WALKERSVILLE AREA

the Recreater

Recreation, Sports & Leisure Brochure

FALL 2013

CRAFTS & FINE ARTS

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, school readiness including motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. ***$30 material fee due at first class.***

3-5 yrs / 6 wks / $75
Fountain Rock-Kauffman House
1288 Tu, 11/5-12/10 10-10:45 am

KIDZART

KidzArt is a drawing based educational program proven to build self confidence through artistic expression in a fun and positive environment. Engaging curriculum amps up the fun and creativity keeping students eager to learn new skills and practice new techniques. ***Please bring $30 supply fee to first class.***

5-10 yrs / 6 wks / $45
Walkersville Rec Center
1429 Th, 11/7-12/19 5:45-6:45 pm

ABRAKADOODLE TWOOSY DOODLER

Twoosys have fun creating unique art while developing fine motor skills, hand eye coordination, creativity, readiness skills, confidence, ability to play with others and imaginative thinking. Non toxic materials are used as children paint, sculpt, stamp, cut, glue, learn colors, sing, hear stories, and more. Adults learn how to nurture creativity. Frames and aprons provided for all children. This is a parent/child class. ***$30 materials fee due at first class.***

1 y 8 m-3 yrs / 6 wks / $75
Fountain Rock-Kauffman House
1313 Tu, 11/5-12/10 11-11:35 am

FITNESS

TOTAL BODY FIT

This class will get your heart jumping and muscles pumping. Class will include low impact cardio exercises, muscle toning and abdominal exercises. This class is for any fitness level.

18+ yrs / 6 wks / $55
Walkersville Rec Center
1332 Th, 11/7-12/19 7-8 pm

ADULT ACTIVE YOGA

Active Adult Yoga begins where you are, no matter what condition your body is in. It is done very slowly, working at your own ability level. While yoga is mainly physical, its effects are much more. Through relaxing exercises, deep breathing and easy-to-learn stretches you will release mental and physical tension, enabling you to become more flexible, stronger, healthier and happier.

50+ yrs / 6 wks / $45
Walkersville Rec Center
1233 F, 11/8-12/20 5:30-6:30 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
Emmitsburg Community Center
1433 Tu, 10/29-12/3 7-8 pm
1438 W, 10/30-12/4 7-8 pm
Thurmont Rec Center
1370 Sa, 11/2-12/7 8-9 am
1373 M, 10/28-12/2 6:30-7:30 pm
1383 W, 10/30-12/11 7-8 pm
1402 Th, 11/7-12/19 6-7 pm
Walkersville Rec Center
1466 Tu, 11/5-12/10 6:30-7:30 pm
1472 Sa, 11/9-12/14 8-9 am

MARTIAL ARTS

KICKS KARATE

This is a high-energy, 50 minute class that develops physical, mental, and emotional self-defense skills. 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. ***Uniform and belt are included.***

8-13 yrs / 5 wks / $129
Kicks Karate-Frederick
1772 M & W, 10/28 6:10-7 pm

KICKS KARATE- LITTLE NINJAS

Little Ninjas is a fun-filled class designed specifically for the developmental needs of young children. 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 / 5 wks / $129
Kicks Karate-Frederick
1769 Tu & Th, 10/29 6:10-6:50 pm

KICKS KARATE- TINY TIGERS

The Tiny Tigers karate program is an action-packed 30 minute karate class that focuses on pre-skills. We enhance hand eye coordination, agility, balance, etc. 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 yrs / 5 wks / $129
Kicks Karate-Frederick
1767 Tu & Th, 10/29 5:40-6:10 pm

MOVEMENT & READINESS

FUNFIT® FUNKY MONKEYS

Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it. With loads of age-appropriate, non-competitive, active games such as tag, ball play, parachute and more, kids learn to play by game rules, follow simple instructions, advance coordination and sport skills, as well as benefit from the social and cooperative aspects formed in team play.

3-6 yrs / 6 wks / $66
Walkersville Rec Center
1195 M, 11/4-12/9 5:45-6:30 pm

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

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
Walkersville Rec Center
1257 M, 11/4-12/9 5-5:45 pm

SCIENCE & DISCOVERY

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
Middletown Rec Center
1778 Sa, 10/26-12/7 10:45-11:45 am

MECHANICAL ENGINEERING-MASTER MACHINES

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 roller coasters, egg-drop vehicles, and an incredibly fast air powered dragster they keep at the end of the course. ***$30.00 supplies fee due at first class.***

7-12 yrs / 6 wks / $115
Middletown Rec Center
1777 Sa, 10/26-11/30 9-10:30 am

SPORTS

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
Walkersville Rec Center
1034 M, 10/28-11/25 4:30-5:15 pm

8-10 yrs / 5 wks / $34
Walkersville Rec Center
1042 M, 10/28-11/25 5:30-6:15 pm

SPORTS BONANZA

Our coaches will teach your children how to catch, throw, kick and other skills while playing basketball, tee-ball, soccer and more in this program.

6-8 yrs / 5 wks / $34
Walkersville Rec Center
1087 Th, 11/7-12/12 5:30-6:15 pm

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.