MONTGOMERY COUNTY
GUIDE
CLASSES. PROGRAMS. ACTIVITIES. EVENTS.

WINTER 2020-2021

MONTGOMERY PARKS
M-NCPPC
Recreation
Information on the aquatics winter 2020-2021 schedule of programs and classes will be available shortly. For the most up-to-date information, visit www.mocorec.com/aquatics.
MONTGOMERY COUNTY RECREATION HAS MOVED TO

2425 REEDIE DRIVE
FLOOR 10, WHEATON

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

- Arts & Crafts 4
- Cooking 4
- Dance 5
- Fitness 6
- Health/Wellness 7
- Martial Arts 8
- Music 9
- Sports 11
- S.T.E.A.M. 10
- Therapeutic Recreation 12
- Senior Programs 13-15

Programs by Location ................................................................. 18

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

Registration for Winter 2020-21 starts on Nov. 9, 2020 🕒
Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840.

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

Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email rec.mainstream@montgomerycountymd.gov. If you’re registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email ProgramAccess@MontgomeryParks.org; or visit MontgomeryParks.org/access for more information.
ARTS & CRAFTS

Adventures in Art
Ages 5-10  6 Sessions  $70
Instructor: Tatiana Martin
100950 Virtual Class  1/16  Sa  10:15-11:15 a.m.

Fine Arts
Abrakadoodle Geometric Wonders
Ages 5-12  10 Sessions  $130
Instructor: Stephanie Burke
100937 Virtual Class  1/13  W  4-4:45 p.m.

COOKING

Adult Cooking
Sweets for your Sweetheart
Ages 16 & Up  1 Session  $50
Instructor: Sheila Crye
100949 Virtual Class  2/13  Sa  1-3 p.m.

Youth Cooking
Cooking for Beginners
Ages 7-14  4 Sessions  $80
Instructor: Future Resource Learning
100930 Virtual Class  1/13  W  4-5:30 p.m.

Family Meals
Ages 6-14  5 Sessions  $69
Instructor: Tiny Chefs
99975 Virtual Class  1/19  Tu  5-5:45 p.m.

The Art of Cupcakes
Ages 6-14  5 Sessions  $69
Instructor: Tiny Chefs
99982 Virtual Class  2/25  Th  5-5:45 p.m.
DANCE

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

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

Hippo Hoppo
Ages 3-5 5 Sessions $35
Instructor: Robyn Lindsey
99986 Virtual Class 1/20 W 5-5:30 p.m.
100964 Virtual Class 3/3 W 5-5:30 p.m.

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

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

Playtime & Movement
Tippi Toes Dance- Toddler and Me
Ages 3-5 8 Sessions $104
Instructor: Tippi Toes DC
100963 Virtual Class 1/19 Tu 10-10:40 a.m.
# Fitness

## Pilates

**Pilates for Fitness**
Ages 18 & Up  
8 Sessions  
$80
Instructor: Fit 2 Believe
99288 Virtual Class  
1/14  Th  
6-7 p.m.

## Strength Training

**Strength and Toning**
Ages 18 & Up  
7 Sessions  
$65
Instructor: Elite Quality Sports
99249 Virtual Class  
1/11  M  
10-10:45 a.m.
99250 Virtual Class  
1/13  W  
1-1:45 p.m.

## Total Body Conditioning

**ACT The Workout-Fitness**
Ages 18 & Up  
10 Sessions  
$75
Instructor: Marie Castellucci
96847 Virtual Class  
1/13  W  
5:30-6:30 p.m.
96846 Virtual Class  
1/16  Sa  
9-10 a.m.

**Kelley’s Complete Fitness Workout**
Ages 18 & Up  
8 Sessions  
$60
Instructor: Pamela Kelley
96830 Virtual Class  
1/11  M  
7-8 p.m.

**Kelley’s 50+ Complete Workout**
Ages 50 & Up  
10 Sessions  
$75
Instructor: Pamela Kelley
96829 Virtual Class  
1/14  Th  
9:15-10:15 a.m.

## Zumba

**Zumba**
Ages 18 & Up  
10 Sessions  
$75
Instructor: Ingrid Higgins
96826 Virtual Class  
1/16  Sa  
10-11 a.m.

**Strong Nation Zumba**
Ages 18 & Up  
10 Sessions  
$75
Instructor: Lauren Farr
99251 Virtual Class  
1/12  Tu  
Noon-12:30 p.m.
99252 Virtual Class  
1/14  Th  
Noon-12:30 p.m.

**Zumba Fitness**
Ages 16 & Up  
8 Sessions  
$60
Instructor: Michelle Johnson-Lancaster
96851 Virtual Class  
1/11  M  
5:30-6:30 p.m.
96853 Virtual Class  
1/14  Th  
5:30-6:30 p.m.

**Zumba Toning**
Ages 18 & Up  
10 Sessions  
$75
Instructor: Ingrid Higgins
96827 Virtual Class  
1/13  W  
7-8 p.m.
**Health/Wellness**

**Workshops**

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

**Tai Chi**

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

**Yoga**

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

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

**Restore and Recharge Yoga**
Ages 18 & Up  8 Sessions  $80  
Instructor: Hannah Davis  
97278 Virtual Class  1/11  M  7-8 p.m.

**Yoga Basics**
Ages 18 & Up  10 Sessions  $100  
Instructor: Irene Bopp  
96844 Virtual Class  1/12  Tu  10:30-11:30 a.m.  
96845 Virtual Class  1/14  Th  10:30-11:30 a.m.

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

**Yoga/Stretching for Your Relaxation**
Ages 18 & Up  9 Sessions  $90  
Instructor: Nancy Neves  
97273 Virtual Class  1/13  W  11 a.m.-Noon
**Martial Arts**

**Aikido**

Aikido

Ages 11 & Up | 7 Sessions | $70
Instructor: Christopher Rowe
99985 Virtual Class | 1/11 M | 7-8:30 p.m.

**Karate/Jujitsu**

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

Ages 6-12 | 10 Sessions | $100
Instructor: TKA Inc.
99978 Virtual Class | 1/12 Tu | 6:30-7:30 p.m.

**Karate - Youth Yellow and Red Belts**

Ages 6-12 | 9 Sessions | $90
Instructor: TKA Inc.
99976 Virtual Class | 1/11 M | 6:30-7:30 p.m.

**Karate - Youth Green Belts and Higher**

Ages 6-12 | 10 Sessions | $100
Instructor: TKA Inc.
99980 Virtual Class | 1/14 Th | 6:30-7:30 p.m.

**Karate - Adult White Through Red Belts**

Ages 13 & Up | 10 Sessions | $100
Instructor: TKA Inc.
99979 Virtual Class | 1/12 Tu | 7:45-8:45 p.m.

**Karate - Adult Green Through Blue Belts**

Ages 13 & Up | 9 Sessions | $90
Instructor: TKA Inc.
99977 Virtual Class | 1/11 M | 7:45-8:45 p.m.

**Karate - Adult Brown Belts**

Ages 13 & Up | 10 Sessions | $100
Instructor: TKA Inc.
99981 Virtual Class | 1/14 Th | 7:45-8:45 p.m.

**Specialty Programs**

**Self-Defense**

Ages 14 & Up | 7 Sessions | $35
Instructor: Ivan Black
100946 Virtual Class | 1/11 M | 7:15-8:15 p.m.

101158 Virtual Class | 1/14 Th | 7:15-8:15 p.m.

**Tai Chi**

Tai Chi

Ages 18 & Up | 10 Sessions | $100
Instructor: Yanni Nguyen
100922 Virtual Class | 1/14 Th | 6-7 p.m.
Music

Guitar

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

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

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

Playtime & Music

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

Mini Musicians, Movers & Shakers
Ages 2-5  5 Sessions  $45
Instructor: Music In Me Foundation International
100959 Virtual Class  1/27  W  10-10:30 a.m.

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

Engineering

Minecraft Modding
Ages 10-14 8 Sessions $125
Instructor: C3 Cyber Club
100953 Virtual Class 1/15 F 4-5 p.m.

Playtime & Language

Spanish Toddlers
Ages 2-4 8 Sessions $80
Instructor: Maria Rhoe
100958 Virtual Class 1/26 Tu 4:30-5:15 p.m.

Spanish for Youth
Ages 5-8 8 Sessions $80
Instructor: Maria Rhoe
100956 Virtual Class 1/27 W 4:30-5:15 p.m.

Specialty Programs

Debate Club
Ages 8-12 6 Sessions $89
Instructor: Spark Business Academy
100941 Virtual Class 1/13 W 4:30-5:30 p.m.

Finance Club
Ages 9-13 6 Sessions $89
Instructor: Spark Business Academy
100942 Virtual Class 1/11 M 4:30-5:30 p.m.
SPORTS

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

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

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

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

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

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

Sports Conditioning
Sports Fitness and Conditioning
Ages 8-14 4 Sessions $45
Instructor: Coach Parker Basketball Academy
100929 Virtual Class 1/11 M 5-5:45 p.m.
100945 Virtual Class 2/15 M 5-5:45 p.m.
### Therapeutic Recreation

**Programs for People With Disabilities**

#### Moving with Mike: Seated Exercise
- Ages 18 & Up
- 8 Sessions
- $50
- 98650 Virtual Class
- 1/10 Su 1-2 p.m.

#### Karate/Jujitsu
**Karate Clinic for Individuals with Disabilities**
- Ages 6 & Up
- 8 Sessions
- $75
- Instructor: TKA Inc.
- 98651 Virtual Class
- 1/23 Sa 9:30-10:30 a.m.

#### Specialty Programs

**A DRAMA Experience: Facial Expressions & Games**
- Ages 6-12
- 3 Sessions
- FREE
- 100985 Virtual Class
- 2/3 W 3-3:45 p.m.

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

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

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

### Yoga

**TR Yoga Basics**
- Ages 15 & Up
- 6 Sessions
- $60
- Instructor: Irene Bopp
- 98582 Virtual Class
- 1/20 W 4-5 p.m.
55+ Adults

Arts & Crafts

Arts

Watercolors 55+
Ages 55 & Up     10 Sessions     FREE
100969 Virtual Class   1/12  Tu      10-12:30 p.m.

Knitting/Crochet

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

Wood Carving/Woodworking

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

Dance

International

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

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

Low Impact Exercise

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

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

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

Educational

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

ElderSAFE Workshop (English)
Ages 55 & Up     1 Session     FREE
97472 Virtual Class   1/7  Th      11 a.m.-Noon

ElderSAFE Workshop (Español)
Ages 55 & Up     1 Session     FREE
97473 Virtual Class   1/7  Th      1-2 p.m.

ElderSAFE Workshop (Mandarin)
Ages 55 & Up     1 Session     FREE
97474 Virtual Class   1/7  Th      3-4 p.m.

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

Fire Safety During the Holidays
Ages 55 & Up     1 Session     FREE
101293 Virtual Class   12/15  Tu      11 a.m.-Noon

Seguridad Contra Incendios para las Fiestas
Ages 55 & Up     1 Session     FREE
101094 Virtual Class   12/8  Tu      11 a.m.-Noon

Register Online at ActiveMONTGOMERY.org
Community Programs

Celebrate Black History Month Through the Arts
Ages 55 & Up 4 Sessions FREE
101700 Virtual Class 2/3 W 2-3:30 p.m.

Medicare Open Enrollment: Last Chance
Ages 55 & Up 1 Session FREE
101063 Virtual Class 12/2 W 10-11:30 a.m.

Thurgood Marshall: A Trail-Blazing Civil Rights Victory
Ages 55 & Up 1 Session FREE
100925 Virtual Class 12/15 Tu 11 a.m.-Noon

Discussions

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

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

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

Getting Ahead of Holiday Stress & Blues
Ages 55 & Up 2 Sessions FREE
101013 Virtual Program 12/1 Tu 12-1 p.m.

Managing Life through COVID-19 II
Ages 55 & Up 6 Sessions FREE
97775 Virtual Class 12/1 Tu 1:30-2:30 p.m.

Managing Life through COVID-19 III
Ages 55 & Up 6 Sessions FREE
101062 Virtual Class 1/26 Tu 1:30-2:30 p.m.

Managing Life through COVID-19 II (Spanish)
Ages 55 & Up 6 Sessions FREE
97773 Virtual Class 12/1 Tu 1:30-2:30 p.m.

Managing Life through COVID-19 III (Spanish)
Ages 55 & Up 6 Sessions FREE
101061 Virtual Class 1/26 Tu 1:30-2:30 p.m.

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

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

Fine Arts

Musical Musings Holiday Edition
Ages 55 & Up 2 Sessions FREE
101058 Virtual Class 12/9 W 1-2 p.m.

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

Language

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

Welcome 2021
Ages 55 & Up 1 Session FREE
100960 Virtual Class 1/5 Tu 3-4:30 p.m.

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

**Yoga**

Hatha Yoga & Stress Management  
Instructor: Suzana Cooper  
Ages 55 & Up  10 Sessions  $100  
96850 Virtual Class  1/15 F  10-11 a.m.

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

**Martial Arts**

**Tai Chi**

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

---

**Workshops**

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

**Fitness**

**Low Impact Exercise**

Chair Dancing  
Ages 55 & Up  10 Sessions  FREE  
100965 Virtual Class  1/14 Th  1-1:45 p.m.

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

**Strength Training**

Body Awareness through Micromovements  
Ages 55 & Up  4 Sessions  FREE  
99287 Virtual Class  1/14 Th  9:30-10:30 a.m.

**Total Body Conditioning**

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

**Zumba**

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

---

**REMINDER**

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

FREE RESOURCES AVAILABLE ONLINE AT
WWW.MOCOREC.COM/RECROOM

You’ve got the whole world in your hands.
Discover new places and explore new spaces with the click of a mouse.

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

Abrakadoodle Geometric Wonders ..........................4
ACT The Workout-Fitness..................................................6
A DRAMA Experience: Facial Expressions & Games ...12
Adventures in Art...................................................4
Aikido ......................................................................8
Ballet for Adults..................................................5
Bang Fitness .................................................................15
Basketball Skill Development and Ball Handling ...10
Beginner Guitar for Adults...........................................9
Beginner Guitar for Kids.........................................9
Beginner Ukulele.....................................................9
Body Awareness through Micromovements ..............15
Bollywood Dance Fitness..............................................5
Book Talk ..................................................................14
Boost Your Brain Power............................................15
Cardiac Presentation.................................................14
Celebrate Black History Month
Through the Arts......................................................14
Chair Dancing............................................................15
Coach Doug Seasonal Sports................................11
Coach Doug Wee Wanna Be Sports..........................11
Coffee and Creative Expressions............................13
Cooking for Beginners .............................................4
Debate Club............................................................10
ElderSAFE Workshop (English).................................13
ElderSAFE Workshop (Mandarin).............................13
ElderSAFE Workshop (Español)..............................13
Evening Yoga............................................................7
Fall Prevention Class................................................13
Family Meals..............................................................4
Finance Club............................................................10
Fire Safety During the Holidays...............................13
French Intermediate................................................14
Garba Dance.............................................................13
Gentle Yoga...............................................................7
Getting AHead of Holiday Stress & Holiday Blues ...14
Grassroots Soccer at Home........................................11
Hatha Yoga and Stress Management..........................15
Hip-Hop Dance..........................................................5
Hippo Hoppo............................................................5
International Folk Dance............................................13
Intro to Cheer...........................................................13
Intro to Poms...........................................................11
Kaleidoscope Art......................................................13
Karate - Adult Brown Belts......................................8
Karate - Adult Green Through Blue Belts .................8
Karate - Adult White Through Red Belts ................8
Karate - Youth Adv. White and Orange Belts...........8
Karate - Youth Green Belts and Higher..................8
Karate - Youth Yellow and Red Belts.....................8
Karate Clinic for Individuals with Disabilities .........12
Kelley’s 50+ Complete Fitness Workout..................6
Kelley’s Complete Fitness Workout..........................6
Knit and Crochet Group 55+.....................................13
Learn Now Music: My First Music Class .................9
Leaving a Legacy..........................................................9
Managing Life through Covid-19 II..........................13
Managing Life through Covid-19 III..........................13
(Spanish) Managing Life through Covid-19 II ..........13
(Spanish) Managing Life through Covid-19 III .........13
Medicare Open Enrollment: Last Chance ...............13
Minecraft Modding....................................................10
Mini Musicians, Movers & Shakers........................9
Moving with Mike: Seated Exercise.........................12
Musical Musings Holiday Edition............................14
NIA Dance Fitness......................................................13
Pilates for Fitness.....................................................6
Restore and Recharge Yoga.....................................7
Safe Sitter ..................................................................7
Seguridad Contra Incendios para las Fiestas .........13
Self-Defense.............................................................8
Spanish for Youth.....................................................10
Spanish Toddlers.......................................................10
Sports Fitness and Conditioning.............................11
Strength and Toning..................................................6
Strong Nation/Zumba.............................................6
Sweets for your Sweetheart.....................................4
Tai Chi Flow.............................................................7
TGIF.....................................................................12
The Art of Cupcakes...................................................4
Thurgood Marshall: A Trail-Blazing.........................
Civil Rights Victory...................................................14
Tippi Toes Dance- Toddler and Me .........................5
TR Friday Friends at Five...........................................12
TR Painting Virtual - Adults......................................12
TR Undercover Therapy Pets..................................12
TR Dance Party - March Madness.........................12
TR Dance Party - Pajama Party.................................12
TR Dance Party - Winter Wonderland......................12
TR Yoga Basics.......................................................12
Urban Line Dance....................................................5
Urban Line Dance 55+.............................................13
Virtual Choir............................................................14
Watercolors 55+........................................................14
Wake Up Call............................................................14
Wednesday Evening Book Club.........................14
What In The World....................................................14
Winter Walkers..........................................................15
Woodcarving 55+......................................................13
Yoga Basics...............................................................7
Yoga Fundamentals....................................................7
Yoga/Stretching for Your Relaxation.......................7
Zumba...............................................................6
Zumba Fitness...........................................................6
Zumba Gold............................................................15
Zumba Toning............................................................6

REMINDER

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

18 MONTGOMERYCOUNTRYRECREATION MOCOREC MOCORECREATION MOCORECREATION
Nature & Horticultural Programs
28 Brookside Gardens Programs & Events
30 Black Hill Programs & Events
35 Brookside Nature Center Programs & Events
43 Locust Grove Nature Center Programs & Events
45 Maydale Nature Classroom Programs & Events
46 Meadowside Nature Center Programs & Events

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

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

Information & Registration
20 Chair’s Letter
21 Montgomery Parks Facility Directory
61 Registration Information for Parks & Recreation
62 ActiveMONTGOMERY Registration Form for Parks & Recreation

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

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

...Saturday, FEBRUARY 15 for ICE SKATING & HOCKEY AND INDOOR TENNIS
WINTER 2 Session FEBRUARY 26 - APRIL 19
(No classes March 26 - April 5)

Registration for all sessions is open to Montgomery County residents on first date shown; next day, registration is open to all.
Winter 2020

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

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

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

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

Casey Anderson
Chair, Montgomery County Planning Board and
Vice Chair, Maryland-National Capital Park and Planning Commission
### MONTGOMERY PARKS Directory

#### ARCHERY

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

#### BOATING & FISHING

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

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

#### CAMPING

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

#### CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see “Trains”

#### CULTURAL & HISTORIC ATTRACTIONS

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

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

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

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

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

#### DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

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

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

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

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

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

#### DRIVING RANGE/GOLF

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

#### EVENT CENTERS

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

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

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

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

#### GARDENS

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

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

#### GOLF*

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

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

#### HORSEBACK RIDING & STABLES*

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

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

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

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatAndSmallRide.org

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

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
240-498-2412 • www.EquestrianPark.org
ICE SKATING

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

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

Wheaton Ice Arena
Wheaton Regional Park
1117 Oraebah Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.org

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

MINIATURE GOLF

South Germantown Miniature Golf
18 hole miniature course with 9 wheelchair accessible holes.
South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

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

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

Locust Grove Nature Center
Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadows Community Center
Rock Creek Regional Park
5100 Meadowlark Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsCommunityCenter.org

SPASH PARK

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

SKATEBOARDING, INLINE SKATING & BMX

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

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

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

PARK ACTIVITY BUILDINGS | PICNIC AREAS

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

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

ParkPermits.org | 301-495-2525
Volunteering in Montgomery Parks is such a natural thing to do!

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

*Thank you for all you do.*

We love our volunteers! We look forward to seeing you soon!

ParksVolunteers.org | 301.495.2504
Agricultural History Farm Park

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

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

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

16501 Norwood Road • Sandy Spring, MD 20860
301-929-5989 • MCP-WoodlawnPrograms@montgomeryparks.org

Park grounds and trail open dawn to dusk daily.

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

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

Maryland’s newest museum of African American history!

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

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

**OPENING DECEMBER 2020**

**Josiah Henson Museum & Park**
11410 Old Georgetown Road | North Bethesda, Maryland 20852
240.772.7909 | JosiahHenson.org

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

facebook.com/josiahhensonmuseum
Children’s Programs

Flower Buds: At-Home Edition

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

Ages: 3-6 yrs Fee: $25
Winter Wonders • Course #87444 • 10:30-11:30 am
Senses and Spices • Monday, Dec. 14
Popcorn and other Yummy Seeds • Monday, Jan. 11
Lovely Valentines • Monday, Feb. 8

Kokedama for Kids

Warm up the winter with a variety of tropical plants wrapped with soil and moss into a round decorative ball, hence the proper Japanese name, Kokedama. These look great hanging in front of a bright window and are fun to make! Make 3 Kokedamas to take away!

Families or groups of 4 including adult must register.
Since this is a limited attendance event, we suggest limited adult supervision (i.e. one parent instead of two accompanying child or group of children). We are sorry, walk-ins will not be accepted so everyone can keep a safe social distance.

Ages: 6 & Up Fee: $60
Course: #87335 • Friday, Jan. 22 • 4-5:30 pm

Crafty Valentine’s Heart’s-a-Bustin Workshop

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

Ages: 6 & Up Fee: $48
Course: #87333 • Friday, Feb. 12 • 4-5:30 pm

Adult Programs

Greenscapes Symposium 2021
Back to Our Roots: Leveraging Native Plants to Restore the Environment

Keynote Speaker: Doug Tallamy, professor in the Department of Entomology and Wildlife Ecology at the University of Delaware.
Note: This will be offered as a series of live online lectures with audience Q&A incorporated into the program.
Years of rapid urbanization have fragmented natural habitats with manicured lawns and barren over-development. What can you do to counteract this disturbing trend? Discover some proven strategies in this year’s Sustainable Landscape Symposium! We’ll tackle the native vs. non-native plant debate: Is a native plant-only prescription necessary? Under what conditions should non-native plants be incorporated? Join the conversation as experts assess the scope of environmental benefits provided by native ecosystems, from supporting pollinators to decreasing pollution.
Learn how to garden with native plants, helping to sustain a wide range of food chains, including habitats that nurture a diversity of wildlife. Speakers will combine principles of horticulture and ecology to inform landscape design models inspired by nature, with broad applications for residential and commercial landscapes.

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

Ages: 18 & Up Fee: $45
Course: #87621 • Friday, Feb. 19 • 9 am-4 pm

Early Bird Fee expires on Friday, January 8: $45.
Regular Fee starts on Saturday, January 9: $55.

FOBG = Friends of Brookside Gardens

Montgomery Parks: Part of the Maryland-National Capital Park and Planning Commission
Hands-On Workshops

Festive Fresh Greens: Wreath
Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing.
Instructor: Brookside Gardens Staff.
Join us to make a long-lasting, beautiful wreath using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpiece, or come both days.
Learn to make an evergreen wreath for your front door, complete with pinecone and bow accents. Fee includes all materials for one wreath.
Ages: 18 & Up Fee: $50 FOBG: $46
Course: #87648 • Tuesday, Dec. 8 • 10-11:30 am
Course: #87649 • Tuesday, Dec. 8 • 1-2:30 pm

Festive Fresh Greens: Centerpieces
Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing.
Instructor: Brookside Gardens Staff.
Join us to make a long-lasting, beautiful centerpiece using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpieces, or come both days.
The centerpieces will include a candle and seasonal decorations. Fee includes all materials for two centerpieces.
Ages: 18 & Up Fee: $50 FOBG: $46
Course: #87650 • Wednesday, Dec. 9 • 10-11:30 am
Course: #87651 • Wednesday, Dec. 9 • 1-2:30 pm

Kokedama: The Art of Crafting Living Moss Balls
Note: All in-person workshops will be limited to 8 participants to ensure safe social distancing.
Instructor: Kathy Jenz, Washington Gardener Magazine
Originating in Japan, kokedama are living plant and moss balls. Traditionally displayed sitting, they also look magical bound up with string and hanging. Similar to bonsai, they are a lovely way to bring a bit of greenery indoors and can live for years with proper care. In this hands-on workshop you’ll have access to all the materials needed to make your own beautiful kokedama and will be taken step-by-step through the unique process. Everyone will make two kokedama to take home with them at the end of the class.
Ages: 18 & Up Fee: $40 FOBG:$36
Course: #87652 • Saturday, Jan. 16 • 10-11:30 am
Course: #87653 • Saturday, Jan. 16 • 1-2:30 pm

Horticultural Classes

Introduction to Plant Propagation - Tropical Houseplants
Instructor: Nate Roehrich, Greenhouse Manager, Brookside Gardens
*Inclement weather makeup date: Saturday, February 13, 2021.
Learn the various forms of plant propagation in our new state-of-the-art greenhouse facilities. You’ll learn how to produce a variety of your own plants inexpensively and easily from start to finish with this hands-on workshop. The class will focus on a variety of tropical houseplants and related propagation techniques including root cuttings. We’ll also cover seed propagation including seed physiology, special seed treatments, scarification, and stratification. We'll review the best techniques and plants to propagate from cuttings and participants will get to take a few offshoots to grow at home.
Ages: 18 & Up Fee: $35
Course: #87654 • Saturday, Feb. 6 • 10 am-12 pm

Everything You Ever Wanted to Know About Pruning
Josh Demers, Brookside Gardens Staff
Learn all about the why’s, how’s and when’s of pruning a variety of specimens in your garden. Gain invaluable advice and experience on how to make proper pruning cuts on trees and bushes of various sizes to achieve structural corrections and rejuvenate old overgrown shrubs. Discover how plants respond to pruning and how to get a shrub or tree to do what you want it to - in a way that is healthy for the plant (within reason, of course).
Ages: 18 & Up Fee: $10 FOBG: $8
Course: #87643 • Saturday, Feb. 20 • 10 am-12 pm

Garden Walks

Brookside Gardens Winter Tour
Tour Guide: Brookside Gardens Staff
Winter’s advent brings on a whole new dimension to the gardens usually overlooked by visitors. Enjoy this walking tour with Phil Normandy where you’ll see what makes up the “bones of the garden” without the distraction of leaves or flowers. You’ll appreciate the architectural elements of evergreens and woody plants in addition to how hardscapes shape the gardens.
*Meet at the Visitor Center entrance
Ages: 18 & Up Fee: $8 FOBG: $6
Course: #87637 • Saturday, Jan. 30 • 10-11:30 am
Course: #87638 • Saturday, Jan. 30 • 1-2:30 pm
Look for additional programming to be added for the Winter Season. Go to ACTIVEMontgomery.org to see the most up-to-date program listings. Other upcoming programming info will appear on Facebook and our website.

**DECEMBER 2020**

**12/5 Take & Make It: Feathered Friends**
A new twist on an old favorite! Come by the Visitor Center to pick up a craft kit to work on at home. See who is visiting our meadow and make a gift for our feathered friends. Kits will have most of the supplies needed and instructions to make a craft at home. Stop by anytime during program hours to pick up your craft kit.

Ages: All Ages Fee: $2
Course: #97253 • Saturday, Dec. 5 • 2-3 pm

**12/5 Family Waterfowl Watching from the Bird Blind**
Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.

Ages: All Ages Fee: $2
Course: #97256 • Saturday, Dec. 5 • 4-5:30 pm

**12/8 Waterfowl Viewing from the Deck**
Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather. FOBH $5

Ages: 18 & Up Fee: $6
Course: #97289 • Tuesday, Dec. 8 • 4:30-5:30 pm

**12/10 Babes in a Backpack**
Let’s go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you’ll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike’s location and other important information. Please register everyone; only adults pay.

Ages: All Ages Fee: $2
Course: #97260 • Thursday, Dec. 10 • 10 am-12 pm

**12/12 Hike Club**
The first rule of Hike Club - have fun! Improve your fitness, make new friends, and experience trails and scenery we don’t often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible and are easy to moderate in difficulty. Please register no later than 24 hours before the hike so we can contact you with the hike’s location and other important information.

Ages: All Ages Fee: $2
Course: #97260 • Saturday, Dec. 12 • 9-11 am

**12/12 Wild Child Hike**
This isn’t your average walk in the woods. Scamper like a squirrel, balance like a billy goat, and run like a rabbit through the park. We’ll be on and off the trail as we go on a hiking adventure. Wear shoes and clothes you don’t mind getting dirty. Be sure to sign up 24 hours ahead so we can contact you with the meeting location. FOBH $5

Ages: 4 - 12yrs Fee: $6
Course: #97269 • Saturday, Dec. 12 • 1:30-2:30 pm

FOBH = Friends of Black Hill
12/12 Campfires at Black Hill
There’s nothing like sitting around a campfire under the stars! Join a naturalist for themed stories, songs, games, and of course, s’mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it’s chilly. FOBH $5
Ages: 1 & Up  Fee: $6
Course: #97274  •  Saturday, Dec. 12  •  4-5 pm

12/15 Virtual Storytime: “Goodbye Autumn, Hello Winter”
Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today’s story is “Goodbye Autumn, Hello Winter” by Kenard Pak.
Ages: 2 - 5yrs  Fee: $2
Course: #97279  •  Tuesday, Dec. 15  •  10-10:30 am

12/17 Homeschool Hike
Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.
Ages: 5 - 15yrs  Fee: $6
Course: #97330  •  Thursday, Dec. 17  •  1-4 pm

12/19 DIY Nature
Stop by the Visitor Center information desk to pick up materials for a self-led activity. Let your imagination and curiosity lead you! Supplies are limited, and available on a first come, first served basis. Please return all supplies by 1 pm. Registration required.
Ages: All Ages  Fee: Free
Course: #97337  •  Saturday, Dec. 19  •  12-1 pm

JANUARY 2021

1/1 First Day Hike: Family Edition
First Day Hikes are a part of a nationwide initiative led by America’s State Parks to encourage people to get outdoors. On New Year’s Day, hundreds of free, guided hikes will be organized in all 50 states. Join us at Black Hill Regional Park for a hike starting at the Black Hill Visitor Center. We will hike 1-2 miles on a paved surface trail that’s easier for shorter legs! Children are welcome and the trail is stroller accessible.
Ages: All Ages  Fee: Free
Course: #97341  •  Friday, Jan. 1  •  11 am-12 pm

1/1 First Day Hike
First Day Hikes are a part of a nationwide initiative led by America’s State Parks to encourage people to get outdoors. On New Year’s Day, hundreds of free, guided hikes will be organized in all 50 states. Join us at Black Hill Regional Park for a hike starting at the Black Hill Visitor Center. We will hike 2-3 miles on natural surface terrain.
Ages: All Ages  Fee: Free
Course: #97349  •  Friday, Jan. 1  •  1-3 pm

1/10 Hike Club
The first rule of Hike Club - have fun! Improve your fitness, make new friends, and experience trails and scenery we don’t often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible and are easy to moderate in difficulty. Please register no later than 24 hours before the hike so we can contact you with the hike’s location and other important information.
Ages: All Ages  Fee: $6
Course: #97267  •  Sunday, Jan. 10  •  9-11 am

1/10 Wild Child Hike
This isn’t your average walk in the woods. Scamper like a squirrel, balance like a billy goat, and run like a rabbit through the park. We’ll be on and off the trail as we go on a hiking adventure. Wear shoes and clothes you don’t mind getting dirty. Be sure to sign up 24 hours ahead so we can contact you with the meeting location.
Ages: 4 - 12yrs  Fee: $6  FOBH $5
Course: #97270  •  Sunday, Jan. 10  •  1:30-2:30 pm

1/12 Babes in a Backpack
Let’s go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you’ll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike’s location and other important information. Please register everyone; only adults pay.
Ages: All Ages  Fee: $2
Course: #97264  •  Tuesday, Jan. 12  •  10 am-12 pm
Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today’s story is “The Tea Party in the Woods” by Akiko Miyakoshi.
Ages: 2 - Syrs Fee: $2
Course: #97280 • Wednesday, Jan. 13 • 10-10:30 am

1/16 Campfires at Black Hill
There’s nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s’mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it’s chilly.
Ages: 1 & Up Fee: $6 FOBH $5
Course: #97275 • Saturday, Jan. 16 • 4:30-5:30 pm

1/20 Waterfowl Viewing from the Deck
Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather.
Ages: 18 & Up Fee: $6 FOBH $5
Course: #97293 • Wednesday, Jan. 20 • 5-6 pm

1/21 Homeschool Hike
Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.
Ages: 5 - 15yrs Fee: $6
Course: #97331 • Thursday, Jan. 21 • 1-4 pm

1/23 Take & Make It: Feathered Friends
A new twist on an old favorite! Come by the Visitor Center to pick up a craft kit to work on at home. See who is visiting our meadow and make a gift for our feathered friends. Kits will have most of the supplies needed and instructions to make a craft at home. Stop by anytime during program hours to pick up your craft kit.
Ages: All Ages Fee: $2
Course: #97254 • Saturday, Jan. 23 • 2-3 pm

1/23 Family Waterfowl Watching from the Bird Blind
Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.
Ages: All Ages Fee: $2
Course: #97258 • Saturday, Jan. 23 • 5-6 pm

2/6 DIY Nature
Stop by the Visitor Center information desk to pick up materials for a self-led activity. Let your imagination and curiosity lead you! Supplies are limited, and available on a first come, first served basis. Please return all supplies by 1 pm. Registration required.
Ages: All Ages Fee: Free
Course: #97338 • Saturday, Feb. 6 • 12-1 pm

2/8 Virtual Storytime: “The Snowy Day”
Join us for a seasonal nature story from the comfort of your own home. Sign up for a Microsoft Teams session where we will share a nature story, have a nature show-and-tell, and show you a craft you can make with supplies at home. Today’s story is “The Snowy Day” by Ezra Jack Keats.
Ages: 2 - Syrs Fee: $2
Course: #97282 • Monday, Feb. 8 • 10-10:30 am

2/10 Babes in a Backpack
Let’s go outside and hike together to improve fitness, play in nature, and experience the great outdoors as a family. You will meet a naturalist at the meet-up spot and set out on a trail that will have nature play and fun learning prompts along the way. These hikes are designed for adults with young children. Most trails are not stroller accessible, so you’ll need a backpack or carrier for younger kids and non-walkers. Please register no later than 24 hours before the hike so we can contact you with the hike’s location and other important information. Please register everyone; only adults pay.
Ages: All Ages Fee: $2
Course: #97265 • Wednesday, Feb. 10 • 10 am-12 pm
Attending Programs This Winter

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

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

Celebrate waterfowl all month long virtually in February!

Join us online for FREE live sessions and videos on waterfowl art, anatomy lab, citizen science, and birding. Learn how to draw a duck, identify a bufflehead, and watch the sunset over the lake from the comfort of your home. Check Facebook and our website for program announcements.
2/18 Homeschool Hike
Come join us for a woodland family adventure. We will have prompts and learning materials along a trail to encourage you to stop and explore the natural world together. Each month we will try a new trail. Please be sure you register no later than 24 hours before the hike so we can send you the meeting-up location. You may show up anytime during the program hours. After meeting with a naturalist, families will be sent down the trail at staggered times. Children must be accompanied by an adult. Fee is per family; please register only one person per family.
Ages: 3.3m - 6yrs  Fee: $250
Course: #97332  Thursday, Feb. 18  1-4 pm

2/20 Campfires at Black Hill
There’s nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s’mores around the fire. Meet at the campfire area by Shelter F on Parking Lot 3 in Black Hill Regional Park. Bring a blanket if it’s chilly.
Ages: 1 & Up  Fee: $6  FOBH $5
Course: #97276  Saturday, Feb. 20  5-6 pm

2/22 Preschool in the Park
Join us for a virtual and in-person preschool experience. We believe children learn best by playing and experiencing the world around them, and we want to be part of your child’s journey. This program will include two days (Monday and Wednesday) of live video sessions via Microsoft Teams with park naturalists, monthly activity kits to foster play and learning, and monthly family nature time at Black Hill Regional Park. We will also have monthly family hikes, parent virtual gatherings, and online resources to support your child on nature adventures.
Ages: 3.5m - 6yrs  Fee: $250
Course: #97370  Monday, Feb. 22  10-10:30 am

We believe children belong outside and that they learn best by playing and experiencing the world around them. This program is a 14-week, in-person, drop-off outdoor preschool program designed to foster your child’s creativity, sense of self, and love of the outdoors. Classes will be held outdoors, with a park shelter as our home base. Children must be potty-trained by the start of the program and bring their own snack with them. A welcome letter with more information will be sent once you register. If we are not able to provide in-person classes due to COVID-19, we will provide alternative programming at a reduced cost.
Ages: 3.5m - 6yrs  Fee: $350
Course: #97373  Tuesday, Feb. 23  9 am-12 pm

2/23 Waterfowl Viewing from the Deck
Join a naturalist on the deck of the Visitor Center to watch the waterfowl flying in for the evening on Little Seneca Lake. We may get the added bonus of a spectacular sunset. We can provide binoculars and scopes but bring your own if you have them. Dress for the weather.
Ages: 18 & Up  Fee: $6  FOBH $5
Course: #97294  Tuesday, Feb. 23  5:30-6:30 pm

2/26 Rachel Carson Hike
Meet a naturalist at Rachel Carson Conservation Park for a hike through meadow and forest in search of the first signs of spring. Bring binoculars, water, and dress for the weather. Trails are often muddy so wear good hiking shoes. Meet at the gravel parking lot for Rachel Carson Conservation Park, 22201 Zion Road, Olney, MD 28303.
Ages: 18 & Up  Fee: $12  FOBH $11
Course: #97360  Friday, Feb. 26  10 am-12 pm

2/26 Night Hike at Rachel Carson
We’ll look and listen for creatures that are most active at night. Hikes are approximately 1 mile or less. Dress warmly and please, no flashlights. Meet at the gravel parking lot for Rachel Carson Conservation Park, 22201 Zion Road, Olney, MD 28303.
Ages: 8 & Up  Fee: $6  FOBH $5
Course: #97355  Friday, Feb. 26  6-7 pm

2/27 Family Waterfowl Watching from the Bird Blind
Join a naturalist at the Visitor Center to watch the bird feeders and view waterfowl at the bird blind. Late afternoon is a great time to see our avian visitors filling up for the night at the feeders and landing on the lake for nighttime protection. We may also get to see a lovely sunset! Dress for the weather. Please register everyone attending.
Ages: All Ages  Fee: $2
Course: #97259  Saturday, Feb. 27  5:30-6:30 pm
Recurring Programs

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

**Flying Squirrels**
Maryland Flying Squirrels are abundant, cute, and active year-round, but few see them in the wild because they are active at night - nocturnal. The program starts on the Nature Center deck 30 minutes after sunset. All attendees must pre-register. Physical distancing and face coverings are required.
Ages: 1 & Up  Fee: $6
Course #96715 • Fri, Dec. 4 • 5:15-5:45 pm
Course #97430 • Fri, Dec. 11 • 5:15-5:45 pm
Course #97431 • Fri, Dec. 18 • 5:15-5:45 pm
Course #96718 • Fri, Jan. 8 • 5:30-6 pm
Course #97432 • Fri, Jan. 15 • 5:30-6 pm
Course #96719 • Fri, Jan. 22 • 5:45-6:15 pm
Course #96721 • Fri, Jan. 29 • 6-6:30 pm

**12/4 Friday Foray: Cabin John Stream Valley Trail**
Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. All attendees must pre-register. Face coverings and physical distancing are required. Zip up your down parka and join us!
Ages: 18 & Up  Fee: $8
Course: #96311 • Friday, Dec. 4 • 10 am-12 pm

**12/5 Break Out Family Adventure - Evergreen!**
Green isn't just for summer! Winter’s landscape is filled with greenery, from holly leaves to clubmosses. On our investigative hike along Brookside Nature Center’s trails we’ll be on the alert for every shade of green and learn why some plants and microorganisms insist on staying that color all year long. We’ll wrap up our hike by creating a small swag of greenery to remind us that even in December, summer is never far away. All attendees must pre-register. Face coverings and physical distancing is required.
Ages: 5 - 99yrs  Fee: $7
Course: #96697 • Saturday, Dec. 5 • 2-3 pm
12/6 Break Out Family Adventure - Evergreen!
Green isn’t just for summer! Winter’s landscape is filled with greenery, from holly leaves to clubmosses. On our investigative hike along Brookside Nature Center’s trails we’ll be on the alert for every shade of green and learn why some plants and microorganisms insist on staying that color all year long. We’ll wrap up our hike by creating a small swag of greenery to remind us that even in December, summer is never far away. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 5 - 99yrs  Fee: $7
Course: #96698  • Sunday, Dec. 6  • 2-3 pm

12/8 Let’s Hike...Wheaton Regional Park!
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks as you join a park naturalist for this adults-only two to three mile hike to explore the trails of Wheaton Regional Park. Hike starts from Brookside Nature Center. All pre-registered attendees will be emailed directions and trail head information. Face coverings and physical distancing is required.
Ages: 18 & Up  Fee: $7
Course: #97460  • Tuesday, Dec. 8  • 10:30 am-12 pm

12/9 Photo Scavenger Hike
Can you find all the items on the list? Join a Park Naturalist for a hike in Wheaton Regional Park. Participants will be given items to find and photograph along the hike. Hikers should wear closed toe shoes for walking on natural surface trails and bring a camera or cell phone with camera. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 5 - 99yrs  Fee: $6
Course: #97484  • Wednesday, Dec. 9  • 2-3 pm

12/9 Bagels with the Birds
Do birds eat pizza? Join a naturalist to find out and to learn more about the different diets of our favorite backyard birds. Bring your favorite binoculars or borrow a pair from us! There will be bagels for everyone - except for the birds. Dress for the weather, but a heavy rain will cancel the program. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 6 & Up  Fee: $7
Course: #97475  • Thursday, Dec. 9  • 3:30-4:30 pm

12/11 Friday Foray - Cabin John Stream Valley Trail
Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 to 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. All attendees must pre-register. Face coverings and physical distancing are mandatory. Zip up your down parka and join us!
Ages: 18 & Up  Fee: $8
Course: #96313  • Friday, Dec. 11  • 10 am-12 pm

12/12 Bagels with the Birds
Do birds eat pizza? Join a naturalist to find out and to learn more about the different diets of our favorite backyard birds. Bring your favorite binoculars or borrow a pair from us! There will be bagels for everyone - except for the birds. Dress for the weather, but a heavy rain will cancel the program. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 6 & Up  Fee: $7
Course: #97476  • Saturday, Dec. 12  • 10-11 am

12/15 Let’s Hike...Agricultural History Farm Park!
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Agricultural History Farm Park. Hikers must register by Friday, December 11. Directions to Park and group meeting spot will be emailed to all registered participants. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.
Ages: 18 & Up  Fee: $7
Course: #97461  • Tuesday, Dec. 15  • 10:30 am-12 pm

12/16 Form and Shape in Trees: A Photography Hike
Follow a Brookside Naturalist along the trails of Wheaton Regional Park and discover the beauty and wonder of winter trees. Adult photographers of all skill levels will enjoy this discovery hike of one to two miles. Plenty of time will be allowed for camera artists to capture odd shapes in the natural landscape and to discuss and learn about how and why our native trees grow in weird ways. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 18 & Up  Fee: $7
Course: #97478  • Wednesday, Dec. 16  • 1:30-3:30 pm
12/16 **Winter Nature Crafts**
As the winter holidays draw near join a Park Naturalist in creating a nature craft to decorate your home. Some crafting materials will be provided by Nature and all will be collected by you. Dress for the weather. All attendees must register and pay. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 5 - 99yrs Fee: $7
Course: #96854 • Wednesday, Dec. 16 • 11 am-12 pm

12/18 **Form and Shape in Trees: a photography hike**
Follow a Brookside Naturalist along the trails of Wheaton Regional Park and discover the beauty and wonder of winter trees. Adult photographers of all skill levels will enjoy this discovery hike of one to two miles. Plenty of time will be allowed for camera artists to capture odd shapes in the natural landscape and to discuss and learn about how and why our native trees grow in weird ways. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 18 & Up Fee: $7
Course: #97477 • Friday, Dec. 18 • 1:30-3:30 pm

12/19 **Campfire 101**
Have you ever wanted to learn how to start a campfire? Join a Park Naturalist and learn different ways to stack your logs, different lighting techniques, and fire safety. Participants are encouraged to bring a campfire snack for roasting. Dress for the weather. All attendees must pre-register. Face coverings and physical distancing are required (except when eating).
Ages: 8 & Up Fee: $7
Course: #96855 • Saturday, Dec. 19 • 1-4 pm

12/20 **Treasure Hunting in Wheaton Regional Park**
Geocaching is a fun way to get outside and explore. With the help of a Park Naturalist, participants will hike Wheaton Regional Park looking for and finding caches. All attendees must register and pay. Make sure to dress for the weather and for natural surface trail conditions. Bring your cellular phone, water bottle and trail snacks. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 8 & Up Fee: $6
Course: #96856 • Sunday, Dec. 20 • 2-4 pm

12/22 **Longest Night Hike**
The winter solstice is a day marking the turning point between daylight’s decrease and increase. Over thousands of years it has been interpreted and celebrated with myth, fire, superstition and a mixture of fear and hope. We shall commemorate the solstice by brightening the forest’s darkness with company, stories, exercise and wonder. All attendees must pre-register. Face coverings and physical distancing are required.
Ages: 6 & Up Fee: $7
Course: #96699 • Tuesday, Dec. 22 • 6:45-7:45 pm

12/29 **Let’s Hike...Northwest Branch Stream Valley Park**
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Northwest Branch Stream Valley Park. Hikers must register by Friday, December 25. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.
Ages: 18 & Up Fee: $7
Course: #97462 • Tuesday, Dec. 29 • 10:30 am-12 pm

12/29 **VIRTUAL CAMP: Winter Indoors and Out Camp!**
There are countless ways to enjoy winter and our virtual mini camp specializes in many of them. With icy art activities, visits with our resident cold-blooded friends, stories and outdoor activities to do after camp is over, you’ll find winter to be anything but dull. All registrants will join us through the Park’s secure TEAMS online platform. Kits with art and activity materials are provided in advance for pick up. Parental participation may be required for certain activities and is certainly welcome all throughout camp. Registration closes December 15.
Ages: 7 - 10yrs Fee: $50
Course: #96702 • Tuesday, Dec. 29 - Thursday, Dec. 31 • 11 am-12 pm
Maple Sugaring Season at Brookside Nature Center will be a little different this year!

NEW THIS YEAR!
Self-guided Maple Days trail walk program!

BROOKSIDE NATURE CENTER
1400 Glenallan Avenue | Wheaton, Maryland 20902
Hours: Trails are open sunrise to sunset.
BrooksideNature.org
1/2 Break Out Family Adventure - Surviving the Cold!
We have jackets stuffed with feathers, hats knitted from wool, boots lined with insulate and magical pads to warm our hands. But how do animals and plants, outside all winter long, stay comfy, let alone alive? What are their secrets? On our very vigorous hike we’ll search for the clues to this question. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required. 
Ages: 5 - 99yrs Fee: $7
Course: #96700 • Saturday, Jan. 2 • 2-3 pm

1/3 Break Out Family Adventure - Surviving the Cold!
We have jackets stuffed with feathers, hats knitted from wool, boots lined with insulate and magical pads to warm our feet. But how do animals and plants outside all winter long, stay comfy, let alone alive? What are their secrets? On our vigorous hike we’ll search for the clues to this question. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required. 
Ages: 5 - 99yrs Fee: $7
Course: #96701 • Sunday, Jan. 3 • 2-3 pm

1/5 Let’s Hike...Rachel Carson Conservation Park
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Rachel Carson Conservation Park. Hikers must register by Friday, January 1. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required. 
Ages: 18 & Up Fee: $7
Course: #97463 • Tuesday, Jan. 5 • 10:30 am-12 pm

1/8 Friday Foray - Lake Needwood
Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. Face coverings and physical distancing are required. Zip up your down parka and join us
Ages: 18 & Up Fee: $8
Course: #96695 • Friday, Jan. 8 • 10 am-12 pm

1/12 Let’s Hike... Blockhouse Point Conservation Park
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Blockhouse Point Conservation Park. Hikers must register by Friday, January 8. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required. 
Ages: 18 & Up Fee: $7
Course: #97464 • Tuesday, Jan. 12 • 10:30 am-12 pm
CAMPFIRE RING RENTALS
at Brookside Nature Center

To have a campfire at Brookside Nature Center you must apply for a permit in advance.

Permits available 7 days a week, 3 hours/$100 permit fee.

Picnic pavilion rental also available for outdoor events.

Call Brookside Nature Center 301.962.1480 or email requests to: MCP-BrooksideNC@montgomeryparks.org

Montgomery County Guidelines must be strictly followed for all Shelter and Campfire Ring Rentals. Visit: http://mocoparks.org/CountyGuidelines

BROOKSIDE NATURE CENTER
1400 Glenallan Avenue | Wheaton, Maryland 20902
Hours: Trails are open sunrise to sunset.
1/15 Friday Foray - Lake Needwood
Hiking in winter is a special treat. The woods are quiet, the trees bare, the sky often moody, and the ground hard. We meet winter on its own terms and discover its beauty restrained yet extraordinary. Our hikes in December and January will take us by streams and lakes so that we can admire how cold transforms water. We will walk on natural surface trails for 2 - 3 miles, at a leisurely pace, pointing out and sharing our observations and learning about the natural and cultural histories of the area. Directions to the trailhead are emailed to all registered hikers and registration closes the Wednesday immediately prior to the hike. Face coverings and physical distancing are required. Zip up your down parka and join us!
Ages: 18 & Up  Fee: $8
Course: #96696  •  Friday, Jan. 15  •  10 am-12 pm

1/17 Treasure Hunting in Wheaton Regional Park
Geocaching is a fun way to get outside and explore. With the help of a Park Naturalist, participants will hike Wheaton Regional Park looking for and finding caches. All attendees must register and pay. Make sure to dress for the weather and for natural surface trail conditions. Bring your cellular phone, water bottle and trail snacks. All attendees must pre-register and should download the free Geocaching app before attending. Face coverings and physical distancing are required.
Ages: 8 & Up  Fee: $6
Course: #96857  •  Sunday, Jan. 17  •  2-4 pm

1/19 Let’s Hike... Lois Y. Green Conservation Park
Wear your hiking boots and dress for the outdoors and don’t forget your water and trail snacks, as you join a park naturalist for this adults-only two to three mile hike to explore the trails of the Lois Y. Green Conservation Park. Hikers must register by Friday, January 15. All attendees must pre-register. All registered participants will be emailed directions and trail head information. Face coverings and physical distancing are required.
Ages: 18 & Up  Fee: $7
Course: #97465  •  Tuesday, Jan. 19  •  10:30 am-12 pm

1/21 VIRTUAL PROGRAM: Basic Winter Tree ID
Though we love our trees covered with leaves, bare trees in winter reveal many clues to identity. In observing the characteristics of bark, bud, branching pattern, and more, we come to know our trees more completely and can identify them in any season. At the end of the class, you’ll know what to look for as you observe winter trees and key features that will help you confidently identify at least two trees common to our forests. This virtual and interactive class will be conducted through the TEAMS platform. All registrants will receive an invitation to join this secure meeting and will be sent necessary instructions ahead of time.
Ages: 18 & Up  Fee: $15
Course: #96711  •  Thursday, Jan. 21  •  2-3:30 pm

1/23 VIRTUAL: Harper Homestead in Winter: What’s for Dinner?
Learn about the history, nutrition and rich culture of African American foods. Discuss how soul food became a dominant theme among African American families, their church and social gatherings during the 19th century. This virtual class will be conducted through the TEAMS platform. All registrants will receive an invitation to join this secure meeting and will be sent necessary instructions ahead of time.
Ages: 16 & up  Fee: $15
Course: #96712  •  Saturday, Jan. 23  •  2-3 pm
Maple Sugaring Season

at Brookside Nature Center
will be a little different this year!

Delicious maple products available during our Online Maple Days Sale!
Sale starts November 1st and continues through the end of February.

BrooksideNature.org

BROOKSIDE NATURE CENTER
1400 Glenallan Avenue | Wheaton, Maryland 20902
Hours: Trails are open sunrise to sunset.
Locust Grove Nature Center

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

Recurring Programs

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

Hike & Seek: Winter Wonderland
This month we’re hosting a holiday-themed scavenger hunt: I spy with my little eye, swirls of snow and stars in the sky, woodland critters in warm mittens and coats, and little silver bells playing musical notes. Register by Friday, December 11, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. $2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month in Hike and Seek. This outdoor-only program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time.
Ages: All Ages Fee: $2
Course #97376 • Sun, Dec. 13 • 2-5 pm

Hike & Seek: I ♥ Nature
This month, work together with (or challenge!) your valentine to nature trivia in a heart-themed scavenger hunt. Register by Friday, February 12, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. $2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month in Hike and Seek. This outdoor-only program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time.”
Ages: All Ages Fee: $2
Course #97445 • Sun, Feb. 14 • 2-5 pm

Hike & Seek: Snow Birds
This month it’s a sky-high scavenger hunt with colorful feathered creatures, both real and artificial, hidden in the trees. Visit the Nature Center feeders for a special exhibit on bringing winter birds to your backyard. Register by Friday, January 8, to schedule your time slot and to receive a prize for completing the hunt. We cannot accept drop-ins on the day of the program. Natural surface trails are not stroller accessible. Severe weather cancels the program. $2 per person. Please register both adults and children over the age of 2. Face coverings are required and physical distancing rules apply. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month in Hike and Seek. This outdoor-only program follows all best practices for physical distancing. To help us space traffic on the trails, please register your group by selecting a starting time.”
Ages: All Ages Fee: $2
Course #97433 • Sun, Jan. 10 • 2-5 pm
DECEMBER 2020

12/1 Theme Month: Home
For both people and wildlife, home is a unique and
special place. Join us in celebrating homes of every
shape and size, and exploring the important winter
traditions that take place there. Discover how animals
make their home in Cabin John Regional Park through
self-guided hikes, displays, and programs throughout
the month. Register for “Home” to receive a complete
program schedule by email. Individual programs may
require separate registration.
Ages: All Ages Fee: Free
Course: #97457 • Tuesday, Dec. 1 • 9 am-9 pm

12/7 Virtual Nature Explorers
Preschool- M
Join our virtual preschool program for young
naturalists! Each week our naturalists will introduce
the group to a new nature theme via a live virtual
session. Children will learn about the flora and fauna
in their own backyard while engaging in nature-based
games, crafts, experiments, stories and songs. PLEASE
NOTE: The same content is being offered on Monday
and Wednesday; please only register for the Monday
OR the Wednesday session, not both.
Ages: 3 - 5yrs Fee: $250
Course: #97486 • Monday, Dec. 7 • 9:30-10:15 am

12/9 Virtual Nature Explorers
Preschool- W
Join our virtual preschool program for young
naturalists! Each week our naturalists will introduce
the group to a new nature theme via a live virtual
session. Children will learn about the flora and fauna
in their own backyard while engaging in nature-based
games, crafts, experiments, stories and songs. PLEASE
NOTE: The same content is being offered on Monday
and Wednesday; please only register for the Monday
OR the Wednesday session, not both.
Ages: 3 - 5yrs Fee: $250
Course: #97487 • Wednesday, Dec. 9 • 9:30-10:15 am

JANUARY 2021

1/1 Theme Month: Hidden Worlds
Winter: a season of cold and quiet in the natural world,
but if you take a closer look, you can see there is a lot
of animal activity. Mammals can still be seen foraging
for food, flocks of bird are braving the winter cold, and
just below the surface plants are waiting for the arrival
of spring to sprout. Join us at Locust Grove Nature
Center as we discover the hidden worlds of winter.
Register for “Hidden Worlds” to receive a complete
program schedule by email. Individual programs may
require separate registration.
Ages: All Ages Fee: Free
Course: #97458 • Friday, Jan. 1 • 9 am-9 pm

FEBRUARY 2021

2/1 Theme Month: Fairy Tales
Nature can be a magical place. Many of the myths and
fairy tales we know were inspired by nature. Come to
Locust Grove Nature Center and discover the magical
world of nature through self-guided activities, magical
displays, and virtual & in person programs. Register for
“Fairy Tales” to receive a complete program schedule
by email. Individual programs may require separate
registration.
Ages: All Ages Fee: Free
Course: #97459 • Monday, Feb. 1 • 9 am-9 pm
Maydale Nature Classroom

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

DECEMBER 2020

12/8 Virtual Nature Tales Series: Animals in Winter
Make a crown of antlers, create Valentines for the birds, and make animal masks. It’s time to dig, dash and soar as we learn how our wild neighbors survive winter. Each month we will explore a new nature theme. Participants will receive an activity kit with nature themed crafts, activities, and supplies to inspire the imagination. Each gathering includes a virtual session with a park naturalist where we will read a nature related tale and complete a related craft from the activity kit that we can share with the group. After the virtual session, there will be other suggested activities for participants to do on their own or as a family. Registration is for the series.
December 8th: “Adaption”
January 12th: “Hibernation”
February 9th: “Migration”
This online program is being hosted by staff for Maydale Nature Classroom. You will pickup you activity kit for 1638 Maydale Drive, Colesville, MD 20905 prior to the first virtual program.
Ages: 3 - 4yrs Fee: $20
Course: #96403 • Tuesday, Dec. 8 • 9:30-10:15 am

12/17 Home School Naturally Virtual Series
Sink your teeth into skull ID, create colorful creatures learning about camouflage and spark your interest with electricity. Participants will receive a science kit filled with experiments, activities, and supplies. Each gathering will include a virtual session with a park naturalist where we will explore the science topic using experiments from the science kit and share your results with the group. After the virtual session, there will be other suggested activities for participants to do on their own or as a family. Registration is for the series.
December 17th: Skull ID
January 21st: Camouflage
February 18th: Electricity
This online program is being hosted by staff for Maydale Nature Classroom. You will pickup you activity kit for 1638 Maydale Drive, Colesville, MD 20905 prior to the first virtual program.
Ages: 3 - 11yrs Fee: $30
Course: #96349 • Thursday, Dec. 17 • 10-11 am

JANUARY 2021

1/9 Signs of Winter Scavenger Hunt
Come by the Nature Classroom to pick up a scavenger hunt sheet and head outside to start looking for some of the signs of winter! Please register all participants for program.
Ages: 3 & Up Fee: Free
Course: #96401 • Saturday, Jan. 9 • 2:30-4:30 pm

1/31 Groundhog Day Celebration!
Let’s get ready to celebrate Groundhog Day with groundhog stories, activities, and crafts. We’ll top it off by bringing out our own (stuffed) groundhog to see if it sees its shadow! All participants must register and pay.
Ages: 3 & Up Fee: $3
Course: #96389 • Sunday, Jan. 31 • 3-4 pm

FEBRUARY 2021

2/7 Winter Animals at Maydale
Come on a hike with us as we explore the animals that live at Maydale in the winter. We’ll look for tracks, dens, nests, as well as discuss how animals survive the winter. All participants must register and pay.
Ages: 3 & Up Fee: $3
Course: #96386 • Sunday, Feb. 7 • 3-4 pm

2/27 Full Moon Hike
Let’s use the light of the full moon to guide us on a hike through the woods, meadow, and ponds of Maydale as we explore the sights and sounds that sound us. All participants must register and pay.
Ages: 6 & Up Fee: $3
Course: #96399 • Saturday, Feb. 27 • 8-9 pm
Meadowsiide Nature Center

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

Recurring Programs

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

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

Ages: 2 & Up Fee: Free
Course #96722 • Mon, Dec. 7 • 1-1:30 pm
Course #96723 • Mon, Dec. 14 • 1-1:30 pm
Course #96724 • Mon, Dec. 28 • 1-1:30 pm
Course #96725 • Mon, Jan. 4 • 1-1:30 pm
Course #96726 • Mon, Jan. 11 • 1-1:30 pm
Course #96727 • Mon, Jan. 18 • 1-1:30 pm
Course #96728 • Mon, Jan. 25 • 1-1:30 pm
Course #96729 • Mon, Feb. 1 • 1-1:30 pm
Course #96730 • Mon, Feb. 8 • 1-1:30 pm
Course #96731 • Mon, Feb. 15 • 1-1:30 pm
Course #96732 • Mon, Feb. 22 • 1-1:30 pm

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

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

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

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

DECEMBER 2020

12/3 Wildlife Hikes
Do you enjoy exploring the lake trails and learning about plants and animals of the park? Join us in a hike with a naturalist consisting of a few stops with engaging nature activities. Every program will have a different nature theme. This is a children-focused program. Please note that the group will keep a 6 feet distance between families. Safety is our priority and naturalists will run the program by following health guidelines.
Ages: All Ages Fee: $5
Course: #96738 • Thursday, Dec. 3 • 9:30-10:10 am

12/4 Friday Hike it Out
It’s Friday! Come chill and listen to the world’s first DJ: nature. Hike with new friends, take care of yourself after a long work, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on.
¡Es viernes! Ven a relajarte y a escuchar el primer DJ del mundo: la naturaleza. Camina con nuevos amigos, cuidado después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y máscaras puestas.
Ages: 18 & Up Fee: Free
Course: #97234 • Friday, Dec. 4 • 3-3:45 pm

12/5 Primitive Survival: What is a Survival Situation?
The best thing to do in a survival situation is to never get into one. Join a Naturalist to learn how to know if you’re in a wilderness survival situation, work through the “rule of three”, and determine your priorities of food, water, and shelter. Most of this program will be spent building a debris shelter on the Meadowside Nature Center property. This is an outdoor program, please dress in layers and prepare for the weather.
Ages: 12 & Up Fee: $8
Course: #96747 • Saturday, Dec. 5 • 1-2:30 pm
12/12 Primitive Survival: Keeping Warm—Starting Fire
Did you know you have items at home that you could use to start a fire? I'm not talking about firewood and lighters. Join a Naturalist to learn how to collect items in the forest and at home to start a fire. Practice using your new bow drill, included with the program! This is an outdoor program, please dress in layers and prepare for the weather.
Ages: 14 & Up Fee: $8
Course: #96759 • Saturday, Dec. 12 • 1-2:30 pm

12/17 Campfire Conversations
Join a naturalist by a campfire to learn about one of Rock Creek Regional Park’s fascinating animals and park stories. Every program will consist of a different nature theme. Follow the signs to the campfire to the right of the nature center. The seating in the benches will follow 6 feet of distancing between families. Feel free to bring your own tarp or towel for ground sitting. Safety is our priority and naturalists will run the program by following health guidelines.
Ages: 12 & Up Fee: $2
Course: #96740 • Thursday, Dec. 17 • 6-6:45 pm

12/17 Mother Nature: Baby and Me!
Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. ¿A tu bebé le encantan los seres de la selva? Explora la naturaleza con tu niñito/a mientras participamos en cuentos, movimiento y mini-caminatas. ¡Vamos a reir, jugar y hacer nuevos amigos en Meadowside! Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y mascarillas puestas en participantes de edad 2+.
Ages: 3 & Under Fee: $5
Course: #97230 • Thursday, Dec. 17 • 10:30-11:15 am

12/19 Primitive Survival: Locate and Purify Water in the Wild
Whether you’re lost in the woods or on a backpacking trip, water is an important resource. Join a naturalist to learn how to use nature clues to locate water in the wild and make your very own solar still in the ground.
Ages: 8 & Up Fee: $6
Course: #96766 • Saturday, Dec. 19 • 1-2 pm

12/21 Solstice with the Owls
Celebrate owls on the shortest day of the year, the winter solstice! Come to this special Raptor Enrichment and Feeding Talk to learn about the nocturnal adaptations of these amazing birds of prey.
Ages: 2 & Up Fee: Free
Course: #96720 • Monday, Dec. 21 • 1-1:30 pm

12/21 Winter Solstice Night Hike
Let’s celebrate the shortest day of the year by becoming nocturnal. Join a Naturalist on a guided night hike on a 1-mile hike around Meadowside Nature Center. Learn how your five senses change once your vision becomes limited. You may bring a flashlight, but they will not be used on the hike. This is an outdoor event, please dress warmly.
Ages: 8 & Up Fee: $6
Course: #96779 • Monday, Dec. 21 • 5-6:30 pm

1/1 First Day Hike
Happy New Year! Start your year off right with a hike in the woods around Meadowside Nature Center. This will be a casual hike, about 1-2 miles. Feel free to bring along your binoculars and dress in layers.
Ages: 6 & Up Fee: Free
Course: #96794 • Friday, Jan. 1 • 11 am-12 pm

1/5 Historias en Meadowside
¡Ven a escuchar un cuento de animales! Disfruta el aire libre del parque y los bellos sonidos de la naturaleza. Vamos a reunirnos en el área de la fogata de Meadowside. Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y mascarillas puestas.
Ages: 2 - 5yrs Fee: Free
Course: #97224 • Tuesday, Jan. 5 • 11-11:20 am

1/6, 1/10, 1/24 Nature Club
Do you love exploring nature? In this series, join naturalists for this virtual after-school club exploring a different nature topic each week! We will observe animals, play games, and create crafts. All sessions conducted through Microsoft Teams.
Ages: 6 - 8yrs Fee: $28
Course #96713 • Fri, Jan. 6 • 3-4 pm
Fri, Jan. 20 • 3-4 pm
Fri, Feb. 10 • 3-4 pm
Fri, Feb. 24 • 3-4 pm

1/7 Caminatas Silvestres
¿Te gusta explorar los senderos del lago y aprender sobre plantas y animales del parque? Únase a nosotros en una caminata con un naturalista que consiste en algunas paradas con actividades dinámicas. Cada programa tendrá un tema de naturaleza diferente. Este es un programa para niños. Tenga en cuenta que el grupo mantendrá una distancia de 6 pies entre las familias. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud.
Ages: All Ages Fee: $5
Course: #96742 • Thursday, Jan. 7 • 9:30-10:10 am
1/9  Primitive Survival: How to Pack Your Bag for a Remote Hike
If you were lost in the woods, what three items would you want with you? Learn about some basic survival tools and other tips when you pack your bag at home. After discussing supplies, practice using a compass (provided) and reading the Meadowside Nature Center Trail map. This is an outdoor program, please dress in layers and prepare for the weather. 
Ages: 8 & Up  Fee: $8  
Course: #97215  •  Saturday, Jan. 9  •  1-2:30 pm

1/14  Charles con Fogata
Unase a un naturalista junto a una fogata para conocer uno de los fascinantes animales e historias del parque de Rock Creek Regional Park. Cada programa consistirá en un tema de naturaleza diferente. Siga las indicaciones hacia la fogata a la derecha del centro de la naturaleza. Los asientos en los bancos seguirán 6 pies de distanciamiento entre las familias. Síntase libre de traer su propia lona o toalla para sentarse en el suelo. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud. 
Ages: 12 & Up  Fee: $2  
Course: #96744  •  Thursday, Jan. 14  •  6-6:45 pm

1/16  For the Birds: Natural Ornaments (Virtual)
The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams. 
Ages: 5 & Up  Fee: $2  
Course: #97216  •  Saturday, Jan. 16  •  10-11 am

1/19  Nature Virtual Lectures: The American Bald Eagle Foundation
Join us as we uncover the natural drama of the hidden lives of Bald Eagles. Expert raptor trainers from the American Bald Eagle Foundation will present on the natural history of Bald Eagles and dive into the animal’s winter behaviors including defending their territories, mating, and nest building. We look forward to learning together again through the Microsoft Teams video platform! The link will be emailed a few days before the presentation. 
Ages: 18 & Up  Fee: $5  
Course: #96736  •  Tuesday, Jan. 19  •  6:30-7:30 pm

1/20  For the Birds: Natural Ornaments (Virtual)
The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams. 
Ages: 5 & Up  Fee: $2  
Course: #97217  •  Wednesday, Jan. 20  •  11 am-12 pm

1/21  Mother Nature: Baby and Me!
Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. 
Ages: 12 & Under  Fee: $5  
Course: #97231  •  Thursday, Jan. 21  •  10:30-11:15 am

1/21  Wildlife Hikes
Do you enjoy exploring the lake trails and learning about plants and animals of the park? Join us on a hike with a naturalist consisting of a few stops with engaging nature activities. Every program will have of a different nature theme. This is a children focused program. Please note that the group will keep a 6 feet distance between families. Safety is our priority and naturalists will run the program by following health guidelines. 
Ages: All Ages  Fee: $5  
Course: #96739  •  Thursday, Jan. 21  •  9:30-10:10 am

1/25  First Annual Snowpeople Pageant!
Bring some hot cocoa and your sled and join us on the first big snow day of the year to create snow creatures of all shapes and sizes! Nature Center staff will post photos on Facebook of the pageant of snowpeople and pick the top three for a People’s Choice Award. Snow creatures must be made of naturally found materials ONLY! Watch our Facebook page for the pageant date! Registration not necessary, but registrants will be emailed the morning of the pageant. 
Ages: 2 & Up  Fee: Free  
Course: #96734  •  Monday, Jan. 25  •  9 am-5 pm

1/28  Campfire Conversations
Join a naturalist by a campfire to learn about one of Rock Creek Regional Park’s fascinating animals and park stories. Every program will consist of a different nature theme. Follow the signs to the campfire to the right of the nature center. The seating in the benches will follow 6 feet of distancing between families. Feel free to bring your own tarp or towel for ground sitting. Safety is our priority and naturalists will run the program by following health guidelines. 
Ages: 12 & Up  Fee: $2  
Course: #96741  •  Thursday, Jan. 28  •  6-6:45 pm
The American Bald Eagle Foundation

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

January 19, 2021 | 6:30–7:30pm

For the Love of Frogs

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

February 26, 2021 | 6:30–7:30pm
1/28 The Stinky Clues About Poo (Virtual)
There’s a lot you can learn from poo, also known as scat. Zookeepers, scientists, and naturalist use these smelly clues left behind to learn about the animals. Become a poo detective and discover the stinky clues about poo. A suggested list of craft supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.
Ages: 6 & Up  Fee: $2
Course: #97218  • Thursday, Jan. 28  • 11 am-12 pm

1/29 Friday Hike it Out
It’s Friday! Come chill and listen to the world’s first DJ: nature. Hike with new friends, take care of yourself after a long week, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on.
¡Es viernes! Ven a relajarte y a escuchar el primer DJ del mundo: la naturaleza. Camina con nuevos amigos, cuidate después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y máscaras puestas.
Ages: 18 & Up  Fee: Free
Course: #97235  • Friday, Jan. 29  • 4-4:45 pm

2/4 Caminatas Silvestres
¿Te gusta explorar los senderos del lago y aprender sobre plantas y animales del parque? Únase a nosotros en una caminata con un naturalista que consiste en algunas paradas con actividades dinámicas. Cada programa tendrá un tema de naturaleza diferente. Este es un programa para niños. Tenga en cuenta que el grupo mantendrá una distancia de 6 pies entre las familias. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud.
Ages: All Ages  Fee: $5
Course: #96743  • Thursday, Feb. 4  • 9:30-10:10 am

2/11 Charlas con Fogata
Únase a un naturalista junto a una fogata para conocer uno de los fascinantes animales e historias del parque de Rock Creek Regional Park. Cada programa consistirá en un tema de naturaleza diferente. Siga las indicaciones hacia la fogata a la derecha del centro de la naturaleza. Los asientos en los bancos seguirán 6 pies de distanciamiento entre las familias. Síntase libre de traer su propia lona o toalla para sentarse en el suelo. La seguridad es nuestra prioridad y los naturalistas ejecutarán el programa siguiendo las pautas de salud.
Ages: 12 & Up  Fee: $2
Course: #96745  • Thursday, Feb. 11  • 6-6:45 pm

2/13 Make Nature Valentines (Virtual)
This year, consider collecting outdoor items to create your very own nature valentine. Before the program, go on a self-guided walk around your home and collect nuts, sticks, and other natural items. During the program, we will share why we collected our items, and assemble our valentines. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.
Ages: 5 & Up  Fee: $2
Course: #97225  • Tuesday, Feb. 2  • 11:11-12:00 am

2/18 Mother Nature: Baby and Me!
Is your child enchanted by wild and wonderful things? Explore nature with your little one by enjoying stories, movement, and mini-hikes. Laugh, play, and make new friends at the nature center! Outdoor program; subject to cancellation for inclement weather. Required: social distancing and masks on participants ages 2+. ¿A tu bebé le encantan los seres de la selva? Explora la naturaleza con tu niñito/a mientras participamos en cuentos, movimiento y mini-caminatas. ¡Vamos a reír, jugar y hacer nuevos amigos en Meadowside! Programa al aire libre; se cancela en caso de mal tiempo. Requisitos: seis pies de distancia y máscaras puestas en participantes de edad 2+.
Ages: 3 & Under  Fee: $5
Course: #97232  • Thursday, Feb. 18  • 10:30-11:15 am
2/18 Virtual Nature, Paint and Wine
Do you enjoy expressing your artistic side? Join us in this virtual opportunity in creating some magic with paint, led by a naturalist painter. After picking up the paint kit from the nature center, you will be able to follow a naturalist on a virtual live call where you’ll be able to learn about the meanings of nature and how we can turn them into a beautiful canvas. This activity is for beginners only. Deadline for sign up is 1 week before the program date. Pickup and videocall instructions will follow after the sign up deadline.
Ages: 21 & Up Fee: $15
Course: #96746 • Thursday, Feb. 18 • 6-7 pm

2/19 Friday Hike it Out
It’s Friday! Come chill and listen to the world’s first DJ: nature. Hike with new friends, take care of yourself after a long week, and practice being present in nature by engaging your senses. We will notice the work and interactions of wild things on this day, in this season. Required: social distancing and masks on.
¡Estás invitado/a! Ven a relajarte y a escuchar el primer DJ del mundo: la naturaleza. Camina con nuestros amigos, cuidate después de una larga semana y practica la atención plena por usar tus sentidos. Vamos a observar el trabajo y las interacciones de los seres vivos hoy día, en esta estación. Requisitos: seis pies de distancia y mascarillas.
Ages: 18 & Up Fee: Free
Course: #97236 • Friday, Feb. 19 • 4-4:45 pm

2/20 The Stinky Clues About Poo (Virtual)
There’s a lot you can learn from poo, also known as scat. Zookeepers, scientists, and naturalist use these smelly clues left behind to learn about the animals. Become a poo detective and discover the stinky clues about poo. A suggested list of craft supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.
Ages: 6 & Up Fee: $2
Course: #97220 • Saturday, Feb. 20 • 1-2 pm

2/20 Youth on Earth
Do you enjoy being active outdoors? Come join other teens in our Youth on Earth program! Go hiking with new friends, learn about wildlife, and get moving and laughing in team-building and improv games. Bring your sense of humor and creativity! Bilingual (English/ Spanish) program coordinator. Required: social distancing and masks on. ¿Te gusta hacer actividades al aire libre? ¡Únete con otros jóvenes en nuestro programa Youth on Earth! Vas a caminar con nuevos amigos, aprender sobre animales locales y reír durante juegos improvisados y en equipo. ¡Trae tu sentido de humor y creatividad! Coordinadora bilingüe (español/ inglés). Requisitos: seis pies de distancia y mascarillas.
Ages: 12 - 16 yrs Fee: Free
Course: #97237 • Saturday, Feb. 20 • 2-3:30 pm

2/24 For the Birds: Natural Ornaments (Virtual)
The winter can be a hard time for birds as they search for food. By using a few supplies at home, learn how to create natural ornaments that you hang outside to help feed the birds. A suggested list of supplies will be emailed before the program to help the participant prepare. An adult may need to assist the participant. This program will take place using Microsoft Teams.
Ages: 5 & Up Fee: $2
Course: #97221 • Wednesday, Feb. 24 • 11 am-12 pm

2/26 Black History Month Story Walk and Campfire
Celebrate Black History Month with a moonlit walk and campfire at Meadowside! We’ll share stories, listen for the owls, and remember the past while we move forward. Required: social distancing and masks on.
Ages: 21 & Up Fee: Free
Course: #97233 • Friday, Feb. 26 • 6:30-8 pm

2/26 Nature Virtual Lectures: For the Love of Frogs
Join us as we learn the dual meanings of mating calls of local frogs. In this Valentine’s-inspired presentation, biologists from the Rockville Department of Environmental Protection will present on local frog calls and how the county’s past FrogWatch data can be used to interpret local environmental health. Learn about opportunities to volunteer with FrogWatch and how your love for frogs can support research. We look forward to learning together again through the Microsoft Teams video platform! The link will be e-mailed a few days before the presentation.
Ages: 18 & Up Fee: $5
Course: #96737 • Friday, Feb. 26 • 6:30-7:30 pm

2/27 Caminos y Cuentos/Trails & Tales
Cada uno tiene su historia. Tú, yo y la criatura más chiquita hasta el árbol más enorme. Vamos a descubrir qué nos cuenta la naturaleza durante el invierno. Ven a Meadowside para una caminata con nuevos amigos. Vamos a parar por la quebrada o en el bosque para compartir nuestras experiencias especiales de la naturaleza. Los cuentos de la naturaleza de todas culturas son bienvenidos. Requisitos: seis pies de distancia y mascarillas.
Everyone has a story. You, me, and the tiniest creature to the tallest tree. Let’s find out what stories nature tells in the wintertime. Meet at the nature center for a hike with new friends. We’ll pause by the creek or in the woods to observe wildlife and to share our favorite nature experiences. All cultures’ nature stories are welcome. Required: social distancing and masks on.
Ages: 5 & Up Fee: Free
Course: #97238 • Saturday, Feb. 27 • 3-4 pm
Ice Skating & Hockey Group Lessons • Winter 2020

Ice Skating, Figure Skating & Hockey Lessons

Visit our website for the most current listing of classes.

WINTER 1 REGISTRATION:
December 21–January 4
Classes: January 6–February 16

WINTER 2 REGISTRATION:
February 17–24
Classes: February 26–April 19
(no classes March 26–April 5)
# Tennis Group Lessons • Winter 2020

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

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

## Class Dates

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

## Online Registration Dates

| Winter 1 registration | December 21, 2020-January 4, 2021 |
| Winter 2 registration | February 17-2 |

Classes: January 6 - February 16  
Classes: February 26 - April 5  
(No classes March 26 - April 5)

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

## Course Fees Cover

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

## On your First Day of Class...

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

## Please Note

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- Listings are organized by facility. Be sure to select the course number for the location you desire.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.
Parent & Child Tennis
Our youngest beginners, with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court/Red Balls; loaner racquets available)

Pauline Betz Addie Tennis
85388 4 - 6yrs 4 Classes $147 Wednesday, Jan. 6 4-5 pm
85473 4 - 6yrs 6 Classes $147 Friday, Jan. 8 5-6 pm
85448 4 - 6yrs 6 Classes $147 Saturday, Jan. 9 2-3 pm
85426 4 - 6yrs 6 Classes $147 Sunday, Jan. 10 2-3 pm
85420 4 - 6yrs 6 Classes $147 Monday, Jan. 11 4-5 pm
94838 4 - 6yrs 6 Classes $147 Friday, Feb. 26 5-6 pm
94837 4 - 6yrs 6 Classes $147 Saturday, Feb. 27 2-3 pm
94836 4 - 6yrs 6 Classes $147 Sunday, Feb. 28 5-6 pm
94835 4 - 6yrs 6 Classes $147 Monday, Mar. 1 4-5 pm
94834 4 - 6yrs 6 Classes $147 Wednesday, Mar. 3 4-5 pm

Wheaton Indoor Tennis
88710 4 - 6yrs 6 Classes $123 Wednesday, Jan. 6 6-7 pm
88713 4 - 6yrs 6 Classes $123 Friday, Jan. 8 6-7 pm
88711 4 - 6yrs 6 Classes $123 Saturday, Jan. 9 12-1 pm
88712 4 - 6yrs 6 Classes $123 Sunday, Jan. 10 1-2 pm
88779 4 - 6yrs 6 Classes $123 Friday, Feb. 26 6-7 pm
88787 4 - 6yrs 6 Classes $123 Saturday, Feb. 27 12-1 pm
88801 4 - 6yrs 6 Classes $123 Sunday, Feb. 28 1-2 pm
88762 4 - 6yrs 6 Classes $123 Wednesday, Mar. 3 6-7 pm

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

Ages 5-7
Pauline Betz Addie Tennis
85387 5 - 7yrs 4 Classes $135 Wednesday, Jan. 6 4-5 pm
85370 5 - 7yrs 4 Classes $135 Thursday, Jan. 7 5-6 pm
85463 5 - 7yrs 6 Classes $135 Saturday, Jan. 9 9-10 am
85442 5 - 7yrs 6 Classes $135 Sunday, Jan. 10 9-10 am
85419 5 - 7yrs 6 Classes $135 Monday, Jan. 11 4-5 pm
94847 5 - 7yrs 6 Classes $135 Saturday, Feb. 27 9-10 am
94846 5 - 7yrs 6 Classes $135 Sunday, Feb. 28 9-10 am
94845 5 - 7yrs 6 Classes $135 Monday, Mar. 1 4-5 pm
94844 5 - 7yrs 6 Classes $135 Wednesday, Mar. 3 4-5 pm
94843 5 - 7yrs 6 Classes $135 Thursday, Mar. 4 5-6 pm

Wheaton Indoor Tennis
88730 5 - 7yrs 6 Classes $131 Wednesday, Jan. 6 5-6 pm
88731 5 - 7yrs 6 Classes $131 Saturday, Jan. 9 1-2 pm
88729 5 - 7yrs 6 Classes $131 Tuesday, Jan. 12 5-6 pm
88789 5 - 7yrs 6 Classes $131 Saturday, Feb. 27 1-2 pm
88816 5 - 7yrs 6 Classes $131 Tuesday, Mar. 2 5-6 pm
88760 5 - 7yrs 6 Classes $131 Wednesday, Mar. 3 5-6 pm

Ages 7-10
Pauline Betz Addie Tennis
85462 7 - 10yrs 6 Classes $135 Saturday, Jan. 9 9-10 am
85441 7 - 10yrs 6 Classes $135 Sunday, Jan. 10 9-10 am
85418 7 - 10yrs 6 Classes $135 Monday, Jan. 11 5-6 pm
85404 7 - 10yrs 6 Classes $135 Tuesday, Jan. 12 4-5 pm
94851 7 - 10yrs 6 Classes $135 Saturday, Feb. 27 9-10 am
94850 7 - 10yrs 6 Classes $135 Sunday, Feb. 28 9-10 am
94849 7 - 10yrs 6 Classes $135 Monday, Mar. 1 5-6 pm
94848 7 - 10yrs 6 Classes $135 Tuesday, Mar. 2 4-5 pm

Wheaton Indoor Tennis
88732 7 - 10yrs 6 Classes $131 Thursday, Jan. 7 5-6 pm
88733 7 - 10yrs 6 Classes $131 Saturday, Jan. 9 9-10 am
88734 7 - 10yrs 6 Classes $131 Sunday, Jan. 10 9-10 am
88735 7 - 10yrs 6 Classes $131 Monday, Jan. 11 5-6 pm
88781 7 - 10yrs 6 Classes $131 Saturday, Feb. 27 9-10 am
88794 7 - 10yrs 6 Classes $131 Sunday, Feb. 28 9-10 am
88806 7 - 10yrs 6 Classes $131 Monday, Mar. 1 5-6 pm
88770 7 - 10yrs 6 Classes $131 Thursday, Mar. 4 5-6 pm

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

Ages 5-7
Pauline Betz Addie Tennis
85386 5 - 7yrs 4 Classes $135 Wednesday, Jan. 6 5-6 pm
85472 5 - 7yrs 6 Classes $135 Friday, Jan. 8 5-6 pm
85460 5 - 7yrs 6 Classes $135 Saturday, Jan. 9 10-11 am
85439 5 - 7yrs 6 Classes $135 Sunday, Jan. 10 10-11 am
94855 5 - 7yrs 6 Classes $135 Friday, Feb. 26 5-6 pm
94854 5 - 7yrs 6 Classes $135 Saturday, Feb. 27 10-11 am
94853 5 - 7yrs 6 Classes $135 Sunday, Feb. 28 10-11 am
94852 5 - 7yrs 6 Classes $135 Wednesday, Mar. 3 5-6 pm

Wheaton Indoor Tennis
88737 5 - 7yrs 6 Classes $111 Thursday, Jan. 7 5-6 pm
88736 5 - 7yrs 6 Classes $111 Monday, Jan. 11 6-7 pm
88809 5 - 7yrs 6 Classes $111 Monday, Mar. 1 6-7 pm
88771 5 - 7yrs 6 Classes $111 Thursday, Mar. 4 5-6 pm

Ages 7-10
Pauline Betz Addie Tennis
85471 7 - 10yrs 6 Classes $135 Friday, Jan. 8 5-6 pm
85459 7 - 10yrs 6 Classes $135 Saturday, Jan. 9 10-11 am
85438 7 - 10yrs 6 Classes $135 Sunday, Jan. 10 10-11 am
85417 7 - 10yrs 6 Classes $135 Monday, Jan. 11 5-6 pm
94859 7 - 10yrs 6 Classes $135 Friday, Feb. 26 5-6 pm
94858 7 - 10yrs 6 Classes $135 Saturday, Feb. 27 10-11 am
94857 7 - 10yrs 6 Classes $135 Sunday, Feb. 28 10-11 am
94856 7 - 10yrs 6 Classes $135 Monday, Mar. 1 5-6 pm

Wheaton Indoor Tennis
88738 7 - 10yrs 6 Classes $111 Wednesday, Jan. 6 5-6 pm
88739 7 - 10yrs 6 Classes $111 Thursday, Jan. 7 6-7 pm
88740 7 - 10yrs 6 Classes $111 Saturday, Jan. 9 2-3 pm
88791 7 - 10yrs 6 Classes $111 Saturday, Feb. 27 2-3 pm
88761 7 - 10yrs 6 Classes $111 Wednesday, Mar. 3 5-6 pm
88773 7 - 10yrs 6 Classes $111 Thursday, Mar. 4 6-7 pm
Youth Tennis, Intro to Match Play 7 to 10

**Prerequisite: Passed Youth Tennis, Intermediate.**

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

### Pauline Betz Addie Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Classes</td>
<td>Wednesday, Jan. 6</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Thursday, Jan. 7</td>
<td>4-5 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Jan. 9</td>
<td>3-4 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Jan. 11</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Tuesday, Jan. 12</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Feb. 27</td>
<td>3-4 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Mar. 1</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Tuesday, Mar. 2</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Wednesday, Mar. 3</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Thursday, Mar. 4</td>
<td>4-5 pm</td>
</tr>
</tbody>
</table>

### Wheaton Indoor Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Classes</td>
<td>Sunday, Jan. 10</td>
<td>1-2 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Feb. 28</td>
<td>1-2 pm</td>
</tr>
</tbody>
</table>

Youth Tennis, More Match Play 7 to 10

**Prerequisite: Passed Intro to Match Play or Instructor approval.**

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

### Pauline Betz Addie Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Classes</td>
<td>Wednesday, Jan. 6</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Jan. 9</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Jan. 10</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Jan. 11</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Tuesday, Jan. 12</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Feb. 27</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Feb. 28</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Mar. 1</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Tuesday, Mar. 2</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Wednesday, Mar. 3</td>
<td>5-6 pm</td>
</tr>
</tbody>
</table>

### Wheaton Indoor Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Classes</td>
<td>Saturday, Jan. 9</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Feb. 28</td>
<td>11 am-12 pm</td>
</tr>
</tbody>
</table>

Youth Tennis, Advanced 7-10

**Prerequisite: Passed Youth Tennis, Intermediate.**

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

### Pauline Betz Addie Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Classes</td>
<td>Wednesday, Jan. 6</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Thursday, Jan. 7</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Jan. 9</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Jan. 11</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Saturday, Feb. 27</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Mar. 1</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Wednesday, Mar. 3</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Thursday, Mar. 4</td>
<td>5-6 pm</td>
</tr>
</tbody>
</table>

### Wheaton Indoor Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Classes</td>
<td>Wednesday, Jan. 6</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Jan. 10</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Tuesday, Jan. 12</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Feb. 28</td>
<td>11 am-12 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Tuesday, Mar. 2</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Wednesday, Mar. 3</td>
<td>6-7 pm</td>
</tr>
</tbody>
</table>

Beginner 1 Tennis, Middle School

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

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

### Pauline Betz Addie Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Classes</td>
<td>Sunday, Jan. 10</td>
<td>12-1 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Monday, Jan. 11</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Tuesday, Jan. 12</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Sunday, Feb. 28</td>
<td>12-1 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Monday, Mar. 1</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>4 Classes</td>
<td>Tuesday, Mar. 2</td>
<td>5-6 pm</td>
</tr>
</tbody>
</table>

### Wheaton Indoor Tennis

<table>
<thead>
<tr>
<th>Classes</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Classes</td>
<td>Friday, Jan. 8</td>
<td>4-5 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Jan. 10</td>
<td>10-11 am</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Jan. 11</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Friday, Feb. 26</td>
<td>4-5 pm</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Sunday, Feb. 28</td>
<td>10-11 am</td>
</tr>
<tr>
<td>6 Classes</td>
<td>Monday, Mar. 1</td>
<td>5-6 pm</td>
</tr>
</tbody>
</table>
Beginner 2 Tennis, Middle School
Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

Pauline Betz Addie Tennis
85372 11 - 14yrs 4 Classes $135 Thursday, Jan. 7 5-6 pm
85368 11 - 14yrs 4 Classes $135 Thursday, Jan. 7 6-7 pm
85402 11 - 14yrs 4 Classes $135 Tuesday, Jan. 12 5-6 pm
94798 11 - 14yrs 6 Classes $135 Tuesday, Mar. 2 5-6 pm
94797 11 - 14yrs 6 Classes $135 Thursday, Mar. 4 5-6 pm
94796 11 - 14yrs 6 Classes $135 Thursday, Mar. 4 6-7 pm

Beginner 1 Tennis, High School
Prerequisite: For beginners who have never played before or have not played recently.
The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development, consistency, and control.

Pauline Betz Addie Tennis
85466 15 - 18yrs 6 Classes $135 Friday, Jan. 8 7-8 pm
85459 15 - 18yrs 6 Classes $135 Saturday, Jan. 9 2-3 pm
85431 15 - 18yrs 6 Classes $135 Sunday, Jan. 10 1-2 pm
94781 15 - 18yrs 6 Classes $135 Friday, Feb. 6 7-8 pm
94780 15 - 18yrs 6 Classes $135 Saturday, Feb. 7 2-3 pm
94779 15 - 18yrs 6 Classes $135 Sunday, Feb. 8 1-2 pm

Wheaton Indoor Tennis
88684 15 - 18yrs 6 Classes $131 Wednesday, Jan. 6 4-5 pm
88685 15 - 18yrs 6 Classes $131 Saturday, Jan. 9 10-11 am
88783 15 - 18yrs 6 Classes $131 Saturday, Feb. 7 10-11 am
88757 15 - 18yrs 6 Classes $131 Wednesday, Mar. 3 4-5 pm

Beginner 2 Tennis, High School
Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals. Class includes a review of tennis etiquette and vocabulary, safety, rules, and scoring. Continued focus on footwork, positioning, and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

Pauline Betz Addie Tennis
85468 15 - 18yrs 6 Classes $135 Friday, Jan. 8 6-7 pm
85456 15 - 18yrs 6 Classes $135 Saturday, Jan. 9 12-1 pm
85424 15 - 18yrs 6 Classes $135 Sunday, Jan. 10 3-4 pm
85399 15 - 18yrs 4 Classes $135 Tuesday, Jan. 12 6-7 pm
94795 15 - 18yrs 6 Classes $135 Friday, Feb. 26 6-7 pm
94794 15 - 18yrs 6 Classes $135 Saturday, Feb. 27 12-1 pm
94793 15 - 18yrs 6 Classes $135 Sunday, Feb. 28 3-4 pm
94792 15 - 18yrs 6 Classes $135 Tuesday, Mar. 2 6-7 pm

Wheaton Indoor Tennis
88692 15 - 18yrs 6 Classes $111 Wednesday, Jan. 6 4-5 pm
88758 15 - 18yrs 6 Classes $111 Wednesday, Mar. 3 4-5 pm

Intermediate Tennis, Middle School
Prerequisite: Passed Beginner 2.
Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

Pauline Betz Addie Tennis
85382 11 - 14yrs 4 Classes $135 Wednesday, Jan. 6 6-7 pm
85451 11 - 14yrs 6 Classes $135 Saturday, Jan. 9 1-2 pm
85454 11 - 14yrs 6 Classes $135 Saturday, Jan. 9 12-1 pm
85429 11 - 14yrs 6 Classes $135 Sunday, Jan. 10 1-2 pm
85432 11 - 14yrs 6 Classes $135 Sunday, Jan. 10 12-1 pm
94821 11 - 14yrs 6 Classes $135 Saturday, Feb. 27 1-2 pm
94822 11 - 14yrs 6 Classes $135 Saturday, Feb. 27 12-1 pm
94819 11 - 14yrs 6 Classes $135 Sunday, Feb. 28 1-2 pm
94820 11 - 14yrs 6 Classes $135 Sunday, Feb. 28 12-1 pm
94818 11 - 14yrs 6 Classes $135 Wednesday, Mar. 3 6-7 pm

Wheaton Indoor Tennis
88704 11 - 14yrs 6 Classes $111 Thursday, Jan. 7 4-5 pm
88702 11 - 14yrs 6 Classes $111 Saturday, Jan. 9 2-3 pm
88703 11 - 14yrs 6 Classes $111 Monday, Jan. 11 6-7 pm
88790 11 - 14yrs 6 Classes $111 Saturday, Feb. 27 2-3 pm
88808 11 - 14yrs 6 Classes $111 Monday, Mar. 1 6-7 pm
88769 11 - 14yrs 6 Classes $111 Thursday, Mar. 4 4-5 pm
Pre-Teen & High School Tennis

**Intermediate Tennis, Middle School**

Prerequisite: Passed Beginner 2.
Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy, and technical mastery of their strokes and footwork. The focus will be on learning additional shots, including slices, topspin, cross-court, down-the-line groundstrokes, plus a variety of serves.

**Pauline Betz Addie Tennis**
85367 11-14yrs 4 Classes $135 Thursday, Jan. 7 6-7 pm
94799 11-14yrs 6 Classes $135 Thursday, Mar. 4 6-7 pm

**Intermediate Tennis, High School**

Prerequisite: Passed Beginner 2.
Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy, and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

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

**Wheaton Indoor Tennis**
88701 15-18yrs 6 Classes $111 Saturday, Jan. 9 12-1 pm
88786 15-18yrs 6 Classes $111 Saturday, Feb. 27 12-1 pm

**Intro to Match Play Tennis, Middle School**

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

**Pauline Betz Addie Tennis**
85445 11-14yrs 6 Classes $222 Saturday, Jan. 9 4-5:30 pm
94823 11-14yrs 6 Classes $222 Saturday, Feb. 27 4-5:30 pm

**Wheaton Indoor Tennis**
88705 11-18yrs 6 Classes $111 Sunday, Jan. 10 12-1 pm
88800 11-18yrs 6 Classes $111 Sunday, Feb. 28 12-1 pm

**Advanced Match Play Tennis, Middle School**

Prerequisite: Passed Intermediate, More Match Play, or Instructor Approval.
For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

**Pauline Betz Addie Tennis**
85474 11-14yrs 6 Classes $147 Friday, Jan. 8 4-5 pm
85450 11-14yrs 6 Classes $147 Saturday, Jan. 9 2-3 pm
85425 11-14yrs 6 Classes $147 Sunday, Jan. 10 3-4 pm
85400 11-14yrs 4 Classes $147 Tuesday, Jan. 12 6-7 pm
94768 11-14yrs 6 Classes $147 Friday, Feb. 26 4-5 pm
94767 11-14yrs 6 Classes $147 Saturday, Feb. 27 2-3 pm
94766 11-14yrs 6 Classes $147 Sunday, Feb. 28 3-4 pm
94765 11-14yrs 6 Classes $147 Tuesday, Mar. 2 6-7 pm

**Wheaton Indoor Tennis**
88676 11-14yrs 6 Classes $246 Friday, Jan. 8 5-7 pm
88677 11-14yrs 6 Classes $246 Sunday, Jan. 10 2-4 pm
88675 11-14yrs 6 Classes $246 Tuesday, Jan. 12 5-7 pm
88777 11-14yrs 6 Classes $246 Friday, Feb. 26 5-7 pm
88803 11-14yrs 6 Classes $246 Sunday, Feb. 28 2-4 pm
88815 11-14yrs 6 Classes $246 Tuesday, Mar. 2 5-7 pm

**Advanced Match Play Tennis, High School**

Prerequisite: Passed Intermediate, More Match Play, or Instructor Approval.
For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

**Pauline Betz Addie Tennis**
85369 15-18yrs 4 Classes $147 Thursday, Jan. 7 6-7 pm
85469 15-18yrs 6 Classes $147 Friday, Jan. 8 6-7 pm
85437 15-18yrs 6 Classes $147 Sunday, Jan. 10 11 am-12 pm
94764 15-18yrs 6 Classes $147 Friday, Feb. 26 6-7 pm
94763 15-18yrs 6 Classes $147 Sunday, Feb. 28 11 am-12 pm
94762 15-18yrs 6 Classes $147 Thursday, Mar. 4 6-7 pm

**Wheaton Indoor Tennis**
88674 15-18yrs 6 Classes $246 Friday, Jan. 8 5-7 pm
88673 15-18yrs 6 Classes $246 Tuesday, Jan. 12 5-7 pm
88776 15-18yrs 6 Classes $246 Friday, Feb. 26 5-7 pm
88814 15-18yrs 6 Classes $246 Tuesday, Mar. 2 5-7 pm
Beginner 1 Tennis, Adult (NTRP 2.0)
Designed to turn adult beginners into tennis players. Students will enjoy one-hour lessons with our certified tennis coaches and learn the basics of tennis including the serve, forehand, backhand, and net play for singles and doubles featuring a Rally and Play approach.

Pauline Betz Addie Tennis
85391 18 & Up 4 Classes $135 Wednesday, Jan. 6 10-11 am
85366 18 & Up 4 Classes $135 Thursday, Jan. 7 7-8 pm
85467 18 & Up 6 Classes $135 Friday, Jan. 8 7-8 pm
85461 18 & Up 6 Classes $135 Saturday, Jan. 9 10-11 am
85440 18 & Up 6 Classes $135 Sunday, Jan. 10 10-11 am
94739 18 & Up 4 Classes $135 Tuesday, Jan. 12 7-8 pm
94778 18 & Up 6 Classes $135 Friday, Feb. 26 7-8 pm
94777 18 & Up 6 Classes $135 Saturday, Feb. 27 10-11 am
94776 18 & Up 6 Classes $135 Sunday, Feb. 28 10-11 am
94775 18 & Up 6 Classes $135 Tuesday, Mar. 2 7-8 pm
94774 18 & Up 6 Classes $135 Wednesday, Mar. 3 10-11 am
94773 18 & Up 6 Classes $135 Thursday, Mar. 4 7-8 pm

Wheaton Indoor Tennis
88680 18 & Up 6 Classes $111 Wednesday, Jan. 6 10-11 am
88681 18 & Up 6 Classes $111 Thursday, Jan. 7 6-7 pm
88683 18 & Up 6 Classes $111 Saturday, Jan. 9 1-2 pm
88682 18 & Up 6 Classes $111 Sunday, Jan. 10 9-10 am
88788 18 & Up 6 Classes $111 Saturday, Feb. 27 1-2 pm
88793 18 & Up 6 Classes $111 Sunday, Feb. 28 9-10 am
88755 18 & Up 6 Classes $111 Wednesday, Mar. 3 10-11 am
88772 18 & Up 6 Classes $111 Thursday, Mar. 4 6-7 pm

Beginner 2 Tennis, Adult (NTRP 2.5)
This player has played some tennis but needs additional instruction on basic skills and techniques. Rally and Play approach reinforces introduction to positioning, movement, and rules of play.

Pauline Betz Addie Tennis
85390 18 & Up 4 Classes $135 Wednesday, Jan. 6 11 am-12 pm
85380 18 & Up 4 Classes $135 Wednesday, Jan. 6 7-8 pm
85365 18 & Up 4 Classes $135 Thursday, Jan. 7 7-8 pm
85363 18 & Up 4 Classes $135 Thursday, Jan. 7 8-9 pm
85436 18 & Up 6 Classes $135 Sunday, Jan. 10 11 am-12 pm
85405 18 & Up 4 Classes $135 Tuesday, Jan. 12 12-1 pm
85394 18 & Up 4 Classes $135 Tuesday, Jan. 12 8-9 pm
94791 18 & Up 6 Classes $135 Sunday, Feb. 28 11 am-12 pm
94790 18 & Up 6 Classes $135 Tuesday, Mar. 2 12-1 pm
94789 18 & Up 6 Classes $135 Tuesday, Mar. 2 8-9 pm
94788 18 & Up 6 Classes $135 Wednesday, Mar. 3 11 am-12 pm
94787 18 & Up 6 Classes $135 Wednesday, Mar. 3 7-8 pm
94786 18 & Up 6 Classes $135 Thursday, Mar. 4 7-8 pm
94785 18 & Up 6 Classes $135 Thursday, Mar. 4 8-9 pm

Wheaton Indoor Tennis
88690 18 & Up 6 Classes $111 Wednesday, Jan. 6 11 am-12 pm
88691 18 & Up 6 Classes $111 Sunday, Jan. 10 12-1 pm
88689 18 & Up 6 Classes $111 Tuesday, Jan. 12 7-8 pm
88799 18 & Up 6 Classes $111 Sunday, Feb. 28 12-1 pm
88818 18 & Up 6 Classes $111 Tuesday, Mar. 2 7-8 pm
88756 18 & Up 6 Classes $111 Wednesday, Mar. 3 11 am-12 pm

Intermediate Tennis, Adult (NTRP 3.0+)
Prerequisite: Passed Beginner 2, Adult or a 3.5 NTRP level player.
Player has dependable strokes, but needs work on depth, variety, and consistency for power. Can play singles and doubles, but needs to improve net play, shot selection, and serve.

Pauline Betz Addie Tennis
85389 18 & Up 4 Classes $135 Wednesday, Jan. 6 12-1 pm
85379 18 & Up 4 Classes $135 Wednesday, Jan. 6 7-8 pm
85374 18 & Up 4 Classes $135 Thursday, Jan. 7 11 am-12 pm
85362 18 & Up 4 Classes $135 Thursday, Jan. 7 8-9 pm
85475 18 & Up 6 Classes $135 Friday, Jan. 8 11 am-12 pm
85453 18 & Up 6 Classes $135 Saturday, Jan. 9 1-2 pm
85455 18 & Up 6 Classes $135 Saturday, Jan. 9 12-1 pm
85430 18 & Up 6 Classes $135 Sunday, Jan. 10 1-2 pm
85433 18 & Up 6 Classes $135 Sunday, Jan. 10 12-1 pm
85421 18 & Up 6 Classes $135 Monday, Jan. 11 11 am-12 pm
85412 18 & Up 6 Classes $135 Monday, Jan. 11 7-8 pm
85406 18 & Up 5 Classes $135 Tuesday, Jan. 12 11 am-12 pm
85396 18 & Up 4 Classes $135 Tuesday, Jan. 12 7-8 pm
85393 18 & Up 4 Classes $135 Tuesday, Jan. 12 8-9 pm
85413 18 & Up 6 Classes $135 Friday, Feb. 26 11 am-12 pm
84811 18 & Up 6 Classes $135 Saturday, Feb. 27 1-2 pm
84812 18 & Up 6 Classes $135 Saturday, Feb. 27 12-1 pm
84809 18 & Up 6 Classes $135 Sunday, Feb. 28 1-2 pm
84810 18 & Up 6 Classes $135 Sunday, Feb. 28 12-1 pm
84808 18 & Up 6 Classes $135 Monday, Mar. 1 11 am-12 pm
84807 18 & Up 6 Classes $135 Monday, Mar. 1 7-8 pm
84806 18 & Up 6 Classes $135 Tuesday, Mar. 2 11 am-12 pm
84805 18 & Up 6 Classes $135 Tuesday, Mar. 2 7-8 pm
84804 18 & Up 6 Classes $135 Tuesday, Mar. 2 8-9 pm
84803 18 & Up 6 Classes $135 Wednesday, Mar. 3 12-1 pm
84802 18 & Up 6 Classes $135 Wednesday, Mar. 3 7-8 pm
84801 18 & Up 6 Classes $135 Thursday, Mar. 4 11 am-12 pm
84800 18 & Up 6 Classes $135 Thursday, Mar. 4 8-9 pm

Wheaton Indoor Tennis
88699 18 & Up 6 Classes $111 Wednesday, Jan. 6 7-8 pm
88700 18 & Up 6 Classes $111 Thursday, Jan. 7 11 am-12 pm
88698 18 & Up 6 Classes $111 Monday, Jan. 11 6-7 pm
88697 18 & Up 6 Classes $111 Tuesday, Jan. 12 10-11 am
88807 18 & Up 6 Classes $111 Monday, Mar. 1 6-7 pm
88812 18 & Up 6 Classes $111 Tuesday, Mar. 2 10-11 am
88764 18 & Up 6 Classes $111 Wednesday, Mar. 3 7-8 pm
88768 18 & Up 6 Classes $111 Thursday, Mar. 4 11 am-12 pm
Match Play 3.0 Tennis
The 3.0 player is fairly consistent when hitting medium-paced shots but is not comfortable with all strokes and lacks execution when trying for directional control, depth, and pace. First half of class focuses on needed drills and skills. Class finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

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

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

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

Pauline Betz Addie Tennis
85378 18 & Up 4 Classes $294 Wednesday, Jan. 6 7-9 pm
85361 18 & Up 4 Classes $147 Thursday, Jan. 7 8-9 pm
85408 18 & Up 6 Classes $147 Monday, Jan. 11 8-9 pm
85392 18 & Up 4 Classes $147 Tuesday, Jan. 12 8-9 pm
94832 18 & Up 6 Classes $147 Monday, Mar. 1 8-9 pm
94831 18 & Up 6 Classes $147 Tuesday, Mar. 2 8-9 pm
94830 18 & Up 6 Classes $294 Wednesday, Mar. 3 7-9 pm
94829 18 & Up 6 Classes $147 Thursday, Mar. 4 8-9 pm

Wheaton Indoor Tennis
88708 18 & Up 6 Classes $246 Thursday, Jan. 7 7-9 pm
88709 18 & Up 6 Classes $246 Monday, Jan. 11 7-9 pm
88811 18 & Up 6 Classes $246 Monday, Mar. 1 7-9 pm
88774 18 & Up 6 Classes $246 Thursday, Mar. 4 7-9 pm

Advanced Tennis, Adult (NTRP 4.0 & Up)
Prerequisite: Passed Intermediate or Instructor approval.
A competitive clinic involving intense drilling, competitive situational games, and match play. Course will focus on finesseing use of lobs, overheads, approach shots, and volleys. Student will also concentrate on hitting with power, spin, depth, and control.

Pauline Betz Addie Tennis
85377 18 & Up 4 Classes $147 Wednesday, Jan. 6 8-9 pm
85447 18 & Up 6 Classes $147 Saturday, Jan. 9 3-4 pm
85428 18 & Up 6 Classes $147 Sunday, Jan. 10 2-3 pm
85409 18 & Up 6 Classes $147 Monday, Jan. 11 8-9 pm
94772 18 & Up 6 Classes $147 Saturday, Feb. 27 3-4 pm
94771 18 & Up 6 Classes $147 Sunday, Feb. 28 2-3 pm
94770 18 & Up 6 Classes $147 Monday, Mar. 1 8-9 pm
94769 18 & Up 6 Classes $147 Wednesday, Mar. 3 8-9 pm

Wheaton Indoor Tennis
88678 18 & Up 6 Classes $123 Wednesday, Jan. 6 8-9 pm
88679 18 & Up 6 Classes $123 Tuesday, Jan. 12 11 am-12 pm
88813 18 & Up 6 Classes $123 Tuesday, Mar. 2 11 am-12 pm
88766 18 & Up 6 Classes $123 Wednesday, Mar. 3 8-9 pm

Sunday Round Robin Doubles Tennis, Intermediate 3.0+
NTRP Level 3.0 - 3.5 You and your partner will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winning pairs move up a court and losers move down a court with each rotation.
88720 18 & Up 1 Classes $20 Sunday, Jan. 10 7-9 am
88721 18 & Up 1 Classes $20 Sunday, Jan. 17 7-9 am
88722 18 & Up 1 Classes $20 Sunday, Jan. 24 7-9 am
88723 18 & Up 1 Classes $20 Sunday, Jan. 31 7-9 am
88724 18 & Up 1 Classes $20 Sunday, Feb. 7 7-9 am
88725 18 & Up 1 Classes $20 Sunday, Feb. 14 7-9 am
88792 18 & Up 1 Classes $20 Sunday, Feb. 21 7-9 am
88820 18 & Up 1 Classes $20 Sunday, Feb. 28 7-9 am
88822 18 & Up 1 Classes $20 Sunday, Mar. 7 7-9 am
Saturday Round Robin Doubles Tennis, Advanced 4.0+
NTRP Level 4.0 & Up You and your partner will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winning pairs move up a court and losers move down a court with each rotation.

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

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

Pauline Betz Addie Tennis

- 85375 18 & Up 6 Classes $147 Thursday, Jan. 7 10-11 am
- 85476 18 & Up 6 Classes $147 Friday, Jan. 8 10-11 am
- 85470 18 & Up 6 Classes $147 Friday, Jan. 8 6-7 pm
- 85464 18 & Up 6 Classes $147 Saturday, Jan. 9 9-10 am
- 85443 18 & Up 6 Classes $147 Sunday, Jan. 10 9-10 am
- 85422 18 & Up 6 Classes $147 Monday, Jan. 11 10-11 am
- 85407 18 & Up 6 Classes $147 Tuesday, Jan. 12 10-11 am
- 94761 18 & Up 6 Classes $147 Friday, Feb. 26 10-11 am
- 94760 18 & Up 6 Classes $147 Friday, Feb. 26 6-7 pm
- 94759 18 & Up 6 Classes $147 Saturday, Feb. 27 9-10 am
- 94758 18 & Up 6 Classes $147 Sunday, Feb. 28 9-10 am
- 94757 18 & Up 6 Classes $147 Monday, Mar. 1 10-11 am
- 94756 18 & Up 6 Classes $147 Tuesday, Mar. 2 10-11 am
- 94755 18 & Up 6 Classes $147 Thursday, Mar. 4 10-11 am

Wheaton Indoor Tennis

- 88672 18 & Up 6 Classes $123 Thursday, Jan. 7 10-11 am
- 88670 18 & Up 6 Classes $123 Sunday, Jan. 10 10-11 am
- 88671 18 & Up 6 Classes $123 Monday, Jan. 11 7-8 pm
- 88795 18 & Up 6 Classes $123 Sunday, Feb. 28 10-11 am
- 88810 18 & Up 6 Classes $123 Monday, Mar. 1 7-8 pm
- 88767 18 & Up 6 Classes $123 Thursday, Mar. 4 10-11 am

ACEing Autism @ Wheaton Indoor Tennis

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

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

Montgomery Parks: Part of the Maryland-National Capital Park and Planning Commission
CREATE YOUR NEW ActiveMONTGOMERY Account!

REGISTRATION INFORMATION for Montgomery Parks AND Montgomery County Recreation

3 WAYS TO REGISTER

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

2. BY MAIL - Check payment only
   Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 2425 Reedie Drive • 10th Floor • Wheaton, MD 20902

3. IN PERSON* - Cash, check and credit card
   Stop by Montgomery County Recreation Administrative Office 2425 Reedie Drive, 10th Floor, Wheaton, MD 20902 (M-F, 9:30 a.m.-4 p.m.) or visit Montgomery Parks locations offering activities that require registration. See the Parks “Facility Directory” for these locations.

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

WITHDRAWALS & REFUNDS

<table>
<thead>
<tr>
<th>Withdrawal Time Frame</th>
<th>Withdrawal Reason &amp; Method</th>
<th>Refund Amount</th>
<th>Refund Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any</td>
<td>Activity Canceled by Parks or Recreation</td>
<td>Full or Pro-rated Refund</td>
<td>Refund may be applied to customer’s ActiveMONTGOMERY account; or returned in same form as payment rendered.</td>
</tr>
<tr>
<td>At least 5 (five) business days before activity begins</td>
<td>Any reason, ONLINE</td>
<td>Full Refund</td>
<td>If payment was made by credit card...Refund will be applied to credit card.</td>
</tr>
<tr>
<td>Less than 5 (five) business days before activity begins</td>
<td>Any reason, IN PERSON</td>
<td>Full Refund</td>
<td>Activity fee is $25 or less...Refund will be applied to customer’s ActiveMONTGOMERY account.</td>
</tr>
<tr>
<td>Less than 5 (five) business days before activity begins</td>
<td>Any reason, IN PERSON For Parks: At the hosting facility For Recreation: At Recreation HQO No withdrawals may be made ONLINE less than five days before activity begins.</td>
<td>Refund Less $25 Withdrawal Fee</td>
<td>Activity fee is $49 or less: Refund will be applied to customer’s ActiveMONTGOMERY account.</td>
</tr>
<tr>
<td>For classes/sessions missed by participant</td>
<td>No refund of any type will be issued</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents and City of Gaithersburg and City of Rockville residents must pay an additional $15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- CHECKS & MONEY ORDERS
  - Make checks and money orders payable to ActiveMONTGOMERY.
  - Checks and money orders must include name, address, and phone number.
  - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper and a returned check fee of $35.
  - Please allow 2 weeks to receive a refund by check.
- CREDIT CARDS: Visa, Mastercard, American Express and Discover are accepted.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

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

QUESTIONS?
Call 240-777-6840 (8:30am-4:30pm) or 301-495-2580 (10am-4pm) or email info@ActiveMONTGOMERY.org
**REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN**

<table>
<thead>
<tr>
<th>PARENT/GUARDIAN</th>
<th>PADRE/GUARDIAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name</td>
<td>Apellido *</td>
</tr>
<tr>
<td>First Name</td>
<td>Nombre *</td>
</tr>
<tr>
<td>Birthday</td>
<td>Fecha de nacimiento (mm/dd/yy) *</td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>Dirección *</td>
</tr>
<tr>
<td>City</td>
<td>Ciudad *</td>
</tr>
<tr>
<td>State</td>
<td>Estado *</td>
</tr>
<tr>
<td>ZIP</td>
<td>Código Postal *</td>
</tr>
<tr>
<td>Home Phone</td>
<td>Teléfono de Casa *</td>
</tr>
<tr>
<td>Work Phone</td>
<td>Teléfono de Trabajo</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>Celular</td>
</tr>
</tbody>
</table>

**EMERGENCY CONTACT | EMERGENCIA CONTACT**

| Name | Nombre |
| Relationship | Relación |
| Phone | Tel. |

**To which ethnicity do you identify most?**

- American Indian/Alaskan Native
- Asian
- Black or African American
- Hispanic or Latino or Spanish Origin of Any Race
- Native Hawaiian or Other Pacific Islander
- White
- Two or More Races
- Other ____________________________
- Prefer not to answer

**PAYMENT OPTIONS**

- Total Program Fees $
- CASH $
- Non-Resident/Other Fees $
- Check # $ 
- Make checks and money orders payable to: ActiveMONTGOMERY.
- Mail checks to: 2425 Reede Drive, 10th Floor, Wheaton, MD 20902

**Will you need an ADA (Americans with Disabilities Act) disability accommodation? (trained support staff, sign language interpreters, companion, Braille/large print, adaptive equipment, assistive listening/auxiliary devices, and/or audio description?)**

- Yes
- No

**ADA Requests for Montgomery Parks**

To request an accommodation for M-NCPPC, Montgomery Parks programs you must contact the Program Access Office at 301-495-2477 or email ProgramAccess@montgomeryparks.org.

**ADA Requests for Montgomery County Recreation**

To request an accommodation for Montgomery County Recreation, you must contact the Therapeutic Recreation and Inclusion Services Office at 240-777-6870 or email rec.mainstream@montgomerycountymd.gov.

**IMPORTANT: Request should be made before the program begins.**

---

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant consents to Montgomery County Parks/M-NCPPC’s use of the participant’s image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant’s voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and the possibility of making photographs, videos, pellets or images electrónicas, and any audio recording of audio that se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.