Live classes on Zoom, On-Line, and Some On-Site Activities!
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GOBBLE WOBBLE
Virtual Fun Run & Walk

Our methods may change, but we maintain our commitment to Keep Our Community Active!

Assemble your family or pandemic pod for the 2020 Virtual Gobble Wobble! Run, walk, or wobble and share your photos with us #GreenbeltGobbleWobble2020 and #GreenbeltRecreation or by emailing aphelan@greenbeltmd.gov. All registrants will receive a Gobble Wobble shirt and medal.

Online registration is open through December 1. Call 301-397-2200 for more information/assistance. Fee: $15/individual; $50/Family 4-pack

NORTH POLE CALLING
Tuesday, December 15 - Thursday, December 17
5:30pm-8:30pm
Ages pre-school through second grade – FREE
Santa and his helpers will make a special call to your home to check whether your kids are being naughty or nice. Complete the informational flyer available online on our Greenbelt Virtual Recreation Center for your child’s opportunity to chat.

Weather & 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 Recreation
Business Office, 99 Centerway
301-397-2200
www.greenbeltmd.gov/recreation

Follow us on Facebook @ greenbeltmdrecreation
SPECIAL EVENTS

Greenbelt Recreation staff look forward to celebrating the winter holidays with you. Programs will be tailored to the prevailing conditions. Please visit the Greenbelt Virtual Recreation Center for event information as it is announced. Also, mark your calendar for these upcoming programs:

FESTIVAL OF LIGHTS
JURIED ART & CRAFT FAIR
ONLINE: November 27 - December 20
Greenbelt's annual fair features original wares sold directly by local fine artists, artisans and authors. Find beautiful home decor, pottery, wood crafts, clothing, accessories, seasonings, soaps, candles, books, toys and more. Greenbelt Museum gifts also available. This year, the show will take place online for an extended run. An event page will be hosted on the Greenbelt Virtual Recreation Center with photos, videos, and links to the vendors' individual shops.

ONLINE WORKSHOP:
MAKE YOUR OWN WRAPPING PAPER
(for any occasion!)
Sign up at https://bit.ly/2UyiaeW by Sunday, 11/22 to receive a free materials kit and a link to the workshop instruction with Artist in Residence Racquel Keller. Instruction will be provided online on Sunday, 12/6. (After 11/22, the link will be available but kits can no longer be reserved.)

LIGHT UP THE NIGHT WITH HOPE
A Celebration of Music and Caring
ONLINE: December 12 – January 10
Greenbelt will celebrate the holiday season with a musical program, featuring our talented local ensembles and soloists. The program will be infused with messages of hope and caring, highlighting Greenbelt’s response to those in need during the pandemic.
This February, the Black History and Culture Committee and the City of Greenbelt will provide a month long celebration that will include puppet shows, classes and workshops, a poetry slam, an exhibit of Black memorabilia, and more. In order to keep everyone safe and healthy, most programs will be offered virtually and still allow the community to celebrate the contributions African Americans have made to our country. Look for more details on the Greenbelt Virtual Recreation Center in mid-January and plan to participate, learn, appreciate history, and most of all to have fun!

ARTFUL AFTERNOON  
ONLINE  
Sunday, February 7  
Presented by Greenbelt Recreation in partnership with the Black History and Culture Committee

Enjoy a workshop with Greenbelt artist Barbara Joann Combs inspired by the rich history of African American quilting traditions. A limited number of free materials kits will be available for registered participants. See the sign-up information below.

At 3:00pm, tune in to our Greenbelt Recreation ARTS YouTube Channel for the premiere of a special puppetry showcase! Enjoy short form works by String Theory Theater (MD, pictured), Schroeder Cherry (MD), Anthony Michael Stokes (TX), and Jeghetto (NC). After the shows, meet the puppeteers on Zoom. Suitable for all ages. Themes range from social justice to Afro-futurism.

Sign-up at https://bit.ly/2JRZGnY by 1/22 to receive a free materials kit and links to the workshop, puppet show and post-show Zoom meet-up. (After 1/22, the links will be available but kits can no longer be reserved.) Visit the Virtual Recreation Center for details as they are announced.
MOM’S MORNING OUT
Contact: Anne Oudemans, 240-542-2189, aoudemans@greenbeltmd.gov

MOM’S MORNING OUT 127503-1
Ages 3-4
The winter/spring program will offer a combination of virtual learning and onsite classroom experiences. Children will have the option to meet for onsite learning opportunities (COVID waiver required). Onsite classroom meetings will occur on Tuesdays and Thursdays. Outdoor classroom experiences will be provided as often as weather conditions allow. Weekly learning packets will be provided and virtual group lessons will be scheduled daily. This hybrid model will offer a traditional preschool program that provides activities that encourage social development, offer beginning reading, math and science curriculum, develop fine and gross motor skills, and encourage lots of fun with peers. Please call 301-397-2200 to receive an email or phone call from our Preschool Director for more details. Student registration packet is due before the first day of class. Program is licensed by MSDE #251208
M-F: M/W/F, live on Zoom; Tu/Th optional onsite class/YC-Gym
92 mtgs: 1/4 - 5/21
(No class 1/18, 2/15, 3/29, 3/30, 3/31, 4/1, 4/2, 4/5)
R: $400, NR: $465; Instructors: Gaye Houchens and Shelley Cooper

VISUAL ARTS
Contact: Amanda Demos Larsen, 240-542-2062
alarsen@greenbeltmd.gov

These classes and workshops are designed for individual children or children working cooperatively with parents and guardians. Children should have adult assistance with set up and clean up and an adult should be on hand for the duration of live instruction. Adults are also welcome to register for most activities without accompanying children.

Participants in online classes will receive Zoom links by email. Materials provided by the studio will be available for pick-up in the front lobby of the Greenbelt Community Center. Participants will be notified by email when materials are available to be picked up.

PRE-SCHOOL ART EXPLORATION 123201-1 Ages 1-5
Each week this class will explore different themes (animal, color, shape, letter) and give instructions for a simple art project. An art supply goodie bag will be provided at the start of the session for each participant for use on the different projects. On Mondays, a demo video by Miss Sally will be available for children and caregivers to watch. This can be viewed throughout the week, and students can explore and create, using this video as a starting point. On Friday at 10:00am, a Zoom meeting will begin with a “share” of what the children have created in the past week. Playdough will be provided for the students to keep fingers moving while we check in with our class. To end our class, Miss Sally will lead the students in an art I-spy game, using paintings by famous artists from around the world with a tie-in to our theme of the week. The studio will provide materials for each project as well as a watercolor tray and brush, play dough, and glue stick. Families will provide their own scissors, tape, pencils, crayons or other coloring implement, and newspaper or other method of protecting their workspace.
Participants will receive video links and Zoom access information by email.
M/F 10:00am-10:30am, live on Zoom
5 mtgs: 1/22 - 2/19; R: $40, NR: $45; Instructor: Sally Davies

On-Line Registration at www.greenbeltmd.gov/recreation
**DANCE TOGETHER 124203-1**  
Ages 1-4  
Dance Together is a movement class for young children accompanied by a participating adult. This fun, upbeat exploration of movement, music and storytelling is intended to help parents and young children incorporate dance, movement games and rhythm play into their daily life. This class will be conducted online via Zoom twice a week; you may choose to participate in the live session once or twice a week. In addition, participants will have access to a growing "library" of pre-recorded class content. You will receive an email at least a week before the class begins with the access code for your class. Recommended for children who are walking independently but less mobile siblings may enjoy participating along with the registered child and participating adult.

M/W 10:30am-11:00am, live on Zoom  
23 mtgs: 1/25 - 4/28  
(No class 2/15, 3/22, 3/24, 3/29, 3/31)  
R: $60, NR: $65  
Instructor: Gabriela D'Andrea

**STORYBOOK DANCE THEATER 124204-1**  
Ages 3-5  
Young movers will develop their coordination, confidence and rhythmic skills as we explore our session's theme "Big City, Open Sky." We will be making crafts and dances inspired by our travels to New York City and beyond. This class will be conducted weekly online via Zoom with the option to attend outdoor dance events (weather permitting) on Saturdays, 10:30am-11:00am once a month in March, April and May. (To opt out of all outdoor, in-person events, register for Section 124204-2.) You will receive an email at least a week before the class begins with the access code for your class.

124204-1 W 4:15pm-5:00pm, Live on Zoom with outdoor events

124204-2 W 4:15pm-5:00pm, Live on Zoom without outdoor events

12 mtgs: 1/27 - 4/28 (no class 3/31, 4/7)  
R: $96, NR: $104  
Instructor: Angella Foster

**ALL PRE-SCHOOL DANCE CLASS PARTICIPANTS WILL RECEIVE A WINTER/SPRING FUN KIT**

The Dance Together Fun Kit includes stickers and rhythm instruments.

The Storybook Theater and Dance the World Fun Kits include stickers and craft projects to be completed during class time with instructor guidance.

Participants may need to supply crayons or markers, scissors, clear tape, glue or glue sticks for crafting projects.

(Curbside pick-up time 1/25, 2:00pm-5:00pm).
**DANCE THE WORLD**

Ages 4-6

Join us as we journey around the world exploring movement, music and imagination! Young movers will develop their coordination, confidence and rhythmic skills while creating original dances and crafts inspired by this session’s globe-trotting theme, "Wonders of the World." In this session, we will be visiting The Great Wall of China, Easter Island, England’s Stonehenge and the Mayan Temple of Inscriptions in Mexico. This class will be conducted weekly online via Zoom with the option to attend outdoor dance events (weather permitting) on Saturdays, 11:30am-12:00pm once a month in March, April and May. *(To opt out of all outdoor, in-person events, register for Section 124204-2.)* You will receive an email at least a week before the class begins with the access code for your class.

- **124206-1** Th 4:15pm-5:00pm, Live on Zoom with outdoor events
- **124206-2** Th 4:15pm-5:00pm, Live on Zoom without outdoor events

12 mtgs: 1/28 - 4/29
R: $96, NR: $104
Instructor: Angella Foster

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**HEALTH & FITNESS**

**TKA KARATE - YOUTH 132500-1**

Ages 5-12

Enhance your current martial arts skills and develop new skills while having fun with instructors from Tompkins Karate Association (TKA). The class offers instruction based in Tang Soo Do Korean karate. Accepting all experience levels including beginner. This class will be conducted virtually via Zoom.

- M 6:30pm-7:30pm, live on Zoom
- 10 mtgs: 1/4 - 3/22 (no class 1/18, 2/15)
- R: $60, NR: $66

**EAGLE V.I.S.I.O.N. 132412-1**

Ages 8-12

Validating inspired students involving outreach and nutrition or V.I.S.I.O.N is an after school program designed to introduce participants to various activities and games that help promote an active and healthy lifestyle. Each session will include nutritional facts and health information. This program is free to Greenbelt Recreation ID holders.

- M/W/F 3:00pm-4:30pm/SHLRC-Gym
- 25 mtgs: 1/4 - 3/1 (No class 1/18, 2/15)
- FREE

SHLRC Contact: Frank Jones or Brian Butler, 301-397-2212, fjones@greenbeltmd.gov or bbutler@greenbeltmd.gov
VISUAL ARTS: HOME SCHOOL
Contact: Amanda Demos Larsen, 240-542-2062 alarsen@greenbeltmd.gov

These classes and workshops are designed for individual children or children working cooperatively with parents and guardians. Children should have adult assistance with set up and clean up and an adult should be on hand for the duration of live instruction. Adults are also welcome to register for most activities without accompanying children. Participants in online classes will receive Zoom links by email. Materials provided by the studio will be available for pick-up in the front lobby of the Greenbelt Community Center. Participants will be notified by email when materials are available to be picked up.

GEOMETRY IN ART 133205-1 Ages 6+
Explore 2D and 3D geometry through weekly art projects! String art, stickers, resist painting, and collage will make learning about fractals, topology, and Platonic solids fun for all ages this winter! Materials provided. Students will need to provide their own glue, scissors and a pencil.
M 11:00am-12:00pm, live on Zoom
7 mtgs: 1/11 - 3/1 (no class 1/18, this class meets on a holiday 2/15)
R: $65, NR: $70
Instructor: Leah Cohen

VISUAL ARTS: AFTER SCHOOL
Contact: Amanda Demos Larsen, 240-542-2062 alarsen@greenbeltmd.gov

These classes and workshops are designed for individual children or children working cooperatively with parents and guardians. Children should have adult assistance with set up and clean up and an adult should be on hand for the duration of live instruction. Adults are also welcome to register for most activities without accompanying children. Participants in online classes will receive Zoom links by email. Materials provided by the studio will be available for pick-up in the front lobby of the Greenbelt Community Center. Participants will be notified by email when materials are available to be picked up.

AFTER SCHOOL ART ADVENTURES
Children, teens and parents have a variety of after school art classes to choose from. Participants can register for all activities or choose according to their art preferences. Materials provided as indicated in descriptions below. All sections: live on Zoom.

PUPPET MOVIE MAKING 133607-1 Ages 6+
Students will learn how to make simple puppets and sets, as well as how to make an original film starring their creations. They will learn how to plan out a story and use camera techniques to enhance their shows. Students will also practice acting techniques. In the last class, the class will watch their videos together, and the end product will be a short video that the students can share with friends and family. Students will receive basic puppet-making materials. Students will need to provide cardboard recyclables such as paper towel tubes and cardboard boxes, scissors, drawing supplies and a device for recording.
M 4:00pm-5:00pm
4 mtgs: 1/11 - 2/8 (No class 1/18)
R: $40, NR: $45
Instructor: Adam Campanile

POLYMER CLAY 133607-2 Ages 8+
Learn how to make miniature sculptures, beads and other embellishments using polymer clay (Sculpey) and a few simple tools. All skill levels welcome. Children under 10 must have a parent agree to bake their creations in their home oven. Students will receive Sculpey and shaping instruments. Students will need to have access to a baking sheet and a conventional kitchen oven.
W 4:00pm-5:00pm
4 mtgs: 1/13 - 2/3
R: $40, NR: $45
Instructor: Carol Petrucci
**DRAW LIKE YOUR FAVORITE ILLUSTRATORS**  
*133607-3  Ages 8+*

This class will bring kids closer to the illustrators whose work they love, while broadening their own rendering skills. Students will follow step-by-step instructions to create drawings and paintings based on popular children’s illustrators. Students will need to provide a pencil, eraser, glue, scissors, water container, paper towels and newspaper or other workspace protection. Paint, markers, paper, and a paintbrush will be provided.  

*W 4:00pm-5:00pm  
4 mtgs: 2/10 - 3/3  
R: $40, NR: $45  
Instructor: Amanda Larsen*

**PAINTED HORSES**  
*133607-4  Ages 6+*

Use watercolors to paint colorful, jointed horses! If you prefer magical animals, add wings and you’ll have a Pegasus, or add a horn and some glitter to make a unicorn! We will look at the alebrijes, or spirit animals, of Oaxaca, Mexico, and use them as inspiration. Some students may need assistance with cutting out the shapes after painting. Material components and decoration provided. Students will need to provide scissors, pencils and tape.  

*M 4:00pm-5:00pm  
2 mtgs: 2/22 - 3/1  
R: $20, NR: $25  
Instructor: Leah Cohen*

**CHILDREN’S CERAMIC HAND-BUILDING**  
*133608-1, -2, -3  Ages 6+*

Let’s get functional! Mugs, bowls, vases, trays, containers... if you can use it, let’s make it! You can use what you know about sculpting animals and figures and add them to your functional pieces, too! Students will receive clay, ceramic tools, ceramic underglazes and a wareboard on loan. Students will provide a water container, a sponge, a ruler, plastic utensils, plastic bag, a sock filled with cornstarch and other optional texture tools. The instructor will provide more information at the start of class. All sections: live on Zoom.  

*133608-1  Tu 1:00pm-2:00pm  
8 mtgs: 1/12 - 3/2  
R: $70, NR: $75*  

*133608-2  Tu 4:00pm-5:00pm  
8 mtgs: 1/12 - 3/2  
R: $70, NR: $75*  

*133608-3  Th 4:00pm-5:00pm  
8 mtgs: 1/14 - 3/4  
R: $70, NR: $75  
Instructor: Judy Goldberg-Strassler*

**"HAVE A HEART" GRATITUDE ORNAMENTS FAMILY WORKSHOP**  
*133206-1  Ages 6+*

Celebrate love and community by making art and sharing it! Participants will be provided materials to create two mixed-media heart-shaped ornaments, one to keep and one to place in your community. You may also use additional art materials you have at home. Students will provide their own scissors and glue. All ages welcome.  

*F 2/12; 6:00pm-7:00pm, live on Zoom  
R: $20, NR: $25  
Instructor: Rachel Cross*

**MARYLAND WILDLIFE ART**  
*133227-1  Ages 9+*

There are amazing animals living in your neighborhood! These animals and many more live all around us. In this class, we will be learning all about a different animal each week and creating art about that animal. We will research habitats, behaviors, and fun facts. We will create art featuring a hopping animal, a flying animal, and a climbing animal. We will be creating 2-D and 3-D artwork.  

*Th 5:30pm-6:30pm, live on Zoom  
4 mtgs: 1/14 - 2/4; R: $40, NR: $45  
Instructor: Rachel Cross*

**POLYMER CLAY JEWELRY**  
*143216-1  Ages 12+*

Learn how to make beautiful beads and jewelry components for earrings, bracelets and necklaces using polymer clay and a few simple tools. Techniques will include marbling, caning, using wire, metal bead cores and metal bezel cups. Jewelry construction such as color, texture and composition of pieces using wire, eye pins, cording and clasps will also be discussed. Students will receive Sculpey and jewelry clasps, magnets and other accessories. Students will provide a baking sheet and standard oven for firing their pieces, pliers also recommended.  

*M 6:00pm-7:00pm, live on Zoom  
4 mtgs: 1/25 - 2/22 (no class 2/15)  
R: $35, NR: $40  
Instructor: Carol Petrucci*

**BORO-STITCHED MITTENS**  
*143205-1  Ages 12+*

When you combine Japanese mending, which is called boro, with brightly-colored crewel wool and upcycled black cashmere, the result is a gorgeous pair of rainbow-stitched mittens that are both warm and sturdy — it’s an all-around win! The method for making these mittens is simple, making them great candidates for a zen stitching project. The instructor will help anyone without a sewing machine to assemble the mittens. All mitten components will be provided. Students will need to provide sharp scissors.  

*Th 2:00pm-3:00pm, live on Zoom  
2 mtgs: 2/4 & 2/11; R: $40, NR: $45  
Instructor: Leah Cohen*
DANCE
Contact: Angella Foster, 240-542-2067
afoster@greenbeltmd.gov

ZOOM / OUTDOOR CLASSES
Suggested attire for Zoom classes: Girls-Any color leotard and tights or snug-fitting top with leggings with bare feet or dance footwear appropriate to class; Boys-Snug-fitting t-shirt and knit shorts or pants with bare feet or dance footwear appropriate to class.

Required attire for outdoor events: Comfortable, season appropriate clothing, sneakers and a mask that securely covers the nose and mouth; tappers will be provided with tap boards for all outdoor events.

COVID Waiver required for participation in outdoor events and on-site classes. The minimum age requirement for all classes should be met by the first class meeting unless you have received prior authorization from the instructor to register.

BALLETTHEATER CLUB
Ages 6-8
Keep your young movers busy and active this winter! This session, we will be dancing our way across the country and learning dances inspired by famous American ballets like Rodeo, Fancy Free and Revelations. This class will be conducted weekly online via Zoom with the option to attend outdoor dance events (weather permitting) on Fridays, 4:30pm-5:00pm. You will receive an email at least a week before the class begins with the access code for your class. (Outdoor events will be held on 3/12, 3/19, 4/16, 4/23, 4/30, and 5/7; To opt out of all outdoor, in-person events, register for Section 134201-2).

134201-1 M 5:00pm-5:45pm, live on Zoom with outdoor events
134201-2 M 5:00pm-5:45pm, live on Zoom without outdoor events
12 mtgs: 1/25 - 5/3 (No class 2/15, 3/29, 4/5)
R: $96, NR: $104
Instructor: Angella Foster

JAZZ/ HIP HOP CLUB
Ages 6-8
Keep your young movers busy and active at home this winter! Starting with the 1920's Charleston, we will be dancing our way through America's most popular dance crazes until we reach the early days of hip hop and breakdancing in the 1980's. This class will be conducted online via Zoom with the option to attend outdoor dance events on Fridays, 5:30pm-6:00pm. You will receive an email at least a week before the class begins with the access code for your class. (Weather permitting, outside events will take place on 3/12, 3/19, 4/16, 4/23, 4/30, and 5/7. To opt out of all outdoor, in-person events, register for Section 134204-2.)

134204-1 Tu 4:15pm-5:00pm, live on Zoom with outdoor events
134204-2 Tu 4:15pm-5:00pm, live on Zoom without outdoor events
12 mtgs: 1/26 - 4/27 (No class 2/16, 3/30)
R: $96, NR: $104
Instructor: Angella Foster

*All participants in the above classes will receive a Winter/Spring Fun Kit which includes stickers and craft projects to completed during class time with instructor guidance. (Curbside pick-up time 1/25, 2:00pm-5:00pm). Participants will need to supply crayons or markers, scissors, clear tape and glue or glue sticks for crafting projects.
DANCE
More Zoom/Outdoor

MUSICAL THEATER TAP II/III 134207-1
Ages 7-11
A continuation of Tap I/II. Must have completed at least one full year of tap study or receive permission of instructor to enroll. Emphasis will be on developing each student's rhythmic understanding and classical tap vocabulary while learning strategies for improvisation. This class will be conducted weekly online via Zoom with the option to attend outdoor door events. You will receive an email at least a week before the class begins with the access code for your class.
W 4:15pm-5:00pm, live on Zoom
12 mtgs: 1/27 - 4/28 (No class 2/24, 3/31)
Sat 11:30am-12:15pm, optional outdoor events
6 mtgs: 3/13, 3/20, 4/17, 4/24, 5/1 & 5/8
R: $96, NR: $104
Instructor: Lisa Pellittiere & Viola Pitts

CONTEMPORARY DANCE I/II 134205-1 Ages 9-15
Contemporary dance combines elements of ballet, yoga, conditioning and modern dance to create a fusion that is fun, expressive and great exercise. No previous dance experience necessary. This class is designed to give students a chance to further develop their rhythmic understanding and learn how to create their own dance phrases. This class will be conducted online weekly via Zoom with the option to attend in-studio rehearsals. You will receive an email at least a week before the class begins with the access code for your class.
Tu 6:30pm-7:30pm, live on Zoom
12 mtgs: 1/26 - 4/27 (No class 2/16, 3/30)
F 6:45pm-7:15pm, optional on-site rehearsals
4 mtgs: 4/16, 4/23, 4/30 & 5/7
R: $120, NR: $130
Instructor: Elta Goldstein

HIP HOP 134213-2 Ages 9-15
A fun, upbeat class for creative movers who want to express their personal groove! Dancers will work on mastering the basics of popping, locking and isolations as well as fast, fun hip hop routines to a mix of age-appropriate beats. This class will be conducted online weekly via Zoom with the option to attend outdoor events. You will receive an email at least a week before the class begins with the access code for your class.
Tu 5:30pm-6:30pm, live on Zoom
12 mtgs: 1/26 - 4/27 (no class 2/16, 3/30)
Sat 1:00pm-1:45pm, optional outdoor events
6 mtgs: 3/13, 3/20, 4/17, 4/24, 5/1 & 5/8
R: $96, NR: $104
Instructor: Lisa Pellittiere & Viola Pitts

MUSICAL THEATER TAP IV/V 134210-1 Ages 9-15
A continuation of Tap III/IV. Must have completed at least two full years of tap study or receive permission of instructor to enroll. Emphasis will be on developing each dancer's rhythmic understanding and building speed in classical footwork while exploring personal style through improvisation. This class will be conducted weekly online via Zoom with the option to attend outdoor tap jams. You will receive an email at least a week before the class begins with the access code for your class.
W 5:15pm-6:15pm, live on Zoom
12 mtgs: 1/27 - 4/28 (No class 2/24, 3/31)
F 5:30pm-6:15pm, optional outdoor events
6 mtgs: 3/12, 3/19, 4/16, 4/23, 4/30 & 5/7
R: $120, NR: $130
Instructor: Lisa Pellittiere & Viola Pitts

On-Line Registration at www.greenbeltmd.gov/recreation
DANCE/ON-SITE CLASSES

Due to the limits on the number of participants in on-site classes, all students must receive prior authorization from the Director of Studio Dance Programs to register for these courses.

Contact Angella Foster at afoster@greenbeltmd.gov for registration information and all details regarding safety protocols. COVID waiver required for on-site classes.

Required attire for on-site classes: Girls - ballet slippers or tap shoes, tights or snug-fitting leggings, any color leotard, hair secured off face and neck; Boys - ballet slippers or tap shoes, black leggings, snug white t-shirt. All in-studio classes require a face mask that covers the nose and mouth.

BALLET II/III 134211-1  Ages 9-12
Students must have completed at least one full year of ballet training or have permission of instructor to register. Emphasis will be on developing each dancer's understanding and mastery of classical ballet basics. Dancers will also learn challenging choreography and hone their performance skills.
W 5:30pm-6:30pm/CC-106
12 mtgs: 1/27 - 4/28 (No class 3/31, 4/7)
R: $120, NR: $130
Instructor: Angella Foster

BALLET IV/V 134212-1  Ages 10-16
A continuation of Ballet III/IV. Students must have completed at least two full years of ballet training or have permission of instructor to register. Emphasis will be on developing each dancer's understanding and mastery of the fundamentals of jumping and turning as well as the poise and performance quality characteristic of classical ballet.
Th 5:30pm-6:30pm/CC-106
12 mtgs: 1/28 - 4/29 (No class 3/25, 4/1)
R: $120, NR: $130
Instructor: Angella Foster

BALLET VI WITH POINTE 144201-2  Ages 12-17
A continuation of Ballet V. Students must have completed at least four full years of ballet training or have permission of instructor to enroll. This class will focus on the continued mastery of classical ballet vocabulary with an emphasis on advanced jumping and turning skills. Students will learn short variations to work on their performance quality and acting skills. Additional emphasis is on developing strength and the safe application of ballet technique to beginning pointe work.
M/Th 6:30pm-7:45pm/CC-106
12 mtgs: 1/25 - 5/3 (no class 2/15, 3/29, 4/5)
Th 6:45-7:30pm / live on Zoom
12 mtgs: 1/28-4/29 (no class 3/25, 4/1)
R: $180, NR: $195
Instructor: Angella Foster

MUSICAL THEATER TAP VI 144205-1  Ages 12-17
A continuation of Tap V. Must have completed at least three full years of tap study or receive permission of instructor to enroll. This class will focus on the continued mastery of speed and clarity of classical footwork while exploring various tap dance styles through choreography and improvisation. This class will be conducted weekly online via Zoom with the option to attend on-site rehearsals on Fridays, 6:45pm-7:30pm. You will receive an email at least a week before the class begins with the access code for your class.
W 6:30pm-7:30pm, live on Zoom
12 mtgs: 1/27 - 4/28 (No class 2/24, 3/31)
R: $120, NR: $130
Instructor: Lisa Pellittiere & Viola Pitts

CONTEMPORARY DANCE III/IV 144216-2  Ages 12-17
Contemporary dance combines elements of ballet, yoga, conditioning and modern dance to create a fusion that is fun, expressive and great exercise. This class is designed to give students a chance to further develop their rhythmic understanding and learn how to create their own dance phrases.
Sa 2:30pm-3:30pm/CC-106
12 mtgs: 1/30 - 5/1 (No class 3/27, 4/3)
R: $120, NR: $130
Instructor: Angella Foster

FACILITY CODES
BF=Braden Field, CC=Community Center, CC-GFE=Community Center Ground Floor East, SHLRC=Springhill Lake Recreation Center, YC=Youth Center
CIRCUS
Contact: Chris Cherry, 240-542-2055
ccherry@greenbeltmd.gov

WINTER CIRCUS FUN
Warm up your winter by learning or sharpening your circus skills! Each student will be loaned a personal bag of juggling supplies and other equipment for the duration of the course. This course is offered either as an in-person class (conditions permitting) or via Zoom. For the Zoom-only course, enroll in 134226-2.

**Sa 3:00pm-4:00pm**
- 134226-1 In-person YC-Gym
- 134226-2 Live on Zoom

8 mtgs: 1/9 - 2/27
R: $56, NR: $62

Instructors: Mike Funt and Charles Fahey

MUSIC
Contact: Chris Cherry, 240-542-2055
ccherry@greenbeltmd.gov

UKULELE STRUM-ALONG REPERTOIRE BUILDER
Ages 14+
Designed for intermediate players, these upbeat four-session mini-courses are for you, if you can tune your own ukulele, read a chord chart, switch chords without stopping your strumming pattern, and strum and sing several songs with confidence. Participants will learn a new song each week, with the instructor demonstrating simple and more complex variations on strum patterns and chords. Songs and chords are arranged for Soprano and Concert ukuleles, using the "High G" tuning or G-C-E-A. Classes will be conducted via Zoom. Sheet music will be e-mailed by the instructor before each class.

Tu 7:30pm-8:30pm, live on Zoom
R: $36, NR: $40 (per 4-week session)
Instructor: Rachel Cross

164242-1 Songs of the Moon, Stars, and Sun
4 mtgs: 1/5 - 1/26
R: $36, NR: $40 (per 4-week session)

164242-2 Songs of the Sea, Rivers, and Oceans
4 mtgs: 2/2 - 2/23

164242-3 Wacky and Silly Songs
4 mtgs: 3/2 - 3/23

Artward Bound Online Workshops for Scouts
Drawing, Painting, Collage, Outdoor Art, Comics, Music and Dance!

Workshops meet Girl Scout badge requirements. Boy Scouts, Campfire and other youth clubs also welcome.

View the complete program guide
For more information or to book a workshop, contact Anne Gardner: agardner@greenbeltmd.gov

On-Line Registration at www.greenbeltmd.gov/recreation
TEEN/ADULT PROGRAMS

VISUAL ARTS
Contact: Amanda Demos Larsen, 240-542-2062, alarsen@greenbeltmd.gov

Participants in online classes will receive Zoom links by email. Materials provided by the studio will be available for pick-up in the front lobby of the Greenbelt Community Center. Participants will be notified by email when materials are available to be picked up.

MUD CLOTH  153205-1  Ages 10+
Inspired by the bogolanfini tradition from Mali in West Africa, students will learn to paint with pigments made from local mud. Students will receive prepared canvas, fermented mud, and a stick for application. Students will provide two shallow basins, bins or bowls, an old towel and a hair dryer (optional). Please note: prepared mud needs to settle. Students should leave the mud in a stationary location for a few days before the workshop and not shake the mud.
F 2/26 - 3/5; 6:00pm-8:00pm, live on Zoom
R: $40, NR: $45
Instructors: Karen Arrington and Kathye Arrington

SEW-AND-TELL  153202-1  Ages 12+
This is a weekly drop-in opportunity to join a community of aspiring fiber artists for sharing, chatting and troubleshooting in a welcoming and supportive environment. All ages, all skill levels and all projects are welcome to join us on Zoom for afternoon tea and some stitching. Materials are not provided.
Th 2:00pm-3:00pm, live on Zoom
6 mtgs: 1/14 - 3/4 (no class 2/4, 2/11)
R: $10, NR: $15
Instructor: Leah Cohen

WATERCOLOR PAINTING: EXPLORING THE MEDIUM THROUGH ART HISTORY  153210-1  Ages 16+
Participants will learn traditional watercolor techniques and vocabulary while cultivating their creativity. This class is designed for beginners and experienced students alike. Instruction will be tailored to each student’s level of experience. Students will supply their own materials, which will include: watercolor paints, watercolor paper and watercolor brushes.
Tu 10:00am-12:00pm, live on Zoom
5 mtgs: 1/12 - 2/9
R: $30, NR: $35
Instructor: Racquel Keller
THE SKETCHBOOK PROJECT*

The most effective way to improve your drawing skills is to draw! This activity is suitable for all ages and skill levels. At the beginning of the session participants will receive a sketchbook and their choice of sketching pencil set, colored pencil set or art pen set and fill the sketchbook over the course of the session. Fill the sketchbook with whatever you want or follow the provided weekly drawing prompts. Join a zoom meeting once a week for a drawing session. During this time the instructor will answer questions and provide encouragement. At some point in the future (when the Community Center is fully open again), students will be invited to display their sketchbooks for the public to enjoy; this is not a mandatory part of the class.

*This title is borrowed from the Brooklyn Art Library. Learn more at brooklynartlibrary.org.

153333-1 Ages 8+
W 10:00am-11:00am, live on Zoom
7 mtgs: 1/13 - 2/24; R: $30, NR: $35;

153333-2 Ages 16+
W 5:00pm-6:00pm, live on Zoom
7 mtgs: 1/13 - 2/24; R: $30, NR: $35
Instructor: Amanda Larsen

ACRYLIC PAINTING: EXPLORING PAINTING THROUGH ART HISTORY 153212-1 Ages 16+
Taking 20th century paintings as a starting point, students will be led step-by-step through a series of projects designed to help build skills in this versatile and rewarding medium. Students will provide their own materials which should include acrylic paints, brushes and painting canvases or a canvas pad.

M 7:00pm-9:00pm, live on Zoom
4 mtgs: 1/11 - 2/8 (no class 1/18); R: $25, NR: $30
Instructor: Racquel Keller

MEDITATIVE SUMI-E PAINTING 153221-1 Ages 16+
Learn to use black ink and an elegant economy of line to capture the timeless beauty and complexity of the natural world through Sumi-e Painting. The studio will provide sumi-e ink, paper, felt pad and brush. Students will need to provide a water container.

F 6:30pm-8:30pm, live on Zoom
2 mtgs: 1/15 - 1/22; R: $30, NR: $35
Instructor: Racquel Keller

BOOKMAKING: COPTIC BINDING 153224-1 Ages 16+
Participants will make a coptic bound book with exposed stitching along the spine. Students will learn how to glue book cloth and paper onto a book board, sew paper into a textblock, and attach the cover to the textblock. Students will receive book board, book cloth, paper, glue and other necessary materials. Students will need to provide a water container and a weight such as a wrapped brick or heavy book.

F 6:00pm-8:00pm, live on Zoom
2 mtgs: 2/19 & 2/26; R: $45, NR: $50
Instructor: Amanda Larsen
GENERAL INFORMATION FOR ADULT WINTER CERAMICS PARTICIPANTS

Limited Ceramics Open Studio slots will be available this winter. Participants in open studio must have previously completed a Greenbelt Recreation in-person ceramics class. Patrons who enroll in a class section that includes open studio, or who register for open studio as a stand-alone program, will be able to sign up for one, 2 ¼ hour time slot per week. Wheel students may select either the wheel room or the glaze room for a given day. Hand-building students may select either the hand-building room or the glaze room. Masks are required and ventilation units must be turned on. The rooms will be sanitized between uses. The studios are expected to be available daily between 9:15am-5:45pm; hours are subject to change.

New this session: a participant may sign up by themselves or with a buddy who is also enrolled in open studio or a class that includes open studio. A shared slot counts as the one weekly timeslot guaranteed to each of the two participants. Those who sign up alone will have the space to themselves, apart from occasional pop-ins as needed by staff or participants working in another studio; a second person will not be able to sign up to share their slot.

In order to make sure the studio can accommodate all registered participants, programs including open studio have a low maximum enrollment; if your desired section no longer has room, please register for the waitlist.

ZOOM CLASS FORMAT

Classes meeting on Zoom will be designed to accommodate students working exclusively at home as well as those with open studio access at the Community Center. Approximately the first hour of class will be devoted to demonstrations, answering questions and looking at screen-shared photographs of student work in progress. The remaining class time will involve students working and receiving feedback. Students without a safe space to work at home may choose to stay on or to leave this portion of the meeting.

CLASS SUPPLEMENT: PRIVATE INSTRUCTION

Students who are enrolled in a class and also have open studio access may sign up for a private lesson at the Community Center with their instructor. See the class listings for availability. If you are registering online, select the optional private lesson fee during check-out. If you are registering by email, please note "private instruction" and the fee ($45) on your registration form. The 1.5 hour lesson will take the place of your weekly open studio time, with 15 minutes on either end for set up and clean up.

GLAZE ACCESS

Open Studio participants will be able to sign up for the glaze room as their weekly studio slot. Participants who are registered for any program that does NOT include open studio may be able to book glaze room slots on an “a la carte” basis as available. Once registered, please email Amanda Larsen to be added to a contact list for notifications: alarsen@greenbeltmd.gov.

PURCHASING CLAY

If you are registering online, select the optional supply fee during check-out. If you are registering by email, please note "clay" and the fee ($23) on your registration form. Either way, please also email Beth Fendlay at bfendlay@greenbeltmd.gov regarding your preferred type, from these options: Standard Brown 306; Highwater Red Rock; or Highwater Little Loafers. Laguna Soldate 60 is recommended for Chris Corson’s sculpture class students and is available to these participants only. Limit (all clays): one bag per participant at the time of registration. Subsequent purchases may be possible, depending on inventory and curriculum.

PICK-UP AND DROP OFF

Contactless exchange of wares and supplies will take place at the Community Center west entrance (library side) on Mondays from 5:30pm-6:00pm. This schedule is subject to change. You may either wait outside the door, or text Jan Goldberg upon arrival at 202-329-1407; she will text you back when it’s your turn to come up. Participants with open studio access can pick up clay and drop off and pick up wares on the third floor when you come in to work in the studio.

OPTIONAL MATERIALS KIT

Participants working from home will have the option of purchasing a materials kit that consists of: sponge, needle tool, wire tool, rubber rib, piece of canvas and a serrated metal rib (all to keep) plus a ware board (on loan). If you are registering online, select the optional supply kit fee during check-out. If you are registering by email, please note "supply kit" and the fee ($15) on your registration form. Participants registered for Open Studio will have on-site use of the above items as part of the regular studio inventory.
CERAMICS
Contact: Amanda Demos Larsen; 240-542-2062; alarsen@greenbeltmd.gov

Please review the ceramics program information on page 14. Participants in online classes will receive Zoom links by email. Materials provided by the studio will be available for pick-up in the front lobby of the Greenbelt Community Center. Participants will be notified by email when materials are available to be picked up.

LEVEL 2 CERAMIC HAND-BUILDING Ages 16+
This class has been cancelled, but patrons may still request private instructional sessions with the instructor. Patrons interested in private instruction should register for Ceramic Open Studio and select 'private instructional session' at online checkout or enter it on a line of the registration form.

Tu 6:30pm-8:30pm, live on Zoom
6 mtgs: 1/12 - 2/16
R: $45, NR: $50
Clay (as needed): $23
Optional materials kit: $15
Instructor: Sandra Dwiggins

153272-1: Includes open studio.
COVID waiver required.
R: $45, NR: $50
153272-2: No open studio.
For students working at home.
R: $50, NR: $55

CANCELLED

BASIC CERAMIC HAND-BUILDING TECHNIQUES Ages 16+
Suitable for beginners and people with some hand-building experience. Learn the basic skills - pinching, coil, and slab techniques for building decorative and functional ceramics. Make mugs, boxes, animals, vases, and other useful pieces. As the class progresses, we will evolve these techniques into more elaborate forms.
Students can work at home or register for section 1 to schedule a weekly open studio session. Students who register for section 1 must have previously taken a Greenbelt Recreation in-person ceramics class. It is recommended that students working from home purchase an optional materials kit for $15. Students working from home will provide their own rolling pin or dowel for rolling slabs and will purchase their own glazes. Wareboards will be available on loan from the studio.

W 6:30pm-8:00pm, live on Zoom
7 mtgs: 1/13 - 2/24
Clay (as needed): $23
Optional materials kit: $15
Optional private lesson (section 1 only): $45
Instructor: Gina Mai Denn

153271-1: Includes open studio.
COVID waiver required.
R: $65, NR: $70
153271-2: No open studio.
For students working at home.
R: $55, NR: $60
CERAMIC SCULPTURE WITH AN EMPHASIS IN HAND-BUILDING TECHNIQUES  Ages 16+
This class is suitable for patrons who usually enroll in Level 2 Hand-building or who have completed Level 1 Hand-building. In this class, students will be encouraged to explore the creation of expressive forms in clay, whether representational or abstract. The sessions will involve instructor demos, discussing student projects, discussing techniques for forming clay and instilling content, and addressing questions or ideas that come up. Students will also be exposed to methods for building larger and more complex forms. It will be an important part of this class for students to send images of their work to the instructor before class, to facilitate discussion. Students may purchase clay from the studio, Soldate 60 recommended. Wareboards will be available on loan from the studio. Live on Zoom.
M 6:30pm-8:30pm, live on Zoom
7 mtgs: 1/11 - 3/11 (No class 1/18, Class meets on a holiday, 2/15)
Instructor: Chris Corson

153206-1: Includes open studio. Covid waiver required.
 R: $70, NR: $75
153206-2: No open studio. For students working at home.
 R: $60, NR: $65
Optional materials kit: $15
Optional private lesson (section 1 only): $45
Clay (as needed): $23

MAKING CERAMIC ART TILES  Ages 16+
Suitable for people who already have some experience with wheel, hand-building, or tile making. Practice making ceramic art tiles to use as decoration. In this class, participants will make their own decorative ceramic tiles, using various surface decoration and glazing techniques. Learn the secrets to keeping tiles flat and crack free and ways to hang/mount them. Create individual art tiles or several tiles that form a design. Students working from home should have the ability to roll slabs, using a rolling pin or dowel, and cut tiles at home and have or acquire any necessary tools and glazes. Students will receive vinyl, newsprint and canvas. It is recommended that students working from home purchase an optional materials kit for $15. Wareboards will be available on loan from the studio.
W 6:30pm-8:00pm, live on Zoom
7 mtgs: 1/13 - 2/24
Instructor: Mary Gawlik

153253-1: Includes open studio. Covid waiver required.
 R: $65, NR: $70
153253-2: No open studio. For students working at home.
 R: $55, NR: $60
Optional materials kit: $15
Optional private lesson (section 1 only): $45
Clay (as needed): $23
POTTERY ON THE WHEEL  Ages 16+
For wheel students who are interested in building their skills. Students should have taken at least one wheel class prior to registration. The instructor will demonstrate over Zoom weekly and students registered for section 1 will have a scheduled weekly open studio time to practice. For those with wheels at home, there will be time during the Zoom sessions to have the instructor watch you work and help with problems or just offer guidance. Work on basic forms, techniques, and fun projects. Wareboards will be available on loan from the studio.

Th 6:30pm-8:00pm, live on Zoom
7 mtgs: 1/14 - 2/25
Instructor: Karen Arrington
153283-1: Includes open studio.
COVID waiver required.
R: $65, NR: $70

153283-2: No open studio. For students working at home.
R: $55, NR: $60
Optional materials kit: $15
Optional private lesson (section 1 only): $45
Clay (as needed): $23

CERAMIC OPEN STUDIO  Ages 16+
Students will be able to sign up online for a 2 ¼ hour slot, at least once per week, to use one of the three ceramics rooms (hand-building room, wheel room or glaze room). Participants must have completed an in-person ceramics class prior to the shutdown. New this session: students may sign up to work alone on a given day, or they may sign up with one buddy who is also enrolled in this program. Participants can sign up for about a month’s worth of studio slots at a time through SignUp Genius; links will be emailed to all registered Open Studio participants close to the start of session.

M-Su 9:15am-5:45pm (subject to change)
9 weeks: 1/4 - 3/7
R: $45, NR: $50; Clay (as needed): $23
153261-1 Wheel & glaze rooms
153261-2 Hand-building & glaze rooms

FIRING ONLY  153262-1  Ages 16+
This option is for students who are working from home and would like to drop off work to be fired at the studio. Participants must have previously completed an on-site ceramics class at the Greenbelt Community Center. No access to studio glazes is included with registration*, but students may purchase their own glazes, glaze at home and submit their glazed pieces for firing. Participants may submit up to four pieces per week for firing (bisque and/or glaze). Wareboards will be available on loan from the studio.

*Glaze room access may be available on an a la carte basis; write to alarsen@greenbeltmd.gov to be added to a contact list for notifications.

Drop-off/pick-up: M 5:30pm-6:00pm
9 weeks: 1/4 - 3/8
R: $35, NR: $40
Optional materials kit: $15
Clay (as needed): $23

DANCE
Contact: Angella Foster, 240-542-2067
afoster@greenbeltmd.gov
The minimum age requirement for all classes should be met by the first class meeting.

BEGINNING JAZZ  154211-1  Ages 15+
This fun, upbeat class introduces the rhythms and styles of jazz dance to teen and adult beginners. No previous dance experience necessary. This class will be conducted online weekly via Zoom. You will receive an email at least a week before the class begins with the access code for your class. Suggested Attire for Zoom Classes: Bare feet and/or socks, yoga pants or leggings and snug-fitting top; long hair secured off face and neck.
Tu 6:45pm-7:30pm, live on Zoom
12 mtgs: 1/26 - 4/27 (No class 2/16, 3/30)
R: $96, NR: $104
Instructor: Elta Goldstein

MUSIC
Contact: Chris Cherry, 240-542-2055
ccherry@greenbeltmd.gov

UKULELE STRUM-ALONG REPERTOIRE BUILDER  Ages 14+
Designed for intermediate players, these upbeat four-session mini-courses are for you, if you can tune your own ukulele, read a chord chart, switch chords without stopping your strumming pattern, and strum and sing several songs with confidence. Participants will learn a new song each week, with the instructor demonstrating simple and more complex variations on strum patterns and chords. Songs and chords are arranged for Soprano and Concert ukuleles, using the "High G" tuning or G-C-E-A. Classes will be conducted via Zoom. Sheet music will be e-mailed by the instructor before each class.

Tu 7:30pm-8:30pm, live on Zoom
R: $36, NR: $40 (per 4-week session)
Instructor: Rachel Cross
164242-1 Songs of the Moon, Stars, and Sun
4 mtgs: 1/5 - 1/26
164242-2 Songs of the Sea, Rivers, and Oceans
4 mtgs: 2/2 - 2/23
164242-3 Wacky and Silly Songs
4 mtgs: 3/2 - 3/23
**HEALTH & FITNESS**

Contact (unless otherwise noted):
Taylor Hardy, 240-542-2054
thardy@greenbeltmd.gov

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**FIT ‘N’ FUN CARDIO 152203-1 Ages 16+**

Participants will tone their bodies and burn calories while having fun with a variety of cardio including boot camp games, cardio kickboxing, dance, weight lifting and floor work set to great music! You will need to bring weights, water and a mat; jump rope is optional.

- M/W/F 8:00am-9:00am/YC-Gym
- 28 mtgs: 1/11 - 3/15
- R: $60, NR: $70
- Instructor: Derrick Faison

**ZUMBA GOLD Ages 16+**

This energizing dance party is designed for the active older adult and/or anyone looking for the original moves you love at a lower-intensity. This fun workout incorporates the contagious Latin and international rhythms in a way that is safe and effective for all ages. Easy-to-follow choreography focuses on cardio, balance, range of motion and coordination. Join the FUN!! Wear comfortable clothing and shoes. Have access to water and a towel. *Drop-ins are not permitted for this class.*

- Sa 9:00am-10:00am, live on Zoom
- 152402-1 5 mtgs: 1/9 - 2/6  R: $40, NR: $48
- Instructor: Wanda Crawley-Pearson

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**MIXED PILATES 152210-1 Ages 16+**

A classic mixed level Pilates mat workout covering basic exercises for strengthening core muscles, and improving posture, balance and flexibility. Have access to a mat or blanket and a 10-pound sandbag or bag of rice as a foot weight. *Drop-ins are not permitted for this class.*

- M 6:45pm-7:45pm, live on Zoom
- 9 mtgs: 1/11 - 3/15 (No class 2/15)
- R: $90, NR: $100
- Instructor: Catherine Turner

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**TAI CHI ALL LEVELS 152206-1 Ages 16+**

Join us to explore the benefits of Wu, Sun, Chen, and Yang styles of Tai Chi along with Qigong and Xingyi fundamentals. All levels are welcome to laugh and learn!

- Sa 9:00am-10:00am/live on Zoom
- 12 mtgs: 1/9 - 3/27
- R: $100, NR: $110
- Instructor: Taj Johnson

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**TAI CHI MASTERY- WUDANG NEIJIA 152206-2 Ages 16+**

This class is for the serious student. Experience the higher levels of your practice. Learn the underlying principles, access your personal mastery of the Wudang Neijia Arts. Taiji, Xingyi, Bagua and Liuhebafa (aka water boxing) will be taught with choreography, corrections and adjustments. Learn the small details; and create your own book of “Master’s Notes” from the group discussions and journal your personal adventures. Admission by instructor permission; a minimum of one recent year of previous practice in SkyValley TaiJi classes is strongly recommended. Contact instructor at 888-448-7731 x1

- Sa 10:15am-11:15am/live on Zoom
- 12 mtgs: 1/9 - 3/27
- R: $100, NR: $110
- Instructor: Taj Johnson

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**FUN YOGAMIX 152220-1 Ages 16+**

A fun and gentle yoga mix of breathing, poses, meditation,
and laughter therapy. Please bring a mat, yoga strap/bathrobe belt, and a blanket to each class. Beginners are welcome; no experience necessary. For more information, contact instructor at yogatina@yahoo.com. **Drop-ins are not permitted for this class.**

**YOGA & CORE CONDITIONING  152202-1  Ages 16+**
Develop strength, flexibility, balance, and well-being by combining yoga postures and breathing, mindful awareness and deep relaxation with toning and core strengthening movements. You will need a mat, and you may wish to have a blanket, yoga blocks and any props that you enjoy using. Please refrain from eating for 2 hours before this class. For more information, email laura.bonkosky@gmail.com. **Drop-ins are not permitted for this class.**

**Th 6:00pm-7:00pm/live on Zoom**
10 mtgs: 1/14 - 3/18
R: $70, NR: $80
Instructor: Tina McCloud

**MINDFUL MOVEMENT & YOGA NIDRA**

**152403-1A  Ages 16+**
This gentle yoga class will include slow, flowing movement, yogic breathing practices, accessible yoga postures, and a 30 minute yoga nidra practice. For more information, contact laura.bonkosky@gmail.com, or visit www.laurabonkosky.com. **Drop-ins are not permitted for this class.**

**W 6:30pm-7:45pm, live on Zoom**
10 mtgs: 1/13 - 3/17
R: $100, NR: $110
Instructor: Laura Bonkosky
GREENBELT AQUATIC & FITNESS CENTER

101 Centerway, 301-397-2204, ww.greenbeltmd.gov/GAFC
Hours of Operation: Visit the Greenbelt Virtual Recreation Center for current hours of operation.

DAILY ADMISSION RATES (Online Reservation ONLY)
Reservations can ONLY be made through the Greenbelt Recreation RecLink page for usage of Fitness Wing and Indoor Pool.
Youth (1-11 yrs) $3.00 (allowed during Family Swim Times)
Young Adult (14-17 yrs) $3.00
Adult (18-59 yrs) $4.00
Senior (60+) $3.00
Current Pass Holders FREE (Fee Waived at Checkout)

GAFC HOLIDAY HOURS:
Thanksgiving, Thursday, November 26, CLOSED
Christmas Eve, Thursday, December 24, 7:00am-5:00pm
Christmas Day, Friday, December 25, CLOSED
New Year’s Eve, Thursday, December 31, 7:00am-5:00pm
New Year’s Day, Friday, January 1, CLOSED

GAFC RESERVATION SCHEDULE:

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<th>Days</th>
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<th>Time</th>
<th>Description</th>
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<tr>
<td>Monday - Friday</td>
<td>1</td>
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<td>8:45am-9:30am</td>
<td>Lap/Water Walk</td>
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<td>6</td>
<td>4:45pm-5:30pm</td>
<td>Family Swim Only</td>
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Sundays
        CLOSED
INDOOR POOL:

Lap Swimming, Water Walking, and Family Swim (at designated times).

- LAP SWIMMING AND WATER WALKING PERMITTED
  - Monday-Friday: Sessions 1-5
  - Saturday: Sessions 1-3
  - Lap Swimming is defined as: traversing the length of the pool using a coordinated stroke for a sustained period. Lap swimmers must be able to swim from one end of the pool to the other without stopping or assistance.
  - Water Walking is defined as: continuous motion of the legs/arms to "jog in place" over a sustained period of time for exercise purposes.

- FAMILY SWIM is now permitted- during Family Swim lap swimming is NOT permitted.
  - Monday-Friday: Session 6
  - Saturday: Sessions 3-6

- LAP LANES may only be used by one person at a time, and customers should rest at opposite ends of the pool.

- Although the indoor locker rooms and bathrooms will be open, customers should plan to “dip in and dip out,” focusing their time at the facility on swimming. We suggest you take a cleansing shower before arriving and come dressed in your swim attire.

- Customers must bring all equipment (ex: kickboards, towels, goggles) they would like to use. No shared equipment will be available.

- Water fountains are available but you are encouraged to bring your own filled water bottle. Vending machines are unavailable.

EXITING PROCEDURES

- The lifeguard will give a 15-minute warning that the swim session is ending.
- Once your session is over, you will exit from the front entrance.

FITNESS CENTER

- Ages 14 and older are permitted to use the Fitness Wing. Registration is limited to 2 people max per room. The Treadmill Room, Cycle Room and Weight Room will be available. The stretching area will remain closed. You are allowed to register to use 1 room per session.

- You are allowed 1 reservation per day. Reservations may not be made more than 4 weeks in advance. Access to the facility is still limited to current pass holders and Greenbelt residents.

- Reservations are still required in order to gain access to our facility and must be made at least 4 hours in advance. NO drop-ins or guests will be permitted at this time.

- A face covering is required to be worn at all times while in the Fitness Wing.

- To ensure the safety of our staff and patrons, we will be disinfecting all touch points and equipment regularly. We will close for an hour after each session to clean the facility.

- Vending machines will not be available and glass containers are prohibited.
Greenbelt Recreation 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, Greenbelt Recreation has established Rules of Conduct. By signing the waiver on the Greenbelt Recreation 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 all center facilities, subject to approval of the Assistant Director of Greenbelt Recreation, for any of the following:

• Failure to abide by any of the rules established by Greenbelt Recreation.
• Failure to comply with the direction given by center staff in the lawful performance of their duties;
• Misuse, destruction, damage or theft of Greenbelt Recreation property or the property of others;
• Indecent or obscene language or conduct, including use of profanity;
• Any action which, in the judgment of Greenbelt Recreation 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 and/or guardian will be contacted and required to pick up the child immediately. Removal from a Greenbelt Recreation program or facility will extend to all Greenbelt Recreation programs and facilities.

WEATHER & INFORMATION HOTLINE:
301-474-0646

Call the Greenbelt Recreation Weather & Information Hotline for updates on activities, classes, facilities, and programs when there is inclement weather or other emergency.
On-Line Registration at www.greenbeltmd.gov/recreation

**Financial Assistance** (Greenbelt Residents Only)
Contact: Rebekah Sutfin, rsutfin@greenbeltmd.gov, 240-542-2056

**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 offered through Greenbelt Recreation. As a result, the Financial Assistance program was designed to assist eligible individuals and families to participate in our programs at a reduced fee. Only Greenbelt residents can apply. Proof of Greenbelt residency is required.

The Financial Assistance Application will determine your eligibility for assistance. Regardless of your income, there are opportunities to participate.

Please apply online at greenbeltmd.gov/recreation or pick up an application in any Recreation facility.

A completed application and proper documentation are required for consideration.

**Mary Purcell Geiger Scholarship Fund**

**Arts and Senior Programs:**
The Mary Purcell Geiger Scholarship Fund provides support for Greenbelt residents of any age who are interested in participating in Greenbelt Recreation visual arts, performing arts and senior programs. Assistance is available on a limited basis according to need. Individuals who have not received scholarship assistance during the current program year (July through June) will be given priority status in the awarding of support. Otherwise, assistance will be offered on a first-come, first-served basis.

Please note: Funds cannot be applied to the cost of Prince George's Community College (SAGE) classes, camps, courses offered by independent individuals and organizations, or Greenbelt Recreation programs costing less than the minimum required patron contribution. Applications are available at the Greenbelt Community Center.

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**GREENBELT RECREATION**

**GREENBELT CITY COUNCIL**
Colin Byrd, Mayor, Emmett V. Jordan, Mayor Pro-Tem, Judith “J” Davis, Leta M. Mach, Silke I. Pope, Edward V.J. Putens, Rodney M. Roberts

**CITY MANAGER**
Nicole Ard

**GREENBELT CITY COUNCIL ADVISORY GROUPS**
Contact Bonita Anderson, City Clerk at 301-474-3870. Boards affiliated with Greenbelt Recreation include: Arts Advisory Board, Senior Citizens Advisory Committee, Park and Recreation Advisory Board and Youth Advisory Committee.

**GREENBELT RECREATION ADMINISTRATIVE OFFICE,**
99 Centerway, 301-397-2200
Greg Varda, CPRP, Director of Recreation
Joe McNeal, CPRP, Assistant Director of Operations
Cathy Pracht, Administrative Coordinator

**GREENBELT AQUATIC AND FITNESS CENTER**
101 Centerway, 301-397-2204
Stephen Parks, AFO, Aquatics Supervisor
Cynthia Brown, AFO, Aquatics Coordinator
Caroline Soter, Administrative Assistant

**SPRINGHILL LAKE RECREATION CENTER**
6101 Cherrywood Lane, 301-397-2212
Brian Butler, Recreation Coordinator I
Frank Jones, III, Recreation Coordinator I

**YOUTH CENTER, 99 Centerway, 301-397-2200**
Anne Oudemans, CPRP, Recreation Supervisor
Andrew Phelan, CPRP, Sports and Recreation Coordinator II
Alison Longworth, CPRP, Recreation Coordinator II

**GREENBELT COMMUNITY CENTER**
15 Crescent Road, 301-397-2208
Di Quynn-Reno, CPRP, Community Center Supervisor
Chris Cherry, Performing Arts Program Coordinator II
Taylor Hardy, Community Center Coordinator
Ruth Campbell, Administrative Assistant
Carrie Hannigan, Administrative Assistant

**ARTS PROGRAMS, 15 Crescent Road, 240-542-2057**
Nicole DeWald, Arts Supervisor

**THERAPEUTIC RECREATION PROGRAMS**

**SENIOR & INCLUSION PROGRAMS**
15 Crescent Road, 240-542-2056
Rebekah Sutfin, CPRP, Therapeutic Recreation Supervisor

**SCHROM HILLS PARK**
6915 Hanover Parkway, 301-397-2200

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On-Line Registration at www.greenbeltmd.gov/recreation
REGISTRATION PROCEDURES

Registration forms will be accepted beginning on the registration dates listed below.
To provide equal opportunity to all registrants, EARLY in-person, email, fax or mail in registrations WILL NOT BE ACCEPTED.

Resident Registration begins on November 23, 2020.
Non-Resident Registration begins on November 30, 2020.
Payments are accepted in the form of check, money order, and credit card.

COVID WAIVER
All onsite in-person classes require completion of the COVID waiver.

ONLINE REGISTRATION
Register online with RecLink. Online registration is available beginning at 12:00am on the registration dates (Greenbelt residents, November 23; non-residents, November 30).
If you have registered for Greenbelt Recreation classes before but are new to RecLink, please contact Carrie Hannigan: channigan@greenbeltmd.gov or Cathy Pracht: cpracht@greenbeltmd.gov.
If you are not a current Greenbelt Recreation customer, please call 301-397-2208 or 301-397-2200 to request an account. Please see information about residency below.

EMAIL & FAX REGISTRATION
Fax and email registration will be accepted after 12:00am on the registration dates.

Community Center, channigan@greenbeltmd.gov, fax: 301-220-0561
Youth Center, cpracht@greenbeltmd.gov, fax: 301-397-2203

MAIL-IN REGISTRATION
Mail-in registration will be accepted beginning on the registration dates to Greenbelt Recreation, 25 Crescent Road, Greenbelt, Maryland 20770

CITY RESIDENCY
Resident rates apply to those persons who reside in, pay taxes to and are eligible to vote in Greenbelt elections (if 16 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.

CLASS CANCELLATIONS
Classes will not be held on the following dates: January 1 – New Year’s Holiday; January 18 – Martin Luther King Jr. Day; February 15 – President’s 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 is closed or delayed due to inclement weather or emergency, please call Greenbelt Recreation’s Weather & Information Hotline at 301-474-0646 for updated class information.

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.

CREDITS/REFUNDS
If an activity is cancelled by Greenbelt Recreation, 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.

INCLUSION
Individuals who are physically, mentally, and/or emotionally challenged are encouraged to participate in any of our programs. Please call Rebekah Sutfin at 240-542-2056 to make arrangements.

LOCATION CODE
BAP - Buddy Attick Park
BF – Braden Field
BFTC - Braden Field Tennis Courts
CC - Greenbelt Community Center
GAFC - Greenbelt Aquatic & Fitness Center
GES – Greenbelt Elementary School
GRHS – Green Ridge House
SHLES - Springhill Lake Elementary School
SHLRC - Springhill Lake Recreation Center
SHP - Schrom Hills Park
YC - Greenbelt Youth Center

CLASS SCHEDULE
Classes will begin on or after the week of January 4, 2021. Please see the course descriptions for exceptions and specific information pertaining to class meeting dates.
GREENBELT ACTIVITY REGISTRATION FORM

(PLEASE PRINT)
Adult Participant/Parent/Guardian ___________________________ Preferred Name __________________________

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 __________________________

A modification due to a disability is needed for an individual below to participate in this program. YES __ NO __
If yes, please complete a Special Assistance Request Form provided by Greenbelt Recreation or download it from www.greenbeltmd.gov/special_assistance.

<table>
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<tr>
<th>Participant’s Name/ Preferred Name</th>
<th>Gender</th>
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<th>Activity Registration #</th>
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<th>Activity Fee</th>
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Please make checks payable to: City of Greenbelt TOTAL

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

Expiration Date: ________________ Credit Card #: ____________________________________ CVV ______

Signature: __________________________________________ Date: _______________________

PLEASE READ THE FOLLOWING CAREFULLY AND SIGN.

INSURANCE: I hereby inform the City of Greenbelt and Greenbelt Recreation 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 Greenbelt Recreation, 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 Greenbelt Recreation, 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 Greenbelt Recreation 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/VIDEO RELEASE: Unless otherwise indicated in writing by participant or parent/guardian at the time of registration, photographs and videos 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 Greenbelt Recreation’s Rules of Conduct as outlined on page 27 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.
Assumption of Risk and Waiver of Liability
Relating to Coronavirus/COVID-19
City of Greenbelt Program Registration and Facility Reservations

Coronavirus disease 2019 (COVID-19), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious as is believed to spread mainly from person-to-person contact. The City of Greenbelt has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, the City cannot guarantee that you will not become infected with COVID-19. Further, attending any program may increase your risk of contracting COVID-19, and may increase the risk of transmitting COVID-19 to others.

By signing this agreement I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I, my minor child, or members of my group or organization, may be exposed to or infected by COVID-19 by participating in an event, program, activity, reservation or rental taking place at a City of Greenbelt recreation facility or park, and that such exposure or infection may result in personal injury, illness, permanent disability, or death. I understand that the risk of becoming exposed to or infected by COVID-19 at a City of Greenbelt recreation facility or park may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City employees, volunteers, and other participants and their families.
I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself, my child, or members of my group or organization, including, but not limited to, personal injury, disability, or death, illness, damage, loss, claim, liability, or expense, of any kind, that they or I may experience or incur in connection with participation in any event, program, activity, reservation or rental taking place at a City Recreation and Parks facility. I hereby release, covenant not to sue, discharge, and hold harmless the City of Greenbelt, its employees, agents, and representatives, of and from any claims related to COVID-19, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I further agree to indemnify and hold harmless the City of Greenbelt and its employees, agents, and representatives from any claim that may arise from or in connection with my or members of my group or organization’s participation in any program taking place at a City of Greenbelt Recreation and Parks facility, including claims related to COVID-19.
I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the City, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any City of Greenbelt Recreation and Parks program. I agree to comply with any participation guidelines, such as the use of face coverings and physical distancing, to enhance the health and safety of all participants.

____________________________________      __________________________________________
Adult Participant or Guardian Signature  Organization Name (if applicable)
____________________________________      __________________________________________
Printed Name       Date