

December 2016 Newsletter

Mayor Michael Pantelides
shares these upcoming programs



annapolis

recreation & parks

Healthy Living Starts Here.

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annapolis recreation & parks

WINTER 2017 PROGRAM GUIDE
www.annapolis.gov/recreation

POWER OF PLAY

- Promote a Healthy Lifestyle (Physical Activity)
- Encourage Life-Long Learning (Mentor Activity)
- Contribute to Livable Neighborhoods (Youth and Adults Positively Engaged in Wholesome Activities)
- Contribute to the City's Economic Vitality (Quality of Place, House Values, Sports Tourism, Department Cost Recovery)
- Build a Sense of Community (Social Interaction)
- Contribute to an Attractive and Sustainable Environment (Identify and Maintain Public Spaces)

www.annapolis.gov/recreation

EVENTS AND PROGRAMS HIGHLIGHTED THIS WINTER!

- Points for Peace Basketball
- Good Sports 2017 Collection Drive
- Basketball
- Boot Camp Fitness Class
- Boxing
- Volleyball
- Daddy Daughter Dance

Look for the Winter Program Guide!

MAKE YOUR LIST AND CHECK IT TWICE!

GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON!

Pip Moyer Recreation Center at Truxtun Park offers gift certificates for holiday gift giving!

Please Note:
PMRC and Stanton Center will be closed on Christmas Day and New Year's Day; Stanton will also be closed on Christmas Eve.

Annapolis Recreation and Parks Dept

MODELL'S SPORTING GOODS COUPON

15% OFF

Print & Bring in this Coupon to Receive:
YOUR TOTAL PURCHASE OF REGULAR & SALE PRICED MERCHANDISE

EARN A CASH DONATION FOR YOUR TEAM, SCHOOL OR ORGANIZATION!

Team WEEKS

YOUR TEAM RECEIVES 5% Of Purchases Made with this Coupon

MVP

EARN MVP AWARDS While Supporting Your Team!

Offer Valid on In-Store Purchase at any Modell's Sporting Goods only.

valid from 11/24/16 - 12/24/16

While you are shopping this season go to Modell's, mention Annapolis Recreation & Parks and receive 15% off your purchase. Proceeds benefit our scholarship fund!

Join our NEW Boot Camp Fitness Class offered Monday, Wednesday, Friday, 6 - 7 am. Get up and get moving with us! See our full fitness schedule on page 2.



PEACEPLAYERS INTERNATIONAL

bridging divides | developing leaders | changing perceptions

Points for Peace 2016 will be held Saturday, Dec 3!

This all-day event will host morning basketball clinics for age 5-16 followed by free lunch and a presentation from Peace Players International. In the

afternoon, ARPD will host its annual pre-season basketball tournament. The fun will continue with a happy hour event in downtown Annapolis to promote Peace Players International's amazing work throughout the world!

For more information, please contact Katy Owings at kaowings@annapolis.gov or 410-263-7958. For more information about Peace Players International, please visit www.peaceplayersintl.org. **Cost: \$20 #7282**



The following Fitness Classes are held at PMRC and included with Membership. Individuals may pay the Drop-In Fee to join any or all Fitness Classes. Classes are for ages 16+ unless otherwise noted.

Monday	6 - 7 am	Boot Camp
	6:15 - 7:15 am	Express Cycle & Abs
	7:45 - 8:45 am	Aerobics
	9 - 10 am	Turn Back the Clock
	10:15 - 11:15 am	Barbell Strength
	12:30 - 1:30 pm	Lunch Time Yoga
	5:30 - 6:30 pm	Cycling
	5:45 - 7 pm	Vin/Yin Yoga
6:30 - 7:30 pm	Zumba®	
Tuesday	6:15 - 7:15 am	Pilates
	8:45 - 10 am	Yoga for Older Adult
	10:10 - 11:10 am	Cardio Chisel
	5 - 6 pm	SWEAT
	5:30 - 7pm	Total Body/Work Core
	6:30 - 7:30 pm	Cycling
	7 - 8 pm	Yin Yang Yoga
Wednesday	6 - 7 am	Boot Camp
	7:45 - 8:45 am	Aerobics
	9 - 10 am	Turn Back the Clock
	10:15 - 11:15 am	Barbell Strength
	10:15 - 11:15 am	Deep Stretch Yoga
	5 - 6 pm	Line Dancing
	5:30 - 6:30 pm	Cycling
	5:30 - 6:30 pm	Yogilates
	6:30 - 7:30 pm	Cardio Dance Mix
Thursday	6:15 - 7:15 am	Express Cycle & Abs
	9 - 10 am	Cardio Chisel
	10 - 11:15 am	Gentle Yoga
	5 - 6 pm	SWEAT
	6:30 - 7:30 pm	Cycling
	6:45 - 7:45 pm	Zumba®
Friday	6 - 7 am	Boot Camp
	8:30 - 9:30 am	Barre
	9 - 10 am	Gentle Cycling
	9:30 - 10:30 am	Vinyasa Yoga 1 & 2
	9:45 - 10:45 am	Pilates
	5 - 6 pm	Cycling
	5 - 6 pm	Zumba® Toning
Saturday	9 - 10 am	Weekend Ride Cycle
	9 - 10:15 am	Yin Yang Yoga
	10:30 - 11:30 am	Cardio Dance Mix
	10:30 - 11:45 am	Total Body/Work Core
Sunday	10 - 11:15 am	Vin/Yin Yoga



New Rock Wall hours

Tuesday	8:30-10:30 am
Wednesday	7 - 9 pm
Thursday	6 - 8 am and 7 - 9 pm
Every other Sunday (Dec 4, Dec 18)	10 am - 2 pm

Indoor Ballocity™ Playspace

We have a unique play arena for kids to climb, slide, stretch, and push their way through an obstacle course with soft, washable balls placed into



a fountain, levitation table, hoppers and blasters for active fun. Full membership or daily drop-in fee required for all children who are walking.

Hours:

Mon/Wed	9 am - 8 pm
Tue/Thu	9 am - 5 pm
Sat	10 am - 4 pm

PMRC Winter Hours: Effective Dec 1, 2016 - Mar 31, 2017

Monday - Thursday	6 am - 9 pm
Friday	6 am - 6 pm
Saturday and Sunday	8 am - 6 pm

PMRC Winter Holiday Hours & Closures:

Sat Dec 24	PMRC open 8 am - 6 pm
Sun Dec 25	PMRC closed for Christmas Day
Sat Dec 31	PMRC open 8 am - 6 pm;
Sun Jan 1	PMRC closed for New Year's Day
Mon Jan 16	PMRC open, offices closed for Martin Luther King, Jr. Day
Mon Feb 20	PMRC open, offices closed for President's Day

ARPD Administrative Hours:

Mon - Fri, 8:30 am - 4:30 pm

For more information regarding specific hours for Open Gym, Ballocity™, Rock Climbing Wall, and the Auxiliary Gym, visit our web site www.annapolis.gov/recreation then click "Pip" Moyer Recreation Center. Hours may be subject to change. The hours listed above are effective Oct 2016. The most current version of this document can be found online at www.annapolis.gov/programguide. Thank you for your understanding.

PMRC, 273 Hilltop Lane, Annapolis MD
410.263.7958 • www.annapolis.gov/recreation