



annapolis

recreation & parks

Healthy Living Starts Here.

FALL 2016 PROGRAM GUIDE

www.annapolis.gov/recreation

ZUMBA® AT PMRC



YOUTH BASKETBALL



BEFORE & AFTER SCHOOL CHILD CARE

NEW THIS FALL!

- Every Body Fitness program
- added Kidz Zone hours
- Sandlot Baseball League
- Youth Karate
- Soccer Shots
- more Dance Classes



ADULT SOFTBALL



ROCK CLIMBING



- Main Office “Pip” Moyer Recreation Center 410.263.7958
- Harbormaster’s Office 410.263.7973
- Parks Maintenance Office 410.263.7993
- Stanton Community Center 410.295.5519

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Annapolis City Council and Ward

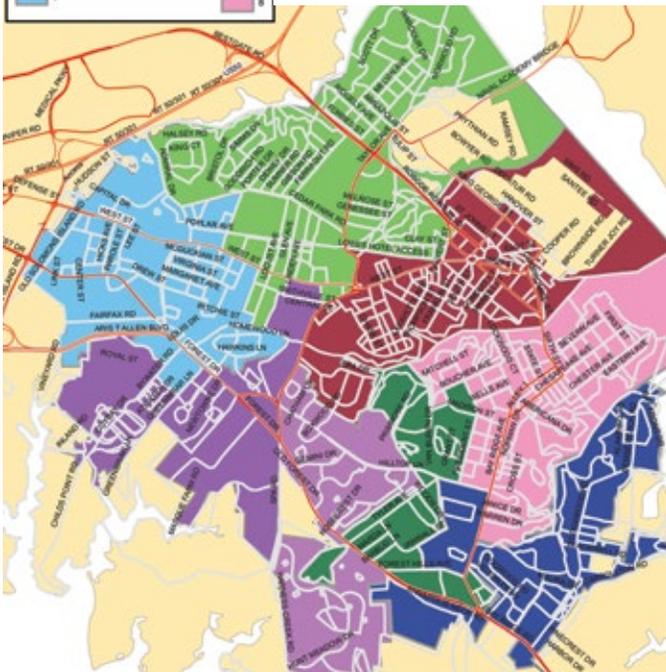
Mayor Michael Pantelides

- Alderman Joe Budge, 1
- Alderman Rhonda Pindell Charles, 3
- Alderman Jared Littmann, 5
- Alderman Ian Pfeiffer, 7

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Locate your City Council Representative



Greetings,

It is always amazing to me how fast time goes by. Here we are ready to launch the fall programs offered by Annapolis Recreation and Parks and I'm still focused on getting in that last swim before our four-footed friends — the dogs — come for their swim of the summer and then close up the Truxtun Park Pool for the season!

While the weather has been for the most part comfortable this year, I look forward to the cooler days of autumn and the new activities offered by the Recreation and Parks Department.

This guide will help you find the program or activity that suits your needs and most importantly your fitness level. Why not try something new this fall? Why wait until January to start something new? I think today is the perfect day to sign up for that running course or make a promise to yourself that you will try one new thing this week, just to see if it interests you.

The autumn months are an incredible transition period and I am going to take advantage of the next several months. I ask you to join me and create a healthier you – now. Don't wait until the New Year to be the best you can be! We can all take advantage of the many options available to us, provided by the terrific staff of the Recreation and Parks Department, and in doing so we create a healthier community.

Mayor Mike Pantelides
City of Annapolis



The Annapolis Recreation and Parks Department (ARPD) Recreation Advisory Board consists of 11 residents of the City who have a demonstrated interest in the activities and programs of the Department. Board members are appointed by the City Mayor and confirmed by a majority vote of the City Council; members serve a term of three years. The Board acts in an advisory capacity to ARPD and makes recommendations concerning the Department's budget, activities, programs, facilities and public relations. The Recreation Advisory Board meets the second Wednesday of each month at 7 p.m. at the “Pip” Moyer Recreation Center located at 273 Hilltop Lane in Annapolis.

Recreation Advisory Board Members and Ward

- | | |
|------------------------------------|--------------------------------|
| Craig Harrison, 1 | C. Taney Hamill, Chair, 2 |
| Virginia “Ginger” Rankin, 2 | Cathy Jones, 3 |
| Christina Aist, 4 | Abigail Nelson, 5 |
| Raymond A. Lowman, 6 | Frank P. Montgomery, 6 |
| Patricia Dawn Moyer, Vice-Chair, 7 | John Rodger “Bumper” Moyer, 8 |
| Michael Hughes, 8 | Tami Hook, Recording Secretary |

REGISTRATION OPEN for Fall Programs!



- If you already have an online account created, please visit our website www.annapolis.gov/recreation and click “Register for Classes” or visit <https://reg-e.annapolis.gov>
- Complete the form on page 15 and submit to PMRC Front Desk.

"Pip" Moyer Recreation Center (PMRC) Membership Options:

Membership includes use of exercise equipment, indoor track, fitness classes (see pages 4 and 5), Ballocity™ and more! Choose a membership level that best fits your recreational and fitness needs!

The Annapolis City Council adopts and votes on membership rates, fees and policies during the annual City of Annapolis budget. Any changes are voted on by Annapolis City Council.

Additional Membership Information:

- All memberships must be paid in full when purchased. We accept Master Card, Visa, American Express, cash or check.
 - Children 2 and under are free with paying adult except when the child is using Ballocity™.
 - Youth member = age 3 - 17
 - Senior member = age 62+
 - Family and adult/spouse memberships require all members to be related and reside at the same address.
 - Babysitting Services are for members using the facility to workout or attend classes. Hourly rate: \$3 first child, \$2 additional children. 10-hour punch card: \$25 each (if the punch card is lost or stolen, it will not be replaced)
- NEW** **Kidz Zone babysitting hours:**
 Monday and Wednesday, 7 am - 8 pm
 Tuesday, Thursday, Friday, 7 am - 2 pm
 Saturday, 10 am - 4 pm
- Corporate Membership: R \$1,750 / NR \$2,013. Includes full access to facility. 15 employees per company. The company receives 5 passes that are transferable amongst the 15 designated employees.



	Annual Membership		30 Day Access Pass		90 Day Access Pass		Daily Drop-In Fee	
	R	NR	R	NR	R	NR	R	NR
Adult	\$290	\$331	\$36	\$41	\$95	\$115	\$8	\$10
Adult & Spouse	\$513	\$587	\$62	\$71	\$175	\$205		
Family of 4 additional child	\$643	\$738	\$80	\$91	\$225	\$250		
Senior or Youth	\$110	\$127	\$14	\$16	\$40	\$45	Senior \$7	Senior \$8
	\$233	\$267	\$28	\$33	\$78	\$91	Youth \$6	Youth \$7

*R = City of Annapolis Resident
NR = Non-Resident*

Facility Rentals

PMRC is available for your meetings, classes and more!
Call us today for more information!

Facility Rental Fees	R	NR
Single Meeting Room	\$37	\$45
Full Meeting Space (3 rooms)	\$110	\$132
Kitchenette	\$13	\$16
Single Court	\$60	\$75
Full Gymnasium	\$180	\$225
Auxiliary Gym	\$75	\$90



CCYC group event at Pavilion 1

Pavilion Rentals Truxtun Park has three picnic pavilions available for rent year-round. Groups of 10 or more must obtain a permit in advance. Pavilions are rented on a first-come, first-serve basis. For the safety and enjoyment for all park users, moon bounces and amplified music are not permitted. Parks/pavilions close at sunset. Payment is required at time of booking. *Effective November 1, 2016*

Pavilion	Location	Capacity	Rate
1*	Boat Ramp	100	R \$150 / NR \$180
2	Skate Park	50	R \$100 / NR \$130
3	Pool Playground	50	R \$100 / NR \$130

* has electricity

FITNESS CLASSES INCLUDED WITH MEMBERSHIP



The following Fitness Classes for ages 16+ are held at PMRC and included with Membership (see page 3). Individuals may pay the Drop-In Fee to attend a class. PLEASE NOTE: Classes are subject to change and limited space is available on a first-come, first serve basis. Please refer to the schedule online for the most up-to-date schedule. This fall schedule starts Monday, September 12, 2016.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:15 am Express Cycle & Abs Lisa Parrish	6:15 - 7:15 am Pilates Lisa Parrish	7:45 - 8:45 am Aerobics Mary Slidell	6:15 - 7:15 am Express Cycle & Abs Lisa Parrish	8:30 - 9:30 am Barre Leigh Macey	9 - 10 am Weekend Ride Cycling Tom Donlin / Lisa O'Leary / Laurie Barlow / Pat Chance
7:45 - 8:45 am Aerobics Mary Slidell	8:45 - 10 am Yoga for Older Adult Kate Sanford	9 - 10 am Turn Back the Clock Leigh Macey	9 - 10 am Cardio Chisel Kelly Scalia	9 - 10 am Gentle Cycling Laurie Barlow	9 - 10:15 am Yin Yang Yoga Linda Barrett
9 - 10 am Turn Back the Clock Leigh Macey	10:10 - 11:10 am Cardio Chisel Leigh Macey	10:15 - 11:15 am Barbell Strength Leigh Macey	10 - 11:15 am Gentle Yoga Aimee Seal	9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal	10:30 - 11:30 am Cardio Dance Mix Leandra Quiroz
10:15 - 11:15 am Barbell Strength Kelly Scalia	5 - 6 pm SWEAT Laura Drossner	10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	5 - 6 pm SWEAT Laura Drossner	9:45 - 10:45 am Pilates Lisa Parrish	10:30 - 11:45 am Total Body / Work Your Core Linda Barrett
12:30 - 1:30 pm Lunch Time Yoga Aimee Seal	5:30 - 7pm Total Body / Work Your Core Linda Barrett	5 - 6 pm Line Dancing Deborah Meeks	6:30 - 7:30 pm Cycling Lisa O'Leary	5 - 6 pm Cycling Laura Drossner	Sunday
5:30 - 6:30 pm Cycling Laura Drossner	6:30 - 7:30 pm Cycling Pat Chance	5:30 - 6:30 pm Cycling Lisa O'Leary	6:45 - 7:45 pm Zumba® LiAundra Calhoun	5 - 6 pm Zumba® Toning Linda Roberts	
5:45 - 7 pm Vin/Yin Yoga Barbara Devitt	7 - 8 pm Yin Yang Yoga Linda Barrett	5:30 - 6:30 pm Yogilates Aimee Seal			
6:30 - 7:30 pm Zumba® Leslie Davis	Shaded classes indicate for age 55+	6:30 - 7:30 pm Cardio Dance Mix Leandra Quiroz			

Cardio, Strength, Dance

Aerobics Jacki Sorensen's aerobic dancing is effective, exciting and fun! Stretch, dance, core work, and weight training! Participate at your own level.

Barbell Strength/Conditioning Shape, tone and strengthen your entire body using simple, athletic movements, squats, curls, lunges and presses! For all ages and fitness levels.

Cardio Chisel Boot Camp style class with high intensity cardio exercises repeated in a Tabata style pattern of 20 seconds on/10 seconds rest mixed with strength and conditioning to improve endurance and tone muscle. For all levels.

Cardio Dance Mix Fun, fast and slow dance intervals and exciting dance moves! Modeled after the popular Zumba® fitness program, this class is sure to get you moving!

Line Dancing Exercise your body & mind while dancing to great music. Learn some fun routines or just come for the great exercise. You never need a partner but you can bring a friend and have tons of fun.

Total Body / Work Your Core Develop strength, endurance and muscle tone in all major muscle groups of the upper and lower body, including abs.

SWEAT A cardio and strength training "boot camp" style class for summer! Bring water, towel and a positive attitude! Meet on the indoor track by the bench.

Zumba® This fun and easy workout combines high energy and motivating music with unique moves and combinations! Achieve long term health benefits!

Zumba® Toning Zumba with lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.



Cycling please bring small towel and water

Cycling Cycle through hill climbs, sprints, chases, and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other.

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun.

Gentle Cycling For beginners of all ages, learn proper bike form and technique along with a warm-up and gentle ride. Use resistance bands with exercises for a full body workout.

Weekend Ride Burn more than 500 calories! Learn proper biking form and technique. Includes warm-up, cool-down and stretching.



For Age 55+

Gentle Cycling For beginners of all ages, learn proper bike form and technique along with a warm-up and gentle ride. Use resistance bands with exercises for a full body workout.

Gentle Yoga Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques. Build bone density for osteoporosis prevention.

Turn Back the Clock Strength training will improve your strength, flexibility, posture, coordination and reduce the risk of falls. Look and feel younger, stay active longer and also helps alleviate symptoms of chronic conditions such as arthritis.

Yoga for the Older Adult Yoga practice can help alleviate or reduce many health challenges we face as we age. Poses are modified to accommodate each participant's fitness level, health conditions and other concerns.

Don't have a membership? Drop-In!

Drop-In Fee: Resident \$15 / Non-Resident \$19 includes guest admission to PMRC for the visit. Non-refundable and non-transferable.

Kids love Kidz Zone while you workout!

\$3 per hour, \$2 additional child Punch Card: \$25 10-hour punch card

Monday and Wednesday	7 am - 8 pm
Tuesday, Thursday, Friday	7 am - 2 pm
Saturday	10 am - 4 pm

Yoga and Pilates

Barre Postures inspired by ballet, yoga and Pilates. Barre is used to balance isometric strength training (hold body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

Deep Stretch Yoga combines breath work and deep, full body stretching; suitable for all ages and levels.

Lunch Time Yoga Enhance your mind, body and soul in the middle of the day. All levels welcome!

Pilates - Mat Engage the mind and condition the body while you strengthen the core, lower back, abs, and glutes.

Vinyasa Yoga Classic poses will stretch and strengthen, relax and rejuvenate, and improve flexibility with breath work and meditation techniques. Moderate paced for beginners and continuing students.

Vin/Yin Yoga A Yin/Yang style class. Classic poses will stretch and strengthen, deeper-held Yin poses improve flexibility and energy flow, with breathing and meditation. Moderate paced for students with some experience.

Yin Yang Yoga The dynamic (yang) flow will strengthen and invigorate. The more meditative yin portion will focus on long-held floor poses, open the deeper tissues & joints and stimulate energy flow.

Yogilates / Pilates For new and experienced students. Increase strength and flexibility through poses and movement. Develop mental balance and focus through breathing and meditation.



Five years ago, the State of Maryland Department of Health and Mental Hygiene launched a program to identify objectives to improve the health of Maryland residents across

five areas: Healthy Beginnings, Healthy Living, Healthy Communities, Access to Health Care and Quality Preventive Care.

From that, the Healthy Anne Arundel Coalition was formed with the purpose to locally prioritize the objectives and to develop and implement strategies to improve public health.

Annapolis Recreation and Parks works with the Coalition to determine healthy programs, activities and events that meet the Make Health Happen endorsement and include at least two the following criteria:

- **Physical Activity:** consists of a minimum of 30 min of physical activity
- **Nutrition:** program is designed for healthy nutrition, hydration, and/or communicating healthy eating habits
- **Nature:** consists of a minimum of 30 min of nature/outdoor activities
- **Family Involvement:** program is designed for family involvement
- **Behavioral Health:** program is designed for improving mental well-being

Throughout the Program Guide you will see endorsed programs and events marked with 

For more information about healthy activities, please visit www.HealthyAnneArundel.org.



Please note that the following programs are effective August 2016; days and hours may be subject to change. The most current version of the Program Guide can always be found online at www.annapolis.gov/programguide.

To err is human ... Although our staff works hard to ensure each program guide is free from mistakes, there are times when errors in dates, days, times, rates or registration information occurs. We will do everything possible to make corrections, and thank you for your understanding.

R = City of Annapolis Resident, NR = Non-Resident



Every Body Fitness

As a new initiative, Annapolis Recreation and Parks is offering certified inclusive fitness training for persons with disabilities. The National Center on Health Physical Activity and Disabilities

(NCHPAD) encourages persons with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent secondary conditions such as heart disease, obesity, hypertension and type 2 diabetes. NCHPAD believes people are not disabled, but the environment makes people disabled. The Every Body Fitness program will expand to include classes targeted for caregivers and family members of persons with disabilities. If you or someone you know could benefit from inclusive fitness training, please contact Jennifer Jennings at jmjennings@annapolis.gov or 410.263.7958.



Run Your First 5K

We've heard every excuse in the book as to why people can't run ... "I'm too fat, I'm too old, my knees hurt, I have bad feet, it's too hot, it's too cold ..." We want to help you see past those "excuses". Our entry level running class is designed for those of you who aren't currently on an exercise program. We'll take you from the couch to completing a 5K (3.1 miles) in 12 weeks.

Through weekly emails, guided schedule, coached runs, and educational clinics, we'll teach you the basics and keep you moving towards the finish line. Prerequisites: You should be able to walk comfortably for 20 minutes before starting this class. We encourage you to talk with your doctor before starting this (or any) exercise program. Most people can only meet 2 of the 3 sessions, and that's okay. Instructor: Ashley Kelso, certified with USATF and RRCA.

12 weeks \$65 PMRC Indoor Track

Day	Time	Date	Code	Age
Mon, Wed & Sat	6:30 pm 9 am	Sep 12	#7154	16+



Personal Training

Ever wonder why you feel like you give it your all in the gym but still fall short in results? Your personal trainer at PMRC knows you need the right strength, cardio and nutrition combination.

Your fitness program can be designed by a PMRC personal trainer and executed in a safe, challenging, and fun manner. Schedule your consultation & workout smarter now!

Personal training is available to anyone currently enrolled as a Full Member at PMRC. Questions? Contact Community/Employee Health, Fitness and Aquatics Supervisor Jennifer Jennings at 410.263.7958 or jmjennings@annapolis.gov.

LET'S GET STARTED A great introduction into Personal Training Package includes three 30-minute sessions that will introduce you to the weight room. A trainer will fit you and give you one on one instruction on how to properly use the weight machines, then attend two follow-up sessions to ensure that you are on the right track to achieve your fitness goals.

(3) 30 Minute Training Sessions: \$59

INDIVIDUAL SESSIONS A more advanced training option for those who have worked with trainers in the past or have more experience in the fitness center. *See box (right) for pricing.*

SEMI-PRIVATE Partner with a few friends or your spouse to maximize your workout while keeping costs lower. Sessions are 60 minutes in length, for 2 - 4 people. Prices are per person. *See box (right) for pricing.*

30 Minute Individual Sessions

1	\$23
3	\$59
6	\$123
12	\$225

60 Minute Individual Sessions

1	\$45
6	\$244
12	\$450

Semi-Private 60 Minute Sessions

1	\$34
6	\$183
12	\$338

 following programs meet qualifications, refer to page 5.

Boxing

Learn to box for both fitness and fun! This new program is offered through USA Boxing with certified instructors to establish proper technique and safety. A great way to stay fit or get in shape! This beginner class will teach proper stance, footwork, punching, and blocking techniques. Mouth guards required by each participant, all other equipment provided.

8 weeks R \$119 / NR \$140 PMRC Aux Gym

Day	Time	Date	Code	Age
Mon, Wed	6:30 - 7:30 pm	Sep 26	#7105	16+

Pickleball

It's one of the fastest growing sports in the U.S. It's a combination of several racket sports, but played on a badminton sized court, with a tennis net, oversized ping pong paddle, a wiffle ball, and usually played as doubles. Pickleball is included with a PMRC membership or you can pay the daily drop-in fee when you come.

Day	Time	Age
Mon - Fri, Sun	8 am - 12 pm	18+



Tennis Lessons & Matches

For novice and intermediate players. A great class to keep up those skills for spring tennis! A one hour class designed for warm-up and instruction, followed by group match play. Instructor: Totally Tennis. Racquet required.

6 weeks R \$90 / NR \$105 Truxtun Park Tennis Courts

Day	Time	Date	Code	Age
Tue	6:30 - 7:30 pm	Sep 13	#7103	16+



Softball

Slow pitch softball leagues governed by ASA rules with in-house league modifications. Team registration only, however if you are a single player looking for a team please contact Katy Bhushan at kabhushan@annapolis.gov to get on a free agent roster. Each fall season league is double-headers played at 6:30/7:30 pm and 8:30/9:30 pm. Each team will have one practice week followed by a 10-week schedule with a single elimination playoff. All umpire fees are included in the team registration cost.

Practice week: Aug 15

\$625 per team Truxtun Park Ballfields

Day	League	Date	Code	Age
Mon	Men's "D"	Aug 22	#7108	18+
Tue	Co-Ed	Aug 23	#7107	18+
Wed	Men's "C"	Aug 24	#7106	18+



Volleyball

City of Annapolis Recreation and Parks Department offers Co-Ed volleyball programs for all levels.

All levels played by USA Volleyball Rules. Levels include (A) – Pro/high level, (B-BB) – Intermediate level, and (C) – Beginner, for fun and exercise. All teams will have one practice week, followed by 10 weeks of play plus a week of playoffs.

New teams will be reviewed for correct placement. To register a team (team registration only), please contact Katy Bhushan at kabhushan@annapolis.gov. However, if you are a single player looking for a team, please contact Katy Bhushan to get on a free agent roster. Games start at 7 pm.

Practice Week: Sep 12

\$325 per team PMRC Court 1

Day	League	Date	Code	Age
Mon	"A"	Sep 19	#7099	18+
Tue	"C"	Sep 20	#7100	18+
Wed	"B"	Sep 21	#7101	18+



We have reduced the number of printed Program Guides. Read it online or pick up a copy at PMRC!



Dog Days of Summer

**Wednesday, September 7
4 - 7 pm**



Your dogs can have their day to drool in the pool with you at the end of the summer during our popular dog-paddle event! \$10 per dog to be paid at the pool. Representatives from event partners will provide tips on dog behavior training, pet boarding and daycare – plus there will be free “Pup-sicle” treats and other giveaways! Proceeds benefit the ARPD Scholarship Fund.

Requirements:

- Well-behaved dogs age 6+ months
- No dogs in heat
- Owners need to provide current proof of vaccination
- One dog per human for adequate supervision
- For their own safety, no children under 6
- *Owners are responsible for any mess created by their dog*



Trash and Treasures Rummage Sale Saturday, September 17

Clean those closets, basements and garages. Someone else’s junk is another’s treasure! Make money at our community-wide yard sale. In the event of inclement weather, the sale will be cancelled. Pre-registration required. One table and two chairs are provided for the table rate or bring your own table and chairs for a reduced rate. Held at the “Pip” Moyer Recreation Center parking lot.

8 am – 12 noon

\$20 per provided table #7155

\$15 bring your own table #7156

“Make a Difference Day” Fall GreenScape Saturday, October 22

Join the City of Annapolis and participate in “Make a Difference Day”! The fall GreenScape project for 2016 will take place on Saturday, October 22. This national program encourages groups and individuals to volunteer in their community. Volunteers can order up to 200 bulbs, which include 100 tulip and 100 daffodil bulbs for each project. The bulbs are free and available on a first come, first-serve basis with a reservation. Reservations for bulbs will be accepted starting Monday, September 12. Bulbs must be planted in public spaces within the City of Annapolis. To order, please e-mail Marisa Wittlinger at mdwittlinger@annapolis.gov and provide your name, contact phone number and organization (if applicable), indicate what public landscape area you will be planting and the number of bulbs you’re requesting.



USA TODAY
MAKE A DIFFERENCE DAY
<http://makeadifferenceday.com>

Before & After School Child Care

For more than 30 years, Annapolis Recreation and Parks has provided State-licensed before and after school child care in the elementary schools located in the Annapolis area. The child care program follows the Anne Arundel County Board of Education calendar. Registration materials are available at the "Pip" Moyer Recreation Center and online at www.annapolis.gov/recreation. Follow the link to the left of the page [Child Care \(in the schools\)](#) and be sure to check out our "Parent Handbook" for more specific information and policies for our programs.

Registration for the 2016 -2017 school year:

To be accepted, complete all required forms, pay registration and bring or mail to the "Pip" Moyer Recreation Center, 273 Hilltop Lane, Annapolis, MD 21403.

Annapolis Recreation and Parks accepts applications for qualified personnel throughout the school year; please call 410-263-7958 for information on the application process.

BEFORE SCHOOL: Quiet, low key activities are planned in the morning including crafts, coloring, cards, puzzles and board games.

AFTER SCHOOL: Structured and self- directed activities are available including sports, games, crafts and homework time.

Offered in the following schools:

Annapolis Elementary 180 Green Street
410.570.9128 • Director: Amy Quick

Eastport Elementary 420 Fifth Street
410.263.4864 • Director: Raphaelle Hislop

Georgetown East Elementary 111 Dogwood Road
410.267.6114 • Director: Sandy Hollingsworth

Germantown Elementary 200 Windell Avenue
410.268.8566 • Director: TBD

Hillsmere Elementary 3052 Arundel on the Bay Road
410.295.1693 • Director: Nicole Ashby

Tyler Heights Elementary 200 Janwall Street
410.268.3970 • Director: Vanessa Speaks

Walter S. Mills-Parole 1 George and Marion Phelps Lane
410.263.3471 • Director: Victoria Clarke

West Annapolis Elementary 505 Melvin Avenue
410.570.9128 • Director: TBD

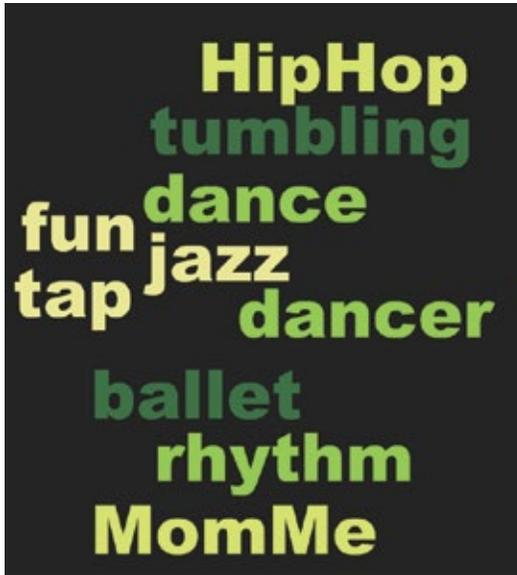
For a complete list of required forms and fees, please visit www.annapolis.gov/recreation and click on the "Child Care in the schools" link on the left side bar.



Kid's Day In

School is out and it is time to play! Come join us on teacher workdays when school is closed for a fun-filled day of supervised activities. Games, play in Ballocity™, crafts and more! Led by experienced instructors. Bring a bag lunch and drink. Must be pre-registered to attend. For kids age 5 - 11.

R \$40 / NR \$50 PMRC Aux Gym
Thu Oct 20 8 am - 5:30 pm #7157
Fri Oct 21 8 am - 5:30 pm #7158
Fri Dec 2 8 am - 5:30 pm #7159



Dance Classes 🎭

Classes begin the week of September 12 and run for 12 weeks. Taught by Cheryl Mauck, graduate of the University of Maryland, BA in Dance. Classes may be changed or added to accommodate demand. R \$126 / NR \$157

Ballet, Tap and Tumbling

Students will do a ballet warm-up, followed by basic tumbling skills, ending with beginner tap steps. This class will also explore creative movement through various props. Students need dance clothes, ballet and tap shoes.

Day	Time	Code	Age
Mon	9:15 - 10 am	#7161	4 - 5
Mon	10 - 10:45 am	#7162	3 - 4
Mon	12:45 - 1:30 pm	#7163	4 - 5
Tue	10 - 10:45 am	#7164	3 - 4
Tue	10:45 - 11:30 am	#7165	4 - 5
Thu	12:45 - 1:30 pm	#7166	3 - 4
Thu	1:30 - 2:15 pm	#7167	4 - 5

Ballet, Tap and Jazz

Ballet warm-up, followed by either jazz or ballet movement center floor, ending with tap technique. This class also touches on creative exploration through imagery and props. Students need dance wear and ballet and tap shoes.

Day	Time	Code	Age
Tue	3:45 - 4:30 pm	#7170	5 - 8
Tue	4:30 - 5:15 pm	#7174	7 - 12
Thu	3:45 - 4:30 pm	#7171	5 - 8
Thu	4:30 - 5:15 pm	#7172	5 - 8
Thu	5:15 - 6 pm	#7173	5 - 8

NEW Mom & Me: Ballet, Tap & Tumbling

Mom & Child will learn beginning ballet and tap steps while interacting and having fun together! Parent will also assist child with basic tumbling skills and creative and locomotor movements. Fun class for all!

Day	Time	Code	Age
Mon	10:45 - 11:30 am	#7183	2.5 - 4 w/parent

Mom & Me: Rhythm, Dance and Singing

This class begins with finger plays, followed by songs encouraging basic locomotor skills. The class plays instruments, dances with beanbags, works with props, walks on a low balance beam and learns basic tumbling skills. Students should wear clothes they can move freely in and shoes or bare feet. Parents or caregivers will participate.

Day	Time	Code	Age
Tue	9:15 - 10 am	#7168	18 mos - 3 w/parent

NEW Action Dance and Tumbling

This class includes rhythmic and creative movement and basic tumbling skills. Students play instruments and dance with a variety of props. Fun for boys and girls!

Day	Time	Code	Age
Mon	11:30 am - 12:15 pm	#7177	3 - 5

Jazz and Hip-Hop

Come get funky! Jazz and hip-hop moves will keep you on your toes! Students will learn to dance in a group setting and develop different combinations. This class will be a great learning environment to acquire rhythm and beat. You will be able to take the dance moves and develop your own personal style.

Instructor: Leandra Quiroz
12 weeks R \$126 / NR \$157 PMRC Exercise A

Day	Time	Date	Code	Age
Mon	5 - 6 pm	Sep 12	#7175	6 - 12

Please note that the following programs are effective August 2016; days and hours may be subject to change. The most current version of the Program Guide is available online www.annapolis.gov/programguide. To err is human ... Our staff works to ensure each program guide is free from mistakes. There are times when errors in registration information occur, thank you for understanding.

R = City of Annapolis Resident, NR = Non-Resident



NEW Baseball: Sandlot League

The Annapolis Baseball League will be hosting 8U, 10U and 12U informal leagues this fall! This league

is designed to host clinic style practices followed by informal sandlot games. For more information please contact Katy Bhushan at kabhushan@annapolis.gov. Games will be played on Friday nights. Equipment and uniforms will be provided.

6 weeks R \$90 / NR \$105 Truxtun Park Ballfields

Day	Time	Date	Code	Age
Fri	6 - 8 pm	Sep 9	#7109	7 - 12



Basketball: Skills

Work on your skills for the upcoming ARPD Youth Basketball season! This class is designed

to improve basic skills such as dribbling, passing, shooting, and offensive and defensive play. Instructor: Barry Booth

6 weeks R \$80 / NR \$94 PMRC Court 3

Day	Time	Date	Code	Age
Tue	4 - 5 pm	Oct 18	#7131	6 - 9
Thu	4 - 5 pm	Oct 20	#7133	10 - 13

Boxing

Learn to box for both fitness and fun! This program is offered through USA Boxing with certified instructors to establish proper technique and safety. A great way to stay fit or get in shape! This beginner class will teach proper stance, footwork, punching, and blocking techniques. Mouth guards required by each participant, all other equipment provided.

8 weeks R \$119 / NR \$140 PMRC Aux Gym

Day	Time	Date	Code	Age
Mon & Wed	5:30 - 6:30 pm	Sep 26	#7131	7 - 15

Bubble Soccer

Bubble soccer is the newest, safest, and most entertaining way to play traditional soccer, inside an inflatable bubble! Fun class for non-traditional sports loving kids that want to keep active, socialize, and have fun! ARPD has partnered with Bubble Soccer MD to provide a fun filled youth soccer class!

6 weeks \$125 PMRC Aux Gym

Day	Time	Date	Age
Tue	6 - 7 pm	Sep 13	5 - 9
Tue	7 - 8 pm	Sep 13	10 - 14
Tue	6 - 7 pm	Nov 1	5 - 9
Tue	7 - 8 pm	Nov 1	10 - 14



To register please contact: Aliya Canton at www.bubblesoccer-md.com or 301-970-2447.

ARPD Youth Basketball Clinics and Leagues

BASKETBALL CLINICS

For age 5 - 7, this class is designed to introduce your child to basketball through drills and skills games.

T-Shirt included. Instructor: Barry Booth

8 Weeks Fee: \$100

Day	Time	Date	Code	Age	Court
Sat	9 - 10 am	Jan 7	#7144	5 yrs	Aux Gym
Sat	9 - 10 am	Jan 7	#7145	6 yrs	Court 3
Sat	10 - 11 am	Jan 7	#7146	7 yrs	Court 3

BASKETBALL LEAGUES

Recreational "D" level team leagues for players from 3rd to 8th grade. Team and individual registrations accepted. Equipment, uniforms, and coaches provided for individual registrants. Full team registrants are required to provide equipment, uniforms, and coaches. Ages as of August 31, 2016. Practice will be scheduled one time per week. All games on Saturdays. 8 Weeks

INDIVIDUAL REGISTRANTS

Grade	Code	Fee
3 rd / 4 th Boy	#7147	\$110
3 rd / 4 th Girl	#7148	\$110
5 th / 6 th Boy	#7149	\$110
5 th / 6 th Girl	#7150	\$110
7 th / 8 th Boy	#7151	\$110
7 th / 8 th Girl	#7152	\$110

TEAM REGISTRANTS

Grade	Code	Fee
3 rd / 4 th Boy	#7138	\$425
3 rd / 4 th Girl	#7139	\$425
5 th / 6 th Boy	#7140	\$425
5 th / 6 th Girl	#7141	\$425
7 th / 8 th Boy	#7142	\$425
7 th / 8 th Girl	#7143	\$425



IMPORTANT DATES:

- Nov 11: Registration deadline
- Dec 8: Mandatory Coaches Meeting
- Week of Dec 12: Practices start
- Jan 7: League games start

There is a \$15 late charge per registration, space permitting!

Volunteer coaches are needed! Please contact Katy Bhushan at kabhushan@annapolis.gov



Fencing 🎯

Come learn the art of Fencing, a new and growing program in the area! Learn the basics of fencing including rules, fundamentals, and footwork – which can help improve skill for other sports. Equipment will be provided, except for gloves. Gloves required. 6 weeks R \$90 / NR \$105 PMRC Aux Gym

Day	Time	Date	Code	Age
Thu	6 - 7 pm	Sep 8	#7115	9 - 16 beginner
Thu	7 - 8 pm	Sep 8	#7116	9 - 16 intermediate
Thu	6 - 7 pm	Oct 27	#7117	9 - 16 beginner
Thu	7 - 8 pm	Oct 27	#7118	9 - 16 intermediate

Hello Horse

Equilibrium School for Horsemanship and ARPD are partnering to introduce Level 1 Horsemanship. This class is designed to teach students how to safely handle, groom, lead, turn, walk, and trot a horse. Participants must bring helmet, hard-soled closed toed shoes, and long pants. An additional waiver must be signed. 5 weeks R \$119 / NR \$135 Equilibrium Horse Center 1685 Underwood Road, Gambrills, MD 21045

Day	Time	Date	Code	Age
Mon	6 - 7 pm	Sep 12	#7124	6 - 10
Mon	6 - 7 pm	Oct 17	#7125	6 - 10

NEW Karate 🎯

ARPD is bringing back a wonderful class to learn the basics of Karate and Martial Arts. This beginner level class will teach safety, basic skills, and discipline. This class meets twice a week (Mondays & Wednesdays) for 6 weeks. Instructed by Mike Wholihan.

6 weeks R \$119 / NR \$140 PMRC Meeting Room 1

Day	Time	Date	Code	Age
Mon, Wed	5:30 - 6:20 pm	Sep 12	#7134	5 - 9
Mon, Wed	6:30 - 7:20 pm	Sep 12	#7135	10 - 14
Mon, Wed	5:30 - 6:20 pm	Oct 31	#7136	5 - 9
Mon, Wed	6:30 - 7:20 pm	Oct 31	#7137	10 - 14



Kid's Day In

School is out and it is time to play! Come join us on teacher workdays when school is closed for a fun-filled day of supervised activities. Games, play in Ballocity™, crafts and more! Led by experienced instructors. Bring a bag lunch and drink. Must be pre-registered to attend.

R \$40 / NR \$50 PMRC Aux Gym

Day	Time	Date	Code	Age
Thu	8 am - 5:30 pm	Oct 20	#7157	5 - 11
Fri	8 am - 5:30 pm	Oct 21	#7158	5 - 11
Fri	8 am - 5:30 pm	Dec 2	#7159	5 - 11



Pee Wee Hoops 🎯

Join this popular parent-child interactive class geared to teach young children basic movements in basketball. Children will also be introduced to skills such as dribbling, passing, catching, and shooting, all through fun games and activities. Instructor – Barry Booth

6 weeks R \$80 / NR \$94 PMRC Aux Gym

Day	Time	Date	Code	Age
Sat	9:30 - 10:15 am	Oct 15	#7130	3 - 5

Rock Climbing 🎯

Come learn to Rock Climb with Instructor Mike Bayer in this unique and exciting sport. Climbers will learn basic technique and safety to build confidence, coordination, and upper body strength.

6 weeks R \$90 / NR \$105 PMRC Rock Wall

Tue Oct 11
5:30 - 6:20 pm
#7120 Age 5 - 7

Tue Oct 11
6:30 - 7:20 pm
#7121 Age 8 - 10



Scholarships Available ARPD maintains a Scholarship Fund for youth and adult residents who do not have the financial means to register for our programs and activities. They are awarded with account credit, and may or may not cover the entire cost of the program(s). To learn more, visit www.annapolis.gov/recreation and go to "Scholarship Information" or e-mail LaKeisha Simmons at lsimmons@annapolis.gov. Applications available online.

 R = City of Annapolis Resident, NR = Non-Resident. Programs may be cancelled 2 business days prior to start date due to insufficient registration.

Soccer: UK Elite Petite Soccer Clinics



Join the UK Elite soccer program to get your little one up and kicking! A fun introduction to soccer, and a game based approach to maximize touches on the ball. Parents welcome to stay and join the fun! Coaching and registration by UK Elite. 6 weeks Truxtun Park Ballfield 1

Day	Time	Date	Age
Tue	10 - 11 am	Sep 27	2 - 3
Tue	11 am - 12 pm	Sep 27	3 - 5
Tue	1 - 2 pm	Sep 27	3 - 5

For prices and registration go to www.ukelite.com.

Soccer Shots

For more information, please contact Ashley McDonnell at amcdonnell@soccershots.org. For prices and registration, go to www.soccershots.org.

Mini

Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

8 weeks Truxtun Park Fields

Day	Time	Date	Age
Tue	4:30 - 5 pm	Sep 13	2 - 3
Sat	9:40 - 10:10 am	Sep 17	2 - 3
Sat	11 - 11:30 am	Sep 17	2 - 3

Classic

Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

8 weeks Truxtun Park Fields

Day	Time	Date	Age
Tue	5:10 - 5:40 pm	Sep 13	3 - 5
Sat	9 - 9:30 am	Sep 17	3 - 5
Sat	10:20 - 10:50 am	Sep 17	3 - 5



Visit www.leaguelineup.com/annapolisathletics for athletic cancellations!



Tennis: 10 & Under Tennis

Learn the basics of tennis with Totally Tennis in this beginner class designed to teach strokes, forehand, backhand, and rules of the game. A great introduction before moving to formal

lessons! Racquet required. Instruction by Totally Tennis. 6 weeks R \$90 / NR \$105 Truxtun Park Tennis Courts

Day	Time	Date	Code	Age
Tue	5:30 - 6:30 pm	Sep 13	#7119	6 - 10



Tennis Lessons and Matches

Designed for the advanced beginner and intermediate player looking to improve skills and start match play. A great class to develop skills, stay active, and have fun! Racquet required. Instruction by Totally Tennis.

6 weeks R \$90 / NR \$105 Truxtun Park Tennis Courts

Day	Time	Date	Code	Age
Tue	6:30 - 7:30 pm	Sep 13	#7126	11 - 16



Volleyball

A favorite and growing sport in Annapolis! This beginner co-ed class is designed to teach the fundamental skills of the sport including rules, hitting, setting, serving, and teamwork. Equipment included.

6 weeks R \$90 / NR \$105 PMRC Court 1

Day	Time	Date	Code	Age
Thu	6 - 7 pm	Oct 13	#7127	7 - 9
Thu	7 - 8 pm	Oct 13	#7128	10 - 12



The following programs are offered at the Stanton Community Center, 92 W. Washington Street and are free, unless otherwise indicated. For more information, please call 410.263.7966. Please note that the Stanton Community Center will be closed on several days this fall: Monday, September 5, Friday, November 11, Thursday, November 24 and Monday, December 25.

DAFINA “Young Ladies Destined for Greatness”

DAFINA (Swahili for valuable or precious) enriches young ladies holistically, by focusing on their mind, body, and spirit. The goal is to help them realize their potential, by teaching them decision making skills, health education, relationship building, study and test taking skills, personal appearance, etiquette and more through workshops, enrichment activities and field trips.

Day	Time	Age	Code
Tue	5 - 6:30 pm	7 - 11 (girls)	#7074

Friday Night Out Each Friday a field trip is taken; each trip may be educational, amusement, athletics/sports, cultural, and/or social. The objective is to expose children to various experiences that they may otherwise not experience. Permission slips required. Some extra fees are required.

Day	Time	Age	Code
Fri	6 - 9 pm	6 - 14 (co-ed)	#7076

Get Smart Club Volunteer-based program in partnership with St. Anne’s Episcopal Church helps to strengthen the academic skills of elementary, middle and high school students. They receive homework & school project assistance, tutoring in math and reading, and have access to 12 online computers, the Smart Board and the IXL mathematic interactive web site. Also offered at Annapolis Walk although computers are not available at this location.

Day	Time	Code
Mon - Thu	3 - 6 pm	#7077

Sankofa Sankofa is an African word from the Akan tribe of Ghana. The literal translation of the word is “it is not taboo to fetch what is at risk of being left behind.” Sankofa participants will learn history and cultural information relevant to the past.

Day	Time	Age	Code
Mon	5 - 6:30 pm	10 - 17 (boys)	#7182

8 - Under Instructional Basketball League and Clinic

Coed non-competitive league introduces game play to novice and beginners. Balanced teams with similar talent skills and abilities are assembled by recreation staff on-site. No registration necessary for this drop-in program. Players will participate in standard basketball drills and movements.

Day	Time	Date	Age	Code
Sat	8 am	Dec 10	under 8	#7213



Zastro Simms Youth Basketball League (ZSYBL)

For the 31st year, ZSYBL is the premier youth league in the Annapolis area. All games take place at the Stanton Community Center gymnasium. Team registration fee \$250.

Day	Time	Age/Division	Code
Sat	9 - 11 am	8 - 9 Competitive	#7210
Wed	6 - 9 pm	10 - 12 Competitive	#7212
Thu	6 - 9 pm	13 - 15 Very Competitive	#7211

NEW Expanded Weekend Hours for Youth

Recreation The Stanton Community Center (SCC) is now open on the weekends offering open gym. Additional Hours:

Saturday: April - November, 10 am - 5 pm
December - March, 1 - 5 pm

Sunday: 1 - 5 pm

Youth recreation programs hours: Mon - Fri, 3 - 9 pm

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

STEM Academy is a component of the Get Smart Club, free for all participants and includes:

Girls are Great at Science (GAGAS) - girls grades K - 5 explore engineering, science and art

Math Games - boys and girls, grades 3 - 5, will strengthen their math skills with online and hands-on motivational math games

Y.E.S. (Young Engineers and Scientist) Club - Boys and girls grades 3 - 5 explore science and engineering



Day	Time	Code
Mon	5 - 6 pm	#7079

Start The Adventure In Reading (STAIR)

In partnership with Annapolis Elementary School and First Presbyterian Church, Annapolis Elementary School second graders are provided with one-on-one tutors to assist them with reading skills. Snacks are provided. Please contact Annapolis Elementary School for more information at 410.222.1600.

Day	Age	Code
Tue & Thu	Annapolis Elementary 2nd graders	#7078

Summit School “Literacy Counts” The Summit School provides highly-trained professional tutors to teach three first graders reading, from September through May, in one to one weekly sessions. Student’s reading level is assessed biannually; semi-annually, student’s progress is measured and the results are incorporated into a report.

Day	Time	Age	Code
Wed & Thu	4:30 - 5:30 pm	1st graders	#7080

Policies, Regulations & Refunds

Open to All Annapolis Recreation and Parks prohibits discrimination on the basis of race, color, national origin, age or handicap in its programs, activities, and employment.

Payment Policy All fees for classes and leagues must be paid at the time of registration. Visa/MC/AMEX, cash, and checks are accepted forms of payment. Space is limited in most programs. Early registration is recommended. Although registration will not be confirmed by mail, notification will be made if a class is full or is rescheduled. If openings are available, late registration will be accepted after the program has started. \$50 fee for returned checks. Please make checks payable to: City of Annapolis.

Cancellation The Department reserves the right to cancel a program due to insufficient enrollment. Full refunds will be offered when a course is cancelled by ARPD.

Class / Activity Refunds A full refund or credit will be given for classes cancelled by the Department. A refund may be granted after the 1st class if the class has not met your expectations, please notify in writing, prior to the 2nd class. No refunds will be granted after the 2nd class. A \$5 processing fee will be deducted from all refunds due to customer cancellations.

Athletic League Refunds No refunds will be issued unless the team space can be filled with another registration at least 10 working days prior to the start date. No refunds will be granted after 10 working days prior to the start of the league. Absolutely no refunds will be granted after the scheduled start date as game schedules are set and officials are committed.

Membership Refunds No refunds for any reason.

Child Care Refunds In all cases, deposits are non-refundable and non-transferable. Refunds for the balance of the payment may be granted if the Department receives written notification at least 10 working days prior to the start of the program and we are able to fill your spot. A \$5 processing fee will be deducted from refunds.

Child Care Program Inclement Weather Policy When school is closed prior to 7 am, the Child Care Program is CLOSED. Please listen for the Anne Arundel County Public Schools (AACPS) closures on the local radio or television, or call 410.263.7958 for the recorded message or check our website under cancellations: www.annapolis.gov/recreation. Those enrolled in the After School Program, if school dismisses early, the program opens immediately upon dismissal and closes at 4:30 pm instead of 6 pm. Parents must pick up their child as soon as possible, as roads can become dangerous. For those registered in the Before School Program, if school is delayed for two hours, Child Care is delayed for two hours (i.e. school opens at 11 am, Child Care will open at 9 am).

Inclement Weather Policy and School Holidays Programs held at PMRC do not always follow the AACPS closure ruling. Weather related cancellations will be posted to the website www.annapolis.gov/recreation. You may call the office at 410.263.7958 before your scheduled program. Programs will not be held on major holidays. Speak with your instructor regarding holiday closures.

Disciplinary Actions The Department has the authority to impose disciplinary sanctions for inappropriate/unsportsmanlike behavior and/or non-compliance with policies, guidelines, or safety standards which may include but are not limited to: prohibition to attend events, suspensions, and dismissal. We have zero tolerance for violence. Threats of violence will be referred to the police immediately.

ANNAPOLIS RECREATION & PARKS REGISTRATION FORM



ONLINE visit www.annapolis.gov/recreation or <http://reg-e.annapolis.gov>. Use your Login ID and Account PIN to access your account

FULL SERVICE IN PERSON
Bring your completed registration form to PMRC

Name _____ DOB _____

Address _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

Participant Name	DOB	Gender	Program Name	Code	Fee

Paid by Cash or Check to "City of Annapolis"



Program Fee Total _____

Cardholder Name _____ Expiration _____

Number _____ Signature _____

I hereby recognize, understand and acknowledge that there are certain risks of personal injury involved in any sport, athletic or recreational activity, and with full knowledge of my minor child's physical capabilities or limitations, including any health conditions, I agree on my behalf and on behalf of my minor child to assume all such risks of personal injury and damages resulting from personal injury, including death and property damage and any other loss which my minor child may sustain as a result of participating in any and all programs, events, or activities on City of Annapolis property whether caused by the acts or omissions of the City, its elected officials, appointees, directors, employees, agents, contractors and representatives, directly or indirectly, and including but not limited to, the acts or omissions of other participants or players at the program, event, or activity. I understand and agree on my behalf and on behalf of my minor child that the City of Annapolis, its elected officials, appointees, directors, employees, agents, contractors and representatives, shall not be responsible for any personal injury or property damage my minor child incurs as a result of my minor child's participation in City of Annapolis programs, events, or activities. In consideration of the City of Annapolis accepting my minor child in its program, event, or activity, and with the intent to be legally bound, I hereby, for myself and my minor child, and all our respective heirs, personal representatives, successors and assigns, agree to forever release and discharge the City of Annapolis, its elected officials, appointees, directors, employees, agents, contractors and representatives, from any liability for personal injury or property damage sustained during participation in such program, event, or activity and while traveling to and from such program, event, or activity. I hereby agree not to sue the City of Annapolis or its elected officials, appointees, directors, employees, agents, contractors and representatives, for any and all liabilities, claims, demands, actions or causes of action resulting from personal injuries, including death and property damage and other loss to my minor child on account of my minor child's participation in any and all programs, events, or activities of the City of Annapolis or its Department of Recreation and Parks. I further hereby understand, and acknowledge on my behalf and on behalf of my minor child, that all participants, both adults and minors, may be photographed or videotaped during any City of Annapolis Recreation and Parks programs or events. These photographs and/or videos may be used by the City in its own publications, in local newspapers or magazines, Annapolis Recreation and Parks collateral, or on the City's web site, Facebook account, Twitter account, Social Media accounts or YouTube account or other web albums to promote such Annapolis Recreation and Parks programs or events. I hereby understand, and voluntarily on my behalf and of behalf of my minor child, without further notice, to being photographed under such circumstances and for such purposes.

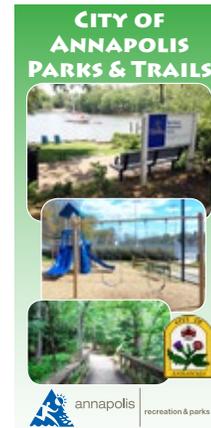
Signature of Parent/Guardian _____ Date _____



With more than 40 parks and on more than 200 acres of park land, Annapolis is dedicated to the leisure interests of its residents. Annapolis area residents can enjoy the beauty of the outdoors and the grace of nature at its many community parks and trails. The parks and trails have a positive influence of the quality of life in Annapolis.

We invite you to get outside in the great City of Annapolis for outdoor activities! Please follow these reminders about using the public resources in your City neighborhood:

- The parks are open from dawn until dusk.
- Please use trash receptacles. If cans are full, please take your trash with you.
- Entrance to Waterworks Park is by permit only.
- No wheeled vehicles of any kind except strollers, wheelchairs and other mobility vehicles for the handicapped are permitted.
- No bikes are permitted on any of the trails.
- No swimming, wading or bathing allowed. No ice skating.
- No alcoholic beverages or controlled substances in the parks.
- The possession of firearms, fireworks or weapons of any kind is strictly prohibited. **NO HUNTING.**
- Pets that are leashed are welcome in the parks, but please clean up after your pet and keep pets off playing fields.
- ARPD-sponsored programs and permitted groups have priority use on park ballfields.



Become a member of Friends of Parks!

Volunteer and make a difference in our community!

annapolis recreation & parks

RECREATIONAL AREAS AND OPEN SPACE FOR THE CITY OF ANNAPOLIS

	Acres	Baseball Fields	Basketball Courts	Bike/Hike Trail	Boat Ramp	Floating Dinghy Dock	Kayak Launch	Linear Fields	Nature Areas	Outdoor Track	Picnic Pavilion	Pier Access	Playground	Restroom Facilities	Sitting Benches	Tennis Courts	Water Access	Waterview
1st Street & Spa Creek, Eastport	0.1																	
3rd Street & Back Creek, Eastport	0.1																	
5th Street & Spa Creek, Eastport	0.1																	
6th Street & Back Creek, Eastport	0.1																	
Acton Cove Park	0.5																	
Amos Garrett Park	0.3																	
Annapolis Maritime Museum, 2nd Street & Back Creek	0.5																	
Annapolis Sports Complex, Locust Avenue	35.0																	
Annapolis Walk Community Park, Belle Drive	3.0																	
Barbara Neustadt Park, Monticello Avenue & Spa Creek	0.2																	
Bates Athletic Complex (behind Bates Middle School)	15.0									1/4 mile								
Bates Heritage Complex, Smithville Road	15.0																	
Burnside Park, Eastport	0.1																	
Chambers Park, Dorsey Avenue & Kirby Lane	1.0																	
College Creek Park, Clay Street & College Creek	0.2																	
Commodore John Barry Park, Prince George Street	0.1																	
Davis Park, 4th Street & Back Creek, Eastport	0.1																	
Ellen O. Moyer Nature Park at Back Creek, Edgewood Road	12.0																	
Fleet Street Park, Historic District	0.1																	
Horn Point, Chesapeake Avenue, Eastport	0.1																	
Jeremy's Way, Eastport	0.1																	
Kingsport Playground	2.0																	
Lafayette Avenue & Spa Creek	0.2																	
Leon Wolfe, 4th Street & Spa Creek	0.1																	
Naval Academy Stadium Trail	1.3			1 mile														
Newman Street Playground	0.5																	
Northwest Street End Park	0.1																	
"Pip" Moyer Recreation Center, 273 Hilltop Lane	1.8																	
Poplar Park and Trail	1.5																	
Post Office Park, Eastport	0.5																	
Primrose Acres, Garden Gate Lane & Edelmar Drive	0.2																	
Rev. Joseph J. Turner Park, 3rd Street & Chester Avenue	1.0																	
Richard B. "Dick" Sims Park, 2nd Street & Back Creek	0.5																	
Seyvern Avenue & Spa Creek, Eastport	0.1																	
Shiley Park, West Annapolis NEW	0.1																	
Spa Creek Trail	2.0																	
Stanton Community Center, West Washington Street	0.5																	
Truxtun Park, Hilltop Lane	70.0																	
Tucker Street, West Annapolis	0.2																	
Waterworks Park, 260 Defense Highway	40.0			no bikes														
Weisman Park, Inner West Street	0.3																	

Park Finder Web Application Interactive web site allows users to locate nearby parks and recreation facilities with the list of the amenities within each park, trail or facility. Go to <http://gispub.annapolis.gov/parkfinder/> to learn about City parks. The search function allows users to type in a current address and it will identify parks within .5 mile from GPS enabled devices. Geared for visitors and local residents, try the QR code to the right to take you directly to the Park Finder Web Application!



Annapolis Walk Community Center

1701 Belle Drive, Annapolis Having a baby shower or private function? Need a place for your grandmother’s birthday party? Check out the Annapolis Walk Community Center. Rentals for City of Annapolis Residents \$30/hour, Non-Residents \$35/hour. All rentals must be made in person at the “Pip” Moyer Recreation Center. For more information, please call 410.263.7958.

Athletic Field Permits

ARPD schedules and maintains fields and courts at Truxtun Park, Bates Heritage, Bates Athletic and Annapolis Sports Complex (Germantown Elementary). All groups planning to use our fields or courts for programs or any other organized activity must contact ARPD for availability and for details concerning various types of rentals. We offer open parks, but organized activities take precedence over any public or private use. Field and court use permits can be obtained from the ARPD office. Please contact Katy Bhushan at 410.263.7958 or kabhushan@annapolis.gov for more information.

Boat Launch Areas



Truxtun Park Boat Launch • Primrose Road and Spa Creek. The Truxtun Park boat ramp is open year-round from 5 am until 8 pm. Two concrete ramps are available. Fee: \$8 per launch payable at the paystation via Visa/MC/AMEX/Discover/Diners Club/JCB or annual permit. Fees apply all days of the year to any vessel launched from the concrete ramps. Paid tickets must be displayed on front dash of all vehicles with attached boat trailers. Enforced by the Annapolis City Police Department and ARPD. Violators are subject to vehicle ticketing and towing. Report any fee collection malfunctions to the



Harbormaster’s Office at 410.263.7973. No commercial use of ramp or beach area is permitted without written authorization. There is an ADA accessible parking spot adjacent to the boat ramps and an ADA walkway connecting a floating “L” shaped dock for boarding boats, canoes or kayaks.

Annual Permit: Available for \$75 and must be purchased at the Harbormaster’s Office or PMRC. Permits are valid 5/1/16 - 4/30/17. Call 410.263.7973 for information.

Launch: Please off load and retrieve your vessel in a safe and swift manner when others are waiting. Move your boat to the waiting dock while others are parking your vehicle. Purchase your permit prior to moving your vehicle to the parking area.

Parking: Limited to park users. No overnight parking permitted. Violators will be subject to ticketing and towing. Follow parking signs. No parking on grass.

Tucker Street Boat Launch • West Annapolis at Tucker Street and Weems Creek. Launch is open to Annapolis Residents ONLY. There is no vehicle/boat trailer parking available. Trailer permits cost \$25 each for the annual boating season and must be purchased at the Harbormaster’s Office or PMRC and is valid 5/1/16 - 4/30/17. Call 410.263.7973 for information.

“Make a Difference Day” Fall GreenScape Saturday, October 22

Join the City of Annapolis and participate in “Make a Difference Day”! The fall GreenScape project for 2016 will take place on Saturday, October 22. This national program encourages groups and individuals to volunteer in their community. Volunteers can order up to 200 bulbs, which include 100 tulip and 100 daffodil bulbs for each project. The bulbs are free and available on a first come, first-serve basis with a reservation. Reservations for bulbs start on Monday, September 12. Bulbs must be planted in public spaces within the City of Annapolis. To order, please e-mail Marisa Wittlinger at mdwittlinger@annapolis.gov and provide your name, contact phone number and organization (if applicable), indicate what public landscape area you will be planting and the number of bulbs you’re requesting.

Truxtun Park Skate Park The skate park is used for in-line and skateboarders and was recently renovated with concrete ramps! Signs are posted at the skate park with rules and regulations for everyone’s safety. The Park operates as USE AT YOUR OWN RISK. Safety equipment is STRONGLY SUGGESTED.



Waterworks Park The Annapolis Waterworks Park is one of the few open space resources in the area with hiking trails, places to picnic and fish! Waterworks Park has three fresh water fishing ponds (catch and release fishing only). Maryland fishing licenses are required and can be purchased at the Maryland Department of Natural Resources (West Street) in Annapolis. Due to the Park’s ecological sensitivity and limited parking, all visitors are required to obtain a permit to use the park. Permits are sold by Annapolis Recreation and Parks. Please review the Rules and Regulations located in the Waterworks Park Brochure available at the “Pip” Moyer Recreation Center or online.

MEMORIAL TREE AND BENCH PROGRAM

Annapolis Recreation and Parks offers a unique memorial program to honor and remember friends and relatives. You may choose to memorialize a loved one by selecting a tree from our carefully selected species list suited for Annapolis’ unique climate and soil types or select an environmentally-friendly, recycled park bench to be placed in a determined park location. Either selection is a wonderful remembrance or commemoration of a special occasion that adds beauty to the landscape for countless generations to enjoy.

We now have bench and tree locations available along the NAAA trail that surrounds the Navy-Marine Corps Memorial Stadium.

If you are interested in this location or one of our many beautiful parks, please contact Marisa Wittlinger at mdwittlinger@annapolis.gov.

Memorial Tree & Park Bench Program

annapolis recreation & parks
Healthy Living Starts Here

Roger W. “Pip” Moyer Community Recreation Center at Truxtun Park
2733 Hilltop Lane, Annapolis, MD 21403
410.263.7958 • Fax: 410.263.9733
www.annapolis.gov/recreation



Roger W. "Pip" Moyer Community
Recreation Center at Truxtun Park (PMRC)
273 Hilltop Lane, Annapolis
Phone: 410.263.7958 • Fax: 410.626.9731

PMRC Fall Hours:

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

PMRC Fall Holiday Hours & Closures:

Mon Sep 5 PMRC closed for Labor Day
Fri Nov 11 PMRC open, offices closed for Veterans Day
Thu Nov 24 PMRC closed for Thanksgiving Day
Sun Dec 25 PMRC closed for Christmas 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.

Please note that these hours may be subject to change. The hours listed above are effective April 2016. The most current version of this document can always be found online at www.annapolis.gov/programguide. Thank you for your understanding.

The "Pip" Moyer Recreation Center at Truxtun Park (PMRC) offers a wide variety of recreational and leisure time activities for the entire family. We serve Annapolis area residents with diverse, affordable, high-quality recreational and leisure time activities in a safe, modern, well-maintained facility.

Fees apply for membership, programs, and guest passes (see page 3). A limited number of scholarships are available for those with financial hardship. Visitors are welcome in the facility, but in order to use the equipment or participate in a program, they must purchase a guest pass. Children age 14 and under must be supervised by an adult (parent, guardian, instructor or coach) at all times while at PMRC.

All visitors and guests must present a government/school issued photo I.D. when entering the PMRC. Individuals must check in at the Front Desk. PMRC members must present their membership card to the Front Desk Staff upon each visit. Please visit www.annapolis.gov/recreation for PMRC User Policies.

Parking - PMRC was built using sustainable technology and practices. One of those practices includes priority parking for low emissions and fuel efficient vehicles. If your vehicle does not meet this criteria, please refrain from parking in the designated parking spaces.

Behavior and Conduct - Any patron who does not adhere to the rules, regulations, and requirements of PMRC is subject to suspension from the facility.

We continue to look for new and beneficial opportunities to provide the community with recreation and fitness needs. If you have any suggestions or comments, please e-mail us at recpark@annapolis.gov. Thank you!



"Pip" Moyer Recreation Center Amenities include:

- **Auxiliary Gym for non-court sports**
- **Exercise Rooms for fitness and dance classes**
- **Fitness Center** 3,000+ sq. ft., includes cardio equipment, free weights, and plate-loaded fitness equipment. Must be age 14+, a fitness orientation is required if under age 16. Membership or daily drop-in fee is required.
- **Indoor Ballocity™ Playspace** 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 are required for all children who are walking. Children must wear a wristband. Socks are required, no shoes permitted. Closed every Friday for cleaning. Hours listed online.
- **Indoor Walking/Jogging Track** An elevated, four lane indoor track available for use with a guest pass or membership. Eight laps is about one mile. Age 14+ can use the track unattended, under age 14 must be accompanied by an adult. Strollers are permitted on the track weekdays 9 am - 4 pm during non-busy times (staff discretion).
- **Kidz Zone Babysitting** For children age 4 months - 12 years. Maximum length of each visit is two hours. Fee: \$3/hour for first child; \$2/hour for additional children in same family. 10-visit punch card: \$25. Lost or stolen punch cards will not be replaced. Pay at the Front Desk. Adults must remain in the facility at all times. Only available to members using PMRC to workout or attend class. Hours listed online.
- **Locker Rooms/Showers** Available for use at no charge for daily use only. You must provide your own lock. Locks left on will be removed nightly and contents moved to lost and found. For your security and convenience, mini lockers are available free of charge (cell phone and keys), see the Front Desk. ARPD is not responsible for lost or stolen items. Please use family changing rooms/restrooms as needed for opposite sex children and parents.
- **Multi-Purpose/Meeting Rooms** Looking for a location to hold a baby shower or a business event? Meeting spaces can be equipped with a warming kitchen and audio/visual equipment. Pricing listed on page 3.
- **Open Gym (Basketball and Volleyball)** One of our three court gyms is available at most times for open play. Membership or drop-in fees are required. Please note: dates and times are subject to change based on events and availability.
- **Rock Climbing Wall** Climb our 31 foot, indoor rock wall! For safety, the wall is only open when a trained safety guide can instruct, monitor, and assist climbers. Hours are posted online and at the wall. Available for use with membership or by paying the drop-in fee.
- **Table Tennis** PMRC now offers table tennis/ping pong! Come play anytime PMRC is open. Free to members; non-members pay the daily drop-in fee. For ages 10+.

Stanton Community Center

92 W. Washington Street, Annapolis
410.295.5519 • Fax 410.295.3818

The Stanton Community Center (SCC) has provided its community with a variety of services over the years along with a rich historical background displayed in portraits of Annapolis' diverse community. SCC features offices, multi-purpose gymnasium, a commercial kitchen, fitness area, historic classroom, media center with computers, and two conference/meeting rooms. SCC serves as a community resource for children and adults, providing them with recreational and cultural enrichment opportunities and health, medical, therapeutic, and counseling services. Residents and non-profit organizations based in Annapolis and Anne Arundel County interested in renting space at SCC should apply two weeks before the event date. For details, call Archie Trader or Debbie Odum. We ask that you please review the rental policies ahead of time.

City residents can take advantage of using the computer laboratory free of charge. Volunteers are needed in the computer lab. If you are interested, please call 410.295.5519 or email Archie Trader at atrader@annapolis.gov.

**THE STANTON COMMUNITY CENTER HOUSES
SEVERAL SERVICE PROVIDERS:****Adult Basic Computer Class 443.433.5894**

Provided by the Opportunities Industrialization Center (OIC), every Mon and Wed, 6 to 9 pm. To register for the class, please call OIC.

Adult Basic Skills Class (GED prep) 410.777.1845

Offered by Anne Arundel Community College, Sat 8:30 am - 12 pm. Call for assessment dates & times. For more info visit www.aacc.edu/abs.

Anne Arundel Dental Clinic 443.481.3613

A free dental clinic at SCC, which is supported by a network of dedicated physician volunteers, nurses, and other professionals in the community. All services are by appointment only.

Anne Arundel Medical Clinic 410.990.0050

NOW located at 701 Glenwood Street (end of Clay Street) in the Morris Blum building.

Youth Services Bureau 410.626.1800

Individual, group and family counseling daily from 10 am - 6 pm. After 6 pm, by appointment only. Provides services for crisis intervention, tutoring, substance abuse and mental health assessment.

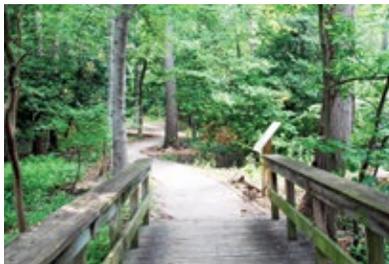
We Care and Friends 410.263.2874

Offering services for homeless and others who need additional assistance, help children who are at risk, and those who have a substance abuse problem. Monday - Friday, 10 am - 3 pm.

Parks Maintenance Office

200 Truxtun Park Road, Annapolis
410.263.7993 • Fax 410.263.6048

For park related questions or concerns, call 410.263.7958. For maintenance questions or concerns, please report them to the Parks Maintenance Division at 410.263.7993. If you leave a message, please state the park location and a brief description of the situation. Please respectfully enjoy our parks!

**Harbormaster's Office**

1 Dock Street, Annapolis
410.263.7973 • Fax 410.295.9018

The City of Annapolis' Harbormaster's Office is a Division of the Recreation and Parks Department. The Harbormaster's office is responsible for ensuring the safe and enjoyable use of navigable city waters, including Weems Creek, Spa Creek, parts of the Severn River, Annapolis Harbor and Back Creek. The office manages public moorings for transient boaters, annual moorings for residents and non-residents, 1,500 feet of bulkhead and 18 slips at City Dock, approximately 17 miles of shoreline and the use of various park docks and street endings by boaters.

For information about City of Annapolis boat launch areas, please refer to page 17. For specific information about docking and mooring, please contact the Harbormaster's Office at harbormaster@annapolis.gov, 410.263.7973 or go to www.annapolis.gov/harbormaster. The office is located at 1 Dock Street, Annapolis, MD 21401.

**Truxtun Park Outdoor Pool**

251 Pump House Road, Annapolis
Phone: 410.263.7928

The Truxtun Park Pool is the only outdoor public pool in the City of Annapolis. No membership is required, though we offer season passes for frequent users. Our handicapped accessible pool offers a wide variety of programs for swimmers of all ages and skill levels. The City's outdoor pool is open Memorial Day through Labor Day each summer.

Any child not potty trained must wear a tight-fitting ecology suit over top of their swim diaper.

Children under 10 years old must be accompanied by a parent or guardian 18 years of age or older. No exceptions.

Youth ages 10 -17 must sign in with the name and phone of a parent/guardian lifeguards can contact in the event of an emergency.

For additional information contact LaKeisha Simmons at lsimmons@annapolis.gov.

**MAKE A
DIFFERENCE DAY
FALL
GREENSCAPE
SATURDAY
OCTOBER 22**



Join the City of Annapolis and participate in "Make a Difference Day"! This national program encourages groups and individuals to volunteer in their community.

Volunteers can order up to 200 bulbs, which include 100 tulip and 100 daffodil bulbs for each project. The bulbs are free and available on a first-come, first-serve basis with a reservation. Reservations for bulbs will start on Monday, September 12. Bulbs must be planted in public spaces within the City of Annapolis. See page 8 for more information.

 **USA TODAY**
MAKE A DIFFERENCE DAY
<http://makeadifferenceday.com>



Fall
August - November
Registration starts
in May

Winter
(indoors)
January - March
Registration starts
in October

Spring
March - June
Registration starts
in January



410.693.7677 • Age 3 - High School
www.annapolisoccerclub.com

Shop, Support and Save! Proceeds benefit Annapolis Recreation & Parks Scholarship Fund.



annapolis

recreation & parks

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Coupon valid for multiple purchases during your Team Weeks® shopping period. Offer cannot be combined with any other offer and is not valid on previously purchased merchandise or merchandise purchased for resale purposes. Offer applies to store stock only and excludes clearance items, tennis balls, gift certificates, gift cards, UnderArmour products, Nike Hero products (Hyperize, Air Force, Shox, Air Jordans & LE), Timberland Men's 6" Premium Boots, Skechers Shape-Ups, Reebok Easy Tone and New Era On-Field Fitted headwear. Additional exclusions may apply. Void if copied or transferred. Organization must spend a minimum of \$500 to receive a 5% donation.

Valid: 8/26/16 - 10/6/16



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