EASTERN FREDERICK COUNTY AREAS

the Recreater

Recreation, Sports & Leisure Brochure

FALL 2013

DANCE

DANCE ME A STORY

Learn basic ballet movements, French terms and choreography, and listen to a ballet story. Dancers will also make a tutu to take home and will perform at the end of the class. Correct color leotard, tights, and ballet shoes are available to order from Ms. Sheri at the discounted price. ***A material fee of $10 will be collected at the beginning of the first class.***

3-5 yrs / 8 wks / $130
Spring Ridge Dance Center
1188 M, 11/4-12/23 9:30-10:30 am

HIP-HOP

This class will focus on balance, coordination, rhythm and lots of hip-hop fun. This is a beginner hip hop dance class with lots of spinning, stomping, jumping, clapping, and hitting beats to their favorite tunes. Please wear loose fitting clothing and sneakers.

5-8 yrs / 8 wks / $130
Spring Ridge Dance Center
1246 M, 11/4-12/23 4-5 pm

HIP-HOP AND BREAK DANCING

It's fun, it's athletic, and it's on the floor!! Break dancing classes for boys and girls has emerged as a universal language that everyone wants to speak. This class is designed for your child to have fun and push their dance skills to the next level.

7-10 yrs / 8 wks / $130
Spring Ridge Dance Center
1235 Sa, 11/2-12/21 11 am-Noon

PRINCESS BALLET

Your little Princess will learn the correct French terms for ballet steps while mastering plie, tendu, and beautiful arabesque. Tiaras, fairy wings and wands are just some of the props used.

3-5 yrs / 8 wks / $130
Spring Ridge Dance Center
1218 W, 10/30-12/18 10-11 am

PRINCESS BALLET AND TOMBOY TAPS

A fun and imaginative way to learn ballet basics. Halfway through the class your little princess will change their shoes and attitudes to discover rhythm with their feet.

4-6 yrs / 8 wks / $130
Spring Ridge Dance Center
1208 Tu, 10/29-12/17 5-6 pm

ETIQUETTE

MANNERS CAN BE FUN!

Good manners and behaviors start at a young age and last a lifetime. This interactive class will teach children about being a good host and guest, telephone manners, greetings and shaking hands, using eye contact, gift giving/receiving, behavior in public places, showing respect and so much more. We will learn table manners and table settings too. Learn how to wow parents and teachers in this fun filled class!

5-8 yrs / 4 wks / $69
Deer Crossing Rec Center
1763 M, 11/25-12/16 5-6 pm

FITNESS

MIGHTY FIT YOGA

Physical postures integrated with the breath to release tension, promote strength, flexibility of body, mind, and emotions are practiced in this class. Modifications will be made to ensure the success of all participants. Yoga can alleviate many common problems that leave you feeling tired and drained of energy. A paying adult must accompany participants under the age of 18 years.

12+ yrs / 6 wks / $60
Oakdale Rec Center
1258 Tu, 11/12-12/17 6:30-7:30 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **Pre-registration required.**

12+ yrs / 6 wks / $32
Deer Crossing Rec Center
1434 W, 10/30-12/4 4-5 pm
1439 W, 10/30-12/4 6:45-7:45 pm
1442 Th, 11/7-12/19 7-8 pm
Liberty Elementary
1445 Tu, 11/5-12/10 7-8 pm
1780 Th, 11/7-12/19 7-8 pm
Oakdale Rec Center
1455 Sa, 11/2-12/7 9-10 am
1460 Su, 11/3-12/8 9-10 am
Spring Ridge Elementary
1464 Tu, 10/29-12/3 7-8 pm
1467 Th, 11/7-12/19 7-8 pm

"These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school."

MARTIAL ARTS

AIKIDO
Aikido focuses on minimum effort/ maximum effect, which makes it well suited for all people regardless of age, size, or gender. The beginner class is a wonderful way to learn basic, effective self-defense and foundations of Aikido.

13+ yrs / 6 wks / $20
Deer Crossing Rec Center
Beginner
1529 Sa, 11/9-12/14 10:45-11:45 am

13+ yrs / 8 wks / $40
Intermediate
1531 Sa, 11/9-12/28 9-10:30 am

PRINCESS DEFENSE
Your princess will learn to kick, block, punch, tumble and roll, in this fast paced, fun filled 45 minutes of karate. Self discipline, honesty, integrity, control and focus are practiced and emphasized as she learns to protect herself, her principles, her family, her kingdom, and her honor. ***A $12 insurance fee is due to the instructor at the beginning of the first class.*** A pink Gi is available at a discounted price from the instructor.

3-5 yrs / 8 wks / $130
Spring Ridge Dance Center
1489 Th, 10/31-12/26 10:45-11:30 am

INTRO TO KRAV MAGA-SURVIVAL ON THE STREETS
The #1 reality based system for self defense. Krav Maga is all about Survival in the Real World. Learn to survive all types of attacks, grabs, and holds. Simple, easy to learn, and brutally efficient. No experience necessary. ***A $12 insurance fee is due to the instructor at the beginning of the first class.***

16+ yrs / 8 wks / $140
Spring Ridge Dance Center
1502 Sa, 11/2-12/21 5-6 pm

KRAV MAGA LEVEL I & II - SURVIVAL ON THE STREETS

Learn to defend against guns, knives, and baseball bats. Simple, easy to learn, and brutally efficient. Must have completed Intro to Krav Maga or have permission from instructor. ***A$12 insurance fee is due to the instructor at the beginning of the first class.***

16+ yrs / 8 wks / $140
Spring Ridge Dance Center
1505 Sa, 11/2-12/21 6-7 pm

LITTLE TIGERS
The Little Tigers program is an energizing fun filled series of games and exercises that introduces your child to Shorin Ryu Karate. It helps to develop the mental aspects of self control, discipline, awareness, respect, cooperation, and focus. It helps to develop the physical attributes of speed, strength, flexibility, agility, and coordination, through the practice of blocks, strikes, punches, kicks, and tumbling. ***A $12 insurance fee is due to the instructor at the beginning of the first class.*** A Gi is available at a discounted price for purchase from the instructor.

3-5 yrs / 8 wks / $130
Spring Ridge Dance Center
1492 Th, 10/31-12/26 10-10:45 am

6-7 yrs / 8 wks / $130
Spring Ridge Dance Center
1494 Sa, 11/2-12/21 Noon-12:45 pm

UCHUNO SHORIN-RYU KARATE
Students are taught how to avoid confrontation, as well as how to defend themselves effectively. This is a belted program that focuses your student on honor, self-reliance, courage, and respect. ***A $12 insurance fee is due to the instructor at the beginning of the first class.*** All students are required to have a Gi and patch, which are available for purchase from the instructor.

8-11 yrs / 8 wks / $140
Spring Ridge Dance Center
1497 Sa, 11/2-12/21 12:45-1:45 pm

12+ yrs / 8 wks / $140
Spring Ridge Dance Center
1499 Sa, 11/2-12/21 1:45-2:45 pm

MOVEMENT & READINESS

BATON TWIRLING
Learn fundamental twirling skills, marching, and basic dance techniques in this program. The last class will feature a performance. Batons are available at a reduced cost from the instructor.

4-12 yrs / 6 wks / $45
Deer Crossing Rec Center
1249 Tu, 11/5-12/10 4:45-5:30 pm

FUNFIT
Funfit ® where fitness is child's play. This fun-filled activity brings fitness to a whole new level. Using balls, chutes, instruments and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, socialization, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking.

1-4 yrs / 6 wks / $66
Browning Building at Pinecliff Park
1238 W, 11/6-12/11 10:15-11 am

1-3 yrs / 6 wks / $66
Oakdale Rec Center
1248 Tu, 11/5-12/10 5:45-6:30 pm

SCIENCE & DISCOVERY

ELECTRONIC GAME DESIGN: INVADER DEFENSE GAMES
During the Electronic Game Design: Invader Defense classes, students will use Multimedia Fusion 2® to create their own video game. Whether students wish to fire marshmallows or missiles, they build a complete video game from start to finish. They program characters to survive a wave of enemy attacks in order to reach the next level. At the end of the class, students take home a copy of the game they create.

8-12 yrs / 6 wks / $145
New Market Elementary
1774 Tu, 10/29-12/3 5-6:30 pm

JR. AEROSPACE ENGINEERING

Junior Aerospace Engineering introduces our youngest engineers to fundamental concepts of aircraft and spacecraft design. Students explore and construct airplanes, rockets, hot air balloons, and more. ***Please bring $25 supply fee to first class.***

7-12 yrs / 6 wks / $100
Oakdale Rec Center
1779 M, 10/21-11/25 5-6:30 pm

JUNIOR WEDO ROBOTICS

This class is a perfect mixture of fun and learning, using LEGO® WeDo? Robots. Using LEGO® bricks, students build a dancing bird, a smart spinner, a drumming monkey and more. They also learn how to program and operate their creations using a laptop computer.

5-7 yrs / 6 wks / $125
Oakdale Rec Center
1775 W, 10/23-12/4 4:15-5:15 pm

MINDSTORM NXT LEGO ROBOTICS

Students will learn to design, program, and control fully functional robotic models. They will use software to plan, test, and modify sequences of instructions for a variety of life-like robotic behaviors. They will also learn to collect and analyze data from the robot's sensors. This program will provide a series of real-life activities, covering topics within science, technology, engineering, and mathematics all using LEGO® Robotics.

7-12 yrs / 6 wks / $145
Oakdale Rec Center
1776 M, 10/21-11/25 5-6:30 pm

SPORTS

BASKETBALL CLINICS W/ NIKKI TEASLEY

During this 3-day clinic, Nikki Teasley, former WNBA star, will be coaching players on their ball handling, dribbling, shooting, agility and core fitness. Clinic fee includes a jersey.

9-14 yrs / 3 days / $125
Oakdale Rec Center
1049 Tu-Th 10/22-10/24 5:30-7:30 pm

BASKETBALL PREP

In this beginner program, children will learn basic fundamentals of basketball. Children will play fun; small-side games to help reinforce the skills they have learned.

5-7 yrs / 5 wks / $34
Oakdale Rec Center
1032 M, 10/28-11/25 4:30-5:15 pm

8-10 yrs / 5 wks / $34
Oakdale Rec Center
1040 M, 10/28-11/25 5:30-6:15 pm

MINI HOOPSTERS

Bring your little "baller" out to the gym for some motor skill practice while they have fun playing basketball based games and activities. This program is designed for little tikes to experience the game, equipment and working with other children. ***Parent participation is required for some activities.***

3-5 yrs / 5 wks / $34
Deer Crossing Rec Center
1058 Sa, 11/2-12/7 10-10:45 am
1059 Sa, 11/2-12/7 11-11:45 am

SOCCER PREP

In this beginner program, children will learn basic fundamentals of soccer. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-7 yrs / 5 wks / $34
Oakdale Rec Center
1093 W, 10/30-11/27 4:30-5:15 pm
Deer Crossing Rec Center
1095 F, 11/1-12/6 4:30-5:15 pm

8-10 yrs / 5 wks / $34
Oakdale Rec Center
1104 W, 10/30-11/27 5:30-6:15 pm
Deer Crossing Rec Center
1108 F, 11/1-12/6 5:30-6:15 pm

LOW INTERMEDIATE TENNIS

Our certified professional instructors work on advanced instruction and stressing form and strategy. Players learn the tools necessary to play on a junior league tennis team.

11-14 yrs / 3 wks / $67
West Winds Tennis Center
1717 Su, 11/3-11/17 9-10 am

11-14 yrs / 4 wks / $88
West Winds Tennis Center
1716 Su, 12/1-12/22 9-10 am

QUICKSTART TENNIS

We scale the courts down to their size, which gives kids the confidence and ability to cover the entire court. QuickStart tennis enables kids to have a fun experience early on in the learning process.

4-7 yrs / 3 wks / $67
West Winds Tennis Center
1705 Su, 11/3-11/17 10-11 am

4-7 yrs / 4 wks / $88
West Winds Tennis Center
1704 Su, 12/1-12/22 10-11 am

YOUNG BEGINNERS TENNIS

Our certified professional instructors will continue to develop eye-hand coordination and begin stressing better technique and understanding how the game is played.

8-10 yrs / 3 wks / $67
West Winds Tennis Center
1712 Su, 11/3-11/17 11 am-Noon

8-10 yrs / 4 wks / $88
West Winds Tennis Center
1711 Su, 12/1-12/22 11 am-Noon

GO GET IT BEGINNER VOLLEYBALL INSTRUCTION

This program is designed to educate and prepare players for the game of volleyball. Basic passing, setting, hitting and serving skills are introduced. Suitable for beginner to novice players.

10-16 yrs / 5 wks / $60
Deer Crossing Rec Center
1513 Th, 10/24-11/21 5:30-7 pm

GO GET IT INTERMEDIATE VOLLEYBALL INSTRUCTION

This program is for those with prior volleyball experience who want to continue learning the game of volleyball. This class builds on basic skills and introduces more advanced offensive and defensive techniques into actual game play. The class is designed for players that can already perform basic skills. Come out to work hard and have fun playing volleyball!

11-17 yrs / 5 wks / $60
Deer Crossing Rec Center
1270 Th, 12/5-1/9 5:30-7 pm

We are now offering a drop-in Fitness program!

Oakdale Rec Center
Monday's and Wednesday's
Now through December 4th
4:30-5:15 pm

$3
per day

For more information, contact Amy Vagnoni: avagnoni@frederickcountymd.gov

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to Frederick County Treasurer)
By Phone: 301-600-2936 **Fax:** 301-600-2595

Parent/Guardian Name *(if participant is under 18 years of age)* _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Work/Cell Phone _____ E-mail _____
Emergency Contact Name _____ Emergency Phone _____
Medical Conditions: Participant name: _____ Medical Condition: _____

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
					$
					$
				TOTAL DUE	$

Attach additional registrations on a separate piece of paper if necessary
We will notify you only if there is a problem or a change in the program.

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreater.com
Discipline Policy: I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.
Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature _____ Date _____

Program Refunds
Our refund policy encourages early decisions, so as to not affect other customers or our ability to deliver efficient programs. All requests for refunds must be made at least 10 business days prior to the start of the program. A 20% administrative fee will be charged per refund transaction. Registrations that require advanced tickets are not refundable. Refunds for Sports League registrations must be made prior to the listed league registration deadline. There are no refunds for missed sessions.
Program Credits & Transfers
To avoid the administrative fee, a customer may transfer into another program with no additional fee. A credit may also be kept on the customer account at no additional charge. Requests for both credits and transfers can only be made 5 or more business days prior to the program start date. There are no refunds of credits.