It’s the most wonderful time of the year! We always look forward to celebrating the holiday season with the residents and visitors of Charles County and this year is no exception. Be sure to attend one of the many festive programs we have planned this season, such as DIY Ugly Christmas Attire or Swimming with Santa! You can even take a step back in time into our area’s rich history on the Charles County Holiday Trail.

Make it a point to learn something new once we head into the new year. We’re offering a handful of computer courses, drop-in programs, and workshops that will allow for you to explore something you never knew you’d enjoy! The beginning of the year is also a great time to pick up your Charles County RecPASS. This membership card allows for unlimited visits to any of our drop-in programs for an annual fee. There is an additional purchase option to include pool memberships for unlimited visits to any of our aquatic locations. The RecPASS can be purchased as an individual, couple, parent and child, or family and will make a perfect stocking stuffer!

However you choose to spend this exciting time of year, we hope to see you at one of our recreation programs, parks, or historic sites.

Sincerely,

Eileen B. Minnick
Director of Recreation, Parks, and Tourism

Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

200 Baltimore Street • La Plata, MD 20646 • 301-645-0550

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

Americans With Disabilities — Charles County Government welcomes the participation of individuals with disabilities. As with all county government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please call 301-932-3470. MD Relay Service: 711 (TDD: 1-800-735-2258) – Efforts will be made to accommodate the disabled and non-English speaking residents with advance notice to 301-932-3470.
Contents

Facility Locations ........................................ 4-5
Aquatics Facilities • Community and Recreation Centers
County Parks • White Plains Golf Course

Experience the Outdoors ............................... 8
Playgrounds • Trails – Hiking, Bicycle, and Equestrian
Boat Ramps and Fishing • Dog Parks

Legendary Places to Visit ............................. 9

Pavilion and Facility Rentals ....................... 10

Birthday Parties ........................................ 10

Special Events ......................................... 10

Aquatics Certification ................................. 11

DIY Classes ............................................ 12

Computer Courses ................................. 12

Infant/Toddler Programs (Pre-K) ................. 13

Youth and Teen Programs ....................... 15

Drop-In Programs .................................. 16

Sports .................................................... 17
Adult and Youth Basketball ....................... 17-18

Golf ..................................................... 18

Futsal .................................................... 19

Hockey ............................................... 19

Ice Skating .............................................. 19

Pickleball and Table Tennis ....................... 19-20

Soccer ............................................... 20

Adult Volleyball ................................... 21

Youth Volleyball .................................. 21

Fitness and Dance .................................... 21
Adult Fitness and Dance • Youth Fitness • Aquatic Fitness

Learn to Swim ........................................ 23-25

Charles County Swim Club ...................... 23

Swim Kidz Lessons ................................ 24

Swim Lessons ....................................... 25

Elite Gymnastics and Recreation Center ...... 26

Therapeutics (Special Populations) ............. 27

Special Populations Recreational Programs . 27

Registration and Refund Policies

Online Registration
Online registration is available for most programs at www.CharlesCountyParks.com
Please take note of the following regarding your online registration:
• Registration for minors (17 and younger) requires adult input and information.
• Not all programs are available for online registration.
• Online payments are accepted by MasterCard, Visa, and Discover Card only.

To register for programs not currently offered online, please follow the standard enrollment process.

Standard Enrollment
A completed and signed registration form, along with payment, is due at the time of registration. Checks and money orders must specify the program by code, and must be for the exact amount, payable to: Charles County Commissioners. Checks must include the current address, telephone number, and driver's license number with expiration. Information must be included for the person making payment.

Cash payment is only accepted at the main office at 8190 Port Tobacco Rd., Elite Gymnastics, all indoor pools, Capital Clubhouse, Gilbert Run Park, White Plains Golf Course, and the White Plains Skate Park. Except for limited programs/activities, cash is not accepted at the community centers.

Discover, MasterCard and Visa payments are accepted by mail, in person, or via fax at Gilbert Run Park and the main office in Port Tobacco.

Mail-in payments with a signed registration form are only accepted at:

Charles County Government
Department of Recreation, Parks, and Tourism
Attn: Registration Office
8190 Port Tobacco Road
Port Tobacco, MD 20677

If proof of age is requested, it must be submitted within three days of the request made by the registration office.

Transfers
All transfer requests must be received in writing. After a transfer has been made, no additional transfers or refunds will be accepted for that program.

Returned Check Fees
Checks returned for insufficient funds or other reason will incur a fee of up to, but not more than, $35 for each occurrence. We do not redeposit returned checks; only cash, money order, or credit card accepted for face value of check, plus the return check fee. Persons who fail to rectify this obligation will be denied participation.

Refund Policies
All requests for refunds must be received, in writing, seven working days prior to the start of a program. Fax requests for refunds are accepted at 301-934-5624, or email to WebTrac@CharlesCountyMD.gov. After the program has begun, a prorated refund, based on participation, may be approved if requested in writing with medical verification received prior to the end of the program. No refunds will be considered after a program has ended.

A $10 administrative fee will be deducted from all approved refunds, regardless of circumstances, unless the program is canceled by Charles County Department of Recreation, Parks, and Tourism.

Late fees and T-shirt costs are non-refundable. Overnight trips may not qualify for a refund.

Late fees and T-shirt costs are non-refundable. Overnight trips may not qualify for a refund. For select sports programs, league rules determine program refund amount.

All requests for refunds for sports leagues must be received in writing.
Facility Locations

Department of Recreation, Parks, and Tourism
Main Office: 8190 Port Tobacco Rd, Port Tobacco • 301-932-3470 • www.CharlesCountyParks.com

Aquatics

Indoor Pool Locations
Hours are subject to change without notice. All patrons will be cleared from the water 15 minutes prior to facility closing.

Donald M. Wade Aquatic Center .... 301-934-7474
5305 Piney Church Rd, Waldorf
Lackey Pool ............. 301-743-2470 • 301-753-6003
3000 Chicamuxen Rd, Indian Head
North Point Pool ............... 301-934-7475
2500 Davis Rd, Waldorf

Outdoor Pool Locations
Closed for the season.

Winter Hours of Operation • Nov 15-Feb 22
Lackey Pool .................... M, Tu, Th: 7:00-9:00p; Sa-Su: Noon-6:00p; W, F: Varies
North Point Pool .............. M, Tu, Th: 6:00-9:00p; Sa-Su: Noon-6:00p; W, F: Varies
Donald M. Wade Aquatic Center ... M, Tu, Th: 6:00-9:00p; Sa-Su: Noon-6:00p; W, F: Varies

Thunderstorm Policy
All patrons will be cleared from pools after the first sight or sound of an approaching thunderstorm and remain cleared for a full 30 minutes after the last clap of thunder or sight of lightning.

Daily Admission
Children age 12 and younger must always be accompanied by an adult age 16 and older.

For information on Punch Cards and Annual Memberships, see page 6.

Any group of eight or more must make reservations with the pool manager at least two weeks prior. Please call any of the indoor pool locations for more information.

Age 2 & Younger ........................................ Free
Youth (Age 3-12) & Senior (Age 60+) ......................... $4
Adult (Age 13-59) ........................................... $5

Lap Swimming
Lap lanes are available during most posted open hours. Visit www.CharlesCountyParks.com/Recreation/Aquatics-General-Information to view the current lap swimming schedule for each facility. Swimmers may need to share the lanes. Hours subject to change without notice.

Community Centers and Recreation Centers
For hours please visit: www.CharlesCountyParks.com

Davis Community Center
2495 Davis Rd, Waldorf
301-392-5533

Hanson Community Center
3165 John Hanson Dr, Waldorf
301-645-2186

Henson Community Center
3535 Livingston Rd, Indian Head
301-375-7875

Mattawoman Community Center
10245 Berry Rd, Waldorf
301-645-6865

Piccowaxen Community Center
12834 Rock Point Rd, Newburg
301-259-2503

Smallwood Community Center
4990 Indian Head Hwy, Indian Head
301-743-3020

Somers Community Center
300 Willow Lane, La Plata
301-932-6679

Stoddert Community Center
2040 St. Thomas Dr, Waldorf
301-645-4847

Wade Community Center
2300 Smallwood Dr, Waldorf
301-645-9291

Elite Gymnastics and Recreation Center
2745 Old Washington Rd, Waldorf
301-934-6747

Port Tobacco Recreation Center
8190 Port Tobacco Rd, Port Tobacco
301-932-3470, ext. 5161

Capital Clubhouse
Hours: M-Su 9 a.m.- 9 p.m.
3033 Waldorf Market Place, Waldorf
301-932-4348
Operated by Rink Management Services Corporation
Facility Locations

County Parks

Parks Hours: 8:00 a.m. to dusk unless otherwise noted. For specific information on each park, please visit: www.CharlesCountyParks.com

Bensville Park ........................................... 6980 Bensville Road, White Plains
Bryantown Sport Complex ............................... 5665 Bryantown Road, Waldorf
Only open during scheduled programming.
Charlie Wright Park ................................. 101 Dr. Mitchell Lane, Indian Head
Friendship Farm Park ............................... 4705 Friendship Landing Road, Nanjemoy
Gilbert Run Park ...................................... 13140 Charles Street, Charlotte Hall
Closed Nov 19–March 1
301-932-1083
Laurel Springs Regional Park ......................... 5940 Radio Station Road, La Plata
Mallows Bay Park ......................................... 1440 Wilson Landing Road, Nanjemoy
Open year round 5:30 a.m. to dusk
Maxwell Hall Park ....................................... 6680 Maxwell Hall Drive, Hughesville
Oak Ridge Park ........................................... 13675 Oaks Road, Hughesville
Pisgah Park .............................................. 6645 Mason Springs Road, La Plata
Port Tobacco River Park and ...................... 7685 Chapel Point Rd, Port Tobacco
Tom Roland Natural Resource Area
Robert D. Stethem Memorial Sports
Complex .................................................. 4250 Piney Church Road, Waldorf
Open during scheduled programming
Ruth B. Swann Memorial Park ......................... 3100 Ruth B. Swann Drive, Bryans Road
Southern Park ........................................... 15884 Wilson Road, Newburg
Turkey Hill Park ......................................... 9430 Turkey Hill Road, La Plata
White Plains Regional Park and
Skatepark .................................................. 1015 St. Charles Parkway, White Plains
White Plains Golf Course
1015 St. Charles Parkway, White Plains
Hours: Apr–Oct: M-F 7 a.m. to Dusk, Sa-Su 6 a.m. to Dusk
Nov–Mar: M-Su 8 a.m. to Dusk
301-645-1300
Tourism Division
www.ExploreCharlesCounty.com
8190 Port Tobacco Rd, Port Tobacco
1-800-766-3386
Crain Memorial Welcome Center
12480 Crain Highway Newburg
301-259-2500
Email: WelcomeCenter@CharlesCountyMD.gov

PARK SPOTLIGHT

HAPPY TRAILS!

With the trees shedding their leaves and migrating wildlife on the move, late fall and early winter are great times to visit our trails!

We offer hiking, jogging, biking, and equestrian trails at a variety of our parks. From the 13-mile paved recreational trail on the Indian Head Rail Trail to the hilly terrain and creek crossings on Oak Ridge Park’s equestrian trails, we’re bound to have something perfect for you!

Friendship Farm Park
Gilbert Run Park
Indian Head Rail Trail
Laurel Springs Regional Park
Maxwell Hall Park
Oak Ridge Park
Pisgah Park
Port Tobacco River Park
RecPASS is Here!

This new annual membership allows for unlimited visits to any drop-in programs at our school-based community centers, the Port Tobacco Recreation Center, and Elite Gymnastics and Recreation Center. A pool membership may be added for unlimited use of Charles County Recreation Division operated aquatic facilities during open swim hours.

Drop-in programs currently include: gymnastics, swimming admission, basketball, futsal, volleyball, pickleball, table tennis, and more. Program offerings may vary based on location. Participants without a RecPASS membership will be able to pay a daily drop-in fee to take part in their desired program. RecPASS members will receive a key-fob when purchasing their membership, which will be linked to the Recreation Division’s registration software. At each visit, the key-fob will be scanned for admission.

Youth age 12 and younger must be accompanied by an adult age 16 and older when using a Recreation + Pool Pass at all our aquatic facilities. Additional charges and registration still apply for instructor led programs and activities within each center.

For more details, visit www.CharlesCountyParks.com/Recreation/RecPASS

<table>
<thead>
<tr>
<th>Youth or Senior RecPASS</th>
<th>Recreation Pass</th>
<th>Recreation + Pool Pass</th>
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<tbody>
<tr>
<td>Annual Youth RecPASS (Age 4-12)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Annual Teen RecPASS (Age 13-17)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Annual Senior RecPASS (Age 60+)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Daily Drop-In</td>
<td>$3 - Centers</td>
<td>$4 (Youth &amp; Senior) / $5 (Teen) - Pools</td>
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*Non-Residents add $25 to Annual RecPass

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<thead>
<tr>
<th>Family/Household RecPASS</th>
<th>Recreation Pass</th>
<th>Recreation + Pool Pass</th>
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<tbody>
<tr>
<td>Parent &amp; Child RecPASS (1 adult and 1 youth/teen)</td>
<td>$125</td>
<td>$200</td>
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<tr>
<td>Couple RecPASS (2 adults)</td>
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<tr>
<td>Family RecPASS (2 adults and 2 youth/teen)</td>
<td>$250</td>
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<tr>
<td>Additional Family Members</td>
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*Non-Residents add $25 for each individual

<table>
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<tr>
<th>Adult RecPASS</th>
<th>Recreation Pass</th>
<th>Recreation + Pool Pass</th>
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</thead>
<tbody>
<tr>
<td>Annual Adult RecPass</td>
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<td>$150</td>
</tr>
<tr>
<td>Punch Card (10 Visit)</td>
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<td>$40</td>
</tr>
<tr>
<td>Daily Drop-In</td>
<td>$5 - Centers</td>
<td>$5 - Pools</td>
</tr>
</tbody>
</table>

*Non-Residents add $25 for Annual RecPASS and $10 for Punch Card

Look for RecPASS throughout The GUIDE to see which programs are eligible!
RecPASS • Frequently Asked Questions

What is RecPASS?
RecPASS is an annual membership that is linked with our registration software which allows for unlimited visits to any Charles County Recreation Division drop-in programs for a single annual fee. There is an additional purchase option to include pool memberships with your RecPASS to allow for unlimited visits to any of our aquatic facilities. You will receive a key-fob when purchasing a RecPASS, and your picture will be taken and linked to your account in our registration software. At each visit, your key-fob will be scanned for admission. The RecPASS can be purchased as an individual, couple, parent & child, or family options.

What programs/activities can I use RecPASS for?
The basic Charles County RecPASS will be accepted for any drop-in and open gym programs that are offered at school-based community centers, the Port Tobacco Recreation Center, and Elite Gymnastics and Recreation Center. Drop-in programs may include basketball, volleyball, futsal, pickleball, table tennis, and will be scheduled by age group and sport. Residents will also have the option to include aquatics as part of their RecPASS which would allow for visits to any of our Charles County Recreation Division operated aquatic facilities.

What are the benefits of RecPASS?
Ease of use: simply scan your key-fob and go!
Multiple locations: you can use your membership at any of our school-based community centers, the Port Tobacco Recreation Center, Elite Gymnastics and Recreation Center, and any of our aquatic facilities.
Cost savings: if you drop-in to play adult basketball once a week and opt to pay the $5 daily drop-in fee, that is $260 for a year’s worth of play – with RecPASS you pay just $100 for a year of unlimited drop-ins!

Where can I purchase a RecPASS?
The Charles County RecPASS can be purchased at the main Department of Recreation, Parks, and Tourism registration office in Port Tobacco. After September 4, 2018, RecPASS may also be purchased at our school-based community center locations, indoor pools, and Elite Gymnastics and Recreation Center.

How long is my RecPASS good for?
RecPASS is good for 12 months from the date of purchase and can be renewed annually.

Who needs a RecPASS?
RecPASS is recommended for any users of our drop-in and open gym programs.

Is my RecPASS transferable? Refundable?
RecPASS is non-transferable and non-refundable.

If I don’t have a RecPASS, am I still able to purchase a punch card for drop-in programs and pool admission?
Yes. 10 visit punch cards are available for $40.

If I don’t have a RecPASS, can I still participate in drop-in activities?
Yes. You can continue to pay a daily admission fee to drop-in programs. The admission for drop-in programs at our school-based community centers is $3 per visit for youth/seniors and $5 per visit for adults. Daily admission to our aquatics facilities is $4 for youth/seniors, $5 for adults.

Can I use RecPASS for water aerobics, dance classes, or other instructor-led activities?
No. RecPASS is currently not valid for instructor-led activities. You may use your RecPASS for drop-in programs and daily admission to our aquatic facilities.

Do I have to have a RecPASS to register for any other programs offered by Charles County Recreation, Parks, and Tourism?
No, even without the RecPASS, residents are able to register for any of our other programs.

I am not a Charles County Resident, can I still purchase a RecPASS and utilize the community centers or pools?
Yes, there are non-resident rates for RecPASS.
Experience the Outdoors

Playgrounds
Enjoy hours of fun at any one of the many playgrounds with equipment that is contemporary, encourages innovative play, and meets all industry standards for safety compliance. The playground at Laurel Springs Regional Park is designed to accommodate children with special needs. Public playgrounds are available year round at the following locations:

- Bensville Park, Cobb Island Playground, Gilbert Run Park*
- Laurel Springs Regional Park, Oak Ridge Park, Pisgah Park, Robert D. Stethem Park**, Ruth B. Swann Memorial Park, Southern Park, and White Plains Regional Park

*Parks are closed Dec-Feb  
**Park only open during scheduled events

Boat Ramps and Fishing Opportunities
Friendship Farm Park (Free • Open year round dawn to dusk)  
Single-lane boat ramp with access to the main stem of the Potomac and also the extensive immediate protected waters of the Nanjemoy Creek. Kayak launch available.

Gilbert Run Park (No launch Fee • Open Mar-Nov with seasonal hours)  
Access for electric motors only to the 60 acre Wheatley Lake with fishing for Bass, Bluegill, Trout, and Catfish. Ramp for electric motors only. Canoes, pedal boats, and kayaks welcome and also available for rent. Fishing supplies and concessions available.

Hatton Creek (Free • Open year round dawn to dusk)  
Single-lane ramp with access to the Wicomico River. Directions from La Plata: take Rt. 301 south. Left on Rt. 257 towards Cobb Island. Left on Hatton Creek Road. Follow to end.

Mallows Bay Park (Free • Open year round 5:30am-dusk)  
Single-lane ramp with protected access to the Potomac River. Recommended for small watercraft (shallow water). Kayak launch available. Directions from La Plata: take Rt. 6 west. Right on Liverpool Pt Road. Right on Rt. 224. Left on Wilson Landing Road. Follow to end.

Marshall Hall (Free • Open year round dawn to dusk)  
Double ramp situated above Greenway Flats in Mount Vernon area of the Potomac River. Directions from Rt. 210 (Indian Head Hwy South). Make right turn onto Rt. 227. Follow to end.

Dog Parks
White Plains Regional Park and Turkey Hill Park  
Locations offer public off-leash areas where dog owners and their pets can enjoy safe, legal areas in which dogs can run, play and socialize. Dog owners enjoy the dog parks just as much as their four-legged friends! Each one-acre park has two separate fenced-in areas. The large area is designed for general dog play. The smaller area is for smaller dogs, puppies (must be at least 4 months old) or for shy dogs not quite ready to socialize in the larger general play area. Plastic pick-up bags are provided by the park so that visitors can clean up after their dogs. Drinking water is available at White Plains location only (not during winter months).

Open Hours: M-Su 8:00am until Dusk
(Closed Thanksgiving, Christmas and New Year’s Day)

Trails
Whether you walk, jog, hike, ride a horse or a bike we have a trail for you. Pets are welcome on all trails but must be on a leash.

Bicycle and Hiking Trails
Indian Head Rail Trail  
This 13 mile recreational trail connects White Plains with the Town of Indian Head. The smooth paved surface offers excellent opportunities for cycling, walking, running and excellent wildlife viewing. Parking areas/trail access points are available at Theodore Green Blvd. in White Plains, Middleton Road, Bensville Park, Rt. 224/Livingston Road, and the Village Green in Indian Head. Open year round during daylight hours.

Hiking Only Trails
Gilbert Run Park Trail  
This 2.5 mile nature trail travels along the edge of the 60 acre Wheatley Lake. Features include: fishing pavilions, beaver colony observation deck, boardwalks and bridges. Open Mar-Nov.

Laurel Springs Park Trails  
Winding around the edges of the athletic complex, this 1.6 mile trail is ideal for jogging or a quick lunch hour stroll. Open year round.

Pisgah Park  
The park offers a .75 mile paved walking trail with workout stations spaced along the trail. Open year round.

Port Tobacco River Park & Tom Roland Natural Resource Area  
Charles County’s newest park boasts 3 miles of walking trails which offer excellent views of local wildlife. Open year round.

Equestrian and Hiking Trails
Friendship Farm Park Trails  
Seven miles of recreational trails providing access to 382 acres of forest and farmland. Explore the outstanding natural resources and serenity that surround the Nanjemoy Creek. Features include: interpretive signs, benches, wildlife viewing, and observation decks. Open year round for hiking. Open Apr-Oct for equestrian activity.

Oak Ridge Park Trails and Show Rings  
This 7 mile trail network offers equestrians and hikers a wide variety of trail options. Features include: hilly terrain, creek crossings, bridges, flat open areas and two show-quality riding arenas which are open to the public except during special events. Open year round.

Maxwell Hall Park Trails  
Fourteen miles of trails for hikers and horses have features including: flat wide open riding, “intense” and hilly wooded terrain, cross country jumping course, trail obstacle course, and beach front riding along the Patuxent River. Hikers and birders may use trails free of charge. A $25 annual membership is required to ride at the facility. Open year round.
Legendary Places to Visit

Legendary Charles County Annual Festivals, Events, and Activities
Visit www.ExploreCharlesCounty.com or call 800-766-3386 for upcoming annual festivals, events and activities in Charles County!

Charles County Holiday Trail
Locations Vary • Dec 1-2, 2018
Follow the threads of rural roads and trails, and you can feel the beginnings of countless stories…stories of the past and stories that have yet to be told. Here, legendary figures and treasures play hide and seek, and you can feel free to discover them at your own pace. Admission varies site to site.

This year’s participants: The African American Heritage Society Heritage House, Christ Episcopal Church, La Plata, Dr. Samuel A. Mudd House Museum, Historic Friendship House, Maryland Veterans Museum at Patriot Park, Mt. Aventine Manor House, Port Tobacco One-Room School, Port Tobacco Historic Village: Burch House, Stagg Hall, Port Tobacco Courthouse, Serenity Farm, St. Ignatius Church/St. Thomas Manor, Smallwood Retreat House, and the Thomas Stone National Historic Site.

Check the Charles County Holiday Trail Facebook for the most up-to-date information at www.facebook.com/charlescountyholidaytrail.

Victorian Christmas at Dr. Samuel Mudd House Museum
3725 Dr. Samuel Mudd Rd. Waldorf
Nov. 30, Dec 1-2, 2018 • 11:00a-8:00p • $8/adults, $2/children
Experience this beautiful historic landmark decorated for the season. Enjoy music, refreshments, Mr. and Mrs. Santa Claus, and a walking tour of this historic home. Call 301-274-9358 for more information.

Port Tobacco Historic Village
8450 Commerce St, Port Tobacco • 301-392-3418 / 240-320-4125
Hours: Apr-Dec, Wed-Sun: 10 a.m-4 p.m., Monday by pre-arranged appointment • Admission: Free
Settled in 1634, Port Tobacco was once Maryland’s second largest seaport and was listed on early world maps. The town served as the seat of Charles County from 1727-1895, but its history extends from the prehistoric Native American inhabitants of Potopoco to the current residents of the town.

Visit and learn about the facts and legends of Historic Port Tobacco Village, including one of Maryland’s oldest ghost stories, The Legend of the Blue Dog. Explore on your own, or take one of our tours, which include the Port Tobacco Courthouse, Stagg Hall, and Burch House. Bring the whole family for a step back in time as you learn more about this quaint village overlooking the picturesque Port Tobacco River.

MARK YOUR CALENDAR!

Its How You Get There
A History Channel Show Featuring Charles County!

In an episode of the History Channel television show, “It’s How You Get There,” Charles County is the STAR attraction!

The show explores unique destinations throughout the country using various modes of transportation, such as trucks, cars, motorcycles, ATVs, boats, jet skis, and air travel vehicles.

Watch "It's How You Get There" on November 25!

Crain Memorial Welcome Center
A fresh and energetic look, awaits visitors at the Crain Memorial Welcome Center located on Route 301-North, in Newburg, MD. The Maryland Office of Tourism staff collaborated to install all new graphics, colorful trim and seasonal exhibits. To help each visitor develop a custom itinerary, learn about local events, get the services of an ATM and the grounds are open daily from 8:30 a.m. to 4:30 p.m. daily. In addition to great printed materials and professional travel counselors, the Visitor’s Center offer the services of an ATM and the grounds have designated areas for your pets to get out and stretch too.

Crain Memorial Welcome Center
12480 Crain Hwy • Newburg, MD 20664
Open Daily: 8:30 a.m.-4:30 p.m.
Rest Facilities: 6:00 a.m.-6:00 p.m.
Local: 301-259-2500 • Toll Free: 800-766-3386
WelcomeCenter@CharlesCountyMD.gov

www.ExploreCharlesCounty.com
Follow and Like us on…
Facebook @ ExploreCharlesCounty
Twitter @ ExploreCharlesC
Instagram @ CharlesCountyParksRec

Get the latest Visitor Guide
Pick up your copy at the Welcome Center or our offices in La Plata (200 Baltimore Street) and Port Tobacco (8190 Port Tobacco Rd).
Pavilion and Facility Rentals

Gilbert Run Park Pavilions
Let nature’s beauty enhance your next reunion, company picnic, or birthday party. Gilbert Run Park is the only park where picnic facilities and pavilions may be reserved in advance. To make a reservation or if you have questions, call the park office at 301-932-1083. Pavilion rental reservations open Feb 4, 2019.

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<thead>
<tr>
<th>Pavilion</th>
<th>Capacity</th>
<th>Daily Fee</th>
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<tbody>
<tr>
<td>Playground Pavilion</td>
<td>Up to 50</td>
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<tr>
<td>Southbridge</td>
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<tr>
<td>Dockside</td>
<td>Up to 50</td>
<td>$75</td>
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<tr>
<td>Hilltop</td>
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<tr>
<td>Amphitheater</td>
<td>Up to 250</td>
<td>$200</td>
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<tr>
<td>Brookside</td>
<td>Up to 400</td>
<td>$300</td>
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</tbody>
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Private Pool Rentals
The indoor community pools are available for private pool rentals. Perfect for birthday parties, family gatherings, church groups, camps, day care groups, group parties, and more. The rental is for three hours and includes certified lifeguards. North Point not available during summer months. Reservations must be made in person at least two weeks in advance at any of the indoor pool locations. Non-refundable, 50% deposit due at time of reservation.

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<thead>
<tr>
<th>No. of Guests</th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 100</td>
<td>$275</td>
<td>$280</td>
</tr>
<tr>
<td>100-150**</td>
<td>$325</td>
<td>$330</td>
</tr>
</tbody>
</table>

**Not available at North Point
More than 150 Guests: Call for availability and pricing

Elite Gymnastics and Recreation Center and the Port Tobacco Recreation Center
Available for private rentals perfect for birthday parties, family gatherings, church groups, camps, day care groups, group parties, and sports team practices. Minimum two hour rental required. Minimum Liability Insurance may be required depending on activity and rental space requested. Reservations must be made in person at least two weeks in advance. Non-refundable, 50% deposit due at time of reservation.

$60 per hour M-F • $75 per hour Sa-Su

BIRTHDAY PARTIES

Birthday parties have never been so fun...or easy!
Choose a theme and location, bring the kids and a birthday cake, and we’ll take care of the rest.

All parties are two hours on select Friday evenings, Saturdays, or Sundays, varying by location. For the first hour of the party, staff will lead the kids through the selected games or activity. The second hour is for your celebration.

We provide pizza, goodie bags, and paper products. Parties are for children turning age 4-12 unless otherwise noted.

Fee: 1-20 Participants: $225
$10 each additional child
(Max: 30 participants, varies by location)

Fee Includes: Set-up and clean-up, three pizzas, 20 8oz bottles of water, one party favor for each attendee, paper products, and invitations. Parents are welcome to bring additional food, drinks, and/or other items to personalize their party.

PARTY CATEGORIES

Birthday Bonanza
Port Tobacco Recreation Center, Henson, Wade, and Somers Community Centers
Classic birthday games in the gymnasium including activities such as musical chairs, obstacle course, parachute, pin the tail on the donkey, and more.

Messy Art
Henson, Wade, and Somers Community Centers
Allow your partygoers to get creative with an art party. Your aspiring artists will paint, glue, glitter, and smear while completing an art masterpiece.

Jumping Gymnastics
Elite Gymnastics and Recreation Center
Led by our gymnastics staff, kids will have a blast bouncing on the trampolines, jumping in the “pit,” balancing on beams, climbing the rope, and flipping on the spring gymnastics floor. We also have a toddler area specific for the younger gymnast and a decorated party room perfect for your celebration.

Swim and Splash
Lackey and North Point Pools, and DM Wade Aquatic Center
Enjoy an hour of free swim time to splash, swim and dive, or play water basketball. The zero-depth entry at Lackey Pool and Donald M. Wade Aquatic Ctr. (0-2.5 feet) is perfect for younger swimmers. Parties are supervised by certified lifeguards. North Point: Age 8-12 only.

Sports Mix Up
Port Tobacco Recreation Center, Henson, Wade, and Somers Community Centers
Perfect for the young athlete. Held in our gymnasium, choose basketball, soccer, T-ball, dodgeball, kickball, or other various indoor sporting games and activities.

Please contact locations directly for availability and to book your party today!

Birthday Parties at the Capital Clubhouse!
The Capital Clubhouse is the perfect place for an easy, fun-filled, and exciting party. With its ice skating, sports court, and climbing wall, the Capital Clubhouse offers a unique and exciting place for your next event. Packages include a party host, pizza, drinks, and party favors.
Call 301-932-4348 or visit www.capitalclubhouse.com for more information.
Special Events

Swimming with Santa
Whether you’ve been naughty or nice - bring your swimsuit and join Santa in the pool for holiday fun and games. Activities include above water or underwater picture with Santa, water games, and an arts and crafts station. Pictures with Santa begin at 2:15pm!
Admission Fee: $8/person
All Ages  Lackey Pool  408010-LK  Sa  Dec 15  2:00-4:00p

Skate with Santa
Check your Santa Tracker and make sure you don’t miss the Capital Clubhouse’s Annual Skate with Santa and Mrs. Claus! Bring the whole family for a photo with Santa on the ice or in Santa’s Sled.
Admission Fee: $12/person
All Ages  Capital Clubhouse  Su  Dec 23  1:45-3:15p

Charles County’s Largest Indoor Snowball Battle
We have over 1,000 indoor soft snowballs ready for a night of fun and feats of skill. Parents - join us as we defy the weather with a winter wonderland together inside our community center gym. No mess, no slush, no tears. Must be accompanied by an adult. Fee charged for child only. Light snack included.
Resident Fee: $5; Non-Resident: $6; At the Door: $8
Age 4-10  Davis  101287-DA  F  Jan 18  6:30-8:30p

Sweet Heart’s Pre-School Prom
Join us for a night to remember with your little sweet-heart! Begin your night with a red-carpet entrance, followed by an evening of dancing, games, and light refreshments. Cap the night off with the always popular Sweet Heart’s Prom Parade. All children must be accompanied by a loved one.
Resident Fee: $15; Non-Resident: $17; At the Door: $20
Age 2-6  Somers  101397-SO  F  Feb 15  6:30p-8:00p

Shoepalooza
Looking to clean out your closet or downsize your shoe collection? We invite shoe collectors and sneakerheads to join us to sell or trade their new or gently used shoes. Please call Henson Community Center at (301) 375-7875 for more information.
Age 18+  Henson  Sa  Mar 2  9:00a-1:00p
101146-HE  Rent Space & Table  $20
101146-H1  Rent Space & Provide Own Table(s)  $10

Mermaids at the Pool
Did you hear? Mermaids will be visiting our pool! Join them for lots of photo ops, swimming, fun activities, and a take home craft. Be sure to bring your camera to capture the fun.
Resident Fee: $15; Non-Resident: $17
At the Door: $20
All Ages  DM Wade Pool  108005-SC  Sa  Apr 6  3:00-4:30p

Call for Vendors
Crafts & More Fair
Calling all artisans, crafters and merchandisers! Come sell your unique handcrafted items or products at our Crafts and More Fair! Register for either a space and one table or just a space and bring your own table. This event is held indoors. Vendor set-up is from 8:00-9:00a. To offer a diverse selection of products, we will be placing a limit on the number of vendors allowed per company (LuLaRoe, Pampered Chef, Tupperware, etc.). Vendor applications available at the Wade Community Center, please call (301) 645-9291 for more information. Online registration not available.
Wade  Sa  Mar 30  9:00a-3:00p
101344-W1  Rent Space and Provide Own Table: $35

Santa's Hotline
Through the power of technology and the help of Santa’s elves, Santa will call your child to find out what they want for Christmas and to find out if they have been naughty or nice! Calls will be made between 6:00-8:00p on Monday, Dec. 10. Limited to first 200 registered.
Resident Fee: Free • Age 2-10 • 401000-SO
M • Dec 10 • 6:00-8:00p
Aquatics Certifications

Pool/Spa Operator Certification Course
Designed to teach basic fundamentals, this course covers topics including basic water chemistry, filtration, circulation, safety, and risk management. The course meets the requirements for State of Maryland Dept of Health & Mental Hygiene Swimming Pool and Spa Operator Certification. Participants MUST pass the written exam to be eligible for certification. Fee includes text book.

Must attend all classes.

Resident Fee: $175; Non-Resident Fee: $180
Age 16+ Lackey Pool 408002-LK Sa-Su Nov 17-18 8:00a-4:00p

Lifeguard Prep Class
This class focuses on swimming endurance and necessary skills needed to meet prerequisites of upcoming lifeguard classes.

Registration Fee: $15
Age 14+ North Point Pool
508029-N1 W Feb 13 7:00-7:45p

American Red Cross Lifeguard Class
This course is designed to provide participants with the knowledge and skills necessary to ensure the safety of patrons at aquatic facilities. Text book and CPR mask are included in the course fees. Refunds will not be given if participant does not pass the prerequisites or fails to complete the certification requirements. Please call the pools for more information.

Must attend all classes.

Resident Fee: $200; Non-Resident: $205
Age 15+ North Point Pool
508030-N1 Th-F Feb 28-Mar 1 4:00-9:00p
Sa-Su Mar 2-3 8:00a-6:00p

DIY Classes • Registration Recommended

DIY Wine Glass Etching
Go home with two etched wine glasses decorated using easy step-by-step instructions. Create a unique glass for yourself or make it a personal gift for someone special. All materials included.

Resident Fee: $15; Non-Resident: $17
Age 13+ Somers 401311-SO Tu Nov 27 6:30-7:30p
Wade 401311-WA W Nov 28 6:30-7:30p
Elite 101311-EL W Feb 27 6:30-7:30p
Piccowaxen 101311-PI F Mar 1 6:30-7:30p

DIY Ugly Christmas Attire
Stop searching for the perfect ugly Christmas attire and come make your own! Please provide one piece of clothing to decorate and we will supply the rest.

Resident Fee: $15; Non-Resident: $17
Age 13+ Elite 401160-EL Th Nov 29 6:30-7:30p
Hanson 401160-HA Sa Dec 1 11:00a-Noon

DIY Christmas Swag or Wreath
We will provide the greenery, inspiration, supplies, and guidance for your one-of-a-kind holiday swag or wreath decoration. Use for the front door, outdoor posts, lanterns, etc. A large bow and instructions are included.

Resident Fee: $15; Non-Resident: $17
Age 13+ Mattawoman 401125-MA Tu Dec 4 6:30-7:30p
Smallwood 401125-SM W Dec 5 6:30-7:30p
Somers 401125-SO Th Dec 6 6:30-7:30p

DIY Lotion Bars
Come experience a night out learning to make your own lotion bars. These aromatic bars, made of essential oils, make wonderful gift ideas or are great for everyday use! Create them for family or friends or keep them all for yourself!

Resident Fee: $15; Non-Resident: $17
Age 13+ Piccowaxen 401048-PI Tu Dec 11 6:30-7:30p
Henson 101048-HE Tu Jan 8 6:30-7:30p
Davis 101048-DA Tu Feb 12 6:30-7:30p
Adult Programs • Registration Recommended

Essential Oils Workshop
Have you heard about essential oils? Interested in learning what they are, how they work, and how you can use them in your everyday life? If you answered yes, this is the class for you! We will go over the history, the basics, and uses for the core oils available. Everyone will make and leave with 3 oily goodies – including a “silent night” roller for sleep, a “relax” roller to help with stress, and a bottle of holiday spray!

Resident Fee: $12; Non-Resident: $14; $15 supply fee collected 1st day of class

Age 16+  Somers  401126-SO  W  Dec 19  6:30-7:30p
           101126-S1  W  Jan 16  6:30-7:30p
           101126-S2  Tu  Feb 19  6:30-7:30p

Bridge for Beginners
You’ve all heard of the famous card game but maybe you haven’t had enough patience to learn it on your own time. Well, we brought in an expert to teach you how to play from the beginning and even throw in some tricks along the way!

Resident Fee: $30; Non-Resident: $35
Age 16+  Somers  101149-SO  Tu  Jan 15-Feb 19  7:00-9:00p

Computer Courses • Registration Recommended

All courses are taught by Microsoft Certified instructors and participants will receive certificates upon completion of course. All classes prepare you for Microsoft Exams, which has resulted in a 99.99% pass rate for the past 17 years.

Microsoft Office PowerPoint Beginner
Innovative Training, Events, and Professional Solutions provides training for those new to PowerPoint. Learn the vast array of features and functionality contained within PowerPoint, gain the ability to organize your content, enhance it with high-impact visuals, and deliver it with a punch. Participants will begin creating engaging, dynamic multimedia presentations.

Resident Fee: $200; Non-Resident: $210
Age 15+  North Point HS  101195-NP  Tu  Jan 8-22  7:00-9:00p

Microsoft Office Excel Intermediate
Innovative Training, Events, and Professional Solutions provides in-depth coverage of the more advanced Excel features with comprehensive training of Excel. This class will deepen your understanding of organizational intelligence by creating advanced worksheets and workbooks. It’s a hands-on approach to build proficiency in advanced aspects of Excel.

Resident Fee: $200; Non-Resident: $210
Age 15+  North Point HS  101194-NP  M  Feb 4-25  7:00-9:00p

Microsoft Office Word Intermediate
Innovative Training, Events, and Professional Solutions provides in-depth coverage of the more advanced features of Word, enabling the user to create professional, complex documents with proficiency. This course is interactive for students and working professionals, enhancing their ability to automate tasks like creating a business letter. This course is essential for those who are involved in drafting high-level documents.

Resident Fee: $200; Non-Resident: $210
Age 15+  North Point HS  101196-NP  W  Feb 6-25  7:00-9:00p

Old School I.T. Help
Do you need help setting up your email on your computer, tablet, or cell phone? Want to learn the basics of surfing the web, knowing how to look out from scams and which links you should not click? Interested in becoming familiar with social media to stay connected with your family and friends or how to create a blog? This course is right where you need to be! Bring your technology devices to us and meet for custom help desk experience from the Certified Trainers of Innovative Training, Events & Professional Solutions.

Resident Fee: $25; Non-Resident: $30
Age 55+  Port Tobacco  101197-PT  W  Jan 9  Noon-2:00p
              North Point HS  101197-NP  Sa  Jan 19  9:00-11:00a
              Davis  101197-DA  Th  Jan 31  4:00-6:00p
Infant/Toddler (Pre-K) Programs • Registration Recommended

**Totsicles**
Perfect for your toddlers first introduction to the ice! A half-hour of self-paced activity and fun on the ice accompanied by parent or adult care-giver, followed by a cup of hot cocoa and a story read aloud in our warm lobby. Children may wear skates or shoes for snow and ice (no smooth-sole or open-toe shoes). Accompanying adults must wear appropriate shoes for snow and ice. **No registration required.**

Drop-In Fee: $10
Age 2-5 Capital Clubhouse F Ongoing 10:00-11:00a

**Toddler Chef**
Grab a chef’s hat, and let the fun begin as we let our imaginations run wild creating fun and edible treats! Learn about healthy food choices that will inspire little ones to see food in a new light. Supplies included. Adult (1) participation required.

Resident Fee: $12; Non-Resident: $14
Age 3-5 Smallwood 401139-SM W Dec 19 6:30-7:30p
Wade 101139-WA W Jan 9 6:30-7:30p
Mattawoman 101139-MA W Feb 20 6:30-7:30p

**Fliptastic Tot Fridays**
Introduce your little tumbler to what a day of camp feels like! Select Friday mornings at Elite will consist of games, crafts, musical activities, and gymnastics.

Resident Fee: $20; Non-Resident: $25
Age 4-6 Elite 406193-1A F Dec 21 9:00a-Noon
106193-1B F Jan 18 9:00a-Noon
106193-1C F Feb 15 9:00a-Noon

**Toddler Happy Hour Swim**
Enjoy time with your little fish in the zero-depth entry area. Adult required to be in the water with their children. **No registration required.**

Fee: $2 per Adult
Age 3 mos-5 yrs DM Wade Pool Sa Jan 5-Feb 23 9:15-10:15a
Lackey Pool Sa Jan 5-Mar 2 10:45-11:45a

**Ages 3-5...Let’s Jive**
Finally, an activity for the young set that inspires, motivates, and educates while moving both the imagination and the body. You will make music, play matching color and alphabet games, run relays and engage in balloon fun. A fun time for the 3-5-year-old and the adult who accompanies them.

Resident Fee: $12; Non-Resident: $14
Age 3-5 Piccowaxen 101241-PI W Jan 9 6:30-7:15p
Davis 101241-DA W Jan 23 6:30-7:15p
Wade 101241-WA W Feb 6 6:30-7:15p
Somers 101241-SO W Feb 20 6:30-7:15p

**Story Time**
Join us for a fun night out with your little one! Meet other parents and children for an active reading of a favorite story and take home a related craft. Reading aloud creates memories and encourages critical thinking! Light snack included.

Resident Fee: $5; Non-Resident: $6
Age 3-5 Wade 101134-WA Tu Jan 15 6:30-7:15p
Somers 101134-SO W Jan 30 6:30-7:15p
Elite 101134-EL M Feb 11 6:30-7:15p
Smallwood 101134-SM Th Feb 28 6:30-7:15p

**Little Engineers**
All aboard for a wonderful adventure for your little train enthusiast. Enjoy special train activities, a Thomas the Train video, puzzles and games. Participants will be given a conductor’s hat.

Resident Fee: $8; Non-Resident: $10
Age 3-6 Henson 101285-HE Th Jan 24 6:30-7:15p
Davis 101285-DA M Feb 25 6:30-7:15p
Piccowaxen 101285-PI Tu Mar 5 6:30-7:15p
Somers 101285-SO W Mar 6 6:30-7:15p

**Baby Dragons & Little Dragons Martial Arts**
Taught by William Blake, students learn basic principles and health benefits of martial arts. Topics: kicks, punches, blocks, forms, tumbling, falls, breathing, history, and self-defense. This helps a child’s physical fitness by enhancing flexibility, balance, stamina, and self-confidence. At the end of the course, students will be able to test for a rank in martial arts. Adult participation is required.

Resident Fee: $50; Non-Resident: $55 • $35 uniform fee collected at first session
Age 2-3 Baby Dragons Somers 101134-SO Tu Jan 29-Mar 5 6:30-7:00p
Smallwood 101134-SM Tu Jan 29-Mar 5 7:00-7:30p

**Sign, Say, Play ™**
Looking for a fun and entertaining way to learn to communicate with your baby? Designed for parents and babies to attend together, these play classes help parents and babies learn baby signs through theme-based songs, games, books and activities. You will also learn simple ways to support their baby’s intellectual development. Childcare will be available for $5/child.

Resident Fee: $60; Non-Resident: $65
Age 6-15 mos Elite 101293-EL W Feb 6-Mar 13 9:30-10:15a
Age 16-24 mos Elite 101293-E1 W Feb 6-Mar 13 10:30-11:15a

**Little Fingers of Love**
Bring your little sweetheart in to create a hand-crafted Valentine’s Day gift. Getting messy with finger paint is part of the fun! All supplies and instruction provided.

Resident Fee: $5; Non-Resident: $6
Age 3-6 Henson 101372-HE Th Feb 7 6:00-7:00p

**Start Smart Sports**
Sanctioned through the National Alliance of Youth Sports, program assists parents in preparing kids for organized sports in a fun, non-competitive environment using fun, developmentally appropriate equipment to prepare children for sports without the fear of failure. No class Apr 19. Adult participation is required.

Resident Fee: $40; Non-Resident Fee: $45
Age 3-5 Davis 101116-DA F Mar 22-May 3 6:00-7:00p
Youth and Teen Programs  •  Registration Recommended

Personalize Tote to Take
You and your child will design a personalized tote bag with step-by-step instructions and enjoy a light treat together. Perfect tote for travels, snacks, toys, and electronics. All supplies included. Adult participation is required.

Resident Fee: $12; Non-Resident: $14
Age 5-10  Elite  401047-EL  Tu  Dec 11  6:30-7:30p

Gems & Gents – Youth & Teen Etiquette
Everyday manners and social skills still play an important role in our society. Everyday etiquette, the art of letter writing, tying ties, learning to set a table, and creating grooming habits are just a few of the topics covered in this interactive 4-week workshop. Students are grouped by age appropriateness. No class Dec 22 and Dec 29.

Resident Fee: $65; Non-Resident: $70
Age 6-10  Davis  401255-DA  Sa  Dec 1-Jan 5  9:00-10:00a
101255-DA  Sa  Feb 2-23  9:00-10:00a
Age 11-14  Davis  401255-D1  Sa  Dec 1-Jan 5  10:30-11:30a
101255-D1  Sa  Feb 2-23  10:30-11:30a

Full S.T.E.A.M. Ahead
Get ready for fun and interactive experiences that support science, technology, engineering, art, and math skills with certified instructors. Your child will have so much fun, they will forget they are learning! Each week focuses on a different aspect of STEAM. All materials included.

Resident Fee: $90; Non-Resident: $95
Age 6-8  Davis  101181-DA  Tu  Jan 8-Feb 12  6:30-8:00p

Juniors Martial Arts
Taught by William Blake - students learn the basic principles and health benefits of martial arts. Topics to be covered include: kicks, punches, blocks, forms, tumbling, falls, breathing, history, and self-defense. This will help each child's physical fitness by enhancing his or her flexibility, balance, stamina, and self-confidence. At the end of the course students will be able to test for a rank in martial arts.

Resident Fee: $50; Non-Resident: $55; $25 uniform fee collected at first session
Age 7-12  Somers  101030-SO  Tu  Jan 29-Mar 5  7:30-8:30p
Smallwood  101030-SM  Th  Jan 31-Mar 7  7:30-8:30p

SpeakEZ – Youth Public Speaking Class
Participants will receive hands on training on the fundamentals and importance of proper breathing techniques, projection, stage presence, improvisation, building confidence and overcoming fears and speaking in front of small and large groups. Classes are listed by school grade level, and not ages.

Resident Fee: $65; Non-Resident Fee: $70
Grades K-4  Wade  101393-WA  Sa  Feb 2-23  10:00a-Noon
Grades 5-6  Wade  101394-W1  Sa  Jan 5-26  10:00a-Noon
101394-W2  Sa  Mar 9-30  10:00a-Noon

Future Chefs
Our young future chefs will explore a variety of culinary adventures creating unique themed menu items. Chefs’ hat and apron are provided. Healthy treats and decorating tips included. Please bring a container to take home your artistic creations. Adult participation encouraged.

Resident Fee: $12; Non-Resident: $14

Winter Theme
Age 6-12  Piccowaxen  101135-PI  Th  Feb 21  6:30-7:30p
Davis  101135-DA  Tu  Mar 5  6:30-7:30p
Henson  101135-HE  W  Mar 6  6:30-7:30p

Kids Night Out at Elite!
Wouldn’t you like to enjoy a quiet night out while your children have a ball bouncing at Elite? Well here is your chance! Our fun filled nights will include gymnastics, games, and refreshments! Each child will get 2 pieces of pizza, a juice box, and 2 snacks. Pre-registration is required.

Resident Fee: $20; Non-Resident: $25
Age 5-14  Elite  506350-01  Sa  Dec 22  5:30-9:30p
506350-02  Sa  Jan 19  5:30-9:30p
506350-03  Sa  Feb 16  6:00-9:00p

Get Connected to FUN in Charles County!
The Charles County Department of Recreation, Parks, and Tourism is connected to you online, including popular social media outlets. Connect with us by liking and following our feeds.

www.CharlesCountyParks.com
www.Facebook.com/CharlesCountyParksRecreation
@CharlesParksRec
@CharlesCountyParksRec
**Drop-In Programs**

**Shuffle the Deck Drop-In**

Come out and enjoy a wide array of card games! Dates and times subject to change. Contact the center for schedule changes.

Drop-In Fee: $5

Age 18+  
- Piccowaxen: F  Ongoing  6:00-9:00p
- Stoddert: F  Ongoing  6:00-9:00p
- Smallwood: F  Ongoing  6:00-9:00p

**Family Game Night Drop-In**

Bring the family out to enjoy a variety of fun games with other families in the community. Contact the center for schedule changes.

Drop-In Fee: $3 (Youth/Teen/Senior); $5 (Adult)

Age 6+  
- Hanson: F  Ongoing  6:00-9:00p
- Henson: F  Ongoing  6:00-9:00p
- Somers: F  Ongoing  6:00-9:00p

**Parent & Tot Gymnastics Drop-In**

Spend quality time with your little one while they develop body awareness, balance, fitness, listening, and social skills using gymnastics apparatus. Parent/guardian must always be within arm’s reach of child. Maximum two children per adult.

Drop-In Fee: $5

Age 0-5 yrs  
- Elite: M/W/F  Ongoing  11:00-11:45a
- Elite: Sa  Ongoing  12:00-12:45p

**Youth & Teen Drop-In**

Open-style sports and semi-organized games. A registration form with parental consent is required each school year. Sign-in by youth required each day of participation. Dates and times subject to change. Contact the center for schedule changes.

Drop-In Fee: $3

Age 8-10  
- Wade: M/W  Dec 3-Jun 12  4:00-5:30p
- Somers: M/W  Dec 3-Jun 12  4:00-6:00p
- Stoddert: M/W  Dec 3-Jun 12  4:00-6:00p
- Hanson: M/W  Dec 3-Jun 12  4:00-6:00p
- Henson: M/W  Dec 3-Jun 12  4:00-6:00p
- Smallwood: M/W  Dec 3-Jun 12  4:00-6:00p

Age 11-14  
- Davis: M/W  Dec 3-Jun 12  4:00-5:30p
- Wade: Tu/Th  Dec 4-Jun 13  4:00-6:00p

Age 14-17  
- Wade: M  Dec 3-Jun 10  7:00-9:00p
- Davis: Tu/Th  Dec 4-Jun 13  4:00-6:00p
- Piccowaxen: Tu/Th  Dec 4-Jun 13  4:00-6:00p
- Smallwood: Tu/Th  Dec 4-Jun 13  4:00-6:00p
- Stoddert: Tu/Th  Dec 4-Jun 13  4:00-6:00p
- Hanson: Tu  Dec 4-Jun 11  4:00-6:00p
- Somers: Tu  Dec 4-Jun 11  4:00-6:00p
- Henson: Th  Dec 6-Jun 13  4:00-6:00p

Age 8-13 Girls  
- Mattawoman: M/W  Dec 3-Jun 12  4:00-6:00p

Age 14-17 Girls  
- Mattawoman: Tu/Th  Dec 4-Jun 13  4:00-6:00p
- Somers: Th  Dec 6-Jun 13  4:00-6:00p

**School’s Out Activities**

**Shuffle the Deck Drop-In**

Come out and enjoy a wide array of card games! Dates and times subject to change. Contact the center for schedule changes.

Drop-In Fee: $5

**Family Game Night Drop-In**

Bring the family out to enjoy a variety of fun games with other families in the community. Contact the center for schedule changes.

Drop-In Fee: $3 (Youth/Teen/Senior); $5 (Adult)

**Parent & Tot Gymnastics Drop-In**

Spend quality time with your little one while they develop body awareness, balance, fitness, listening, and social skills using gymnastics apparatus. Parent/guardian must always be within arm’s reach of child. Maximum two children per adult.

Drop-In Fee: $5

**Youth & Teen Drop-In**

Open-style sports and semi-organized games. A registration form with parental consent is required each school year. Sign-in by youth required each day of participation. Dates and times subject to change. Contact the center for schedule changes.

Drop-In Fee: $3

**Beyond the Bell**

Beyond the Bell is an afterschool activities club for middle school students looking for a safe environment to do homework, hang out with friends, and enjoy structured activities. Become a member at your school and enjoy special benefits and events exclusive to club members.

**Sep 4-Jun 14 • Open to Grades 6-8**

Weekly Fee: $50 • One day drop-ins available for $15 per day

One-time enrollment fee for both weekly and daily participants: $25 (per school year)

Program is ongoing throughout the school year. Registrant must attend school where participating.

**Registration Packet Required**

Packets are available at the Charles County Recreation Registration office (Port Tobacco), all Community Centers, and online at:

[www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

Call for Details: 301-932-3470

**School’s Out Day at Elite**

Elite Gymnastics and Recreation Center offers a full day drop-in program when the kids are off from school. Daily activities include gymnastics instruction, arts and crafts, organized games, and other special projects. Bring a bag lunch, drink, and snack. Pre-registration required.

Resident Fee: $30; Non-Resident: $35

**Holiday Swim**

Looking for a fun way to spend a day with the kids over the Holiday Break? Come to the indoor pools for a ton of splashing fun with your family.

Admission Fee: $2/person

All Ages  Indoor Pools  W-F  Dec 26-28  1:00-4:00p
Sports

Charles County

GOOD S.P.O.R.T.S.

The Department of Recreation, Parks and Tourism’s Sports Office introduces the “Good S.P.O.R.T.S Charles County” initiative. Our Good S.P.O.R.T.S value system, symbolized by the acronym SPORTS, will serve as the foundation to maintain a high standard of good sportsmanship allowing residents to enjoy their experience while playing, observing, or coaching in Charles County.

Sportsmanship • Positive Attitude • Obey the Rules
Respect • Teamwork • Strive For Success

Adult Basketball

Adult Basketball Drop-In

Join other athletes of all ability levels for basketball scrimmages. Choose the night and location the best works for you. Games are self-officiated.

Drop-In Fee: $5

Age 18+

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<tr>
<th>Location</th>
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Age 30+

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Adult Basketball League

Games are played each Sunday at one of the various county schools. Team registration only. Interested individual players will be placed on a free agent list available to all coaches. Players must not be eligible to participate at the high school level. 40+ League may have up to two player’s age 35+.

Winter League Team Fee: $650
Registration Deadline: Jan 23 Games Begin: Early-Feb

Age 18+

<table>
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<tr>
<th>Team</th>
<th>Age</th>
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<td>Women</td>
<td>18+</td>
<td>Somers</td>
<td>Jan 8-Mar 12</td>
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Resident Fee: $40; Non-Resident: $50

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<tr>
<th>Age 30+</th>
<th>Location</th>
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<td>Somers</td>
<td>101051-SO</td>
<td>Jan 8-Mar 12</td>
<td>7:00-9:00p</td>
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**Sports**

**Youth Basketball**

**Spring In-House Recreational Basketball Program**

This is not a league, but a non-competitive program (six sessions) designed to develop skills and promote fun while participating in loosely organized games. Players go through four fundamental stations and play round-robin style games. Games and practices will be in one location. No class April 19-23

Resident Fee: $40; Non-Resident Fee: $45

Age 5-6  Port Tobacco 104006-PT  F  Mar 15-Apr 26  6:00-7:00p
Wade 104006-WA  M  Mar 18-Apr 29  6:00-7:00p
Age 7-8  Port Tobacco 104007-PT  F  Mar 15-Apr 26  6:00-7:00p
Mattawoman 104007-MA  Tu  Mar 19-Apr 30  6:00-7:00p

**2019 Elks Hoop Shoot National Free Throw Contest**

This event is FREE and open to the public. Awards will be presented to all age group winners. Winner moves up to District Level, then Regional, and State Finals. State winner advances to National Finals where the winner will have their name enshrined in the James Naismith Memorial Basketball Hall of Fame. Must bring proof of age day of event (copy of birth certificate, passport, or baptismal certificate). Winners must submit a copy of proof the week following the competition. Note: Age group eligibility is determined by child’s age as of April 1, 2019, not necessarily their current age.

Sponsored by Waldorf BPO Elks Lodge No. 2421 and Charles County Department of Recreation, Parks, & Tourism.

Friday, Jan 11 • Davis Community Center
Registration: 6:00p • Competition: 6:30p

**Program Code:**

| Age 8-9 Girls | 104034-01 | Age 8-9 Boys | 104035-01 |
| Age 10-11 Girls | 104034-02 | Age 10-11 Boys | 104035-02 |
| Age 12-13 Girls | 104034-03 | Age 12-13 Boys | 104035-03 |

**High School Prep**

**High School Prep Basketball League Combine Tryouts**

This competitive league is designed to prepare middle school students for high school basketball. Top players from each school will be selected to represent their middle school in the high school preparatory league. Combine includes physical measurements; height, weight, vertical, speed and agility testing, clinic style offensive and defensive instruction, and semi-organized five on five games. Combine tryout attendance is mandatory. Full league fee ($80) is required by March 7th. Tryout fee ($10) is non-refundable.

Must attend at least one combine tryout to be considered for the school’s team.

Registration Fee: $10 Tryout/ $80 League
Location: North Point H.S.
Girls 6-8th Grade 204183 + School Code  Su Feb 10 & 24  11:00a-1:00p
Boys 6th Grade 204180 + School Code  Su Feb 10 & 24  1:00-3:00p
Boys 7th Grade 204181 + School Code  Su Feb 10 & 24  3:00-5:00p
Boys 8th Grade 204182 + School Code  Su Feb 10 & 24  5:00-7:00p

**High School Prep Cheer Program**

This program is designed to prepare middle school students to be high school cheerleaders. Participants must register for the school they attend. Private and home school students welcome but must play for the school they are zoned for. Includes uniform, Weeknight games and practices. Locations varies, check online for details.

Registration Fee: $90 (Registration is limited)
Registration Deadline: Feb 20 • Orientation: Mar 6 • Practices Begin: Week of Mar 11
Girls 6-8th Grade 204190 + (School Code)

**School Codes:**

| Davis (DA) | Mattawoman (MA) | Somers (SO) | Hanson (HA) |
| Piccowaxen (PI) | Stoddert (ST) | Henson (HE) | Smallwood (SM) |

Visit [www.CharlesCountyParks.com/Recreation/High-School-Prep](http://www.CharlesCountyParks.com/Recreation/High-School-Prep) for full basketball and cheer program descriptions and requirements.
Sports

Futsal
Come out and enjoy open-style indoor soccer and semi-organized games.
Drop-In Fee: $5
Age 18+ Somers W Ongoing 8:00-9:15p

Hockey
The Southern Maryland Sabres Hockey Club
Southern Maryland Sabres Hockey Club's mission is to promote the growth of ice hockey and provide the best possible experience for all participants by encouraging, developing, advancing, and administering the sport. Recreational and travel leagues are available. Visit www.somdsabres.org for more information.

Stick & Puck
Work on your skating, shooting, and stick/puck handling skills during our 90-minute Stick and Puck session. Full ice hockey equipment is required for youth and is recommended for adults, helmets are mandatory for all. This is an ongoing program and the schedule is subject to change without notice.
Fee: $12/player
All Ages Capital Clubhouse
Visit www.capitalclubhouse.com for dates/times.

Kickball

Adult Spring Kickball League
This is one of Charles County’s fastest growing leagues! Regular season will be round-robin format; teams play double-headers. A minimum of 12 players and maximum of 20 players is permitted per team. Team registration only. Interested individuals will be placed on a free agent list available to all coaches. Players must be 18+ and not eligible to participate at the high school level.
Team Fee: $475
Team Registration: Feb 19 – Mar 8 Games Begin: Early Apr
Division I 215900-D1 Tu
Division II 215900-D2 Tu
Division III 215900-D3 W
Women’s 215900-D4 F

Pickleball for All
Pickleball is a fun sport that combines many elements of tennis, badminton and table tennis. The rules are simple, and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game and then put your skills to the test in friendly competition. A class instructor will be present at all classes to teach skills and facilitate play. All necessary equipment is provided.
Drop-In Fee: $5; 10 Visit Punch Card: $40
Age 18+ Port Tobacco M Ongoing 11:00a-1:00p
Port Tobacco W Ongoing 9:00-11:00a (Advanced Only)
Port Tobacco Th Ongoing 3:30-5:30p
Port Tobacco Sa Ongoing 8:30-10:30a

Ice Skating

Public Ice Skating
Enjoy skating with your friends and family while listening to today’s hit music.
Go to www.capitalclubhouse.com or the Capital Clubhouse Facebook page for a complete schedule. The schedule is subject to change without notice.
Admission: $8/person Skate Rental: $4/person

Capital Clubhouse Learn to Skate Academy
Classes are divided by skill level and age. Each session includes: six 30-minute lessons (45 min. for Basic 4 and beyond); rental skates; practice card for six public ice-skating admissions during your session dates (must pay for skate rental); Basic Skills membership, record book with stickers, member patch, and year patch. All skaters must be able to stand and walk in skates without assistance while not on the ice and attend class independently. Helmets are recommended. Make-up classes may be offered at the discretion of the skating director depending on class size and level availability. Skill levels may be combined due to low enrollment. All first-time academy students are recommended to skate at least once prior to class start to find out correct skate size and fit.
Contact the Capital Clubhouse for level descriptions and registration deadlines.

Beginner Skating Levels - Resident Fee: $100; Non-Resident: $115
Age 4-5 Snowplow Sam Su Jan 6-Feb 10 3:30-4:00p
Snowplow Sam Su Jan 6-Feb 10 4:05-4:35p
Snowplow Sam M Jan 7-Feb 11 6:00-6:30p
Age 6+ Basic 1, 2, and 3 Su Jan 6-Feb 10 3:30-4:00p
Basic 1, 2, and 3 Su Jan 6-Feb 10 4:05-4:35p
Basic 1, 2, and 3 M Jan 7-Feb 11 6:00-6:30p

Intermediate Skating Levels - Resident Fee: $145; Non-Resident: $160
Age 6+ Basic 4, 5, and 6 Su Jan 6-Feb 10 4:40-5:25p
Basic 4, 5, and 6 M Jan 7-Feb 11 6:00-6:45p

Advanced Skating Levels - Resident Fee: $205; Non-Resident: $220 (incl: Off-Ice Conditioning Class)
Age 6+ Free Skate 1-6 Su Jan 6-Feb 10 4:40-5:25p
Free Skate 1-6 M Jan 7-Feb 11 6:00-6:45p

Hockey Skating Skills - Resident Fee: $100; Non-Resident: $115
Age 6-16 Basic 3 + Higher Su Jan 6-Feb 10 3:30-4:00p
Basic 3 + Higher M Jan 7-Feb 11 6:00-6:30p

Register online at www.CharlesCountyParks.com


**Sports**

**Soccer**

**Adult Spring Soccer League**
Round-robin format regular season. League is open to one or more divisions of competition. Team registration only. Interested individual players will be placed on a free agent list available to all coaches. Players must not be eligible to participate at the high school level.

Team Fees: $450 - $700
Team Registration: Feb 19 – Mar 8 Games Begin: Early Apr

- Women’s 18+ 7v7 Su
- Men’s 25+ 11v11 M
- Men’s 35+ 11v11 W

**Youth Soccer**

**Little Stars & Shooting Stars Soccer Program**
Introduce your child to the game of soccer by playing small-sided games based around fun and a structured learning atmosphere. The Little Stars and Shooting Stars developmental soccer program is designed to build new skills that form a solid soccer foundation. Players will meet new friends as they progress through a series of fun skill sessions and games. Instructors are current or former professional soccer and futsal players from Christos Football Club. Participants are encouraged to bring an age appropriate ball (size 3 and 4), water and shin guards. *No class Apr 2-5

Resident Fee: $80; Non-Resident: $85
Age 3-4 Port Tobacco 104030-PT Tu Mar 12-Apr 16 5:30-6:15p
Hanson 104030-HA Th Mar 14-Apr 18 5:30-6:15p
Age 4-7 Port Tobacco 104031-PT Tu Mar 12-Apr 16 6:15-7:00p
Hanson 104031-HA Th Mar 14-Apr 18 6:15-7:00p

**Christos FC Youth Soccer Clinic**
Beginner and advanced players are invited to prepare for the upcoming indoor soccer season with current and former professional soccer and futsal players from Christos Football Club. The Christos FC clinic focuses on teaching the necessary skills needed to play the game of soccer. Drills will be adjusted to cater to the varying level of players present.

Resident Fee: $80; Non-Resident: $85
Age 8-13 Port Tobacco 104023-PT Tu Mar 12-Apr 16 7:00-7:45p
Hanson 104023-HA Th Mar 14-Apr 18 7:00-7:45p

**Youth Soccer League – S.M.Y.S.L.**
The Southern Maryland Youth Soccer League is first and foremost a recreational sports program. Its purpose is to provide an opportunity for youth to participate in soccer within designated age divisions.

**Individual Organizations:**
- Bryans Road Soccer Association - www.brsa.net
- Indian Head Soccer Association - ihsa1.tripod.com
- La Plata Youth Soccer Association - www.lpysa.org
- Pisgah Soccer Association - www.leaguelineup.com/welcome.asp?url=pisgahsoccer
- Southern Maryland Youth Organization (SMYO) - smyo.org
- Waldorf Soccer Club - www.waldorsoccer.com

Spring Registration: Jan – Early Mar
Games Begin: Early Apr
Ages: U6, U8, U10, U12, U15, U19

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**Softball**

**Adult Spring Softball League**
Round-robin format regular season with teams playing double-headers. Teams must have a minimum of 15 players and no more than 20 players. Team registration only. Interested individual players will be placed on a free agent list available to all coaches. Players must be 18+ and not eligible to participate on the high school level.

Team Fee: $625-$675
Registration: Feb 19 – Mar 8 Games Begin: Late Apr

- Men’s M/Th
- Adult Co-Rec F/Su

**Early Bird Softball Tournament**
In partnership with ASA Softball, the Department of Recreation, Parks, and Tourism is hosting its annual Men’s Class E Softball Tournament on April 13-14 at Laurel Springs Regional Park. 20 team max. Player’s must be 18+. First and second place awards.

Team Registration: Feb 19-Mar 22 Team Fee: $275

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**Table Tennis**

**Table Tennis Drop-In**
Come out and enjoy open-style table tennis and semi-organized games.

Drop-In Fee: $5
Age 18+
Stoddert Tu/Th/F Ongoing 7:00-9:00p

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**Referees/Officials**
Have you ever wanted to become a youth or adult sports game official? Submit your information online at http://bit.ly/CCReferee!
Sports

Adult Volleyball

Adult Volleyball Drop-In
Open-style volleyball with semi organized games.  
Drop-In Fee: $5  
Age 18+  Port Tobacco  Th  Ongoing  8:00-9:15p

Adult Volleyball League
Ten-match season (30 games). Team registration only. Interested individual players will be placed on a free agent list available to all coaches. Leagues are open to all playing levels. Players must not be eligible to participate at the high school level.  
Team Fee: $375  
Winter League Registration Deadline: Jan 2  
Games Begin: Mid-Jan

Age 18+  Competitive Co-Ed  104200-CO  
Recreational Co-Ed  104200-RE  
Church League Co-Ed*  104200-CH  
*All church leagues must be associated with local church organization.

Spring League Registration Deadline: Mar 6  
Games Begin: Mid-Mar

Age 18+  Competitive Co-Ed  204200-CO  
Recreational Co-Ed  204200-RE  
Church League Co-Ed*  204200-CH  
*All church leagues must be associated with local church organization.

Youth Volleyball

Youth Volleyball Drop-In
Open-style volleyball with semi organized games. No drop-in Feb 18.  
Drop-In Fee: $3  
Age 11-13  Piccowaxen  M  Jan 7-Mar 25  4:00-6:00p  
Age 14-17  Piccowaxen  W  Jan 9-Mar 27  4:00-6:00p  
Age 8-17  Port Tobacco  W  Jan 9-Mar 17  5:00-6:15p

Adult Fitness & Dance

Adult Gymnastics Drop In
Do you ever feel like fine toning your cartwheel or brushing up on your toe touch? Well come bounce, swing, flip or jump with us at Elite and feel like a kid again. Not only is it fun, it’s a great work out too!  
Drop-In Fee: $5  
Age 16+  Elite  Th and F  Ongoing  8:00-9:00p

It’s A Line Dance “Thang”
Want to learn the latest line dances? How about a classic like the Electric Slide? Encourage a group of friends or come solo for a great time with other dance enthusiasts. Open to all levels from beginning to intermediate.  
Resident Fee: $40; Non-Resident: $45; Drop-In Fee: $8  
Age 16+  Henson  101029-H1  Tu  Jan 8-Feb 12  6:30-8:00p

Fitness & Dance

Zumba
Come join the party that combines high energy and motivating music with unique moves and combination. This is an exciting and effective fitness system. Routine aerobic/fitness interval and sculpt the body with easy to follow dance steps. No class on Jan 21.  
Resident Fee: $40; Non-Resident: $45  
Drop-In Fee: $8  
Age 18+  Mattawoman  101154-MA  M/W  Jan 21-Feb 6  7:00-8:00p

Fitness Boot Camp
Boot Camp is a one-hour group exercise training program designed to build strength, endurance, and fitness through a variety of group intervals, circuits, and workouts. Each class is strategically created to allow participants to get maximum calorie burn in the shortest amount of time. Each class will consist of cardio and weight resistance training that will target all muscle groups, including the abs, to comprise of a full body workout. Classes are designed to be challenging yet can easily be modified for all fitness levels.  
Resident Fee: $40; Non-Resident: $45; Drop-In Fee: $8  
Age 18+  Hanson  101327-HA  Tu  Jan 22-Feb 26  7:00-8:00p

Youth Fitness

Challenge 2 B fit
Challenge kids to put away their games, get up from the computer and experience fitness fun! The instructor utilizes music during fun activities to improve cardiovascular, muscular strength, flexibility, overall stamina, speed and agility. No class on Jan 21.  
Resident Fee: $10; Non-Resident: $12  
Age 5-14  Hanson  101061-H1  M/W  Jan 21-Feb 6  6:30-7:15p

Aquatic Fitness

Water Aerobics
Classes are low-impact with emphasis on stretching, cardiovascular, and resistance exercises. Participants should be comfortable in the water. Class times are subject to change without notice depending on instructor/pool availability.  
8 Visit Punch Card Resident Fee: $50; Non-Resident: $55  
At the Door: $8/visit
Age 16+  North Pt Pool  Sa  Jan 5-Feb 23  10:45-11:45a

Intermediate Swimming for Teens and Adults
This class is designed to assist participants in transitioning from learning how to swim to swimming for fitness. The focus is on conditioning and stroke technique. Participants should be confident in the water and have the knowledge and skills necessary to cross the pool safely.  
Resident Fee: $65; Non-Resident Fee: $70
Age 13-16  Lackey Pool  408030-L1  M/W  Nov 26-Dec 19  7:45-8:45p  
North Pt Pool  108030-N1  M/W  Feb 6-Mar 4  7:30-8:30p

Age 17+  Lackey Pool  408030-L1  M/W  Nov 26-Dec 19  7:45-8:45p  
North Pt Pool  108030-N1  M/W  Feb 6-Mar 4  7:30-8:30p
Concussion and Sudden Cardiac Arrest

In accordance with Sections 7-433 and 7-436 of the Education Article and Section 14-501 of the Health-General Article, Annotated Code of Maryland, a youth sports program that uses a public school facility shall provide to the Department of Recreation, Parks, and Tourism an acknowledgment form for all of its athletic activities to comply with requirements under the law concerning concussions, head injuries, and sudden cardiac arrests of participants. Signing the form confirms that you are aware of and have been provided with additional facts and guidelines on Concussion and Sudden Cardiac Arrest for youth sports from the Centers for Disease Control and Prevention. All youth utilizing or participating in classes, events, programs, or leagues that meet the criteria will be required to have a signed form on file with the either Charles County Recreation, Parks & Tourism or with the activities sponsoring agency. For Charles County Recreation, Parks & Tourism programs, this information will be obtained during the registration process.

Sudden Cardiac Arrest

**Definition**
Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. SCA in student-athletes is rare; the chance of SCA occurring to any individual student-athlete is about one in 100,000. However, a student-athletes risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

**Causes**
SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

**Warning Signs of SCA**
• SCA strikes immediately.
• SCA should be suspected in any athlete who has collapsed and is unresponsive. (No response to tapping on shoulders, does nothing when asked if he/she is ok).
• No pulse.

**Emergency Response to SCA**
• Act immediately; time is most critical to increasing survival.
• Recognize SCA.
• Call 911 immediately and activate EMS.
• Administer CPR.
• Use Automatic External Defibrillator (AED).

Concussion Information

**What is a concussion?**
A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

**How to spot a possible concussion**
Children and teens who show or report one or more of the signs and symptoms listed below – or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body – may have a concussion or other serious brain injury.

**Signs observed by Parents/Coaches**
• Appears dazed or stunned.
• Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
• Moves clumsily.
• Answers questions slowly.
• Loses consciousness (even briefly).
• Shows mood, behavior, or personality changes.
• Can’t recall events prior to or after a hit or fall.

**Signs reported by Children/Teens**
• Headache or “pressure” in head.
• Nausea or vomiting.
• Balance problems or dizziness, or double or blurry vision.
• Bothered by light or noise.
• Feeling sluggish, hazy, foggy, or groggy.
• Confusion, or concentration or memory problems.
• Just not “feeling right,” or “feeling down.”

**Emergency response to a head injury or concussion**
• Report it to your coach.
• Remove the player from the activity.
• Get it checked out.
• Give your brain time to heal.
• Only a doctor can determine the severity of your injury and when it is okay to return to play.
This recreation-based program, designed for both competitive and non-competitive swimmers, will provide leveled instruction in a fun and safe environment. Instructors may move swimmers to a different group after evaluating each participant at the first practice.

Dolphin Group
Must be able to swim one length (25 yds) both freestyle and backstroke. Refines freestyle and backstroke technique and introduces breaststroke, butterfly, starts, turns, and finishes.

Shark Group
Must be able to appropriately swim four lengths (100 yds.) of freestyle, two length (50 yds.) of backstroke and breaststroke and demonstrate butterfly. Builds all four competitive stroke techniques, starts, turns, finishes, and provides endurance training.

Open to Swimmers Age 6-18
DOLPHIN Resident Fee: $140; Non-Resident: $145 • SHARKS Resident Fee: $200; Non-Resident: $205

North Point Pool
Dolphins
108056-NP  Tu/Th  Jan 3-Mar 5  6:15-7:00p
Sharks
108056-N1  Tu/Th  Jan 3-Mar 5  7:00-8:15p and Sa 9:15-10:30a

Lackey Pool
Dolphins
108056-L1  Tu  Jan 5-Mar 5  7:15-8:00p and Sa 11:00-11:45a
Sharks
108056-L2  M/Th  Jan 3-Mar 7  7:15-8:30p and Sa 9:45-11:00a

Swim Club Mini Session
Worried about getting rusty between the Fall Swim Club and the January start to our Winter Swim Club? We’ve got a solution for you! We can still get you in the pool with a coach two days a week with a flexible schedule around the holiday season. You can register for the entire mini session, or just drop in whenever it’s convenient. No practice on Nov 22.

Resident Fee: $70; Non-Resident: $75 • At the Door: $8/visit
Age 6-18  Lackey 408066-L1  Tu/Th  Nov 15-Dec 20  7:15-8:30p
Learn to Swim

Swim Kidz
Mini Lessons

We offer three levels of instruction consisting of four 30-minute accelerated classes with an abbreviated curriculum designed to focus on the basic fundamental of swimming. The class size is limited to a maximum of four children, so instructors can offer more personalized approach to meet each swimmers needs.

Residents Fee: $40; Non-Residents: $45

Preschool/Youth Paddlerz — Introduction to basic swimming skills; including submerging, floating, kicking, and using their arms on both the stomach and back.

Preschool/Youth Flipperz — Works on floating unsupported and the basic fundamentals of front crawl and back crawl unsupported.

Preschool/Youth Snorklerz — Builds on front and back crawl skills, introduces breaststroke and deep-water treading.

Preschool Paddlerz (Ages 3-6)
408133-N1... North Point ... M-Th ... Nov 26-29 ... 6:45p
108133-D1... DM Wade ... M-Th ... Feb 25-28 ... 6:00p

Preschool Flipperz (Ages 3-6)
408134-N1... North Point ... M-Th ... Nov 26-29 ... 6:10p
108134-D1... DM Wade ... M-Th ... Feb 25-28 ... 4:30p

Preschool Snorklerz (Ages 3-6)
408135-N1... North Point ... M-Th ... Nov 26-29 ... 7:20p
108135-D1... DM Wade ... M-Th ... Feb 25-28 ... 6:35p

Youth Paddlerz (Ages 7-12)
408136-N1... North Point ... M-Th ... Nov 26-29 ... 7:20p
108136-D1... DM Wade ... M-Th ... Feb 25-28 ... 4:50p
108136-D2... DM Wade ... M-Th ... Feb 25-28 ... 6:00p

Youth Flipperz (Ages 7-12)
408137-N1... North Point ... M-Th ... Nov 26-29 ... 6:45p
108137-D1... DM Wade ... M-Th ... Feb 25-28 ... 5:25p
108137-D2... DM Wade ... M-Th ... Feb 25-28 ... 6:35p

Youth Snorklerz (Ages 7-12)
408138-N1... North Point ... M-Th ... Nov 26-29 ... 6:10p
108138-D1... DM Wade ... M-Th ... Feb 25-28 ... 5:25p

Teen & Adult Learn to Swim

For beginner and intermediate swimmers looking to gain confidence in the water by focusing on basic swimming skills, stroke development, and water safety. No class Apr 21.

Resident Fee: $65; Non-Resident Fee: $70

Age 13-16
DM Wade Pool 108029-S1... Sa ... Jan 5–Feb 23 ... 9:15-10:15a
North Pt Pool 108029-N1... Su ... Jan 6-Feb 24 ... 5:45-6:45p
North Pt Pool 108029-N2 ... M/W ... Jan 7-30 ... 7:30-8:30p
North Pt Pool 108029-N3 ... Su ... Mar 10-May 5 ... 5:45-6:45p

Age 17+
DM Wade Pool 108028-S1... Sa ... Jan 5–Feb 23 ... 9:15-10:15a
North Pt Pool 108028-N1... Su ... Jan 6-Feb 24 ... 5:45-6:45p
North Pt Pool 108028-N2 ... M/W ... Jan 7-30 ... 7:30-8:30p
North Pt Pool 108028-N3 ... Su ... Mar 10-May 5 ... 5:45-6:45p
Learn to Swim

Swim Lessons

Resident Fee: $60; Non-Resident: $65

Sessions consist of eight, 35-minute classes with one day focusing on basic water safety skills. Classes may be canceled due to low enrollment. Instructors may move children to a different level that is more appropriate from the registered class. Please contact the Aquatics Supervisor if health conditions warrant additional accommodations for participation.

Lesson Descriptions:

**Merbabies: Age 6-36 months**

Requirements: Parent or guardian must accompany child in water. Teaches parents the skills and techniques to encourage and develop a comfort level for young children in and around the water.

**Guppies: Age 3-5**

- **Guppies 1** – Orient children to water safety and basic swimming skills. Skills include: submerging, floating, kicking, and using arms on both the stomach and back.
- **Guppies 2** – Requirements: Completion of all Guppies 1 skills. Works on floating, gliding, combined stroke (arms/legs) on both stomach and back and introduces the back-crawl arms.
- **Guppies 3** – Requirements: Completion of all Guppies 2 skills. Must be comfortable with underwater swimming, able to float, and swim by themselves for 5 body lengths on both their stomach and back. Builds on combined stroke on stomach and back and introduces breaststroke kick and deep-water skills.

**Minnows: Age 6-12**

- **Minnows 1** – Orient children to water safety and basic swimming skills. Skills include: submerging, floating, kicking, and using arms on both the stomach and back.
- **Minnows 2** – Requirements: Completion of all Minnows 1 or Guppies 3 skills. Works on floating, gliding, combined stroke on both stomach and back and introduces the back-crawl arms and deep-water skills.
- **Minnows 3** – Requirements: Completion of all Minnows 2 skills. Must be comfortable with underwater swimming, able to float, and swim 10 yds. on both their stomach and back. Builds on combined stroke on stomach and back, and introduces breaststroke, butterfly, and beginning diving skills.
- **Minnows 4** – Requirements: Completion of all Minnows 3 skills. Must be comfortable in the deep water, be able to swim 20 yds of front crawl and elementary backstroke, and 15 yds back crawl. Class will refine stroke techniques for all strokes and diving from a standing position. Class prepares participants for the Charles County Swim Club Dolphins group.

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**DM WADE POOL**

**Session 1 • Sa • Jan 5-Feb 23**

<table>
<thead>
<tr>
<th>Level</th>
<th>Code</th>
<th>Time</th>
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<tbody>
<tr>
<td>Merbabies</td>
<td>108900-1A</td>
<td>10:30a</td>
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<tr>
<td>Guppies 1</td>
<td>108901-1A</td>
<td>11:15a</td>
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<tr>
<td>Guppies 2</td>
<td>108902-1A</td>
<td>10:30a</td>
</tr>
<tr>
<td>Guppies 3</td>
<td>108903-1A</td>
<td>12:00p</td>
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<tr>
<td>Minnows 1</td>
<td>108904-1A</td>
<td>10:30a</td>
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<td>Minnows 2</td>
<td>108905-1A</td>
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<td>Minnows 3</td>
<td>108906-1A</td>
<td>12:00p</td>
</tr>
<tr>
<td>Minnows 4</td>
<td>108907-1A</td>
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**LACKKEY POOL**

**Session 1 • M/W • Feb 18–Mar 13**

<table>
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<th>Level</th>
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<td>Merbabies</td>
<td>108500-1A</td>
<td>5:30p</td>
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<td>Guppies 2</td>
<td>108502-1A</td>
<td>7:00p</td>
</tr>
<tr>
<td>Minnows 1</td>
<td>108504-1A</td>
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**NORTH POINT POOL**

**Session 1 • Su • Jan 6-Feb 24**

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<th>Level</th>
<th>Code</th>
<th>Time</th>
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<td>Merbabies</td>
<td>108600-1A</td>
<td>2:45p</td>
</tr>
<tr>
<td>Guppies 1</td>
<td>108601-1A</td>
<td>3:30p</td>
</tr>
<tr>
<td>Guppies 2</td>
<td>108602-1A</td>
<td>5:00p</td>
</tr>
<tr>
<td>Guppies 3</td>
<td>108603-1A</td>
<td>2:00p</td>
</tr>
<tr>
<td>Minnows 1</td>
<td>108604-1A</td>
<td>4:15p</td>
</tr>
<tr>
<td>Minnows 2</td>
<td>108605-1A</td>
<td>5:00p</td>
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<tr>
<td>Minnows 3</td>
<td>108606-1A</td>
<td>2:45p</td>
</tr>
<tr>
<td>Minnows 4</td>
<td>108607-1A</td>
<td>4:15p</td>
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</tbody>
</table>

**Session 2 • Su • Mar 10-May 5**

(No class Apr 21)

<table>
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<tr>
<th>Level</th>
<th>Code</th>
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<tr>
<td>Merbabies</td>
<td>108600-2A</td>
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<td>Guppies 1</td>
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<td>Guppies 2</td>
<td>108602-2A</td>
<td>3:30p</td>
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<td>Guppies 2</td>
<td>108602-2B</td>
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<tr>
<td>Guppies 3</td>
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<td>5:00p</td>
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<tr>
<td>Minnows 3</td>
<td>108606-2A</td>
<td>4:15p</td>
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<tr>
<td>Minnows 4</td>
<td>108607-2A</td>
<td>2:00p</td>
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</table>
Elite Gymnastics and Recreation Center

Recreational Gymnastics
Program teaches achievable goals, frequent success, and tangible rewards. Our curriculum uses a beginner to advanced level system to track achievements, in addition to complementary classes to improve strength, conditioning, and form. Skills are broken into achievable steps. Elite nurtures an environment where children have an opportunity to be successful, while developing strength, coordination, and other skills that transfer to other sports and activities. Sessions consist of eight classes. Placement depends on age and skill level.

For safety reasons, all class sizes are limited to a maximum number of participants. Classes may be canceled due to low enrollment. Instructors may move children to a different level class if the child is unable to participate in the skill level of the registered class.

Class Descriptions

Tiny Tumblers — This is a parent participation class designed for small children and promotes proper brain development, motor skills, communication, and social skills while providing a fun bonding experience. Only one parent per child is permitted in the gym (no siblings permitted in gym). 45 minute class.

Twisters — Learn basic gymnastics skills and terminology that will help build self-esteem, increase flexibility and coordination. 55 minute class.

Girls Red — Introduces basic gymnastics skills, positions, and safety for floor, beam, vault, and bars. 55 minute class.

Girls White — For gymnasts who have completed all Red level skills and are familiar with basic skills on gymnastics equipment. 55 minute class.

Girls Blue — For intermediate gymnasts who have completed the White level. Students should have a strong roundoff and back bend kickover on the floor before advancing to this level. 55 minute class.

Girls Silver and Gold — For intermediate advanced/advanced gymnast who have completed the Blue level. These classes are by invitation only due to the increased level of difficulty which require a good knowledge and mastery of basic skills on each event. 1 hour and 25 minute classes.

Boys Tumble and Gym — Focuses on building strength, flexibility, and confidence through an introduction to basics skills and positions on events. In addition to gymnastics they will be introduced concepts of Parkour. 55 minute class.

Parkour Basics — Focus is on movement through obstacles using rolls, kong vaults, and precision jumps to move from point A to B. Spins, flips, and tricks are taught through games/challenges to train participants to control their bodies and minds in an urban or natural environment. 1 hour class.

Kids Conditioning and Core — Incorporates strength training, muscle and endurance building in a gymnastic atmosphere. Classes will include circuit training and games and activities to build core strength. 55 minute class.

Cheer Tumbling — Learn the fundamentals of tumbling for cheerleading through drills and skill progression. 55 minute class.

Gymnastics Schedule

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Age Range</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Jan 7-Feb 16 4 Week Mini Session</th>
<th>Feb 25-Apr 20 8 Week Full Session</th>
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</thead>
<tbody>
<tr>
<td>Tiny Tumblers</td>
<td>2-3</td>
<td>5 p.m.</td>
<td>6 p.m.</td>
<td>5 p.m.</td>
<td>10 a.m.</td>
<td>R: $65 / NR: $70</td>
<td>R: $90 / NR: $95</td>
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<tr>
<td>Twisters</td>
<td>4-5</td>
<td>6 p.m.</td>
<td>5 or 6 p.m.</td>
<td>5 p.m.</td>
<td>Noon</td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Girls Red</td>
<td>6+</td>
<td>5 or 7 p.m.</td>
<td>6 p.m.</td>
<td>7 p.m.</td>
<td>10 a.m. or Noon</td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Girls White</td>
<td>6+</td>
<td>7 p.m.</td>
<td>7 p.m.</td>
<td>6 or 7 p.m.</td>
<td>5 p.m.</td>
<td>11 a.m. or Noon</td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Girls Blue</td>
<td>6+</td>
<td>6 p.m.</td>
<td>7 p.m.</td>
<td>7 p.m.</td>
<td>6 p.m.</td>
<td>9 a.m. or 11 a.m.</td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Girls Silver</td>
<td>6+</td>
<td>5 p.m.</td>
<td>AND</td>
<td>5 p.m.</td>
<td>R: $165 / NR: $170</td>
<td>R: $225 / NR: $230</td>
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<tr>
<td>Girls Gold</td>
<td>6+</td>
<td>6:30 p.m.</td>
<td>AND</td>
<td>6:30 p.m.</td>
<td>R: $165 / NR: $170</td>
<td>R: $225 / NR: $230</td>
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<tr>
<td>Special Populations</td>
<td>6+</td>
<td>5 p.m.</td>
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<td></td>
<td></td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Boys Tumble &amp; Gym</td>
<td>6+</td>
<td>6 p.m.</td>
<td></td>
<td></td>
<td></td>
<td>11 a.m.</td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Little Ninjas</td>
<td>4-8</td>
<td>5:30 p.m.</td>
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<td>R: $65 / NR: $70</td>
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<tr>
<td>Parkour I</td>
<td>8-12</td>
<td>6:30 p.m.</td>
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<td>R: $110 / NR: $115</td>
<td>R: $150 / NR: $155</td>
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<td>Parkour II</td>
<td>13-18</td>
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<td>R: $110 / NR: $115</td>
<td>R: $150 / NR: $155</td>
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<td>Conditioning</td>
<td>8+</td>
<td>5 p.m.</td>
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<td>R: $85 / NR: $90</td>
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<td>Beginner Cheer</td>
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<td>6 p.m.</td>
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<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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<tr>
<td>Inter/Adv Cheer</td>
<td>7-8</td>
<td>7 p.m.</td>
<td></td>
<td></td>
<td></td>
<td>R: $85 / NR: $90</td>
<td>R: $115 / NR: $120</td>
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</tr>
</tbody>
</table>

One Day Specialty Gymnastics Clinics
If your gymnast struggles on a specific event, these two-hour clinics will be perfect for them! Join us for a day of training on bars, beams, or tumbling skills – or participate in our All Skills Clinic.

- Resident Fee: $25; Non-Resident Fee: $30
- Age 6-18
- All Skills Clinic 106011-EL M Jan 21 9:00a-2:00p
- Bars Skills 106007-EL Sa Jan 26 2:00-4:00p
- Beam Skills 106008-EL Sa Feb 23 2:00-4:00p
- Tumbling Skills 106009-EL Sa Mar 23 2:00-4:00p

Open Gym
Come in for our Open Gym to practice your gymnastics skills and have fun while using our trampolines, tumble track and foam pit. Gymnastics instructors will be available for assistance.

- Drop-In Fee: $5
- Age 6+ Sa Ongoing 1:00-2:00p

Open Tumbling
Our Open Tumbling sessions are available to help you work on your skills by using the trampolines and tumble track to help perfect your flips. Gymnastics instructors will be available for assistance. Groups larger then 5 please call one week prior.

- Drop-In Fee: $5
- Age 6+ Ongoing
- W: 7:30-8:30p
- F: 7:00-8:00p
Therapeutics (Special Populations)

Special Olympics Maryland • Charles County

Special Olympics Maryland and the Department of Recreation, Parks, and Tourism in a partnership offer a year-round program for athletic conditioning, training, and competition for individuals with intellectual disabilities who are at least eight years of age. There is no maximum age limit. All Special Olympics sports activities are free of charge to athletes. Currently, Special Olympics Charles County offers a chance to compete in ten Olympic-style sports annually. Online registration is available and required to participate in Special Olympics Sports.

Weekly News
Join our email list by sending an email to SO_CC@verizon.net.

Special Reminder
The Special Olympics MD policy is that ALL medical/volunteer applications must be updated every three years before a participant can attend training. Coaches: Please enforce this policy. To determine your status, please contact Pat Sharar at 301-932-8196.

United Way Campaign
It's time for the United Way of Charles County’s annual campaign. Please consider making Special Olympics MD - Charles County your designated donation. This campaign is one of the primary sources of funds for Special Olympics Charles County.

Coaching Opportunities
A head coach for golf is needed to continue the golf training program. Coaches must be age 18 or older and are subject to a criminal background investigation. Training is offered. If interested, contact Casey Ryan at 973 768-9885 or casey.ryan10@gmail.com

Unified Sports®
Unified Sports® is a unique opportunity for traditional Special Olympics athletes and partners (without intellectual disabilities, with similar ability levels) to train and compete as a team against other Unified Sports® teams.

Winter Sports

Special Population Bowling
Enjoy 8 weeks of bowling.
Registration Fee: $68
AMF Waldorf 512015-52 Su Jan 6-Feb 24 10:00a-12:30p

Special Olympics Winter Team
Learn to ski or use snowshoes. Ski Trip to White Tail Ski Resort (PA). Winter Games: Feb 26-27.
Snowshoe Gwynn Ctr 513011-SO Th Dec 6-Feb 21 6:00-8:00p
Skiing Gwynn Ctr 513013-SO Th Dec 6-Feb 21 6:00-8:00p

Basketball 5vs5
Improve your basketball skills.
Gwynn Ctr 513014-SO Tu Dec 4-Apr 2 6:00-8:00p

Spring Training
Swimming North Point 513016-SO Sa Mar 2-Jun 1 10:00a-Noon
Bocce Turkey Hill Park 513017-SO M Mar 11-Jun 3 6:00-8:00p
Track & Field Thomas Stone 513018-SO Sa Mar 16-Jun 1 6:00-8:00p

United Way Campaign
It’s time for the United Way of Charles County’s annual campaign. Please consider making Special Olympics MD - Charles County your designated donation. This campaign is one of the primary sources of funds for Special Olympics Charles County.

Special Populations Recreational Programs

Gymnastics
Special Populations Gymnastics works to develop basic and intermediate gymnastics skills. Students will have the opportunity to learn uneven bars, balance beam, vault, and tumbling skills. Participants will work to develop motor skills, flexibility, strength, and self-confidence!
Resident Fee: $90; Non-Resident: $95
Age 6+ Elite 506701-1D W Jan 9-Feb 13 5:00-5:55p
Elite 506701-1E W Feb 27-Apr 17 5:00-5:55p

Game Night
Join us for a fun night of gym games, bingo, and pizza!
Resident Fee: $10; Non-Resident: $11
Age 13+ Elite 112390-EL Sa Jan 12 5:00-7:30p

Special Populations Dances
Get into the spirit and dance the night away with your loved ones while working in some physical activity. Not sure how to dance? We’ll teach you. Individuals in wheelchairs welcomed. Light refreshments served. Individuals under 16 welcomed with adult supervision.
Resident Fee: $8; Non-Resident: $9
Age 16+ Hanson 512011-SP F Feb 15 6:30-8:30p
Hanson 512012-SP F Mar 15 6:30-8:30p
Write your own story...
IN CHARLES COUNTY

Follow the threads of rural roads, waterways and trails, and you can feel the beginnings of countless stories... stories of the past and stories that have yet to be told. Here, legendary figures and treasures play hide and seek and you can feel free to discover them at your own pace.

www.ExploreCharlesCounty.com

Charles County Tourism • Port Tobacco, Maryland • 800-766-3386 • MD Relay Service: 7-1-1