SOUTHERN FREDERICK COUNTY AREA

the Recreater

Recreation, Sports & Leisure Brochure

WINTER 2014

KINDERDANCE

Kinderdance is a quality developmental dance, motor skills and fitness programs taught on 3 levels, teaching the basics of Ballet, Tap, Acrobatics and Creative Movement while blending educational concepts. Parents may observe during the final class. ***Ballet and tap shoes are required.***

LEVEL 1

3-5 yrs/ 6 classes/ $66
Ballenger Creek Community Building
1815 Tu, Jan 21-Feb 25 10:00-11:00 AM

3-5 yrs/ 10 classes/ $110
Centerville Rec Center
1808 M, Jan 27-Mar 31 4:30-5:30 PM

LEVEL 2

3-5 yrs/ 10 classes/ $110
Centerville Rec Center
1818 M, Jan 27-Mar 31 5:30-6:30 PM

4-6 yrs/ 6 classes/ $66
Ballenger Creek Community Building
1824 Tu, Jan 21-Feb 25 5:30-6:30 PM

COOKING FOR KIDS

Your child will learn cooking techniques, secrets, and kitchen safety. Learn how to make snacks, meals, desserts, and much more. There's a tasting session in every class. This program is sure to satisfy your appetite. Program cost: $45 / Food & Supplies cost: $20

10-13 yrs/ 4 classes/ $65
Ballenger Creek Community Building
2117 Th, Feb 27-Mar 20 6:00-7:30 PM

PEE WEE KARATE

This is an introductory program teaching the fundamental basic movements and exercises of Tang Soo Do (Korean Karate). Emphasis is placed on developing concentration skills and coordination.

5-7 yrs/ 8 classes/ $69
Centerville Rec Center
1935 F, Jan 24-Mar 14 5:45-6:15 PM
Tuscarora Rec Center
1933 Tu, Jan 21-Mar 11 6:00-6:30 PM

JUNIOR KARATE

This Introductory program teaches the fundamental basic movements and exercises of Tang Soo Do (Korean Karate). Program focuses on personal development, practical self-defense and physical fitness. Uniforms and belts are optional and may be purchased through the instructor for an additional fee. Parents may join in for an additional fee.

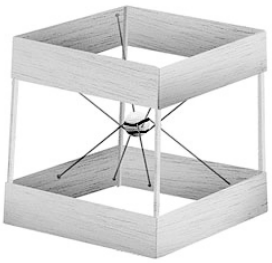
8-14 yrs/ 8 classes/ $69
Centerville Rec Center
1931 F, Jan 24-Mar 14 6:30-7:30 PM
Tuscarora Rec Center
1929 Tu, Jan 21-Mar 11 6:45-7:45 PM

YOUNG REMBRANDTS CARTOONING

Learn to create silly characters, funny expressions and drawing sequences that tell a joke! Young Rembrandts cartoon drawing class provides an innovative, step-by-step drawing method with lighthearted subject matter that is engaging while sparking your sense of humor, and your vivid imagination.

6-12 yrs/ 6 classes/ $80
Ballenger Creek Community Building
2434 Tu, Jan 21-Feb 25 4:00-5:00 PM

MECHANICAL ENGINEERING



During the Mechanical Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing a roller coaster, egg-drop vehicles, and an incredibly fast air powered dragster they keep at the end of the course. ***Please bring a $30 supply fee to the first class.***

7-12 yrs/ 6 classes/ $115
Centerville Rec Center
2488 W, Jan 22-Feb 26 5:00-6:30 PM

8-13 yrs/ 6 classes/ $115
Tuscarora Rec Center
2487 M, Jan 27-Mar 3 5:00-6:30 PM

GO PLAY
Sports Instruction Brochure

LOOKING FOR SPORTS? CHECK OUT OUR *"GO PLAY" SPORTS INSTRUCTION BROCHURE* IN YOUR SCHOOL FOLDER!

OR CALL 301-600-2936 TO REQUEST A COPY

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

ARTS & CRAFTS

ABRAKADOODLE TWOOSY DOODLER

This special adult/child class is often the first educational program. Twoosys have fun creating unique art while developing fine motor skills, hand eye coordination, creativity, readiness skills, confidence, ability to play with others; imaginative thinking. Non toxic materials are used as children paint with tempera, water colors, oil and chalk pastels; we sculpt, stamp, cut, glue, learn colors, sing, hear stories, and more. Adults learn how to nurture creativity. New curriculum based lessons each session. Frames and aprons provided for all children. $30 materials fee due at first class.

1-3 yrs/ 6 classes/ $75
Ballenger Creek Community Building
2375 Th, Jan 16-Feb 17 11:00-11:35 AM

ABRAKADOODLE MINI DOODLERS

Mini Doodlers gleefully create a new framed masterpiece each week with a wide variety of non toxic high quality materials and develop techniques, motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. Kids learn about master and contemporary artists as well as cultural art and vocabulary. They present their work using their arty words. New curriculum based lessons each session. Protective aprons provided for all children. ***$30 material fee due at first class.***

3-5 yrs/ 6 classes/ $75
Ballenger Creek Community Building
2368 Th, Jan 16-Feb 13 10:00-10:45 AM

NEW! FAMILYZART

Familyzart: A new parent/child program that brings families together. Kidzart helps all families learn to appreciate art and all the fun creativity it brings. Professional art skills are NOT required. Kidzart will help all participants no matter their artpertise! All participants will create individual works of art at their own level with the instructional guidance. We use artist quality media. Sessions are unique because our curriculum never repeats! Ask about Family of 4 or more discounts. ***Bring a $10 supply fee per person to class.***

5+ yrs/ 1 class/ $8
Centerville Rec Center
2432 Sa, Jan 25 10:00-11:00 AM

KIDZART

A fun drawing based educational program proven to use artistic expression to improve various skills; self-confidence, writing/mechanics, creativity and self expression. Students feel safe being creative in a positive learning environment. KidzArt is fun & creative so students have fun practicing art skills and techniques. We use artist quality media. Ask about our Multi-Sibling and Return Student supply fee discount. ***Please bring $30 supply fee to first class.***

5-10 yrs/ 6 classes/ $45
Centerville Rec Center
2091 Sa, Jan 18-Feb 22 1:15-2:15 PM

TEENZART

Students will design, develop, and create personalized artwork using instructor guidance to help better their drawing and creative abilities. Students experience various exciting projects using artist techniques. We use artist quality media. Ask about our multi-sibling and Returning Student discounts off supply fees. ***Please bring $35 supply fee to the first class.***

11-15 yrs/ 6 classes/ $45
Centerville Rec Center
2417 Sa, Jan 18-Feb 22 11:30-1:00 PM

COOKING

MOMMY & ME COOKING

You and your mommy will create some yummy food in this class with Chef Krystal Turner. You will have a blast learning about the basics of cooking, and best of all you get to eat what you make! Cost is per parent/child couple. Program cost: $30; Food and Supplies cost: $10

4-7 yrs/ 1 class/ $40
Ballenger Creek Community Building

GOIN' GREEN
2131 Sa, Feb 8 9:30-11:30 AM

WINTER TREATS
2130 Sa, Feb 1 9:30-11:30 AM

BAKING FOR KIDS

Roll, pat, vent, flute, raise, and cut your way to yummy breads, pies, cookies, cakes, and other desserts. This program features baking techniques, kitchen safety, and a tasting session in every class. Program cost: $45 / Food & Supplies cost: $20

10-13 yrs/ 4 classes/ $65
Ballenger Creek Community Building
2116 M, Jan 13-Feb 3 4:30-6:00 PM

COOKING MADE EASY

You will learn new ways to prepare food and take these tips, techniques, secrets, and kitchen safety to your own Kitchen. There will be a tasting session in every class. Program cost: $59 / Food & Supplies cost: $20

18+ yrs/ 3 classes/ $79
Ballenger Creek Community Building
2258 Tu, Feb 11-Feb 25 6:30-9:00 PM

COOKING TECHNIQUES

We will be devoting classes to knife skills, cooking procedures, developing flavors and expanding creativity in the kitchen. This class will benefit anyone, from the novice to the experienced cook in their journey to become the master of their kitchen. Program cost: $82 / Food & Supplies cost: $30

18+ yrs/ 4 classes/ $112
Ballenger Creek Community Building
2118 M, Feb 17-Mar 10 6:30-9:00 PM

DATE NIGHT
Couples who cook together, stay together! Grab your significant other and join us for a night of fun. You and your partner will work together to create a delicious meal and dessert that will be both memorable and romantic. Program cost: $45; Food and Supplies cost: $24; Cost is per couple.

18+ yrs/ 1 class/ $69
Ballenger Creek Community Building

CHICKEN
2316 F, Jan 24 6:30 PM-9:00 PM

ITALIAN
2319 F, Jan 31 6:30 PM-9:00 PM

TEX MEX
2321 F, Feb 7 6:30 PM-9:00 PM

VALENTINE'S
2322 F, Feb 14 6:30 PM-9:00 PM

FRENCH BISTROS
This is Chef Buck's favorite class and is being offered for the fourth winter in a row. We have lots of new recipes and techniques from this unique French fare planned and you do not want to miss this class. Soups, sandwiches, fricassees, stews, crepes as well as desserts will be created and enjoyed in this class. Program cost: $82 / Food & Supplies cost: $30

18+ yrs/ 3 classes/ $112
Ballenger Creek Community Building
2186 Tu, Jan 21-Feb 4 6:30-9:00 PM

MASTERING SEAFOOD
Learn how simple and satisfying it is to perfectly prepare fish and seafood. We'll share tips for taking advantage of what's available at market, then walk you through multiple techniques for transforming seafood and fish into a delicious dinner, including perfect searing and roasting. We'll also explain how to elevate each with seasonings and homemade sauces. You'll be creating restaurant-quality dishes in no time. Program cost: $45 / Food & Supplies cost: $24

18+ yrs/ 2 classes/ $69
Ballenger Creek Community Building
2267 Sa, Jan 18-Jan 25 6:30-9:00 PM

SOUTHERN ITALIAN CUISINE
We will be learning about the various cooking styles of Southern Italy. We will prepare and enjoy popular dishes using the ingredients and techniques of these fascinating areas. Learn new dishes you can create in your home. Program cost: $80 / Food & Sup-plies cost: $35

18+ yrs/ 4 classes/ $115
Ballenger Creek Community Building
2115 Sa, Feb 15-Mar 8 6:30-9:00 PM

DANCE

KINDERTOTS
Kindertots is a pre-dance class designed to develop the total child through gross motor skills, movement creativity, physical development and body awareness, while learning numbers, colors, shapes, and songs. Very basic ballet positions are taught in this class. ***Ballet shoes are strongly encouraged.***

2 yrs/ 6 classes/ $66
Ballenger Creek Community Building
1973 Tu, Jan 21-Feb 25 9:30-10:00 AM

MARTIAL ARTS

TINY TIGERS
We enhance hand eye coordination, agility, balance and more, all while learning basic karate techniques and having fun. We also focus on important life skills such as improving eye contact, concentration and first time listening skills. Our full-time instructors work with kids in a safe, clean and fun environment that features top quality equipment and padded floors for extra safety. The 5 to 1 student to teacher ratio will ensure that your child will gain the full benefits of our program. An official Kicks Karate uniform and white belt are included in your fee.

3-4 yrs/ 10 classes/ $129
Kicks Karate- Frederick
2500 Tu Th, Jan 21-Feb 20 5:40-6:10 PM

LITTLE NINJAS
Through the concept of "edutainment", children will develop the skills of concentration and self-control. Help gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. An official Kicks Karate uniform and belt are included in the fee.

5-7 yrs/ 10 classes/ $129
Kicks Karate- Urbana
2499 M W, Jan 22-Feb 24 4:55-5:35 PM

5-7 yrs/ 10 classes/ $129
Kicks Karate- Frederick
2498 Tu Th, Jan 21-Feb 20 6:10-6:50 PM

CHILDREN'S KARATE
Students will sharpen their mental focus and learning ability through developing eye contact, enhancing concentration, and by improving listening skills in a fun filled atmosphere for learning. We also teach life skills like respect and good citizenship. Students will learn basic karate skills in a safe, sanitary and professional training environment. Our 8 to 1 student to teacher ratio and age-specific grouping will maximize learning and fun! Uniform and belt are included.

7-13 yrs/ 10 classes/ $129
Kicks Karate- Urbana
2496 M W, Jan 22-Feb 24 6:10-7:00 PM

8-12 yrs/ 10 classes/ $129
Kicks Karate- Frederick
2495 M W, Jan 22-Feb 24 6:10-7:00 PM

MOVEMENT

NEW! FUNFIT® SHINING STARS

Bringing your little ones into the next level of FUN through cooperative play, simple instructions, game rules and strategies. A sample of games and equipment include circle and movement games, tag, ball games, more challenging parachute games, silly dances and hoops, balls, tunnels, balloons, balance beams, and more. Parents/Guardians welcome but not required.

3-5 yrs/ 8 classes/ $80

Ballenger Creek Community Building

2281 M, Jan 27-Mar 17 11:00-11:45 AM

Centerville Rec Center

2282 Th, Jan 23-Mar 13 5:30-6:15 PM

FUNFIT® TOTS

Join us for this fun-filled, full of energy, active games class emphasizing creative movement, parachute, balls, and loads of active fun! Develop self-confidence, motor skills, coordination, socialization, cooperation, and reinforce cognitive learning. Boys, girls, special needs welcome! ***Parent/Guardian participation required with child(ren).*** Participating adult burns approx. 500 calories!

1-2 yrs/ 8 classes/ $80

Ballenger Creek Community Building

2289 M, Jan 27-Mar 17 9:30-10:15 AM

2-3 yrs/ 8 classes/ $80

Ballenger Creek Community Building

2288 M, Jan 27-Mar 17 10:15-11:00 AM

1-4 yrs/ 8 classes/ $80

Centerville Rec Center

2295 Th, Jan 23-Mar 13 4:45-5:30 PM

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 355 Montevue Lane, Suite 100, Frederick, MD 21702-8213 (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.