         Ages 18 and up         \$123	Fri         10-11a         Ages 18 and up         \$147         6 Classes           Sat         12-1p         Ages 18 and up         \$147         6 Classes           Mon         10-11a         Ages 18 and up         \$147         6 Classes           Mon         7-8p         Ages 18 and up         \$147         6 Classes           Tue         11a-12p         Ages 18 and up         \$147         6 Classes           Wed         7-8p         Ages 18 and up         \$147         6 Classes           Thu         7-8p         Ages 18 and up         \$147         6 Classes           Thu         7-8p         Ages 18 and up         \$123         6 Classes           Sun         9-10a         Ages 18 and up         \$123         6 Classes				

## **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	Click to Register					
Jun 21-Jul 26	Sat	1-2p	Ages 18 and up	\$147	6 Classes	PTEN0095-210198
Jun 22-Jul 27	Sun	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0095-210199
Jun 23-Jul 28	Mon	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0095-210200
Jun 24-Jul 29	Tue	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0095-210201
Jun 25-Jul 30	Wed	10-11a	Ages 18 and up	\$147	6 Classes	PTEN0095-210202
Jun 26-Jul 31	Thu	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0095-210203
Wheaton Indoor Te	ennis					Click to Register
Jun 24-Jul 29	Tue	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0095-216200
Jun 23-Jul 28	Mon	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0095-216201
Jun 21-Jul 26	Sat	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0095-216202

## **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	Click to Register						
Jun 21-Jul 26	Sat	3-4p	Ages 18 and up	\$147	6 Classes	PTEN0100-210211	
Jun 22-Jul 27	Sun	12-1p	Ages 18 and up	\$147	6 Classes	PTEN0100-210212	
Jun 23-Jul 28	Mon	11a-12p	Ages 18 and up	\$147	6 Classes	PTEN0100-210213	
Jun 24-Jul 29	Tue	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0100-210214	
Wheaton Indoor Tennis Click to Register							
Jun 22-Jul 27	Sun	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0100-216206	
Jun 24-Jul 29	Tue	11a-12p	Ages 18 and up	\$123	6 Classes	PTEN0100-216207	
Jun 23-Jul 28	Mon	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0100-216209	
Jun 21-Jul 26	Sat	1-2p	Ages 18 and up	\$123	6 Classes	PTEN0100-216210	
Jun 25-Jul 30	Wed	7-8p	Ages 18 and up	\$123	6 Classes	PTEN0100-216211	

## **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.

P	Pauline Betz Addie	Click to Register					
	Jun 21-Jul 26	Sat	2-3p	Ages 18 and up	\$147	6 Classes	PTEN0105-210301
	Jun 25-Jul 30	Wed	7-8p	Ages 18 and up	\$147	6 Classes	PTEN0105-210302

## **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	Click to Register								
Jun 21-Jul 26	Sat	11a-12p	Ages 18 and up	\$156	6 Classes	PTEN0110-210226			
Jun 22-Jul 27	Sun	11a-12p	Ages 18 and up	\$156	6 Classes	PTEN0110-210227			
Jun 24-Jul 29	Tue	7-8p	Ages 18 and up	\$156	6 Classes	PTEN0110-210228			
Jun 26-Jul 31	Thu	7-8p	Ages 18 and up	\$156	6 Classes	PTEN0110-210229			
Wheaton Indoor Te	Wheaton Indoor Tennis								
Jun 23-Jul 28	Mon	8-9p	Ages 18 and up	\$135	6 Classes	PTEN0110-216223			
Jun 26-Jul 31	Thu	11a-12p	Ages 18 and up	\$135	6 Classes	PTEN0110-216224			
Jun 22-Jul 27	Sun	12-1p	Ages 18 and up	\$135	6 Classes	PTEN0110-216225			

## **Adult Match Play 4.0 Tennis**

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	Click to Register					
Jun 25-Jul 30	Wed	8-9p	Ages 18 and up	\$156	6 Classes	PTEN0110-210320

## **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	auline Betz Addie Tennis Center								
Jun 20-Jul 25	Fri	11a-12p	Ages 18 and up	\$150	6 Classes	PTEN0115-210236			
Jun 22-Jul 27	Sun	1-2p	Ages 18 and up	\$150	6 Classes	PTEN0115-210237			
Jun 23-Jul 28	Mon	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0115-210238			
Jun 26-Jul 31	Thu	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0115-210239			
Wheaton Indoor To	ennis					Click to Register			
Jun 26-Jul 31	Thu	7-9p	Ages 18 and up	\$258	6 Classes	PTEN0115-216233			
Jun 25-Jul 30	Wed	10a-12p	Ages 18 and up	\$258	6 Classes	PTEN0115-216234			

## **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	Pauline Betz Addie Tennis Center									
Jun 22-Jul 27	Sun	2-4p	Ages 18 and up	\$300	6 Classes	PTEN0120-210245				
Jun 24-Jul 29	Tue	8-9p	Ages 18 and up	\$150	6 Classes	PTEN0120-210246				
Wheaton Indoor To	Click to Register									
Jun 24-Jul 29	Tue	6-8p	Ages 18 and up	\$258	6 Classes	PTEN0120-216242				





## **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 Addi	Pauline Betz Addie Tennis Center Click to Register									
Jun 20-Jul 25	Fri	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-210264				
Jun 20-Jul 25	Fri	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-210265				
Jun 21-Jul 26	Sat	7-8a	Ages 18 and up	\$150	6 Classes	PTEN0125-210266				
Jun 22-Jul 27	Sun	8-9a	Ages 18 and up	\$150	6 Classes	PTEN0125-210267				
Jun 22-Jul 27	Sun	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-210268				
Jun 23-Jul 28	Mon	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-210269				
Jun 23-Jul 28	Mon	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-210270				
Jun 23-Jul 28	Mon	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-210271				
Jun 24-Jul 29	Tue	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-210272				
Jun 24-Jul 29	Tue	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-210273				
Jun 25-Jul 30	Wed	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-210274				
Jun 25-Jul 30	Wed	12-1p	Ages 18 and up	\$150	6 Classes	PTEN0125-210275				
Jun 25-Jul 30	Wed	7-8p	Ages 18 and up	\$150	6 Classes	PTEN0125-210276				
Jun 26-Jul 31	Thu	9-10a	Ages 18 and up	\$150	6 Classes	PTEN0125-210277				
Wheaton Indoor 1	Tennis					Click to Register				
Jun 22-Jul 27	Sun	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-216254				
Jun 23-Jul 28	Mon	7-8p	Ages 18 and up	\$129	6 Classes	PTEN0125-216255				
Jun 25-Jul 30	Wed	8-9p	Ages 18 and up	\$129	6 Classes	PTEN0125-216256				
Jun 21-Jul 26	Sat	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-216257				
Jun 24-Jul 29	Tue	10-11a	Ages 18 and up	\$129	6 Classes	PTEN0125-216258				

# **Junior Match Play**

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

Pauline Betz Addie	Click to Register					
Youth Tennis, Ma	tch Play	9-10				
Jun 20-Jul 25	Fri	6-7p	Ages 9 to 10	\$150	6 Classes	PTEN0130-210001
Jun 21-Jul 26	Sat	11a-1p	Ages 9 to 10	\$300	6 Classes	PTEN0130-210002
Youth Tennis, Ma	tch Play	11-12				
Jun 21-Jul 26	Sat	3-5p	Ages 11 to 12	\$300	6 Classes	PTEN0130-210003
Teen Tennis, Mat	ch Play 1	.3-18				
Jun 21-Jul 26	Sat	1-3p	Ages 13 to 18	\$300	6 Classes	PTEN0130-210005
Teen Tennis, Mat	ch Play 1	.3-18				
Jun 20-Jul 25	Fri	5-6p	Ages 13 to 18	\$150	6 Classes	PTEN0130-210006
Wheaton Indoor Te	Click to Register					
Youth Tennis, Ma	tch Play	11-12				
Jun 20-Jul 25	Fri	4-6p	Ages 11 to 12	\$258	6 Classes	PTEN0130-216002
Teen Tennis, Mat	ch Play 1	.3-18				
Jun 20-Jul 25	Fri	4-6p	Ages 13 to 18	\$258	6 Classes	PTEN0130-216003



## **Adult Mixers**

Jul 18

Fri

7-9p

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

Pauline Betz Add	Click to Register									
Tennis Daytime Mixer										
Jun 26	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-210019				
Jul 3	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-210017				
Jul 10	Thu	10a-12p	Ages 18 and up	\$30	1 Class	PTEN0155-210016				
Tennis 2.5 Mixe	r									
Jul 11	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-210021				
Tennis 3.5 Mixe	r									
May 30	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-210020				
Jun 27	Fri	7-9p	Ages 18 and up	\$30	1 Class	PTEN0155-210018				
Tennis 4.0 Mixe	r									

Ages 18 and up

\$30

1 Class

PTEN0155-210022

