

2024

Summer Activity Guide

Your Quarterly Guide to Greenbelt Recreation Activities, Classes, Facilities, and Programs

10 AM
REGISTRATION

RESIDENTS
MAY 20

NON-RESIDENTS
MAY 28



Family Fun Nights at the Pool!

Fun for the whole family! See [page 34](#).



GREENBELT
RECREATION



fun • fitness • friendship

GREENBELTMD

What's Inside

RECOgnition Spotlight

Contents

2	What's Inside
3	Special Events
8	Preschool Programs
10	Elementary & Middle School Programs
17	Teen & Adult Programs
31	Active Aging Programs
38	Aquatics & Fitness Programs
47	Registration Procedures
49	Registration Form
50	Recreation Staff
51	Clubs & Contacts

KIDZ CONNECT

Kidz Connect is a chance for youth between the ages of 8-11 to experience some of the fun activities usually only offered in summer camp, during the school year!

Every Friday we will host an organized drop-in activity in the Youth Center from 3:30 - 5:30 pm where we'll play games like dodgeball, handball, pillow polo, and many more of our favorite camp classics!

For more information, call AJ Sesay at (240) 542-2198.



ANNUAL BIKE TO WORK DAY IS FRIDAY, MAY 17

As a pit stop destination for Bike to Work Day 2024, Greenbelt welcomes you to join us this May in a celebration of bicycling as a fun, eco-friendly, low-cost commuting option that provides both physical and mental health benefits.

For information, see [page 3](#) or call Di Quynn Reno (240) 542-2053.



VISIT US ONLINE AT:

greenbeltmd.gov/recreation

facebook.com/greenbeltmdrecreation



Special Events & Exhibitions

BIKE TO WORK DAY 2024

**Greenbelt Aquatic & Fitness Center parking lot
Friday, May 17, 6:30 - 8:30 am**

Commuter Connections and the Washington Area Bicyclist Association invites you to join over 15,000 area commuters for a celebration of bicycling as a fun, eco-friendly, low-cost commuting option and it provides both physical and mental health benefits. The Greenbelt Pit Stop will be one of 100+ Pit stops in the regional area. To make sure even those working from home can participate, we are encouraging telecommuting registrants to bike to their pit stop and then cycle back home to start the workday.

Register at biketoworkmetrodc.org

Pit Stop Manager: Di Quynn Reno, (240) 542-2053

ARTS SHARES

Meet up with fellow artists for a constructive, informal discussion of everyone's work. For teens and adults. Bring 1-3 pieces in any medium. All experience levels welcome. FREE!

Sign up online at www.greenbeltmd.gov/arts.

Sunday, June 9, 2 - 3 pm

Friday, July 19, 7 - 8 pm

Sunday, August 18, 2 - 3 pm



SUMMER KICK-OFF CELEBRATION

**Springhill Lake Recreation Center, 6101 Cherrywood
Friday, June 14, 3 - 8 pm**

School's out and summer's in! Let the fun and memories begin! Celebrate the last day of school and start summer break over at Springhill Lake. Bring your family, neighbors, and friends to enjoy music, food, information tables, and entertainment. This will be the perfect free family event to help shake off the final tests and exams as we welcome summer adventures.

Please call the weather information hotline, (301) 474-0646, the morning of the event for updated event status.

ARTWARD BOUND: WORKSHOPS FOR SCOUTS AND OTHER YOUTH

Book an art workshop for your child's scout troop, youth group, or circle of friends! Workshops available in drawing, painting, pottery, collage, music, dance and more. Programs satisfy the requirements for the Girl Scout arts badges. BSA scouts, Campfire and other groups are also welcome. See the Artward Bound brochure at www.greenbeltmd.gov/arts.

Email agardner@greenbeltmd.gov for more information or to schedule a workshop for your group.

ARTFUL AFTERNOONS

Sign up to participate in FREE, all-ages art workshops! Select Sundays, 1 - 3 pm.

Outdoor painting: June 2 at the Greenbelt Community Center, and June 9 at the Springhill Lake Recreation Center.

Tie dye: August 4 at the Greenbelt Community Center, and August 11 at the Springhill Lake Recreation Center.

Creative Kids Camp 2024 Presents **THE COOKIE CAPER**



Written and Directed by Chris Cherry

Fridays: June 28, July 12, July 26, August 9
Showings at 10 am & 2:15 pm
Greenbelt Community Center, 15 Crescent Rd

Performed by the campers and staff of Creative Kids Camp.

Tickets: FREE; available in advance at the Greenbelt Community Center office or by calling (301) 397-2208, starting on the Tuesday of each show week.

When an entire batch of cookies mysteriously disappears, the campers at Creative Kids Camp decide to do some sleuthing! A series of intriguing clues leads them on a musical tour of discovery through the historic Greenbelt Community Center. During their search, they find a diary hidden by a schoolgirl in 1937 on the day Eleanor Roosevelt came to visit. The diary entries reveal the excitement and joy of life in early Greenbelt, but also the separation and pain of racial segregation, which prevents the diarist's best friend from living in the new town. Before and after the show, stroll through an exhibit about the history behind the play.

GREENBELT DAY WEEKEND

Happy Birthday, Greenbelt! June 1 & 2

Celebrate the occasion with special activities and by enjoying the many amenities that Greenbelt has to offer: Parks, pools, cinemas, historical programs, local eateries and much more.

See www.greenbeltmd.gov/recreation for additional event information as the weekend approaches.

NOT FOR SENIORS ONLY: NAVIGATING THE COMPLEXITIES OF AGING

Community Center Room 201, 15 Crescent Rd
Saturday, June 1, 1 - 2:30 pm

This workshop will provide information to help you, or a loved one, navigate the complexities of aging. A Geriatric Care Specialist will provide information on management of health care needs. An attorney, who specializes in Estate Planning and Elder Law, will share best practices in creating a plan that works for you. At the end of the workshop, there will be time for questions.

For more information, please call (240) 542-2189.

NATURALIZATION CEREMONY!

Community Center, 15 Crescent Rd
Sunday, June 2, 1 - 3 pm

Help welcome candidates from around the world into United States citizenship!



GREENBELT MUSEUM TOURS

Greenbelt Museum, 10B Crescent Rd
Sunday, June 2, 1 - 3 pm

In honor of Greenbelt Day, the Greenbelt Museum's historic house will be open free of charge for mini tours! Walk through the house which features furniture designed by the federal government to fit Greenbelt homes, artifacts and objects used by a middle-class family during the years 1937-1952, hands on items for kids, and much more.

For more information, visit www.greenbeltmuseum.org.

ARTFUL AFTERNOON

Community Center, 15 Crescent Rd
Sunday, June 2, 1 - 3 pm, FREE FOR ALL AGES!

Outdoor painting and drawing on the front lawn, 1 - 3 pm, with artist Racquel Keller. No experience needed; all levels welcome. Bring your own materials, or use ours! Please sign up in advance by [clicking here](#) or at www.greenbeltmd.gov/arts; walk-in guests also welcome.

While you create, enjoy a ukulele serenade and sing-a-long with Rachel Ann Cross and her Greenbelt Recreation Arts program students, 1:30 - 2:30 pm.

COMBINED CONCERT

Community Center Auditorium, 15 Crescent Rd
Sunday, June 2, 3 pm

Come celebrate Greenbelt's birthday with back-to-back sets by the Greenbelt Concert Band and the Greenbelt Community Orchestra.

WATSON MEET-N-GREET SENIOR LUNCHEON

Community Center, 15 Crescent Rd
Friday, May 31, 11 am - 1 pm

Come join County Council Member Ingrid Watson for an annual luncheon at the Greenbelt Community Center. This is your opportunity to ask questions and hear the county's updated news. Ms. Watson will also be providing a free lunch for seniors.

PRE-REGISTRATION IS REQUIRED; space is limited.

Activity number: 379207-1

COUNCIL MEMBER
Ingrid S. Watson
DISTRICT 4
Presents:
GREENBELT
SENIOR
Luncheon

Lunch will be served.

Friday, May 31, 2024 • 11:00 AM to 1:00 PM

Greenbelt Community Center
15 Crescent Road
Ground Floor East
Greenbelt, MD 20770

Contact Person: Priya Gardner
pgardner@greenbeltnmd.gov
240.542.2056

PRINCE GEORGE'S COUNTY COUNCIL

PRE-K BILINGUAL STORY HOUR

Springhill Lake Recreation Center, 6101 Cherrywood
Fridays: 6/14, 7/12, 8/9, 10:30 - 11:30 am

Come and enjoy the wonderful world of storytelling and playtime. Free health snack and free books. Family and friends welcome. No registration required.

Contact spreadruak@gmail.com.

BUDDY ATTICK SUMMER FUN RUNS

Thursdays 7/11 - 8/15 at 7 pm (6:15 - 6:45 pm
registration at Greenbelt Youth Center parking lot)

In a partnership with Greenbelt Recreation, the Prince George's Running Club (PGRC) continues to offer this excellent opportunity to Get Active Greenbelt. The purpose of this informal fun run race series is to provide an opportunity for individuals to exercise and increase their activity. 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 register. Free online registration here.

For more info on PGRC, please visit www.pgrc.org.

FAMILY FUN NIGHTS AT THE GREENBELT AQUATIC & FITNESS CENTER

Fridays 6/21, 7/19, 8/16, 8 - 9:45 pm

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 14, July 19, and August 16 from 8 - 9:45 pm. Admittance to the pool will be \$5.00 for all families, including passholders. Bring your pool toys and the whole family for an evening of fun! Check with the pool for details about the upcoming events.

Family Fun 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.

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, 5:30 - 6:45 pm
- Greenbelt Concert Band, 7:30 - 8:30 pm
- FIREWORKS approximately 9 pm

In case of inclement weather, please call the weather and information hotline, (301) 474-0646, for updated event status.

NATIONAL NIGHT OUT

Tuesday, August 6

Join the Greenbelt Police Department and Greenbelt Neighborhoods for the 2024 National Night Out. National Night Out is a cohesive effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and serve as a message that neighborhoods are organized and fighting back against crime.

Specific neighborhood events will be posted at www.greenbeltmd.gov.



LABOR DAY FESTIVAL

The City of Greenbelt and the Labor Day Festival Committee are honored to host the Annual Labor Day Festival. Enjoy an entertaining weekend with family and friends, August 30 - September 2. Join Greenbelt Recreation for many activities. Check the festival insert in the Greenbelt News Review for the weekend schedule of events, times and locations. For more information visit www.greenbeltlaborday.com.

ANNUAL RETRO TOWN FAIR

Greenbelt Museum, 10B Crescent Rd

Sunday, September 1, 1 - 4 pm

Join us for the Annual Retro Town Fair which will take place outdoors under tents.

Categories include: needlework, garden vegetables, canning, and more. A great Greenbelt tradition! More information and printable entry forms at www.greenbeltmuseum.org.

See you at the Fair!



Preschool Programs

Visual Arts

Contact: Amanda Demos Larsen
(240) 542-2062 alarsen@greenbeltmd.gov

PRESCHOOL ART EXPLORATION AGES 1-5

Children and caregivers share the experience of creative exploration in a studio setting, while facilitating toddlers' socialization. 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: sections 1 and 2 are for children; section 3 is for caregivers. This class is subsidized by the Mary Purcell Geiger Scholarship.

To give back, donate to the scholarship fund by emailing rcampbell@greenbeltmd.gov or in the Community Center main office. To access scholarship funding for other art programs, email alarsen@greenbeltmd.gov for more information.

323201-1: Th 9:30 - 10:30 am / THREE SISTERS GARDEN
3 mtgs: 6/27 - 7/18 (No class on 7/4)
R: \$20, NR: \$25

323201-2: Th 9:30 - 10:30 am / THREE SISTERS GARDEN
3 mtgs: 8/1 - 8/15
R: \$20, NR: \$25

323201-3: Caregivers 16+
(No charge, but registration required)

Instructor: Caitlyn McGillen



MORE CLASSES FOR KIDS AGES 4 & UP

Read about **DROP IN MAKERS & ARTISTS** on [page 10](#) for more classes for kids 4 & up.

Looking for a night to yourself while your kids have an evening to themselves? Check out **PARENT'S NIGHT OUT!** This program takes place one Friday a month and provides kids with an evening of fun and includes dinner. See [page 11](#) for more information and dates.

**This class is subsidized by the Mary Purcell Geiger Scholarship. To give back, donate to the scholarship fund by emailing rcampbell@greenbeltmd.gov or in the Community Center main office. To access scholarship funding for other art programs, email alarsen@greenbeltmd.gov for more information.*

Dance & Music

Dance Contact: Angella Foster
afoster@greenbeltmd.gov

Music Contact: Chris Cherry
ccherry@greenbeltmd.gov

Minimum age for all classes must be met by first meeting.

STORYBOOK DANCE THEATER MINI-CAMP

AGES 3-6

A joyful expression of movement, music and imagination with a storybook theme. Young movers will develop their coordination, confidence and rhythmic skills while creating a dance inspired by the session's theme. We will also make simple crafts to serve as props and set for our storybook dances. Students should wear clothes that are easy to move in and bare feet. No jeans or costumes, please.

324200-1: IN THE GARDEN

Tu/W/Th 4:30-5:15pm/CC-10

6 mtgs: 6/18 - 6/27

R: \$48, NR: \$56

324200-3: A BUG'S LIFE

Tu/W/Th 4:30-5:15pm/CC-10

6 mtgs: 7/16 - 7/25

R: \$48, NR: \$56

Instructors: Angella Foster, Gabriela D'Andrea



Elementary & Middle School

Visual & Ceramic Arts

Contact: Amanda Demos Larsen
(240) 542-2062 alarsen@greenbeltmd.gov

YOUTH WHEEL

AGES 10-15

Discover the creative possibilities of the potter's wheel! Learn and improve your technical skills while creating functional and decorative pottery. Also learn a variety of fun surface decoration techniques to give your pots personality. Participants who are enrolled in a Greenbelt Recreation camp, may come to class directly from camp dismissal.



343251-1: Tu/W/Th/F 3:30 - 5:30 pm / CC-305
7 mtgs: 6/18 - 6/28 (No class 6/19)
R: \$120, NR: \$130

343251-2: Tu/W/Th/F 3:30 - 5:30 pm / CC-305
7 mtgs: 7/2 - 7/12 (No class 7/4)
R: \$120, NR: \$130

343251-4: Tu/W/Th/F 3:30 - 5:30 pm / CC-305
8 mtgs: 7/30 - 8/9
R: \$130, NR: \$140

Instructor: Judy Goldberg-Strassler

DROP-IN MAKERS & ARTISTS

AGES 4-15

This is an unstructured open art studio for kids and their adults. Participants are invited to use general art supplies for independent art-making (crayons, markers, paper, play dough) or do a daily focused art activity provided by arts staff.

Students ages 4-7 must have an adult stay with them and actively participate. Students ages 8-12 may bring an adult or attend on their own. Participants may arrive or depart at any time during the scheduled studio time and do not need to attend every day.

333207-1: W 3:30 - 5 pm / CC-113
4 mtgs: 6/12 - 7/3
R: \$45, NR: \$50

333207-2: W 3:30 - 5 pm / CC-113
4 mtgs: 8/7 - 8/28
R: \$45, NR: \$50



SUMMER SEWING LAB: UPCYCLING & MENDING

AGES 12+

Learn basic sewing skills including sewing terminology and how to use a sewing machine. Students will choose their own projects and are invited to bring in clothing that needs mending, altering or “upcycling” as well as new project ideas. Students will provide materials with guidance from the instructor. A small amount of donated fabric is available for student use. *This class includes Visual Arts Open Studio.*



353202-1 Tu 5 - 7 pm / CC-116
4 mtgs: 7/2 - 7/23
R: \$90, NR: \$100

Instructor: Vanessa Zanin

PARENT'S NIGHT OUT

AGES 4-12

An evening of fun for the kids, while you have the night to yourself! Participants will enjoy art activities, and a pizza dinner. Drop off and pick-up anytime you wish during the session. Dinner will be served at 6:15.

All children must be potty-trained in order to participate, and they must have no cold or flu-like symptoms on the day of the program. Household credits or refunds will be issued if advance notice is given (by 4 pm) that a child isn't feeling well.

333222-1 F 5 - 8:30 pm / CC-GFE
1 mtg: 7/12
R: \$20, NR: \$25

333222-2 F 5 - 8:30 pm / CC-GFE
1 mtg: 8/16
R: \$20, NR: \$25

Family & Friends Art Workshops

FELTED SUMMER HARVEST

Have fun creating fruits and vegetables out of wool and felt. Adults and teens 12+ will learn how to needle felt 2-dimensional shapes and add 3-dimensional details. Children under 12 will cut and glue felt shapes. *All ages welcome. No experience necessary.*

333206-1 F 5:30 - 7 pm / CC-GFE
1 mtg: 8/9
R: \$5, NR: \$10

Instructor: Vanessa Zanin

NATURE SCAVENGER HUNT

Come with your friends and family and be a part of a nature scavenger hunt by observing and illustrating flora and fauna in Buddy Attick Park. All materials provided. *All ages welcome. No experience necessary.*

333209-1 Sa 10 - 11:30 am / Buddy Attick Park
1 mtg: 8/17
R: \$5, NR: \$10

Instructor: Amanda Swift

* **Friends and Family Workshops** are funded by Maryland State Arts Council. Participants are invited to contribute a small amount to help offset material costs.

Dance

Contact: Angella Foster
afoster@greenbeltmd.gov

Minimum age requirement must be met by first class.

BALLET THEATER MINI-CAMP

AGES 6-9

Young dancers will develop the proper posture, flexibility and discipline needed to begin a more formal study of classical ballet. Each session will focus on different the magical elements in classical ballet with students learning dances to classical movement. In-person parent observation day on the last day of class. Uniform: Students may choose to wear Traditional Girls (black or pink leotard, pink ballet shoes with pink tights or flesh tone shoes with flesh tone tights) or Traditional Boys (black ballet shoes, black leggings, snug white t-shirt) uniforms. Hair must be secured off of the face and neck. No jeans or costumes

ADVENTURES WITH ENCHANTED CREATURES

334207-1 Tu/W/Th 5:30 - 6:30 pm / CC-10
5 mtgs: 7/2 - 7/11
R: \$50, NR: \$60

FAIRIES AND PHANTOMS

334207-2 Tu/W/Th 5:30 - 6:30 pm / CC-10
6 mtgs: 7/30 - 8/8
R: \$60, NR: \$70

Instructors: Kelly McLaughlin, Gabriela D'Andrea



MUSICAL THEATER MINI-CAMP

AGES 6-9

Aspiring young performers will enjoy learning a variety of dances to a selection of songs from musicals. Emphasis will be on developing the confidence, musicality and quick-study skills needed for performing in musical theater productions. No previous dance experience required. In-studio performance on the last day of class. *Uniform:* snug t-shirt and leggings; bare feet, ballet or jazz shoes. Hair must be secured off of face and neck.

334206-1 Tu/W/Th 5:30 - 6:30 pm / CC-10
6 mtgs: 6/18 - 6/27
R: \$60, NR: \$70

Instructors: Viola Pitts, Madeleine McComb

STRICTLY KIDS BALLROOM

AGES 7-11

A movement-packed exploration of the primary steps and patterns of American Smooth and Rhythm ballroom dances (waltz, foxtrot, swing, and cha cha). Dancers will primarily dance side-by-side, but will begin learning some of the basics of dance partnering. All dancers will learn the leader and follower movement patterns so students of all genders can enjoy the lesson. In-person parent observation day on the last day of class. *Uniform:* snug fitting t-shirt or tank top with athletic capris, pants, skirt, or leggings. No jeans or costumes please. Jazz shoes or bare feet are recommended; ballroom and character shoes are not permitted for this age group. Hair must be secured off the face and neck.

334220-1 Tu/W/Th 5:30-6:30pm/CC-10
6 mtgs: 7/16 - 7/25
R: \$60, NR: \$70

Instructor: Kelly McLaughlin

BALLET BASICS

AGES 7-11

Students new to ballet will learn the basic postures and body positions in this class. Emphasis will be on introducing the proper posture, flexibility, and discipline needed to begin a more formal study of classical ballet. No previous dance experience required. In-studio parent observation day on the last day of class. Uniform: Students may choose to wear Traditional Girls (black or pink leotard, pink ballet shoes with pink tights or flesh tone shoes with flesh tone tights) or Traditional Boys (black ballet shoes, black leggings, snug white t-shirt) uniforms. Long hair secured off of the face and neck. .No jeans or costumes.

334210-1 M 5:30 - 6:30 pm / CC-10

8 mtgs: 6/17 - 8/5

R: \$80, NR: \$90

Instructors: Gabriela D'Andrea, Kelly McLaughlin



ADVANCED BALLET

AGES 12-17

A continuation of Ballet III/IV and Ballet V/VI. Students must have completed at least three full years of ballet training or receive permission from the instructor to enroll. Emphasis will be on continued development of strong classical ballet technique as well as learning new conditioning exercises in preparation for pointe work. Uniform: Students may choose to wear Traditional Girls (black leotard, pink ballet shoes with pink tights or flesh tone shoes with flesh tone tights) or Traditional Boys (black ballet shoes, black leggings, snug white t-shirt) uniforms. Hair must be secured off of the face and neck.

344200-1 M 6:30 - 7:30 pm / CC-10

8 mtgs: 6/17 - 8/5

R: \$80, NR: \$90

Instructors: Kelly McLaughlin, Gabriela D'Andrea

POINTE

AGES 12-17

A continuation of Ballet IV/V/VI. Students must have permission of the instructor to register and be concurrently enrolled in Advanced Ballet. Emphasis is on developing strength and the safe application of ballet technique to pointe work. Uniform: Students may choose to wear Traditional Girls (black leotard, pink ballet shoes with pink tights or flesh tone shoes with flesh tone tights) or Traditional Boys (black ballet shoes, black leggings, snug white t-shirt) uniforms. Hair must be secured off of the face and neck.

344201-1 M 7:45 - 8:30 pm / CC-10

7 mtgs: 6/26 - 8/7

R: \$80, NR: \$90

Instructors: Gabriela D'Andrea, Kelly McLaughlin

BALLET REPERTORY

AGES 10-17

Students must have completed Ballet III/IV or V/VI or have permission of the instructor to register. Dancers will learn both classical and contemporary ballet variations that will challenge them to grow as performers. Uniform. Students may choose to wear Traditional Girls (black leotard, pink ballet shoes with pink tights or flesh tone shoes with flesh tone tights) or Traditional Boys (black ballet shoes, black leggings, snug white t-shirt) uniforms. Hair must be secured off of the face and neck.

344202-1 Tu 6:30 - 7:30 pm Th 6:30 - 8:30 pm / CC-10
8 mtgs: 6/18 - 7/11
R: \$110, NR: \$120

Instructor: Angella Foster

CONTEMPORARY REPERTORY

AGES 10-17

This class requires at least two full years of dance training or permission of instructor to register. Contemporary dance combines elements of ballet, yoga, conditioning and modern dance to create a fusion that is fun, expressive and great exercise. This class will focus on learning choreography to be performed during the last class meeting. Uniform: Yoga pants or leggings and snug-fitting top or leotard and tights; long hair should be secured off face and neck.

344204-1 Tu 6:30 - 7:30 pm, Th 6:30 - 8:30 pm / CC-10
8 mtgs: 7/16 - 8/8
R: \$120, NR: \$130

Instructor: Angella Foster



TAP REPERTORY

AGES 10-17

Must have completed at least two years of tap study or receive permission of instructor to enroll. This class is designed to increase speed and complexity of rhythms and coordination needed to execute classic tap steps. Emphasis will be on adding pick-ups and improvisation. In-person observation day on the last day of class. Uniform: snug fitting t-shirt or tank top with athletic capris, pants or leggings and tap shoes are required. Black oxford style taps are recommended; no character heels please. Hair must be secured off face and neck. Note: Tap classes are held on the stage in the Community Center gymnasium, not in the dance studio.

344205-1 Tu/W 5 - 6:15 pm / CC-106
4 mtgs: 7/30 - 8/8
R: \$48, NR: \$58

Instructor: Viola Pitts



Health & Fitness

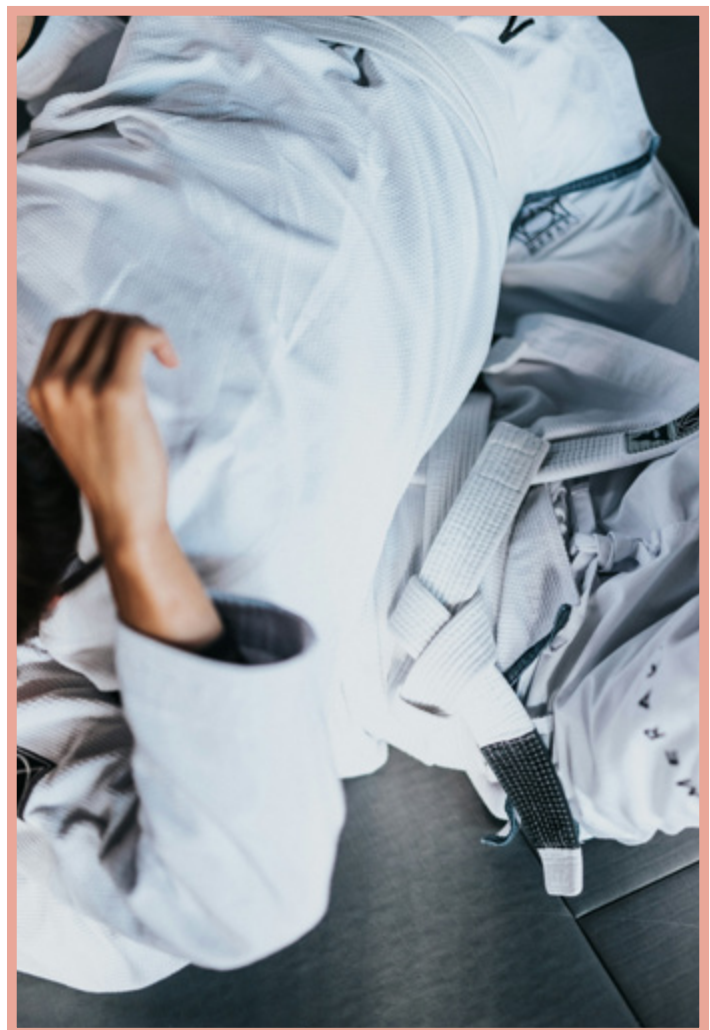
Contact: AJ Sesay
(240) 542-2198 asesay@greenbeltnmd.gov

TKA KARATE - YOUTH

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.

332500-1: M 6:30 - 7:30 pm / YC-GYM
11 mtgs: 6/10 - 8/19
R: \$77, NR: \$83



Teen & Adult Programs

Visual Arts

Contact: Amanda Demos Larsen
(240) 542-2062 alarsen@greenbeltmd.gov

SUMMER SEWING LAB: UPCYCLING & MENDING

AGES 12+

Learn basic sewing skills including sewing terminology and how to use a sewing machine. Students will choose their own projects and are invited to bring in clothing that needs mending, altering or "upcycling" as well as new project ideas. Students will provide materials with guidance from the instructor. A small amount of donated fabric is available for student use. *This class includes Visual Arts Open Studio.*

353202-1 Tu 5 - 7 pm / CC-116
4 mtgs: 7/2 - 7/23
R: \$90, NR: \$100

Instructor: Vanessa Zanin

EXPLORING WATERCOLOR PAINTING THROUGH ART HISTORY

AGES 16+

Learn traditional watercolor techniques and vocabulary while cultivating your creativity. Students will supply their own materials, which should include: watercolor paints, watercolor paper, and watercolor brushes. *This class includes Visual Arts Open Studio for students who have previously taken an in-person class.*

353210-1 W 10 am - 12 pm / ZOOM
6 mtgs: 6/19 - 7/24
R: \$120, NR: \$130

Instructor: Racquel Keller

BEGINNING 1 STAINED GLASS WORKSHOP: STRAIGHT CUTS

AGES 16+

Beginner students will make a small stained-glass window hanging using the copper foil technique. The goal is to learn to cut straight line pieces of glass, foil, and solder them into a finished product. Particular emphasis will be placed on developing and practicing the skills needed to score and break glass. *All materials provided.*

353213-1 Su 10:00am-2:00pm/CC-GFE
1 mtg: 8/25
R: \$85, NR: \$95

Instructor: Maureen Stone



FUSED GLASS JEWELRY

AGES 16+

Fused glass is the art of melting colored glass into art pieces. Register for section 1 to make two pieces of fused glass jewelry or for both sections to make four pieces. Completed pieces will be available for pick up on Monday, July 22. If your teens or older children are interested in taking the class with you, check with us for permission!

353219-1 Su 11 am - 12:30 pm / CC-GFE

1 mtg: 7/21

R: \$65, NR: \$75

353219-2 Su 12:30 - 1:30 pm / CC-GFE

1 mtg: 7/21

R: \$65, NR: \$75

Instructor: Christina (Tina) Van Pelt

FUSED GLASS WALL-HANGING OR DISH

AGES 16+

Fused glass is the art of melting colored glass into art pieces. Register for section 1 to make one six-inch glass piece or for both sections to make two pieces. Students may opt to have their piece "slumped" into a dish. Completed pieces will be available for pick up on Monday, August 26. Children younger than 16 may register with a participating adult with permission from the instructor.

353218-1 Sa 11 am - 12:30 pm / CC-GFE

1 mtg: 8/24

R: \$80, NR: \$90

353218-2 Sa 12:30 - 1:30 pm / CC-GFE

1 mtg: 8/24

R: \$80, NR: \$90

Instructor: Christina (Tina) Van Pelt



Art by **Tara Wilcox**

BOOKMAKING OPEN STUDIO WITH INSTRUCTOR GUIDANCE AGES 16+

This is an opportunity for students who have taken a prior Greenbelt Recreation bookmaking class to get instructor assistance during select times. Students may make a flatback, coptic stitch or Japanese stab binding or may receive instructor support in researching and making additional bindings. Students are encouraged to come work independently at other times when the studio is available. Students can pay an optional \$30 fee that will cover book board, paper, linen thread and book cloth for one book. This class includes Visual Arts Open Studio.

353224-1 Th 6 - 7:30 pm / CC-113

3 mtgs: 7/11 - 7/25

R: \$50, NR: \$60

Optional materials fee: \$30

Instructor: Amanda Larsen



WOODCARVING WORKSHOP: SHRINK POT AGES 16+

During this one day course, students will build on greenwood skills to create a shrink pot to take home. These traditional pots have been carved across Scandinavia and eastern Europe for centuries and used to store dry goods (flour, coffee, tea, spices), spoons, pencils, or any other dry item. Students must have completed Level 1 Woodcarving or get instructor approval.

353243-1 Sa 10:30 am - 4:30 pm / CC-GFE

1 mtg: 7/20

R: \$75, NR: \$85

Instructor: Don Nalezty, Damien Ossi

VISUAL ARTS OPEN STUDIO

Visual Arts Open Studio is included in select teen/adult classes as noted (no separate registration required). Visual Arts patrons who have completed at least two visual arts classes with Greenbelt Recreation (8 weeks or longer) are eligible to register for Open Studio as a stand-alone option. Participants who are new to this studio should please enroll in a class..

353231-1:

M-F 9 am - 9:30 pm*

Sa 9 am - 6 pm*

Su 9 am - 7 pm*

10 weeks: 6/17 - 8/25

R: \$40, NR: \$50

**When the rooms are not reserved*

ARTFANS NEWSLETTER

Sign-up at www.greenbeltmd.gov/arts for our weekly e-newsletter! Stay apprised of registration announcements, exhibitions, artist opportunities, upcoming events, and art education programs ... plus occasional announcements from Greenbelt artists!

Ceramics

Contact: Amanda Demos Larsen
(240) 542-2062 alarsen@greenbeltmd.gov

MAKING CERAMIC ART TILES

AGES 16+

Learn various techniques to form, decorate, and glaze tiles. Create stand-alone pieces or several tiles that form a larger design. Learn the secrets to keeping tiles flat and crack free and ways to hang/mount them. Suitable for all levels, especially those with some ceramics experience. *Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.*

353253-1 M 10:30 am - 1 pm / CC-304

8 mtgs: 6/24 - 8/12

R: \$160, NR: \$170

Optional clay: \$23

353253-2 W 7 - 9:15 pm / CC-304

8 mtgs: 6/26 - 8/14

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Mary Gawlik



MONO-PRINTING ON CLAY

AGES 16+

In the first class meeting, students will make a clay slab to make a form (platter or tray), then will learn the techniques of mono-printing, creating a "stick and peel" design on newsprint. In the second class meeting, the design on paper will be transferred onto the clay form, creating exciting effects. Students will then enhance the ceramic surface further by introducing stamps, stains and textures. Drawing skills are not required! Just search for simple images online, print them and bring them to the workshop. *Clay purchased separately. This class does not include Ceramics Open Studio.*

353271-1 Tu 3:45 - 6:15 pm / CC-304

2 mtgs: 6/18 - 6/25

R: \$55, NR: \$65

Optional clay: \$23

353271-2 Tu 6:30 - 9 pm / CC-304

2 mtgs: 6/18 - 6/25

R: \$55, NR: \$65

Optional clay: \$23

Instructor: Nadette Boughton

INTRODUCTION TO PAPER CLAY

AGES 16+

Expand your handbuilding horizons with paper clay. Learn how to make and use this remarkable and flexible material. Explore new techniques and possibilities beyond regular clay (you won't want to go back). Discover paper clay's unique qualities and the many ways it can be used. Experience the workability and expressive freedom it allows from wet to dry. Come prepared to mix and make your paper clay from scratch (bring your apron!). Some handbuilding experience is preferred but not required. *Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.*

353274-1 Th 6 - 8:30 pm / CC-304

8 mtgs: 6/27 - 8/15

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Heidi Olson

LEVEL 2 CERAMIC HAND-BUILDING & SURFACE DECORATION AGES 16+

Take your finishing techniques to the next level. Handbuild lovely, sculptural, and/or functional pieces (works of art) and learn and explore exciting and varied surface techniques including Mocha Diffusion, Terra Sigillata, Spray Finishing, and more. Some handbuilding experience would help but not required. Bring your imagination and creative ideas (and apron!) for the finishing touches. . Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.

353272-1 M 6 - 8:30 pm / CC-304

8 mtgs: 6/24 - 8/12

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Heidi Olson



LEVEL 1 POTTERY ON THE WHEEL AGES 16+

Learn basic skills on the potter's wheel, as well as how to decorate and glaze your work. This class is intended for first-time throwers and those with very limited experience. Group instruction is combined with individual support. Students interested in learning about throwing porcelain should register for section 2. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.

353281-1 M 11 am - 1:15 pm / CC-305

8 mtgs: 6/24 - 8/12

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Gina Mai Denn

353281-2 Tu 7 - 9:15 pm / CC-305

8 mtgs: 6/25 - 8/13

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Gina Mai Denn

353281-3 W 12:30 - 3 pm / CC-305

6 mtgs: 6/26 - 8/14 (No class 7/17, 7/24)

R: \$130, NR: \$140

Optional clay: \$23

Instructor: Judy Goldberg-Strassler

CERAMICS OPEN STUDIO (AGES 16+)

Ceramics Open Studio is included in select teen/adult classes as noted (no separate registration required). Ceramics patrons who have completed at least two ceramics classes with Greenbelt Recreation (8 weeks or longer) are eligible to register for Open Studio as a stand-alone option. Participants who are new to this studio should please enroll in a class.

353261-1:

M-F, 9 am - 9:30 pm, Sa, 9 am - 6 pm, Su, 9 am - 7 pm*

10 weeks: 6/17 - 8/25

R: \$90, NR: \$100

Optional clay fee: \$23

* **When the rooms are not reserved**

LEVEL 2 POTTERY ON THE WHEEL

AGES 16+

Recommended for students who can center small pieces consistently, make basic pots, and apply single glazes successfully. A good class for Level 1 “graduates” and potters with basic skills who have not thrown for a while. (First-time throwers may also participate if unable to attend the Level 1 class). Group instruction will allow students to work more independently as the class progresses. *Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.*

353282-1 M 7 - 9:15 pm / CC-305

8 mtgs: 6/24 - 8/12

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Peter Holden

353282-2 F 6:30 - 9 pm / CC-305

7 mtgs: 6/28 - 8/16 (No class 7/19)

R: \$145, NR: \$155

Optional clay: \$23

Instructor: Karen Arrington



LEVEL 3 POTTERY ON THE WHEEL

AGES 16+

Recommended for Level 2 “graduates” who can make forms with handles and feet. Group instruction combined with individual support. *Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.*

353283-1 W 7 - 9:15 pm / CC-305

8 mtgs: 6/26 - 8/14

R: \$160, NR: \$170

Optional clay: \$23

Instructor: Gina Mai Denn

LEVEL 4 POTTERY ON THE WHEEL

AGES 16+

Recommended for Level 3 “graduates” who can consistently throw a range of basic forms, who can make lidded pots, and who are interested in developing more advanced skills. *Clay purchased separately. Includes Ceramics Open Studio and use of a shelf or cubby.*

353284-1 Th 7 - 9:15 pm / CC-305

6 mtgs: 6/27 - 8/15 (No class 7/4, 7/18)

R: \$130, NR: \$140

Optional clay: \$23

Instructor: Karen Arrington

Intermediate and advanced potters: 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 lively, fully-functional pots with an organic element. Instruction on how to prepare and glaze pots and sculptures for a wood kiln will be provided through a series of meetings scheduled during the summer and videos. Students must attend the three scheduled meetings prior to the firing, an introductory meeting, progress check-in and glazing instruction. Students must attend loading day, one six hour shift during firing day, and unloading day. All exceptions must be approved by the instructor. *Open Studio is not included. Includes 35 lbs Phoenix or Loafer's Glory clay and woodfire glazes. Students who want to use a different clay body should discuss with the instructor before they create wares.*

353263-1: Woodfire Workshop

Introductory meeting: Sa 6/22 1-2 pm, 304

Check-in: Sa 8/3 1-2 pm, 304

Glazing Instruction: Sa 8/17, 1-3 pm,
Glaze Room and 305

Loading: 9/20, Clayworks

Firing: 9/21-9/22, Clayworks

Unloading: 9/26, Clayworks

Baltimore Clayworks

5706 Smith Avenue
Baltimore, MD 21209

R: \$270, NR: \$280

Instructor: Karen Arrington



Dance

Contact: Angella Foster
afoster@greenbeltmd.gov

CONTEMPORARY DANCE FOR ALL AGES 15+

Contemporary Dance For All is an open level class designed for beginners as well as more experienced movers who want to develop their bodies into stronger, more expressive instruments with an emphasis on developing strength and efficiency. This class will introduce students to concepts and movement patterns used in contemporary dance, borrowing influences from ballet, modern, yoga, and Pilates. No previous dance experience necessary. *Dress comfortably in clothes that are easy to move in but not too baggy; ankle length athletic pants or leggings are recommended with a snug fitting tank or t-shirt. Bare feet are recommended. Ballet slippers or jazz shoes are acceptable. Hair should be secured off of face and neck.*

354207-1 W 7:30 - 8:30 pm / CC-10
8 mtgs: 6/19 - 8/7
R: \$80, NR: \$90

Instructors: Rose Qi, Angella Foster

BALLET FUNDAMENTALS

AGES 15+

An open level ballet class designed specifically for teens and adults. Emphasis will be on developing strength, flexibility and balance through traditional ballet barre work as well as through conditioning exercises borrowed from Pilates and yoga. *Please wear comfortable clothes that are not too loose; soft ballet shoes or bare feet. Leotards and tights not necessary. Minimum age requirement must be met by first class meeting.*

354202-1 W 6:30 - 7:30 pm / CC-10
4 mtgs: 7/17 - 8/7
R: \$40, NR: \$50

Instructor: Gabriela D'Andrea



MUSICAL THEATER JAZZ FUNDAMENTALS AGES 15+

An open level class designed to introduce the rhythms and styles of jazz dance to teens and adults. Students will learn a variety of choreographed dance routines using a selection of music from Broadway shows, movie musicals and pop music from past to present. No previous dance experience necessary. *Suggested Attire: bare feet or jazz shoes; yoga pants, athletic pants or leggings with a snug-fitting top. Hair should be secured off face and neck.*

354211-1 W 6:30 - 7:30 pm / CC-10

4 mtgs: 6/19 - 7/10

R: \$40, NR: \$50

Instructor: Angella Foster

BELLY DANCE FUNDAMENTALS AGES 16+

Befriend your body with this beginner-friendly mixed level class. Together, we'll drill, combine, and layer core movements of belly dance into strong, graceful movements. *Bare feet or dance sandals are appropriate as is any clothing that you feel comfortable dancing in. You will not be required to show your midriff, but do bring a scarf to tie across your hips to help you see your beautiful movements! Don't forget to bring water. Bodies of all sizes, and mobilities are welcome!*

354210-1 M 7:30 - 8:30 pm / CC-202

8 mtgs: 6/17 - 8/5

R: \$80, NR: \$90

Instructor: Katherine Ruckle



BALLROOM SUMMER SAMPLERS

AGES 15+

Join us this summer for one or more 90-minute ballroom samplers and learn the basics of West Coast Swing, Argentine Tango, and Salsa. All dancers will learn the leader and follower movement patterns, so students of all genders can enjoy the lesson. No partner required, though couples may sign up together if desired.

Suggested Attire: Wear clothing that is easy to move in, but not baggy. Athletic or yoga pants, capris, skirts or shorts are recommended, with a well-fitted shirt. Students may wear jazz, character, or ballroom shoes of no more than 1.5" heel. Street shoes are not permitted on the dance studio floor, so students without dance shoes may dance with bare feet. Hair must be secured off the face and neck.

WEST COAST SWING

354220-1 F 6 - 7:30 pm / CC-10

1 mtg: 6/21

R: \$18, NR: \$28

ARGENTINE TANGO

354220-2 F 6 - 7:30 pm / CC-10

1 mtg: 7/19

R: \$18, NR: \$28

SALSA

354220-3 F 6 - 7:30 pm / CC-10

1 mtg: 8/2

R: \$18, NR: \$28

Instructor: Kelly McLaughlin



BALLROOM KIDS CARE

AGES 4-12

For families participating in Ballroom Summer Sampler Series, this activity session will keep children engaged while the grown-ups sail away on the dance floor. The activity session will feature a group storytime, craft, and dance inspired movement time. Drop-off and pick-up immediately before and after Beginning Ballroom. *Children are encouraged to bring their favorite allergy friendly snack; snacks will not be provided. Minimum age must be met by first activity meeting.*

WEST COAST SWING

324205-1 F 6 - 7:30 pm / CC-202

1 mtg: 6/21

R: \$10, NR: \$12

ARGENTINE TANGO

324205-2 F 6 - 7:30 pm / CC-202

1 mtg: 7/19

R: \$10, NR: \$12

SALSA

324205-3 F 6 - 7:30 pm / CC-202

1 mtg: 8/2

R: \$10, NR: \$12

Instructor: Patty McCarty

SNAKE, RATTLE AND ROLL: BELLY DANCE

FUSION TECHNIQUES

AGES 15+

No dance experience is required to enjoy this workshop that is geared toward helping you feel like your best, goddess-y self through Belly Dance Fusion. In this special workshop, we'll explore drawing sinuous, snakey shapes with our bodies and learn to move with strong, graceful, supported resistance. This workshop is geared toward bodies of all shapes, ages, and abilities. *Wear any clothing you feel comfortable in. You will not be required to display your midriff, but do bring a hip scarf so you can appreciate your gorgeous hip movements! Bare feet or dance sandals are appropriate. You'll thank yourself for bringing water and a towel for this summer workshop.*

354203-1 F 6:00-7:30pm/CC-10

1 mtg: 7/12

R: \$18, NR: \$28

Instructor: Katherine Ruckle

Health & Fitness

Contact (unless otherwise noted): Adam Daelemans
(240) 542-2054 adaelemans@greenbelimd.gov

TAI CHI ALL LEVELS

AGES 16+

Group practice can form the foundation for a successful personal practice. Join us to explore the benefits of Wu, Sun, Chen and Yang styles of Tai Chi along with Qigong and Xingyi fundamentals. All levels welcome to laugh and learn!

352206-1 Sa 9 - 10 am / ZOOM

13 mtgs: 6/15 - 9/7

R: \$130, NR: \$140

Instructor: Taj Johnson

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 that is safe and effective for all ages with easy-to-follow choreography that focuses on cardio, balance, range of motion, and coordination. Join the FUN!! Wear comfortable clothing and shoes, bring water and a towel.

352402-1 Sa 9 - 10 am / ZOOM

6 mtgs: 6/15 - 7/20

R: \$60, NR: \$70

Instructor: Wanda Crawley-Pearson

BAGUA & XINGYI FOUNDATIONAL STUDIES AGES 16+

This 60-minute class is ideal for a more experienced and seasoned student of Taiji that would like to expand their horizons. While learning Bagua and Xingyi the "sibling arts" of Tai Chi experience different expressions of "Shen Fa, Bu Fa, Rou and Gong" movements to deepen your Neijia skills. (Torso Method, Stepping Method, Flexible and Firm movements)

Nurture the higher levels of your practice by learning the underlying principles as expressed by Wudang Kungfu. Bagua and Hebei Xingyi foundational skills will be taught with choreography, corrections and adjustments. Create your own book of "Master's Notes" from the teachings and group discussions while journaling your personal practice adventures. Learn the small details that seasoned martial artists bring forward in their Neijia Cultivation! Register and prepare to elevate your practice!

352206-2 Sa 10:15 - 11:15 am / ZOOM

13 mtgs: 6/15 - 9/7

R: \$130, NR: \$140

Instructor: Taj Johnson

INTERVAL CARDIO TRAINING

AGES 18+

Cardio Interval Training is a high energy 45-minute whole body workout! Participants will get their heart rates pumping between bursts of exercise followed by short recovery periods. While some cardio training can be a slog, this class offers tons of different exercises that work many parts of the body in new ways to keep your mind occupied and your muscles moving! Participants will have a great time listening to music while challenging their bodies to work hard and make those endorphins flow! This class will involve high-impact exercises such as jumping, and only some modifications will be provided, so please check with your medical provider before signing up for this class. Please bring a yoga mat.

352407-1 M/Th 5:30 - 6:15 pm CC-202 / CC-201
12 mtgs: 6/10 - 7/25 (No class 7/1, 7/4)
R: \$84, NR: \$94

352407-2 M/Th 5:30 - 6:15 pm CC-202 / CC-201
11 mtgs: 7/29 - 9/5 (No class 9/2)
R: \$77, NR: \$87

Instructor: Amy Rappole

ISADCIE FITNESS & BELLY-DANCEHALL AGES 16+

iSadcie™ (i-S-ah-d-see) is a Caribbean dance fitness brand that celebrates the music and movement of the Caribbean Diaspora. From fast “jump up” rhythms of soca, to the light and fun music of Chutney, to the exciting melodies of the latest Afro-Beat music, to the hard-core vibes of Dancehall, you will be sure to get a workout. You will learn some dance moves and learn some choreography, which you can use wherever you go. So take a trip to the Islands with iSadcie™ in your back pocket. You will be sure to get the party started! Because this is not fitness, this is REAL FETENESS!

352406-1 W 7 - 8 pm / CC-202
5 mtgs: 6/26 - 7/24 (No class 7/1, 7/4)
R: \$50, NR: \$60

Instructor: Empress Jalloh

Karate

Contact: AJ Sesay
(240) 542-2198 asesay@greenbeltmd.gov

TEEN/ADULT TKA KARATE

AGES 13+

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.

352500-1 M 7:30 - 9 pm / YC-GYM
11 mtgs: 6/10 - 8/19
R: \$88, NR: \$95



Active Aging Programs

Contact for all active aging programs: Priya Gardner Lemieux, (240) 542-2056, pgardner@greenbeltmd.gov

Special Event: Sip and Paint

Monday, June 3, at 2:15 pm at the Greenbelt Community Center, Room 201

Join us for an afternoon of mocktails and painting! Space is limited to 20 people.
Light refreshments will be served. **FREE.**

Health & Fitness

SENIOR SWIM

AGES 60+

Water exercises that emphasize stretching, strengthening and toning exercises for the swimmer and non-swimmer. FREE to passholders, resident non-passholders pay \$1.50 each visit; non-resident, non-passholders pay \$2.00 each visit. Registration is REQUIRED.

371101-1: M 11:15 am - 12 pm

11 mtgs: 6/3 - 8/12

Passholders: FREE;

RNPH: \$1.50/visit; NRNPH: \$2.00/visit

Instructors: Marsha Gielen

HUNGRY?

JOIN THE FOOD & FRIENDSHIP PROGRAM!

The Senior Nutrition Program serves hot lunches in the commercial kitchen at the Community Center. Senior citizens must reserve a hot lunch at least one week in advance to ensure that enough meals are delivered. **Requested meal donation is \$4.**

Contact Priya Gardner Lemieux, (240) 542-2056 or pgardner@greenbeltmd.gov, for more information.

AGELESS GRACE

AGES 60+

Ageless Grace is timeless fitness for the body and brain consisting of 21 simple tools for lifelong comfort and ease. These fun and imaginative exercises focus on movement sequences that are natural and playful, practiced in a chair to engage the five functions of the brain and the core. Students always leave class with a huge smile on their faces. Participants need a sturdy chair that they can sit in with both feet on the ground. You will receive an email at least a week before the class begins with the access code for your class. Live on Zoom.

372225-1 F 11 am - 12 pm / ZOOM

11 mtgs: 6/21 - 8/25

R: \$20, NR: \$25

Instructor: Karen Haseley

Special Interest

SEW FOR CHARITY

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.

353242-1 Sa 10 am - 2 pm / CC-109

10 mtgs: 6/22 - 8/17

R: \$5, NR: \$10



GIFTS FROM THE HEART

AGES 16+

Knitters and crocheters of all levels make items to donate to various charitable organizations. Yarn, needles and hooks are provided. All ages and skill levels welcome! Instruction is available from group members.

373208-1 F 10 am - 12 pm / CC-109

11 mtgs: 6/28 - 8/23

R: \$5, NR: \$10

SCRABBLE

AGES 16+

Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.

373209-1 Tu 12:15 - 2 pm / CC-109

10 mtgs: 6/25 - 8/27

FREE. Registration Required

MAHJONGG

AGES 60+

Mahjongg is a game of both skill and luck that originated in China many centuries ago and was brought to the West in the 1920s with the publication of Joseph Park Babcock's "Rules of Mahjongg." American Mahjongg utilizes racks, jokers, "Hands and Rules". Mahjongg is always played with four players seated around a table. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and thus "call Mahjongg" ends the game. *THIS IS NOT AN INSTRUCTIONAL PROGRAM.*

373209-1 W 12:00-4:00pm/CC-109

10 mtgs: 6/12 - 8/14

FREE. Registration Required



CANASTA

AGES 60+

Canasta is a fun card game that is similar to rummy. The game typically uses two decks of cards with jokers as wild cards. Come play with us on Monday afternoons.

377202-1 M 1:30 - 3:30 pm / CC-109

10 mtgs: 6/10 - 8/12

FREE. Registration Required



LEARN TO PLAY BRIDGE

AGES 60+

Learn to play Bridge! **THIS CLASS IS AN INSTRUCTIONAL PROGRAM.**

379202-4 Th 11 am - 12 pm / CC-109

10 mtgs: 6/13 - 8/15

FREE. Registration Required

SUMMER BOOK CLUB

AGES 60+

Welcome to Summer Book Club! Dive into captivating stories, engage in lively discussions, and connect with fellow book lovers. Whether you're a seasoned reader or just starting out, join us on an adventure through the world of literature. We will meet once a month this summer. All ages are welcomed! Let's explore, discuss, and discover together!

377210-1 Sa 10 am - 12 pm / CC-111

3 mtgs: 6/15, 7/13, 8/17

FREE. Registration Required



BRIDGE

AGES 60+

THESE ARE NOT INSTRUCTIONAL PROGRAMS.

THURSDAY BRIDGE - FREE. Registration Required

379202-1: Th 12:30 - 4 pm / CC-109

11 mtgs: 6/27 - 8/22

FRIDAY BRIDGE - FREE. Registration Required

379202-3: F 12:30 - 3:30 pm / CC-109

10 mtgs: 6/28 - 8/16

Seasoned Adults Growing Educationally (SAGE) Ages 60+

Prince Georges Community College offers SAGE classes at the Greenbelt Community Center and the Greenbelt Municipal Building.

Please check the [SAGE website \(https://www.pgcc.edu/sage\)](https://www.pgcc.edu/sage) for more information on future classes and registration details.

NEW FEE: A \$40 per class fee is assessed for SAGE classes for Maryland participants age 60 and over. Participants should register before the beginning date of the class.

Summer classes begin the week of June 10. Registration for Summer term is now open. Please reach out to Priya Gardner Lemieux at (240) 542-2056 regarding information on classes in Greenbelt.

REMINDER: Per Prince George's Community College policy, ALL SAGE registration forms and payment must be submitted online, mailed, or delivered in person. Greenbelt can no longer accept registration forms or payment. Mail forms to: *Cashier's Office, Prince George's Community College, 301 Largo Road, Largo, MD 20774.*

HOLY CROSS SENIOR FIT CLASSES AGES 55+

During the Summer, Holy Cross Hospital offers Senior Fit Classes at the Greenbelt Volunteer Fire Department on Monday & Wednesday mornings. Participants must register in advance for this free program.

Please check the [Holy Cross Senior Fit website \(https://www.holycrosshealth.org/find-a-service-or-specialty/senior-services/fitness-and-wellness-programs/senior-fit-and-exercise\)](https://www.holycrosshealth.org/find-a-service-or-specialty/senior-services/fitness-and-wellness-programs/senior-fit-and-exercise) for more information on classes and registration details.



Celebration of Centenarians

Contact: Priya Gardner Lemieux, (240) 542-2056, pgardner@greenbeltmd.gov.

The City of Greenbelt would like to celebrate Greenbelt residents who have reached the milestone age of 100 years. If you would like to recognize your loved one or a friend, please contact Priya Gardner Lemieux.

The Centenarian will choose from a variety of options to celebrate their birthday!

SENIOR LOUNGE

The Senior Lounge is 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 am - 12 pm in the Community Center Multipurpose Room (Room 201). Activities include speakers, special programs, and field trips.

For more information contact us by emailing greenbeltgoldenageclub@gmail.com

HUNGRY?

JOIN THE FOOD & FRIENDSHIP PROGRAM!

The Senior Nutrition Program serves hot lunches in the commercial kitchen at the Community Center Monday - Friday. Senior citizens must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. **Requested meal donation is \$4.**

Please contact Priya Gardner Lemieux, (240) 542-2056 or pgardner@greenbeltmd.gov, for more information.

Aquatics & Fitness

101 CENTERWAY, GREENBELT, MD 20770 ~ (301) 397-2204
www.greenbeltmd.gov/GAFC

HOURS OF OPERATION

Indoor Pool & Fitness Wing

Monday - Friday 6 am - 9 pm

Saturday 8 am - 9 pm

Sunday 9 am - 9 pm

Summer Holidays 8 am - 8 pm

Outdoor Pool

Monday - Friday 11 am - 8 pm

Saturday 10 am - 8 pm

Sunday 10 am - 8 pm

Summer Holidays 10 am - 7:45 pm

The indoor pool will be closed from August 18 at 8 pm through August 26 at 6 am for annual cleaning.

The fitness wing will be closed August 19 & 20 for annual cleaning.

The facility closes at 8 pm the third Sunday of every month for staff training. The indoor pool closes this day at 7:45 pm.

HOLIDAY HOURS

Indoor Pool & Fitness Wing 8 am - 8 pm

Outdoor Pool 10 am - 7:45 pm

Pools are cleared at 7:45 pm, 15 minutes prior to the closing of the facility.

Memorial Day Monday, May 27

Juneteenth Wednesday, June 19

4th of July Thursday, July 4

Labor Day Monday, September 2

SUMMER DAILY ADMISSION RATES

May 25 - September 2

	Greenbelt Resident	Non-Resident	Guest Fee
Youth	\$3.75	\$5.25	\$5.25
Young Adult	\$4.75	\$6.25	\$6.25
Adult	\$5.75	\$7.25	\$7.25
Senior	\$4.50	\$5.50	\$5.50

Children 11 and under entering the pool must be within sight and accompanied by a responsible person 16 years of age or older in appropriate swim attire; children 12 years of age and over are allowed to enter by themselves.

Non-swimmers and all children age five (5) and under in the water must be directly supervised by a responsible person 16 years of age or older in appropriate swim attire.

FEE CODES

PH: Passholder

RNPH: Resident, Non-Passholder

NRNP: Non-Resident, Non-Passholder

IMPORTANT REMINDERS

- The listed hours are subject to change.
- All members are required to scan their pass to gain entry into the Aquatic & Fitness Center. Please see guidelines 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 swim team practices when one (1) swim lane is available.
- The hot tub closes at noon every other Wednesday for regular cleaning.
- All passes are non-refundable and non-transferable.

GAFC REGISTRATION DATES

YOUTH SWIM LESSONS

Saturday Session: June 22 - August 10

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session I: June 18 - 21, June 25 - 28

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session II: July 9 - 12, July 16 - 19

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled

Weekday Session III: July 30 - August 2, August 6 - 9

Passholders & Residents register: July 22 & 23

Open Registration: July 24 until classes filled

Pre-Evaluation: Saturday, June 8, 10 am - 12 pm

Before lessons start in mid-June, bring your child to have his/her skills evaluated to make sure you are registering them for the appropriate level.

ADULT SWIM LESSONS

Session 1: June 4 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 16 - August 8

Passholders & Residents register: July 1

Open Registration: July 3 until classes filled

WATER EXERCISE CLASSES

Session 1: June 3 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 8 - August 8

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled

IMPORTANT REGISTRATION INFORMATION

Membership not required for class enrollment.

Registration must be completed in-person at the Aquatic & Fitness Center, located at 101 Centerway, Greenbelt, MD, 20770, between 6 am - 9 pm for all dates noted below. Please do not pre-write checks. All classes require registration unless otherwise noted.

CLASS RATES DO NOT INCLUDE USE OF FITNESS WING NOR POOLS BEFORE OR AFTER CLASS TIME.

Online registration NOT available for swim classes.

FAMILY FUN NIGHTS AT THE GREENBELT AQUATIC & FITNESS CENTER

**Fridays June 21, July 19, August 16, 8 - 9:45 pm
\$5 for all families**

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 14, July 19, and August 16 from 8 - 9:45 pm. Admittance to the pool will be \$5.00 for all families, including passholders. Bring your pool toys and the whole family for an evening of fun! Check with the pool for details about the upcoming events.

Family Fun 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.

Greenbelt Pool Memberships

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, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

EXPLANATION OF MEMBERSHIPS

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 dependent, under the age of 21, residing permanently in same household.

Family Membership: Two adults & single dependents, under the age of 21, residing permanently in 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 25 - September 2, 2024)

	Resident	Non-Resident
Youth	\$66	\$151
Young Adult	\$103	\$190
Adult	\$139	\$227
Senior	\$68	\$169
Single Parent Family	\$202	\$380
Family	\$275	\$435

MID-SUMMER MEMBERSHIPS

(Valid July 1 - September 2, 2024)

	Resident	Non-Resident
Youth	\$46	\$105
Young Adult	\$71	\$132
Adult	\$96	\$157
Senior	\$47	\$117
Single Parent Family	\$140	\$263
Family	\$191	\$301

12 MONTH MEMBERSHIPS

(Valid for 12 months from the date of purchase)

	Resident	Non-Resident
Youth	\$125	\$269
Young Adult	\$196	\$337
Adult	\$269	\$409
Senior	\$139	\$284
Single Parent Family	\$395	\$674
Family	\$555	\$726
Corporate	\$1116	\$1116

Youth Swim Lessons

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

AQUA TOTS I AGES 6 MONTHS - 2 YEARS

Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

Each child must be accompanied into the water by only one adult dressed in a bathing suit prepared to participate in class. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

321116-A Sa 8:15-8:45am
8 mtgs: 6/22 - 8/10

321116-1A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 6/18 - 6/28

321116-2A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/9 - 7/19

321116-3A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/30 - 8/9

PH: \$55, RNPH: \$61, NRNPH: \$68

AQUA TOTS II AGES 2-4

Parents and children improve on the skills from Aqua Tots I and learn more advanced skills. Water safety topics are also included in this level.

Each child must be accompanied into the water by only one adult dressed in a bathing suit prepared to participate in class. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

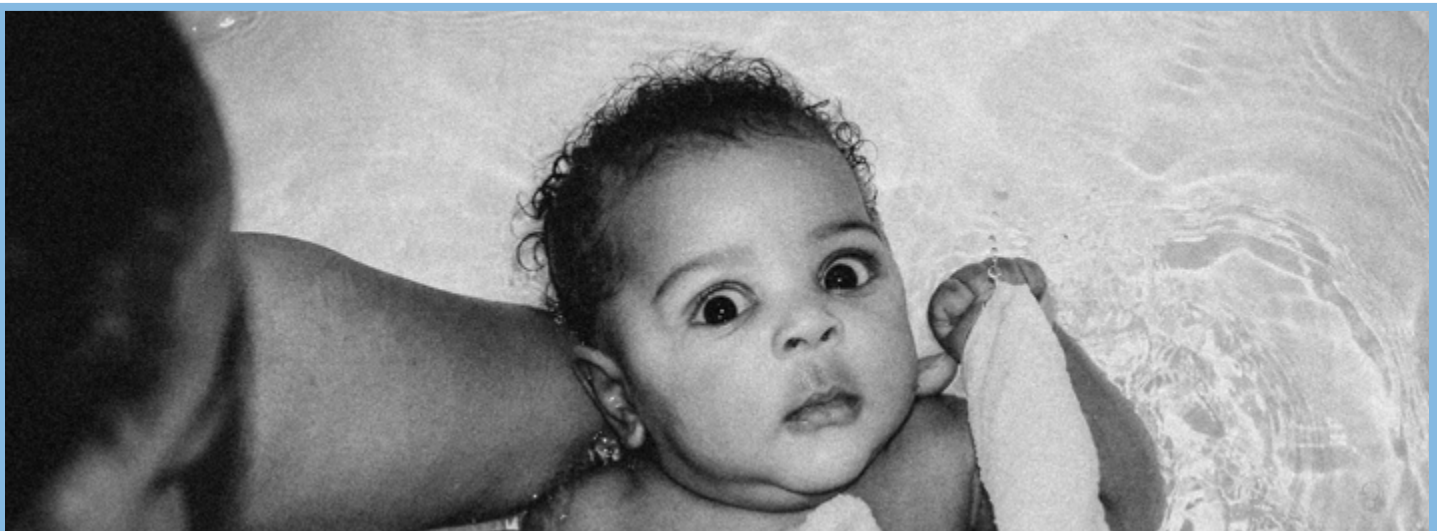
321117-A Sa 8:15-8:45am
8 mtgs: 6/22 - 8/10

321117-1A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 6/18 - 6/28

321117-2A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/9 - 7/19

321117-3A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/30 - 8/9

PH: \$55, RNPH: \$61, NRNPH: \$68



BEGINNER I, PRESCHOOL**AGES 3-5**

Become comfortable in the water. The preschool program is designed for young children who have not yet finished kindergarten but are able to perform independently; parent participation is not permitted. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

Saturdays: 8 mtgs: 6/22 - 8/10

321118-A: Sa 9 - 9:30 am

321118-B: Sa 9:45 - 10:15 am

Weekday I: 8 mtgs: 6/18 - 6/28

321118-1A: Tu/W/Th/F 9 - 9:30 am

321118-1B: Tu/W/Th/F 9:45 - 10:15 am

Weekday II: 8 mtgs: 7/9 - 7/19

321118-2A: Tu/W/Th/F 9 - 9:30 am

321118-2B: Sa 9:45 - 10:15 am

Weekday III: 8 mtgs: 7/30 - 8/9

321118-3A: Tu/W/Th/F 9 - 9:30 am

321118-3B: Tu/W/Th/F 9:45 - 10:15 am

PH: \$55, RNPH: \$61, NRNPH: \$68

BEGINNER II, PRESCHOOL**AGES 3.5-5**

Learn basic swimming skills. The preschool program is designed for young children who have not yet finished kindergarten but are able to perform independently; parent participation is not permitted. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced.

Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

Saturdays: 8 mtgs: 6/22 - 8/10

321119-C: Sa 10:30 - 11 am

321119-D: Sa 11:15 - 11:45 am

Weekday I: 8 mtgs: 6/18 - 6/28

321119-1C: Tu/W/Th/F 10:30 - 11 am

321119-1D: Tu/W/Th/F 11:15 - 11:45 am

Weekday II: 8 mtgs: 7/9 - 7/19

321119-2C: Tu/W/Th/F 10:30 - 11 am

321119-2D: Tu/W/Th/F 11:15 - 11:45 am

Weekday III: 8 mtgs: 7/30 - 8/9

321119-3C: Tu/W/Th/F 10:30 - 11 am

321119-3D: Tu/W/Th/F 11:15 - 11:45 am

PH: \$55, RNPH: \$61, NRNPH: \$68



BEGINNER I**AGES 5-10**

Become comfortable in the water. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

Saturday: 8 mtgs: 6/22 - 8/10

331120-A Sa 9 - 9:30 am

331120-B Sa 9:45 - 10:15 am

331120-C Sa 10:30 - 11 am

331120-D Sa 11:15 - 11:45 am

Weekday I: 8 mtgs: 6/18 - 6/28

331120-1A Tu/W/Th/F 9 - 9:30 am

331120-1B Tu/W/Th/F 9:45 - 10:15 am

331120-1C Tu/W/Th/F 10:30 - 11 am

331120-1D Tu/W/Th/F 11:15 - 11:45 am

Weekday II: 8 mtgs: 7/9 - 7/19

331120-2A Tu/W/Th/F 9 - 9:30 am

331120-2B Tu/W/Th/F 9:45 - 10:15 am

331120-2C Tu/W/Th/F 10:30 - 11 am

331120-2D Tu/W/Th/F 11:15 - 11:45 am

Weekday III: 8 mtgs: 7/30 - 8/9

331120-3A Tu/W/Th/F 9 - 9:30 am

331120-3B Tu/W/Th/F 9:45 - 10:15 am

331120-3C Tu/W/Th/F 10:30 - 11 am

331120-3D Tu/W/Th/F 11:15 - 11:45 am

PH: \$55, RNPH: \$61, NRNPH: \$68

BEGINNER II**AGES 5-12**

Learn basic swimming skills. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced.

Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

Saturday: 8 mtgs: 6/22 - 8/10

331121-A Sa 9 - 9:30 am

331121-B Sa 9:45 - 10:15 am

331121-C Sa 10:30 - 11 am

331121-D Sa 11:15 - 11:45 am

Weekday I: 8 mtgs: 6/18 - 6/28

331121-1A Tu/W/Th/F 9 - 9:30 am

331121-1B Tu/W/Th/F 9:45 - 10:15 am

331121-1C Tu/W/Th/F 10:30 - 11 am

331121-1D Tu/W/Th/F 11:15 - 11:45 am

Weekday II: 8 mtgs: 7/9 - 7/19

331121-2A Tu/W/Th/F 9 - 9:30 am

331121-2B Tu/W/Th/F 9:45 - 10:15 am

331121-2C Tu/W/Th/F 10:30 - 11 am

331121-2D Tu/W/Th/F 11:15 - 11:45 am

Weekday III: 8 mtgs: 7/30 - 8/9

331121-3A Tu/W/Th/F 9 - 9:30 am

331121-3B Tu/W/Th/F 9:45 - 10:15 am

331121-3C Tu/W/Th/F 10:30 - 11 am

331121-3D Tu/W/Th/F 11:15 - 11:45 am

PH: \$55, RNPH: \$61, NRNPH: \$68

BEGINNER III**AGES 5-15**

Learn basic swimming skills. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced.

Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

Saturday: 8 mtgs: 6/22 - 8/10

331122-A Sa 9 - 9:30 am

331122-B Sa 9:45 - 10:15 am

Weekday I: 8 mtgs: 6/18 - 6/28

331122-1A Tu/W/Th/F 9 - 9:30 am

331122-1B Tu/W/Th/F 9:45 - 10:15 am

Weekday II: 8 mtgs: 7/9 - 7/19

331122-2A Tu/W/Th/F 9 - 9:30 am

331122-2B Tu/W/Th/F 9:45 - 10:15 am

Weekday III: 8 mtgs: 7/30 - 8/9

331122-3A Tu/W/Th/F 9 - 9:30 am

331122-3B Tu/W/Th/F 9:45 - 10:15 am

PH: \$55, RNPH: \$61, NRNPH: \$68

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 backstroke and breaststroke. Sidestroke, butterfly and underwater swimming will be introduced. Prerequisites: 15 yards front crawl, 15 yards back crawl, 15 yards elementary backstroke, 10 yards breaststroke and 30 seconds treading water.

Saturday: 8 mtgs: 6/22 - 8/10

331123-C Sa 10:30 - 11 am

Weekday I: 8 mtgs: 6/18 - 6/28

331123-1C Tu/W/Th/F 10:30 - 11 am

Weekday II: 8 mtgs: 7/9 - 7/19

331123-2C Tu/W/Th/F 10:30 - 11 am

Weekday III: 8 mtgs: 7/30 - 8/9

331123-3C Tu/W/Th/F 10:30 - 11 am

PH: \$55, RNPH: \$61, NRNPH: \$68



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. Prerequisites: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke, and 1-minute treading water.

Saturday: 8 mtgs: 6/22 - 8/10
331124-D Sa 11:15 - 11:45 am

Weekday I: 8 mtgs: 6/18 - 6/28
331124-1D Tu/W/Th/F 11:15 - 11:45 am

Weekday II: 8 mtgs: 7/9 - 7/19
331124-2D Tu/W/Th/F 11:15 - 11:45 am

Weekday III: 8 mtgs: 7/30 - 8/9
331124-3D Tu/W/Th/F 11:15 - 11:45 am

PH: \$55, RNPH: \$61, NRNPH: \$68

SWIMMER**AGES 5-15**

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

Saturday: 8 mtgs: 6/22 - 8/10
331125-B Sa 9:45 - 10:15 am

Weekday I: 8 mtgs: 6/18 - 6/28
331125-1B Tu/W/Th/F 9:45 - 10:15 am

Weekday II: 8 mtgs: 7/9 - 7/19
331125-2B Tu/W/Th/F 9:45 - 10:15 am

Weekday III: 8 mtgs: 7/30 - 8/9
331125-3B Tu/W/Th/F 9:45 - 10:15 am

PH: \$60, RNPH: \$68, NRNPH: \$75

Adult Swim Lessons

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

BEGINNER SWIM**AGES 16+**

"Learning the Basics" - Learn skills and concepts needed to stay safe in and around water while gaining basic aquatic skills and swimming strokes.

351192-A: Tu/Th 6:30 - 7:15 pm
8 mtgs: 6/4 - 6/27

351192-B: Tu/Th 6:30 - 7:15 pm
8 mtgs: 7/16 - 8/8

PH: \$60, RNPH: \$68, NRNPH: \$75

ADVANCED BEGINNER SWIM**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.

351193-A: Tu/Th 7:30 - 8:15 pm
Weekday I: 8 mtgs: 6/4 - 6/27

351193-B: Tu/Th 7:30 - 8:15 pm
8 mtgs: 7/16 - 8/8

PH: \$60, RNPH: \$68, NRNPH: \$75

Water Exercise

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

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.

351170-A1 Tu/Th 6 - 6:45 pm
8 mtgs: 6/4 - 6/27

351170-A2 Tu/Th 6 - 6:45 pm
8 mtgs: 7/16 - 8/8

PH: \$49, RNPH: \$54, NRNPH: \$59

Instructor: Kimberly Gary

AQUA FITNESS

AGES 16+

A low-impact exercise 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 will be use of spa/water bells which are provided for the class.

351174-A1: M/W 6 - 6:45 pm
7 mtgs: 6/3 - 6/26 (No class 6/19)
PH: \$42, RNPH: \$47, NRNPH: \$52

351174-A2: M/W 6 - 6:45 pm
10 mtgs: 7/8 - 8/7
PH: \$62, RNPH: \$67, NRNPH: \$72

AQUA MANIA

AGES 16+

If you're looking to get crazy and let all your worries go, then this is the class for you. You will keep moving and never stop. A moderate to vigorous aqua workout that includes cardiovascular, toning and stretching exercises for any ability level.

Mini Session

351173-A: Tu/Th 6:15 - 7:15 am (Indoor Pool)
6 mtgs: 5/28 - 6/13
PH: \$43, RNPH: \$48, NRNPH: \$53

351173-1: Tu/Th 6:15 - 7:15 am (Indoor Pool)
3 mtgs: 7/2 - 7/25
(No class 7/4, 7/9, 7/11, 7/16, 7/18)
PH: \$25, RNPH: \$30, NRNPH: \$35

351173-2: Tu/Th 6:15 - 7:15 am (Outdoor Pool)
8 mtgs: 7/30 - 8/29 (No class 8/20, 8/22)
PH: \$55, RNPH: \$60, NRNPH: \$65



First Aid & CPR Classes

FIRST AID/CPR/AED

AGES 13+

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. 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.

Learn to recognize and respond appropriately to cardiac, breathing, and first aid emergencies in adults, children, and infants. This course teaches skills, including CPR and the use of an AED, that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This class follows the Blended Learning format which combines online learning with an in-person skills session where participants will practice skills and demonstrate competency. Due to the online portion of this class, registration closes one week prior to start date.

Class prices below include the \$35 certification fee charge for the American Red Cross online portion of the class. You may register at <http://redcrosslearning.com/auth/login>. Once completed, you will be issued a certificate which you will need to bring to class. Participants **MUST** complete the online session of the training two (2) days prior to the classroom skills session.

357177-1: F 6/14, 6 - 8 pm / GAFC

357177-2: F 7/12, 6 - 8 pm / GAFC

357177-3: F 8/9, 6 - 8 pm / GAFC

PH: \$60, RNPH: \$68, NRNPH: \$75



Lifeguarding Safety Classes

LIFEGUARDING PRE-TEST

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.

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. *Swimsuits are required.*

357180-1: Th 5/23; 12 - 4:30 pm

357180-2: F 5/24; 9 am - 4 pm

357180-3: W 5/29; 9 am - 4:30 pm

357180-4: F 5/31; 12 - 4:30 pm

357180-5: Sa 6/1; 9 am - 4 pm

PH: \$5, RNPH: \$5, NRNPH: \$5

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 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.

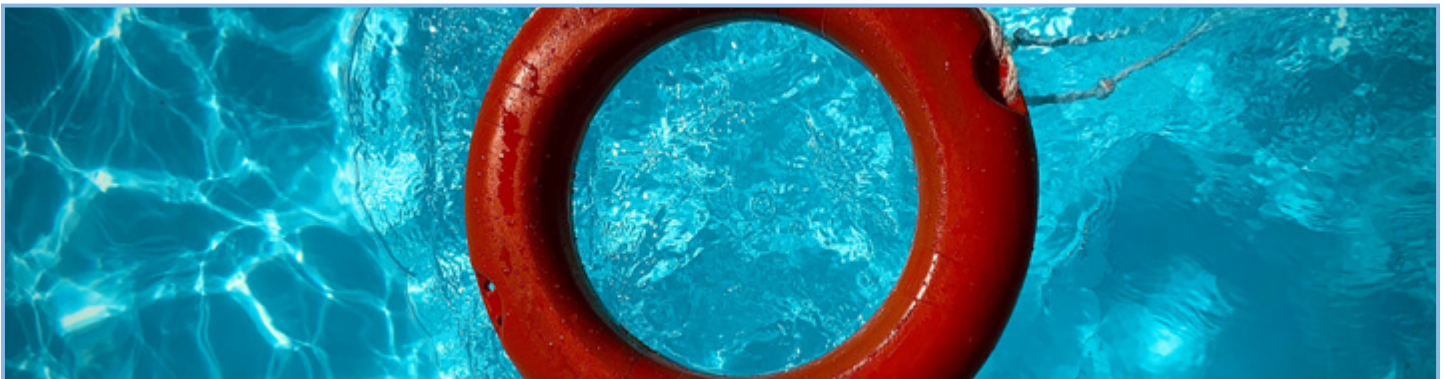
This class follows the Blended Learning format which combines online learning with an in-person skills session where participants will practice skills and demonstrate competency.

IMPORTANT! You must complete the online portion of this course prior to attending your in-person skills session and provide proof of completion to your instructor.

You can access the online portion using the link, provided by the GAFC at the time of registration, where you will be able to create an account. You may register at <http://redcrosslearning.com/auth/login>. Once completed, you will be issued a certificate which you will need to bring to class. Participants **MUST** complete the online session of the training two (2) days prior to the classroom skills session. Participants must pass Lifeguarding Pre-Test prior to registering.

357181-A: Sa/Su 9 am - 5 pm
2 mtgs: 6/8 - 6/9

PH: \$160, RNPH: \$176, NRNPH: \$200



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 at 10 am on May 20, 2024

Non-Resident Registration

begins at 10 am on May 28, 2024

Payments are accepted in the form of check, money order, and credit card.

ONLINE REGISTRATION

- Register online with [WebTrac](#).

Online registration is available beginning at 10 am on the registration dates (Greenbelt residents, May 20; non-residents, May 28.

- If you have registered for Greenbelt Recreation classes before but are new to [WebTrac](#), 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 10 am on the registration dates.
- Community Center, channigan@greenbeltmd.gov, fax: (301) 220-0561
- Youth Center, cpracht@greenbeltmd.gov

MAIL-IN REGISTRATION

- Mail-in registration will be accepted beginning on the registration dates.
- 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:

June 19 - Juneteenth

July 4 - Independence Day

September 2 - 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.

Preschool and children's classes scheduled before 5 pm 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 Greenbelt Recreation's Weather & Information Hotline at (301) 474-0646 for updated class information.

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 which have transpired.*

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.

FINANCIAL ASSISTANCE

Financial assistance is available to qualified Greenbelt residents. An application and supporting documentation are required. Prior to registration, please call (301) 397-2200 or email us at csoter@greenbeltmd.gov for additional information.

INCLUSION

Greenbelt Recreation offers full and active participation for individuals with disabilities. We provide individuals with reasonable accommodations that will enhance their recreation experience. We help provide social, physical, educational, and cultural development for all individuals of all abilities.

Please contact Priya Gardner Lemieux by email a pgardner@greenbeltmd.gov or phone (240) 542-2056 to make arrangements.

CLASS SCHEDULE

Classes will begin on or after the week of **June 10, 2024**. Please see the course descriptions for exceptions and specific information pertaining to class meeting dates.

LOCATION CODE

BAP - Buddy Attick Park

BF – Braden Field

BFTC - Braden Field Tennis Courts

CC - Greenbelt Community Center

CC-DSLAWN - Greenbelt Community Center
Dance Garden

CC-GFE – Greenbelt Community Center
Ground Floor East

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

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 Activity Registration Form:



Adult Participant or Parent/Guardian _____ Preferred Name _____

Address _____ Please check here if this is a new address

City _____ State _____ Zip _____

Phone: (day) _____ (eve) _____ 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 explain below and complete a Special Assistance Request form provided by Greenbelt Recreation or located at www.greenbeltmd.gov/recreation/special_assistance.

Participant's Name/ Preferred Name	Gender	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please make checks payable to: <i>City of Greenbelt</i>				TOTAL	

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

Expiration Date: ____/____/____ Credit Card Number: _____ - _____ - _____ CVV#: _____

Signature: _____ Date: _____

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, illnesses 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, illness 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 illnesses or 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 of participants may be taken while participating in the program activities for use in City of Greenbelt publications, social media or other advertising venues. In the case of minors, no personal information other than the participant's first name will be released. Online classes will be recorded for use by staff and registered participants.

CODE OF CONDUCT: I agree that I and/or the minors for whom I am responsible will abide by the Greenbelt Recreation Code of Conduct, online class policies, and all applicable facility rules.

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.

GREENBELT CITY COUNCIL

Emmett V. Jordan, *Mayor*
Kristen K.L. Weaver, *Mayor Pro-Tem*
Amy Knesel
Danielle McKinney
Jenni Pompei
Silke I. Pope
Rodney M. Roberts

CITY MANAGER

Josué Salmerón

GREENBELT CITY COUNCIL ADVISORY GROUPS

Contact: Bonita Anderson, *City Clerk*
(301) 474-3870

Boards affiliated with Greenbelt Recreation include:
Arts Advisory Board
Senior Citizens Advisory Committee
Park and Recreation Advisory Board
Youth Advisory Committee



Administrative Offices

99 Centerway, (301) 397-2200
Greg Varda, *CPRP, Recreation Director*
Anne Oudemans, *CPRP, Assistant Director of Programs*
Andrew Phelan, *CPRP, Assistant Director of Facilities and Operations*
Cathy Pracht, *Administrative Coordinator*
Caroline Soter, *Administrative Assistant II*

Youth Center

99 Centerway, (301) 397-2200
LaToya Fisher, *Recreation Program Supervisor*
AJ Sesay, *Recreation Coordinator*

Greenbelt Aquatic & Fitness Center

101 Centerway, (301) 397-2204
Stephen Parks, *AFO, Aquatics Supervisor*
Cynthia Brown, *AFO, Aquatics Coordinator*
Trevin Green, *Aquatics Coordinator*
Patrick Mullen, *Administrative Assistant*

Schrom Hills Park

6915 Hanover Parkway, (301) 397-2200

Greenbelt Community Center

15 Crescent Road, (301) 397-2208
Di Quynn Reno, *CPRP, Community Center Supervisor*
Adam Daelemans, *Community Center Coordinator*
Ruth Campbell, *Administrative Assistant II*
Carrie Hannigan, *Administrative Assistant II*

Arts Programs

15 Crescent Road, (240) 542-2057
Nicole DeWald, *Arts Supervisor*
Chris Cherry, *Performing Arts Program Coordinator II*
Amanda Demos Larsen, *Visual Arts Coordinator*

Therapeutic Recreation

Senior & Inclusion Programs
15 Crescent Road, (240) 542-2056
Priya Gardner Lemieux,
Therapeutic Recreation Coordinator

Springhill Lake Recreation Center

6101 Cherrywood Lane, (301) 397-2212
Brian Butler, *Recreation Coordinator II*
Frank Jones, III, *Recreation Coordinator II*