

MONTGOMERY PARKS  
**GUIDE**  
FALL 2025



CLASSES. PROGRAMS. ACTIVITIES. EVENTS.





# MONTGOMERY PARKS PROGRAM GUIDE | FALL 2025

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**Programs are subject to change.**  
**For the most up-to-date listings**  
**visit: [MontgomeryParks.org](https://montgomeryparks.org)**







### Register Online

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

### Register By Mail

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

### Questions?

Call: 301-495-2580  
Monday–Friday, 8:30 am–4:30 pm  
Visit [ActiveMONTGOMERY.org](https://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](mailto:ProgramAccess@MontgomeryParks.org)**  
**[MontgomeryParks.org/Accessibility](https://MontgomeryParks.org/Accessibility)**

## REGISTRATION DATES

**Fall Programs: Aug 11, 6:30 am**

**Ice/Tennis Fall Term I: Aug 25, 6:30 am**

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



### Payment, Withdrawals, and Refunds

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

# MONTGOMERY PARKS DIRECTORY

## ATHLETIC FIELDS

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

## ARCHERY

### [South Germantown Recreational Park](#)

18045 Central Park Circle, Boyds, MD 20841

### [Rock Creek Regional Park](#)

5700 Needwood Lake Circle, Rockville, MD 20855

## BIKE PARKS

### [South Germantown Bike Park](#)

18045 Central Park Circle, Boyds, MD 20841

### [The Pit at Fairland Bike Park](#)

3928 Greencastle Road Fairland, MD 20866

### [Wheaton Gravity Mountain Bike Park](#)

2000 Shorefield Road in Wheaton, MD 20902

## BOATING

### [Black Hill Boats](#)

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

### [Lake Needwood Boats](#)

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

## CAMPING

### [Little Bennett Campground](#)

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

### [Robert C. McDonell Campground](#)

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

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

## COMMUNITY GARDENS

Visit [Community Gardens](#) for information.

## CULTURAL & HISTORIC ATTRACTIONS

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

### [Agricultural History Farm Park](#)

18400 Muncaster Road, Derwood, MD 20855  
301-670-4660

### [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](mailto: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](mailto:SenecaLodge@MontgomeryParks.org)

## Rockwood Manor Retreats and Events

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

Email: [RockwoodManor@MontgomeryParks.org](mailto:RockwoodManor@MontgomeryParks.org)

## GARDENS

### Brookside Gardens

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

### McCrillis Gardens

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

## GOLF

Golf courses are operated by the [Montgomery County Revenue Authority](#).

### Little Bennett Golf Course

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

### Needwood Golf Course

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

### Northwest Park Golf Course

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

### Sligo Creek Golf Course

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

## HORSEBACK RIDING & STABLES

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

### Callithea Farm Park

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

### Meadowbrook Riding Stables

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

### Rickman Farm Horse Park

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

## Wheaton Regional Park Stables

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

## Woodstock Equestrian Park

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

## ICE SKATING

### Cabin John Ice Rink

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

### Wheaton Ice Arena

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

## IN-LINE HOCKEY RINKS

### Dewey Local Park

11720 Dewey Road, Veirs Mill, MD 20906

### Ridge Road Recreational Park

21155 Frederick Road, Germantown, MD 20876

## MINIATURE GOLF

### South Germantown Miniature Golf

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

## NATURE CENTERS

### Black Hill Discovery Center

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

### Brookside Nature Center

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

### Locust Grove Nature Center

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

### Maydale Nature Classroom

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

### Meadowside Nature Center

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



# MONTGOMERY PARKS DIRECTORY

## PARK ACTIVITY BUILDINGS & PICNIC SHELTERS

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

## SKATE PARKS

### Olney Manor Recreational Park

16601 Georgia Avenue, Olney, MD 20832

### Takoma-Piney Branch Local Park

2 Darwin Avenue Takoma Park, MD 20910

### Woodside Urban Park

8800 Georgia Avenue, Silver Spring, MD 20910

## SPLASH PARK

### South Germantown SplashPark

18056 Central Park Circle, Boyds, MD 20841

301-670-4680

## SPORTS COURTS (OUTDOOR)

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

## TENNIS (INDOOR)

### Pauline Betz Addie Tennis Center

7801 Democracy Boulevard, Bethesda, MD 20817

301-765-8650

### Wheaton Indoor Tennis

11715 Orebaugh Avenue, Wheaton, MD 20902

301-905-3030

### Montgomery TennisPlex\*

18010 Central Park Circle, Boyds, MD 20841

240-477-4430z

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

## TRAILS

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

## TRAINS (MINIATURE)

### Cabin John Miniature Train

7410 Tuckerman Lane, Rockville, MD 20852

301-765-8670 • 301-650-2880 party rentals

### Wheaton Train and Carousel

2002 Shorefield Road, Wheaton, MD 20902

301-563-7545 • 301-650-2880 party rentals

## TURF FIELD

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

### Wheaton Sports Pavilion

11751 Orebaugh Avenue, Wheaton, MD 20902

301-905-3070

## CONTACT INFORMATION

### Montgomery Parks

2425 Reedie Drive, Wheaton, MD 20902

### Customer Service

Park information, maintenance requests, or concerns:

Call: 301-495-2595

Email: [Info@MontgomeryParks.org](mailto:Info@MontgomeryParks.org)

### Permits & Rentals

Call: 301-495-2525

Email: [ParkPermits@MontgomeryParks.org](mailto:ParkPermits@MontgomeryParks.org)

### Volunteer Opportunities

Call: 301-495-2504

Email: [ParksVolunteers@MontgomeryParks.org](mailto:ParksVolunteers@MontgomeryParks.org)

### Rainout Line

Call: 301-579-5610 for Athletic Fields

Call: 240-270-0008 for Trail Conditions

### Park Police

Call: 301-949-8010, Emergency call 911

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

## ACCESSIBILITY

### Program Access & Inclusion Services

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

Call: 301-495-2581

MD Relay: 7-1-1

Email: [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org)



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





# 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.



Visit [ParksVolunteers.org](https://ParksVolunteers.org) for a complete list of opportunities or call 301-495-2504.

*We ♥ our volunteers!*





# Trails open? Game on?

## Montgomery Parks has you covered.

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

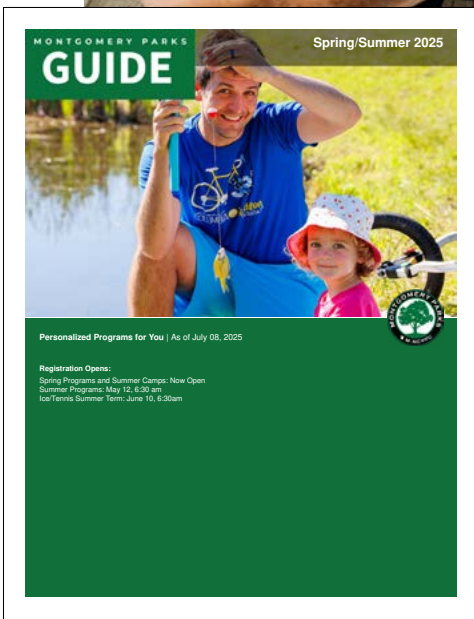
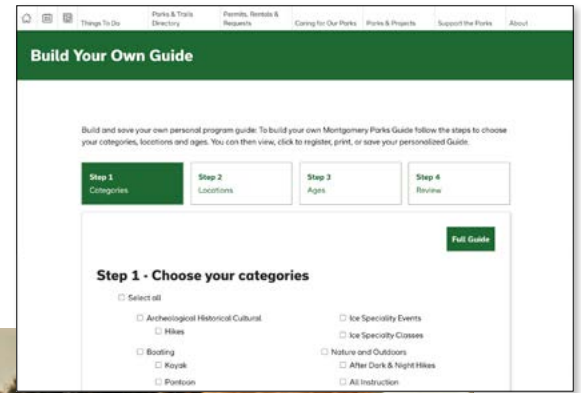
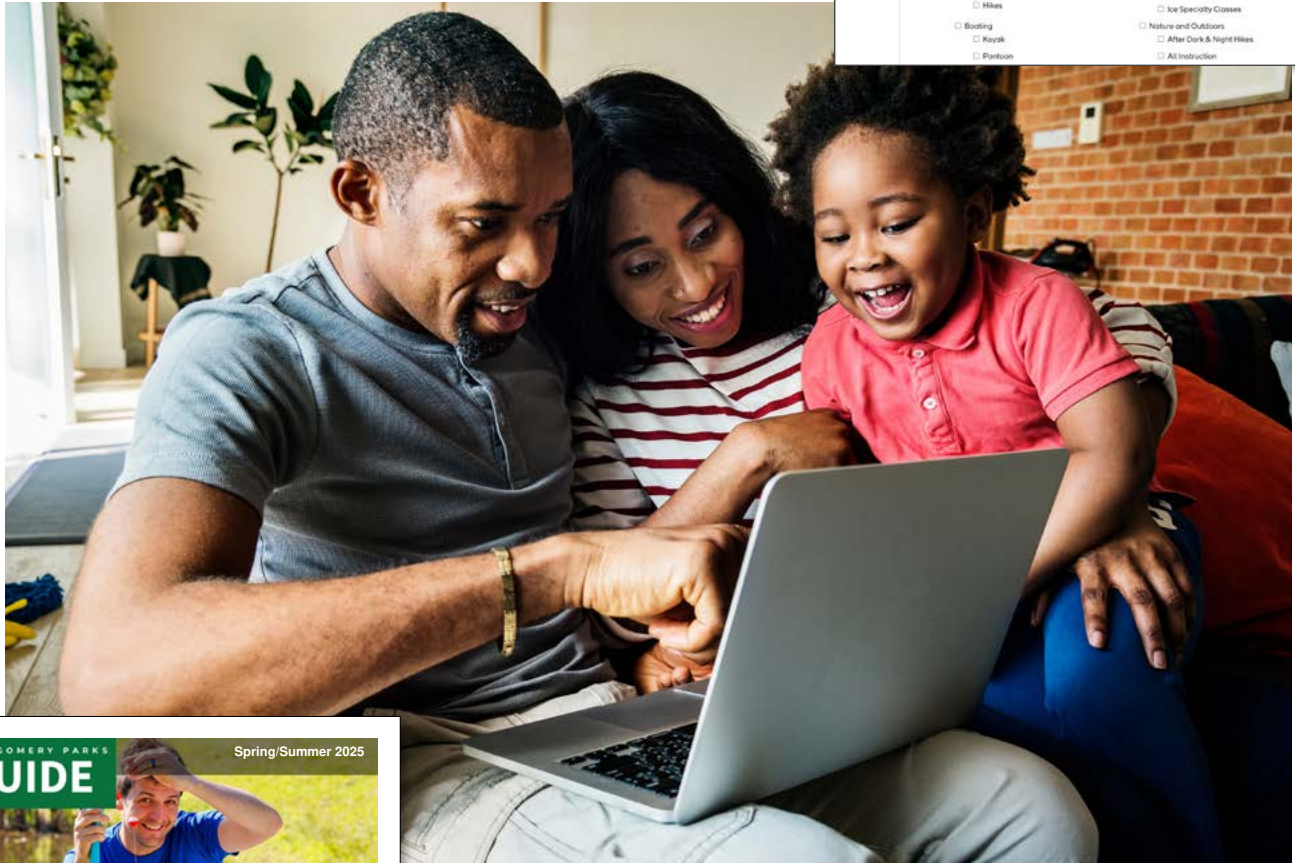
Three ways to access RainoutLine:

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

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



# Build Your Own Guide!



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

**[MontgomeryParks.org/Your-Guide](https://MontgomeryParks.org/Your-Guide)**





# Montgomery Parks... the perfect place to gather!



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

**Park Activity Buildings available  
year-round**

**Picnic Shelters available  
to rent April 1–October 31**

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



View availability  
and book online at  
**ActiveMontgomery.org**

## **Contact the Park Permits Office**

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

**ParkPermits@MontgomeryParks.org | ParkPermits.org**

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





# The natural choice for your special event!

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

Available year-round at affordable rates.



## **BROOKSIDE GARDENS**

*50 acres of stunning garden areas*

1800 Glenallan Avenue | Wheaton, MD 20902  
301-962-1404 | [BrooksideGardens.org](http://BrooksideGardens.org)  
[event.manager@montgomeryparks.org](mailto:event.manager@montgomeryparks.org)



Brookside Gardens

## **THE LODGE AT LITTLE SENECA CREEK**

*Rustic charm and beautiful panoramic views*

14500-A Clopper Road | Boyds, MD 20841  
301-670-3282 | [LodgeatSeneca.org](http://LodgeatSeneca.org)  
[senecalodge@montgomeryparks.org](mailto:senecalodge@montgomeryparks.org)



The Lodge at Little Seneca Creek

## **ROCKWOOD MANOR RETREATS & EVENTS**

*Serene estate just six minutes from the Capital Beltway*

11001 MacArthur Boulevard | Potomac, MD 20854  
301-563-7510 | [RockwoodManor.org](http://RockwoodManor.org)  
[rockwoodmanor@montgomeryparks.org](mailto:rockwoodmanor@montgomeryparks.org)



Rockwood Manor

Now Booking Overnight Stays

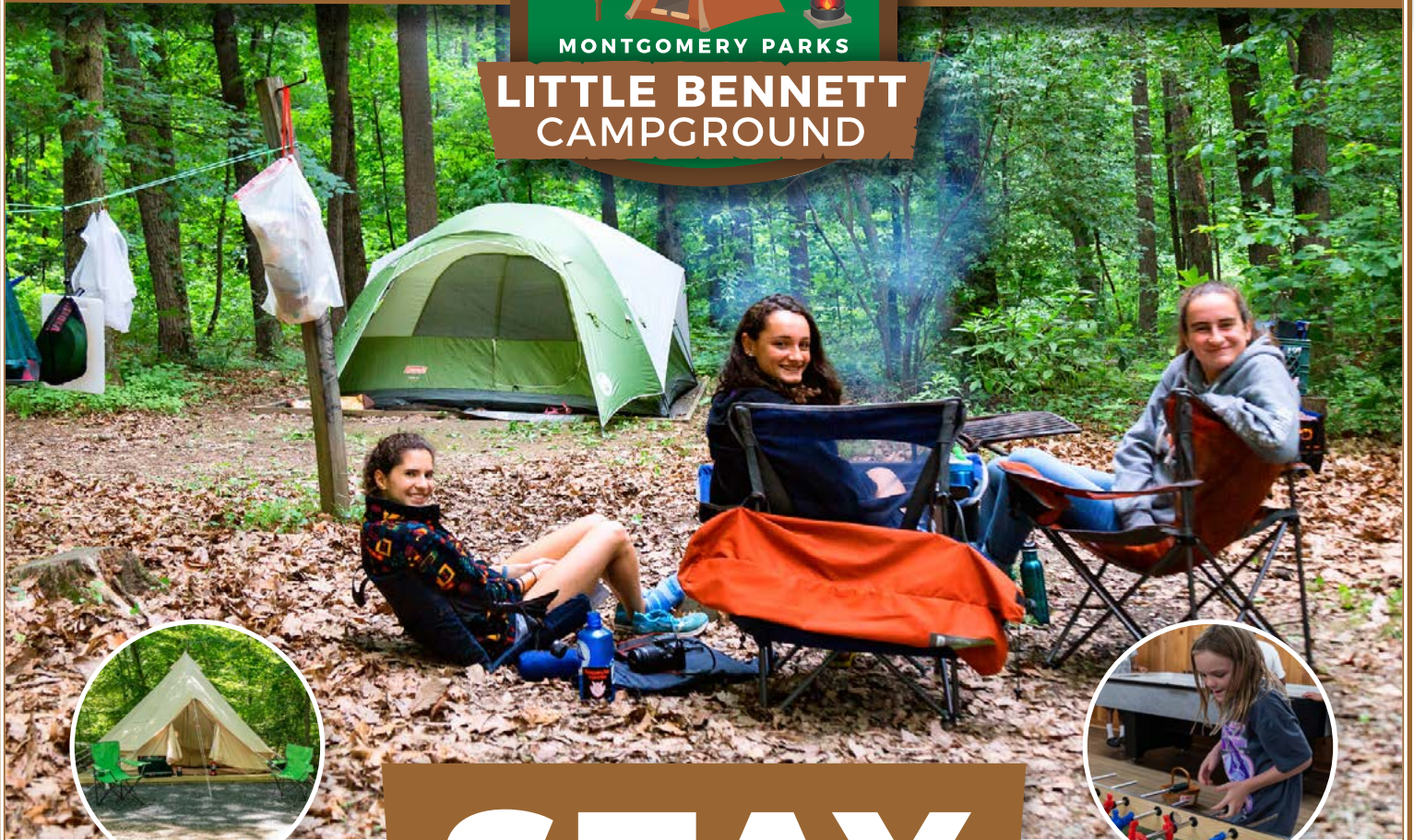
[ParkEventCenters.org](http://ParkEventCenters.org)







## LITTLE BENNETT CAMPGROUND



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

# STAY — & — PLAY

**OPEN YEAR-ROUND**

[ MINIMUM 2-NIGHT STAY ]

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



**LITTLE BENNETT CAMPGROUND**  
23705 Frederick Road | Clarksburg, MD 20871  
[LittleBennettCampground.org](http://LittleBennettCampground.org)





YOUR NEXT  
*Adventure*  
STARTS HERE

**WORK**  
— FOR —  
**MONTGOMERY  
PARKS**

# NOW HIRING

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

Seasonal positions open to ages 16 and up

## Career & Full-Time Positions

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

## Part-Time & Seasonal Staff Positions

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

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

Have Questions? Email us at  
[MCP-ParksCareers@montgomeryparks.org](mailto:MCP-ParksCareers@montgomeryparks.org)



To view all our open positions, scan the QR code or go to  
[MoCoParks.org/jobs](https://MoCoParks.org/jobs)





MONTGOMERY PARKS

WEEKENDS IN OCTOBER | SATURDAYS & SUNDAYS, 9:30 AM - 4:30 PM



# HALLOWEEN EYE SPY TRAINS

Fun for  
all ages!

## Take a Halloween-themed ride aboard our miniature trains!

Each rider is given an “Eye Spy” card with seasonal items to look for during the ride.

Ticket includes additional activities around the Train Station.

Kids under 2 ride free with a paying adult.

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

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

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



MONTGOMERY PARKS



Hike, drink, eat, and enjoy live music  
with lakeside views at the Parks Ale Trail  
at Lake Needwood.



**Saturday, September 20, 2025 | 11 am–3 pm**

**Lake Needwood, Rock Creek Regional Park**

15700 Needwood Lake Circle | Rockville, MD 20855



**Live Music, Beer,  
Food, and More!**

For more information scan the  
QR code or visit:  
[MoCoParks.org/ParksAleTrail](https://MoCoParks.org/ParksAleTrail)



**FREE  
EVENT**



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



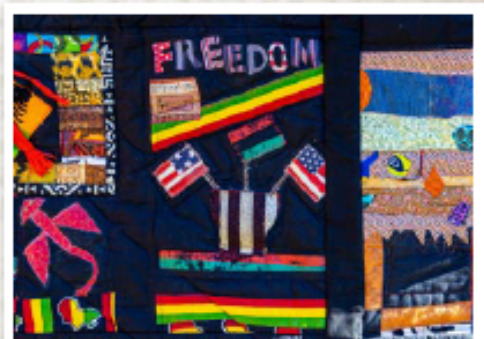
# CELEBRATE MARYLAND'S EMANCIPATION DAY

**MARYLAND FREE!**  
Slavery Forever Abolished—Proclamation  
of Gov. Bradford—The New Constitution  
Adopted—The Soldiers' Votes—Opinion  
of the Governor. November 1, 1864

**NOVEMBER 1-2, 2025 | VARIOUS LOCATIONS**

Visit historic sites across Montgomery and Prince George's Counties  
to commemorate the end of slavery in Maryland.

Special programming include tours, music, crafts, storytelling and more!



For complete schedule of events visit [HistoryInTheParks.org](https://HistoryInTheParks.org)  
or [PGParks.com](https://PGParks.com)





## AGRICULTURAL HISTORY FARM PARK



**AGRICULTURAL HISTORY FARM PARK**  
18400 Muncaster Road | Derwood, MD 20855  
301-670-4660  
[AgHistoryFarm.org](http://AgHistoryFarm.org)



## HISTORICAL, CULTURAL & ARCHAEOLOGICAL

### Homeschool History

Step back in time and experience the past in a truly immersive way with Homeschool History at the Farm Park. This program series combines historical learning with practical, hands-on activities that bring history to life. Each class will cover a different theme from the Farm Park's history, in which students will gain a deeper understanding of historical practices by actively engaging with the tools and techniques used in day-to-day life. Your child will leave with a richer understanding of history - and a greater appreciation for the simple joys of farm life. This Fall, children will get to enjoy a whole new set of historical themes, including: Early American Life, Gardens and Plants, Food Preservation and Canning, Historical Games, Baking and Holiday Traditions! Each week, we will announce the theme on our Facebook page. Other exciting themes may be added, so be on the lookout! 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 History Farm Park*

[Click to Register](#)

Sep 11	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300001</a>
Sep 25	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300002</a>
Oct 9	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300003</a>
Oct 23	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300004</a>
Nov 6	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300005</a>
Nov 20	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300006</a>
Dec 4	Thu	2-4p	Ages 8 to 14	\$15	1 Class	<a href="#">PAHFP0009-300007</a>

## PLAYTIME OR STORYTIME

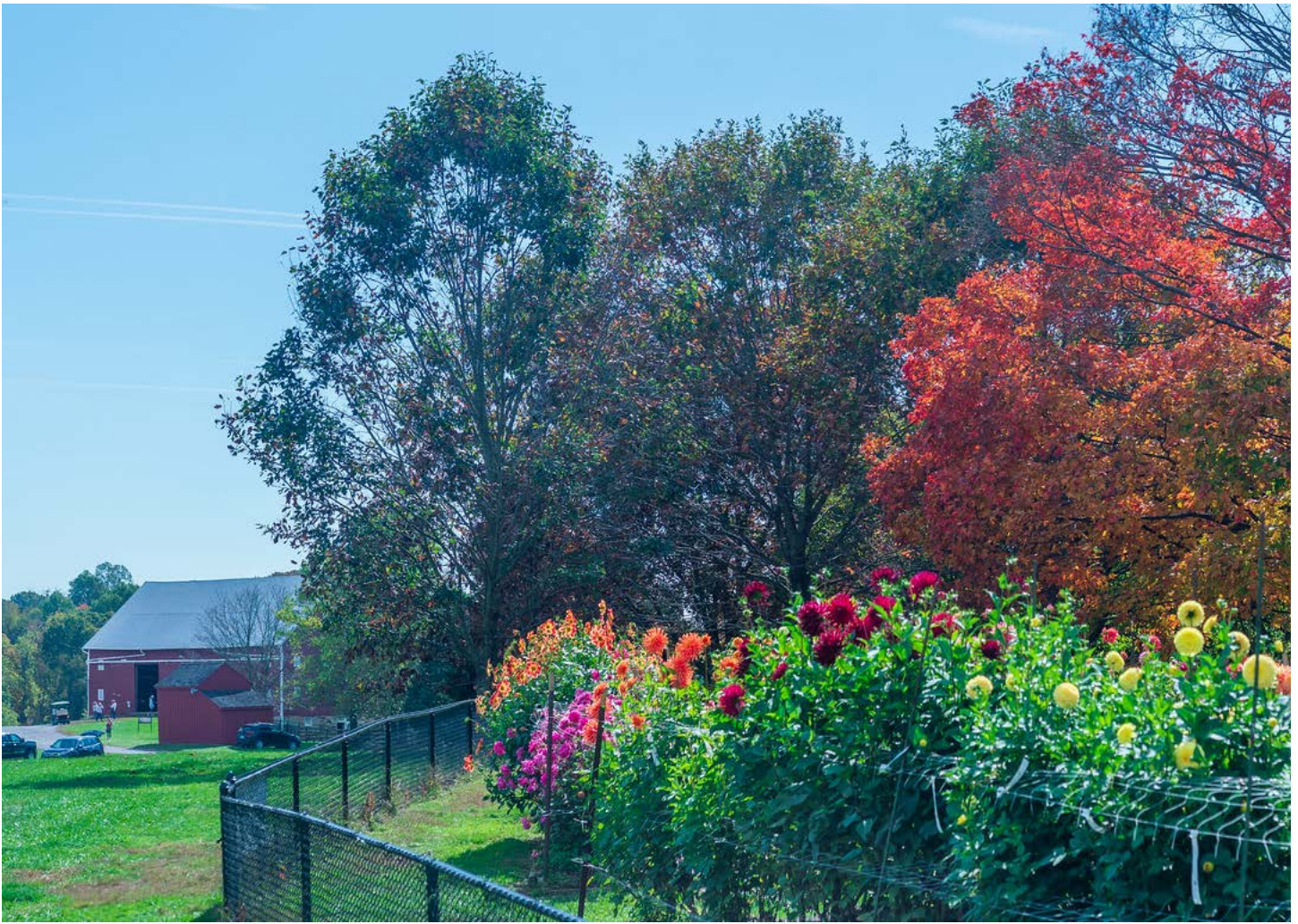
### Little Farmer Storytime

Join us for Little Farmer Storytime, a special hour just for little ones ages 5 years old and under and their loved ones. Here at the farm park, fun farm-related stories 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 wants 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. This program will be held on the historic side of the farm park, rain or shine, please dress accordingly for weather and bring water if needed. Restroom and water access will be available at the UMDE office building.

*Agricultural History Farm Park*

[Click to Register](#)

Sep 5	Fri	10-11a	Ages 5 And under	\$5	1 Class	<a href="#">PAHFP0011-300001</a>
Sep 27	Sat	10-11a	Ages 5 And under	\$5	1 Class	<a href="#">PAHFP0011-300002</a>
Nov 7	Fri	10-11a	Ages 5 And under	\$5	1 Class	<a href="#">PAHFP0011-300003</a>
Nov 22	Sat	10-11a	Ages 5 And under	\$5	1 Class	<a href="#">PAHFP0011-300004</a>



## NATURE, OUTDOOR EXPLORATION, AND SKILLS

### Fall Footprints

Come join us this Fall for a fun walk around the farm park to see the beautiful autumn colors! Friendly guides will show you parts of the park you might not have seen before or that look different in the Fall. We will walk in almost all kinds of weather. If the weather is really bad, we will send an email to let you know if the walk is canceled. Please check the weather and wear clothes that fit the day. We will meet at the big red barn. When you get to the park's main road, go right after the speed bump and park in the grassy visitor parking area. The walk is easy and slow, but bring water and be ready to walk on natural paths that might go up and down a little.

#### *Agricultural History Farm Park*

[Click to Register](#)

Nov 5	Wed	1-2p	All Ages	Free	1 Class	<a href="#">PAHFP0017-300001</a>
Nov 12	Wed	1-2p	All Ages	Free	1 Class	<a href="#">PAHFP0017-300002</a>
Nov 19	Wed	1-2p	All Ages	Free	1 Class	<a href="#">PAHFP0017-300003</a>
Nov 26	Wed	1-2p	All Ages	Free	1 Class	<a href="#">PAHFP0017-300004</a>



RAIN OR SHINE

MONTGOMERY PARKS

Admission  
**\$20\***  
per car  
CASH ONLY

AGRICULTURAL HISTORY FARM PARK

# HARVEST FESTIVAL

SATURDAY, OCTOBER 4, 2025 | 11 AM TO 4 PM



## VOLUNTEERS NEEDED!

An SSL-Approved Opportunity  
Call 301-495-2504 or visit  
[ParksVolunteers.org](https://ParksVolunteers.org) to find out more!



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

\*Additional fees for some activities  
Call for bus/van rates.

**AGRICULTURAL HISTORY FARM PARK**  
18400 Muncaster Road | Derwood, MD 20855  
301-670-4660 | [AgHistoryFarm.org](https://AgHistoryFarm.org)



*Friends of*

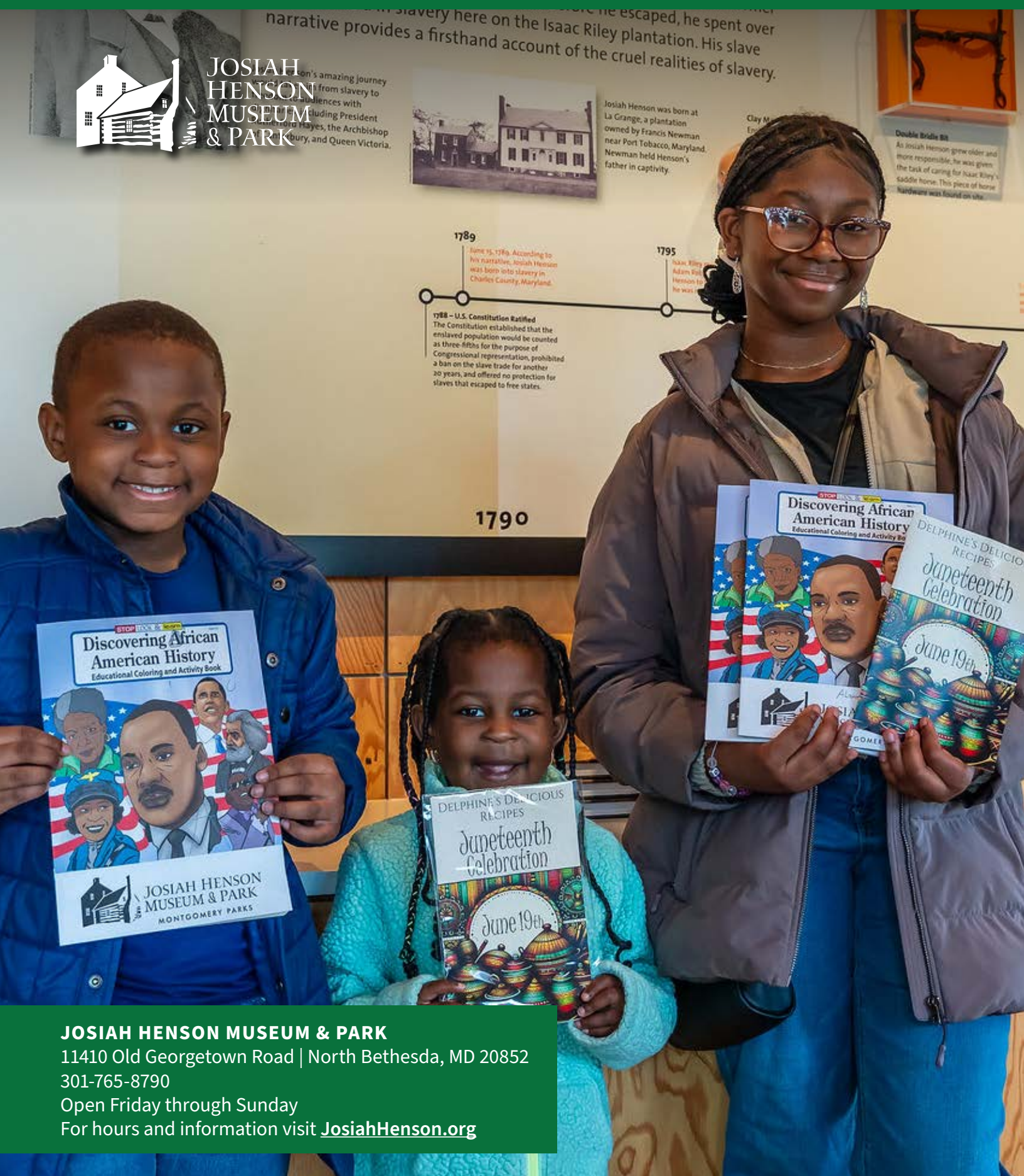
The Agricultural History Farm Park, Inc.



# JOSIAH HENSON MUSEUM & PARK



JOSIAH  
HENSON  
MUSEUM  
& PARK



## JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road | North Bethesda, MD 20852

301-765-8790

Open Friday through Sunday

For hours and information visit [JosiahHenson.org](https://www.JosiahHenson.org)



# JOSIAH HENSON MUSEUM & PARK

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

## SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### History Hour

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

### Yarrow Mamout & His Family

On Sep 25, join us as Jim Johnston, the author of *From Slave Ship to Harvard: Yarrow Mamout* and the *History of an African American Family*, tells the story of this remarkable man. Brought to Maryland on a slave ship in 1752 and enslaved for the next forty years, Yarrow (his last name) didn't become a free man until he was 60 years old. He then acquired a house in Georgetown and enough money to retire on the interest from loans to white merchants and on stock dividends. In 1819, the great portrait painter Charles Willson Peale learned of Yarrow and painted a "remarkable likeness" as a testament to racial equality.

Recommended for ages 12 and up.

*Josiah Henson Museum and Park*

Sep 25	Thu	6-7p	Ages 12 and up	\$5	1 Class	<a href="#">Purchase Tickets</a>
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### Crafting History - African Fabric

In this presentation, Tisha Thorne, textile artist, founder of Tisha's Sewing Studio, and the owner and co-founder of Sew Creative Lounge, will take us on a journey through the vast world of African fabrics. From their production and symbolism to the way they look and feel, we'll explore these textiles in their historical and modern forms. Sew Creative Lounge will have fabric available for purchase.

*Josiah Henson Museum and Park*

Oct 18	Thu	4-5p	Ages 12 and up	\$5	1 Class	<a href="#">Purchase Tickets</a>
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## Foodie Fridays: Composting: Waste Recovery & Inputs

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.

*Josiah Henson Museum and Park*

Sep 26	Fri	6:30-8:30p	All Ages	\$15/\$20	1 Class	<a href="#">Purchase Tickets</a>
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## HISTORICAL, CULTURAL & ARCHAEOLOGICAL

### Archaeology Tour

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

*Josiah Henson Museum and Park*

Sep 13	Sat	1-1:30p	Ages 6 and up	\$3	1 Class
Oct 11	Sat	1-1:30p	Ages 6 and up	\$3	1 Class
Nov 8	Sat	1-1:30p	Ages 6 and up	\$3	1 Class



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](https://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](https://JosiahHenson.org) for program and event information.



## JOSIAH HENSON MUSEUM & PARK

11410 Old Georgetown Road  
North Bethesda, Maryland 20852

301-765-8790 | [JosiahHenson.org](https://JosiahHenson.org)

Visitor Parking at Wall Local Park, 5900 Executive Blvd



JOSIAH  
HENSON  
MUSEUM  
& PARK



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

f @MontgomeryParks  
[facebook.com/josiahhensonmuseum](https://facebook.com/josiahhensonmuseum)





# 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](https://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](https://ParksVolunteers.org).

### FREE GUIDED TOURS

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

### Visiting the park when the cabin is closed?

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



## OAKLEY CABIN AFRICAN AMERICAN MUSEUM & PARK

3610 Brookeville Road | Olney, MD 20832

[OakleyCabin.org](https://OakleyCabin.org) | 301-650-4373





MONTGOMERY PARKS

# Wood and Wine

at Oakley Cabin



**Saturday, November 22, 2025 | 5 to 8 pm**

**Come to Oakley Cabin** and join a workshop led by celebrated local artist, Anna Fogg, where you'll craft your own stunning, one-of-a-kind wooden art piece!

Your admission also includes curated seasonal drinks, delicious charcuterie spreads, and camaraderie around a cozy outdoor fire pit. Reserve your spot today to create, sip, and socialize!

**Event is open to adults 21 and up with limited spots.**



Admission \$50 per person, registration required.

For more information, scan the QR code or go to [MoCoParks.org/woodandwine](https://MoCoParks.org/woodandwine)

**OAKLEY CABIN AFRICAN AMERICAN MUSEUM & PARK**

3610 Brookeville Road | Olney, MD 20832

301-650-4373 | [OakleyCabin.org](https://OakleyCabin.org)





# WOODLAWN MANOR CULTURAL PARK



WOODLAWN MANOR  
CULTURAL PARK

## WOODLAWN MANOR CULTURAL PARK

16501 Norwood Road | Sandy Spring, MD 20860  
[MCP-WoodlawnPrograms@montgomeryparks.org](mailto:MCP-WoodlawnPrograms@montgomeryparks.org)  
301-929-5989 | [WoodlawnManor.org](http://WoodlawnManor.org)

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

## WOODLAWN MUSEUM

Open April–November  
Friday and Saturday 10am–4pm  
Sunday 12–4pm  
Fee Required.



## SPECIAL EVENTS

### Fall Harvest Family Day

Children and families are welcome to drop in to Fall Harvest Family Day. Enjoy free admission to the Woodlawn Museum and hands-on activities including churning butter, participating in Autumn Bingo, decorating a cardboard pumpkin, and more! Part of a quarterly Family Day series. The event takes place in Woodlawn's indoor and outdoor spaces. Guests should dress accordingly. Admission, FREE. No advanced reservation required. Recommended ages 6 and up. For more information call (301) 929 – 5989, or email [mcp-Woodlawnprograms@montgomeryparks.org](mailto:mcp-Woodlawnprograms@montgomeryparks.org).

*Woodlawn Manor Cultural Park*

Oct 11	Sat	11a-3p	Ages 6 and up	Free
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### Maryland Emancipation Day Celebration

Maryland Emancipation Day was first celebrated on November 1, 1864. It marked the change in the Maryland State Congress to free all enslaved people from their bondage. Join us on Saturday, November 1 for a day full of history!

10am to 4pm: Free admission to the Woodlawn Museum. Check in at the Visitor Center.

10am to 11:30am: Guided hike on the Underground Railroad Experience Trail. Hike tickets can be purchased on [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org). Tickets are \$10 for adults, \$8 for seniors and children. Limited number of tickets will be available the day of. Check in at the Visitor Center.

12pm: James H. Johnston will present “Differing Historical Perspectives on Slavery in Maryland and the District of Columbia” inside the Woodlawn Manor House. Admission, free. No advance registration required. Limited seating available. Manor House doors open at 11:45am. For more information call (301) 929 – 5989, or email [mcp-Woodlawnprograms@montgomeryparks.org](mailto:mcp-Woodlawnprograms@montgomeryparks.org).

*Woodlawn Manor Cultural Park*

Nov 1	Sat	10a-4p	All Ages	Free
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### Tea at Woodlawn Manor

Woodlawn Manor Cultural Park invites you to an educational tea party! Enjoy a traditional Afternoon Tea in the parlor of Woodlawn Manor. Clarksville Caterers has crafted a menu featuring English Tea sandwiches, assorted pastries, and fresh fruit. As you sip on a special Woodlawn Blend of tea, learn about the 200-year history of Woodlawn Manor from its Quaker beginnings to its current role as a cultural site through a lecture by Education Program Manager, Christian Murgia. Then, participate in Autumn Trivia! Appropriate for ages 12 and up. Manor House doors open at 1:45pm. Admission: \$55 per person, advance registration required at [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org). Registration closes Friday, September 5 at 5pm. For more information call (301) 929 – 5989, or email [mcp-Woodlawnprograms@montgomeryparks.org](mailto:mcp-Woodlawnprograms@montgomeryparks.org). Part of a quarterly series.

*Woodlawn Manor Cultural Park*

Sep 20	Sat	2-4p	Ages 12 and up	\$55	<a href="#">Purchase Tickets</a>
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## Tea at Woodlawn Manor

Woodlawn Manor Cultural Park invites you to an educational tea party! Enjoy a traditional Afternoon Tea in the parlor of Woodlawn Manor. Clarksville Caterers has crafted a menu featuring English Tea sandwiches, assorted pastries, and fresh fruit. As you sip on a special Woodlawn Blend of tea, enjoy a round of tea party boggle, testing your knowledge of high tea etiquette. Craft your own winter lantern to take home! Appropriate for ages 12 and up. Manor House doors open at 1:45pm. Admission: \$55 per person, advance registration required at [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org). Registration closes Friday, October 31 at 5pm. For more information call (301) 929 – 5989, or email [mcp-Woodlawnprograms@montgomeryparks.org](mailto:mcp-Woodlawnprograms@montgomeryparks.org). Part of a quarterly series.

### *Woodlawn Manor Cultural Park*

Nov 15	Sat	2-4p	Ages 12 and up	\$55	<a href="#">Purchase Tickets</a>
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## 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. Admission : \$10 for adults, \$8 for seniors and children (6-17). Advanced registration recommended at [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org). Limited tickets will be available to purchase the day-of at the Visitor Center.

### *Woodlawn Manor Cultural Park*

Sep 6	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>
Sep 20	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>
Oct 4	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>
Oct 18	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>
Nov 1	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>
Nov 15	Sat	10-11:30a	Ages 6 and up	\$8-10	<a href="#">Purchase Tickets</a>



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 6:30 pm and end at approximately 8:00 pm. 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. Trail is not ADA accessible or suitable for all strollers. Appropriate for ages 15 and up. Check in at Visitor Center. Admission: \$10 for adults, \$8 for seniors and children. Advanced registration required by 5 pm Wednesday before hike. For more information call (301) 929-5989, or email [mcp-Woodlawnprograms@montgomeryparks.org](mailto:mcp-Woodlawnprograms@montgomeryparks.org).

Woodlawn Manor Cultural Park

Sep 27	Sat	6:30-8p	Ages 15 and up	\$8-10	<a href="#">Purchase Tickets</a>
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WOODLAWN MANOR CULTURAL PARK

# WOODLAWN MUSEUM

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

Open April–November

Friday & Saturday: 10 am–4 pm;

Sunday: 12–4 pm

**\$7 adults**

**\$6 children/seniors**

**Purchase tickets onsite**



## Woodlawn Manor House

Take a guided tour of the 19th century Woodlawn Manor House and learn about the 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 indoor and outdoor 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](mailto:MCP-WoodlawnPrograms@montgomeryparks.org)

301-929-5989 | [WoodlawnManor.org](http://WoodlawnManor.org)

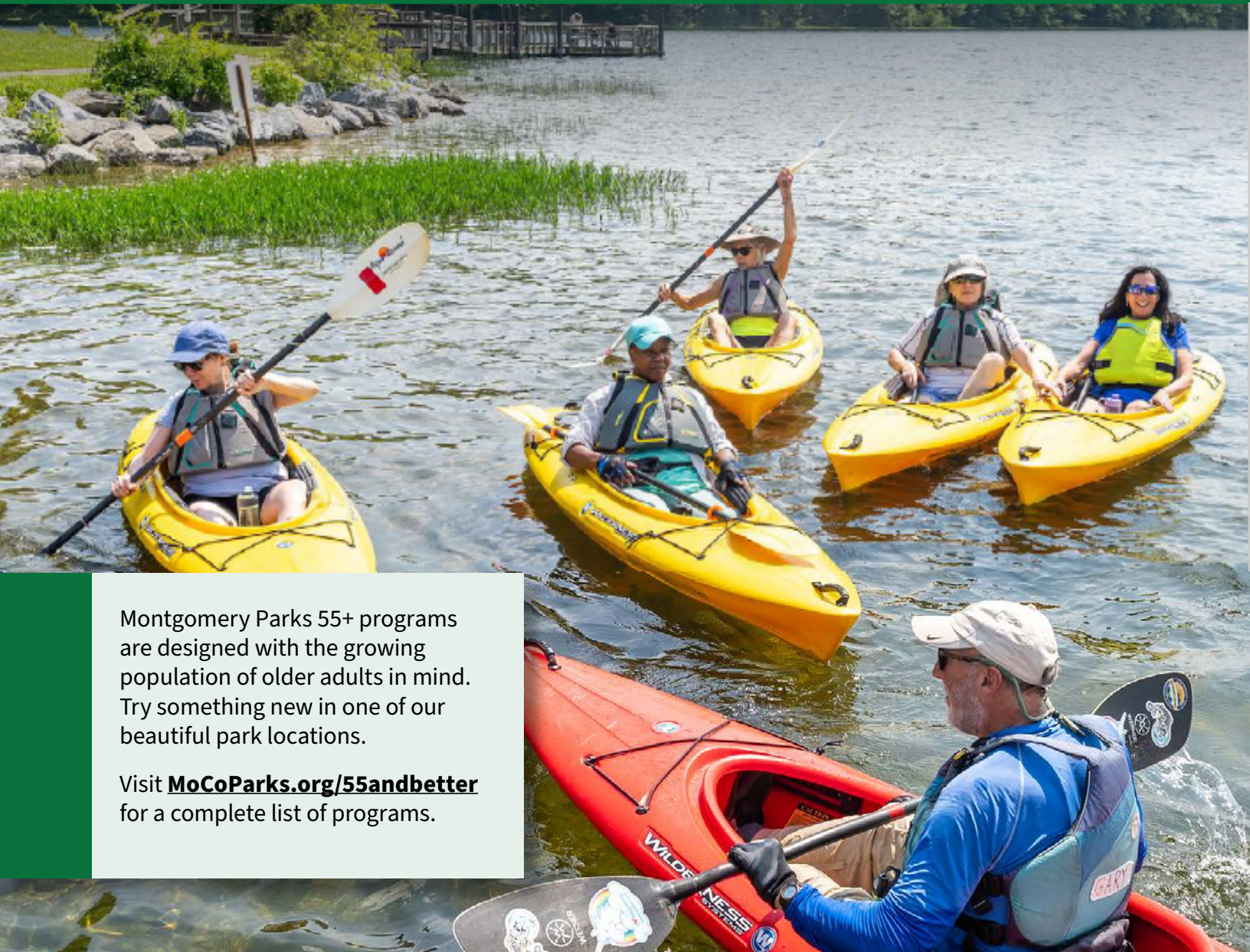


WOODLAWN MANOR  
CULTURAL PARK





## 55+ PROGRAMS



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

Visit [MoCoParks.org/55andbetter](https://MoCoParks.org/55andbetter) for a complete list of programs.

## PROGRAMS FOR 55+

### 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 PFDs. Adaptive equipment will be available to assist participants in getting in and out of the kayak. Please wear a hat, water sandals or shoes (no flip-flops, please) and bring water and sunscreen. You can expect to get your feet wet and your clothes a bit damp. Basic paddling experience is necessary (this is not a lesson). Meet in front of the gazebo by the pontoon boat dock and boat rental area. Registration required.

*Black Hill Discovery Center*

[Click to Register](#)

Sep 14	Sun	9-11a	Ages 55 and up	\$30	1 Class	<a href="#">PPACC0009-300001</a>
Oct 5	Sun	11:30a-1:30p	Ages 55 and up	\$30	1 Class	<a href="#">PPACC0009-300002</a>



## 55+ Beginner Recreational Kayaking

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

*Black Hill Discovery Center*

[Click to Register](#)

Sep 10	Wed	3-5p	Ages 55 and up	\$55	1 Class	<a href="#">PPACC0010-300001</a>
Sep 24	Wed	2:30-4:30p	Ages 55 and up	\$55	1 Class	<a href="#">PPACC0010-300002</a>



## Socials for 55+: eBird in Action

Socials for 55+ is a program tailored for individuals aged 55+. This hands-on program introduces older adults to the eBird platform, combining a guided birdwatching walk with simple instruction on how to log bird sightings using the eBird app. Participants will enjoy the beauty of Wheaton Regional Park while building confidence in using technology to support citizen science. Extra binoculars and monoscopes available to borrow. Registration required.

*Wheaton Regional Park*

[Click to Register](#)

Oct 20	Mon	8:30-10a	Ages 55 and up	Free	1 Class	<a href="#">PPACC0002-300001</a>
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## 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 Locations*

[Click to Register](#)

Sep 16, Oct 21, Nov 18	Tue	6-7:30p	Ages 55 and up	Free		<a href="#">MoCoParks.org/55andBetter</a>
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Fun and inclusive programs tailored for individuals with disabilities and their community, aiming to increase leisure skills, foster independence, and encourage social connections.



## ADAPTIVE PROGRAMS

### Adaptive Paddling

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

*Seneca Landing Special Park*

[Click to Register](#)

Sep 25	Thu	5-7p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0005-300001</a>
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### Therapeutic Recreation Kayaking

Join our 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 Discovery Center*

[Click to Register](#)

Sep 16	Tue	10:30a-12p	Ages 18 and up	Free	1 Class	<a href="#">PPACC0013-300001</a>
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### Adaptive Mountain Biking Clinic

Are you ready for an exciting trail adventure? Have you been eager to try mountain biking on an adaptive, power-assisted trike designed for natural surfaces and challenging terrain? Don't miss your chance to join our Adaptive Mountain Biking Clinic on Saturday, November 8th, at Black Hill Regional Park! This program is exclusively designed for individuals with disabilities to experience the thrill of mountain biking. A variety of adaptive bikes will be available to borrow, ensuring participants have the best fit for their needs. Detailed information about available bikes, eligibility requirements, and trails at Black Hill Regional Park will be provided upon registration and on our website. Each of our two 90-minute sessions will include: Program orientation, Bike fittings and transfers, Introductory instruction to the bike, Time to ride the trail, Volunteer support riders will join participants on the trail to provide assistance and ensure safety throughout the ride. Sign up for your preferred session time: 10:30 AM–12:00 PM or 1 PM–2:30 PM during registration. We will confirm your time slot based on bike availability. Registration is Required.

*Black Hill Regional Park*

[Click to Register](#)

Nov 8	Sat	10:30a-2:30p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0019-300001</a>
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## Adaptive Mountain Biking Group Ride

Sign up to join a Roots-2-Rocks mountain biking group ride on one of our adaptive bikes. This program is intended for returning riders or individuals who have previously participated in an adaptive mountain biking program. Riders will be accompanied by volunteer guides and sweeps. Registration is required, and if you need to cancel, please provide as much advance notice as possible to allow another rider to participate.

Two adaptive bikes are available:

**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:** 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 Recumbent Foot-Pedaled Trike

#### Fairland Recreational Park

[Click to Register](#)

Sep 4	Thu	5-7p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300002</a>
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#### Oak Ridge Conservation Park

[Click to Register](#)

Sep 27	Sat	10a-12p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300004</a>
Oct 23	Thu	5-6:15p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300008</a>

#### Black Hill Regional Park

[Click to Register](#)

Oct 3	Fri	5-6:45p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300006</a>
Nov 22	Sat	1-3p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-3000012</a>

#### Little Bennett Regional Park

[Click to Register](#)

Nov 8	Sat	10a-12p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-3000010</a>
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Lasher Recumbent Handcycle



TerraTrike All Terrain with Power Assist



## ADAPTIVE PROGRAMS

### Lasher Recumbent Handcycle

*Fairland Recreational Park*

[Click to Register](#)

Sep 4	Thu	5-7p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300001</a>
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*Oak Ridge Conservation Park*

[Click to Register](#)

Sep 27	Sat	10a-12p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300003</a>
Oct 23	Thu	5-6:15p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300007</a>

*Black Hill Regional Park*

[Click to Register](#)

Oct 3	Fri	5-6:45p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300005</a>
Nov 22	Sat	1-3p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-3000011</a>

*Little Bennett Regional Park*

[Click to Register](#)

Nov 8	Sat	10a-12p	Ages 16 and up	Free	1 Class	<a href="#">PPACC0012-300009</a>
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### Trail Trekkers

Join Trail Trekkers, a 6-week inclusive walking program for individuals with disabilities, their friends, family, and community members. Walk along accessible trails in Rock Creek Regional Park, enjoy nature, and connect with others. Share conversations, make new friends, and have fun while staying active outdoors. Registration for the full series is required.

*Wheaton Regional Park*

[Click to Register](#)

Sep 23-Oct 28	Tue	10:30-11:30a	Ages 18 and up	Free	6 Classes	<a href="#">PPACC0014-300001</a>
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### Therapeutic Recreation Bocce

Join Program Access and the Special Olympics of Maryland for a 6-week bocce league at Wheaton Regional Park! Over the course of the program, participants with intellectual and developmental disabilities will have the opportunity to learn the game, build social skills, and improve their personal fitness. On the last day, we will celebrate participants with lunch and awards. Registration for the full series is required.

*Wheaton Regional Park*

[Click to Register](#)

Oct 9 - Nov 13	Thu	10:30a-12p	Ages 18 and up	Free	6 Classes	<a href="#">PPACC0015-300001</a>
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### Brushes and Beaks: ASL Paint Night

Trade your binoculars for a paintbrush and discover the beauty of birds with local artist Ellen! Join us for an evening in nature, where you can observe waterfowl and other bird life while Ellen guides you step-by-step in creating your own painted bird to take home. Instruction will be provided in American Sign Language by Ellen, with a qualified interpreter offering verbal instructions in English.

*Brookside Gardens*

[Click to Register](#)

Oct 22	Wed	6-8p	Ages 16 and up	\$8	1 Class	<a href="#">PPACC0018-300001</a>
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MONTGOMERY COUNTY MARYLAND

FOR RESIDENTS 55+



Oct. 6-12



Go, Grow and Get Active!



## SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN

## ★ SIGNATURE EVENT ★

# Monday, Oct. 6

9 a.m. – 2 p.m.

Wellness Programs and Activities • 9 a.m. - Noon  
Vendor Fair and Health Screenings • Noon - 2 p.m.

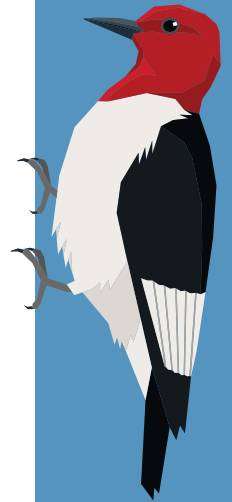
Nancy H. Dacek North Potomac CRC  
13850 Travilah Road, Rockville

To learn more about changing the way you age, visit [ActiveAgingWeek.com](https://ActiveAgingWeek.com)





# Birdability Week



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

## **Birdability Week Celebration**

Sunday, October 26, 2025

10a-1p | Wheaton Claridge Local Park  
11901 Claridge Rd, Wheaton, MD 20902

### **FREE**

Join us on for a joyful celebration of birds, nature, and inclusion! Whether you're a seasoned birder or just bird-curious, this all-ages, all-abilities event invites you to explore the vibrant bird life of Montgomery Parks. Enjoy interactive birding stations, guided nature walks, sensory-friendly activities, and a cozy story time under the trees. Come discover how Montgomery Parks is making birding more welcoming and accessible for everyone.

**Additional programs including bird walks, workshops, and presentations will take place throughout the week.**

For more information visit: [MoCoParks.org/Birdability](https://MoCoParks.org/Birdability)







## FITNESS

### Yoga for Strength and Vitality 55+

Focusing on building strength and flexibility to promote healthy aging. This class is mat-based, but will have chairs available to modify poses and make the practice accessible to most levels.

*Tilden Woods Local Park*

[Click to Register](#)

Sep 2-Nov 25	Tue	10-11a	Ages 55 and up	\$108	12 Class	<a href="#">PPACT0017-300001</a>
Sep 4-Nov 20	Thu	11a-12p	Ages 55 and up	\$108	12 Class	<a href="#">PPACT0017-300002</a>
Oct 4-Nov 22	Sat	10:30-11:30a	Ages 55 and up	\$72	8 Classes	<a href="#">PPACT0017-300003</a>



## 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 Park*

[Click to Register](#)

Sep 3-Nov 12	Wed	4-4:45p	Ages 18 and up	\$90	10 Class	<a href="#">PPACT0004-300001</a>
Sep 3-Nov 12	Wed	5-5:45p	Ages 18 and up	\$90	10 Class	<a href="#">PPACT0004-300002</a>

*Meadowbrook Local Park*

[Click to Register](#)

Sep 4-Nov 13	Thu	5:30-6:15p	Ages 18 and up	\$72	8 Classes	<a href="#">PPACT0004-300003</a>
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## 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.

*Tilden Woods Local Park*

[Click to Register](#)

Sep 4-Nov 20	Thu	10-10:45a	Ages 2 to 5 plus one adult	\$144	12 Class	<a href="#">PPACT0006-300001</a>
Oct 4-Nov 22	Sat	11:45a-12:30p	Ages 2 to 5 plus one adult	\$96	8 Classes	<a href="#">PPACT0006-300003</a>

*Quince Orchard Valley Neighborhood Park*

[Click to Register](#)

Sep 6-27	Sat	10:30-11:15a	Ages 2 to 5 plus one adult	\$48	4 Classes	<a href="#">PPACT0006-300002</a>
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## Pilates Mat

A level 1 Pilates mat class taught following the traditional movements of Joseph Pilates, interspersed with contemporary movements. The emphasis is on core strengthening and toning.

*Argyle Local Park*

[Click to Register](#)

Sep 16-Nov 4	Tue	10-10:45a	Ages 18 and up	\$80	8 Classes	<a href="#">PPACT0022-300001</a>
Sep 18-Nov 6	Thu	12-12:45p	Ages 18 and up	\$80	8 Classes	<a href="#">PPACT0022-300002</a>



## Midday Reset Yoga

Need a break from your busy day? In this 45 minute indoor class, experience the restorative practice of yoga nidra, known as “yogic sleep”. The class begins with gentle poses to release tension, followed by yoga nidra meditation, combining breath awareness, body scanning, and visualization to guide you into a state of deep relaxation. The session wraps up with energizing techniques, such as breathwork and simple movements, to help you return to your day with clarity and focus. Perfect for anyone seeking a midday or midweek reset!

*Kensington Cabin Local Park*

[Click to Register](#)

Sep 24-Nov 12	Wed	12:15-1p	Ages 18 and up	\$80	8 Classes	<a href="#">PPACT0019-300001</a>
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## Yoga Fun Fitness

Yoga Fun Fitness combines yoga, games, races, individual and partner exercises, for a class that will leave students happy and feeling like they had a great workout. Each class will include: community, warm-up yoga flow, balance challenges, relay races, individual and partner activities, final flow, and savasana reflection.

*Capitol View-Homewood Local Park*

[Click to Register](#)

Sep 30-Nov 4	Tue	5-5:50p	Ages 6 to 10	\$48	6 Classes	<a href="#">PPACT0025-300001</a>
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## Dance Yoga

Dance Yoga combines yoga flow with music and dance. Students will learn a sequence of yoga poses and dance steps, then combine them in routines set to music. Each class will include: community, dance warm-up, yoga and dance sequences, strength and conditioning and a stretching cool down. There will be an optional performance of the dance yoga routines at the final class session.

*Capitol View-Homewood Local Park*

[Click to Register](#)

Sep 30-Nov 4	Tue	6-6:50p	Ages 10 to 13	\$48	6 Classes	<a href="#">PPACT0026-300001</a>
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## Yoga for Body Positivity

This gentle yoga flow class aims to help students feel more comfortable and confident in their bodies. Each class will include: community, setting and discussion of a body-positive intention or mantra (such as “Thank you body”), breathing exercises, yoga poses and flow, and savasana with meditation on intention. Modification will be offered for all poses, because no two bodies are the same!

*Capitol View-Homewood Local Park*

[Click to Register](#)

Sep 30-Nov 4	Tue	7-7:50p	Ages 16 and up	\$48	6 Classes	<a href="#">PPACT0027-300001</a>
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## Restorative Yoga for the Road Runner

Road Racers: Plan your recovery with this specialized yoga class! Learn post-race tips for physical and mental recovery to keep you running strong. Taught by a road racer who is a certified yoga teacher and running coach, this session features restorative yoga practices - meditation, postures, and breathwork- tailored for runners. Come post-race to implement these techniques or pre-race to learn how to recover on your own.

*Kensington Cabin Local Park*

[Click to Register](#)

Oct 4	Sat	11a-12p	Ages 18 and up	\$10	1 Class	<a href="#">PPACT0024-300001</a>
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## Breath and Movement Flow Yoga

In this active outdoor Viniyoga-Inspired Flow class, we focus on the movement of our breath to initiate movement of our body into postures, which are oriented around Sun Salutations. In each class we will move progressively from simple and easy postures to more complex and difficult ones. This practice will promote strength, stability, flexibility, skeletal alignment, and mind-body connection through the breath.

*Quince Orchard Valley Neighborhood Park*

[Click to Register](#)

Oct 4-25	Sat	10-11a	Ages 16 and up	\$40	4 Classes	<a href="#">PPACT0007-300001</a>
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## DANCE

### Introduction to Partnering Dance 101

Let's partner up and learn dance steps to music. Your instructor will tailor the dances to the students needs and goals. Learn the cha-cha for exercise, the club swing for upcoming weddings, and if you want to go all out...you can salsa. Picture this: a beautiful Autumn evening...time to decompress outdoors and invest in yourself. Maybe this class will be a unique date night activity, a new way to connect with others, a fun new hobby, or for overall wellness and fitness, No matter your reason-all are welcomed. Come join us Monday evenings for Introduction to Partner Dancing 101 in the park!

*Arora Hills Local Park*

[Click to Register](#)

Sep 8-Oct 20	Mon	5:30-6:30p	Ages 18 and up	\$56	7 Classes	<a href="#">PPACT0011-300001</a>
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## EDUCATIONAL

### Power Up: An Introduction to Power and Energy

Get ready to spark your young inventor's curiosity in this exciting, hands-on workshop all about power and energy! Students will dive into the world of renewable energy through fun experiments and challenges. We'll start by exploring what energy is and where it comes from, then zoom in on the sun - our most powerful energy source. Students will discover how solar panels work, how we turn sunlight into electricity, and why solar energy is important for our planet. Through interactive activities like learning about electricity and building their own solar-powered gadgets, students will learn key concepts like energy transfer, circuits, and sustainability. We'll also explore real-life uses of solar energy and imagine what a solar-powered future could look like. By the end of the workshop, students will leave empowered with new knowledge, creative ideas, and a mini solar project they can take home! Materials fee included.

*Glenmont Local Park*

[Click to Register](#)

Sep 27	Sat	10a-1p	Ages 10 to 13	\$50	1 Class	<a href="#">PPACT0023-300001</a>
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## Introduction to Robotics and Coding

Life is more fun with robots! Bring out the inventive engineer in your child in this exciting robotics and coding course. Students will use communication, critical thinking, collaboration, and creativity to program a robot using block or text based programming language. Materials fee included. Students will receive their own personal robot which they will keep for hours of fun after the course is over.

*Glenmont Local Park*

[Click to Register](#)

Oct 4	Sat	10a-1p	Ages 10 to 13	\$50	1 Class	<a href="#">PPACT0012-300003</a>
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## HORTICULTURAL PROGRAMS

### Canopy Connection-Tree Climbing for 55+

EmBARK on a tree climbing adventure into the treetops, reach out and touch the trees. Remember the days when climbing a tree was a form of exercise. Come climb a tree with the professionals and have fun again. This hands-on course offers a unique opportunity to learn the basics of ropes, how to tie basic knots, proper techniques to ascend ropes, and safety equipment used for tree climbing.

*Clarksburg Neighborhood Park*

[Click to Register](#)

Oct 3	Fri	9a-12p	Ages 55 and up	\$75	1 Class	<a href="#">PPACT0013-300003</a>
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### Canopy Connection-Tree Climbing for Teens

EmBARK on a tree climbing adventure into the treetops, reach out and touch the trees. This hands-on course for teens offers a unique opportunity to learn the basics of ropes, how to tie basic knots, proper techniques to ascend ropes, and safety equipment used for tree climbing. Take time to talk with the professionals and learn how this can be a career path.

*Clarksburg Neighborhood Park*

[Click to Register](#)

Oct 17	Fri	9a-12p	Ages 14 to 18	\$60	1 Class	<a href="#">PPACT0014-300003</a>
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## 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! Participants must wear closed toe shoes and provide their own water bottle/hydration pack. It is recommended that participants wear: sunscreen, bike gloves, and above the ankle socks. Reminder to check the email Inbox associated with the REGISTERED 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 24hrs in advance.

### *Fairland Recreational Park*

[Click to Register](#)

Sep 6	Sat	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0001-300001</a>
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### *Black Hill Regional Park*

[Click to Register](#)

Oct 19	Sun	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0001-300004</a>
Nov 22	Sat	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0001-300007</a>

## Roots to Rocks - Bike Clinics-Pump Track

Learn how to pump your bike around a pump track without pedaling. Pumping is a valuable skill to learn and our certified coaches will help you to achieve your goal. 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. Requirements: Ages 6+, must already know how to ride a bicycle with gears, must bring a positive attitude—get ready to have fun! Participants must wear closed toe shoes and provide their own water bottle/hydration pack. It is also highly encouraged that participants wear bike gloves and above the ankle socks. Reminder to check the email inbox associated with the REGISTERED 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 24hrs in advance.

### *South Germantown Recreational Park*

[Click to Register](#)

Sep 21	Sun	10a-12p		Free	1 Class	<a href="#">PPSDT0003-300003</a>
Nov 2	Sun	10a-12p		Free	1 Class	<a href="#">PPSDT0003-300005</a>

## Roots to Rocks - Mountain Bike 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. 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 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). 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. No more spots available? Contact todd.bauer@montgomeryparks.org to let us know you would like to join. We prefer that you pre-register for the program, however drop-in participants are welcome. Loaner bikes are first come first serve; any registrants who have requested a bike will get priority over drop in participants. Please note drop-ins will not be notified of program changes unless an email has been sent letting us know they are joining so we can include them.

### *Muddy Branch SVU*

[Click to Register](#)

Aug 30	Sat	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300003</a>
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### *Fairland Recreational Park*

[Click to Register](#)

Sep 4	Thu	5-7p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300004</a>
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### *Northwest Branch Stream Valley Trails*

[Click to Register](#)

Sep 12	Fri	5-7p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300005</a>
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### *Burnt Mills East Special Park*

[Click to Register](#)

Sep 19	Fri	5-7p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300006</a>
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### *Cabin John Regional Park*

[Click to Register](#)

Sep 25	Thu	5-7p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300007</a>
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### *Oak Ridge Conservation Park*

[Click to Register](#)

Sep 27	Sat	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300008</a>
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Oct 23	Thu	5-6:15p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300012</a>
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### *Black Hill Regional Park*

[Click to Register](#)

Oct 2	Thu	5-6:45p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300011</a>
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Oct 30	Thu	5-6p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300014</a>
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Nov 22	Sat	1-3p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300018</a>
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### *Great Seneca Stream Valley Park*

[Click to Register](#)

Oct 9	Thu	5-6:30p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300010</a>
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Nov 16	Sun	10a-12p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300015</a>
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Nov 16	Sun	1-3p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300016</a>
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### *Little Bennett Regional Park*

[Click to Register](#)

Oct 17	Fri	5-6:30p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300013</a>
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## Roots to Rocks- Bike Park Days

Session the jumps, berms and rollers at one of our bike parks with our certified instructors. Bike Park days are designed to improve your bike skills in a controlled environment. You will also learn how to setup your bike properly while riding at these facilities. 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 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). 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. No more spots available? Contact [todd.bauer@montgomeryparks.org](mailto:todd.bauer@montgomeryparks.org) to let us know you would like to join. We prefer that you pre-register for the program, however drop-in participants are welcome. Loaner bikes are first come first serve; any registrants who have requested a bike will get priority over drop in participants. Please note drop-ins will not be notified of program changes unless an email has been sent letting us know they are joining so we can include them.

### South Germantown Recreational Park

[Click to Register](#)

Sep 21	Sun	1-3p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300019</a>
Nov 2	Sun	1-3p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300017</a>
Nov 29	Sat	10a-3p	Ages 6 and up	Free	1 Class	<a href="#">PPSDT0002-300020</a>





## BROOKSIDE GARDENS

*Brookside*  
GARDENS



### BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

301-962-1400

[BrooksideGardens.org](http://BrooksideGardens.org)



## SPECIAL EVENTS

### Fall Twilight Concert Series

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

*Brookside Gardens*

#### Son Horizonte/Latin Pop

Sep 3	Wed	6-7:30p	All Ages	Free
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#### Patty Reese / 70's & 80's Rock Hits

Sep 10	Wed	6-7:30p	All Ages	Free
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#### The Sidleys /Indie Rock/Soul

Sep 17	Wed	6-7:30p	All Ages	Free
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#### The Olney Big Band / Jazz, Swing & Dance

Sep 24	Wed	6-7:30p	All Ages	Free
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### Children's Day

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

*Brookside Gardens*

[Click to Register](#)

Sep 21	Sun	10a-2p	All Ages	Free	1 Class	<a href="#">PBG0077-300007</a>
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### BOOtanica

Celebrate the fall season and the spirit of Halloween with botanical-themed fun for the whole family. Dress in your favorite costume, trick-or-treat at the indoor activity stations, participate in arts-and-crafts projects, and conduct hands-on investigations to learn more about the science of the fall season. Costume parades and spooky stories as the sun begins to set are options for (b)older children, still accompanied by an adult. Registration required for the participating child. One parent/caregiver must accompany child for the duration of event but does not need to register.

*Brookside Gardens*

[Click to Register](#)

Oct 26	Sun	3-6p	All Ages	\$20	1 Class	<a href="#">PBG0165-300004</a>
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## Brookside Gardens Fall Wedding Vendor Showcase

Brookside Gardens Fall Vendor Showcase: Your Dream Day Starts Here! Planning your perfect wedding? Join us for our exclusive Wedding Vendor Showcase at Brookside Gardens, where engaged couples can explore stunning venue spaces, experience guided tours, and gather creative decor inspiration for their big day. Meet top wedding professionals — including DJs, photographers, caterers, florists, and planners -ready to bring your vision to life. Whether you're searching for the perfect reception menu, ideal soundtrack or breathtaking photos, you'll find expert advice and exciting options to make your wedding uniquely yours. And don't miss your chance to win exciting prizes in our Door Prize Raffle! Every guest will be entered for a chance to win fabulous wedding-related gifts including a free-venue rental at Brookside Gardens and wedding enhancements. This is an incredible opportunity to connect, plan, and envision your perfect wedding day — all in one beautiful setting!

*Brookside Gardens*

[Click to Register](#)

Nov 16	Sun	11a-2p	Ages	Free	1 Class	<a href="#">PBG0080-300002</a>
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## EARLY CHILDHOOD AND PRESCHOOL

### Yoga Sprouts

Bring your little ones to this series of fun, garden-related yoga movement classes. Physical exercise and mindfulness will awaken senses, boost energy, and give good garden vibes to start the day. Bring your own mat or borrow one of ours. After meeting in the South Terrace, you will walk with the instructor to the Woodland Glen, the outdoor class location. November classes held inside the Visitor Center. Adults must accompany children.

*Brookside Gardens*

[Click to Register](#)

Sep 6	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300009</a>
Sep 13	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300010</a>
Sep 27	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300011</a>
Oct 4	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300012</a>
Oct 11	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300013</a>
Oct 18	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300014</a>
Oct 25	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300015</a>
Nov 1	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300016</a>
Nov 8	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300017</a>
Nov 15	Sat	10-10:45a	Ages 3 to 9	\$7	1 Class	<a href="#">PBG0078-300018</a>



## YOUTH EDUCATION

### Storytime in the Garden

Join us for an interactive story time followed by an outdoor exploration or activity for children ages 3-7. This is an outdoor story time, weather permitting. Adults must accompany children. Meet in the Outdoor Classroom located in the Children's Garden area and dress for the weather.

*Brookside Gardens*

[Click to Register](#)

Sep 7	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300004</a>
Sep 8	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300005</a>
Sep 14	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300006</a>
Sep 15	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300007</a>
Sep 28	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300008</a>
Sep 29	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300009</a>
Oct 6	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300010</a>
Oct 12	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300011</a>
Oct 13	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300012</a>
Oct 19	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300013</a>
Oct 20	Mon	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300014</a>
Nov 9	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300015</a>
Nov 16	Sun	10-10:45a	Ages 3 to 7	\$5	1 Class	<a href="#">PBG0111-300016</a>

### Art Outside for Teens

A day off of school is the perfect time to go outside - join us for a full day of artistic fun for youth ages 11-14. Each session will include a variety of media and activities including nature photography, watercolor painting, and zine making. Bring a lunch and refillable water bottle. Required sign-in procedures and forms will be emailed to guardians prior to program start date. Meet in the Children's Classrooms in the Visitor Center.

*Brookside Gardens*

[Click to Register](#)

Oct 2	Thu	9a-3:30p	Ages 11 to 14	\$45	1 Class	<a href="#">PBG0194-300001</a>
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### Botanical Creatures in Comics

Imagine a world where plant adaptations give gardens special super-powers or unlocked hidden talents! Expand your knowledge of botany and horticulture while activating your creativity and artistic skills. Thomas Crawley, an expert horticulturist, and cartoon enthusiast, leads this exploration of the science and art behind plant adaptations in the garden as you illustrate your own comic adapted to extreme environments. Beginner scientists and beginner cartoonists welcome. For youth ages 10 and up. Meet in the Visitor Center.

*Brookside Gardens*

[Click to Register](#)

Oct 5	Sun	10-11:30a	Ages 10 and up	\$7	1 Class	<a href="#">PBG0110-300003</a>
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## Pop-Up Exploration Cart: iNaturalist

Join us in cataloguing the wide array of wild, living things that call Brookside Gardens home. Learn how to download and use the helpful iNaturalist identification app to photograph and log observations that will be utilized by both nature enthusiasts and professional scientists. Just stop by the Exploration Cart next to the Children's Garden any time between 11 am - 1 pm. No registration needed.

*Brookside Gardens*

Oct 17	Fri	11a-1p	All Ages	Free
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## HEALTH AND WELLNESS

### Tai Chi at Brookside Gardens

*Instructor: Charles Votaw*

Tai Chi is an ancient, Chinese form of exercise perfect for adults seeking stress reduction while strengthening muscles, improving balance and increasing flexibility. The Forms are repetitive patterns that emphasize slow, flowing motions and controlled movements. Classes will help beginners to learn the Forms while providing regular practitioners the guidance of an experienced instructor. No walk-ins will be accepted. Location Japanese Tea House (September – October) or Brookside Gardens Visitor Center (mid-October – February) FOBG \$12

*Brookside Gardens*

[Click to Register](#)

Sep 3	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300001</a>
Sep 10	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300002</a>
Sep 17	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300003</a>
Sep 24	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300004</a>
Oct 1	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300005</a>
Oct 8	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300006</a>
Oct 15	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300007</a>
Oct 22	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300008</a>
Oct 29	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300009</a>
Nov 5	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300010</a>
Nov 12	Wed	9:15-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0029-300011</a>



## Gentle Yoga at Brookside Gardens

*Instructor: Sherry Weber*

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. No walk-ins will be accepted. Location: Japanese Tea House (September – October) or Brookside Gardens Visitor Center (mid-October – February). FOBG \$12

*Brookside Gardens*

[Click to Register](#)

Sep 4	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300001</a>
Sep 11	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300002</a>
Sep 18	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300003</a>
Sep 25	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300004</a>
Oct 2	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300005</a>
Oct 9	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300006</a>
Oct 16	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300007</a>
Oct 23	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300008</a>
Oct 30	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300009</a>
Nov 6	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300010</a>
Nov 13	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300011</a>
Nov 20	Thu	10-11a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0030-300012</a>



## Yoga at Brookside Gardens

*Instructor: Tanory Ateek*

Designed to increase flexibility and physical strength and to cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included. No walk-ins will be accepted. Location: Japanese Tea House (September - October) or Brookside Gardens Visitor Center (mid-October - February). FOBG \$12

*Brookside Gardens*

[Click to Register](#)

Sep 6	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300001</a>
Sep 13	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300002</a>
Sep 20	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300003</a>
Sep 27	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300004</a>
Oct 4	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300005</a>
Oct 11	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300006</a>
Oct 18	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300007</a>
Oct 25	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300008</a>
Nov 1	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300009</a>
Nov 8	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300010</a>
Nov 15	Sat	9:30-10:30a	Ages 18 and up	\$14	1 Class	<a href="#">PBG0031-300011</a>

## Shinrin-yoku: The Art of Forest Bathing

*Instructor: Ana Ka'ahanui, certified Forest Therapy Guide*

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

*Brookside Gardens*

[Click to Register](#)

Oct 26	Sun	10a-12p	Ages 18 and up	\$35	1 Class	<a href="#">PBG0022-300001</a>
Nov 1	Sat	9:30-11:30a	Ages 18 and up	\$35	1 Class	<a href="#">PBG0022-300002</a>

## Half-day Mindfulness Retreat at Brookside Gardens

*Instructor: Tanory Ateek*

Tanory will guide you through a half-day of stress relieving practices, including gentle yoga; walking and seated meditation; and the meditative way of the labyrinth. Whether you are new to meditation or a seasoned practitioner, this retreat will provide a chance to slow down, connect to nature in new ways and rekindle a deeper sense of peace and wonder in your life. FOBG \$63

*Brookside Gardens*

[Click to Register](#)

Sep 14	Sun	9:15a-1:15p	Ages 18 and up	\$70	1 Class	<a href="#">PBG0018-300001</a>
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## Strolls for Well-Being at Brookside Gardens

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

[Brookside Gardens](#)

[Click to Register](#)

Sep 20-Nov 15	Sat	10-11a	Ages 18 and up	\$75	3 Classes	<a href="#">PBG0033-300001</a>
Sep 16-Nov 11	Tue	11a-12p	Ages 18 and up	\$75	3 Classes	<a href="#">PBG0033-300002</a>
Sep 17-Nov 12	Wed	11a-12p	Ages 18 and up	\$75	3 Classes	<a href="#">PBG0033-300003</a>

## Guided Mindfulness Walk - Connections in Nature

*Instructor: Tania Lanning, Integrative Therapist*

Join Tania Lanning, MS, LCPC, LMT, RYT for a guided Gude Garden walk focused on connections in nature. Through gentle movement, discussion, journaling, and meditation, you will explore over the course of the walk what it means to be connected with yourself, with others, and with the natural world around you. Group will meet on the South Terrace in front of the Visitor Center. Participants will receive a small blank journal and will want to be comfortable walking and sitting on grass.

[Brookside Gardens](#)

[Click to Register](#)

Sep 6	Sat	10a-12p	Ages 18 and up	\$28	1 Class	<a href="#">PBG0108-300001</a>
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## Guided Mindfulness Walk - "Motherhood in Nature"

*Instructor: Tania Lanning, Integrative Therapist*

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

[Brookside Gardens](#)

[Click to Register](#)

Sep 25	Thu	10a-12p	Ages 18 and up	\$28	1 Class	<a href="#">PBG0125-300001</a>
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## Guided Mindfulness Walks: Family Mindfulness and Nature

*Instructor: Tania Lanning, Integrative Therapist*

This guided, two-hour program is designed to foster a deeper connection with nature and among family members. Participants will engage their senses, practice enjoyable mindfulness and movement techniques, share in a creative activity while building lasting memories together. This walk also aims to educate participants on how mindfulness and nature can positively impact the nervous system, promoting relaxation and reducing stress through curiosity, awe, and outdoor play! Consider bringing water bottles and a small blanket or mat for sitting. One parent/caretaker must accompany child(ren) for the duration of event.

[Brookside Gardens](#)

[Click to Register](#)

Oct 4	Sat	10a-12p	All Ages	\$28	1 Class	<a href="#">PBG0168-300001</a>
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## GARDEN TOURS

### Guided Bird Walk

*Tour guide: Emily Williams, avian ecologist*

Did you know that 168 bird species have been sighted at Brookside Gardens? Marvel at the fall migration and bring your binoculars to look for warblers, Baltimore orioles, orchard orioles, red-winged blackbirds and many more! FOBG \$10

[Brookside Gardens](#)

[Click to Register](#)

Sep 10	Wed	7:30-9a	Ages 18 and up	\$12	1 Class	<a href="#">PBG0133-300001</a>
Sep 13	Sat	8-9:30a	Ages 18 and up	\$12	1 Class	<a href="#">PBG0133-300002</a>

### Behind-the-Scenes Greenhouse Tour

*Tour Guide: Brookside Gardens staff*

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

[Brookside Gardens](#)

[Click to Register](#)

Sep 16	Tue	1-2:30p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0003-300001</a>
Sep 19	Fri	10:30a-12p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0003-300002</a>



## Bilingual Nature Walk: Native Plants, Pollinators, and Edible Gardens

*Tour Guide Beto Diaz Galvan, Brookside Gardens Staff*

Join us for a bilingual guided tour celebrating Latino Conservation Week. Explore the biodiversity around our ponds and stream, discover sustainable gardening practices, and learn about native plants that attract hummingbirds and butterflies. You'll be inspired to cultivate your own edible garden at home as you stroll through the new food forest. FOBG \$10

Caminata bilingüe por la naturaleza: plantas nativas, polinizadores y jardines de plantas comestibles. Acompáñenos en un recorrido guiado bilingüe para celebrar la Semana de la Conservación Latina. Explore la biodiversidad que rodea nuestros estanques y arroyos, descubra prácticas de jardinería sostenible y aprenda sobre plantas nativas que atraen colibríes y mariposas. Mientras pasea por el nuevo bosque de alimentos, se sentirá inspirado a cultivar su propio jardín de plantas comestibles en casa. FOBG \$10

*Brookside Gardens*

[Click to Register](#)

Sep 15	Mon	10:30a-12p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0212-300001</a>
Sep 18	Thu	1-2:30p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0212-300002</a>

## Glory of Fall Garden Tour

*Tour Guide: Josh Demers, Brookside Gardens staff*

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

*Brookside Gardens*

[Click to Register](#)

Oct 28	Tue	10:30a-12p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0059-300001</a>
Oct 30	Thu	1-2:30p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0059-300002</a>

## Chrysanthemum & Conservatory Tour

*Tour Guide: Raymond Carter, Brookside Gardens Horticulturist*

Delight in an autumn-inspired display of specialty chrysanthemums - a vibrant finale to the garden season! Discover fascinating facts about these amazing flowers, cultivated since the 15th century with over 20,000 varieties worldwide. Learn how our horticulturists create massive blooms, colorful combinations and impressive forms with this incredible plant! FOBG \$10

*Brookside Gardens*

[Click to Register](#)

Oct 31	Fri	1-2:15p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0060-300001</a>
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## McCrillis Gardens Fall Tour

*Tour Guide: Karl Quimby, Brookside Gardens Horticulturist*

Enjoy this naturalistic garden featuring the rich colors of autumn tucked into a residential neighborhood in Bethesda. The five-acre property was donated in 1978 and is managed by Brookside Gardens. Explore the fall blooming camellias and remarkable collection of ornamental trees and shrubs, many of which are state and national champions. FOBG \$10

*McCrillis Gardens*

[Click to Register](#)

Oct 29	Wed	1-2:30p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0206-300001</a>
Nov 1	Sat	10:30a-12p	Ages 18 and up	\$12	1 Class	<a href="#">PBG0206-300002</a>

## LOCAL FIELD TRIPS

### Living Field Lab: Sustainable Gardening Strategies

*Burtonsville, MD (address sent after registration)*

This home garden, created by a Brookside Gardens horticulturist, demonstrates how to transform a conventional landscape into a naturalistic and ecofriendly one. Discover practical strategies for planning in stages and designing garden beds, along with native plant choices for a variety of growing conditions. Plant lists provided for each Field Lab. FOBG \$22

*Brookside Gardens Off Site Program*

[Click to Register](#)

Sep 23	Tue	10:30a-12:30p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0207-300001</a>
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## HANDS ON WORKSHOPS

### Seasonal Showstopper: Build a Fall-Blooming Container Garden

*Aisha Bunkley, Brookside Gardens Staff*

Design a vibrant fall container using plants featured in Brookside Gardens' displays — and take it home! Combine thrillers, fillers, and spillers for a stunning mix of color, texture, and form. These sun-loving plants, including ornamental grasses, kale, and dahlias, will create a bold seasonal addition to your home garden that thrives through autumn. FOBG \$50

*Brookside Gardens*

[Click to Register](#)

Sep 19	Fri	10:30-11:45a	Ages 18 and up	\$55	1 Class	<a href="#">PBG0208-300001</a>
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## Introduction to Botanical Art: Drawing Fall Seedpods & Cones

*Instructor: Joan Ducore, Botanical illustrator and instructor*

This introductory class explores graphite, a fun and forgiving medium, through examining fall seedpods and cones. You'll learn to observe and capture nature's intricate details, developing essential skills to create beautiful, textured drawings. Through hands-on exercises, discover the unique forms and structures of autumn's botanical treasures. Level: Beginner FOBG \$86

[Brookside Gardens](#)

[Click to Register](#)

Oct 25	Sat	10a-3:30p	Ages 18 and up	\$95	1 Class	<a href="#">PBG0204-300001</a>
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## Fall Floral Design with Specialty Chrysanthemums

*Instructors Lisa Sutherby & Jason Gedeik, Brookside Gardens Staff*

Create a stunning floral arrangement using specialty chrysanthemums from Brookside Gardens' Fall Conservatory Display, plus seasonal garden blooms. Enjoy hands-on, one-on-one guidance while exploring fresh design concepts and useful floral techniques. You'll enjoy making something beautiful while bringing the warm, vibrant colors of autumn into your home. FOBG \$58

[Brookside Gardens](#)

[Click to Register](#)

Nov 5	Wed	10:30a-12:30p	Ages 18 and up	\$65	1 Class	<a href="#">PBG0205-300001</a>
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## Takuga: Botanical Prints in Ink and Watercolor

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

Explore the Japanese art of Takuga, the intersection between printmaking and watercolor! Students will use special ink to hand-print leaves, flowers, or vegetables, and then paint with watercolor. Create artwork on a variety of printmaking papers, ready for framing or cards. Bring materials from your garden or select from options provided in class. FOBG \$50

[Brookside Gardens](#)

[Click to Register](#)

Nov 19	Wed	10a-1p	Ages 18 and up	\$55	1 Class	<a href="#">PBG0158-300001</a>
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## SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### Perfume in Bloom: A Journey Through Botanical Scents

*Instructor: Keely Shaughnessy, Brookside Gardens Horticulturist*

Explore the scent-sational world of botanical perfumes! We'll investigate the evolution of perfume and of scent extraction from gardens. Then we will get to know the plants that appear in popular perfumes. After the lecture, we'll take a tour of the Fragrance Garden where you'll see, smell and learn about perfume plants that can be grown in your garden. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

Sep 11	Thu	10:30a-12p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0197-300001</a>
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## Native Plant Solutions: Perennials to Fill the Gaps

*Instructor: Shannon Currey, Education and Outreach, Izel Native Plants*

Uncovered ground invites unwanted growth, like weeds, especially in new or disturbed plantings. This session focuses on dynamic fillers - desirable plants that close gaps, add seasonal color, and reduce weeding and mulching. Learn how to use these resilient native species to create beautiful, low-maintenance landscapes that stay vibrant throughout the seasons. FOBG \$12

[Brookside Gardens Virtual](#)

[Click to Register](#)

Sep 18	Thu	7-8:30p	Ages 18 and up	\$15	1 Class	<a href="#">PBG0201-300001</a>
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## How Can I Help? Saving Nature with Your Yard

*Instructor: Doug Tallamy, author and Professor of Agriculture, Department of Entomology and Wildlife Ecology, University of Delaware*

Don't miss this opportunity to see Doug Tallamy, a national leader of the native plant movement, speak in person. He'll discuss his new book on ecological landscaping and share insights on biodiversity, native plants, conservation, and how we can help restore ecosystems at home. Tallamy's new book will be available in the gift shop, with a signing to follow the talk. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

Sep 30	Tue	7-9p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0198-300001</a>
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## Beyond Formality: Embracing Naturalistic Garden Design

*Instructor: Eric Evans, Brookside Gardens Staff*

Discover how visionary landscape designers like Capability Brown, Gertrude Jekyll and Piet Oudolf created their own version of naturalistic landscape design as a reaction to the standardized formal gardens of their times. Tour garden areas that highlight naturalistic design elements — such as native plants, organic forms, and ecological harmony — and learn how to incorporate these principles into your own home garden. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

Oct 4	Sat	10a-12p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0199-300001</a>
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## Keystone Plants for the Home Landscape

*Instructor: Elaine Mills, Virginia Cooperative Extension Master Gardener*

Entomologist Doug Tallamy has drawn public attention to “keystone plants” that are especially supportive of wildlife, especially the insects that are critical to the food web. Join Master Gardener Elaine Mills to hear which trees, shrubs, and perennials native to the Mid-Atlantic region will provide sustenance for birds and pollinators, especially our local butterflies, moths, and pollen specialist bees. Learn about ornamental features, plant pairings, and ideas for landscape uses to help you decide where these high-value plants might fit into your home landscape. FOBG \$12

[Brookside Gardens Virtual](#)

[Click to Register](#)

Oct 9	Thu	7-8:30p	Ages 18 and up	\$15	1 Class	<a href="#">PBG0200-300001</a>
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## Seed Saving: Harvesting & Storing Your Garden’s Bounty

*Instructor: Kathy Jentz, editor of Washington Gardener Magazine*

Discover the art of seed saving in this hands-on class! Learn when and how to collect seeds, helpful botanical terms, storage tips, and seed lifespans. We’ll process seeds from Kathy’s garden together - yours to take home. Explore techniques for long-term storage, keeping seeds animal-proof, and turning your garden into a sustainable seed factory. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

Oct 11	Sat	10:30a-12p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0203-300001</a>
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## Rock Gardens Revealed: Designing Natural Landscapes

*Instructor: Thomas Crawley, Brookside Gardens Staff*

Rock gardens are unique and natural landscapes, offering drought tolerance, weed suppression, and year-round interest. Learn from Brookside Gardens’ first year of rock gardening, with practical advice on site selection, layout, and plant choices. After the lecture, a tour will highlight strategies to integrate rocks into your existing garden spaces. FOBG \$22

[Brookside Gardens](#)

[Click to Register](#)

Oct 16	Thu	10:30a-12p	Ages 18 and up	\$25	1 Class	<a href="#">PBG0202-300001</a>
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# FALL TWILIGHT CONCERT SERIES

**FREE!**

Join us each Wednesday evening in September for a musical performance set in the beauty of Brookside Gardens.

- **Son Horizonte** - Latin Pop  
**September 3** | 6–7:30pm
- **Patty Reese** - 70's & 80's Rock Hits  
**September 10** | 6–7:30pm
- **The Sidleys** - Indie Rock/Soul  
**September 17** | 6–7:30pm
- **The Olney Big Band** - Jazz, Swing & Dance  
**September 24** | 6–7:30pm



Don't forget your chairs, blankets, and picnics (allowed in the Gardens on concert evenings only). Food trucks will begin selling at 5pm. Smoking and alcoholic beverages are prohibited.

All concerts located on the Visitor Center lawn.



For more information, scan the QR code or go to [MoCoParks.org/FallTwilightConcerts](https://www.mocoparks.org/FallTwilightConcerts)

## BROOKSIDE GARDENS

1800 Glenallan Avenue | Wheaton, MD 20902

[BrooksideGardens.org](https://www.BrooksideGardens.org)

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SPONSORED BY FRIENDS OF BROOKSIDE GARDENS

# Children's Day

SUNDAY, SEPTEMBER 21, 2025 | 10 AM - 2 PM



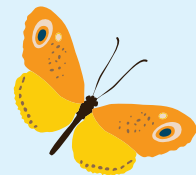
**Explore the science and art of gardening through child-driven art projects and engaging science activities.**



Participants will rotate through outdoor activity stations designed to educate and entertain. Bring your friends and family. Picnics allowed only during this special event.

Registration is encouraged but not required.

**[MoCoParks.org/BGChildrensDay](https://MoCoParks.org/BGChildrensDay)**



**BROOKSIDE GARDENS**

1800 Glenallan Avenue | Wheaton, Maryland 20902

**[BrooksideGardens.org](https://BrooksideGardens.org)**





BROOKSIDE GARDENS'

# Garden of Lights returns in November.

**BROOKSIDE GARDENS**

1500 and 1800 Glenallan Avenue | Wheaton, MD 20902

301-962-1400 | [BrooksideGardens.org](http://BrooksideGardens.org)

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**FINAL  
WEEKS**

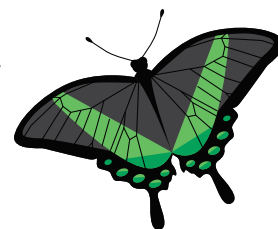


# the butterfly experience

AT BROOKSIDE GARDENS

**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.



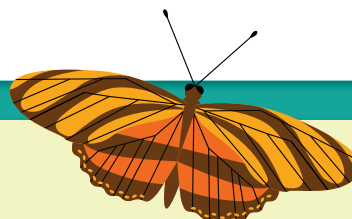
All visitors must have a ticket for a specific date and entry time.

Tickets Available Online

[MoCoParks.org/bgtickets](https://mocoparks.org/bgtickets)

## **Tickets:**

- **Under age 3: Free**
- **Ages 3 to 12: \$10.57**  
(ticket fee \$9 plus \$1.57 service charge)
- **Ages 13+: \$15.86**  
(ticket fee \$14 plus \$1.86 service charge)



## **BROOKSIDE GARDENS**

1800 Glenallan Avenue | Wheaton, MD 20902  
301-962-1420 | [BrooksideGardens.org](https://BrooksideGardens.org)

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# BLACK HILL DISCOVERY CENTER



**BLACK HILL**  
DISCOVERY CENTER



## BLACK HILL DISCOVERY CENTER

20926 Lake Ridge Drive | Boyds, MD 20841

301-528-3493

[BlackHillDiscovery.org](https://BlackHillDiscovery.org)



## SPECIAL EVENTS

### Celebration Station

Join us for a seasonal celebration! We'll have fun activities from hiking to making crafts, all designed for family fun.

**Pumpkin Bird Feeders** - It's migration time! Make a pumpkin birdfeeder to fill with tasty treats for our migratory friends. Pumpkins, carving tools, and seed provided. One feeder per registrant. FOBH \$7

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 20	Mon	10:30-11:30a	Ages 5 to 12	\$8	1 Class	<a href="#">PBHDC0095-300001</a>
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**Scarecrow Making** - Make a scarecrow to decorate your yard. You supply the clothes and creativity, and we will supply straw and craft supplies. One scarecrow per registrant. FOBH \$7

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 20	Mon	2:30-3:30p	Ages 5 to 12	\$8	1 Class	<a href="#">PBHDC0095-300002</a>
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### Witchy Paddle - Acoustics and Ales Edition

Calling all witches! Pack your potions and dust off your brooms! This Halloween season, two fan-favorite events are brewing into one unforgettable evening! Witchy Paddle is teaming up with Acoustics and Ales to conjure a festive happy hour filled with live music, tasty brews, and spooky lake views. Join us for our costumed paddle of Little Seneca Lake. Don your best witchy wear, bring your own boat, and meet up with other witches for a sunset paddle followed by a campfire, s'mores, and Acoustics and Ales. The meeting spot will be near the Discovery Center and more information will be sent in an email. Witchy paddling begins at 4:30, with the campfire and Acoustics and Ales to follow. You must bring your own paddleboard, kayak, or canoe, and appropriate paddle, as well as safety gear and PFDs. Registration is required only for the Witchy Paddle. Acoustics and Ales does not require registration.

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 25	Sat	4-7p	Ages 12 and up	Free	1 Class	<a href="#">PBHDC0080-300002</a>
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## Holiday Share Fair at Black Hill

Clear out your closets just in time for the holidays and give your items away at the Share Fair at Black Hill Discovery Center! Have a coat you know someone will love but it's just not right for you? Have a game your kids played when they were younger, but hasn't been touched for years? Give your once-loved items a second life by participating in our second-ever Share Fair! "Givers" will use the trunks of their cars or bring their own tables, hanging racks, etc. to display items being given away, trunk-or-treat style. Be as creative and elaborate as you like! Attendees not bringing items can drop by anytime to browse, seek, and claim an amazing find. Givers and attendees will vote for the Giver with the best set up and most unique finds. THIS IS AN ENTIRELY FREE EVENT, MEANING ITEMS SHOULD BE FREELY GIVEN AWAY. NO SALES OR BARTERING OF ITEMS ARE PERMITTED.

Registration is required for each Giver group/family and guarantees two parking spaces worth of space per registration. Please register only one adult PER group/family. We encourage those interested in bringing items to join together to make the most of the space. Givers can also browse the other offerings throughout the event. Attendees interested in "shopping" but not bringing their own goods do not need to register. Items brought to the Share Fair should be clean, in usable condition, and have all parts. Anything unclaimed at the end of the event will go back with each registrant. Please contact Christy.Korzen@MontgomeryParks.org with any questions.

[Black Hill Discovery Center](#)

[Click to Register](#)

Nov 22	Sat	10a-12p	All Ages - Register One Adult Per Group	Free	1 Class	<a href="#">PBHDC0105-300001</a>
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## BOATING

### Lake Tour by Kayak

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 14	Sun	11:30a-1:30p	Ages 12 and up	\$30	1 Class	<a href="#">PBHDC0008-300001</a>
Sep 17	Wed	5-7p	Ages 12 and up	\$30	1 Class	<a href="#">PBHDC0008-300002</a>
Oct 5	Sun	9-11a	Ages 12 and up	\$30	1 Class	<a href="#">PBHDC0008-300003</a>



## Full Moon Paddle

On this full moon paddle, we'll enjoy the evening sunset and the full moon from the stillness of the waters of Little Seneca Lake. We could see bats, beavers, and maybe even hear some owls calling. 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, 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. We will be paddling after dark so you may want to bring a headlamp or flashlight to walk back to your car. Lights for the kayaks will be provided. Registration is required. FOBH \$29

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 5	Fri	7-9p	Ages 16 and up	\$30	1 Class	<a href="#">PBHDC0008-300004</a>
Oct 3	Fri	6:30-8:30p	Ages 16 and up	\$30	1 Class	<a href="#">PBHDC0008-300005</a>

## 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 Discovery Center](#)

[Click to Register](#)

Sep 10	Wed	5:30-7:30p	Ages 12 and up	\$60	1 Class	<a href="#">PBHDC0030-300001</a>
Sep 24	Wed	5-7p	Ages 12 and up	\$60	1 Class	<a href="#">PBHDC0030-300002</a>

## River Kayaking Trip to Mallows Bay

Join certified kayak instructors and naturalists for a leisurely paddle at the newly designated Mallows Bay-Potomac River National Marine Sanctuary - home to osprey, eagles, and a ghost fleet of over 100 World War I era wooden steamships. We'll paddle for three to four hours on slow-moving water. You should be comfortable in a kayak, proficient at basic strokes, and comfortable paddling flat water for a few hours at a time. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park. Don't forget to pack your lunch, snacks, and plenty of water. Meet at Black Hill Discovery Center. Registration required. THIS IS NOT AN INSTRUCTIONAL COURSE. FOBH \$95

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 28	Sun	8a-6p	Ages 18 and up	\$100	1 Class	<a href="#">PBHDC0031-300001</a>
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## Early Morning Pontoon Cruise

Join us during Birdability Week for an early morning pontoon tour for some birding and photography, or just a lovely morning cruise on Little Seneca Lake. Wildlife are busy in the early morning hours and the lighting is great for photos. 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. The pontoon boat and dock are accessible and accessible parking is available by the dock. EnChroma glasses available upon request. Registration required. FOBH \$7

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 24	Fri	8:30-10a	Ages 18 and up	\$8	1 Class	<a href="#">PBHDC0085-300001</a>
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## Afternoon 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. 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 \$6

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 6	Sat	1:30-2:30p	Ages 6 and up	\$7	1 Class	<a href="#">PBHDC0054-300001</a>
Oct 11	Sat	1-2p	Ages 6 and up	\$7	1 Class	<a href="#">PBHDC0054-300002</a>
Oct 11	Sat	2:30-3:30p	Ages 6 and up	\$7	1 Class	<a href="#">PBHDC0054-300003</a>
Nov 1	Sat	1:30-2:30p	Ages 6 and up	\$7	1 Class	<a href="#">PBHDC0054-300004</a>
Nov 1	Sat	3-4p	Ages 6 and up	\$7	1 Class	<a href="#">PBHDC0054-300005</a>

## Bats & Beavers Pontoon Boat Cruise

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 8	Mon	6-7:30p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300001</a>
Sep 30	Tue	5:30-7p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300002</a>
Oct 6	Mon	5-6:30p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300003</a>
Oct 30	Thu	4:30-6p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300005</a>
Nov 5	Wed	3:30-5p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300006</a>



## Birds & Bats & Beavers Pontoon Boat Cruise

Join us during Birdability Week for a sunset cruise aboard the pontoon boat. While we search for beaver lodges and feeding sites, we'll also keep an eye, and ear, out for birds. Maybe we'll get to see some early winter waterfowl! 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. The pontoon boat and dock are accessible and accessible parking is available by the dock. EnChroma glasses available upon request. Registration required. FOBH \$7

*Black Hill Discovery Center*

[Click to Register](#)

Oct 21	Tue	5-6:30p	Ages 6 and up	\$8	1 Class	<a href="#">PBHDC0027-300004</a>
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## FISHING

### Family Fishing Fun

Fishing is fun for the whole family and for all abilities! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies; you just need to catch the fish! We have fishing poles you can borrow, but if you have your own bring it along. Anglers of all abilities are welcome. All registrants 16 and over must have a current MD fishing license. Meet at the pontoon boat dock by the boat rentals. Registration required. Please register only those planning to fish. FOBH \$14

*Black Hill Discovery Center*

[Click to Register](#)

Sep 26	Fri	1:30-3:30p	Ages 3 and up	\$15	1 Class	<a href="#">PBHDC0003-300001</a>
Oct 2	Thu	9-11a	Ages 3 and up	\$15	1 Class	<a href="#">PBHDC0003-300002</a>
Nov 3	Mon	10a-12p	Ages 3 and up	\$15	1 Class	<a href="#">PBHDC0003-300003</a>

### 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 Discovery Center*

[Click to Register](#)

Sep 5	Fri	10-11:30a	Ages 3 to 6	\$8	1 Class	<a href="#">PBHDC0004-300001</a>
Oct 8	Wed	10-11:30a	Ages 3 to 6	\$8	1 Class	<a href="#">PBHDC0004-300002</a>

## Homeschool: Forest Thrills & Skills

Come join us for a woodland adventure full of adventurous play, nature lessons, and wild skills. Each month we'll explore what nature has to show us and spend some time learning new wild skills. We will also have time, space, and materials for unstructured play in the woods around our campfire circle. Students will be able to self-select what they would like to focus on from the activities provided. We will meet at the campfire area by Shelter F on Parking Lot 3, in Black Hill Regional Park. FOBH \$13

*Black Hill Discovery Center*

[Click to Register](#)

Sep 17	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	<a href="#">PBHDC0056-300001</a>
Oct 15	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	<a href="#">PBHDC0056-300002</a>
Nov 19	Wed	1:30-3:30p	Ages 6 to 14	\$14	1 Class	<a href="#">PBHDC0056-300003</a>

## PLAYTIME OR STORYTIME

### Play Day in the Park at the Discovery Center

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. Meet at the Discovery Center.

*Black Hill Discovery Center*

[Click to Register](#)

Sep 12	Fri	11a-12p	Ages 6 mos to 3 yrs	Free	1 Class	<a href="#">PBHDC0012-300001</a>
Oct 17	Fri	11a-12p	Ages 6 mos to 3 yrs	Free	1 Class	<a href="#">PBHDC0012-300002</a>
Nov 21	Fri	11a-12p	Ages 6 mos to 3 yrs	Free	1 Class	<a href="#">PBHDC0012-300003</a>

### Time for Tots

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

*Black Hill Discovery Center*

[Click to Register](#)

<b>“Magnificent Monarchs”</b>						
Sep 10	Wed	10-11a	Ages 2 to 5	\$7	1 Class	<a href="#">PBHDC0022-300001</a>
<b>“Possum’s Harvest Moon”</b>						
Oct 1	Wed	10-11a	Ages 2 to 5	\$7	1 Class	<a href="#">PBHDC0022-300002</a>
<b>“A Turkey for Thanksgiving”</b>						
Nov 19	Wed	10-11a	Ages 2 to 5	\$7	1 Class	<a href="#">PBHDC0022-300003</a>

### Pics in the Park: Halloween Edition

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

*Black Hill Discovery Center*

[Click to Register](#)

Nov 1	Sat	1-4p	All Ages	Free	1 Class	<a href="#">PBHDC0087-300001</a>
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## 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 Discovery Center](#)

[Click to Register](#)

Sep 20	Sat	6-7p	Ages 1 and up	\$7	1 Class	<a href="#">PBHDC0002-300001</a>
Oct 18	Sat	5:30-6:30p	Ages 1 and up	\$7	1 Class	<a href="#">PBHDC0002-300002</a>

### Hike Club - Black Hill

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 4	Sat	9-11a	All Ages	\$2	1 Class	<a href="#">PBHDC0007-300001</a>
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### 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 Discovery Center](#)

[Click to Register](#)

Nov 29	Sat	11a-1p	All Ages	Free	1 Class	<a href="#">PBHDC0011-300001</a>
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### Babes in a Backpack

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 17	Wed	10a-12p	All Ages	Free	1 Class	<a href="#">PBHDC0051-300001</a>
Oct 22	Wed	10a-12p	All Ages	Free	1 Class	<a href="#">PBHDC0051-300002</a>
Nov 5	Wed	10a-12p	All Ages	Free	1 Class	<a href="#">PBHDC0051-300003</a>

## NATURE, OUTDOOR EXPLORATION, AND SKILLS

### Nature Girls Club

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 12, Oct 17, Nov 21	Fri	5-7p	Ages 8 to 12	\$42	3 Classes	<a href="#">PBHDC0010-300001</a>
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### Stream Adventures

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

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 8	Mon	1:30-3p	Ages 2 to 12	\$8	1 Class	<a href="#">PBHDC0026-300001</a>
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### Birding at Black Hill

From forest to field to water, Black Hill Regional Park is home to a large variety of birds. We have programs for beginners, families, and all abilities, all throughout the year.

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

[Black Hill Discovery Center](#)

[Click to Register](#)

#### Birding for Beginners

Sep 6	Sat	9a-12p	Ages 16 and up	\$12	1 Class	<a href="#">PBHDC0060-300003</a>
Nov 29	Sat	9a-12p	Ages 16 and up	\$12	1 Class	<a href="#">PBHDC0060-300002</a>

### Fun with Furs

Have you ever wondered what the animals in your backyard felt like? Have a chance to see and feel animal furs up close with a naturalist. Learn the anatomy of deer and other wildlife up close with hands-on examples. Stop by anytime during program hours.

[Black Hill Discovery Center](#)

[Click to Register](#)

Nov 23	Sun	1-3p	All Ages	Free	1 Class	<a href="#">PBHDC0077-300001</a>
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## Bug Hunt

Come get your bug on, hunting for insects of all shapes, sizes, and colors in the meadow. Bring your catch back to the naturalist to help identify and learn more about what you found. Be sure to wear sunscreen, a hat, and bring along some water to drink. Nets and other equipment provided. Registration required; accompanying adults are free. FOBH \$6

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 6	Mon	2-3p	Ages 1 and up	\$7	1 Class	<a href="#">PBHDC0079-300001</a>
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## TOAD! Teen Outdoor Adventure Days

Have your teen join us for outdoor adventures! In this series, we'll hike, paddle, and wade our way through some of the most interesting nature locales in our area! Sign up for one or all of the programs!

**Chesapeake Bay Marsh Mucking and Kayaking** - Join us as we explore the tide waters of the Chesapeake Bay through marsh mucking, dip netting, and kayaking as we learn about the diverse animals that call the Bay their home! We will travel to the Chesapeake Bay Environmental Center where we will spend the day wading in tidal pools, catching bay critters and exploring the Bay's marshy shoreline by kayaking while keeping an eye out for interesting wildlife. Please make sure to bring plenty of water, lunch, sunscreen, a hat, and extra shoes/clothes to change into after. We will get wet! FOBH \$73

[Black Hill Discovery Center](#)

[Click to Register](#)

Sep 23	Tue	8a-4:30p	Ages 12 to 15	\$75	1 Class	<a href="#">PBHDC0106-300001</a>
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**Kayaking Day on Little Seneca Lake** - Join us as we explore the waters of Little Seneca Lake in kayaks! After safety instructions, we'll paddle in search of herons, beavers, and maybe even a bald eagle! No prior kayaking experience is necessary. We will supply boats, paddles, and life vests. Please make sure to bring plenty of water, lunch, sunscreen, and extra shoes/clothes to change into after. We will get wet! FOBH \$48

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 17	Fri	9a-3:30p	Ages 12 to 15	\$50	1 Class	<a href="#">PBHDC0106-300002</a>
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## Cycling the C&O Canal

Join us while we ride along the towpath, stopping to enjoy the natural and cultural history of the area. Each biking excursion will be up to 24 miles roundtrip. Comfort breaks and water breaks included. Participants must supply their own bike, helmet, water bottle, and transportation to the starting location. FOBH \$20

**Dickerson Conservation Park to Point of Rocks Ride** - On this cycling adventure we will ride north along the towpath enjoying the seasonal changes along the Canal. We will be riding past the Dickerson Power Plant, the Monocacy Aqueduct, and Noland's Ferry before turning around at Point of Rocks. Participants must supply their own bike, helmet, water bottle, and transportation to the starting location. Participants are responsible for their own bike maintenance.

[Dickerson Conservation Park](#)

[Click to Register](#)

Sep 20	Sat	8:30-11:30a	Ages 18 and up	\$21	1 Class	<a href="#">PBHDC0109-300001</a>
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Cycling the C&O Canal(continued)

**Dickerson Conservation Park to Edwards Ferry Ride** - We will ride south along the towpath enjoying the seasonal changes along the Canal. We will be riding past the Potomac Marble Quarries, Whites Ferry, and the Broad Run Truck Aqueduct before turning around at Edwards Ferry. Participants must supply their own bike, helmet, water bottle, and transportation to the starting location. Participants are responsible for their own bike maintenance.

<i>Dickerson Conservation Park</i>						<a href="#">Click to Register</a>
Oct 18	Sat	8:30-11:30a	Ages 18 and up	\$21	1 Class	<a href="#">PBHDC0109-300002</a>

THERAPEUTIC RECREATION

Adaptive Recreation - Gardening 101

Gardening has been proven to improve physical health, mental wellness, and cognitive ability! Join us for this 6-session series to learn how to grow native plants, herbs, or vegetables. This program is designed to support aspiring gardeners with disabilities. We will supply guidance and all materials, including accessible garden beds, worktables, and ergonomic garden tools. At the end of our program, you will have acquired the skills, and plants, to take home and continue your garden adventures. Participants will be asked to complete a Modification Intake Form upon registration to ensure appropriate support from Program Access. Registration required.

<i>Black Hill Discovery Center</i>						<a href="#">Click to Register</a>
Sep 11, 25; Oct 9, 23; Nov 6, 20	Thu	4-5p	Ages 18 and up	\$42	6 Classes	<a href="#">PBHDC0015-300001</a>



## SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### Black Hill Bookworms

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

[Black Hill Discovery Center](#)

[Click to Register](#)

#### **“Chesapeake Requiem: A Year with the Watermen of Vanishing Tangier Island”**

Sep 25	Thu	6-7:30p	Ages 16 and up	Free	1 Class	<a href="#">PBHDC0104-300001</a>
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#### **“Soil: The Story of a Black Mother’s Garden”**

Oct 23	Thu	6-7:30p	Ages 16 and up	Free	1 Class	<a href="#">PBHDC0104-300002</a>
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## DAY TRIPS AND TOURS

### Black Hill Van Trips

Join us for a van trip to local and regional natural sites. We may go hiking, visit native gardens, go birding, or visit interesting cultural and historical sites. Trips vary in length but are always done in small groups by van.

**Covered Bridges of Frederick County** - Frederick County is home to three of Maryland’s covered bridges. We will visit them and an additional stone bridge nearby. Bring a picnic lunch, water, and a hat. There will be an opportunity for hiking at some stops so be sure to wear comfortable shoes. We’ll also stop for ice cream and candies. FOBH \$33

[Black Hill Discovery Center](#)

[Click to Register](#)

Oct 15	Wed	9a-3p	Ages 18 and up	\$35	1 Class	<a href="#">PBHDC0057-300005</a>
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**Hiking Trip to Wye Island** - Celebrate “National Hike Day” by going for a hike at Wye Island Natural Resources Management Area in Queen Anne’s County. We’ll travel by van to the Eastern Shore to explore the trails located around the island. Schoolhouse Woods Nature trail takes you through an old growth forest, while the Holly Tree Trail goes to a nearby 300-year-old holly tree. Other trails take you beneath a beautiful canopy of Osage orange trees leading to the Wye River. The natural surface trails are generally flat. Bring a bagged lunch, water, bug spray, sunscreen, and hiking shoes. Meet at Black Hill Discovery Center. FOBH \$48

[Black Hill Discovery Center](#)

[Click to Register](#)

Nov 17	Mon	9a-4p	Ages 18 and up	\$50	1 Class	<a href="#">PBHDC0057-300004</a>
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## VOLUNTEER

### Volunteer Days: Mystery Project

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

*Black Hill Discovery Center*

[Click to Register](#)

Sep 23	Tue	10a-12p	Ages 5 and up	Free	1 Class	<a href="#">PBHDC0029-300001</a>
Oct 2	Thu	10a-12p	Ages 5 and up	Free	1 Class	<a href="#">PBHDC0029-300002</a>
Oct 20	Mon	10a-12p	Ages 5 and up	Free	1 Class	<a href="#">PBHDC0029-300003</a>

### Thanksgiving Clean-up

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

*Black Hill Discovery Center*

[Click to Register](#)

Nov 24	Mon	1-4p	Ages 5 and up	Free	1 Class	<a href="#">PBHDC0029-300004</a>
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**BROOKSIDE**  
NATURE CENTER



**BROOKSIDE NATURE CENTER**

1400 Glenallan Ave | Wheaton, MD 20902

301-962-1480

[BrooksideNature.org](https://www.BrooksideNature.org)



## ART & CRAFTING

### W.A.N.D.E.R. Natural Dyes for Women and Non-binary Individuals

Discover the hidden beauty of local natural materials. Enjoy this introduction to foraging, dye making and mordant uses while creating naturally-dyed harvest napkins for your home. 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.

*Brookside Nature Center*

[Click to Register](#)

Sep 13	Sat	1-3p	Ages 18 and up	\$20	5 Classes	<a href="#">PBNC0113-300001</a>
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### Pumpkin Carving

Be a pumpkin artist! Celebrate the harvest season with pumpkin carving! Each registered participant will receive a pumpkin. All attendees must register.

*Brookside Nature Center*

[Click to Register](#)

Oct 4	Sat	1:30-2:30p	Ages 6 and up	\$10	1 Class	<a href="#">PBNC0114-300001</a>
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### Family Nature Art

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

*Brookside Nature Center*

[Click to Register](#)

Oct 25	Sat	10:30a-12:30p	Ages 6 and up	\$10	1 Class	<a href="#">PBNC0061-300003</a>
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## EARLY CHILDHOOD AND PRESCHOOL

### Little Explorers

Join us as we read stories, sing songs, engage in hands-on play, and take mini-hikes meant for the littlest legs! Please note: The Little Explorers programs scheduled in the same month will have the same topic and activities. Register each child, a guardian must attend.

*Brookside Nature Center*

[Click to Register](#)

Sep 3	Wed	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300011</a>
Sep 17	Wed	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300012</a>
Oct 8	Wed	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300013</a>
Oct 11	Sat	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300014</a>
Oct 29	Wed	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300015</a>
Nov 5	Wed	10:30-11:15a	18 months to 2 years old	\$7	1 Class	<a href="#">PBNC0073-300016</a>



## Bugs, Butterflies, and Birds, Oh My!

Join us as we explore our meadow, looking for insects, birds, and anything else that we might encounter! We'll bring the nets and bug jars, you bring your enthusiasm! When we are finished we will come back to the nature center to make a craft!

*Brookside Nature Center*

[Click to Register](#)

Sep 10	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PBNC0107-300001</a>
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## Little Naturalist Scavenger Hunt

With scavenger hunt sheets in tow, you will set out to explore the natural habitats of Brookside Nature Center and learn about the changes that come to Wheaton Regional Park in the fall. This is a self-guided activity. Register each child adult companion included in fee.

*Brookside Nature Center*

[Click to Register](#)

Sep 11	Thu	11a-3p	Ages 3 to 5	\$4	1 Class	<a href="#">PBNC0111-300001</a>
Sep 26	Fri	11a-3p	Ages 3 to 5	\$4	1 Class	<a href="#">PBNC0111-300002</a>
Oct 9	Thu	11a-3p	Ages 3 to 5	\$4	1 Class	<a href="#">PBNC0111-300003</a>
Oct 24	Fri	11a-3p	Ages 3 to 5	\$4	1 Class	<a href="#">PBNC0111-300004</a>
Nov 20	Thu	11a-3p	Ages 3 to 5	\$4	1 Class	<a href="#">PBNC0111-300005</a>

## Web Walk!

Join us in search of spiders as we learn more about our eight-legged friends! We will also try our hand at making our own webs too!

*Brookside Nature Center*

[Click to Register](#)

Oct 22	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PBNC0109-300001</a>
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## Daytime Owl Prowl

Join us as for a daytime "owl prow" as we learn about some of the owls in our area. Then we'll come back to the nature classroom to dissect owl pellets and learn about what owls eat!

*Brookside Nature Center*

[Click to Register](#)

Oct 15	Wed	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PBNC0108 - 300001</a>
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## AFTER SCHOOL PROGRAM

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

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

[Brookside Nature Center](#)

[Click to Register](#)

Oct 20	Mon	9a-3:30p	Ages 6 to 11	\$75	1 Class	<a href="#">PBNC0059-300001</a>
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## HIKES, SCAVENGER HUNTS & CAMPFIRES

### Crack the Case

A good old-fashioned, Who done it? In this escape-room style experience, use clues and your detective skills, you are tasked with cracking the case before time runs out. Bring your favorite campfire snack to roast over a cozy campfire before heading into the nature center to start your adventure.

[Brookside Nature Center](#)

[Click to Register](#)

Oct 31	Fri	6-8p	Ages 8 and up	\$25	1 Class	<a href="#">PBNC0112-300001</a>
Oct 31	Fri	7:30-9:30p	Ages 18 and up	\$25	1 Class	<a href="#">PBNC0112-300002</a>

### Bark and Buds Tree Hike

Learn how to use bark and buds for tree identification. Practice indoors and then use your skills along the trails of Wheaton Regional Park. All attendees must register.

[Brookside Nature Center](#)

[Click to Register](#)

Nov 1	Sat	1:30-3:30p	Ages 18 and up	\$7	1 Class	<a href="#">PBNC0046-300003</a>
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# NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

## Morning at the Stream

Let's explore at the stream! Bring your water shoes and we'll bring the buckets, nets and other equipment needed to have fun! Register all family members over 3, a guardian must attend.

*Brookside Nature Center*

[Click to Register](#)

Sep 13	Sat	10:30-11:30a	Ages 3 and up	\$7	1 Class	<a href="#">PBNC0069-300001</a>
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## Campfire Cooking

Join a Park Naturalist to cook over an open fire. Popcorn, fruit and vegetables will be provided. Participants are encouraged to bring any other campfire snack for roasting. All attendees must register.

*Brookside Nature Center*

[Click to Register](#)

Sep 27	Sat	10:30a-12:30p	Ages 8 and up	\$15	1 Class	<a href="#">PBNC0110-300002</a>
Nov 22	Sat	10:30a-12:30p	Ages 8 and up	\$15	1 Class	<a href="#">PBNC0110-300001</a>

## Dog vs. Wolf

Meet a dog and learn about its canine cousins. Where do dogs come from? Is it a wolf or a coyote? Can dogs see color? Explore these questions and more with the help of a friendly canine. All attendees must register.

*Brookside Nature Center*

[Click to Register](#)

Oct 17	Fri	12-1:30p	Ages 6 and up	\$7	1 Class	<a href="#">PBNC0115-300001</a>
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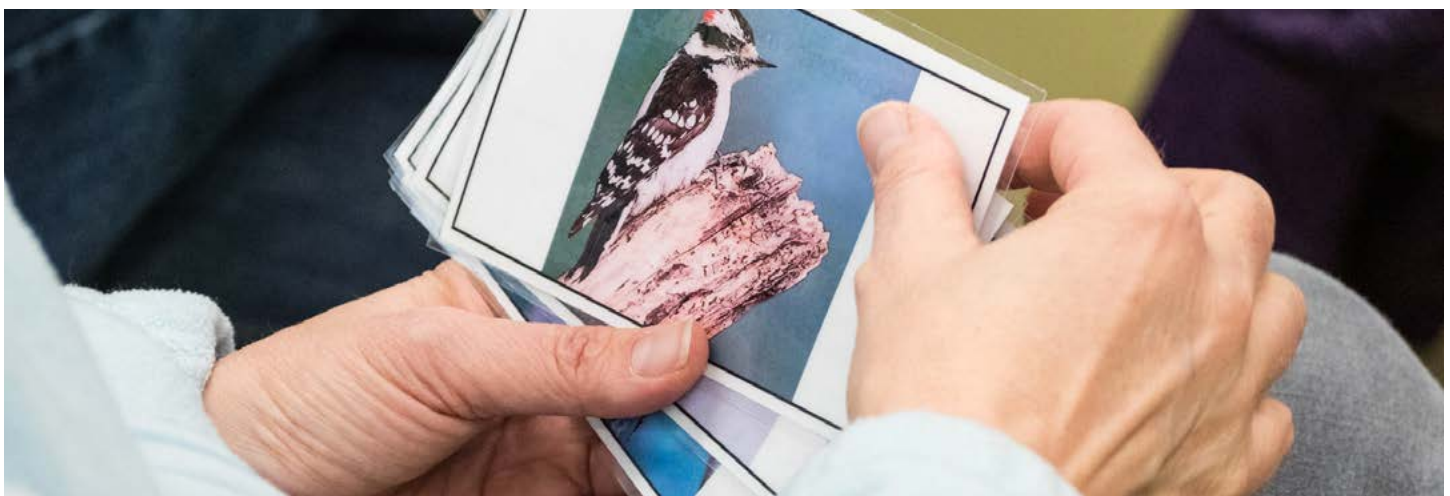
## Beginning Birding for Every body!

Learn the basics of birding on our frustration-free "flat bird" trail. Our pond boardwalk is accessible for all budding birders. Stroll or roll to each station to learn proper use of binoculars, how to navigate a field guide, and what to look for as you get started! All attendees must register.

*Brookside Nature Center*

[Click to Register](#)

Oct 25	Sat	9-10a	18 and up	\$7	1 Class	<a href="#">PBNC0003-300005</a>
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## MULTI-LINGUAL

### Escapadas de Tortugas- Bilingual Program

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

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

[Brookside Nature Center](#)

[Click to Register](#)

Sep 6	Sat	2-4p	Ages 8 and up	Free	1 Class	<a href="#">PBNC0072-300003</a>
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## MINDFULNESS & WELLNESS

### Paws With A Therapy Dog

Take some time to pause with a therapy dog. Stop by for a moment of quiet play 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 Nature Center](#)

[Click to Register](#)

Oct 3	Fri	10:15-11:15a	Ages 3 and up	Free	1 Class	<a href="#">PBNC0102-300001</a>
Oct 3	Fri	12:15-1:15p	Ages 18 and up	Free	1 Class	<a href="#">PBNC0102-300002</a>
Oct 10	Fri	10:15-11:15a	Ages 3 and up	Free	1 Class	<a href="#">PBNC0102-300003</a>
Oct 10	Fri	12:15-1:15p	Ages 18 and up	Free	1 Class	<a href="#">PBNC0102-300004</a>
Oct 24	Fri	10:15-11:15a	Ages 3 and up	Free	1 Class	<a href="#">PBNC0102-300005</a>
Oct 24	Fri	12:15-1:15p	Ages 18 and up	Free	1 Class	<a href="#">PBNC0102-300006</a>



BROOKSIDE NATURE CENTER

# Drop-in Weekend Programs

**Free | No Registration Required**

## Creature Feature

**October 11 and November 8, 2025**

**1:30 - 2:00 pm | 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. No registration required.



## Turtle Talk

**September 6 and 20, 2025**

**1:30 - 2:00 pm | 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. No registration required.

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.



**BROOKSIDE NATURE CENTER**

1400 Glenallan Ave. | Wheaton, Maryland 20902

301-962-1480 | [BrooksideNature.org](https://www.BrooksideNature.org)







LOCUST GROVE  
NATURE CENTER



## LOCUST GROVE NATURE CENTER

7777 Democracy Blvd | Bethesda, MD 20817

301-765-8660

[LocustGroveNature.org](https://www.LocustGroveNature.org)



## SPECIAL EVENTS

### Fall Native Plant Sale

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

*Pope Farm Nursery*

Sep 20-21	Sat & Sun	10a-2p
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## PLAYTIME OR STORYTIME

### Nature Families- Fall

In this 10-week session, Caregivers will have the chance to play, create and learn right alongside their little nature explorers. Each one-and-a-half hour class will include a hike, storytime and hands-on, nature-based activities that encourages imaginative play, curiosity, and cooperation. The majority of each class will be outdoors (barring extreme weather) so be sure to dress appropriately! Fee is for one child and their adult for the entire Fall session, which meets Thursdays from September 11th to November 13th, with November 20th for weather makeup (10 classes).

*Locust Grove Nature Center*

[Click to Register](#)

Sep 11-Nov 13	Thu	10:30a-12p	Ages 1.5 to 3.5	\$150	10 Classes	<a href="#">PLGNC0007-300001</a>
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### Nature Night In

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

*Locust Grove Nature Center*

[Click to Register](#)

Sep 6	Sat	4-7p	Ages 4 to10	\$20	1 Class	<a href="#">PLGNC0042-300001</a>
Oct 11	Sat	4-7p	Ages 4 to 10	\$20	1 Class	<a href="#">PLGNC0042-300002</a>
Nov 8	Sat	4-7p	Ages 4 to 10	\$20	1 Class	<a href="#">PLGNC0042-300003</a>

## ART & CRAFTING

### Art in Nature

Get inspired with the beauty of nature in any of our Art in Nature programs at Locust Grove Nature Center.

[Locust Grove Nature Center](#)

[Click to Register](#)

#### Nature Drawing-Wildflowers

Sep 12	Fri	5-6:30p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300002</a>
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#### Nature Journaling for Kids-Wonder about the Wildflowers

Sep 26	Fri	5-6:30p	Ages 8 to 15	Free	1 Class	<a href="#">PLGNC0031-300003</a>
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#### Nature Journaling for Adults-Wildflower Wonder

Sep 26	Fri	5-6:30p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300004</a>
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#### Nature Drawing-Trees

Oct 10	Fri	5-6:30p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300005</a>
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#### Nature Journaling for Kids-Changing of the Leaves

Oct 17	Fri	5-6:30p	Ages 8 to 15	Free	1 Class	<a href="#">PLGNC0031-300006</a>
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#### Nature Journaling for Adults-Beauty of Fall

Oct 17	Fri	5-6:30p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300007</a>
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#### Nature Drawing-Birds

Nov 14	Fri	4:30-6p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300008</a>
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#### Nature Journaling for Kids-Feathered Friends

Nov 21	Fri	4:30-6p	Ages 8 to 15	Free	1 Class	<a href="#">PLGNC0031-300009</a>
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#### Nature Journaling for Adults-Art of Birds

Nov 21	Fri	4:30-6p	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0031-300010</a>
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#### Poe-tree Tea Time with Grandmother Sycamore

Nov 1	Sat	3:30-4:30p	Ages 18 and up	\$8	1 Class	<a href="#">PLGNC0031-300011</a>
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## HIKES, SCAVENGER HUNTS, AND CAMPFIRES

### Family Nature Hike

Join a Master Naturalist on the first Saturday of the month for an easy walk through the woods. Along the way, we'll look for wildlife, wildflowers, and anything else of interest as the park transitions into autumn. Please register every member of your group in advance. Walk takes place on natural surface trails. Rain cancels the program.

*Locust Grove Nature Center*

[Click to Register](#)

Sep 6	Sat	6:30-8p	Ages 6 and up	\$7	1 Class	<a href="#">PLGNC0006-300001</a>
Oct 4	Sat	6:30-8p	Ages 6 and up	\$7	1 Class	<a href="#">PLGNC0006-300002</a>
Nov 1	Sat	5:30-7p	Ages 6 and up	\$7	1 Class	<a href="#">PLGNC0006-300003</a>

### Luminary Hikes

Enjoy the park at night in any of the seasons by attending our luminary hikes. Inclement weather will cancel these programs

*Locust Grove Nature Center*

[Click to Register](#)

#### Pumpkin Patch Hike

Oct 24	Fri	5-5:15p	Ages 4 and up	\$6	1 Class	<a href="#">PLGNC0046-300001</a>
Oct 24	Fri	5:15-5:30p	Ages 4 and up	\$6	1 Class	<a href="#">PLGNC0046-300002</a>
Oct 24	Fri	5:30-5:45p	Ages 4 and up	\$6	1 Class	<a href="#">PLGNC0046-300003</a>
Oct 24	Fri	5:45-6p	Ages 4 and up	\$6	1 Class	<a href="#">PLGNC0046-300004</a>
Oct 24	Fri	6-6:15p	Ages 4 and up	\$6	1 Class	<a href="#">PLGNC0046-300005</a>

#### Jack-O-Lantern Hike

Oct 24	Fri	6:15-6:30p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300006</a>
Oct 24	Fri	6:30-6:45p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300007</a>
Oct 24	Fri	6:45-7p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300008</a>
Oct 24	Fri	7-7:15p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300009</a>
Oct 24	Fri	7:15-7:30p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300010</a>
Oct 24	Fri	7:30-7:45p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300011</a>
Oct 24	Fri	7:45-8p	Ages 5 and up	\$6	1 Class	<a href="#">PLGNC0046-300012</a>

## Full Moon Fridays

Join us for the magic of the full moon for a hike and campfire on each Friday nearest to the full moon. Feel free to bring your own hotdogs to warm over the fire and we'll provide marshmallows. The program will be mainly outdoors with a hiking component. All hikes will be on natural surface trails. Inclement weather will cancel this program. Trails steepness varies and some trails will only be accessible with stairs. All attendees must register.

[Locust Grove Nature Center](#)

[Click to Register](#)

Sep 5	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	<a href="#">PLGNC0001-300001</a>
Oct 3	Fri	6:30-8p	Ages 5 and up	\$8	1 Class	<a href="#">PLGNC0001-300002</a>
Nov 7	Fri	5:30-7p	Ages 5 and up	\$8	1 Class	<a href="#">PLGNC0001-300003</a>

## Little Creepy Critters Costume Campfire

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

[Locust Grove Nature Center](#)

[Click to Register](#)

Oct 25	Sat	11a-12p	Ages 3 to 7	\$8	1 Class	<a href="#">PLGNC0028-300001</a>
Oct 25	Sat	1-2p	Ages 3 to 7	\$8	1 Class	<a href="#">PLGNC0028-300003</a>

## Spooky Story Campfire

Join us for an evening of spooky stories and roasting marshmallows around the campfire. Please note that these stories will have a scary elements, so please make sure both you and your child will enjoy these tales. Costumes encouraged! Inclement weather will cancel this program. Each registration is for one child and their adult.

[Locust Grove Nature Center](#)

[Click to Register](#)

Oct 26	Sun	5:30-6:30p	Ages 10 and up	\$8	1 class	<a href="#">PLGNC0028-300004</a>
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## NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

### Walk with a Master Naturalist

Join a Master Naturalist on the second Thursday of the month for an easy walk through the woods. Along the way, we'll look for wildlife, wildflowers, and anything else of interest as the park transitions into autumn. This program is intended for participants 55+ but friends and family of all ages are welcome. Please register every member of your group in advance. Walk takes place on natural surface trails. Rain cancels the program.

[Locust Grove Nature Center](#)

[Click to Register](#)

Sep 11	Thu	9:30-11a	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0039-300001</a>
Oct 9	Thu	9:30-11a	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0039-300002</a>
Nov 13	Thu	9:30-11a	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0039-300002</a>

### Project FeederWatch

Are you interested in birding? Do you want to be part of a national community science project? Then, join us at Locust Grove Nature Center for Project FeederWatch. Project FeederWatch is a seasonal community science project, where participants count the different species of birds that flock to a bird feeder. All levels of birders are welcome. We advise you to dress appropriately for the weather and to bring your binoculars if you have them. Registration is encouraged, just so we can notify participants of cancellations. You are not required to attend all the session in the season, come to as many as you like. If you have any questions, please feel free to send an email to MCP-LocustGrove@MontgomeryParks.org. Inclement weather will cancel this program.

[Locust Grove Nature Center](#)

[Click to Register](#)

#### FeederWatch Thursdays

Nov 6-20	Thu	11a-12p	Ages 18 and up	Free	3 Classes	<a href="#">PLGNC0018-300001</a>
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#### FeederWatch Fridays

Nov 7-21	Fri	11a-12p	Ages 18 and up	Free	3 Classes	<a href="#">PLGNC0018-300002</a>
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### Morning Tweets and Tea

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

[Locust Grove Nature Center](#)

[Click to Register](#)

#### Morning Tweets and Tea-Native Plants and Birds

Sep 5	Fri	9-10a	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0024-300001</a>
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#### Morning Tweets and Tea-Spooky Birds

Oct 3	Fri	9-10a	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0024-300002</a>
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#### Morning Tweets and Tea-Surviving the Cold

Nov 7	Fri	9-10a	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0024-300003</a>
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## Birding

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

[Locust Grove Nature Center](#)

[Click to Register](#)

### Big Bird and Sit

Oct 23	Thu	9-10a	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0044-300001</a>
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### Bird Nerd Night

Oct 25	Sat	4-5:30p	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0044-300002</a>
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### Weekend Birders-Birding 101

Sep 13	Sat	8-9:30a	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0044-300003</a>
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### Weekend Birders-Birds of Prey

Oct 11	Sat	8-9:30a	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0044-300004</a>
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### Weekend Birders-Winter Birds

Nov 8	Sat	8-9:30a	Ages 16 and up	Free	1 Class	<a href="#">PLGNC0044-300005</a>
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## W.A.N.D.E.R. Outdoor Cooking for Women and Non-binary Individuals

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

[Locust Grove Nature Center](#)

[Click to Register](#)

Oct 18	Sat	10a-12p	Ages 18 and up	\$20	1 Class	<a href="#">PLGNC0050-300001</a>
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## GARDENING AND NATIVE PLANTS

### Fall Wildflower Walk

Fall is a rainbow of wildflowers, from goldenrods to asters in every shade of purple. Take a leisurely stroll through the park with our Master Naturalists who will interpret this last spectacular show of color before the changing of the seasons. Now a three part series, you may join us for one class or sign up for all three to watch the season unfold before your eyes. Participants should be able to walk on natural surface trails, which may have some steep inclines.

[Locust Grove Nature Center](#)

[Click to Register](#)

Sep 14	Sun	10-11:30a	Age 16 and up	\$7	1 Class	<a href="#">PLGNC0022-300001</a>
Oct 5	Sun	10-11:30a	Age 16 and up	\$7	1 Class	<a href="#">PLGNC0022-300002</a>

### #PlantNative Nativescaping Series

Check out our Nativescaping programs and learn how to incorporate native plants into your landscape. Watch for the Introductory series each spring leading up the plant sale and some special classes in the Fall.

#### Gardening with your body: Getting in the dirt without the hurt

Looking for the healing effect of gardening without the pain of overdoing it? Join this workshop to learn about tools, techniques, and practices to help you garden with your body and enjoy gardening (with vegetables or natives) for years to come! We'll explore preparation, pacing, biomechanics, recovery, and many layers beyond just "accessible gardening". Wear comfortable clothes as we will try some gentle stretches and movement that you can use each time you go outside.

[Locust Grove Nature Center](#)

[Click to Register](#)

Sep 14	Sun	2-4p	Ages 18 and up	\$20	1 Class	<a href="#">PLGNC0040-300001</a>
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### Pope Farm Plant Sale Tour

This tour offers visitors a behind-the-scenes look at Pope Farm Nursery—a working facility that is not normally open to the public. Operated by Montgomery Parks, Pope Farm plays a vital role in supporting the health and beauty of our parks through programs like green waste recycling and native plant production. One of the most unique aspects of this facility is its Native Plant Program, which collects and propagates wild seeds from local ecosystems to be used in park restoration and conservation projects. Few park systems in the country have such a program! Through this tour, we aim to highlight the innovative work happening here and share why native plants are essential for building resilient, biodiverse landscapes in our community. This 30 minute tour takes place during Locust Grove's Fall Native Plant Sale held at Pope Farm Nursery 7400 Airpark Rd. in Gaithersburg. Free. Drop-ins welcome. No registration required.

[Pope Farm Nursery](#)

[Click to Register](#)

Sep 20	Sat	1-1:30p	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0040-300007</a>
Sep 21	Sat	1-1:30p	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0040-300008</a>



Pope Farm Behind the Scenes Tour

This tour offers visitors a behind-the-scenes look at Pope Farm Nursery—a working facility that is not normally open to the public. Operated by Montgomery Parks, Pope Farm plays a vital role in supporting the health and beauty of our parks through programs like green waste recycling and native plant production. One of the most unique aspects of this facility is its Native Plant Program, which collects and propagates wild seeds from local ecosystems to be used in park restoration and conservation projects. Few park systems in the country have such a program! Through this tour, we aim to highlight the innovative work happening here and share why native plants are essential for building resilient, biodiverse landscapes in our community. This 1 hour tour is being offered during Active Aging Week at Pope Farm Nursery 7400 Airpark Rd. in Gaithersburg. Please register in advance so that we can send you directions on where to meet onsite.

<i>Pope Farm Nursery</i>						<a href="#">Click to Register</a>
Oct 10	Fri	10-11a	Ages 18 and up	Free	1 Class	<a href="#">PLGNC0040-300009</a>



## MINDFULNESS & WELLNESS

### Forest Bathing

Forest bathing promotes wellness through deepening our connection to natural environments. Based on the Japanese practice of Shinrin-Yoku, which translates as “taking in the atmosphere of the forest.” This 2-hour session, led by certified forest therapy guide Adria S. Zeldin, will guide you through mindfulness-based sensory invitations to help you slow down, awaken your senses, and reconnect with nature. Please dress comfortably with the weather in mind. We will be outdoors and moving slowly so you may want to bring extra layers. This trail difficulty is moderate. The trail is on natural surfaces with dirt, rock and rut. Trails steepness varies and some trails will only be accessible with stairs. Registration required for 18 and up. Inclement weather will cancel this program.

[Locust Grove Nature Center](#)

[Click to Register](#)

Sep 27	Sat	10a-12p	Ages 18 and up	\$10	1 Class	<a href="#">PLGNC0015-300002</a>
Oct 25	Sat	10a-12p	Ages 18 and up	\$10	1 Class	<a href="#">PLGNC0015-300003</a>
Nov 15	Sat	10a-12p	Ages 18 and up	\$10	1 Class	<a href="#">PLGNC0015-300004</a>

### Yoga in the Park

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

[Locust Grove Nature Center](#)

[Click to Register](#)

#### Midday Mindfulness in the Meadow

Sep 10	Wed	12-1p	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0047-300003</a>
Oct 8	Wed	12-1p	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0047-300004</a>
Nov 5	Wed	12-1p	Ages 18 and up	\$7	1 Class	<a href="#">PLGNC0047-300005</a>

#### Gentle Park Bench Yoga

Sep 24	Wed	10-11a	Ages 55 and up	\$15	1 Class	<a href="#">PLGNC0047-300006</a>
Oct 1	Wed	10-11a	Ages 55 and up	\$15	1 Class	<a href="#">PLGNC0047-300007</a>
Oct 22	Wed	10-11a	Ages 55 and up	\$15	1 Class	<a href="#">PLGNC0047-300008</a>



# FALL NATIVE PLANT SALE

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



## Fall Native Plant Sale In-Person Only

**September 20 and 21 | 10am – 2pm**

Pope Farm Nursery  
7400 Airpark Road  
Gaithersburg, MD 20905

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

Sales support educational programs at  
Locust Grove Nature Center.

### **Want to learn more about nativescaping?**

Check out Locust Grove Nature Center's fall  
classes for opportunities to learn tips and  
techniques for gardening with native plants.  
[LocustGroveNature.org](https://LocustGroveNature.org)



[MoCoParks.org/PlantSales](https://MoCoParks.org/PlantSales)



LOCUST GROVE  
NATURE CENTER





## MAYDALE NATURE CLASSROOM



**MAYDALE**  
NATURE CLASSROOM



### **MAYDALE NATURE CLASSROOM**

1638 Maydale Drive | Colesville, MD 20905

301-962-1496

[MaydaleNature.org](http://MaydaleNature.org)

## FALL SPECIAL EVENTS

### Halloween Creepy Crawlies: Bats, Spiders, Owls

What animals do we think of when we think of Halloween? Learn about some of our local “creepy crawlies” that are often associated with the holiday: bats, spiders, and owls. Then we’ll make our very own not so creepy animal craft!

*Maydale Nature Classroom*

[Click to Register](#)

Oct 25	Sat	10:30-11:30a	Ages 6 to 12	\$7	1 Class	<a href="#">PMAY0021-300002</a>
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### Spooky Skull Hike

Can you find the animal skulls hidden in the woods? On this self-guided hike, you’ll walk a short loop in search of skulls, and use clues to identify them. Stop by any time during program hours and pick up a clue sheet at the front desk. Get a Halloween treat after identifying all the skulls (or for wearing a costume)!

*Maydale Nature Classroom*

[Click to Register](#)

Oct 26	Sun	2-4p	Ages 3 to 12	\$4	1 Class	<a href="#">PMAY0021-300003</a>
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### Dog vs. Wolf

Meet a dog and learn about its canine cousins. Where do dogs come from? Is it a wolf or a coyote? Can dogs see color? Explore these questions and more with the help of a friendly canine. All attendees must register.

*Maydale Nature Classroom*

[Click to Register](#)

Nov 24	Mon	12-1:30p	Ages 6 and up	\$7	1 Class	<a href="#">PMAY0021-300001</a>
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## FISHING

### Family Fishing Fun!

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

*Maydale Nature Classroom*

[Click to Register](#)

Sep 20	Sat	10a-12p	Ages 6 to 12	\$10	1 Class	<a href="#">PMAY0031-300001</a>
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## EARLY CHILDHOOD AND PRESCHOOL

### Nature Explorers: Bugs, Butterflies, and Birds, Oh My!

Join us as we explore our meadow, looking for insects, birds, and anything else that we might encounter! We'll bring the nets and bug jars, you bring your enthusiasm! When we're finished, we'll come back to the nature classroom to make a craft!

*Maydale Nature Classroom*

[Click to Register](#)

Sep 16	Tue	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PMAY0009-300002</a>
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### Nature Explorers: Tracks 101

Have you ever seen an animal print or track and wondered: what animal is that? Join us as we talk about what to look for in a track, some common tracks we might find in our area, and go on a track hike to test our skills! Then we'll make our own track to take home!

*Maydale Nature Classroom*

[Click to Register](#)

Sep 30	Tue	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PMAY0009-300004</a>
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### Nature Explorers: Daytime Owl Prowl

Join us as for a daytime "owl prowling" as we learn about some of the owls in our area. Then we'll come back to the nature classroom to dissect owl pellets and learn about what owls eat!

*Maydale Nature Classroom*

[Click to Register](#)

Oct 4	Sat	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PMAY0009-300001</a>
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### Nature Explorers: Web Walk!

Join us in search of spiders as we learn more about our eight-legged friends! We'll also try our hand at making our own webs too!

*Maydale Nature Classroom*

[Click to Register](#)

Oct 28	Tue	10:30-11:30a	Ages 3 to 5	\$7	1 Class	<a href="#">PMAY0009-300003</a>
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## HIKES, SCAVENGER HUNTS, AND CAMPFIRES

### Hobbit Day Scavenger Hunt

September 22 is Hobbit Day! Celebrate at Maydale Nature Classroom with this trail scavenger hunt mission to destroy the ring. Find different clues and face trail puzzles that will help you find your way through Maydale Middle Earth. Costumes not required but always recommended. Register anyone under 18. Guardians do not need to register but are required to attend.

*Maydale Nature Classroom*

[Click to Register](#)

Sep 22	Mon	5-6p	Ages 5 and up	\$7	1 Class	<a href="#">PMAY0006-300003</a>
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## Fall Scavenger Hunt!

With scavenger hunt sheets in tow, we'll set out to explore the ponds, stream, and forest of Maydale and learn about the changes that come to the park in the fall! All participants ages 3 and up must register, including adults.

[Maydale Nature Classroom](#)

[Click to Register](#)

Nov 8	Sat	10:30-11:30a	Ages 3 and up	\$4	1 Class	<a href="#">PMAY0006-300001</a>
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## Night Hike!

Bring your flashlights and join us as we hike through the woods, meadow, and ponds of Maydale exploring the sights, sounds, and stars that surround us! Who knows what we might find! All participants ages 6 and up must register, including adults.

[Maydale Nature Classroom](#)

[Click to Register](#)

Nov 7	Fri	7-8p	Ages 6 and up	\$7	1 Class	<a href="#">PMAY0006-300002</a>
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## Campfire Cooking

Calling homeschoolers and all other aspiring campfire chefs! Join a Park Naturalist to cook over an open fire. Popcorn, fruit and vegetables will be provided. Participants are encouraged to bring any other campfire snack for roasting. Register each child, adult companion included in fee.

[Maydale Nature Classroom](#)

[Click to Register](#)

Oct 29	Wed	11a-1p	Ages 6 and up	\$15	1 Class	<a href="#">PMAY0017-300001</a>
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## NATURE, OUTDOOR EXPLORATION, AND SKILLS

### Morning at the Pond

Let's explore at the pond! Bring your water shoes and we'll bring the buckets, nets and other equipment needed to have fun! Register all family members over 3, a guardian must attend.

[Maydale Nature Classroom](#)

[Click to Register](#)

Sep 18	Thu	10:30-11:30a	Ages 3 and up	\$7	1 Class	<a href="#">PMAY0011-300001</a>
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## NATURE ON WHEELS

### Nature Center Pop-Up

We are bringing the nature center to you! Each season's pop up has a different theme. Come talk with a naturalist about the park, explore some natural objects, ask questions and try out biology-themed activities. This is a walk-up event providing a 20 to 30 minute experience. Stay to play or hike in the park!

#### *Laytonia Recreational Park*

[Click to Register](#)

Sep 14	Sun	12-3p	All Ages	Free	1 Class	<a href="#">PLGNC0034-300001</a>
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#### *Fairland Recreational Park*

[Click to Register](#)

Oct 12	Sun	12-3p	All Ages	Free	1 Class	<a href="#">PLGNC0034-300002</a>
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#### *Winding Creek Local Park*

[Click to Register](#)

Nov 9	Sun	12-3p	All Ages	Free	1 Class	<a href="#">PLGNC0034-300003</a>
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### Hike to Parks Unknown: Seniors 55+ Beginner

Join a Park Naturalist for an off-site hike and get to know a new park! Includes 1 hr hike and social chat at the end. The Nature on Wheels vehicle will provide seating, water and bathroom access (using stairs). This event is for beginner hikers with more emphasis on nature interpretation. Inclement weather will cancel this program. Trail is selected for level or grassy walking surface and distance will be under 1.5 miles. Slopes on these trails can be moderate.

#### *Pope Farm Nursery*

[Click to Register](#)

Sep 14	Sun	9:30-11a	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300004</a>
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#### *Fairland Recreational Park*

[Click to Register](#)

Oct 12	Sun	9:30-11a	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300005</a>
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#### *Winding Creek Local Park*

[Click to Register](#)

Nov 9	Sun	9:30-11a	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300006</a>
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### Hike to Parks Unknown: Seniors 55+ Intermediate

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

#### *Rachel Carson Conservation Park*

[Click to Register](#)

Sep 12	Fri	1-2:30p	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300007</a>
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#### *Lois Y Green Conservation Park*

[Click to Register](#)

Oct 10	Fri	1-2:30p	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300008</a>
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#### *Blockhouse Point Conservation Park*

[Click to Register](#)

Nov 7	Fri	1-2:30p	Ages 55 and up	\$10	1 Class	<a href="#">PLGNC0041-300009</a>
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**MEADOWSIDE**  
NATURE CENTER



## MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855

301-258-4030

[MeadowsideNature.org](http://MeadowsideNature.org)

## SPECIAL EVENTS

### Maryland Day- Stormwater Edition

This year we are partnering with Park's Stormwater Team to learn how our local waterways impact the Chesapeake Bay watershed, thus our delicious blue crabs. Start the night off with a drink in your hand as you are led by our Stormwater experts down to the creek to explore water quality issues such as pollution, runoff and stormwater impacts. Back at the table, relax and break into fresh blue crabs, nibble corn on the cob, and watermelon. Maryland themed clothing is encouraged or just bring your favorite white T-shirt to wipe your hands on. Registration includes two beers, a blue crab meal, and if needed, complimentary childcare! \*Children can bring their own drinks and a peanut-free dinner. This program is 21+ and identification must be shown to consume beer. \*Childcare is first come first served. Once enrolled in Maryland Day, please select Activity PMNC0054-300002- Childcare for Maryland Day to sign up any children for this event. While the true Maryland Day is in March, we delayed our celebration to coincide with blue crab season.

*Meadowside Nature Center*

[Click to Register](#)

Sep 13	Sat	6-8p	Ages 21 and up	\$80	1 Class	<a href="#">PMNC0054-300001</a>
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#### Maryland Day Child Care

Sep 13	Sat	6-8p	Ages 4 to 12	Free	1 Class	<a href="#">PMNC0054-300002</a>
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### Walk & Talk: Queer History & Ecology

Join us for this walking tour in celebration of LGBTQ+ History Month. Among the tree-lined streets and park trails of Takoma Park are queer histories and ecologies waiting to be discovered. Along the paved walking route, you'll learn about significant local events and people who made an impact on LGBTQ+ culture and history. We'll also consider our queer animal neighbors as we dive into the budding field of queer ecology. All participants under the age of 18 must be accompanied by an adult (18+) guardian.

*Sligo Avenue Neighborhood Park*

[Click to Register](#)

Oct 4	Sat	5-7:30p	Ages 13 and up	\$10	1 Class	<a href="#">PMNC0199-300001</a>
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### Fall Apple Harvest

Celebrate a day off of school with all things apple at our apple harvest! Enjoy fun crafts, apple tasting, games, and more! Please register all participants.

*Meadowside Nature Center*

[Click to Register](#)

Oct 17	Fri	11a-12p	All Ages	\$12	1 Class	<a href="#">PMNC0202-300001</a>
Oct 17	Fri	12:30-1:30p	All Ages	\$12	1 Class	<a href="#">PMNC0202-300002</a>



## Nerdy by Nature Book Club- “The Comfort of Crows” by Margaret Renkl

Enjoy tea, treats and a naturalist-led discussion about, “The Comfort of Crows” by Margaret Renkl. We’ll explore the plants and animals that Renkl beautifully describes in her memoir, and simple ways we can support these ecological relationships in our everyday lives. Registrants are encouraged to attend regardless of how far they are in their reading/listening journey. The Comfort of Crows is available in book, eBook and audio format at local libraries, as well as new and used retailers.

*Meadowside Nature Center*

[Click to Register](#)

Nov 14	Fri	6:30-7:30p	Ages 16 and up	\$7	1 Class	<a href="#">PMNC0206-300001</a>
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## ART & CRAFTING

### Fall Candle Making

Enjoy the smell of warm fall scents wherever you are with a homemade candle! Make and pour your own soy candle to welcome in the season. Each participant will be able to take home one soy wax candle.

*Meadowside Nature Center*

[Click to Register](#)

Sep 26	Fri	4-5:30p	Ages 14 and up	\$12	1 Class	<a href="#">PMNC0209-300001</a>
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## PLAYTIME OR STORYTIME

### Butterflies on the Go!

Join a naturalist for a story, craft and a leisurely stroll through milkweed meadows in celebration of monarch butterflies and their incredible 3,000-mile journey south! Please register only child participants.

*Meadowside Nature Center*

[Click to Register](#)

Sep 17	Wed	11a-12p	Ages 3 to 5	\$7	1 Class	<a href="#">PMNC0197-300001</a>
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## NATURE, OUTDOOR EXPLORATIONS, AND SKILLS

### Vulture Awareness Day Celebration

Celebrate nature’s cleanup crew by finding out what it takes to be a vulture! Fly through the forest on this self-guided ultimate scavenger hunt and find the hidden vultures. Answer trivia, solve puzzles, and learn some vulture jokes as you “carrion” down the trail. When you finish your trail challenge come and see our raptor ambassadors from the Raptor Deck, and try a tasty vulture treat! Please register all children participating.

*Meadowside Nature Center*

[Click to Register](#)

Sep 6	Sat	11a-12p	All Ages	\$7	1 Class	<a href="#">PMNC0143-300001</a>
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## American Sign Language- Introduction to Fire Starting

Let's make some sparks to start a fire! Join a naturalist and learn how to use a ferro rod, magnesium, and magnifying glass to make a spark. Help the spark grow by learning what natural items are available and discover everyday items found at home that work as fuel. You will also learn different ways to structure firewood to encourage a lasting flame. This is an outdoor program. A qualified interpreter will be available for the entire program.

*Meadowside Nature Center*

[Click to Register](#)

Sep 27	Sat	10a-12p	Ages 16 and up	\$25	1 Class	<a href="#">PMNC0198-300001</a>
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## LGBTQIA+ Harvest Moon Gathering

Join a naturalist and other LGBTQIA+ folx for a moonlit evening around a campfire. Spend the evening dining on campfire treats, learning about the Harvest moon and hanging out in community

*Meadowside Nature Center*

[Click to Register](#)

Oct 6	Mon	7-8p	Ages 18 and up	\$7	1 Class	<a href="#">PMNC0200-300001</a>
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## Raptors Under Human Care: Discover Their Bird-Abilities

Meet the magnificent raptor ambassadors of Meadowside Nature Center! All of our raptors are unique. Their distinct way of experiencing the world and their specific needs necessitate creative and dedicated care. Join our Raptor Training and a Park Naturalist to delve into the life stories of these birds and witness firsthand how their well-being is supported through exercise, medical care, and even playtime.

*Meadowside Nature Center*

[Click to Register](#)

Oct 24	Fri	5:30-6:30p	All Ages	\$10	1 Class	<a href="#">PMNC0203-300001</a>
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## Campfire Cooking Class

Go beyond the classic s'more and learn how to make 3 different snacks around the campfire that you can do at home or on your next camping trip!

*Meadowside Nature Center*

[Click to Register](#)

Nov 14	Fri	5-6:30p	Ages 7 and up	\$12	1 Class	<a href="#">PMNC0207-300001</a>
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## HIKES, SCAVENGER HUNTS, AND CAMPFIRES

### Over the Moon Celebration

Join us under the moonlight as we make a craft, stroll down the trail for a moonlit hike, and end our program with a delicious snack. Please register all participants.

*Meadowside Nature Center*

[Click to Register](#)

Oct 10	Fri	6-7p	All Ages	\$7	1 Class	<a href="#">PMNC0201-300001</a>
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## Trick-or-Treat on the Trails

Dress in your favorite costume and take a self-guided stroll through Meadowside's enchanted forest. Collect treats along your way as you answer tricks, riddles, puzzles and more! Trails are natural with roots, rocks, and uneven surfaces. Flat, closed-toed shoes are recommended.

*Meadowside Nature Center*

[Click to Register](#)

Oct 29	Wed	5-6p	All Ages	\$7	1 Class	<a href="#">PMNC0204-300001</a>
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## SPEAKER SERIES, WORKSHOPS, OR DISCUSSIONS

### Raptor Caretaker Chats

Come and learn how our Naturalist Staff care for our amazing birds of prey! Discover what raptors eat for lunch, what raptors do for fun, and how trainers build relationships with these incredible animals.

*Meadowside Nature Center*

[Click to Register](#)

Sep 6	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300001</a>
Sep 13	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300002</a>
Sep 20	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300003</a>
Sep 27	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300004</a>
Nov 8	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300005</a>
Nov 15	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300006</a>
Nov 22	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300007</a>
Nov 29	Sat	2-2:45p	All Ages	Free	1 Class	<a href="#">PMNC0044-300008</a>

### Bats of Montgomery County

It's a bird, it's a plane...it's a BAT! Did you know Maryland has 10 (and maybe more) species of bats, some of which are with us year-round? Join us in a virtual series on the mysterious lives of our furry and flighted neighbors, and learn how we can be bat buddies. This class will be hosted online for four classes and followed up by an in-person walk to find bats around Meadowside Nature Center. In-person walk date will be determined by group consensus.

*Meadowside Nature Center*

[Click to Register](#)

Sep 3-24	Wed	7-8p	Ages 18 and up	\$40	4 Classes	<a href="#">PMNC0208-300001</a>
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**SOUTH GERMANTOWN**  
**Driving Range**



**SOUTH GERMANTOWN DRIVING RANGE**  
18045 Central Park Circle | Boyds, MD 20841  
301-670-4670  
[SGDrivingRange.org](http://SGDrivingRange.org)



## 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 Driving Range*

[Click to Register](#)

Sep 13-Oct 4	Sat	11a-12p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301001</a>
Sep 13-Oct 4	Sat	12-1p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301002</a>
Sep 13-Oct 4	Sat	4:30-5:30p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301003</a>
Oct 18-Nov 8	Sat	11a-12p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301004</a>
Oct 18-Nov 8	Sat	12-1p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301005</a>
Oct 18-Nov 8	Sat	4:30-5:30p	Ages 7 to 15	\$140	4 Classes	<a href="#">PSGDR2015-301006</a>

### Beginner Golf, Junior

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

*South Germantown Driving Range*

[Click to Register](#)

Sep 13-Oct 4	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	<a href="#">PSGDR2011-301001</a>
Oct 18-Nov 8	Sat	3:30-4:30p	Ages 7 to 15	\$120	4 Classes	<a href="#">PSGDR2011-301002</a>



## Beginner Golf, Adult

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

*South Germantown Driving Range*

[Click to Register](#)

Sep 9-30	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301001</a>
Sep 11-Oct 2	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301002</a>
Sep 13-Oct 4	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301003</a>
Oct 14-Nov 4	Tue	5:30-6:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301004</a>
Oct 16-Nov 6	Thu	5:30-6:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301005</a>
Oct 18-Nov 8	Sat	2:30-3:30p	Ages 18 and up	\$120	4 Classes	<a href="#">PSGDR2010-301006</a>

## ARCHERY

### Parent and Child Archery

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

*South Germantown Driving Range*

[Click to Register](#)

Sep 6-27	Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	<a href="#">PSGDR2004-301001</a>
Oct 11-Nov 1	Sat	12:30-2p	Ages 7 to 15	\$75	4 Classes	<a href="#">PSGDR2004-301002</a>
Sep 7-28	Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	<a href="#">PSGDR2004-301003</a>
Oct 12-Nov 2	Sun	12:30-2p	Ages 7 to 15	\$75	4 Classes	<a href="#">PSGDR2004-301004</a>





## Level 1 Archery

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

*South Germantown Driving Range*

[Click to Register](#)

Sep 6-27	Sat	2-3:30p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2001-301001</a>
Sep 7-28	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2001-301002</a>
Oct 11-Nov 1	Sat	2-3:30p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2001-301003</a>
Oct 12-Nov 2	Sun	2-3:30p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2001-301004</a>

## Level 2 Archery

Prerequisite: Passed Level 1 Archery - Interested in more archery? Intermediate archery focuses on the draw cycle. You will learn how to anchor, transfer/hold, aim, and release/follow through. We will supply all the equipment, a safe place to shoot, and a Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

*South Germantown Driving Range*

[Click to Register](#)

Sep 6-27	Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2003-301001</a>
Sep 7-28	Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2003-301002</a>
Oct 11-Nov 1	Sat	3:30-5p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2003-301003</a>
Oct 12-Nov 2	Sun	3:30-5p	Ages 8 to 15	\$60	4 Classes	<a href="#">PSGDR2003-301004</a>





## ICE SKATING



**Cabin John  
Ice Rink**



**Wheaton  
Ice Arena**



### **CABIN JOHN ICE RINK**

10610 Westlake Dr | Rockville, MD 20852

301-765-8620

[CabinJohnIce.org](http://CabinJohnIce.org)

### **WHEATON ICE ARENA**

11717 Orebaugh Ave | Wheaton, MD 20902

301-905-3000

[WheatonIceArena.org](http://WheatonIceArena.org)



## CLASS DATES

### Fall I

- Registration Dates - Aug 25 - Sep 5
- Class Dates - Sep 8 - Oct 23
- No Classes - Sep 22, 23; Oct 1, 2

### Fall II

- Registration Dates - Oct 24 - 30
- Class Dates - Nov 1 - Dec 19
- No Classes - Nov 26 - 30

### 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.
- Bring any additional equipment noted in your class description.
- Arrive at the rink 30 minutes early for your first lesson, and 15–20 minutes early for subsequent lessons to have time to get skates on properly.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protections against injuries.

## EVENTS AND IMPORTANT DATES:

- Rink Closed: Nov 27 and Dec 25
- Rink closes at 3 pm on Dec 24 and 31
- Not So Spooky Skates: Cabin John - Oct 24, Wheaton - Oct 30. See [page 115](#) for details.
- Winter Ice Shows: Cabin John - Dec 13 at 6:15 pm  
Wheaton - Dec 21 at 1:15 pm

## COURSE FEES COVER

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

## PLEASE NOTE

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

## PUBLIC SESSIONS

Visit our websites for schedules and pricing.

[CabinJohnIce.org](http://CabinJohnIce.org)  
[WheatonIceArena.org](http://WheatonIceArena.org)



**Cabin John  
Ice Rink**



**Wheaton  
Ice Arena**



**Wheaton Ice Area  
is scheduled  
to reopen this fall!**

Visit [WheatonIceArena.org](http://WheatonIceArena.org)  
for more information.

## ICE SKATING



*Wheaton Ice Arena is scheduled to reopen this Fall and will offer a limited Fall I program schedule. More information will be available at [WheatonIce.org](http://WheatonIce.org).*

## SPECIAL EVENTS

### School's out Skate Day

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

#### *Cabin John Ice Rink*

[Click to Register](#)

Sep 23	Tue	9a-5p	Ages 6 to 12	\$100	1 Class	<a href="#">PICE2000-302020</a>
Oct 2	Thu	9a-5p	Ages 6 to 12	\$100	1 Class	<a href="#">PICE2000-302021</a>

#### *Wheaton Ice Arena*

[Click to Register](#)

Oct 2	Thu	9a-5p	Ages 6 to 12	\$100	1 Class	<a href="#">PICE2000-305020</a>
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### Not So Spooky Skate

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

#### *Cabin John Ice Rink*

[Click to Register](#)

Oct 24	Fri	4:30-6:30p	Ages 3 to 12	\$20	1 Class	<a href="#">PICE2020-302010</a>
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#### *Wheaton Ice Arena*

[Click to Register](#)

Oct 30	Thu	5:45-7:45p	Ages 3 to 12	\$20	1 Class	<a href="#">PICE2020-305010</a>
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## 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.

**Fall Term I:** *Cabin John Ice Rink*[Click to Register](#)

Sep 14-Oct 19	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312000</a>
Sep 14-Oct 19	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312001</a>
Sep 10-Oct 22	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312002</a>
Sep 12-Oct 17	Fri	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312003</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312004</a>
Sep 13-Oct 18	Sat	11:15-11:45a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-312005</a>

**Fall Term II:** *Cabin John Ice Rink*[Click to Register](#)

Nov 2-Dec 14	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322000</a>
Nov 2-Dec 14	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322001</a>
Nov 5-Dec 17	Wed	4:30-5p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322003</a>
Nov 7-Dec 19	Fri	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322004</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322005</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-322006</a>

**Fall Term II:** *Wheaton Ice Arena*[Click to Register](#)

Nov 2-Dec 14	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-325001</a>
Nov 5-Dec 17	Wed	12-12:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-325004</a>
Nov 6-Dec 18	Thu	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-325005</a>
Nov 6-Dec 18	Thu	5:45-6:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-325006</a>
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0100-325007</a>

Fall I: ☐ ☐Fall II: ☐ ☐

## 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

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312001</a>	
Sep 14-Oct 19	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312003</a>	
Sep 9-Oct 21	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312004</a>	
Sep 10-Oct 22	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312005</a>	
Sep 12-Oct 17	Fri	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312006</a>	
Sep 12-Oct 17	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312007</a>	
Sep 13-Oct 18	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312008</a>	
Sep 13-Oct 18	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312009</a>	
Sep 13-Oct 18	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-312010</a>	

Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322001</a>	
Nov 2-Dec 14	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322002</a>	
Nov 2-Dec 14	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322003</a>	
Nov 4-Dec 9	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322004</a>	
Nov 5-Dec 17	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322005</a>	
Nov 7-Dec 19	Fri	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322006</a>	
Nov 7-Dec 19	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322007</a>	
Nov 1-Dec 13	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322008</a>	
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322009</a>	
Nov 1-Dec 13	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-322010</a>	



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

**Fall Term II:** *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-325001</a>
Nov 5-Dec 17	Wed	12-12:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-325004</a>
Nov 6-Dec 18	Thu	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-325005</a>
Nov 6-Dec 18	Thu	5:45-6:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-325006</a>
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0101-325008</a>

## 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

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312000</a>
Sep 14-Oct 19	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312001</a>
Sep 14-Oct 19	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312002</a>
Sep 14-Oct 19	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312003</a>
Sep 9-Oct 21	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312004</a>
Sep 10-Oct 22	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312005</a>
Sep 12-Oct 17	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312006</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312007</a>
Sep 13-Oct 18	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312008</a>
Sep 13-Oct 18	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-312009</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## Preschool Ice Skating 2 (continued)

Fall Term II: *Cabin John Ice Rink*[Click to Register](#)

Nov 2-Dec 14	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322000</a>
Nov 2-Dec 14	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322001</a>
Nov 2-Dec 14	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322002</a>
Nov 4-Dec 9	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322004</a>
Nov 5-Dec 17	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322005</a>
Nov 7-Dec 19	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322006</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322007</a>
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322008</a>
Nov 1-Dec 13	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-322009</a>

Fall Term II: *Wheaton Ice Arena*[Click to Register](#)

Nov 2-Dec 14	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-325001</a>
Nov 5-Dec 17	Wed	12:30-1p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-325004</a>
Nov 6-Dec 18	Thu	4:30-5p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-325005</a>
Nov 6-Dec 18	Thu	5:45-6:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-325006</a>
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0102-325007</a>

Fall I: ☐ ☐Fall II: ☐ ☐



# ICE SKATING

## 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.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312001</a>	
Sep 14-Oct 19	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312002</a>	
Sep 14-Oct 19	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312003</a>	
Sep 9-Oct 21	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312004</a>	
Sep 10-Oct 22	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312005</a>	
Sep 12-Oct 17	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312006</a>	
Sep 13-Oct 18	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312007</a>	
Sep 13-Oct 18	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312008</a>	
Sep 13-Oct 18	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-312009</a>	

Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322001</a>	
Nov 2-Dec 14	Sun	11:30a-12p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322002</a>	
Nov 2-Dec 14	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322003</a>	
Nov 4-Dec 9	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322004</a>	
Nov 5-Dec 17	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322005</a>	
Nov 7-Dec 19	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322006</a>	
Nov 1-Dec 13	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322007</a>	
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322008</a>	
Nov 1-Dec 13	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-322009</a>	

Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-325001</a>	
Nov 5-Dec 17	Wed	12:30-1p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-325002</a>	
Nov 6-Dec 18	Thu	4:30-5p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-325003</a>	
Nov 6-Dec 18	Thu	5:45-6:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-325004</a>	
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0103-325005</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐

## 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.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312001</a>	
Sep 14-Oct 19	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312002</a>	
Sep 9-Oct 21	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312003</a>	
Sep 10-Oct 22	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312004</a>	
Sep 12-Oct 17	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312005</a>	
Sep 13-Oct 18	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312006</a>	
Sep 13-Oct 18	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312007</a>	
Sep 13-Oct 18	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-312008</a>	

Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	11-11:30a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322001</a>	
Nov 2-Dec 14	Sun	2:45-3:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322002</a>	
Nov 4-Dec 9	Tue	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322003</a>	
Nov 5-Dec 17	Wed	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322004</a>	
Nov 7-Dec 19	Fri	3:30-4p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322005</a>	
Nov 1-Dec 13	Sat	10:30-11a	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322006</a>	
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322007</a>	
Nov 1-Dec 13	Sat	4-4:30p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-322008</a>	

Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	1:15-1:45p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-325001</a>	
Nov 6-Dec 18	Thu	5:45-6:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-325004</a>	
Nov 1-Dec 13	Sat	11:45a-12:15p	Ages 3 to 5	\$120	6 Classes	<a href="#">PICE0104-325005</a>	



## Skating Superstars

For skaters ages 4-8, who have completed Skating Superstars -Low, this class offers a high-energy fun time on the ice. Class starts with an on ice warm-up to music, followed by focused skating technique work. Engaging games and colorful obstacle courses strengthen forward/backward skating, turns and stopping skills. Students listen, learn, and practice their ice skating skills in an encouraging, joyful space.

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:15-1p	Ages 3 to 8	\$180	6 Classes	<a href="#">PICE0105-325001</a>
Nov 2-Dec 14	Sun	11:15a-12p	Ages 3 to 8	\$180	6 Classes	<a href="#">PICE0105-325002</a>

## Youth Ice Skating 1 (Beginner)

This class is for beginner skaters ages 6-11. 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).

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12-12:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312001</a>
Sep 14-Oct 19	Sun	2:15-2:45p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312003</a>
Sep 8-Oct 20	Mon	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312004</a>
Sep 8-Oct 20	Mon	5-5:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312005</a>
Sep 9-Oct 21	Tue	4:30-5p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312006</a>
Sep 10-Oct 22	Wed	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312007</a>
Sep 11-Oct 23	Thu	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312009</a>
Sep 12-Oct 17	Fri	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312011</a>
Sep 12-Oct 17	Fri	4:30-5p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312012</a>
Sep 13-Oct 18	Sat	11:15-11:45a	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312013</a>
Sep 13-Oct 18	Sat	12:30-1p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312014</a>
Sep 13-Oct 18	Sat	12:30-1p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312015</a>
Sep 13-Oct 18	Sat	1:30-2p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312016</a>
Sep 13-Oct 18	Sat	2-2:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312017</a>
Sep 13-Oct 18	Sat	2-2:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-312018</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

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

Fall Term II: *Cabin John Ice Rink*[Click to Register](#)

Nov 2-Dec 14	Sun	12-12:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322001</a>
Nov 2-Dec 14	Sun	2:15-2:45p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322002</a>
Nov 3-Dec 8	Mon	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322003</a>
Nov 3-Dec 8	Mon	5-5:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322004</a>
Nov 3-Dec 8	Mon	5-5:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322005</a>
Nov 4-Dec 9	Tue	4:30-5p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322006</a>
Nov 4-Dec 9	Tue	4:30-5p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322007</a>
Nov 5-Dec 17	Wed	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322008</a>
Nov 6-Dec 18	Thu	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322009</a>
Nov 7-Dec 19	Fri	4-4:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322011</a>
Nov 7-Dec 19	Fri	4:30-5p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322013</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322014</a>
Nov 1-Dec 13	Sat	12:30-1p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322015</a>
Nov 1-Dec 13	Sat	12:30-1p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322016</a>
Nov 1-Dec 13	Sat	1:30-2p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322017</a>
Nov 1-Dec 13	Sat	2-2:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322018</a>
Nov 1-Dec 13	Sat	2-2:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-322019</a>

Fall Term II: *Wheaton Ice Arena*[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325001</a>
Nov 4-Dec 9	Tue	1-1:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325003</a>
Nov 5-Dec 17	Wed	1-1:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325004</a>
Nov 6-Dec 18	Thu	5-5:30p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325006</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325007</a>
Nov 7-Dec 19	Fri	5:30-6p	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325008</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 6 to 11	\$120	6 Classes	<a href="#">PICE0201-325011</a>

Fall I: ☐ ☐Fall II: ☐ ☐



## Youth Ice Skating 2

Prerequisite: Passed Youth Ice Skating 1 or Preschool Ice Skating 4. This class is for skaters ages 4-11. 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.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12-12:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312001</a>
Sep 14-Oct 19	Sun	2:15-2:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312002</a>
Sep 8-Oct 20	Mon	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312003</a>
Sep 8-Oct 20	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312004</a>
Sep 8-Oct 20	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312005</a>
Sep 9-Oct 21	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312006</a>
Sep 10-Oct 22	Wed	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312007</a>
Sep 10-Oct 22	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312008</a>
Sep 11-Oct 16	Thu	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312009</a>
Sep 11-Oct 16	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312010</a>
Sep 12-Oct 17	Fri	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312011</a>
Sep 12-Oct 17	Fri	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312012</a>
Sep 13-Oct 18	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312013</a>
Sep 13-Oct 18	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312014</a>
Sep 13-Oct 18	Sat	1:30-2p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312015</a>
Sep 13-Oct 18	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-312016</a>



Fall I: ☐ ☐

Fall II: ☐ ☐

## Youth Ice Skating 2 (continued)

Fall Term II: *Cabin John Ice Rink*[Click to Register](#)

Nov 2-Dec 14	Sun	12-12:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322001</a>
Nov 2-Dec 14	Sun	2:15-2:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322002</a>
Nov 3-Dec 8	Mon	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322003</a>
Nov 3-Dec 8	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322004</a>
Nov 3-Dec 8	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322005</a>
Nov 4-Dec 9	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322006</a>
Nov 5-Dec 17	Wed	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322007</a>
Nov 5-Dec 17	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322008</a>
Nov 6-Dec 18	Thu	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322009</a>
Nov 6-Dec 18	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322010</a>
Nov 7-Dec 19	Fri	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322011</a>
Nov 7-Dec 19	Fri	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322012</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322013</a>
Nov 1-Dec 13	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322014</a>
Nov 1-Dec 13	Sat	1:30-2p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322015</a>
Nov 1-Dec 13	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-322016</a>

Fall Term II: *Wheaton Ice Arena*[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325000</a>
Nov 4-Dec 9	Tue	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325002</a>
Nov 5-Dec 17	Wed	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325003</a>
Nov 6-Dec 18	Thu	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325004</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325005</a>
Nov 7-Dec 19	Fri	6-6:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325006</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0202-325007</a>

Fall I: ☐ ☐Fall II: ☐ ☐



## Youth Ice Skating 3

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

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312001</a>	
Sep 14-Oct 19	Sun	2:15-2:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312002</a>	
Sep 8-Oct 20	Mon	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312003</a>	
Sep 8-Oct 20	Mon	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312004</a>	
Sep 9-Oct 21	Tue	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312005</a>	
Sep 10-Oct 22	Wed	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312006</a>	
Sep 11-Oct 23	Thu	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312007</a>	
Sep 11-Oct 23	Thu	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312008</a>	
Sep 12-Oct 17	Fri	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312009</a>	
Sep 12-Oct 17	Fri	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312010</a>	
Sep 13-Oct 18	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312011</a>	
Sep 13-Oct 18	Sat	12:30-1p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312012</a>	
Sep 13-Oct 18	Sat	1:30-2p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312013</a>	
Sep 13-Oct 18	Sat	2-2:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-312014</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322001</a>	
Nov 2-Dec 14	Sun	2:15-2:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322002</a>	
Nov 3-Dec 8	Mon	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322003</a>	
Nov 3-Dec 8	Mon	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322004</a>	
Nov 4-Dec 9	Tue	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322005</a>	
Nov 5-Dec 17	Wed	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322006</a>	
Nov 6-Dec 18	Thu	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322007</a>	
Nov 6-Dec 18	Thu	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322008</a>	
Oct 31-Dec 12	Fri	4-4:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322009</a>	
Nov 7-Dec 19	Fri	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322010</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐

## Youth Ice Skating 3 (continued)

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322011</a>
Nov 1-Dec 13	Sat	12:30-1p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322012</a>
Nov 1-Dec 13	Sat	1:30-2p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322013</a>
Nov 1-Dec 13	Sat	2-2:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-322014</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-325001</a>
Nov 5-Dec 17	Wed	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-325003</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-325004</a>
Nov 7-Dec 19	Fri	6:30-7p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-325006</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0203-325007</a>

## Our Pro Shops offer a full line of skating equipment and services.

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- 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





# ICE SKATING

## 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.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312001</a>	
Sep 14-Oct 19	Sun	12-12:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312002</a>	
Sep 8-Oct 20	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312003</a>	
Sep 8-Oct 20	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312004</a>	
Sep 9-Oct 21	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312005</a>	
Sep 10-Oct 22	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312006</a>	
Sep 11-Oct 23	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312007</a>	
Sep 12-Oct 17	Fri	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312008</a>	
Sep 13-Oct 18	Sat	10:30-11a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312009</a>	
Sep 13-Oct 18	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312010</a>	
Sep 13-Oct 18	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-312011</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322001</a>	
Nov 2-Dec 14	Sun	12-12:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322002</a>	
Nov 3-Dec 8	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322003</a>	
Nov 3-Dec 8	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322004</a>	
Nov 4-Dec 9	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322005</a>	
Nov 5-Dec 17	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322006</a>	
Nov 6-Dec 18	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322007</a>	
Nov 7-Dec 19	Fri	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322008</a>	
Nov 1-Dec 13	Sat	10:30-11a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322009</a>	
Nov 1-Dec 13	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322010</a>	
Nov 1-Dec 13	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-322011</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐

# ICE SKATING

## Youth Ice Skating 4 (continued)

**Fall Term II:** *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-325001</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-325003</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0204-325005</a>

## 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.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312000</a>
Sep 8-Oct 20	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312001</a>
Sep 8-Oct 20	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312002</a>
Sep 9-Oct 21	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312003</a>
Sep 10-Oct 22	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312004</a>
Sep 11-Oct 23	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312005</a>
Sep 12-Oct 17	Fri	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312006</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312008</a>
Sep 13-Oct 18	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312009</a>
Sep 13-Oct 18	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-312010</a>

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	10-10:30a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322000</a>
Nov 3-Dec 8	Mon	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322001</a>
Nov 3-Dec 8	Mon	5:30-6p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322002</a>
Nov 4-Dec 9	Tue	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322003</a>
Nov 5-Dec 17	Wed	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322004</a>
Nov 6-Dec 18	Thu	4:30-5p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322005</a>
Nov 7-Dec 19	Fri	5-5:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322006</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322008</a>
Nov 1-Dec 13	Sat	1-1:30p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322009</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Youth Ice Skating 5

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 1-Dec 13	Sat	3:30-4p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-322010</a>
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### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-325001</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-325002</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 11	\$120	6 Classes	<a href="#">PICE0205-325005</a>

## Youth Ice Skating 6

Prerequisite: Passed Youth Ice Skating 5. Skaters will learn forward inside three-turns, forward inside open mohawk turns from a standstill, 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.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 11-Oct 23	Thu	5:45-6:30p	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-312003</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-312004</a>
Sep 13-Oct 18	Sat	2:45-3:30p	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-312005</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 6-Dec 18	Thu	5:45-6:30p	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-322003</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-322004</a>
Nov 1-Dec 13	Sat	2:45-3:30p	Ages 5 to 11	\$180	6 Classes	<a href="#">PICE0206-322005</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:45-2:15p	Ages 5 to 11	\$120	6 Classes	<a href="#">PICE0206-325001</a>
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 5 to 11	\$120	6 Classes	<a href="#">PICE0206-325002</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 5 to 11	\$120	6 Classes	<a href="#">PICE0206-325003</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐

## Teens and Tweens Ice Skating 1

This class is for beginner skaters ages 12-17. 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 public skate sessions to practice skills learned in class. Helmet & gloves are required.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-312000</a>
Sep 8-Oct 20	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-312001</a>
Sep 13-Oct 18	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-312004</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-322000</a>
Nov 3-Dec 8	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-322001</a>
Nov 1-Dec 13	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0231-322004</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0231-325000</a>
Nov 4-Dec 9	Tue	1:30-2p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0231-325002</a>
Nov 5-Dec 17	Wed	1:30-2p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0231-325004</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0231-325006</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0231-325008</a>

## Teen and Tweens Ice Skating 2

Prerequisite: Passed Tweens & Teens 1. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-312000</a>
Sep 8-Oct 20	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-312001</a>
Sep 13-Oct 18	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-312004</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-322000</a>
Nov 3-Dec 8	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-322001</a>
Nov 1-Dec 13	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0232-322004</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐



## Teen and Tweens Ice Skating 2 (continued)

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0232-325000</a>
Nov 4-Dec 9	Tue	1:30-2:15p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0232-325002</a>
Nov 5-Dec 17	Wed	1:30-2p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0232-325004</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0232-325006</a>
Nov 1-Dec 13	Sat	10:45-11:15p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0232-325008</a>

## Teen and Tweens Ice Skating 3

Prerequisite: Passed Tweens & Teens 2 and for ages 12-17. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-312000</a>
Sep 8-Oct 20	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-312001</a>
Sep 13-Oct 18	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-312004</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:45-1:30p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-322000</a>
Nov 3-Dec 8	Mon	8:15-9p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-322001</a>
Nov 1-Dec 13	Sat	9-9:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0233-322004</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0233-325000</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0233-325002</a>
Nov 1-Dec 13	Sat	10:45-11:15p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0233-325004</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐

## Teen and Tweens Ice Skating 4

Prerequisite: Passed Tweens & Teens 3 and for ages 12-17. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-312000</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-312006</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-322000</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0234-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0234-325000</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0234-325002</a>
Nov 1-Dec 13	Sat	10:45-11:15p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0234-325004</a>

## Teen and Tweens Ice Skating 5

Prerequisite: Passed Tweens & Teens 4 and for ages 12-17. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-312000</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-312006</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-322000</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0235-322006</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐



## Teen and Tweens Ice Skating 5 (continued)

**Fall Term II:** *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0235-325000</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0235-325002</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0235-325004</a>

## Teen and Tweens Ice Skating 6

Prerequisite: Passed Tweens & Teens 5 and for ages 12-17. 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. Helmet and gloves are strongly recommended.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-312000</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-312006</a>

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-322000</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0236-322006</a>

**Fall Term II:** *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0236-325000</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0236-325002</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 12 to 17	\$120	6 Classes	<a href="#">PICE0236-325004</a>



Fall I: ☐ ☐

Fall II: ☐ ☐

## Adult Ice Skating 1

This class is for beginner skaters ages 18 and older. 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 public skate sessions to practice skills learned in class. Helmet & gloves are required.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-312001</a>	
Sep 8-Oct 20	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-312002</a>	
Sep 11-Oct 23	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-312005</a>	
Sep 13-Oct 18	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-312006</a>	

Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-322001</a>	
Nov 3-Dec 8	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-322002</a>	
Nov 6-Dec 18	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-322005</a>	
Nov 1-Dec 13	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0241-322006</a>	

Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0241-325000</a>	
Nov 4-Dec 9	Tue	12-12:30p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0241-325002</a>	
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0241-325004</a>	
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0241-325006</a>	

## Adult Ice Skating 2

Prerequisite: Passed Adult 1 and for ages 18 and older. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-312001</a>	
Sep 8-Oct 20	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-312002</a>	
Sep 11-Oct 23	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-312005</a>	
Sep 13-Oct 18	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-312006</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐



## Adult Ice Skating 2 (continued)

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-322001</a>
Nov 3-Dec 8	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-322002</a>
Nov 6-Dec 18	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-322005</a>
Nov 1-Dec 13	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0242-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0242-325000</a>
Nov 4-Dec 9	Tue	12-12:30p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0242-325002</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0242-325004</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0242-325006</a>

## Adult Ice Skating 3

Prerequisite: Passed Adult 2 and for ages 18 and older. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-312000</a>
Sep 8-Oct 20	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-312002</a>
Sep 11-Oct 23	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-312005</a>
Sep 13-Oct 18	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-312006</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	12:45-1:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-322001</a>
Nov 3-Dec 8	Mon	8:15-9p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-322002</a>
Nov 6-Dec 18	Thu	1:15-2p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-322005</a>
Nov 1-Dec 13	Sat	9-9:45a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0243-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0243-325001</a>
Nov 4-Dec 9	Tue	12:30-1p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0243-325002</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0243-325004</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0243-325006</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐

## Adult Ice Skating 4

Prerequisite: Passed Adult 3 and for ages 18 and older. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-312001</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-312002</a>
Sep 11-Oct 23	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-312005</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-312006</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-322001</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-322002</a>
Nov 6-Dec 18	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-322005</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0244-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0244-325001</a>
Nov 4-Dec 9	Tue	12:30-1p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0244-325002</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0244-325004</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0244-325006</a>

## Adult Ice Skating 5

Prerequisite: Passed Adult 4 and for ages 18+. 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 public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-312001</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-312002</a>
Sep 11-Oct 23	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-312005</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-312006</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐



## Adult Ice Skating 5 (continued)

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-322001</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-322002</a>
Nov 6-Dec 18	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-322005</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0245-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0245-325001</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0245-325004</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0245-325006</a>

## Adult Ice Skating 6

Prerequisite: Passed Adult 5 and for ages 18+. 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. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 14-Oct 19	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-312001</a>
Sep 8-Oct 20	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-312002</a>
Sep 11-Oct 23	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-312005</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-312006</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 2-Dec 14	Sun	1:30-2:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-322001</a>
Nov 3-Dec 8	Mon	6-6:45p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-322002</a>
Nov 6-Dec 18	Thu	12:30-1:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-322005</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0246-322006</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 2-Dec 14	Sun	2:15-2:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0246-325001</a>
Nov 6-Dec 18	Thu	7:15-7:45p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0246-325004</a>
Nov 1-Dec 13	Sat	10:45-11:15a	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0246-325006</a>

 Fall I: ☐ ☐

 Fall II: ☐ ☐

## Adult Free Skate

Prerequisite: Passed Adult 6 and for ages 18+. This class will focus on introductory free skating skills including beginner jumps and spins. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 8-Oct 20	Mon	7:30-8:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-312001</a>
Sep 11-Oct 23	Thu	11:45a-12:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-312002</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-312003</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 3-Dec 8	Mon	7:30-8:15p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-322001</a>
Nov 6-Dec 18	Thu	11:45a-12:30p	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-322002</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 18 and older	\$180	6 Classes	<a href="#">PICE0247-322003</a>

## Adult Figures

Prerequisite: Adult 5 and for ages 18+. Learn the history and tracing of compulsory figures. This is the oldest form of figure skating originating from over 200 years ago. Skaters will learn the forward outside and inside eight, forward waltz eight, backward outside eight, and various serpentine eights. This class will be split into a beginning and advanced group. Fee is \$120 and includes six 30-minute lessons, skate rental, and a practice card for six public session admission to practice.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 8-Oct 20	Mon	7-7:30p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0260-312001</a>
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### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 3-Dec 8	Mon	7-7:30p	Ages 18 and older	\$120	6 Classes	<a href="#">PICE0260-322001</a>
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Fall I: ☐ ☐

Fall II: ☐ ☐



# ICE SKATING

## Pre Free Skate

Prerequisite: Passed Youth Ice Skating 6. Skaters will learn backward outside edge to forward outside edge transition on a circle, 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.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	5:45-6:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-312001</a>	
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-312002</a>	
Sep 13-Oct 18	Sat	2:45-3:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-312003</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	5:45-6:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-322001</a>	
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-322002</a>	
Nov 1-Dec 13	Sat	2:45-3:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0300-322003</a>	
Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	1:45-2:15p	Ages 4 to 17	\$120	6 Classes	<a href="#">PICE0300-325001</a>	
Nov 6-Dec 18	Thu	6:15-6:45p	Ages 4 to 17	\$120	6 Classes	<a href="#">PICE0300-325002</a>	
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 17	\$120	6 Classes	<a href="#">PICE0300-325003</a>	

## 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.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-312002</a>	
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-312003</a>	
Sep 13-Oct 18	Sat	2:45-3:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-312004</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-322002</a>	
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-322003</a>	
Nov 1-Dec 13	Sat	2:45-3:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0310-322004</a>	
Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$114	6 Classes	<a href="#">PICE0310-325002</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐

# ICE SKATING

## 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.

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0312-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0312-312003</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0312-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0312-322003</a>
<b>Fall Term II:</b> <i>Wheaton Ice Arena</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$120	6 Classes	<a href="#">PICE0312-325002</a>

## 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.

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0314-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0314-312003</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:30p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0314-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0314-322003</a>
<b>Fall Term II:</b> <i>Wheaton Ice Arena</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$120	6 Classes	<a href="#">PICE0314-325002</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



# ICE SKATING

## 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.

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	8-8:45p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0316-312002</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0316-312003</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	8-8:45p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0316-322002</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0316-322003</a>
<b>Fall Term II:</b> <i>Wheaton Ice Arena</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$120	6 Classes	<a href="#">PICE0316-325001</a>

## 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.

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	8-8:45p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0318-312001</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0318-312002</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	8-8:45p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0318-322001</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0318-322002</a>
<b>Fall Term II:</b> <i>Wheaton Ice Arena</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$120	6 Classes	<a href="#">PICE0318-325001</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

# ICE SKATING

## 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.

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	7:30-8:15p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0320-312001</a>
Sep 13-Oct 18	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0320-312002</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	8-8:45p	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0320-322001</a>
Nov 1-Dec 13	Sat	11-11:45a	Ages 5 and up	\$180	6 Classes	<a href="#">PICE0320-322002</a>
<b>Fall Term II:</b> <i>Wheaton Ice Arena</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6:45-7:15p	Ages 5 and up	\$120	6 Classes	<a href="#">PICE0320-325001</a>

## Cabin John Aspire Figure Skating Program

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

<b>Fall Term I:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
<b>Aspire Figure Skating</b>						
Sep 13-Oct 18	Sat	9:10-10:15a	Ages 7 to 12	\$180	6 Classes	<a href="#">PICE0322-312001</a>
<b>Aspire Youth</b>						
Sep 11-Oct 23	Thu	4:30-5:30p	Ages 6 to 10	\$180	6 Classes	<a href="#">PICE0322-312002</a>
<b>Aspire Preschool</b>						
Sep 10-Oct 22	Wed	4-5p	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0322-312005</a>
<b>Fall Term II:</b> <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
<b>Aspire Figure Skating</b>						
Nov 1-Dec 13	Sat	9:10-10:15a	Ages 7 to 12	\$180	6 Classes	<a href="#">PICE0322-322001</a>
<b>Aspire Youth</b>						
Nov 6-Dec 18	Thu	4:30-5:45p	Ages 6 to 10	\$180	6 Classes	<a href="#">PICE0322-322002</a>
<b>Aspire Preschool</b>						
Nov 5-Dec 17	Wed	4-5p	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0322-322005</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Wheaton Aspire Figure Skating Program

The Aspire program is for children who are accelerating through the standard levels and have a strong interest in figure skating.

**Fall Term II:** *Wheaton Ice Arena*

[Click to Register](#)

### Aspire Youth

Nov 5-Dec 17	Wed	6-6:45p	Ages 6 and up	\$180	6 Classes	<a href="#">PICE0321-325000</a>
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### Aspire Figure Skating

Nov 5-Dec 17	Wed	6-6:45p	Ages 6 and up	\$180	6 Classes	<a href="#">PICE0321-325001</a>
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### Aspire Adult

Nov 5-Dec 17	Wed	6-6:45p	Ages 14 and up	\$180	6 Classes	<a href="#">PICE0321-325002</a>
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## Beginner Spins

Prerequisite: Minimum Youth 6 level and for ages 6-Adult. For skaters between the Pre Free Skate and Free Skate 3 levels. The beginning spin class is a 30-minute class designed for skaters to focus on establishing their spin technique. Proper positioning, centering, speed, and skating skills are a necessity to achieving all phases of a well-rounded spin. Skaters will focus on these phases while learning the upright spin, beginning sit spin, change foot spin, and exercises to strengthen and enhance future spin positions such as the camel and layback spin. Fee includes six 30-minute lessons, skate rental, and a practice card for six public session admission to practice.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 11-Oct 23	Thu	7:30-8p	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0324-312001</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0324-312002</a>

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 6-Dec 18	Thu	7:30-8p	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0324-322001</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0324-322002</a>

## Advanced Spins

Prerequisite: Free Skate 4 and for ages 6-Adult. Skaters taking advanced spins should have already taken the beginning spins class or received permission to move into the advanced spins class. This class is a continuation of the beginner spins class and will focus on the camel spin, layback spin, beginning combination spins, understanding beginning spin levels and features. Fee includes six 30-minute lessons, skate rental, and a practice card for six public session admission to practice.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 11-Oct 23	Thu	7:30-8p	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0325-312000</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0325-312001</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

# ICE HOCKEY

## Advanced Spins (continued)

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 6-Dec 18	Thu	7:30-8p	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0325-322000</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 6 and up	\$120	6 Classes	<a href="#">PICE0325-322001</a>

## Teens and Tweens Free Skate

Tweens & Teens Free Skate - Prerequisite: Passed Tweens & Teens 6. This class will focus on introductory free skating skills including beginner jumps and spins. Fee includes skate rental plus a practice card good for admission to public skate sessions to practice skills learned in class. Helmet and gloves are strongly recommended.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 8-Oct 20	Mon	7:30-8:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0347-312001</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0347-312003</a>

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 3-Dec 8	Mon	7:30-8:15p	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0347-322001</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 12 to 17	\$180	6 Classes	<a href="#">PICE0347-322003</a>

# 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.

**Fall Term I:** *Cabin John Ice Rink*

[Click to Register](#)

Sep 9-Oct 21	Tue	6:15-7p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-312001</a>
Sep 10-Oct 22	Wed	6:15-7p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-312002</a>
Sep 12-Oct 17	Fri	1:15-2p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-312003</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-312004</a>

**Fall Term II:** *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	6:15-7p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-322001</a>
Nov 5-Dec 17	Wed	6:15-7p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-322002</a>
Nov 7-Dec 19	Fri	1:15-2p	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-322003</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 3 to 6	\$180	6 Classes	<a href="#">PICE0112-322004</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Kinder Sticks

Prerequisite: Tots with Sticks and for ages 4-6. Kinder Sticks expands on the beginning skating skills taught through Tots with Sticks program and aims to prepare children for Hockey 1. Skaters will learn proper forward skating, forward one-foot glides, forward and backward swizzles, a moving snowplow stop, curves, backward two-foot glides, backward swizzles, rocking horse, two-foot turns from forward to backward in place and moving. Helmet and gloves/mittens are required. Fee includes skate rental and a practice card for public session admission to practice.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 9-Oct 21	Tue	6:15-7p	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0113-312001</a>
Sep 13-Oct 18	Sat	9:45-10:30a	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0113-312004</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	6:15-7p	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0113-322001</a>
Nov 1-Dec 13	Sat	9:45-10:30a	Ages 4 to 6	\$180	6 Classes	<a href="#">PICE0113-322004</a>

## 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.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 9-Oct 21	Tue	5:30-6p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-312001</a>
Sep 10-Oct 22	Wed	7-7:30p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-312002</a>
Sep 13-Oct 18	Sat	10:30-11a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-312003</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	5:30-6p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-322001</a>
Nov 5-Dec 17	Wed	7-7:30p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-322002</a>
Nov 1-Dec 13	Sat	10:30-11a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-322003</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0351-325001</a>
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Fall I: ☐ ☐

Fall II: ☐ ☐

## Hockey 2

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

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	5:30-6p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-312001</a>	
Sep 10-Oct 22	Wed	7-7:30p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-312002</a>	
Sep 13-Oct 18	Sat	10:30-11a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-312003</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 4-Dec 9	Tue	5:30-6p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-322001</a>	
Nov 5-Dec 17	Wed	7-7:30p	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-322002</a>	
Nov 1-Dec 13	Sat	10:30-11a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-322003</a>	
Fall Term II: <i>Wheaton Ice Arena</i>							<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	11:15-11:45a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0352-325001</a>	

## 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, neck guard, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates.

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	7-7:45p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-312001</a>	
Sep 10-Oct 22	Wed	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-312002</a>	
Sep 13-Oct 18	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-312003</a>	



## Hockey 3 (continued)

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	7-7:45p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-322001</a>
Nov 5-Dec 17	Wed	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-322002</a>
Nov 1-Dec 13	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0353-322003</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 1-Dec 13	Sat	10:45-11:15a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0353-325001</a>
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## 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, neck guard, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates.

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 9-Oct 21	Tue	7-7:45p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-312001</a>
Sep 10-Oct 22	Wed	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-312002</a>
Sep 13-Oct 18	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-312003</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	7-7:45p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-322001</a>
Nov 5-Dec 17	Wed	5:30-6:15p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-322002</a>
Nov 1-Dec 13	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0354-322003</a>

### Fall Term II: *Wheaton Ice Arena*

[Click to Register](#)

Nov 1-Dec 13	Sat	10:45-11:15a	Ages 4 to 12	\$120	6 Classes	<a href="#">PICE0354-325001</a>
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Fall I: ☐ ☐

Fall II: ☐ ☐

## Hockey Advanced

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

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	8:15-9p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-312001</a>	
Sep 10-Oct 22	Wed	7:45-8:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-312002</a>	
Sep 13-Oct 18	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-312003</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 4-Dec 9	Tue	8:15-9p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-322001</a>	
Nov 5-Dec 17	Wed	7:45-8:30p	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-322002</a>	
Nov 1-Dec 13	Sat	8:15-9a	Ages 4 to 12	\$180	6 Classes	<a href="#">PICE0355-322003</a>	

## 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).

Fall Term I: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	8:15-9a	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0357-312001</a>	
Fall Term II: <i>Cabin John Ice Rink</i>							<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	8:15-9a	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0357-322001</a>	



## 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).

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 10-Oct 22	Wed	8:30-9:15p	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0358-312001</a>
Sep 13-Oct 18	Sat	8:15-9a	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0358-312002</a>

### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 5-Dec 17	Wed	8:30-9:15p	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0358-322001</a>
Nov 1-Dec 13	Sat	8:15-9a	Ages 13 and up	\$180	6 Classes	<a href="#">PICE0358-322002</a>

## Scrimmage

### Fall Term I: *Cabin John Ice Rink*

[Click to Register](#)

Sep 9-Oct 21	Tue	7:45-8:15p	Ages 9 to 13	\$120	6 Classes	<a href="#">PICE0362-312300</a>
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### Fall Term II: *Cabin John Ice Rink*

[Click to Register](#)

Nov 4-Dec 9	Tue	7:45-8:15p	Ages 9 to 13	\$120	6 Classes	<a href="#">PICE0362-322001</a>
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Fall I: ☐ ☐

Fall II: ☐ ☐

## Hockey Stickhandling and Scrimmage

Prerequisite: Passed Hockey 2. This advanced hockey class will focus on technique for stickhandling and passing getting through the offensive zone and putting the puck in the net. Topics covered will include shooting techniques and accuracy, speed and agility, stickhandling, skating in open ice, receiving passes, and defending the puck. Full gear required.

Fall Term I: <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	9-9:30a	Ages 5 to 11	\$120	6 Classes	<a href="#">PICE0364-312002</a>
Sep 13-Oct 18	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	<a href="#">PICE0364-312005</a>
Fall Term II: <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	9-9:30a	Ages 5 to 11	\$120	6 Classes	<a href="#">PICE0364-322001</a>
Nov 1-Dec 13	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	<a href="#">PICE0364-322005</a>

## 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

Fall Term I: <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	<a href="#">PICE0365-312001</a>
Sep 13-Oct 18	Sat	9-9:30a	Ages 6 to 12	\$120	6 Classes	<a href="#">PICE0365-312002</a>
Fall Term II: <i>Cabin John Ice Rink</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	9-9:30a	Ages 13 and up	\$120	6 Classes	<a href="#">PICE0365-322001</a>
Nov 1-Dec 13	Sat	9-9:30a	Ages 6 to 12	\$120	6 Classes	<a href="#">PICE0365-322002</a>



Fall I: ☐ ☐

Fall II: ☐ ☐



## TENNIS & PICKLEBALL



**Pauline Betz Addie  
Tennis Center**



**Wheaton  
Indoor Tennis**



### **PAULINE BETZ ADDIE TENNIS CENTER**

7801 Democracy Blvd | Bethesda, MD 20817

301-765-8650

[PBATennis.org](http://PBATennis.org)

### **WHEATON INDOOR TENNIS**

11715 Orebaugh Ave | Wheaton, MD 20902

301-905-3030

[WheatonTennis.org](http://WheatonTennis.org)



# TENNIS

Programs are subject to change.  
For the most up-to-date listings visit:  
[PBATennis.org](http://PBATennis.org) or [WheatonTennis.org](http://WheatonTennis.org)

## CLASS DATES

### Fall I:

Registration Dates: Aug 25 - Sep 5

Class Dates: Sep 8 - Oct 23

No Classes: Sep 22, 23; Oct 1, 2

### Fall II:

Registration Dates: Oct 24 - 30

Class Dates: Nov 1 - Dec 19

No Classes: Nov 26-30

### 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 racquets 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.

## IMPORTANT DATES:

- Facility closed: Nov 27 and Dec 25
- Facility closes at 3pm on Dec 24 and 31





## TENNIS

### Parent & Child Tennis (Ages 4-5)

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

#### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 11-Oct 16	Thu	6-7p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310011</a>
Sep 14-Oct 19	Sun	9-10a	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310012</a>
Sep 8-Oct 20	Mon	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310013</a>
Sep 8-Oct 20	Mon	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310014</a>
Sep 9-Oct 21	Tue	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310015</a>
Sep 9-Oct 21	Tue	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310016</a>
Sep 10-Oct 22	Wed	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310017</a>
Sep 10-Oct 22	Wed	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310018</a>
Sep 11-Oct 23	Thu	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310019</a>
Sep 11-Oct 23	Thu	6-7p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-310020</a>

#### Fall Term I: *Wheaton Indoor Tennis*

[Click to Register](#)

Sep 13-Oct 18	Sat	9-10a	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-316006</a>
Sep 8-Oct 20	Mon	6-7p	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-316008</a>
Sep 10-Oct 22	Wed	5-6p	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-316009</a>



Fall I: ☐ ☐

Fall II: ☐ ☐

## Parent & Child Tennis (Ages 4-5) (continued)

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 6-Dec 11	Thu	6-7p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320011</a>
Nov 2-Dec 14	Sun	9-10a	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320012</a>
Nov 3-Dec 8	Mon	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320013</a>
Nov 3-Dec 8	Mon	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320014</a>
Nov 4-Dec 9	Tue	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320015</a>
Nov 4-Dec 9	Tue	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320016</a>
Nov 5-Dec 17	Wed	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320017</a>
Nov 5-Dec 17	Wed	5-6p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320018</a>
Nov 6-Dec 18	Thu	3-4p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320019</a>
Nov 6-Dec 18	Thu	6-7p	Ages 4 to 5	\$156	6 Classes	<a href="#">PTEN0001-320020</a>

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 1-Dec 13	Sat	9-10a	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-326006</a>
Nov 3-Dec 8	Mon	6-7p	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-326008</a>
Nov 5-Dec 17	Wed	5-6p	Ages 4 to 5	\$135	6 Classes	<a href="#">PTEN0001-326009</a>

## 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)

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 14-Oct 19	Sun	9-10a	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-310024</a>
Sep 8-Oct 20	Mon	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-310025</a>
Sep 9-Oct 21	Tue	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-310026</a>
Sep 10-Oct 22	Wed	4-5p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-310027</a>
Sep 11-Oct 23	Thu	4-5p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-310028</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Youth Tennis, Beginner 6-8 (continued)

Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-316016</a>
Sep 13-Oct 18	Sat	10-11a	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-316017</a>
Sep 14-Oct 19	Sun	11a-12p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-316018</a>
Sep 9-Oct 21	Tue	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-316020</a>
Sep 9-Oct 21	Tue	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-316021</a>
Fall Term II: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	9-10a	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-320024</a>
Nov 3-Dec 8	Mon	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-320025</a>
Nov 4-Dec 9	Tue	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-320026</a>
Nov 5-Dec 17	Wed	4-5p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-320027</a>
Nov 6-Dec 18	Thu	4-5p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0005-320028</a>
Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-326016</a>
Nov 1-Dec 13	Sat	10-11a	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-326017</a>
Nov 2-Dec 14	Sun	11a-12p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-326018</a>
Nov 4-Dec 9	Tue	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-326020</a>
Nov 4-Dec 9	Tue	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0005-326021</a>

## 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)

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10-11a	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-310025</a>
Sep 8-Oct 20	Mon	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-310026</a>
Sep 9-Oct 21	Tue	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-310027</a>
Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-310030</a>
Sep 10-Oct 22	Wed	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-310028</a>
Sep 11-Oct 23	Thu	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-310029</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## Youth Tennis, Intermediate 6-8 (continued)

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 2-Dec 14	Sun	10-11a	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-320025</a>
Nov 3-Dec 8	Mon	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-320026</a>
Nov 4-Dec 9	Tue	5-6p	Ages 6 to 8	\$150	6 Classes	<a href="#">PTEN0010-320027</a>

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 4-Dec 9	Tue	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-320030</a>
Nov 5-Dec 17	Wed	5-6p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-320028</a>
Nov 6-Dec 18	Thu	6-7p	Ages 6 to 8	\$132	6 Classes	<a href="#">PTEN0010-320029</a>

## 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)

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 14-Oct 19	Sun	1-2p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-310035</a>
Sep 8-Oct 20	Mon	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-310036</a>
Sep 9-Oct 21	Tue	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-310037</a>
Sep 10-Oct 22	Wed	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-310038</a>
Sep 11-Oct 23	Thu	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-310039</a>

### Fall Term I: *Wheaton Indoor Tennis*

[Click to Register](#)

Sep 11-Oct 23	Thu	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-316037</a>
Sep 14-Oct 19	Sun	9-10a	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-316038</a>
Sep 8-Oct 20	Mon	6-7p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-316039</a>
Sep 13-Oct 18	Sat	9-10a	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-316040</a>
Sep 10-Oct 22	Wed	6-7p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-316041</a>

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 2-Dec 14	Sun	1-2p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-320035</a>
Nov 3-Dec 8	Mon	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-320036</a>
Nov 4-Dec 9	Tue	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-320037</a>
Nov 5-Dec 17	Wed	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-320038</a>
Nov 6-Dec 18	Thu	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0015-320039</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Youth Tennis, Beginner 9-10 (continued)

Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-326037</a>
Nov 2-Dec 14	Sun	9-10a	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-326038</a>
Nov 3-Dec 8	Mon	6-7p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-326039</a>
Nov 1-Dec 13	Sat	9-10a	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-326040</a>
Nov 5-Dec 17	Wed	6-7p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0015-326041</a>

## 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)

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10-11a	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-310046</a>
Sep 8-Oct 20	Mon	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-310047</a>
Sep 9-Oct 21	Tue	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-310048</a>
Sep 10-Oct 22	Wed	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-310049</a>
Sep 11-Oct 23	Thu	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-310050</a>

Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 8-Oct 20	Mon	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-316044</a>
Sep 11-Oct 23	Thu	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-316045</a>
Sep 13-Oct 18	Sat	11a-12p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-316046</a>

Fall Term II: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	10-11a	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-320046</a>
Nov 3-Dec 8	Mon	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-320047</a>
Nov 4-Dec 9	Tue	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-320048</a>
Nov 5-Dec 17	Wed	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-320049</a>
Nov 6-Dec 18	Thu	6-7p	Ages 9 to 10	\$150	6 Classes	<a href="#">PTEN0020-320050</a>

Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 3-Dec 8	Mon	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-326044</a>
Nov 6-Dec 18	Thu	5-6p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-326045</a>
Nov 1-Dec 13	Sat	11a-12p	Ages 9 to 10	\$132	6 Classes	<a href="#">PTEN0020-326046</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## 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)

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 8-Oct 20	Mon	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-310055</a>
Sep 9-Oct 21	Tue	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-310056</a>
Sep 10-Oct 22	Wed	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-310057</a>
Sep 11-Oct 23	Thu	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-310058</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	1-2p	Ages 9 to 10	\$135	6 Classes	<a href="#">PTEN0025-316055</a>
<b>Fall Term II:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 3-Dec 8	Mon	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-320055</a>
Nov 4-Dec 9	Tue	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-320056</a>
Nov 5-Dec 17	Wed	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-320057</a>
Nov 6-Dec 18	Thu	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0025-320058</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	1-2p	Ages 9 to 10	\$135	6 Classes	<a href="#">PTEN0025-326055</a>

## Youth Tennis, Intro to Match Play 9-10

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

<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	11a-12p	Ages 9 to 10	\$135	6 Classes	<a href="#">PTEN0030-316062</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	11a-12p	Ages 9 to 10	\$135	6 Classes	<a href="#">PTEN0030-326062</a>

## 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.

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 12-Oct 17	Fri	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-310084</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



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

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	11a-12p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-310085</a>
Sep 8-Oct 20	Mon	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-310086</a>
Sep 10-Oct 22	Wed	5-6p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-310087</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 10-Oct 22	Wed	6-7p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0040-316084</a>
Sep 14-Oct 19	Sun	10-11a	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0040-316085</a>
<b>Fall Term II:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 7-Dec 19	Fri	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-320084</a>
Nov 2-Dec 14	Sun	11a-12p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-320085</a>
Nov 3-Dec 8	Mon	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-320086</a>
Nov 5-Dec 17	Wed	5-6p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0040-320087</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 5-Dec 17	Wed	6-7p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0040-326084</a>
Nov 2-Dec 14	Sun	10-11a	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0040-326085</a>

## 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.

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 12-Oct 17	Fri	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-310096</a>
Sep 8-Oct 20	Mon	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-310097</a>
Sep 10-Oct 22	Wed	5-6p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-310098</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	11a-12p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-316094</a>
Sep 10-Oct 22	Wed	5-6p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-316095</a>
Sep 8-Oct 20	Mon	5-6p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-316096</a>
<b>Fall Term II:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 7-Dec 19	Fri	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-320096</a>
Nov 3-Dec 8	Mon	4-5p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-320097</a>
Nov 5-Dec 17	Wed	5-6p	Ages 11 to 12	\$150	6 Classes	<a href="#">PTEN0045-320098</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## Youth Tennis, Intermediate 11-12 (continued)

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 2-Dec 14	Sun	11a-12p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-326094</a>
Nov 5-Dec 17	Wed	5-6p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-326095</a>
Nov 3-Dec 8	Mon	5-6p	Ages 11 to 12	\$132	6 Classes	<a href="#">PTEN0045-326096</a>

## 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.

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 12-Oct 17	Fri	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-310105</a>
Sep 8-Oct 20	Mon	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-310106</a>
Sep 10-Oct 22	Wed	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-310107</a>

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 7-Dec 19	Fri	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-320105</a>
Nov 3-Dec 8	Mon	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-320106</a>
Nov 5-Dec 17	Wed	4-6p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0050-320107</a>

## Teen Tennis, Beginner 13-17

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.

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 9-Oct 21	Tue	1-2p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-310114</a>
Sep 11-Oct 23	Thu	5-6p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-310115</a>
Sep 14-Oct 19	Sun	11a-12p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-310116</a>

### Fall Term I: *Wheaton Indoor Tennis*

[Click to Register](#)

Sep 11-Oct 23	Thu	6-7p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0055-316113</a>
Sep 13-Oct 18	Sat	12-1p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0055-316114</a>

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 4-Dec 9	Tue	1-2p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-320114</a>
Nov 6-Dec 18	Thu	5-6p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-320115</a>
Nov 2-Dec 14	Sun	11a-12p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0055-320116</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## Teen Tennis, Beginner 13-17 (continued)

Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	6-7p	Ages 15 to 17	\$132	6 Classes	<a href="#">PTEN0055-326113</a>
Nov 1-Dec 13	Sat	12-1p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0055-326114</a>

## Teen Tennis, Intermediate 13-17

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.

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	4-5p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0060-310125</a>
Sep 11-Oct 23	Thu	5-6p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0060-310126</a>

Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	1-2p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0060-316125</a>

Fall Term II: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 4-Dec 9	Tue	4-5p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0060-320125</a>
Nov 6-Dec 18	Thu	5-6p	Ages 13 to 17	\$150	6 Classes	<a href="#">PTEN0060-320126</a>

Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	1-2p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0060-326125</a>

## Teen Tennis, Advanced 13-17

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.

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 9-Oct 21	Tue	4-6p	Ages 13 to 17	\$156	6 Classes	<a href="#">PTEN0065-310133</a>
Sep 10-Oct 22	Wed	4-6p	Ages 13 to 17	\$156	6 Classes	<a href="#">PTEN0065-310134</a>

Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	12-1p	Ages 13 to 17	\$135	6 Classes	<a href="#">PTEN0065-316132</a>

Fall Term II: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 4-Dec 9	Tue	4-6p	Ages 13 to 17	\$156	6 Classes	<a href="#">PTEN0065-320133</a>
Nov 5-Dec 17	Wed	4-6p	Ages 13 to 17	\$156	6 Classes	<a href="#">PTEN0065-320134</a>

Fall Term II: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	12-1p	Ages 13 to 17	\$135	6 Classes	<a href="#">PTEN0065-326132</a>

Fall I: ☐ ☐ Fall II: ☐ ☐

## 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.

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>							<a href="#">Click to Register</a>
Sep 12-Oct 17	Fri	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310189</a>	
Sep 13-Oct 18	Sat	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310190</a>	
Sep 13-Oct 18	Sat	4-5p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310191</a>	
Sep 14-Oct 19	Sun	9-10a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310192</a>	
Sep 8-Oct 20	Mon	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310193</a>	
Sep 8-Oct 20	Mon	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310194</a>	
Sep 9-Oct 21	Tue	11a-12p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310195</a>	
Sep 10-Oct 22	Wed	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310196</a>	
Sep 11-Oct 23	Thu	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-310197</a>	
Fall Term I: <i>Wheaton Indoor Tennis</i>							<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-316186</a>	
Sep 14-Oct 19	Sun	9-10a	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-316187</a>	
Sep 10-Oct 22	Wed	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-316188</a>	
Fall Term II: <i>Pauline Betz Addie Tennis Center</i>							<a href="#">Click to Register</a>
Nov 7-Dec 19	Fri	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320189</a>	
Nov 1-Dec 13	Sat	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320190</a>	
Nov 1-Dec 13	Sat	4-5p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320191</a>	
Nov 2-Dec 14	Sun	9-10a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320192</a>	
Nov 3-Dec 8	Mon	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320193</a>	
Nov 3-Dec 8	Mon	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320194</a>	
Nov 4-Dec 9	Tue	11a-12p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320195</a>	
Nov 5-Dec 17	Wed	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320196</a>	
Nov 6-Dec 18	Thu	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0090-320197</a>	
Fall Term II: <i>Wheaton Indoor Tennis</i>							<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-326186</a>	
Nov 2-Dec 14	Sun	9-10a	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-326187</a>	
Nov 5-Dec 17	Wed	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0090-326188</a>	

Fall I: ☐ ☐

Fall II: ☐ ☐

## 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.

**Fall Term I:** *Pauline Betz Addie Tennis Center* [Click to Register](#)

Sep 13-Oct 18	Sat	1-2p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310198</a>
Sep 14-Oct 19	Sun	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310199</a>
Sep 8-Oct 20	Mon	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310200</a>
Sep 9-Oct 21	Tue	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310201</a>
Sep 10-Oct 22	Wed	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310202</a>
Sep 11-Oct 23	Thu	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-310203</a>

**Fall Term I:** *Wheaton Indoor Tennis* [Click to Register](#)

Sep 9-Oct 21	Tue	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-316200</a>
Sep 8-Oct 20	Mon	11a-12p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-316201</a>
Sep 13-Oct 18	Sat	1-2p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-316202</a>

**Fall Term II:** *Pauline Betz Addie Tennis Center* [Click to Register](#)

Nov 1-Dec 13	Sat	1-2p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320198</a>
Nov 2-Dec 14	Sun	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320199</a>
Nov 3-Dec 8	Mon	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320200</a>
Nov 4-Dec 9	Tue	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320201</a>
Nov 5-Dec 17	Wed	10-11a	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320202</a>
Nov 6-Dec 18	Thu	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0095-320203</a>

**Fall Term II:** *Wheaton Indoor Tennis* [Click to Register](#)

Nov 4-Dec 9	Tue	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-326200</a>
Nov 3-Dec 8	Mon	11a-12p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-326201</a>
Nov 1-Dec 13	Sat	1-2p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0095-326202</a>

Fall I: ☐ ☐

Fall II: ☐ ☐



## 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.

**Fall Term I:** *Pauline Betz Addie Tennis Center* [Click to Register](#)

Sep 13-Oct 18	Sat	12-1p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-310211</a>
Sep 14-Oct 19	Sun	12-1p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-310212</a>
Sep 8-Oct 20	Mon	11a-12p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-310213</a>
Sep 9-Oct 21	Tue	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-310214</a>

**Fall Term I:** *Wheaton Indoor Tennis* [Click to Register](#)

Sep 14-Oct 19	Sun	12-1p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-316206</a>
Sep 9-Oct 21	Tue	11a-12p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-316207</a>
Sep 8-Oct 20	Mon	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-316209</a>
Sep 13-Oct 18	Sat	1-2p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-316210</a>
Sep 10-Oct 22	Wed	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-316211</a>

**Fall Term II:** *Pauline Betz Addie Tennis Center* [Click to Register](#)

Nov 1-Dec 13	Sat	12-1p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-320211</a>
Nov 2-Dec 14	Sun	12-1p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-320212</a>
Nov 3-Dec 8	Mon	11a-12p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-320213</a>
Nov 4-Dec 9	Tue	7-8p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0100-320214</a>

**Fall Term II:** *Wheaton Indoor Tennis* [Click to Register](#)

Nov 2-Dec 14	Sun	12-1p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-326206</a>
Nov 4-Dec 9	Tue	11a-12p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-326207</a>
Nov 3-Dec 8	Mon	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-326209</a>
Nov 1-Dec 13	Sat	1-2p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-326210</a>
Nov 5-Dec 17	Wed	7-8p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0100-326211</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## 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.

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	2-3p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0105-310301</a>
Sep 13-Oct 18	Sat	2-3p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0105-310302</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 8-Oct 20	Mon	8-9p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0105-316301</a>
<b>Fall Term II:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	2-3p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0105-320301</a>
Nov 1-Dec 13	Sat	2-3p	Ages 18 and up	\$150	6 Classes	<a href="#">PTEN0105-320302</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 3-Dec 8	Sat	8-9p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0105-326301</a>

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

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.

<b>Fall Term I:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 13-Oct 18	Sat	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-310226</a>
Sep 9-Oct 21	Tue	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-310228</a>
Sep 11-Oct 23	Thu	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-310229</a>
Sep 14-Oct 19	Sun	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-310277</a>
Sep 10-Oct 22	Wed	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-310320</a>
<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 8-Oct 20	Mon	8-9p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-316223</a>
Sep 11-Oct 23	Thu	11a-12p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-316224</a>
Sep 14-Oct 19	Sun	12-1p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-316225</a>
<b>Fall Term II:</b> <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Nov 1-Dec 13	Sat	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-320226</a>
Nov 4-Dec 9	Tue	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-320228</a>
Nov 6-Dec 18	Thu	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-320229</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

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

<b>Fall Term II: <i>Pauline Betz Addie Tennis Center</i></b>							<a href="#">Click to Register</a>
Nov 2-Dec 14	Sun	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-320277</a>	
Nov 5-Dec 17	Wed	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0110-320320</a>	
<b>Fall Term II: <i>Wheaton Indoor Tennis</i></b>							<a href="#">Click to Register</a>
Nov 3-Dec 8	Mon	8-9p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-326223</a>	
Nov 6-Dec 18	Thu	11a-12p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-326224</a>	
Nov 2-Dec 14	Sun	12-1p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0110-326225</a>	

## 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.

<b>Fall Term I: <i>Pauline Betz Addie Tennis Center</i></b>							<a href="#">Click to Register</a>
Sep 12-Oct 17	Fri	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-310236</a>	
Sep 14-Oct 19	Sun	1-2p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-310237</a>	
Sep 8-Oct 20	Mon	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-310238</a>	
Sep 11-Oct 23	Thu	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-310239</a>	
<b>Fall Term I: <i>Wheaton Indoor Tennis</i></b>							<a href="#">Click to Register</a>
Sep 11-Oct 23	Thu	7-9p	Ages 18 and up	\$270	6 Classes	<a href="#">PTEN0115-316223</a>	
Sep 10-Oct 22	Wed	10a-12p	Ages 18 and up	\$270	6 Classes	<a href="#">PTEN0115-316234</a>	
<b>Fall Term II: <i>Pauline Betz Addie Tennis Center</i></b>							<a href="#">Click to Register</a>
Nov 7-Dec 19	Fri	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-320236</a>	
Nov 2-Dec 14	Sun	1-2p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-320237</a>	
Nov 3-Dec 8	Mon	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-320238</a>	
Nov 6-Dec 18	Thu	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0115-320239</a>	
<b>Fall Term II: <i>Wheaton Indoor Tennis</i></b>							<a href="#">Click to Register</a>
Nov 6-Dec 18	Thu	7-9p	Ages 18 and up	\$270	6 Classes	<a href="#">PTEN0115-326223</a>	
Nov 5-Dec 17	Wed	10a-12p	Ages 18 and up	\$270	6 Classes	<a href="#">PTEN0115-326234</a>	



## 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.

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 14-Oct 19	Sun	2-4p	Ages 18 and up	\$312	6 Classes	<a href="#">PTEN0120-310245</a>
Sep 9-Oct 21	Tue	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0120-310246</a>

### Fall Term I: *Wheaton Indoor Tennis*

[Click to Register](#)

Sep 9-Oct 14	Tue	6-8p	Ages 18 and up	\$270	6 Classes	<a href="#">PTEN0120-316242</a>
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### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 2-Dec 14	Sun	2-4p	Ages 18 and up	\$312	6 Classes	<a href="#">PTEN0120-320245</a>
Nov 4-Dec 9	Tue	8-9p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0120-320246</a>

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 4-Dec 2	Tue	6-8p	Ages 18 and up	\$270	5 Classes	<a href="#">PTEN0120-326242</a>
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Fall I: ☐ ☐

Fall II: ☐ ☐

## Adult Cardio Tennis

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

Fall Term I: <i>Pauline Betz Addie Tennis Center</i>						<a href="#">Click to Register</a>
Sep 12-Oct 17	Fri	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310264</a>
Sep 12-Oct 17	Fri	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310265</a>
Sep 13-Oct 18	Sat	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310266</a>
Sep 14-Oct 19	Sun	8-9a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310267</a>
Sep 14-Oct 19	Sun	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310268</a>
Sep 8-Oct 20	Mon	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310269</a>
Sep 8-Oct 20	Mon	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310270</a>
Sep 8-Oct 20	Mon	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310271</a>
Sep 9-Oct 21	Tue	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310272</a>
Sep 9-Oct 21	Tue	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310273</a>
Sep 10-Oct 22	Wed	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310274</a>
Sep 10-Oct 22	Wed	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310275</a>
Sep 10-Oct 22	Wed	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310276</a>
Sep 11-Oct 23	Thu	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-310277</a>

Fall Term I: <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 14-Oct 19	Sun	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-316254</a>
Sep 8-Oct 20	Mon	7-8p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-316255</a>
Sep 10-Oct 22	Wed	8-9p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-316256</a>
Sep 13-Oct 18	Sat	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-316257</a>
Sep 9-Oct 21	Tue	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-316258</a>

Fall I: ☐ ☐

Fall II: ☐ ☐

## Adult Cardio Tennis (continued)

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 7-Dec 19	Fri	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320264</a>
Nov 7-Dec 19	Fri	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320265</a>
Nov 1-Dec 13	Sat	11a-12p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320266</a>
Nov 2-Dec 14	Sun	8-9a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320267</a>
Nov 2-Dec 14	Sun	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320268</a>
Nov 3-Dec 8	Mon	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320269</a>
Nov 3-Dec 8	Mon	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320270</a>
Nov 3-Dec 8	Mon	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320271</a>
Nov 4-Dec 9	Tue	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320272</a>
Nov 4-Dec 9	Tue	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320273</a>
Nov 5-Dec 17	Wed	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320274</a>
Nov 5-Dec 17	Wed	12-1p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320275</a>
Nov 5-Dec 17	Wed	7-8p	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320276</a>
Nov 6-Dec 18	Thu	9-10a	Ages 18 and up	\$156	6 Classes	<a href="#">PTEN0125-320277</a>

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 2-Dec 14	Sun	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-326254</a>
Nov 3-Dec 8	Mon	7-8p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-326255</a>
Nov 5-Dec 17	Wed	8-9p	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-326256</a>
Nov 1-Dec 13	Sat	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-326257</a>
Nov 4-Dec 9	Tue	10-11a	Ages 18 and up	\$135	6 Classes	<a href="#">PTEN0125-326258</a>



Fall I: ☐ ☐

Fall II: ☐ ☐



## Junior Match Play

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

### Fall Term I: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Sep 12-Oct 17	Fri	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0130-310001</a>
Sep 13-Oct 18	Sat	11a-1p	Ages 9 to 10	\$312	6 Classes	<a href="#">PTEN0130-310002</a>
Sep 13-Oct 18	Sat	3-5p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0130-310003</a>
Sep 13-Oct 18	Sat	1-3p	Ages 13 to 18	\$312	6 Classes	<a href="#">PTEN0130-310005</a>
Sep 12-Oct 17	Fri	5-6p	Ages 13 to 18	\$156	6 Classes	<a href="#">PTEN0130-310006</a>

### Fall Term I: *Wheaton Indoor Tennis*

[Click to Register](#)

Sep 12-Oct 17	Fri	4-6p	Ages 11 to 12	\$270	6 Classes	<a href="#">PTEN0130-316002</a>
Sep 12-Oct 17	Fri	4-6p	Ages 13 to 18	\$270	6 Classes	<a href="#">PTEN0130-316003</a>

### Fall Term II: *Pauline Betz Addie Tennis Center*

[Click to Register](#)

Nov 7-Dec 19	Fri	6-7p	Ages 9 to 10	\$156	6 Classes	<a href="#">PTEN0130-320001</a>
Nov 1-Dec 13	Sat	11a-1p	Ages 9 to 10	\$312	6 Classes	<a href="#">PTEN0130-320002</a>
Nov 1-Dec 13	Sat	3-5p	Ages 11 to 12	\$312	6 Classes	<a href="#">PTEN0130-320003</a>
Nov 1-Dec 13	Sat	1-3p	Ages 13 to 18	\$312	6 Classes	<a href="#">PTEN0130-320005</a>
Nov 7-Dec 19	Fri	5-6p	Ages 13 to 18	\$156	6 Classes	<a href="#">PTEN0130-320006</a>

### Fall Term II: *Wheaton Indoor Tennis*

[Click to Register](#)

Nov 7-Dec 19	Fri	4-6p	Ages 11 to 12	\$270	6 Classes	<a href="#">PTEN0130-326002</a>
Nov 7-Dec 19	Fri	4-6p	Ages 13 to 18	\$270	6 Classes	<a href="#">PTEN0130-326003</a>



Fall I: ☐ ☐

Fall II: ☐ ☐

## PICKLEBALL

## Pickleball Youth Beginner 9-12

Discover the basics and start your pickleball journey! This class is perfect for newcomers to pickleball (ages 9-12) who want to learn the fundamentals. We cover essential rules, paddle grips, basic strokes, serving techniques, and court positioning. You'll gain confidence through fun drills and guided play, setting a solid foundation for future improvement.

**Fall Term I:** *Wheaton Indoor Tennis*[Click to Register](#)

Sep 13 - Oct 18	Sat	10-11a	Ages 9 to 12	\$132	6 Classes	<a href="#">PTEN0700-316700</a>
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**Fall Term II:** *Wheaton Indoor Tennis*[Click to Register](#)

Nov 1 - Dec 13	Sat	10-11a	Ages 9 to 12	\$132	6 Classes	<a href="#">PTEN0700-326700</a>
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## Pickleball Youth Intermediate 9-12

Take your skills to the next level with intermediate techniques and strategies. Designed for players (ages 9-12) who have a basic understanding of pickleball and want to improve their game. This class focuses on refining strokes, developing consistent serves and returns, enhancing footwork, and learning tactical positioning. Expect dynamic drills and gameplay scenarios to boost your confidence and competitiveness.

**Fall Term I:** *Wheaton Indoor Tennis*[Click to Register](#)

Sep 13 - Oct 18	Sat	11a-12p	Ages 9 to 12	\$132	6 Classes	<a href="#">PTEN0701-316710</a>
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**Fall Term II:** *Wheaton Indoor Tennis*[Click to Register](#)

Nov 1 - Dec 13	Sat	11a-12p	Ages 9 to 12	\$132	6 Classes	<a href="#">PTEN0701-326710</a>
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## Pickleball Teen Beginner 13-17

Discover the basics and start your pickleball journey! This class is perfect for newcomers (ages 13-17) to pickleball who want to learn the fundamentals. We cover essential rules, paddle grips, basic strokes, serving techniques, and court positioning. You'll gain confidence through fun drills and guided play, setting a solid foundation for future improvement.

**Fall Term I:** *Wheaton Indoor Tennis*[Click to Register](#)

Sep 14 - Oct 19	Sun	10-11a	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0720-316720</a>
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**Fall Term II:** *Wheaton Indoor Tennis*[Click to Register](#)

Nov 2 - Dec 14	Sun	10-11a	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0720-326720</a>
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Fall I: ☐ ☐Fall II: ☐ ☐

## Pickleball Teen Intermediate 13-17

Take your skills to the next level with intermediate techniques and strategies. Designed for players who have a basic understanding of pickleball and want to improve their game. This class focuses on refining strokes, developing consistent serves and returns, enhancing footwork, and learning tactical positioning. Expect dynamic drills and gameplay scenarios to boost your confidence and competitiveness.

<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 14 - Oct 19	Sun	11a-12p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0721-316730</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 2 - Dec 14	Sun	11a-12p	Ages 13 to 17	\$132	6 Classes	<a href="#">PTEN0721-326730</a>

## Pickleball Adult Beginner

Discover the basics and start your pickleball journey! This class is perfect for newcomers (adults 18+) to pickleball who want to learn the fundamentals. We cover essential rules, paddle grips, basic strokes, serving techniques, and court positioning. You'll gain confidence through fun drills and guided play, setting a solid foundation for future improvement.

<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 9 - Oct 21	Tue	5-6p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0750-316750</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 4 - Dec 9	Tue	5-6p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN0750-326750</a>

## Pickleball Adult Intermediate

Take your skills to the next level with intermediate techniques and strategies. Designed for players (ages 18+) who have a basic understanding of pickleball and want to improve their game. This class focuses on refining strokes, developing consistent serves and returns, enhancing footwork, and learning tactical positioning. Expect dynamic drills and gameplay scenarios to boost your confidence and competitiveness.

<b>Fall Term I:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Sep 9 - Oct 21	Tue	6-7p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN7051-316760</a>
<b>Fall Term II:</b> <i>Wheaton Indoor Tennis</i>						<a href="#">Click to Register</a>
Nov 4 - Dec 9	Tue	6-7p	Ages 18 and up	\$132	6 Classes	<a href="#">PTEN7051-326760</a>