

# RECREATION ACTIVITY GUIDE



## THE OFFICIAL GUIDE TO RECREATION CLASSES, PROGRAMS AND ACTIVITIES

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## SUMMER 2012



### PROGRAMS AND ACTIVITIES FOR ALL AGES!

Parks & Recreation...The Benefits are Endless

The Greenbelt Recreation Department welcomes the participation of individuals with disabilities in our programs. We fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation.

## GREENBELT RECREATION FACILITIES AND PROGRAMS

### GREENBELT YOUTH CENTER

99 Centerway  
Administrative Offices  
Greenbelt Kids  
Athletic Programs  
301-397-2200

### GREENBELT AQUATIC & FITNESS CENTER

101 Centerway  
301-397-2204

### SPRINGHILL LAKE RECREATION CENTER

6101 Cherrywood Lane  
301-397-2212

### GREENBELT COMMUNITY CENTER

Therapeutic Recreation  
Arts Programs  
15 Crescent Road  
301-397-2208

### SCHROM HILLS PARK

6915 Hanover Parkway  
301-552-2004

### WEATHER AND INFORMATION HOTLINE 301-474-0646

Call the weather and information hotline for updates on classes, programs and activities when there is inclement weather or another emergency.

### Greenbelt CityLink:

Information on City Programs and Services  
[www.greenbeltmd.gov/recreation](http://www.greenbeltmd.gov/recreation)

Become a fan of the City of Greenbelt on Facebook and follow us on Twitter!



## GREENBELT DAY WEEKEND Happy 75<sup>th</sup> Anniversary, Greenbelt!

Celebrate the occasion by enjoying the many amenities that Greenbelt has to offer including our parks, pools, historic walking tours, special activities, local eateries and much more. Enjoy!

### Saturday, June 2

#### 9:00am-12:00noon YOUTH SPRINT TRIATHLON

Race day registration begins at 9:00am at the Youth Center. Race begins at 10:00am. The race will begin with a 40 meter swim at the Greenbelt Aquatic & Fitness Center outdoor pool. After the swim, children will get on their bikes and ride through a marked off-road course, suitable for mountain, bmx, and hybrid bicycles only. The race will conclude with a 1 mile run on the Greenbelt Lake path. All participants will receive a medal. Awards will be given to the top finishers in each age group (8-15 years). \$10 pre-registration fee; \$20 day of registration fee.

#### WHAT GREENBELT MEANS TO ME

Opening Reception for an art exhibition at the Greenbelt Arts Center, time TBA. The exhibit will be up through August 3, 2012. Co-sponsored by the 75<sup>th</sup> Anniversary Committee. Call 301-441-8770, Greenbelt Arts Center, 123 Centerway for more information.

**1:00pm-3:00pm NOT FOR SENIORS ONLY: NEED HELP? HOW GREENBELT RESPONDS TO YOU** Greenbelt Community Center room 201. Hear how the city responds to special requests and bring any of your city related special requests to this workshop for assistance in reaching an agreeable resolution.



### Sunday, June 3

#### 1:00pm U.S. NATURALIZATION CEREMONY

Greenbelt Community Center Gym, 15 Crescent Rd. Help provide a warm welcome to new United States citizens.

#### 1:00pm-5:00pm ARTFUL AFTERNOON

Greenbelt Community Center, 15 Crescent Rd and Greenbelt Museum historic house, 10-B Crescent Rd. See page 4 for details about this event featuring fine arts, dance, music and prizes! Sponsored by the Greenbelt Recreation Department.



## JULY FOURTH FANFARE

Celebrate Independence Day with friends and neighbors at Buddy Attick Park!

Bring a picnic! Walk the lake trail!  
Enjoy the playground!

**Community Drum Circle  
Greenbelt Concert Band  
FIREWORKS** approximately 9:00pm

Please be sure to observe all posted parking regulations.

Alcohol and fireworks (including sparklers) are NOT permitted in the park. In case of inclement weather, call the Weather and Information Hotline for information about schedule adjustments: 301-474-0646.



## FAMILY NIGHTS AT THE AQUATIC & FITNESS CENTER

The Greenbelt Aquatic & Fitness Center is hosting a Family Swim Night in the outdoor pool each month of the summer! The events will be held on the following Fridays: June 15, July 13 and August 17 from 8:00pm-10:00pm. Admittance to the pool will be \$3.00 for all families, including passholders. Bring your pool toys and the whole family for an evening of fun!

Family Swim Night is designed to give families an opportunity to spend an evening together in a recreational atmosphere. Entering family must have at least one adult. Families will be charged \$1.00 for each additional non-family member, with a limit of three non-family members per group. In case of inclement weather, the event will be moved to the indoor pool.

## FAMILY FIT NIGHT

GET ACTIVE! Join family and friends for a night of fitness activities that will get you moving. Hula Hoop Dance Challenges, hot shot drills, jump rope endurance, inflatable orb racing, and much more! Families with children ages 5-16 are welcome. Greenbelt, an official Let's Move! City, created the Family Fit Night program in support of First Lady Michelle Obama's campaign against childhood obesity. All participants are eligible to enter a raffle for Recreation Department prizes.

**Location:** Springhill Lake Recreation Center Gym

**Date:** Friday, July 6, 2012

**Time:** 6:00pm-8:00pm



## THE SERGEANT'S PROGRAM

362602-1

**Ages 18+**

Sign up now for this new boot camp style class! Two days a week, you will sweat through a no holds barred workout that will challenge you to be all that you used to be. Whether you run 60 miles a week or gasp for breath walking up a flight of stairs, your Sarge will challenge you. Be prepared to improve each

week through a combination of cardio, core, flexibility, stabilization and resistance training. Participants must bring a 16-ounce bottle of water, a rubber mat or towel, and a pair of dumbbells (women 5-8 lbs; men 10-12 lbs) to each session. For more information on The Sergeant's Program, please visit [www.sarge.com](http://www.sarge.com).

**Tuesdays & Thursdays**

**Meet in front of Greenbelt Youth Center**

**6:30pm-7:30pm (arrive 10 minutes early for warm-up)**

**10 weeks: 6/19 - 8/23**

**R: \$80, NR: \$90**

## LABOR DAY FESTIVAL

The City of Greenbelt and the Labor Day Festival Committee is honored to host the 58<sup>th</sup> Annual Labor Day Festival. Enjoy an entertaining weekend with family and friends, August 31<sup>st</sup> through September 3<sup>rd</sup>. Join the Recreation Department for youth activities, strategy games, craft day or register your Adult Men's Softball Team in the Annual Labor Day Tournament. Stay tuned to the *Greenbelt News Review* for the weekend schedule of events, time and location.



*You and your Dog are invited to the  
City of Greenbelt's*

## POOCH PLUNGE

(A swim/splash party for you and your canine pal!)

**On Saturday, September 8, 2012**

At the Greenbelt Aquatic & Fitness Center (Outdoor Pool), 101 Centerway, Greenbelt, MD 20770

10:00am-2:00pm

Participation is limited to 75 dogs and 75 handlers

A nominal fee per dog

(Each dog must be accompanied by a handler)

No charge for dog handlers

(Must be 18 years of age or older)

One dog per handler

All spectators welcome!

Pre-register at the Animal Control booth at the Greenbelt Labor Day Festival.



# ARTS PROGRAMS

Contact: Nicole DeWald, Arts Supervisor 240-542-2057 or e-mail: [ndewald@greenbeltmd.gov](mailto:ndewald@greenbeltmd.gov)

## ARTFUL AFTERNOONS

There's always something new to see and do at Greenbelt's monthly open house for the arts!

**Performances, crafts and most other activities FREE!**

Greenbelt Community Center, 15 Crescent Road unless otherwise indicated. All ages welcome. If there are 5 or more people in your party, please call in advance about seating availability: 240-542-2057.



*Skyview Gymnastics will perform August 5.*

## Sunday, June 3: Happy Anniversary, Greenbelt!

**1:00pm-3:00pm: Free craft workshop**

**1:00pm-3:00pm: Hometown Heroes: 75 Years of Extraordinary Greenbelt Women** A site-specific dance installation at the Greenbelt Museum house (10-B Crescent Rd) created by alight dance theater. Timed 20-minute tours, \$1 - \$3. For tickets and information, please contact the Greenbelt Museum, program sponsor, at 301-507-6582.

**3:00pm: The Greenbelt Concert Band** provides a rousing salute to the City on the occasion of its 75<sup>th</sup> Anniversary, following Greenbelt Day Weekend remarks by **Mayor Davis**.

**1:00pm-4:00pm: Artists' studio open house**

**1:00pm-5:00pm: Greenbelt Museum tours** (\$3 or free with membership, 10-B Crescent Rd)

## Sunday, July 1: Vaudeville!

**1:00pm-3:00pm: Free Vaudeville-inspired workshop**

**3:00pm: Happenstance Theater** presents *Diz and Izzy Aster, Vaudeville's Late Bloomers*. In the tradition of Burns & Allen, Ball & Arnaz, this offbeat couple brings their baggage to the stage in harmonies from Between-the-Wars and cheery songs of the Great Depression. Slapstick comedy, ukulele and musical sawin' - a sweet little music hall show.

**1:00pm-4:00pm: Artists' studio open house**

**1:00pm-5:00pm: Greenbelt Museum tours** (\$3 or free with membership, 10-B Crescent Rd)



*Mark Jaster and Sabrina Mandell performing as Diz and Izzy Aster; photo by Paul Gillis*

## Sunday, August 5: Acrobats!

**1:00pm-3:00pm: Free craft workshop**

**3:00pm: The Gymdancers and Acrobatic Gymnasts of Skyview Gymnastics** present an exhilarating display of skill and grace.

**1:00pm-4:00pm: Artists' studio open house**

**1:00pm-5:00pm: Greenbelt Museum tours** (\$3 or free with membership, 10-B Crescent Rd)

# Join our "artfans" list for monthly email announcements

Read about upcoming City arts events, ticket give-aways, educational programs, volunteer opportunities and more! Visit [www.greenbeltmd.gov/arts](http://www.greenbeltmd.gov/arts) and click on "newsletter" at the left to sign up.



**APPLY NOW**

## 2012 Festival of Lights Juried Art and Craft Fair



**Fine arts, fine crafts, local books and music  
Special rates for youth and non-profit groups**

Show Dates: December 1 & 2  
Applications available at  
[www.greenbeltmd.gov/arts](http://www.greenbeltmd.gov/arts)

## Follow us on Facebook: Greenbelt Recreation ARTS

### Exhibitions

Greenbelt  
Community  
Center and  
Greenbelt  
Aquatic and  
Fitness Center



Advanced work  
in all media  
welcome

**APPLY NOW**

Details available at [www.greenbeltmd.gov/arts](http://www.greenbeltmd.gov/arts)

Greenbelt arts programs are sponsored in part by the Maryland-National Capital Park and Planning Commission and the Maryland State Arts Council. Thank you!



## Greenbelt 75<sup>th</sup> Anniversary Events

### Greenbelt Voices in 2012 Sunday, June 24, 2:00pm & 5:00pm (\$)

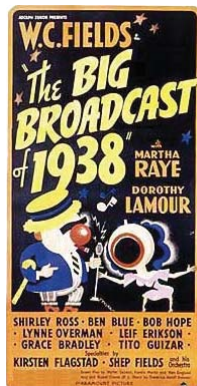
Transitions Theater presents a performance conveying perspectives and experiences of individuals living in Greenbelt. New Deal Café, 113 Centerway, Greenbelt, MD 301-474-5642 or [www.greenbeltmd.gov/75](http://www.greenbeltmd.gov/75).

*Pictured: John Askew, Sr. portraying Herb Allen in the 2010 production of Greenbelt Voices*



### Greenbelt Museum Panel Discussion: International Greenbelt Tuesday, July 17, 7:30pm (Free)

Citizens share their intercultural experiences while living in Greenbelt. Greenbelt Community Center, Room 201, 15 Crescent Road, Greenbelt, MD  
[www.greenbeltmuseum.org](http://www.greenbeltmuseum.org) or 301-507-6582



### 1937 Vintage Film Festival

Thursday, August 16, 7:30pm (Free)  
*The Big Broadcast of 1938* starring Bob Hope, W.C. Fields, Dorothy Lamour and Martha Raye

Saturday, August 18, 12:00noon (Free)  
*Little Miss Broadway* starring Shirley Temple.  
Both screenings: Old Greenbelt Theater, 129 Centerway, Greenbelt, MD. 301-474-9744 or [www.greenbeltmd.gov/75](http://www.greenbeltmd.gov/75)

### Visit [www.greenbeltmd.gov/75](http://www.greenbeltmd.gov/75)

Year-long event calendar ~ Commemorative products  
September 22: James Roosevelt, Jr address  
October 13: Gala Dinner Dance information

**GREENBELT MUSEUM**

# YOUTH CLASSES AND PROGRAMS

## PRESCHOOL CLASSES

### PRE-SCHOOL ART EXPLORATION

Children and caregivers share the experience of creative exploration in a studio setting, while facilitating toddlers' socialization. Different tools and materials will be introduced, encouraging visual and tactile discovery. Emphasis is on process, rather than the completion of a defined project. Families may enter and leave any time during the hour as children's attention spans will vary. This is a parent-child activity; caregivers must please enroll, attend and actively participate. When registering: section 1 is for kids; section 2 is for caregivers.

Th 9:15am-10:15am/CC-116 5 mtgs: 7/5 - 8/2

**CHILDREN: 323201-1** Ages birth-5 R: \$27, NR: \$35

**CAREGIVERS: 323201-2** Ages 16+ FREE

Instructor: Sally Davies

### PRE-SCHOOL STORIES AND ART

Young children and caregivers will enjoy working together on a variety of creative projects inspired by stories read aloud at this weekly creative oasis. This is a parent-child activity; caregivers must please enroll, attend and actively participate. Families may leave at any time, but all participants are asked to be present at the scheduled start of each class. When registering: section 1 is for kids; section 2 is for caregivers.

Tu 9:45am-10:45am/CC-116 5 mtgs: 7/3 - 7/31

**CHILDREN: 323203-1** Ages 3-6 R: \$42, NR: \$54

**CAREGIVERS: 323203-2** Ages 16+ FREE

Instructor: Sally Davies

## OTHER CLASSES

### TKA KARATE

**Ages 5-12**

Registration for this class will be held at the Greenbelt Youth Center the first night of class. For more information please call 301-840-9262.

M 6:30pm-7:30pm/YC-Multi

8 mtgs: 7/2 - 8/20

R/NR: \$44

### STRATEGY GAMES CLUB 387501-1 **Ages 10+**

Exercise your brain playing a variety of strategy games: Carcassonne, Go, Mah Jongg, Ticket to Ride, Blokus. Traditional strategy games – Chess, Checkers, Backgammon, and Jenga – are also available. Come join in the fun!

Tu 7:00pm-9:00pm/YC-Multi

12 mtgs: 6/19 - 9/4

FREE

Instructor: Karen Haseley

## ARTS CLASSES

### THROWING CLAY 343251-1

**Ages 10-18**

Discover the creative possibilities of both hand-building and the potter's wheel. Personalized attention enables students to follow their imagination while cultivating technical skills. Up to 12 pounds of clay included for all participants. Ceramic Open Studio is included for participants ages 16 and up.

Sa 10:00am-12:00pm/CC-305

8 mtgs: 6/23 - 8/11

R: \$132, NR: \$172

Instructor: Michael Pappas



### STAGECRAFT CIRCLE (FREE!) 353208-1

**Ages 13+**

Have fun using a variety of materials and techniques to create visual art for a performance context. The Circle will make costumes and props for the Recreation Department's youth performing arts programs. Sewing skills and a portable machine are desirable but not essential; many non-sewing projects will be included. Attend the first meeting on 5/23 if possible, and as often as you wish thereafter. Instructional meetings are provided bi-weekly. Participants may use the open studio sessions on alternating weeks to complete projects. Materials provided.

W 6:30pm-9:00pm/CC-116

11 weeks: 5/23 - 8/1

6 instructional meetings:

5/23, 6/6, 6/20, 7/5 (Th), 7/18, 8/1

5 open studio days\*:

5/30, 6/13, 6/27, 7/11, 7/25 (\*ages 13-15 must be accompanied by an enrolled adult)

R/NR: FREE

Designer: Nicole DeWald

### NATURE JOURNALING

**Ages 13+**

See page 10 for information

## DANCE CLASSES

### DANCE MINI-CAMPS AT THE GREENBELT DANCE STUDIO

The perfect late afternoon break for you and a wonderful dance experience for your child! These fun mini-camps meet for one hour on Tuesday, Wednesday, and Thursday for two consecutive weeks. Each two-week mini-camp session is designed around a different theme and culminates with an in-studio performance for family and friends.

#### CREATIVE MOVEMENT MINI CAMP

**Ages 3-4**

A joyful exploration of movement, music and imagination with a storybook theme. Young dancers will develop their coordination, confidence, and rhythmic skills while creating a dance inspired by the session's storybook theme. Students should wear clothes that are easy to move in and bare feet.

#### CORDUROY 324200-1

Tu/W/Th 4:00pm-5:00pm/CC-10

5 mtgs: 7/3 - 7/12 (No class 7/4) R: \$42, NR: \$48

#### STELLALUNA 324200-2

Tu/W/Th 4:00pm-5:00pm/CC-10

6 mtgs: 7/17 - 7/26 R: \$48, NR: \$56

#### THE LION & THE MOUSE 324200-3

Tu/W/Th 4:00pm-5:00pm/CC-10

6 mtgs: 7/31 - 8/9 R: \$48, NR: \$56

Instructor: Angella Foster

#### PRE-DANCE MINI-CAMP

**Ages 5-6**

Through music and movement, we will be learning about and celebrating different aquatic life habitats featured at the National Aquarium in Baltimore. Young dancers will develop their coordination, confidence, and rhythmic skills while creating a dance inspired by the session's theme. Students should wear clothes that are easy to move in and bare feet.

#### CORAL REEF ADVENTURE 334200-1

Tu/W/Th 4:00pm-5:00pm/CC-10

6 mtgs: 6/19 - 6/28 R: \$48, NR: \$56

#### AUSTRALIAN OUTBACK 334200-2

Tu/W/Th 5:00pm-6:00pm/CC-10

5 mtgs: 7/3 - 7/12 (No class 7/4) R: \$42, NR: \$48

#### JUNGLE SAFARI 324200-3

Tu/W/Th 5:00pm-6:00pm/CC-10

6 mtgs: 7/17 - 7/26 R: \$48, NR: \$56

Instructor: Angella Foster

#### STARGAZING DANCE PERFORMANCE

**MINI-CAMP 334203-1**

**Ages 7-11**

Young dancers who aspire to perform, choreograph or direct will love this class! The night sky and images from the Hubble telescope will serve as our inspiration as we create our own original dance about stargazing. Students will learn about and contribute to the choreographic process. Recommended for young performers with one year previous dance or theater experience. Girls should wear a solid colored leotard and pink or black footless tights. Boys should wear black sweatpants or knit shorts with a plain white t-shirt. The "uniform" specified above will serve as their base costume for the in-studio performance on the last day of class.

Tu/W/Th 5:00pm-6:00pm/CC-10

6 mtgs: 7/31 - 8/9

R: \$48, NR: \$56

#### CHOREOGRAPHY CLUB 334206-1

**Ages 7-11**

How do you make a dance or communicate a story through movement? In this camp, young performers will learn some of the tricks of the choreographer's trade and work together under the guidance of the instructor to make a dance of their own to perform for an audience on the last day of camp. Recommended for young performers with one year previous dance or theater experience. Girls should wear a solid colored leotard and pink or black footless tights. Boys should wear black sweatpants or knit shorts with a plain white t-shirt. The "uniform" specified above will serve as their base costume for the in-studio performance.

Tu/W/Th 5:00pm-6:00pm/CC-10

6 mtgs: 6/19 - 6/28

R: \$48, NR: \$56

Instructor: Angella Foster

#### BALLET I/II 334201-2

**Ages 7-11**

An introduction to the grace and discipline of classical ballet. This class teaches young dancers the basic posture and body positions which lay the foundation of this beautiful dance form. Emphasis will be on developing each student's flexibility, strength and musicality. Perfect for aspiring young dancers with one year or more of previous ballet training. Uniform: Girls - pink ballet shoes, pink tights, black sleeveless leotards, long hair secured in bun. Boys - black ballet shoes, black leggings, snug white t-shirt.

M 4:30pm-5:30pm/CC-10

8 mtgs: 6/18 - 8/6

Instructor: Angella Foster

R: \$64, NR: \$72

#### CONTEMPORARY DANCE 334204-1

**Ages 7-11**

Contemporary dance combines elements of ballet, yoga, Pilates, basic tumbling and modern dance to create a fusion that is fun, expressive and great exercise. No previous dance experience necessary. In-studio performance on last day of class! See Dance Performance Camp for additional performance opportunities. Uniform: Bare feet, black yoga pants or leggings and snug top.

M 5:30pm-6:30pm/CC-10

8 mtgs: 6/18 - 8/6

R: \$64, NR: \$72

Instructor: Angella Foster

*To enroll in any of the summer dance classes, students must have reached the minimum age for each class by June 15, 2012. Helpful tips for getting your young dancer ready for class at [www.greenbeltmd.gov/dance](http://www.greenbeltmd.gov/dance).*

## M-NCPPC SUMMER PLAYGROUNDS



While some M-NCPPC playgrounds operate at school facilities, registration materials and forms should not be sent to the school. Please do not call schools for information; use the phone numbers listed below. For questions

regarding the accessibility of a playground site, please call the Inclusion Specialist at the phone number listed with the playground.

- Operate Mondays-Fridays, June 27 until August 5, from 9:00am-3:00pm (unless otherwise indicated).
- All sites are closed July 4.
- Children between 6-12 years of age (Children must meet the minimum age of 6 by August 31, 2012 to attend this program.)
- Games, crafts and recreation.
- Playground and teen center hours 9:00am-3:00pm.
- No before or after care - not a substitute for full-day childcare.
- Fewer staff, more children.
- Field trips optional - extra payment required.
- Prince George's County residents only.
- Fee is \$40 for the summer (whether you go for 1 week, all 6 weeks or select days throughout the 6 weeks).
- The \$40 fee for Summer Playgrounds and Summer Xtreme Teen Centers is not refundable and non-transferable. NO EXCEPTIONS.

### Greenbelt Summer Playgrounds are located at the following locations:

**Greenbelt Elementary School**  
66 Ridge Road, 301-445-4500

**Springhill Lake Elementary School**  
6060 Springhill Drive, 301-445-4500



### Summer Xtreme Teens

Teen centers are for youths ages 13-17 and operate Mondays through Fridays from 9:00am to 3:00pm. Every summer,

hundreds of teens meet at Summer Xtreme Teens Centers for supervised, recreational activities. Open to residents of Prince George's County only, this program is available at Greenbelt Middle School, 8950 Edmonston Road, Greenbelt, MD. 20770. For more information on the program and how to register call 301-445-4500. Registration begins April 1, 2011. The \$40 fee for Summer Playgrounds and Summer Xtreme Teen Centers is not refundable and non-transferable. NO EXCEPTIONS.

## ROLLER SKATING SUMMER SERIES

Youth ages 6-12 are invited to join their families and friends at the Springhill Lake Recreation Center parking lot to roller skate on the following dates:

**Date:** Friday, June 15 - School's Out Skate  
Friday, July 20 - Sizzling Summer Skate  
Friday, August 10 - Rolling Back to School Skate

**Location:** Springhill Lake Recreation Center Parking Lot

**Ages:** 6-12

**Time:** 6:00pm-8:00pm

**Fees:** FREE

Roller Skates are available free of charge...or bring your own! A DJ and light refreshments will be provided. The Skating Summer Series is co-sponsored by the Maryland-National Capital Park and Planning Commission. Youth ages 11 and under require adult supervision. For additional information call 301-397-2212.

## SUMMER YOUTH DROP-IN

**Begins June 11, 2012**

Drop-in activities are now available for youth ages 5-12 at the Springhill Lake Recreation Center. A current City of Greenbelt Recreation ID card is required for admission to drop-in activities. ID cards can be purchased at the Springhill Lake front desk for a nominal fee. Kids will be supervised by Recreation Department staff and will be divided by age and skill level.

*All activities are held at the Springhill Lake Recreation Center*

Activities include:

Monday	12:00pm-2:00pm Futsal 3:00pm-4:00pm Arts and Crafts
Tuesday	12:00pm-2:00pm Knockout Tournament
Wednesday	3:45pm-6:00pm Badminton/Pickle-Ball
Thursday	12:00pm-2:00pm Movie Day 3:00pm-4:00pm Arts and Crafts
Friday	12:00pm-2:00pm Dodgeball

**Date:** M/T/W/Th/F

**Ages:** 5-12

**Fees:** FREE with valid City of Greenbelt Facility ID  
**For additional information contact 301-397-2200.**

## SPRINGHILL LAKE STRATEGY GAMES CLUB

**Ages 10 +**

Join the fun! Develop your critical thinking skills through a variety of strategy games – Chess, Checkers, Jenga and many more.

**Date:** Wednesdays/ SHLRC-Conf

**Time:** 6:00pm-8:00pm

**Fees:** FREE

**Instructors:** Kayode Lewis & Darren Stephenson

# ADULT CLASSES AND PROGRAMS

## HEALTH AND FITNESS

### YOGA & CORE CONDITIONING 352202-2 Ages 16+

Combination of postures, breathing practices, meditative awareness and deep relaxation of yoga with toning and core strengthening movements. Bring a mat. Don't eat 2-3 hours before class. For more information email laura.bonkosky@gmail.com.

Th 7:00pm-8:15pm/CC-202

10 mtgs: 6/21 - 8/23

R: \$80, NR: \$90

Instructor: Laura Bonkosky

### VISHWAYATAN YOGA 352204-1 Ages 16+

Exercise the entire body. Please do not eat 2-3 hours before class. Bring a mat.

Tu 6:00pm-7:00pm/CC-202

10 mtgs: 6/19 - 8/21

R: \$70, NR: \$80

Instructor: Manju Shukla

### PILATES MAT CLASS I 352205-2 Ages 16+

A classic Pilates mat workout with basic exercises for strengthening core muscles, and improving posture, balance and flexibility. Bring a mat or blanket, and a 10-pound sandbag or rice bag as a foot weight.

W 8:00pm-9:00pm/CC-202

10 mtgs: 6/20 - 8/29 (No class 7/4)

R: \$70, NR: \$80

Instructor: Catherine Turner

### PILATES MAT CLASS II 352205-1 Ages 16+

Prerequisite: Pilates Mat Class Level I or equivalent class (not video) experience and core strength. Class includes basic intermediate exercises for greater flexibility and core strength. Class moves at a faster pace, focusing on flow. Bring a mat and a 10-pound sandbag or rice bag as a foot weight.

W 6:45pm-7:45pm/CC-202

10 mtgs: 6/20 - 8/29 (No class 7/4)

R: \$70, NR: \$80

Instructor: Catherine Turner

### JAZZERCISE Ages 16+

Join anytime - register at class. Drop-ins are welcome. Warm-up, cardio, strength, stretch. For more information and pricing options call 301-776-5405 or visit: [www.jazzercise.com](http://www.jazzercise.com).

M/W 7:00pm-8:00pm/CC-106;

Sa 8:00am-9:00am/YC-Gym

### TAI CHI ALL LEVELS 352206-1 Ages 16+

Sa 9:00am-10:00am/CC-106

10 mtgs: 6/23 - 8/25

R: \$70, NR: \$80

Instructor: Thomas Johnson

### TAI CHI LEVELS I/II 352207-1 Ages 16+

Beginning levels of Yang Simplified Tai Chi Form instruction as developed by Cheng, Man-Ch'ing (37 postures).

W 6:30pm-7:30pm/YC-Multi

10 mtgs: 6/20 - 8/29 (No class 7/4)

R: \$70, NR: \$80

Instructor: Linda Uphoff

### TAI CHI LEVEL III 352207-2

Ages 16+

Training and corrections for students who have completed instruction in Cheng Man-Ch'ing's simplified Yang Form. Instructor approval is required. Call 301-345-5386 if you have questions.

W 7:30pm-8:30pm/YC-Multi

10 mtgs: 6/20 - 8/29 (No class 7/4)

R: \$70, NR: \$80

Instructor: Linda Uphoff

### FUN YOGAMIX 352220-1

Ages 16+

A fun and gentle yoga mix of breathing, poses, meditation and laughter therapy. Bring a mat and a blanket to each class. Beginners are welcome. For more information contact instructor at [yogatina@yahoo.com](mailto:yogatina@yahoo.com).

Th 6:00pm-7:00pm/CC-202

10 mtgs: 6/21 - 8/23

R: \$70, NR: \$80

Instructor: Tina McCloud

### LUNCHTIME YOGA 352221-1

Ages 16+

This mixed level class offers a balanced practice of warm-ups, postures, yogic breathing, meditative awareness and relaxation designed to stretch, strengthen and energize your body, release tension, enliven your spirit and bring more ease and joy to your life. Bring a mat. Don't eat 2-3 hours before class.

Tu 12:30pm-1:30pm/Admin Bldg

10 mtgs: 6/12 - 8/21 (No class 6/26)

R: \$70, NR: \$80

Instructor: Laura Bonkosky



## GET ACTIVE GREENBELT

### ZUMBA 352401

Ages 16+

Zumba® is an exhilarating, easy-to-follow, calorie-burning dance fitness-party with Latin and international music and various styles of dance. Wear comfortable clothing and shoes. **ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS CLASS.**

*All classes take place in the gym at the Springhill Lake Recreation Center.*

Session Dates: 7/19- 9/13 (No class 8/9, 8/11)

Sa 9:00am-10:00am; Tu 6:00pm-7:00pm;

Th 7:00pm-8:00pm

Class cards can be used for any class day in the session. Purchase cards at the Community Center business office or from the instructor.

20-class card

R: \$80, NR: \$90

10-class card

R: \$60, NR: \$70

5-class card

R: \$40, NR: \$50

Drop-In: \$6

Instructor: Cheryl Keys

## ULTIMATE GROOVE WORKOUT 364220 Ages 18+

The Ultimate Groove is an upbeat, high/low impact; go-at-your-own-pace, total body workout designed to make you feel like you're dancing. The dance routines incorporate hip-hop, ballet, jazz, Latin, African, line dancing, and other dance styles. Plus, it includes traditional cardio, strength and flexibility training exercises. Please wear form-fitting workout gear and comfortable tennis shoes. Bring water and a towel/yoga mat for floor exercises. Please contact the instructor at [chelsea@groovedancefitness.com](mailto:chelsea@groovedancefitness.com) or phone 240-297-9423 for more information. Buy class cards weekdays at the business office (cash, check or credit) or on class days from the instructor (check or credit card). ONLINE SALES ARE NOT AVAILABLE.

All classes take place in the Dance Studio (Room 10) at the Greenbelt Community Center.

Session Dates: 6/19 - 8/28 (No class 7/28)

Sa 9:00am-10:00am; Tu 7:00pm-8:00pm

Th 7:00pm-8:00pm

Class cards can be used for any class day in the session.

20-Class Card: R: \$120, NR: \$140

10-Class Card: R: \$70, NR: \$80

5-Class Card: R: \$40, NR: \$45

Drop-In: \$10 (no cash)

Instructor: Chelsea Calhoun

**ULTIMATE GROOVE \$5 INTRODUCTORY CLASS** on Saturday, 6/23, from 9:00am-10:00am in the Community Center Dance Studio (Room 10). Sample the class at 50% off the regular drop-in fee! (No cash accepted; check or credit card only.)

## TKA KARATE Ages 13+

Registration for this class will be held at the Greenbelt Youth Center the first night of class. For more information please call 301-840-9262.

M 7:30pm-9:00pm/YC-Multi

8 mtgs: 7/2 - 8/20

R/NR: \$52

**Fit 'N' Fun Cardio will return in the fall session.**

## VISUAL ARTS

### NATURE JOURNALING Ages 13+

Rediscover the beauty and intricacies of nature while creating your own illustrated journal. This program includes discussion and basic drawing instruction at the Community Center, combined with outdoor group walks at various locations around Greenbelt. The class is led by a certified arborist with an emphasis on close observation and enhanced understanding of our natural environment. Participants in the full series, ages 16+, are eligible to receive a 50% discount on summer session Visual Arts Open Studio (separate registration required). A materials list will be provided to registered students. Co-sponsored by the Chesapeake Education, Arts and Research Society (C.H.E.A.R.S.).

#### INTRO ONLY 353214-1

Sa 6/16; 10:00am-11:30am/CC-116 R/NR: \$5

**FULL SERIES 353214-2** Sa 10:00am-11:30am/CC-116

4 mtgs: 6/16, 6/30, 7/14, 7/28

R: \$30, NR: \$40

Instructor: Lesley Riddle

## GARMENT CONSTRUCTION TECHNIQUES 353229-1 Ages 16+

Learn basic techniques for constructing garments, including: taking measurements, selecting and cutting fabric, and following a pattern. For novice sewers who have a portable machine and are familiar with its basic operation. Includes Visual Arts Open Studio. Some material purchases required based on students' project choices.

Tu 7:00pm-9:30pm/CC-116

5 mtgs: 7/17 - 8/14

R: \$88, NR: \$114

Instructor: Andrea Schewe

## STAGECRAFT CIRCLE (FREE!) 353208-1 Ages 13+



Have fun using a variety of materials and techniques to create visual art for a performance context. The Circle will make costumes and props for the Recreation Department's youth performing arts programs. Sewing skills and a portable machine are desirable but not essential; many non-sewing projects will be included. Attend the first meeting on 5/23 if possible, and as often as you

wish thereafter. Instructional meetings are provided bi-weekly. Participants may use the open studio sessions on alternating weeks to complete projects. Materials provided.

W 6:30pm-9:00pm/CC-116

11 weeks: 5/23 - 8/1

6 instructional meetings:

5/23, 6/6, 6/20, 7/5 (Th), 7/18, 8/1

5 open studio days\*:

5/30, 6/13, 6/27, 7/11, 7/25 (\*ages 13-15 must be accompanied by an enrolled adult)

R/NR: FREE

Designer: Nicole DeWald

## VISUAL ARTS OPEN STUDIO 353216-1 Ages 16+

Independent use of the studio whenever classes are not in session. Ideal for painting, drawing and crafts. Mat cutter available for trained users. Participants must attend a mandatory orientation meeting unless they have enrolled in Open Studio within the past 6 months: Monday, June 18 at 7:15pm in room 116. Participants are eligible to register for the weekly Craft Circle and/or Sew for Charity free of charge (separate registration required).

M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-116

9 weeks: 6/18 - 8/19

R: \$30, NR: \$40

## CRAFT CIRCLE 353223-1 Ages 16+

Bring your projects to this informal, weekly gathering of crafters. Make new friends and gain artistic inspiration in a supportive, relaxing environment. Formal instruction not provided. This program does not include open studio; however, students enrolled in Visual Arts Open Studio may register for the Circle free of charge.

Th 7:00pm-9:00pm/CC-116

9 mtgs: 6/21 - 8/16 (Class meets in rm 113 on July 5)

R: \$15, NR: \$20

### **OPEN DARKROOM 353231-1** **Ages 16+**

Independent access for experienced darkroom users whenever classes are not in session. Registered applicants must attend the orientation and certification test on Monday, June 18 at 8:00pm in room 309 unless they have been certified previously. Refunds will be issued to any applicants not qualifying for this program. Basic chemistry provided.

**M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-309**  
**10 weeks: 6/18 - 8/26** **R: \$50, NR: \$65**

### **SEW FOR CHARITY 353242-1** **Ages 16+**

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants and disadvantaged children, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required; this is not an instructional program. Participants supply their own machines, sewing supplies, and power strips/cords. This program does not include open studio; however, students enrolled in Visual Arts Open Studio may register for Sew for Charity free of charge.

**Th 11:00am-3:00pm/CC-116**  
**9 mtgs: 6/21 - 8/16** **R: \$5, NR: \$10**

## **CERAMICS**

### **GREENWARE SURFACE DECORATION 353250-1** **Ages 16+**

Hand-builders, potters and tile makers: expand your skills in surface decoration that is done before bisque firing. Techniques will be drawn from a range including: stamping, sgraffito, carving, appliqué, bas relief, cloisonné, slipwork, wax erosion and more. Some previous experience with ceramics is preferred, but all levels are welcome. Clay purchased separately; students may arrange at the first class meeting to purchase bags jointly. Participants are eligible for half-price Ceramics Open Studio (separate registration required).

**Tu 7:00pm-9:30pm/CC-304** **R: \$64, NR: \$83**  
**4 bi-weekly mtgs: 6/19, 7/3, 7/17, 7/31**  
**Instructor: Mary Gawlik**

### **HAND-BUILT CERAMIC VASES AND POTS 353256-1** **Ages 16+**

Create beautiful, sculptural vessels for indoor plants without using a potter's wheel. Explore an endless variety of formal approaches, with effects ranging from earthy and primitive to sleek and modern, according to your taste. Beginners and all levels welcome. Clay purchased separately; students may arrange at the first class meeting to purchase bags jointly. Participants are eligible for half-price Ceramics Open Studio (separate registration required).

**M 7:00pm-9:30pm/CC-304**  
**4 bi-weekly mtgs: 6/25, 7/9, 7/23, 8/6**  
**R: \$64, NR: \$83**  
**Instructor: Sandra Dwiggin**

### **INTRO TO WHEEL 53257-1** **Ages 16+**

Participants learn to use clay, basic skills on the potter's wheel and how to decorate and glaze their work. Both first-time and returning students welcome. Ceramics Open Studio included. Clay purchased separately.

**W 7:00pm-9:30pm/CC-305**  
**8 mtgs: 6/20 - 8/15 (no class 7/4)**  
**R: \$111, NR: \$144**  
**Instructor: Gina Mai Denn**

### **CERAMICS OPEN STUDIO 353261-1** **Ages 16+**

For current and former students of the Greenbelt Community Center ceramic programs. Independent access whenever the studios are not reserved for classes or cleaning. The studios will be available most Tuesdays, Wednesdays and Fridays, 9:00am-3:00pm and all day on Sundays, plus limited additional hours on Thursdays, week nights, and Saturdays. Orientation meeting required for all participants who have not attended a program here within the past 6 months: Monday, June 18 at 6:30pm, room 304. Clay purchased separately.

**M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-304, 305**  
**10 weeks: 6/18 - 8/26** **R: \$70, NR: \$91**

### **WOODFIRE WORKSHOP 353263-1** **Ages 16+**

Experience the ancient roots and the scientific heights of pottery by firing a wood-fueled kiln. This is an intense, hands-on process requiring physical labor and



cooperation among participants. The end results are rustic, lively, fully-functional pots. Students

must attend two instructional meetings at the Community Center as listed below, along with the firing itself which will take place at Baltimore Clayworks (about an hour's drive from Greenbelt) on October 12 and 13. (Optional: help unload the kiln on W 10/17). Intermediate and

advanced potters only by permission of the instructor; please write to mea@godelephant.com. Participants are eligible for half-price Ceramics Open Studio (separate registration required). Each registration includes 35 lbs. of clay.

**Preparation: Th 6/21 7:00pm-9:30pm & Sa 9/22 1:00pm-3:00pm, CC-304**  
**Firing: October 12 (F), 13 (Sa) at Baltimore Clayworks**  
**R: \$140, NR: \$180**  
**Instructor: Mea Rhee**

**SCHOLARSHIP ASSISTANCE** through the Mary Purcell Geiger fund is available to Greenbelt residents for visual arts, performing arts and senior programs. Applications are available at the main office of the Greenbelt Community Center.

## MAKING POTS FOR A WOOD KILN 353264-1 Ages 16+

An exploration of forms and surfaces that are well-suited for a wood-kiln, this weekly meeting will give wood-firers dedicated time to produce the volume of pots needed to fill the kiln. Wheel-throwers and hand-builders welcome. Enrollment in the Woodfire Workshop (page 11) is required in order to take this class. Includes Ceramics Open Studio.

Th 7:00pm-9:30pm/CC-304

8 mtgs: 6/21 - 8/16 (no class 7/19) R: \$90, NR: \$118

Instructor: Mea Rhee

## RAKU WORKSHOP 353267-1 Ages 16+

With roots in centuries-old Japan, Raku is a method of fast-firing ceramic art outdoors with beautiful and surprising results. Bring up to five bisque pieces to the glazing session on 9/8. Firing will take place outside of the Greenbelt Aquatic and Fitness Center with a pot luck lunch on Saturday, 9/22 from 10:00am to 4:00pm. In the event of rain: glazing will take place as scheduled; firing will take place on September 29. You may enroll for multiple slots in the class in order to fire more work. Ceramics Open Studio not included.

Orientation (required for new participants):

W 7/11; 7:00pm-9:00pm/CC-304

Glazing: Sa 9/8; 1:00pm-4:00pm/CC 304

Firing: Sa 9/22; 10:00am-4:00pm/GAFC

R: \$65, NR: \$85

Instructor: Karen Arrington

## DANCE

### INTERNATIONAL FOLK DANCING 354501-1 Ages 16+

FREE Open House will be held at 7:30pm, on Friday, June 22. Come and enjoy! A variety of dances for all skill levels.

F 8:00pm-10:00pm/YC-Multi

9 mtgs: 6/22 - 8/17

R/NR: \$32

Instructor: Roland Forbes

### MAD HOT BALLROOM DANCING Ages 16+

Frank Solomon teaches the hottest ballroom and club dances and dance etiquette in a fun and supportive environment designed for both teens and adults. No partners required. For help choosing a course or for more information, contact Frank at f50solomon@yahoo.com or 301-439-0723.

### INTERMEDIATE SALSA/MAMBO 354203-1

M 7:00pm-8:00pm/CC-10

8 mtgs: 6/4 - 7/23

R: \$44, NR: \$54

### INTERMEDIATE WEST COAST SWING/ FOXTROT 354203-2

M 8:00pm-9:00pm/CC-10

8 mtgs: 6/4 - 7/23

R: \$44, NR: \$54

Instructor: Frank Solomon

## OTHER ADULT CLASSES

### VEGETARIAN CUISINE

Ages 15+

Summer is here...who wants to be stuck in front of a hot stove? Come learn easy, breezy fun recipes that will keep you healthy and won't break the bank. All supplies and food are included in the fees. No experience required.

357205-1 W 7:00pm-9:00pm/CC-106

4 mtgs: 7/11 - 8/1

R: \$50, NR: \$62.50

357205-2 W 7:00pm-9:00pm/CC-106

4 mtgs: 8/15 - 9/5

R: \$50, NR: \$62.50

Instructor: Sonia Srivastava

### STRATEGY GAMES CLUB

Ages 10+

Exercise your brain playing a variety of strategy games: Carcassonne, Go, Mah Jongg, Ticket to Ride, Blokus. Traditional strategy games -- Chess, Checkers, Backgammon, and Jenga -- are also available. Come join in the fun!

387501-1 Tu 7:00pm-9:00pm/YC-Multi

12 mtgs: 6/19 - 9/4

FREE

Instructor: Karen Haseley

387601-1 W 6:00pm-8:00pm/SHLRC-Conf

11 mtgs: 6/20 - 9/5 (No class 7/4) FREE

Instructors: Kayode Lewis & Darren Stephenson

## AT SPRINGHILL LAKE RECREATION CENTER!

### ALL (ADULT LANGUAGE LEARNER) CAMP



Instructional services are offered to acclimate adults to the English and the acculturation process. Register for the program the first time you attend. For additional information contact Judy Hering at 301-345-6660 or email at jhering@greenbeltmd.gov.

Location: SHLRC Clubhouse  
Time: 10:00am-11:30am

Date: TBA

### GAME OF THE MONTH

FREE to all facility ID holders

Greenbelt Recreation Department facility ID holders are welcome to join in on the party. Each game will be televised on a large LCD flat screen TV under the supervision of Recreation Staff. Snacks and drinks are available throughout the game. Pizza will be served at halftime. Sign-up at the Springhill Lake Recreation Center during operational hours.

All participants must have a Recreation Facility ID. IDs can be purchased at the Springhill Lake Recreation Center or Greenbelt Youth Center.

May NBA  
July Movie

June NBA Playoffs  
August NFL Preseason TBA

# SENIOR PROGRAMS & EVENTS

## Greenbelt Senior Center

The Senior Game Room and Lounge are open to senior citizens, ages 60 and over, during regular operating hours. Call 301-397-2208 for more information.

## Golden Age Club

The Golden Age Club meets every Wednesday from 11:00am-12:00pm in the Community Center Multipurpose Room (room 201). Activities include speakers, special programs and field trips. For membership information, call Rose Remenick at 301-474-7087.

## Hungry??

The Senior Nutrition Program serves hot lunches at 12:00pm Monday through Friday in the commercial kitchen at the Community Center. Senior citizens must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. Requested meal donation is \$3. To make reservations please call 301-397-2208 x4215.



## Cards Anyone?

Bridge groups play from 12:30pm to 3:30pm in the senior game room at the Community Center every Thursday, Friday and every other Tuesday. If you are interested in joining the groups call Ruth Burton (Tuesday Bridge) at 301-345-0323 or Robin Schlauch (Thursday and Friday Bridge) at 301-474-2605.

Following the Golden Age Club on Wednesdays, Pinochle players gather to play. Call Shirleyanne Egenreider, 301-345-1974, for more information.

## Pool Table

The senior game room is open for senior citizens to play pool at any time, with the exception of Tuesday, Thursday and Friday afternoons when the Bridge players use the game room. Call 301-397-2208 for more information.

## Upcoming Senior Special Events

### Not For Seniors Only:

**NEED HELP?  
HOW GREENBELT RESPONDS TO YOU**

City employees will be available to answer questions about any special requests you have of the city.

Saturday, June 2 from 1:00pm-3:00pm  
Greenbelt Community Center room 201

*Sponsored by  
Senior Citizens' Advisory Committee*



### TURNER MEET-N-GREET

Friday, June 1, 11:00am-1:00pm

Greenbelt Community Center Room 201  
Meet County Councilwoman Ingrid Turner, learn what the County is doing and ask any questions. Lunch is provided. Registration is required. See page 14 for registration information.

### 3rd ANNUAL Wii BOWLING TOURNAMENT

May 25, 2012  
City Council Chambers  
Come Cheer on your neighbors  
as they compete for Greenbelt's  
Third Wii Bowling Championship.  
Light refreshments and lots  
of camaradrie.



### Active Aging Week September 23-29

*Many Journeys, Many Destinations*  
Help us Celebrate this year's Active Aging Week. Be watching for all the planned **FREE** activities you can participate in during the last week of September.

Have FUN and Get ACTIVE!

# SENIOR RECREATION CLASSES

## SENIOR SWIM 371101-1

Ages 60+

Water exercises that emphasize stretching, strengthening and toning exercises for swimmers and non-swimmers. FREE to pass holders, resident non-passholders pay \$1 each visit; non-resident, non-passholders pay \$1.50 each visit. Registration is REQUIRED.

M 11:15am-12:15pm 11 mtgs: 6/18 - 8/27 (No class 8/20)

Instructor: Marsha Voigt

## GET WII ACTIVE 372201-1

Ages 60+

Come join the Wii Active group and have fun using the Wii to bowl! Let's get Wii Active!

F 1:00pm-3:00pm/CC-114

10 mtgs: 6/22 - 8/24 (No class 9/2)

## HOLY CROSS SENIOR EXERCISE 372202-1

Ages 50+

Increase strength, muscular endurance, and improve flexibility for greater mobility.

M/W/F 9:00am-9:45am/SHLRC-Gym

33 mtgs: 6/18 - 8/31 (No class 7/4)

Instructor: Karl Haddad

## STITCH FOR CHARITY 373208-1

Ages 16+

Stitchers of all levels (beginners included) create items to donate to local charitable organizations. Yarn and needles provided. All ages welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109

10 mtgs: 6/22 - 8/24

R: \$5, NR: \$10

## TURNER MEET-N-GREET 279207-1

Ages 60+

Come join County Councilwoman Ingrid Turner for her third annual visit to the Greenbelt Senior Center. This is your opportunity to ask questions and hear the county's updated news. Ms. Turner will also be providing a free lunch. This program is co-sponsored by the Greenbelt Golden Age Club. **PREREGISTRATION IS REQUIRED.**

F 6/1; 11:00am-1:00pm/CC-201 FREE

## STRATEGY GAMES CLUB 387501-1

Ages 10+

See page 12 for description.

Tu 7:00pm-9:00pm/YC-Multi

12 mtgs: 6/19 - 9/4

FREE

Instructor: Karen Haseley

## PRINCE GEORGE'S COMMUNITY COLLEGE (SAGE)

A \$50 per semester fee is assessed for SAGE classes for participants age 60 and over. Once this fee is paid, students may take as many SAGE continuing education classes as they like. Participants MUST pre-register. NO REGISTRATIONS ARE ALLOWED AFTER THE CLASS HAS BEGUN! Registration forms are available at the Greenbelt Community Center. To register or for more information, call PGCC at 301-322-0159. SYN: OwlLink Reference numbers for online registration with the college at [www.pgcc.edu](http://www.pgcc.edu).

## EXERCISE CLASS 372220-1

SYN: 52410

**PLEASE NOTE:** This class will meet in the gym at Springhill Lake from June 19 - July 3, 2012.

Tu/Th 8:30am-11:30am/CC-106 10 mtgs: 5/31 - 7/3

Instructors: Nancy Shaffer, Tom Fink

## LINE DANCING 372221-1

SYN: 52666

Great for beginners, or advanced dancers. Socialize, exercise, and improve your memory by learning to line dance. Basic line dance steps are taught and lots and lots of dances are performed: some old, some new, some country western, some urban, some soul. Learn to adapt the dances to the music that you might have. **PLEASE NOTE:** This class will meet in the CC gym from August 29 - September 12, 2012.

W 1:30pm-3:30pm/SHLRC-Gym

14 mtgs: 6/6 - 9/12 (No class 7/4)

Instructor: Bob Meadows

## BEGINNING YOGA 372223-2

SYN: 52669

Beginner/Gentle Yoga for students just starting Yoga or who want a gentle practice. All poses can be adapted to the individual. **PLEASE NOTE:** This class will meet in the CC room 10 from August 24 - September 14, 2012.

F 10:00am-12:00pm/SHLRC-Gym 15 mtgs: 6/8 - 9/14

Instructor: Christine Romero

## MIXED YOGA 372223-3

SYN: 52664

Yoga beginners and beyond are welcome in this class. All poses can be adapted to the individual. **PLEASE NOTE:** This class will meet in the CC room 10 from August 27 - September 10, 2012.

M 10:00am-12:00pm/SHLRC-Gym

14 mtgs: 6/4 - 9/10 (No class 9/3)

Instructor: Kamla Gupta Smith

## ADVANCED BEGINNING/INTERMEDIATE YOGA 372223-1

SYN: 52668

Advanced Beginner to Intermediate level for students with some experience in Yoga. All poses can be adapted to the individual. **PLEASE NOTE:** This class will meet in the CC room 10 from August 22 - September 12, 2012.

W 10:00am-12:00pm/SHLRC-Gym

14 mtgs: 6/6 - 9/12 (No class 7/4)

Instructor: Christine Romero

## AMERICAN HISTORY 373223-1

SYN: 52663

This course is a review of important American history events from 1492-1848 which shows the glorious and not so glorious parts of English then US history in North America. The class will consist of lecture/discussion and AV presentations.

Tu 10:00am-12:00pm/CC-114

7 mtgs: 7/10 - 8/21

Instructor: Lynnette Doyle

**RUSSIAN MUSIC 373222-1 SYN: 52662**

This course examines the history of Russian music from its beginnings in folk songs to music of the 20<sup>th</sup> century. A multitude of selections, both audio and video, are presented and include folk songs and dances, opera, ballet, symphonic music, concertos, tone poems, and sacred and liturgical music. Composers include: Glinka, Rimsky-Korsakov, Tchaikovsky, Stravinsky, Rachmaninov, and many others.

**W 10:00am-12:00pm/CC-114**  
**7 mtgs: 6/6 - 7/25 (No class 7/4)**  
**Instructor: John Cahill**

**ENCORE - THE PLAY'S THE THING: A BRIEF REVIEW OF ONE ACT PLAYS 377228-1 SYN: 52665**

This class continues the exploration of works by dramatists whose full length plays, screenplays and articles are better known than these little gems. Participants are requested to acquire a text: 24 Favorite One Act Plays, Bennett Cerf and Van Cartmell editors. It's available, for example, through Amazon in new, used, and electronic versions. Please read *Hands Across the Sea* for the first session. New students are not only welcome but encouraged to enroll.

**Th 1:00pm-3:00pm/CC-114**      **7 mtgs: 5/31 - 7/12**  
**Instructor: Dolores Haverstick**

**SPORTS IN FILM 377221-1 SYN: 52670**

This is a course on the cinematic portrayal of sports. It will include such feature films as *Chariots of Fire*, *Brian's Song*, and *Field of Dreams* as well as such documentaries as *Harvard Beats Yale 27 to 27* and *Jim Brown*. The course will include portions of the most significant films which the course will discuss.

**W 1:30pm-3:30pm/CC-114**  
**14 mtgs: 6/6 - 9/12 (No class 7/4)**  
**Instructor: Lawrence Suid**

**HISTORY THROUGH HOLLYWOOD: TAKE 7 377229-1 SYN: 52667**

This class will include clips of historical films, class discussions, and a distributed bibliography of relevant literature. The three themes to be discussed are: (1) Cold War films - *Thirteen Days*, *The Spy Who Came In From the Cold*, and *The Lives of Others*; (2) Two under-appreciated World War II films - *Sink the Bismarck*, *A Walk in the Sun*; (3) Two Civil War-related films: *Young Abe Lincoln*, and *The Conspirator*.

**M 6:00pm-8:00pm/CC-114**      **7 mtgs: 7/16 - 8/27**  
**Instructor: Tim Mulligan**

## SENIOR GLOBETROTTING

All trips leave from the library parking lot. Please note: Trip cancellations must be made no later than 36 hours in advance for a refund. Refunds will be awarded according to the provisions in the City of Greenbelt Resolution No. 65. A 10% processing fee will be assessed if money is refunded. Refunds are NOT guaranteed.

**SHOPPING TRIPS**      **Ages 60+**

Transportation to and from the malls. Lunch is on your own. Green Ridge House residents will be picked up at Green Ridge House.

**ARUNDEL MILLS & WALMART 378201-1**

**Th 7/12; 9:30am-3:00pm**      **R: \$3, NR: \$4**

**COLUMBIA MALL 378201-2**

**Th 8/9; 9:30am-3:00pm**      **R: \$3, NR: \$4**

**WEGMANS 378201-3**

**Th 9/6; 9:30am-3:00pm**      **R: \$3, NR: \$4**

**DC DUCKS 378202-1**      **Ages 60+**

Travel to Union Station via metro and take a trip on the DC Ducks. You will have a tour of the city from both land and water, riding on an authentic WWII amphibious vehicle. The tour ends back at Union Station where you can have lunch on your own or shop, as you please before returning to Greenbelt via metro. *Each participant will have to purchase their own metro fare.*

**Th 6/7; 9:30am-3:00pm**      **R: \$32, NR: \$34**

**\*THINGS MY MOTHER TAUGHT ME (RAINBOW DINNER THEATER) 378203-1**      **Ages 60+**

Brand new romantic comedy by Katherine DiSavino, author of the smash comedy *Nana's Naughty Knickers*. Olivia & Gabe are moving into their first apartment together, halfway across the country from their parents, so imagine their surprise when everyone shows up to help them. The parents' words of wisdom come back to haunt them when the talk turns to love and life's big decisions. Funny and touching, this one will make you laugh out loud and fall in love all over again.

**Th 7/19; 8:45am-5:45pm**      **R: \$65, NR: \$77**

**\*GRAFITTI HOUSE 378204-1**      **Ages 60+**

Enjoy a historic tour of the Graffiti House in Culpepper, VA. Our docents will be Greenbelt's Bob and Paula Luddy. Enroute to the house, many "behind the scenes" stories will be shared by the Luddys. After the house tour, enjoy wine tasting and a box lunch by the river. Fee is all inclusive.

**Th 9/13; 9:30am-5:00pm**      **R: \$45, NR: \$57**

*\*All the bus trips are partially subsidized by the City of Greenbelt, through the Golden Age Club.*

All trips will be run on a lottery basis. The lottery will be spun on May 25. Any resident who signs up for the trips listed before 4:30pm on May 25 will be included in the lottery. If there are openings after the lottery has spun, these seats will be filled on a first come, first-served basis. The rosters for these trips will be posted on the bulletin board outside of the senior lounge the week of June 4, 2012.

If you have any questions, please call 301-397-2208.

# GREENBELT AQUATIC & FITNESS CENTER

101 Centerway, Greenbelt, MD 20770, 301-397-2204

## Indoor Pool & Fitness Wing

Monday - Friday 6:00am-10:00pm  
 Saturday & Sunday 8:00am-9:00pm  
 Summer Holidays 8:00am-8:00pm

## Outdoor Pool

Monday - Friday 11:00am-8:00pm  
 Saturday & Sunday 10:00am-8:00pm  
 Summer Holidays 10:00am-8:00pm

## IMPORTANT REMINDERS

- The above hours are subject to change.
- The indoor pool will be closed from August 19, 2012 at 8:00pm through August 27, 2012 at 6:00am for annual cleaning. The Fitness Wing will be closed August 20 - August 21, 2012 for annual cleaning.
- All members are required to scan their pass to gain entry into the Aquatic & Fitness Center. Please see guidelines below on becoming a member.
- Swimming must cease and pools must be vacated 15 minutes before the scheduled end of day for maintenance and closing procedures.
- Aquatic classes take precedence over recreational swimming. Patrons may use whatever sections of the pool are not being utilized by classes. A minimum of three (3) lap lanes are available at all times, except during indoor swim team practices when no lap lanes are available.
- The facility closes at 8:00pm the third Sunday of every month for staff training. The indoor pool closes at 7:45pm this day.
- The hot tub closes at noon every other Wednesday for regular cleaning.
- All passes are non-refundable and non-transferable.

## SUMMER DAILY ADMISSION PRICES:

May 26, 2012 - September 3, 2012

	GREENBELT RESIDENT	NON-RESIDENT WEEKDAY	WEEKEND & HOLIDAY GUEST
<b>Youth (1-13 years)</b>	\$3.00	\$4.00	\$4.00
<b>Young Adult (14-17 years)</b>	\$4.00	\$5.00	\$5.00
<b>Adult (18-59 years)</b>	\$5.00	\$6.00	\$6.00
<b>Senior (60 years+)</b>	\$3.50	\$5.00	\$5.00

*Weekends and Holidays between the dates of May 26, 2012 and September 3, 2012 are restricted to passholders, Greenbelt residents, and their guests (limit of 3 guests per person). Greenbelt Residents are required to show proof of residency when paying daily admission.*

## BECOMING A MEMBER

Becoming a member is easy – just follow these steps:

1. Stop by the Greenbelt Aquatic & Fitness Center front desk and ask to become a member.
2. Staff will enter you into our computer system.
3. Make payment.

If you are purchasing a Resident Membership, you will be required to provide proof of residency in the form of a state issued photo ID or current lease with a valid Greenbelt address. Without proof of residency at a valid Greenbelt address, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

# EXPLANATION OF MEMBERSHIP PASSHOLDER CATEGORIES

**Youth Membership:** 1-13 years of age  
**Young Adult Membership:** 14-17 years of age  
**Adult Membership:** 18-59 years of age  
**Senior Membership:** 60 years of age and older  
**Single Parent Family Membership:** One adult & single dependents, under the age of 21, residing permanently in the same household.  
**Family Membership:** Two adults & single dependents, under the age of 21, residing permanently in the same household.

**Residents:** Those residing within the corporate limits of Greenbelt who pay City taxes and who are entitled to vote in City elections. (Greenbelt Road and 6999-7699 Hanover Parkway are not considered resident addresses.)

**Non-Residents:** Those residing outside the corporate limits of Greenbelt.

SUMMER MEMBERSHIPS (May 26 through September 3, 2012)			SUMMER MEMBERSHIPS (Valid from July 1 through September 3, 2012)		
	Resident	Non-Resident		Resident	Non-Resident
Youth	\$ 57	\$132	Youth	\$ 38	\$ 88
Young Adult	\$ 89	\$166	Young Adult	\$ 59	\$110
Adult	\$120	\$198	Adult	\$ 80	\$131
Senior	\$ 59	\$147	Senior	\$ 39	\$ 98
Single Parent Family	\$176	\$331	Single Parent Family	\$117	\$220
Family	\$240	\$379	Family	\$150	\$251

12 MONTH MEMBERSHIPS					
RESIDENT					
YOUTH	YOUNG ADULT	ADULT	SENIOR	SINGLE PARENT FAMILY	FAMILY
\$110	\$172	\$235	\$120	\$344	\$484
NON-RESIDENT					
YOUTH	YOUNG ADULT	ADULT	SENIOR	SINGLE PARENT FAMILY	FAMILY
\$235	\$294	\$353	\$247	\$587	\$632



## PLEASE NOTE!

**The Indoor Pool** is scheduled to be closed from **August 19, 2012 at 8:00pm through August 27, 2012 at 6:00am** for annual cleaning.

**The Fitness Wing** will be closed **August 20 and 21, 2012** for annual cleaning.

# JOIN IN THE WORLD'S LARGEST SWIMMING LESSON

**THURSDAY, JUNE 14  
GREENBELT AQUATIC AND FITNESS CENTER**



The nation's top water safety and training organizations are joining forces to present The World's Largest Swimming Lesson™ (WLSL), Thursday, June 14, 2012, to build awareness about the vital importance of teaching children to swim to help prevent drowning. On June 14<sup>th</sup>, waterparks, pools and other aquatic facilities around the globe will host local WLSL lessons simultaneously at **11:00am ET (3:00pm GMT)** in an attempt to break the Guinness World Record.

## SUMMER CLASS REGISTRATION DATES



### WEEKDAY CHILDREN'S LESSONS & REGISTRATION DATES

**Summer Session I: June 19 - 22, June 26 - June 29**  
Passholders & Residents register: June 4 & 5  
Open Registration: June 6

**Summer Session II: July 10 - 13, July 17 - 20**  
Passholders & Residents register:  
June 29 at noon - July 1  
Open Registration: July 2

**Summer Session III: July 31 - August 3, August 7 - 9**  
Passholders & Residents register:  
July 20 at noon - July 22  
Open Registration: July 23

### SATURDAY CHILDREN'S LESSONS & REGISTRATION DATES

**Session Dates: June 23 - August 11**  
Passholders & Residents register: June 4 & 5  
Open Registration: June 6

### WEEKDAY ADULT LESSONS & REGISTRATION DATES

**Session 1: June 4 - July 6**  
**Session 2: July 16 - August 17**  
Passholders & Residents register: May 7  
Open Registration: May 9 until classes are full

### WATER EXERCISE CLASSES & REGISTRATION DATES

**Session 1: June 5 - 28**  
**Session 2: July 10 - August 2**  
Passholders & Residents register: May 14  
Open Registration: May 16 until classes are full



Register in person at the Greenbelt Aquatic & Fitness Center, or online at [www.greenbeltmd.gov/recreation/reclink.htm](http://www.greenbeltmd.gov/recreation/reclink.htm) on the dates noted above. **Online registration permitted for Water Exercise Classes only.** Please do not pre-write checks.

Class rates do not include use of fitness wing or pools before or after class times.

# CHILDREN'S LESSONS

PH=PASSHOLDER, RNPH=RESIDENT NON-PASSHOLDER, NRNPH=NON-RESIDENT NON-PASSHOLDER

## AQUA TOTS I

Ages 1-3

Children will learn to adjust to the water and be introduced to simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
321116-1C Tu/W/Th/F 10:30am-11:00am

SESSION II: 8 mtgs: 7/10 - 7/20  
321116-2C Tu/W/Th/F 10:30am-11:00am

SESSION III: 8 mtgs: 7/31 - 8/10  
321116-3C Tu/W/Th/F 10:30am-11:00am

SATURDAY: 8 mtgs: 6/23 - 8/11  
321116-C Sa 10:30am-11:00am

## AQUA TOTS II

Ages 2-4

Children will learn to adjust to the water and begin to master simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
321117-1D Tu/W/Th/F 11:15am-11:45am

SESSION II: 8 mtgs: 7/10 - 7/20  
321117-2D Tu/W/Th/F 11:15am-11:45am

SESSION III: 8 mtgs: 7/31 - 8/10  
321117-3D Tu/W/Th/F 11:15am-11:45am

SATURDAY: 8 mtgs: 6/23 - 8/11  
321117-D Sa 11:15am-11:45am

## BEGINNER I, PRESCHOOL

Ages 3-5

This program is designed for young children who have not yet finished kindergarten but are able to perform independently. Parent participation is not permitted - Beginner I swimming levels.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
321118-1B Tu/W/Th/F 9:45am-10:15am

SESSION II: 8 mtgs: 7/10 - 7/20  
321118-2B Tu/W/Th/F 9:45am-10:15am

SESSION III: 8 mtgs: 7/31 - 8/10  
321118-3B Tu/W/Th/F 9:45am-10:15am

SATURDAY: 8 mtgs: 6/23 - 8/11  
321118-B Sa 9:45am-10:15am

## BEGINNER II, PRESCHOOL

Ages 3-5

This program is designed for young children who have not yet finished kindergarten but are able to perform independently. Parent participation is not permitted - Beginner II swimming levels.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
321119-1A Tu/W/Th/F 9:00am-9:30am

SESSION II: 8 mtgs: 7/10 - 7/20  
321119-2A Tu/W/Th/F 9:00am-9:30am

SESSION III: 8 mtgs: 7/31 - 8/10  
321119-3A Tu/W/Th/F 9:00am-9:30am

SATURDAY: 8 mtgs: 6/23 - 8/11  
321119-A Sa 9:00am-9:30am

## BEGINNER I

Ages 5-10

Designed for children who have not had any lessons before or do not put head or face in water. Students will learn to be comfortable in the water and practice floating techniques. Proper leg and arm movements for the front crawl are introduced.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
331120-1A Tu/W/Th/F 9:00am-9:30am  
331120-1B Tu/W/Th/F 9:45am-10:15am  
331120-1D Tu/W/Th/F 11:15am-11:45am

SESSION II: 8 mtgs: 7/10 - 7/20  
331120-2A Tu/W/Th/F 9:00am-9:30am  
331120-2B Tu/W/Th/F 9:45am-10:15am  
331120-2D Tu/W/Th/F 11:15am-11:45am

SESSION III: 8 mtgs: 7/31 - 8/10  
331120-3A Tu/W/Th/F 9:00am-9:30am  
331120-3B Tu/W/Th/F 9:45am-10:15am  
331120-3D Tu/W/Th/F 11:15am-11:45am

SATURDAY: 8 mtgs: 6/23 - 8/11  
331120-A Sa 9:00am-9:30am  
331120-B Sa 9:45am-10:15am  
331120-D Sa 11:15am-11:45am

## BEGINNER II

Ages 5-12

Learn basic swimming skills. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and alternating breathing will be introduced. Prerequisite: supported float on front and back, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

PH: \$39 RNPH: \$43 NRNPH: \$49

SESSION I: 8 mtgs: 6/19 - 6/29  
331121-1A Tu/W/Th/F 9:00am-9:30am  
331121-1B Tu/W/Th/F 9:45am-10:15am  
331121-1C Tu/W/Th/F 10:30am-11:00am

Continued

## BEGINNER II, continued

**SESSION II:** 8 mtgs: 7/10 - 7/20  
331121-2A Tu/W/Th/F 9:00am-9:30am  
331121-2B Tu/W/Th/F 9:45am-10:15am  
331121-2C Tu/W/Th/F 10:30am-11:00am

**SESSION III:** 8 mtgs: 7/31 - 8/10  
331121-3A Tu/W/Th/F 9:00am-9:30am  
331121-3B Tu/W/Th/F 9:45am-10:15am  
331121-3C Tu/W/Th/F 10:30am-11:00am

**SATURDAY:** 8 mtgs: 6/23 - 8/11  
331121-A Sa 9:00am-9:30am  
331121-B Sa 9:45am-10:15am  
331121-C Sa 10:30am-11:00am

## BEGINNER III Ages 5-15

Improve basic swimming skills and become comfortable in deep water. Students will learn rhythmic breathing, proper kick for elementary backstroke and breaststroke, and treading water. Prerequisites: 10 yards front crawl, 10 yards basic elementary back-stroke, 5 yards basic breaststroke.

**PH: \$39      RNPH: \$43      NRNPH: \$49**

**SESSION I:** 8 mtgs: 6/19 - 6/29  
331122-1C Tu/W/Th/F 10:30am-11:00am  
331122-1D Tu/W/Th/F 11:15am-11:45am

**SESSION II:** 8 mtgs: 7/10 - 7/20  
331122-2C Tu/W/Th/F 10:30am-11:00am  
331122-2D Tu/W/Th/F 11:15am-11:45am

**SESSION III:** 8 mtgs: 7/31 - 8/10  
331122-3C Tu/W/Th/F 10:30am-11:00am  
331122-3D Tu/W/Th/F 11:15am-11:45am

**SATURDAY:** 8 mtgs: 6/23 - 8/11  
331122-C Sa 10:30am-11:00am  
331122-D Sa 11:15am-11:45am

## ADVANCED BEGINNER Ages 5-15

Transition from basic swimming to more advanced swimming skills. Students will learn basic dives and improve front crawl, back crawl, elementary back-stroke and breaststroke. Sidestroke, butterfly, and underwater swimming are introduced. Prerequisite: 15 yards front crawl, 15 yards back crawl, 15 yards elementary backstroke, 10 yards breaststroke and 30 seconds treading water.

**PH: \$39      RNPH: \$43      NRNPH: \$49**

**SESSION I:** 8 mtgs: 6/19 - 6/29  
331123-1C Tu/W/Th/F 10:30am-11:00am  
331123-1D Tu/W/Th/F 11:15am-11:45am

**SESSION II:** 8 mtgs: 7/10 - 7/20  
331123-2C Tu/W/Th/F 10:30am-11:00am  
331123-2D Tu/W/Th/F 11:15am-11:45am

**SESSION III:** 8 mtgs: 7/31 - 8/10  
331123-3C Tu/W/Th/F 10:30am-11:00am  
331123-3D Tu/W/Th/F 11:15am-11:45am

**SATURDAY:** 8 mtgs: 6/23 - 8/11  
331123-C Sa 10:30am-11:00am  
331123-D Sa 11:15am-11:45am

## INTERMEDIATE Ages 5-15

Learn distance swimming skills. Students will swim full lengths of the pool to improve front crawl, back crawl, breaststroke, sidestroke, and butterfly, and retrieve objects from the deep end. Flip turns and long shallow dives will be introduced. Prerequisite: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke and 1 minute treading water.

**PH: \$39      RNPH: \$43      NRNPH: \$49**

**SESSION I:** 8 mtgs: 6/19 - 6/29  
331124-1B Tu/W/Th/F 9:45am-10:15am

**SESSION II:** 8 mtgs: 7/10 - 7/20  
331124-2B Tu/W/Th/F 9:45am-10:15am

**SESSION III:** 8 mtgs: 7/31 - 8/10  
331124-3B Tu/W/Th/F 9:45am-10:15am

**SATURDAY:** 8 mtgs: 6/23 - 8/11  
331124-B Sa 9:45am-10:15am

## SWIMMER Ages 5-15

Build swimming endurance. Students will refine front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly. Prerequisite: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards sidestroke, 10 yards butterfly and 2 minutes treading water.

**PH: \$39      RNPH: \$43      NRNPH: \$49**

**SESSION I:** 8 mtgs: 6/19 - 6/29  
331125-1A Tu/W/Th/F 9:00am-9:30am

**SESSION II:** 8 mtgs: 7/10 - 7/20  
331125-2A Tu/W/Th/F 9:00am-9:30am

**SESSION III:** 8 mtgs: 7/31 - 8/10  
331125-3A Tu/W/Th/F 9:00am-9:30am

**SATURDAY:** 8 mtgs: 6/23 - 8/11  
331125-A Sa 9:00am-9:30am

# ADULT CLASSES

## DEEP WATER AEROBICS Ages 16+

A non-impact class designed to improve cardiovascular endurance. The class uses a variety of water movements to increase tone and definition of upper and lower body. Participants can use a floatation belt.

**Instructor: Kimberly Gary**

**SESSION I:**  
351170-A1 M/W 7:00pm-7:45pm 9 mtgs: 6/4 - 7/2  
PH: \$36      RNPH: \$41      NRNPH: \$46

351170-B1 Tu/Th 6:00pm-6:45pm 10 mtgs: 6/5 - 7/5  
PH: \$40      RNPH: \$45      NRNPH: \$50

**SESSION II:** PH: \$40      RNPH: \$45      NRNPH: \$50  
351170-A2 M/W 7:00pm-7:45pm  
10 mtgs: 7/16 - 8/15

351170-B2 Tu/Th 6:00pm-6:45pm  
10 mtgs: 7/17 - 8/16

## DEEP WATER ARTHRITIS

**Ages 16+**

Deep water exercise using water buoyancy and resistance to improve range of motion, joint mobility and muscle tone. Involves exercises performed in deep water with aid of a ski belt. Designed for students with arthritis but available for those with other medical problems. (Medical clearance may be requested prior to participation in this program.)

**Instructor: Sharon Jacobson**

**SESSION I:** PH: \$56 RNPH: \$61 NRNPH: \$66  
**361175-A1** M/W/F 3:00pm-3:45pm  
14 mtgs: 6/4 - 7/6 (No class 7/4)

**SESSION II:** PH: \$60 RNPH: \$65 NRNPH: \$70  
**361175-A2** M/W/F 3:00pm-3:45pm  
15 mtgs: 7/16 - 8/17

## AQUACIZE

**Ages 16+**

Emphasizes aerobics, stretching and toning exercises for the swimmer and non-swimmer. Aquacize is designed to condition the heart and lungs and to improve muscle tone while burning calories. Muscle conditioning, use of bottles and spa bells are included in the class.

**SESSION I:**  
**351171-A1** M/W/F 8:00am-8:45am  
14 mtgs: 6/4 - 7/6 (No class 7/4)  
PH: \$56 RNPH: \$61 NRNPH: \$66  
**Instructor: Sheryl Gordon**

**351171-C1** M/W 6:00pm-6:45pm  
9 mtgs: 6/4 - 7/2  
PH: \$36 RNPH: \$41 NRNPH: \$46  
**Instructor: Michelle Mower**

**351171-D1** Tu/Th 7:45am-8:30am  
10 mtgs: 6/5 - 7/5  
PH: \$40 RNPH: \$45 NRNPH: \$50  
**Instructor: Marsha Voigt**

**351171-E1** Tu/Th 6:00pm-6:45pm  
10 mtgs: 6/5 - 7/5  
PH: \$40 RNPH: \$45 NRNPH: \$50  
**Instructor: Lachone Fuquay**

**SESSION II:**  
**351171-A2** M/W/F 8:00am-8:45am  
15 mtgs: 7/16 - 8/17  
PH: \$60 RNPH: \$65 NRNPH: \$70  
**Instructor: Sheryl Gordon**

**351171-C2** M/W 6:00pm-6:45pm  
10 mtgs: 7/16 - 8/15  
PH: \$40 RNPH: \$45 NRNPH: \$50  
**Instructor: Michelle Mower**

**351171-D2** Tu/Th 7:45am-8:30am  
10 mtgs: 7/17 - 8/16  
PH: \$40 RNPH: \$45 NRNPH: \$50  
**Instructor: Marsha Voigt**

**351171-E2** Tu/Th 6:00pm-6:45pm  
10 mtgs: 7/17 - 8/16  
PH: \$40 RNPH: \$45 NRNPH: \$50  
**Instructor: Lachone Fuquay**

## AQUA ZUMBA

**Ages 16+**

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Instructor: Michelle Mower**

**SESSION I:** PH: \$40 RNPH: \$45 NRNPH: \$50  
**351172-A1** M/W 7:00pm-7:45pm  
9 mtgs: 6/4 - 7/2

**SESSION II:** PH: \$44 RNPH: \$49 NRNPH: \$54  
**351172-A2** M/W 7:00pm-7:45pm  
10 mtgs: 7/16 - 8/15

## SENIOR SWIM 371101-1

**Ages 60+**

Water exercises that emphasize stretching, strengthening and toning exercises for the swimmer and non-swimmer. FREE to pass holders, resident non-passholders pay \$1 each visit; non-resident, non-passholders pay \$1.50 each visit. Registration is REQUIRED.

**M 11:15am-12:15pm**

**11 mtgs: 6/18 - 8/27 (No class 8/20)**

**PH: Free RNPH: \$1.00 NRNP: \$1.50 (each class)**

**Instructor: Marsha Voigt**

## ADULT T.O.W. SWIM LESSONS

**Ages 16+**

T.O.W. = Terrified of Water. Designed for adults wishing to acclimate to the water and get past any barriers that may be preventing them from learning the skills necessary for swimming. Lessons will work towards fully submerging, floating on front and back and recovering to an upright position, and basic arm and leg movements.

**PH: \$47 RNPH: \$52 NRNPH: \$59**

**SESSION I:** 8 mtgs: 6/5 - 6/28  
**351191-A1** Tu/Th 7:00pm-7:45pm

**SESSION II:** 8 mtgs: 7/10 - 8/2  
**351191-B2** Tu/Th 8:00pm-8:45pm

## ADULT BEGINNER SWIM LESSONS

**Ages 16+**

Designed for adults wishing to learn basic swimming skills in shallow water. Students will learn to float on their front and back and learn proper body position and arm and leg movements for basic strokes. Treading water will be introduced.

**PH: \$47 RNPH: \$52 NRNPH: \$59**

**SESSION I:** 8 mtgs: 6/5 - 6/28  
**351192-B1** Tu/Th 8:00pm-8:45pm

**SESSION II:** 8 mtgs: 7/10 - 8/2  
**351192-A2** Tu/Th 7:00pm-7:45pm

## ADULT ADVANCED BEGINNING SWIM LESSONS

**Ages 16+**

Designed for adults wishing to improve basic swimming skills. Students will learn proper breathing techniques for front crawl and breaststroke, and begin to learn more advanced strokes and treading water techniques. Prerequisites: Basic knowledge of front crawl, back crawl, and breaststroke, and ability to swim half a length of the pool and be fairly independent in deep water.

PH: \$47      RNPH: \$52      NRNPH: \$59

**SESSION I:** 8 mtgs: 6/5 - 6/28  
**351193-A1** Tu/Th 7:00pm-7:45pm

**SESSION II:** 8 mtgs: 7/10 - 8/2  
**351193-B2** Tu/Th 8:00pm-8:45pm

## ADULT INTERMEDIATE SWIM LESSONS

**Ages 16+**

Designed for adults wishing to learn distance swimming skills. Students will swim full lengths of the pool to improve front crawl, back crawl, breaststroke, sidestroke, and butterfly, and retrieve objects from the deep end. Flip turns and dives will be introduced. Prerequisite: 25 yards front crawl, 25 yards back crawl, 15 yards breaststroke and 1 minute treading water

PH: \$47      RNPH: \$52      NRNPH: \$59

**SESSION I:** 8 mtgs: 6/5 - 6/28  
**351194-B1** Tu/Th 8:00pm-8:45pm

**SESSION II:** 8 mtgs: 7/10 - 8/2  
**351194-A2** Tu/Th 7:00pm-7:45pm

## LIFEGUARDING PRE-TEST

**Ages 15+**

In order to qualify for the lifeguarding class participants must complete all of the following: Swim 300 yards continuously demonstrating breath control and rhythmic breathing; tread water for 2 minutes using only the legs; complete a timed event within 1 minute, 40 seconds (starting in the water, swim 20 yards, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object, surface and swim 20 yards on back with both hands holding object; exit the water without using a ladder or steps). Participants may drop in at any time during the scheduled times to complete the 10 to 20 minute test.

**SESSION I:** PH: \$5      RNPH: \$5      NRNPH: \$5  
**357180-1** Tu/Th 6:00pm-9:30pm  
2 mtgs: 6/5 - 6/7

**SESSION II:** PH: \$5      RNPH: \$5      NRNPH: \$5  
**357180-2** Tu/Th 6:00pm-9:30pm  
2 mtgs: 7/17 - 7/19



## LIFEGUARDING Ages 15+

All classes will be led by an American Red Cross certified instructor. Participants must attend and participate in all course sessions, demonstrate competency in all required skills, and pass each section of the written exam with a score of 80 percent or better in order to receive certification. The newly updated Lifeguarding program trains lifeguards to act with

speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. Participants must pass Lifeguarding Pre-Test prior to registering.

**SESSION I:** PH: \$160      RNPH: \$176      NRNPH: \$200  
**357181-1A** Sa 1:00pm-8:00pm  
4 mtgs: 6/9 - 6/30

**357181-1B** Tu/Th 6:00pm-9:30pm  
8 mtgs: 6/12 - 7/5

**SESSION II:** PH: \$160      RNPH: \$176      NRNPH: \$200  
**357181-2A** Sa 1:00pm-8:00pm  
4 mtgs: 7/21 - 8/11

**357181-2B** Tu/Th 6:00pm-9:30pm  
8 mtgs: 7/24 - 8/16

## LIFEGUARDING REVIEW

**Ages 15+**

All classes will be led by an American Red Cross certified instructor. Participants must attend and participate in all course sessions, demonstrate competency in all required skills, and pass each section of the written exam with a score of 80 percent or better in order to receive certification. Those who are currently certified (or those that have certifications expired by no more than 12 months) as a lifeguard may take this review class for recertification. Participants are expected to bring their own breathing barrier. Participants will review topics before given an opportunity to complete all requirements for the lifeguarding class.

**SESSION I:** PH: \$100      RNPH: \$110      NRNPH: \$125  
**357182-1** Sa/Su 1:00pm-8:00pm  
2 mtgs: 6/2 - 6/3

**SESSION II:** PH: \$100      RNPH: \$110      NRNPH: \$125  
**357182-2** Sa/Su 1:00pm-8:00pm  
2 mtgs: 7/14 - 7/15

## FINANCIAL ASSISTANCE FOR GREENBELT RECREATION PROGRAMS

The City of Greenbelt, an inclusive community, recognizes the fact that some residents may require financial assistance in order to participate in certain recreational activities that are offered through the Greenbelt Recreation Department. As a result, the City of Greenbelt's Financial Assistance program was developed and designed to assist eligible individuals and families experiencing financial difficulties to access our programs, by providing the option to apply for a reduced fee. The information can be found on the city website at [www.greenbeltmd.gov](http://www.greenbeltmd.gov) or by calling the Recreation Department business office at 301-397-2200.

# SPORTS PAGES

FOR MORE INFORMATION PLEASE CALL THE SPORTS OFFICE AT 240-542-2194

## YOUTH SPRINT TRIATHLON

Saturday, June 2 232600-1



The Youth Sprint Triathlon returns on Greenbelt Day Weekend. The race will begin with a 50 meter swim at the Greenbelt Aquatic & Fitness Center outdoor pool. After the swim, children will

ride about 1.5 miles on their bicycles through a marked off-road course (mountain, bmx, and hybrid bicycles only). Bicycles must be in good, working condition and all riders must wear a safety helmet. The race concludes at the Buddy Attick Park bandstand after a .7 mile run around the lake path.

**Time:** Race Day Registration begins at 8:30am  
Race begins at 9:30am

**Ages:** 8-15 years old

**Fee:** \$10 pre-registration fee  
\$15 on-site registration fee

## 3 ON 3 OUTREACH BASKETBALL TOURNAMENT

Games take place the 1<sup>st</sup> Saturday of the month at the Springhill Lake Recreation Center. The ages are 12 and under, and 13 and over. For additional information call 301-397-2212.

## BUDDY ATTICK SUMMER FUN RUNS



The Greenbelt Recreation Department is continuing their partnership with the Prince George's Running Club to offer this excellent opportunity to Get Active Greenbelt. This summer marks the fourth summer this series has been offered.

The program has continued to grow each year. The purpose of this informal fun run race series is to provide an opportunity for those interested in exercising and increasing their activity. The races will take place on Thursdays during the months of July and August. The course will take runners and walkers around Buddy Attick Park lake path for their choice of either 1.75 miles (1 lap) or 3 miles (2 laps). The fun runs are open to all runners (novices, combination runners/walkers, and families). Although this is a free program, all participants must complete a registration form and sign a waiver prior to running.

**Th 7:00pm (6:15pm-6:45pm registration in Greenbelt Youth Center parking lot) 9 mtgs: 7/7 - 8/30 FREE!**

## TEEN SUMMER BASKETBALL GAMES

Ages 13-17

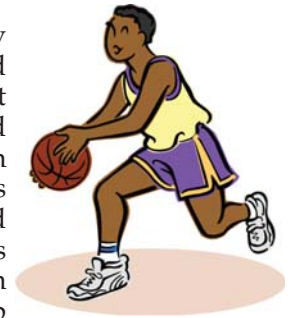
This is a drop-in program only open to teenagers that have a valid Greenbelt Recreation Department Facility ID. Teens will be divided into teams and play each other in twelve minute games. The games will be refereed by a certified official. There are no standings and teammates will change each week. This program will both help a player learn how to play basketball in an officiated game and promote sportsmanship. All games will be played on Friday nights. No pre-registration required.

**When:** Fridays 6/17 - 8/19

**Where:** Greenbelt Youth Center (on even dates);  
Springhill Lake Recreation Center (on odd dates)

**Time:** 7:30pm-9:30pm

**Fee:** Free with a Greenbelt Recreation Department ID Card



## FUTSAL DROP IN (Indoor Soccer)



The term FUTSAL® is the international term used for the game. It is derived from the Spanish or Portuguese word for "soccer" – FUTbol or FUTebol, and the French or Spanish word for "indoor" – SALon or SALa.

Develop the skill that helped Brazilian soccer superstars Pele, Zico, Socrates, and Bebeto dominate competition on outdoor fields. Join a game that continues to be played all over the world.

Now you can play Futsal at the Springhill Lake Recreation Center. Pick-up games are played on **Saturdays** at the Springhill Lake Recreation Center gym according to the following schedule:

AGE	TIME	FORMAT	GOALIE	LENGTH
5 & under	10:00am-11:00am	3 on 3	no goalie	10 min.
6-7	11:00am-12:00pm	3 on 3	no goalie	10 min
9-11	12:00pm-1:00pm	4 on 4		12 min
12-15	1:00pm-2:00pm	4 on 4		12 min
16 & older	2:00pm-3:00pm	4 on 4		12 min

The Greenbelt Recreation Department is actively seeking volunteers to assist with the development and operation of futsal. If you are interested please contact Greg Varda at 301-397-2200.

## CO-ED ADULT KICKBALL LEAGUE

365603-1

Ages 18+

Get your team together now and register. Don't miss out on this fun, yet competitive league. You must register as a team. Games will last 6 innings or one hour, whichever comes first. Game times are 6:00pm on Thursday or Friday evening. All games are umpired by sanctioned softball/kickball umpires. **Registration deadline is Friday, June 8.**

Th/F 6:00pm-8:00pm

Northway Fields

\$350/team



## MEN'S SUMMER BASKETBALL LEAGUE

365501-1

Ages 18+

Teams register as a franchise. Each team will play every team in their league at least once. The league will conclude with playoffs. Rewards will be given to league champion. Payment in full is required before earning a spot in the league.

M/W 7:00pm-10:00pm/YC Gym 6/4 - 7/25

"Early Bird" Registration: \$550/team (must register by Friday, May 18)

Late Registration: \$600/team (after Friday, May 18)

## THURSDAY NIGHT WOMEN'S BASKETBALL

Informal play at the Springhill Lake Recreation Center. FREE with Center ID. Come on down and enjoy!

When: Thursday Nights from 7:30pm-9:45pm

Where: Springhill Lake Recreation Center

For additional information call 301-397-2212.

## COMING IN THE FALL...

\*Tennis Clinics \* Gobble Wobble Fun Run & Walk \* Fall Youth Soccer League \* Fall Youth Soccer Shorts

## GREENBELT ADULT SPORTS PROGRAM (GASP)

The Greenbelt Recreation Department is excited to reintroduce the Greenbelt Adult Sports Program (GASP). For a nominal fee, local adults will have the opportunity to participate in a variety of co-ed team sports throughout the year. GASP is designed for those seeking exercise and fun in a non-competitive atmosphere. Make the decision now to become more active and meet some new people and have fun along the way. GASP welcomes all skill levels! Upon registration, participants will be given a schedule of the current options offered under the Greenbelt Adult Sports Program.

When: Year-Round (meeting times vary)

Where: Greenbelt Fields & Gymnasiums

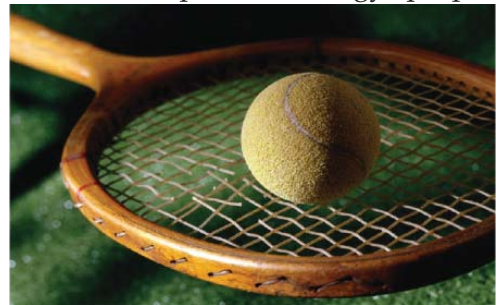
Ages: 18+

Fee: R: \$20, NR: \$30 (one-year memberships)

## TENNIS CLINIC (ADULTS) 352601-1 Ages 14+

With the newly renovated tennis courts, now is the time to develop your tennis skills! This lively, productive, and fun class will focus on positive energy, proper technique, and

a successful approach to tennis. Classes are designed for beginner to intermediate level players. All participants will meet at



7:30pm for the first session and will be placed into their appropriate skill level by the instructor. Class space is limited, so register now!

Tu 7:30pm-8:30pm(beginners)

Tu 8:30pm-9:30pm(intermediate)

Braden Field Tennis Courts #1 & #2

8 mtgs: 6/19 - 8/7

R: \$65, NR: \$80

## STAY TUNED FOR MORE INFORMATION

### FOR YOUR INFORMATION...

- The Greenbelt Boys & Girls Club will offer youth football and cheerleading in the late summer. For more information please contact the Greenbelt Boys & Girls Club information line at 301-794-0100.
- Greenbelt Soccer Alliance offers three seasons of soccer in the spring, summer and fall. For more information, please go to [greenbeltsoccer.org](http://greenbeltsoccer.org).
- The Greenbelt Youth Center and the Springhill Lake Recreation Center gymnasiums are available for rent to play basketball, Monday thru Saturday 6:00am-8:00am and 10:00pm-12:00am. On Sundays the gyms may be rented from 10:00pm-12:00am. The fees are based on an hourly rate and are \$45 for residents and \$55 for non-residents. Showers and lockers are only available at the Youth Center.
- If you would like to play on a team but do not know of one, or you would like to get more information about a league, program, or tournament please contact Andrew Phelan, Sports Coordinator at 240-542-2194 or email [aphelan@greenbeltmd.gov](mailto:aphelan@greenbeltmd.gov).

# GREENBELT DEPARTMENT OF RECREATION

## Rules of Conduct

The Greenbelt Recreation Department is committed to providing quality recreation and educational opportunities in a healthy, positive and enjoyable atmosphere. Our most important goal is to provide a pleasurable and secure environment for all participants. To fulfill this commitment, the Department has established Rules of Conduct. By signing the waiver on the Greenbelt Recreation Department registration form (page 27), all class participants agree to abide by these Rules of Conduct.

Individuals may lose the opportunity to participate in programs and services, including the use of center facilities throughout the Department of Recreation, subject to approval of the Assistant Director of Recreation, for any of the following:

- failure to abide by any of the rules established by the Department;
- failure to comply with the direction given by center staff in the lawful performance of their duties;
- misuse, destruction, damage or theft of Department property or the property of others;
- indecent or obscene language or conduct, including use of profanity;
- any action which, in the judgment of Department staff,

places the health, safety or welfare of any person at risk. This includes but is not limited to: physical and/or verbal abuse, intimidation, coercion, inciting others to violence or disruption, sexual harassment, possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives;

- possession, use or distribution of alcohol, illegal drugs or controlled substances; and
- any action that constitutes a violation of local, state or federal law.

### CONSEQUENCES

Misconduct by participants will result in temporary or permanent removal from the program or facility. Refund of program fees will not be issued when removal from the program or facility is a result of non-compliance with the Rules of Conduct.

If participant is under the age of 18, a parent will be notified either face-to-face at pick up time or by written correspondence sent home. In the event that a child must be removed from a program or facility, the parent or guardian will be contacted and required to pick up the child immediately. Removal from a Recreation Department program or facility will extend to all Recreation Department programs and facilities.

## Greenbelt Recreation Department

### GREENBELT CITY COUNCIL

Judith "J" Davis, Mayor, Emmett V. Jordan, Mayor Pro-Tem, Konrad E. Herling, Leta M. Mach, Silke I. Pope, Edward V.J. Putens, Rodney M. Roberts

### CITY MANAGER

Michael P. McLaughlin

### GREENBELT CITY COUNCIL ADVISORY GROUPS

Contact Cindy Murray, City Clerk 301-474-3870. Boards affiliated with the Greenbelt Recreation Department include: Arts Advisory Board, Senior Citizens Advisory Committee, Park and Recreation Advisory Board and Youth Advisory Committee.

### DEPARTMENT OF RECREATION ADMINISTRATIVE OFFICE

99 Centerway, 301-397-2200

Julie McHale, CPRP, Recreation Director  
Joe McNeal, Assistant Director of Operations  
Debbie Coulter, Administrative Coordinator  
Celeste May, Administrative Assistant

### YOUTH CENTER

99 Centerway, 301-397-2200

Greg Varda, Acting Assistant Director of Programs  
Andrew Phelan, Sports & Recreation Coordinator  
Kayode Lewis, Recreation Coordinator I

### GREENBELT AQUATIC & FITNESS CENTER

101 Centerway, 301-397-2204

Stephen Parks, Aquatics Supervisor  
Cheryl Conrad, Aquatics Coordinator  
Mitch Kallemyn, Aquatics Coordinator  
Julie Magness, Administrative Assistant

### SPRINGHILL LAKE RECREATION CENTER

6101 Cherrywood Lane, 301-397-2212

Brian Butler, Recreation Coordinator I  
Kayode Lewis, Recreation Coordinator I  
Frank Jones, III, Recreation Coordinator I

### GREENBELT COMMUNITY CENTER

15 Crescent Road, 301-397-2208

Di Quynn-Reno, CPRP, Community Center Supervisor  
Chris Cherry, Performing Arts Program Coordinator  
Rebekah Sutfin, Community Center Coordinator  
Carolyn West, Administrative Assistant

### SCHROM HILLS PARK

6915 Hanover Parkway, 301-552-2004

### ARTS PROGRAMS

15 Crescent Road, 240-542-2057

Nicole DeWald, Arts Supervisor

### THERAPEUTIC RECREATION PROGRAMS

15 Crescent Road, 240-542-2054

Karen Haseley, CTRS, Therapeutic Recreation Supervisor

# Registration Information

Registration forms may be dropped off or mailed in at any time. For your convenience, there are two drop off locations where completed registration forms can be deposited when the office is closed but the building remains open. These include the Community Center Welcome Desk and the Youth Center business office drop slot. **PLEASE NOTE:** All courses have a limited enrollment. Early registration improves the likelihood that you will be enrolled in your courses of choice.

**Resident Registration is ongoing and will be given priority through May 27, 2012.**

**Non-Resident Registrations may mail in or drop off registration forms at any time. Forms will be date-stamped and processed in order of receipt starting on May 28. Online registration begins on May 28 for non-residents.**

## MAIL-IN REGISTRATION PROCESS

1. Complete in its entirety the registration form located in this brochure (page 27).
2. Make payment using one of the following forms: check, money order, or credit card (Visa/MasterCard/American Express/Discover). Cash payments will not be accepted via the mail.
3. Seal in an envelope, affix proper postage and mail to: The Greenbelt Recreation Department; 25 Crescent Road; Greenbelt, Maryland 20770.

## IN-PERSON REGISTRATION PROCESS

1. Visit the business office at the Community Center or Youth Center between the hours of 9:00am and 4:30pm, Monday through Friday. For walk-in aquatic and fitness course registrations and/or memberships, please visit the Greenbelt Aquatic and Fitness Center.
2. Complete a registration form in its entirety.
3. Make payment using one of the following forms: cash, check, money order, or credit card (Visa/MasterCard/American Express/Discover).

## ON-LINE REGISTRATION PROCESS

1. Visit [www.greenbeltmd.gov](http://www.greenbeltmd.gov) click on **RECLINK** then follow the on-line instructions.
2. To log into the website, your initial username is your home phone number and your password is your home zip code. If you were entered as a NEW household into the database AFTER 3/12/2010, then your default password is the primary guardian's LAST NAME. It is HIGHLY RECOMMENDED that you change this information on your first log-in. If you have NEVER enrolled in a Greenbelt Recreation Department class, you will need to call 301-397-2200 or 2208 to get your household set up. To get the RESIDENT rates, you must show proof of residency at one of the recreation department facilities.
3. Please note: there are a few classes where on-line registration is NOT allowed. Please see the class listing for more information.

## CITY RESIDENCY

Resident rates apply to those persons who reside in, pay taxes to and are eligible to vote in Greenbelt elections (if 18 years of age or older). Non-resident rates apply to those who live outside of Greenbelt or those who have a Greenbelt mailing address but do not pay taxes to the City. When registering for a class or conducting business as a Greenbelt resident, proof is required in the form of a state issued photo ID or current lease with a valid Greenbelt address.

## COURSE FEES

Please refer to the individual course description for current fees and pricing. A 10% discount will be given to any senior citizen 60 years of age or over registering for adult courses, with the exception of those courses designed specifically for senior citizens.

## CLASS CANCELLATIONS

Classes will not be held on the following dates: **May 30 - Memorial Day, July 4 - Independence Day, September 5 - Labor Day.** Please reference the individual course description for other scheduled class cancellations. If an individual class meeting is canceled, a make-up will be held at the end of the regularly scheduled course when possible. Pre-school and children's classes scheduled before 5:00pm will not meet on some P.G. County school holidays. When Prince George's County Schools are closed or delayed due to inclement weather or emergency, **please call the Greenbelt Recreation Department Weather & Information Hotline at 301-474-0646 for updated class information.**

## CREDITS/REFUNDS

If an activity is canceled by the Recreation Department, all enrolled patrons will receive a full credit or refund according to their preference. Under any other circumstances, **the availability of a household credit or refund is not guaranteed** regardless of the timing of the request. In order to be considered, requests must be received before 1/3 of the program in question has elapsed. Credit/refund request forms are available at the Community Center and Youth Center business offices. Approved credits and refunds are subject to a 10% (minimum \$2.50) processing fee and will be pro-rated to reflect the number of meetings attended by the participant.

## FINANCIAL ASSISTANCE

Reduced fees are available to qualifying Greenbelt residents for participation in Recreation Department programs. Options include: **Greenbelt Recreation Department Financial Aid:** apply once annually for a discounted rate on all of your household members' activities; **Mary Purcell Geiger Scholarship Fund:** apply quarterly for discounts on individual registrations for visual arts, performing arts and senior programs. Information and application forms are available at [www.greenbeltmd.gov/recreation](http://www.greenbeltmd.gov/recreation) and at the Greenbelt Recreation Department business office located at the Youth Center. Call 301-397-2200 for more information.

## INCLUSION

Individuals who are physically, mentally, and/or emotionally challenged are encouraged to participate in any of our programs. To make arrangements please call Karen Haseley, CTRS at 240-542-2054.

## CLASS SCHEDULE

Classes will begin the week of June 18, 2012. Please see the course descriptions for exceptions and specific information pertaining to class meeting dates.

## LOCATION CODES

BFTC - Braden Field Tennis Courts  
CC - Greenbelt Community Center  
GAFC - Greenbelt Aquatic & Fitness Center  
SHLES - Springhill Lake Elementary School  
SHLRC - Springhill Lake Recreation Center  
SHP - Schrom Hills Park  
YC - Greenbelt Youth Center

# GREENBELT ACTIVITY REGISTRATION FORM

(PLEASE PRINT)

Adult Participant/Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Please check here if this is a new address.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail \_\_\_\_\_ *Receipts are sent via e-mail whenever possible.*

Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Do you need any special accommodations for any of the individuals listed below? YES \_\_\_\_ NO \_\_\_\_.

If yes, please complete a Special Assistance Request Form provided by the Recreation Department or download it from [www.greenbeltmd.gov/recreation/special\\_assistance.htm](http://www.greenbeltmd.gov/recreation/special_assistance.htm).

Participant's Name	Male/ Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please make checks payable to: City of Greenbelt				TOTAL	

Please charge my (please circle): VISA MC AM EX DIS

Expiration Date: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE READ THE FOLLOWING CAREFULLY AND SIGN.**

**INSURANCE:** I hereby inform the City of Greenbelt and the Greenbelt Recreation Department that I will assume any and all medical insurance coverage for the above named participant(s), and that said coverage shall be adequate to cover any and all possible accidents or injuries to the above named participant(s) received during any phase of this program.

**RELEASE:** I hereby release and agree to hold harmless the City of Greenbelt and the Greenbelt Recreation Department, its employees, volunteers, coaches and other participants from any act of commission or omission which may result in any personal injury or property damage arising out of the above named participant's participation in this program. I further agree to save harmless the City of Greenbelt and the Greenbelt Recreation Department, its employees, volunteers, coaches and other participants from all losses, costs and expenses (including attorney's fees and court costs), settlement payment (whether or not reduced final judgment) and all liabilities, damages and fines paid, incurred, or suffered by the City of Greenbelt and the Greenbelt Recreation Department by reason of, or arising out of injuries to persons (including death) or property damage caused by or attributed to the above named participant's participation in this program.

**PHOTO RELEASE:** Unless otherwise indicated in writing by participant or parent/guardian at the time of registration, photographs of participants may be taken while participating in the program activities for use in City of Greenbelt publications, social media or other advertising venues. No personal information other than the participant's first name will be released under any circumstances.

**RULES OF CONDUCT:** I agree that I and/or the minors for whom I am responsible will abide by the Recreation Department's Rules of Conduct as outlined on page 25 of this brochure.

**X** \_\_\_\_\_ **X** \_\_\_\_\_  
 Adult Participant or Guardian's Signature Date Additional Adult Participant's Signature Date

If more than one adult in the same household is signing up for an activity, both must sign the waiver.

## Summer Special Events

Details inside!

- 6/1 Councilwoman Ingrid Turner
- 6/2 & 6/3 Greenbelt Day Weekend
- 6/3 Artful Afternoon  
(dance! music!)
- 6/14 World's Largest Swim Lesson
- 7/1 Artful Afternoon (Vaudeville!)
- 7/4 July 4th  
(drumming! fireworks)
- 7/6 Family Fit Night
- 7/17 Greenbelt Museum Lecture:  
International Greenbelt
- 8/5 Artful Afternoon (acrobats!)
- 8/31-9/3 Labor Day Festival
- 9/8 Pooch Plunge

Now enrolling!

# Summer Camps

Ages 3-16

Circus ~ Sports ~ Musical Theater  
Dance ~ Field Trips ~ Ceramics ~  
More!

See the Recreation Department's camp  
brochure for information at  
[www.greenbeltmd.gov/recreation](http://www.greenbeltmd.gov/recreation)



## GREENBELT CLUBS AND CONTACTS

**alight dance theater**, Angella Foster  
[www.alightdancetheater.org](http://www.alightdancetheater.org),  
301-821-1331

**Astronomical Society of Greenbelt**  
Martha Gay, 301-474-3305

**Boy Scout Troop 746**  
Lenny Wertz, 301-864-0254

**Central MD Amateur Radio Club Inc.**  
Lester Whitmer, 301-345-8897

**County Informational & Referral  
Services for the Aging**  
301-265-8450

**Cub Scout Pack 202**  
Ben Clark, [cubinfo@pack202.org](mailto:cubinfo@pack202.org)

**Friends of the Greenbelt Library**  
Joyce Griffin, President, 240-508-9162

**Friends of the Greenbelt Museum**  
Megan Searing-Young, 301-507-6582

**Friends of New Deal Café Arts**  
Barbara Simon, 301-474-2192

**Friends of the Resource Advocate**  
Kris White, 301-474-4285

**Glass Guild of Greenbelt**  
Joan Falcao, 301-982-0257

**Greenbelt Access Television (GATE)**  
Malia Murray, 301-507-6581

**Greenbelt American Legion Post 136**  
Steven Messer, 301-345-0136

**Greenbelt Aquatic Boosters**  
Diane Irving, 301-215-8926

**Greenbelt Arts Center**, 301-441-8770  
[www.greenbeltartscenter.org](http://www.greenbeltartscenter.org)

**Greenbelt Assoc. for the Visual Arts**  
Barbara Simon, 301-474-2192

**Greenbelt Babe Ruth**  
Bob Sonneveldt, 301-345-1033

**Greenbelt Baseball**  
Brian Bailey, 301-395-1547

**Greenbelt Boys & Girls Club**  
Information Line, 301-794-0100

**Greenbelt Branch, P. G. County  
Library**, 301-345-5800

**Greenbelt CARES**, 301-345-6660  
**Greenbelt Community Foundation**  
Barbara Havekost, 301-474-6369

**Greenbelt Concert Band**  
Thomas Cherrix, 301-552-1444

**Greenbelt Connection**, 301-474-4100  
**Greenbelt Dog Park Association**

Marjorie Whitacre, 301-345-3791  
**Greenbelt Community Gardens**

Susan Barnett, 301-474-7465  
**Greenbelt Girl Scouts**

Marci Booth, 301-345-6779  
**Greenbelt Golden Age Club**

Cathy Brannan, 301-513-0948  
**Greenbelt Green Man Festival**

Jean Newcomb, 301-441-9023  
**Greenbelt Farmers Market**

Lynn Chandler, 301-474-0688  
**Greenbelt Intergenerational**

**Volunteer Exchange Service (GIVES)**  
301-507-6580

**Greenbelt Labor Day Festival  
Committee**  
Linda Ivy, 301-675-0585

**Greenbelt Lions Club**  
Linda Varda, 301-474-8694

**Greenbelt Mamas and Papas**  
Jamie Casey, 301-345-4974

**Greenbelt Marching Band**  
Beth Leamond, 703-980-0667  
[bleamond@gmail.com](mailto:bleamond@gmail.com),

**Greenbelt Museum**, 301-507-6582 or  
301-474-1936

**Greenbelt National Park and  
Campground**, 301-344-3948

**Greenbelt Pride**  
Jennifer Renne, 301-982-1881

**Greenbelt Pottery**  
Andrea Schewe, 301-585-5002  
(Class/studio info: 240-542-2057)

**Greenbelt Rotary Club**  
Louis Pope, 301-441-1100

**Greenbelt Senior Softball**  
George Harrison, 301-538-3636

**Greenbelt Soccer Alliance**  
David Whiteman, 240-391-8598

[www.greenbeltsoccer.org](http://www.greenbeltsoccer.org)  
**Greenbelt Tennis Association**

June Dea, 240-547-9434  
**Greenbelt Volksmarchers**

Salva Holloman, 301-937-3549  
**Greenbelt Writers Group**

Matt Arbach, 301-801-0645  
**Greenbelt Youth Double Dutch**

Kim Bradshaw, 301-503-6962  
**Greenbriar Community Center**

301-441-1096  
**Green Ridge House**, 301-474-7595

**Hunting Ridge Community Center**  
301-345-1777

**Maryland-National Capital Park and  
Planning Commission**  
Cheryl Moran, 301-345-2808

**OutoftheBlackBox Theatre Co.**  
301-922-1865

**Patuxent Widowed Persons Service**  
301-474-6892

**Potomac Pedalers Touring Club**  
Bill Clarke, 301-474-7280

**Transit Riders United of Greenbelt**  
Cynthia Newcomer, 301-345-0730

**Transitions Theater, Inc.**, 240-485-4025,  
[transitionstheater@gmail.com](mailto:transitionstheater@gmail.com)

**Windsor Green Community Center**  
301-345-4837