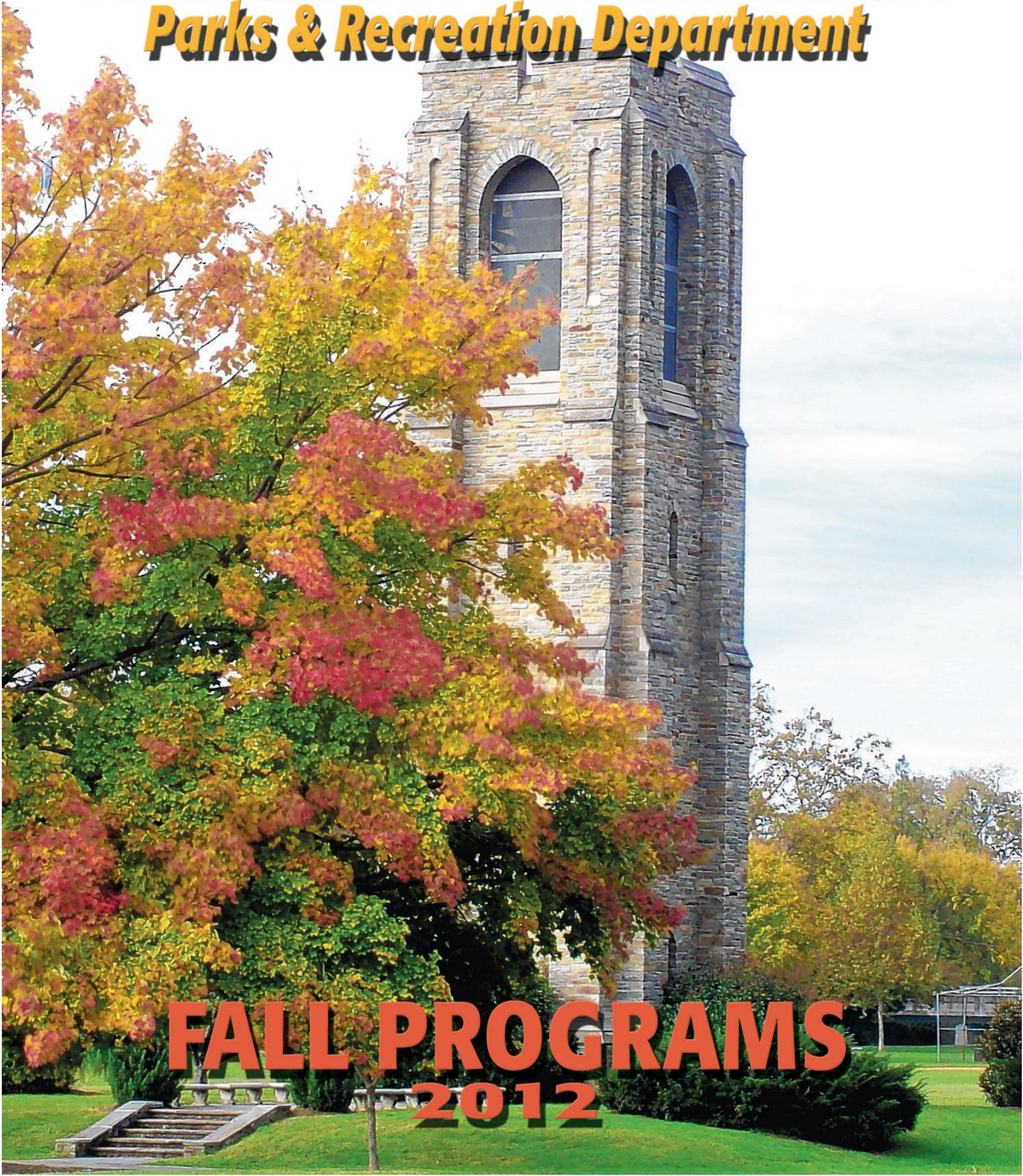


THE CITY OF FREDERICK

Parks & Recreation Department



FALL PROGRAMS

2012

CARRIAGE RIDES AND EVENTS

Holiday Weekend Carriage Rides

Once again, come and enjoy a carriage ride through the Frederick Town Historic District during the holiday season. The carriage will leave every 30 minutes for a memorable holiday ride with family and friends. The wagon will be led by Belgium Draft Mules and will hold 12 people.

Dates and Times:

Saturday, December 8, 4:00 – 8:00 pm
Sunday, December 9, 4:00 – 8:00 pm
Saturday, December 15, 4:00 – 8:00 pm
Sunday, December 16, 4:00 – 8:00 pm
Friday, December 21, 5:30 – 8:30 pm
Saturday, December 22, 4:00 – 8:00 pm
Sunday, December 23, 4:00 – 8:00 pm

Location: Carriage will leave every 30 minutes from Market Street in front of Brewer's Alley

Fee: \$10 per person (children under 2 years of age are free on their parent's lap) Please check in 10-15 min prior to your scheduled time.

*Pre-registration is recommended. Tickets will be sold during the above times for available slots only. Maximum number of riders for each ride will be 12.



Cinderella Carriage Holiday Weekend Rides

Dates and Times:

Saturday, December 8, 4:00 – 8:00 pm
Sunday, December 9, 4:00 – 8:00 pm
Saturday, December 15, 4:00 – 8:00 pm
Sunday, December 16, 4:00 – 8:00 pm
Friday, December 21, 5:30 – 8:30 pm
Saturday, December 22, 4:00 – 8:00 pm
Sunday, December 23, 4:00 – 8:00 pm

Location: Carriage will leave every 30 minutes from Market Street in front of Brewer's Alley and will be led by Belgium Draft Mules.

Fee: \$25 per person / \$100 for all four seats on the ride *Pre-registration is recommended. Tickets will be sold during the above times for available slots only. Maximum number of adult riders for each ride will be 4. Please check in 10-15 min prior to your scheduled time.



Cookies and Carriage Holiday Light Tour

Date: Friday, 12/14

Time: 5:30 – 9:00 pm

Location: Carriage will leave every 30 minutes from the Skater's House on the corner of Second Street and West College Terrace

Fee: \$10 per person (children under 2 years of age are free on their parent's lap)

*Pre-registration is recommended. Tickets will be sold during the above times for available slots only. Maximum number of riders for each ride will be 12.

***Second wagon will be added if needed so please email cradcliffe@cityoffrederick.com if you want to register and we don't have the seats you need.

The home decoration and light tour will be held in the Baker Park vicinity. Riders will be judges voting for their favorite decorated house on the tour. Riders can enjoy cookies and hot cider in the Skater's House located on Culler Lake as it is transformed into a winter wonderland. Frosty & Rudolph will be in attendance and you can enjoy caroling provided by some local Girl Scout troops. Please check in 10-15 min prior to your scheduled time.



WM. TALLEY FITNESS CENTER PRESENTS

Clean out your Closets and Garage!
Join us at our [Community Flea Market](#)

When: **SATURDAY, SEPTEMBER 22, 2012 8am – 2pm**
(Sellers arrive as early as 6.30am)

Where: **KEYS STADIUM UPPER PARKING LOT**

Rent a 20x20 spot for \$20 (prepay) Or \$30 (day of event)
Call our front desk @ 301.600.1492 to make your reservation

This area is on City Park Grounds.

The following information applies to the days event:

Remember your trash is another person's treasure!!!

1. No electricity
2. Trash free (take your own disposal)
3. All pets must be leashed
5. No alcoholic beverages

*see receipt for further details
Please, **NO EARLY BIRDS**



AT KEYS
STADIUM UPPER
PARKING LOT

4TH ANNUAL HALLOWEEN IN BAKER PARK

Spending your evening with us!

#1 Come have dinner
(Refreshments open every evening!)

#2 Enjoy a free show
(Michael Jackson's THRILLER performed nightly,
Plus other family pre-show entertainment.)

#3 Take the Tour
(Pre-registration required for all tours, Fee \$6 for city / \$8 for non city)
Go on a fun, new, exciting Halloween Tour of Baker Park!



All tour participants end the evening with a **TREAT BAG** from our Halloween Haunted Dollhouse & Halloween Haunted Toy Attic located inside the Skaters House on Culler Lake.

Tours sell out early, limited tours and space!
Tour tickets on sale now, buy tickets early!
Call the Wm. Talley Rec Center front desk 301-600-1492



Free Performances Nightly: by Dance Unlimited Repertory Company in Bandshell
No advanced registration for the performances. Free to public.
Guided Tours: Pre Registration needed for all Tours by calling Wm. Talley Rec. Center at 301-600-1492. Call early, early, to register. Limited times and spaces available.
Dates: Wednesday, October 24th, Thursday, October 25th, and Friday October 26th.
Tour Fee: \$6 city / \$8 non city (Tour Times beginning at 6:30 pm and start every 20 minutes. Tours last about 55 minutes.)
Refreshment Tent: Will be selling food and drinks each evening beginning at 6:00 pm

Very Important: Please be on time for your tour, all tours will be leaving on time and there is no room to switch to another tour time if you miss your scheduled time. Please plan on checking in at least 15 minutes before your tour time begins. **No refunds will be given for missed tour times.** Check in at the information booth next to the food tent for your wristband. **Great fun for the entire family! Come have something to eat and enjoy a pre-tour performance of everyone's favorite THRILLER, there will also be other Bandshell entertainment throughout the evening.**

Each year our Haunted Park Tours, have new and exciting, themes, characters, performances, stories and surprises! You will never know what to expect. So come to Baker Park and Celebrate Halloween with us from beginning to end! If you have never seen or experienced Halloween in Baker Park before, Now Is The Time!

We need volunteers and groups of volunteers, to help be Characters' throughout the Park on all three nights. If you enjoy Halloween and would like to help volunteer with this event please contact Nancy Adkins, Recreation Supervisor at 301-600-6238 or by email nadkins@cityoffrederick.com. Contact us now to volunteer for Halloween. It is a fun evening for the participants as well as the volunteers! We are looking for donations of costumes, mask, props, black sheets or black material, used baby dolls all sizes, stuffed clowns, and a children's tea set so if you are cleaning out your attic, garage, or basement and come across any of the above please remember us!

AQUATIC AND SAFETY PROGRAMMING

AQUATIC TRAINING AND CONSULTING SERVICE



Lifeguard Training Class

Age: 16 and up

Dates/Times:

9/26, 9/29, & 9/30, 9:00 am – 7:00 pm

11/21, 11/23 & 11/24, 9:00 am – 7:00 pm

Location: Mount St. Mary's University Pool

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$225

Details, including exact location, will be provided after registration.

Pool Operator – Complete Course

Age: 16 and up

Dates/Times:

9/26 & 9/28, 10:00 am – 4:00 pm

11/5 & 11/6, 11:00 am – 5:00 pm

Location: Wm. Talley Rec Center

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$125

Details, including exact location, will be provided after registration.

Pool Operator – Recertification Course

Age: 16 and up

Dates/Times:

9/26, 10:00 am – 2:00 pm

11/5, 11:00 am – 3:00 pm

Location: Wm. Talley Rec Center

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$80

Details, including exact location, will be provided after registration.

Competitive Swimming Stroke and Turn Clinic

Age: all ages

Dates: Sundays, 9/16 to 11/4 (8 weeks)

Time: 5:45 – 6:45 pm

Location: Mount St. Mary's University Pool

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$80

Details, including exact location, will be provided after registration.

Group Adult Swim Lessons

Age: 16 & up

Dates: Sundays, 9/16 to 11/4 (8 weeks)

Time: 6:50 – 7:30 pm

Location: Mount St. Mary's University Pool

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$80

Details, including exact location, will be provided after registration.

Beginner Group Swim Lessons

Age: 4 & up, should be able to comfortably put face in water

Dates: Sundays, 9/16 to 11/4 (8 weeks)

Time: 1:00 – 1:30 pm

Location: Mount St. Mary's University Pool

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$75

Details, including exact location, will be provided after registration.

Pre-Beginner Group Swim Lessons

Age: 3 & up

Dates: Sundays, 9/16 to 11/4 (8 weeks)

Time: 1:30 – 2:00 pm

Location: Mount St. Mary's University Pool

Register at the Wm. Talley Rec Center

Instructor: ATCS staff

Fee: \$75

Details, including exact location, will be provided after registration.

3rd HOME FOR THE HOLIDAYS BIG BAND DANCE

Featuring **Doc Scantlin, his Imperial Palms Orchestra,
Chou Chou and "The Girlfriends"**

Date: Saturday, December 1st, 2012

Time: 8:30 – 11:30 pm

Theme: Red & Black,

Party Dress, Dress in the Era, Black Tie optional, just come party with us!

Age: 21 & up / Cash Bar

Tickets: On sale now!

Ticket Purchase: Call Nancy Adkins, Recreation Supervisor
at 301-600-6238 or email; nadkins@cityoffrederick.com

Purchase early for preferred seating.

Fee: \$48 per person / Table of 8 / \$344

Seating and tables for everyone, come party and dance the night away with us!
A great way to unwind and spend a wonderful evening with your friends,
dancing, listening and enjoying the Holiday Season! Purchase tickets now!



HILLSTREET SKATE PARK

The Hillstreet Skate Park is located in the Hill Street Park (100 Hill St.). The park encompasses 17,000 sq. ft. and is constructed of concrete. Two pools, a clover bowl, a full street area, ledges, rails, and more await skaters of all ages and abilities. Concessions & picnic area available.

RATES:	Youth City	Youth Non City	Adult City	Adult Non City
Single Session Daily Pass	\$4	\$5	\$5	\$6
Punch Card – 13 visits	\$40	\$50	\$50	\$60
Yearly Pass – unlimited use	\$130	\$160	\$160	\$192

***All participants must have a signed waiver on file (minors must have parent/guardian signature). Rental equipment is available.*

HOURS OF OPERATION: Fall 2012 Hours

Hours: Monday & Wednesday	3:00 to 8:00 pm (while FCPS is in session)
Tuesday & Thursday	closed
Friday Adult Skate	1:00 to 3:00 pm (age 18 & up only)
Friday	3:00 to 9:00 pm
Saturday	12:00 to 9:00 pm
Sunday	12:00 to 8:00 pm

The park will be closed if the concrete is wet due to rain. In addition, the park will be closed in the event of excessive hot or cold temperatures. Special hours subject to FCPS school calendar.



GROUP LESSONS:

Age: 6 & up

Who: beginner and intermediate skateboarders

Classes will consist of up to 6 skaters. Instruction will be given in a group setting as well as one on one. Instructor and course content will challenge beginners and intermediates. The park will be open to the public during lessons. The classes will be separated from the general public and will have priority usage of required areas.

Course Content:

- park etiquette
- ollies
- proper pushing
- safe approach to ramps
- kick-turns
- pumping
- carving
- tac-turns
- grinds
- dropping in

Must register at the Recreation Department main office (301-600-1492).

Fall 1

Mondays	9/10 to 10/1	5:30 – 6:30 pm	\$40 city / \$60 non city
Wednesdays	9/12 to 10/3	5:30 – 6:30 pm	\$40 city / \$60 non city
Fridays	9/14 to 10/5	5:30 – 6:30 pm	\$40 city / \$60 non city

Fall 2

Mondays	10/15 to 11/5	5:30 – 6:30 pm	\$40 city / \$60 non city
Wednesdays	10/17 to 11/7	5:30 – 6:30 pm	\$40 city / \$60 non city
Fridays	10/19 to 11/9	5:30 – 6:30 pm	\$40 city / \$60 non city

PRIVATE LESSONS:

Age: 6 & up

Who: beginner and intermediate skateboarders

Private lessons can be scheduled by contacting the skate park office (240-409-3807). Private lesson times will vary. The park will be open to the public during lessons. The student will be separated from the general public and will have priority usage of required areas.

Fees: 1 hour lesson, \$30 city / \$35 non city

BIRTHDAY PARTIES:

Option #1 – Party Park Rental

Bring your party to the skate park (park will be open to the public)!

Please contact the skate park office (240-409-3807) to schedule.

Times Available: Anytime during regular park hours

Fees: \$60 city / \$80 non city

Participants: maximum of 12

Fee Includes:

- 1 staff member to assist and help with basic instruction
- Free use of all rental equipment
- Use of picnic tables in courtyard area

Option #2 – Entire Park Rental

Rent the entire park all to yourself (park will not be open to the public)! Please contact the skate park office (240-409-3807) to schedule.

Times Available: select Saturday and Sunday mornings from 9:30 – 11:30 am (school holidays may be available as well)

Fees: \$160 city / \$180 non city

Participants: maximum of 15

Fee Includes:

- 2 staff members to assist and help with basic instruction
- Free use of all rental equipment
- Use of picnic tables in courtyard area



ARTS & CRAFTS

Stained Glass Classes

This is an affordable way to learn stained glass techniques.

* Looking for a group (6- 8 max.) activity for scouts or other organizations please contact 301-600-3844 and we can arrange a class like below or a shorter sun-catcher class.

Beginner Stained Glass

Age: 14 & up Min. 3 / Max. 6 participants

Date: Mondays, 9/10 to 10/1

Mondays, 10/8 to 10/29

Mondays, 11/5 to 11/26

Times: 4:00 – 6:00 pm OR 6:00 – 8:00 pm

Location: Wm. Talley Rec Center

Instructor: Terri Kinslow

Fee: \$60 city / \$65 non city

Required Materials: Shoe box, all other materials are provided. Designed for the person who has never worked with stained glass, or who feels they need a refresher course. Participants will make a stained glass panel while learning basic copper foil technique.

Independent Studies – Stained Glass

Age: Adults (16 & up) Min. 2 / Max. 4 participants

Date: Mondays, 9/10 to 10/1

Mondays, 10/8 to 10/29

Mondays, 11/5 to 11/26

Times: 4:00 – 6:00 pm OR 6:00 – 8:00 pm

Location: Wm. Talley Rec Center

Fee: \$35 city / \$40 non city

Required Materials: Participants are responsible for their own materials (glass, solder, gozers, glass cutters, flux, foil, etc.) needed for their project. They will have use of the equipment and tools in the classroom as well as the assistance of the instructor.

Ornament Class

Age: 12 & up * 12-14 year olds with an adult Min. 2 / Max. 4 participants

Date: Monday, 12/3

Monday, 12/10

Time: 3:00 – 7:00 pm

Location: Wm. Talley Rec Center

Fee: \$50 city / \$55 non city

Students learn the basics while creating their own glass ornaments. This class is open to all levels of experience. Participants will make 2-3 small glass ornaments. Materials are included.



Basket Making Classes

An affordable way to learn the art of Basket making.

**Participants need to bring a tape measure, spring type clothespins, towel, scissors/reed cutters, and a flat head screwdriver. All other materials are provided. Classes for participants ages 16 – adult.

Minimum of 5 / maximum of 10 participants per class so register before the deadline for the classes you want.

Refund Policy: No refunds will be given to participants once the registration deadline has passed, but you can make arrangements to pick-up your supplies if you are unable to attend the class. Prior to the registration deadline you will follow our normal refund policy.

Wine Basket

Date: Sunday, 10/21 * registration deadline 10/12

Time: 1:00 – 5:00 pm

Location: Wm. Talley Rec Center

Fee: \$42 city / \$44 non city

Why not get started early on your holiday shopping or give this as a wedding present along with two special bottles of wine. Everyone will love this sturdy basket.



Rolling Pin Basket

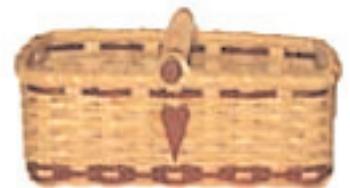
Date: Sunday, 11/4 * registration deadline 10/26

Time: 1:00 – 5:00 pm

Location: Wm. Talley Rec Center

Fee: \$34 city / \$36 non city

This is the sweetest basket to have in your kitchen to hold sweet treats for your family and friends!



Small Tote Basket

Date: Sunday, 1/6 * registration deadline 12/27

Time: 1:00 – 5:00 pm

Location: Wm. Talley Rec Center

Fee: \$55 city / \$57 non city

The perfect way to carry your books or lunch to work!



Gingerbread Houses

Ages: 6 and up *Registration deadline 12/4 or until classes are full. (Min 6/Max 14)

Date: Saturday, 12/8

Times: 10:30 am – 12:00 noon OR 1:00 – 2:30 pm

Date: Sunday, 12/9

Time: 1:00 – 2:30 pm

Location: Wm. Talley Rec Center

Instructor: Donna Bruchey

Fee: city \$12 / non city \$15

The yearly tradition continues! Children and adults alike will enjoy this opportunity to create their own Gingerbread House (real gingerbread is not used). Design and decoration of the house is left to your imagination. All supplies are included.

ARTS & CRAFTS



Abrakadoodle's programs inspire children's imaginations by immersing them in such art forms as painting, sculpting, mosaics, collage, digital photography, paper and fabric art, stamping, anime, studio art, foil embossing and more while introducing children to the world of both master and contemporary artists. Abrakadoodle focuses on creativity and guiding children to create original art. Each piece of art is an individual expression of your child. Our imaginative curriculum is developed by artists and educators and exceeds Maryland and National Standards for Visual Arts Education.

Descriptions:

Twoosy Doodlers – for children 20 to 36 months with parent Our little Twoosy class is often your child's first special class experience! Are you ready for your child to learn art basics and have fun with you? Your child will learn to cut, glue, differentiate texture, colors and more. He will experiment with innovative art materials. Ever wondered "what do I do with that?" You discover new uses for materials. Your child is immersed in creativity through art, music, stories and more. You'll love this magical time for the both of you. Trained instructors, art projects created by your child are framed and protective aprons provided. Don't miss this opportunity to help your child develop critical skills using our award winning curriculum.

Mini Doodlers – for children ages 3 to 5 Your Mini Doodlers will gleefully create his own masterpiece in every class using a wide range of high quality art materials. Your child will develop important school readiness skills such as fine motor skills, ability to listen and follow directions, cognitive skills, language and more. Don't miss the chance to place your child in an enchanting environment that will develop his individual creativity and independence. You will hear your child discuss each project using new art vocabulary! Children who consistently participate in wide ranging arts programs are 4 times more likely to be recognized for academic achievement. This is a fantastic way to get your child started early! Your child's projects are framed and protective aprons provided for our messy fun times!

Doodlers - for children ages 6 to 12 Doodlers develop new skills and talents while designing unique creations using a variety of wonderful materials and tools. Each lesson focuses upon developing skills, learning techniques and expanding knowledge. The methods and styles of contemporary and master artists specializing in paint, sculpture, design and more are incorporated into each class. Your child learns about the artist as well as art vocabulary. Our projects are cross curricular with many school subjects. Process art at its best, that stimulates your child's imagination and gives the freedom to think and create. Our award winning curriculum exceeds National and Maryland standards for art education. Protective aprons and art frames provided for most projects.

Dates: Saturdays, 9/8 to 10/13
Saturdays, 10/20 to 12/1
Saturdays, 12/15 to 1/9

Class Name Ages Times:

Twoosy Doodler 20 to 36 mos, 9:00 – 9:35 am
Mini Doodler 3 to 5 yrs, 9:45 – 10:30 am
Doodler 6 to 12 years, 10:45 – 11:40 am

Location: Wm. Talley Rec Center

Fee: \$72 - plus \$18 materials fee due to instructor at first class. No repeat lessons.

Abrakadoodle Family Art Class!

Age: 2 & up

Dates: Tuesday, 10/9

Time: 9:00 – 11:00 am

Location: Wm. Talley Rec Center

Fee: \$50 (for a family of 4, each additional member \$5), all materials included

Back by popular demand! School is out! Get the day started with family creativity. Each family member will create an individual art project for starters, then to add to the fun, your entire family will get to work together on a beautiful family project. Each family project will be as unique as your family; you will drive the creativity and outcome of your family's project. A great opportunity to get with your sister or cousin's family and see how you are creatively different or alike! Great for grandparents and grandchildren too. You will enjoy this wonderful art piece for years to come as your kids get older. Don't let the kids have all the fun, make the memories with them!

Abrakadoodle School Release Day Art Camp!



Age: 5 to 12

Dates: Monday, 11/5

Time: 9:00 am – 4:00 pm

Location: Wm. Talley Rec Center

Fee: \$50, all materials included

This fun one day camp is designed for Elementary aged students! Art exploration at its best! Your child will paint on canvas, draw, create digital art, sculpt, and more. Guess what? We have all day to get it done! Whether your young artist is exploring or working on improving his skills, he will have fun and a sense of accomplishment. We set the tone with some cool music and art games. So send a nut free snack and get some wall space ready for your child's beautiful framed masterpieces. He will be proud of his accomplishments and want to display what he created. You will enjoy the art vocabulary and variety of artists introduced on this fun day out of school. Protective aprons provided. Please send a nut free lunch and snack.

Abrakadoodle Winter Fantasy Art Camp!



Age: 5 to 12

Dates: Wednesday, 12/27

Time: 9:00 am – 4:00 pm

Location: Wm. Talley Rec Center

Fee: \$50, all materials included.

Give the special child in your life a great art experience. Parents enjoy calm and quiet time to relax, restore your home or run errands as your child has fun entering a world of winter themed wonder and creativity. Your child creates multimedia art bursting with color. We will be inspired by real and imaginary creatures. We'll use tempera, special papers, embellishments and more. Four projects plus additional activities, music and games. Please send a nut free lunch, snack and drink.

On-line Registration now available!

On-line registration is now available for many programs. Visit www.activityreg.com to register for all of your favorites. It just got easier for you to enjoy what we have to offer!

ARTS & CRAFTS

Pre K – KidzArt

Age: 3 to 5
 Date: Saturdays, 9/22 to 10/27
 Saturdays, 11/10 to 12/15
 Time: 12:00 – 1:00 pm
 Location: Wm. Talley Rec Center
 Fee: \$55 registration fee - plus \$35 supply fee to be paid to instructor on the first day of class.
 *Multi-sibling, refer a friend and returning student discounts available on supply fee – see instructor on first day for more details.

KidzArt Pre-K students have fun creating works of art using basic shapes & drawing techniques. Students will also share in an interactive story time & complete 2 fun projects, preschoolers learn to work with various safe media and materials to build self-confidence through artistic expression. Sessions are unique because our curriculum never repeats! Ask about our Multi-Sibling, Refer-A-Friend & Return Student discounts on supply fees. This is a drop off program unless parents are needed to assist. Please bring a \$35 supply fee to first class.



KidzArt

Age: 5 to 10
 Date/Times: Wednesdays, 9/19 to 10/24, 5:30 – 6:30 pm
 Saturdays, 9/22 to 10/27, 1:15 – 2:15 pm
 Wednesdays, 11/7 to 12/12, 5:30 – 6:30 pm
 Saturdays, 11/10 to 12/15, 1:15 – 2:15 pm
 Location: Wm. Talley Rec Center
 OR
 Date/Times: Mondays, 9/24 to 10/29, 4:00 – 5:00 pm
 Mondays, 11/12 to 12/17, 4:00 – 5:00 pm
 Location: Whittier Rec. Center
 Fee: \$55 registration fee - plus \$30 supply fee to be paid to instructor on the first day of class.
 *Multi-sibling, refer a friend and returning student discounts available on supply fee – see instructor on first day for more details.

KidzArt is a drawing based educational program proven to build self-confidence through artistic expression in a fun & positive environment. Engaging curriculum amps up the fun & creativity keeping students eager to learn new skills & practice new techniques. We use artist quality media; PRISMACOLOR materials, acrylics, professional chalks, and more. Sessions are unique because our curriculum never repeats! Ask about our Multi-Sibling, Refer-A-Friend & Return Student discounts off supply fees. Please bring \$30 supply fee to first class.



TweenzArt

Age: 11 to 15
 Date/Times: Wednesdays, 9/19 to 10/24, 6:45 – 7:45 pm
 Saturdays, 9/22 to 10/27, 10:45 – 11:45 am
 Wednesdays, 11/7 to 12/12, 6:45 – 7:45 pm
 Saturdays, 11/10 to 12/15, 10:45 – 11:45 am

Location: Wm. Talley Rec Center
 Fee: \$55 registration fee - plus \$40 supply fee to be paid to instructor on the first day of class. *Multi-sibling, refer a friend and returning student discounts available on supply fee – see instructor on first day for more details.



TweenzArt is the next step for students to learn from a customized fun curriculum that promotes and challenges independent creative thinking and designs. Students experience exciting projects using many professional media, styles and techniques. We provide top quality artistic media; PRISMACOLOR materials, acrylics, professional chalks, and more. Sessions are unique because our curriculum never repeats! Ask about our Multi-Sibling, Refer-A-Friend & Return Student discounts off supply fees. Please bring \$40 supply fee to the first class. Acrylics, professional chalks, and more. Sessions are unique because our curriculum never repeats! Ask about our Multi-Sibling, Refer-A-Friend & Return Student discounts off supply fees.

KidzArt ArtZ Family Night

Age: 5 and up
 Date: Friday, 9/14, 6:00 – 7:00 pm
 Friday, 10/12, 6:00 – 7:00 pm
 Friday, 11/9, 6:00 – 7:00 pm
 Friday, 12/14, 6:00 – 7:00 pm
 Location: Wm. Talley Rec Center
 Fee: \$10 registration fee per child,
No Charge for Parents
 *No Discounts or Certificates

KidzArt ArtZ Night offers 2 ways for families to have a fun night out! One way; families can be creative while daring to try new things. For those adults who think “I can’t draw” – KidzArt will show you, YOU CAN! This is a great opportunity to have fun with your children in an educational but fun evening of creativity. Another way for this night of ArtZ can be used; adults can have some time out while having a fun safe place for their children to go and have a fun night out as well. Children will experience a group setting showing them how to work with others and have fun while building confidence. KidzArt encourages Adults to attend to share in the fun and show that EVERYONE CAN DRAW!



If you care about our ducks...



PLEASE DO NOT FEED THEM

- It's unhealthy, causes disease and malnutrition
- Ducks need natural foods and greens
- It stifles migration and makes ducks prone to predators
- Uneaten food is not good for the water or surrounding banks
- The City of Frederick Ordinance 3-29 prohibits feeding ducks and can result in a \$25 fine

YOUTH SPORTS & ACTIVITIES

Fall Youth Soccer Program

Age Groups: Under 6 – born 8/1/06 to 7/31/08
 Under 8 – born 8/1/04 to 7/31/06
 Under 10 – born 8/1/02 to 7/31/04
 Under 12 – born 8/1/00 to 7/31/02

Fee: \$35 city / \$65 non city
 Location: Fleming Ave. in Baker Park

Individual registration only. Youth will be placed on teams by Rec. Dept. staff. Coach will contact players in early September. Season runs September through early November. Games are held Sat. mornings. Each team will practice 1 night per week. Fee includes t-shirt and trophy. **VOLUNTEER COACHES AND HELPERS ARE NEEDED!**



Youth Soccer Program for Pre-Schoolers

Age: 2, 3 and 4 year olds born 8/1/08 or after
 Dates/Times:
 2 year olds ONLY, Saturdays, 9/29 to 11/10, 10:00 to 10:30 am (7 weeks)
 3 & 4 year olds, Saturdays, 9/29 to 11/10, 10:40 to 11:10 am (7 weeks)
 3 & 4 year olds, Saturdays, 9/29 to 11/10, 11:20 to 11:50 am (7 weeks)
 Location: Baker Park (exact location TBA)
 Fee: \$80

To Register: Register online: <http://frederick.soccershots.org/>

A 7 week session, Soccer Shots® is a uniquely designed program that will introduce soccer to your child in a fun, safe, and controlled environment. Each week, our 30 minute soccer sessions will offer basic soccer skills, fun games, competitions, and prizes to your child. The program also emphasizes character-forming lessons such as fair team play, individual concentration and cooperation, and encouragement. Questions? - Contact: Laura Kane, 717-557-9124 or Laura@soccershots.org

Spires Lacrosse Club

Open to boys and girls in 2nd through 8th grade, all ages and abilities! Visit www.spireslacrosse.org for more information.



Little Hoops Basketball League – Varsity

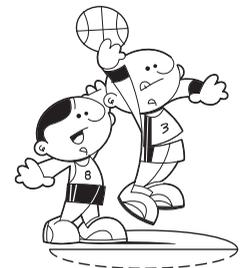
Grades: 3 through 5
 Date: Mondays, beginning 1/7/13
 Time: evening game times
 Location: Thomas Johnson Rec Center
 Fee: \$55

Individual registration only. Youth will be placed on teams by Rec. Dept. staff. Coaches meeting will be held in early Jan. Coach will contact players in early January. Season runs Jan. to March. Fee includes t-shirt and trophy. **VOLUNTEER COACHES AND HELPERS ARE NEEDED!**

Little Hoops Basketball League – Junior Varsity

Grades: K through 2
 Date: Wednesdays, beginning 1/9/13
 Time: evening game times
 Location: Whittier Rec Center
 Fee: \$55

Details: Individual registration only. Youth will be placed on teams by Rec. Dept. staff. Coaches meeting will be held in early January. Coach will contact players in early January. Season runs Jan. to March. Fee includes t-shirt and trophy. **VOLUNTEER COACHES AND HELPERS ARE NEEDED!**



Youth Basketball Fall Mini Clinic

Location: Whittier Rec Center
 Fee: \$30
 Details: Learn the fundamentals of the game in a safe and enjoyable atmosphere. Program includes instruction and scrimmages. Fee includes t-shirt and medal. 4 – week clinic.
 Schedule:

Grade	Days	Dates	Time	Class Max	Instructor
K-2	Wednesdays	10/3 to 10/24	6:00 to 6:50 PM	15	TBA
3-5	Wednesdays	10/3 to 10/24	7:00 to 7:50 PM	15	TBA

Youth Basketball Clinic

Location: Whittier Rec Center
 Fee: \$55
 Details: Learn the fundamentals of the game in a safe and enjoyable atmosphere. Program includes instruction and scrimmages. Fee includes t-shirt and medal. 7 – week clinic.
 Schedule:

Grade	Days	Dates	Time	Class Max	Instructor
K-2	Mondays	10/29 to 12/17*	6:00 to 6:50 PM	15	TBA
3-5	Mondays	10/29 to 12/17*	7:00 to 7:50 PM	15	TBA
K-2	Tuesdays	10/30 to 12/18**	6:00 to 6:50 PM	15	TBA
3-5	Tuesdays	10/30 to 12/18**	7:00 to 7:50 PM	15	TBA
K-2	Wednesdays	11/7 to 12/19	6:00 to 6:50 PM	15	TBA
3-5	Wednesdays	11/7 to 12/19	7:00 to 7:50 PM	15	TBA

* no class on 11/5
 ** no class on 11/6

YOUTH SPORTS & ACTIVITIES

NFL Flag Football for Youth

Age Divisions: Open to boys and girls

5 & 6 year old

7 & 8 year old

9 to 11 year old

12 to 14 year old

Date: 9/15 to 11/10

Time: games held Saturday mornings between 9:00 am and 1:00 PM, 1 practice per week TBA

Location: games at Clerestory Park, 2750 Monocacy Blvd., Frederick, MD 21701

Fee: \$100 (\$115 after 9/1)

TO REGISTER visit PrimeTime Athletics website: www.ptathletics.com



Flag Football for Boys & Girl! Registration includes 8 Games plus End of Season Tournament, Participation & Tournament Champion Trophy, NFL Approved Game Jersey, League t-shirt
For more information contact Brian Dempsey @ 240-440-4913 / briand@ptathletics.com or Bob Smith at 301-600-3846.

Golden Knights Karate – Beginners

Age: 5 to 14

Dates: Mondays & Thursdays

9/10 to 10/4

10/8 to 11/8 (no class 10/18, 11/5)

11/12 to 12/17 (no class 11/15, 11/22, 12/6)

Time: 6:00 – 7:00 pm

Location: Whittier Rec Center

Instructors: Scott Baldwin, Marty Weedon

Fee: \$60 * Multi- member family discount cost would be \$45 for the 2nd, 3rd etc family member registering. First family member pays the full price.

Children beginning karate will learn in a structured and disciplined environment with an emphasis placed on fun so they enjoy learning the styles of Shotokan, Tae Kwon Do and Jujitsu.



Golden Knights Karate – Advanced Beginners

Age: 5 to 14

Dates: Mondays & Thursdays

9/10 to 10/4

10/8 to 11/8 (no class 10/18, 11/5)

11/12 to 12/17 (no class 11/15, 11/22, 12/6)

Time: 7:00 – 8:00 pm

Location: Whittier Rec Center

Instructors: Scott Baldwin, Marty Weedon

Fee: \$60 * Multi- member family discount cost would be \$45 for the 2nd, 3rd etc family member registering. First family member pays the full price.

For those children previously in the beginner class the advanced levels will learn in a structured and disciplined environment with an emphasis placed on fun so they enjoy learning the styles of Shotokan, Tae Kwon Do and Jujitsu. Participation will be granted by the instructor for those in the beginner class to participate in this class.

GET READY FOR PRESCHOOL

Age: 30 months to 42 months

Date: Tuesdays, 9/4 to 10/30 (no class on 9/11), 8 weeks

Time: 9:30 – 11:00 am

Fee: \$45

Location: Scott Key Center, 1050 Rocky Springs Road

During this program your child will practice skills to prepare him or her for preschool. We will focus on separating from a parent, turn-taking with peers, following directions in a group setting, imitating actions to songs during circle time and having fun with friends. Our daily schedule includes free play, circle time, movement, snack and story time. This inclusive group is taught by staff from the Frederick County Infants and Toddlers Program. Parents are required to stay on the premises.

Spanish Immersion For Preschoolers

Age: 3 & 4

Dates/Times – Program will be held 2 - 3 times per week for a 2 hour session * If you are interested please email cradcliffe@cityoffrederick.com

Location: Wm. Talley Rec Center

Instructor: Cris Doherty – Language Learning Foundation

Fee: \$12 per class

A wonderful opportunity for your preschool child, ages 3-4, is coming for the spring. A method called Total Physical Response (TPR), the use of action words to teach a foreign language, will be employed. Other preschool-like activities, all in Spanish, will also be included, e.g. - circle & story time, arts and crafts, music and dance, games and snack time. There will also be play time each day in the gym or outside. There are a limited number of slots for enrollment so register early!

YOUTH SPORTS & ACTIVITIES

Gymnastics Mommy & Me

Age: Walking to 2.5
Dates: Tuesdays, 8/21 to 9/11
Tuesdays, 9/18 to 10/9
Tuesdays, 10/16 to 11/6
Tuesdays, 11/13 to 12/4
Tuesdays, 1/8 to 1/29
Time: 10:00 – 10:45 am
Registration: Wm. Talley Rec Center
Location: Excellence Gym Sports
Instructor: Natascha Wlotzka
Fee: \$68

This is a parent & child class that requires parent participation. This class introduces children to gymnastics movement and discovery. Teachers direct this class, and will educate parents on spotting techniques, partner activities and group games. Weekly lesson plans include activities that will help develop child's ball handling skills, eye-hand coordination, eye-foot coordination, and all around physical fitness. Gymnastics can be an excellent one on one bonding opportunity.

Tiny Tumblers

Age: 3 to 4
Dates: Tuesdays, 8/21 to 9/11
Tuesdays, 9/18 to 10/9
Tuesdays, 10/16 to 11/6
Tuesdays, 11/13 to 12/4
Tuesdays, 1/8 to 1/29
Time: 10:00 – 10:45 am & 5:00 – 5:45 pm
Registration: Wm. Talley Rec Center
Location: Excellence Gym Sports
Instructor: Natascha Wlotzka
Fee: \$68

This class is without parent participation, although we recommend parents stay close by in our observation area. The children learn introductory gymnastics skills on preschool sized equipment. All of the Olympic events (vault, bars, beam, and floor exercise) are included in the weekly lesson plans in addition to trampoline, tumble tramp, and rope. This class helps to re-enforce preschool skills such as listening, following directions, line making, and taking turns.

Silver Stars

Age: 5 to 7
Dates: Thursdays, 8/23 to 9/13
Thursdays, 9/20 to 10/11
Thursdays, 10/18 to 11/8
Thursdays, 11/15 to 12/6 (no class on 11/22 for Thanksgiving)
Thursdays, 1/10 to 1/31
Time: 5:00 – 6:00 pm
Registration: Wm. Talley Rec Center
Location: Excellence Gym Sports
Instructor: Farzi Wlotzka
Fee: \$75

In Silver Star classes children focus on the basics of tumbling, vault, uneven bars, balance beam, trampoline, and rope. This class begins to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, and strength. As children improve throughout the session, we will build upon the basic skills they have learned. Don't forget to bring lots of energy!

Gold Stars

Age: 8 & up
Dates: Thursdays, 8/23 to 9/13
Thursdays, 9/20 to 10/11
Thursdays, 10/18 to 11/8
Thursdays, 11/15 to 12/6 (no class on 11/22 for Thanksgiving)
Thursdays, 1/10 to 1/31
Time: 7:15 – 8:15 pm
Registration: Wm. Talley Rec Center
Location: Excellence Gym Sports
Instructor: Natascha Wlotzka
Fee: \$75

In Gold Star classes children focus on the basics of tumbling, vault, uneven bars, balance beam, trampoline, and rope. This class begins to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, and strength. As children improve throughout the session, we will build upon the basic skills they have learned. Don't forget to bring lots of energy!

Tumble Tots

Age: 2 & 3
Dates: Tuesday, 9/11 to 10/16
Tuesdays, 10/23 to 12/4 (no class 11/6)
Time: 10:00 am – 10:45 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$107

Preschool Gymnastics

Age: 3 to 5
Dates: Tuesdays, 9/11 to 10/16
Tuesdays, 10/23 to 12/4 (no class 11/6)
Time: 12:30 pm – 1:15 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$107

Elementary Gymnastics

Age: 6 to 9
Dates: Fridays, 9/14 to 11/2 (no class 9/21 & 10/19)
Fridays, 11/9 to 12/21 (no class 11/23)
Time: 4:30 pm – 5:30 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

Gymnastics I

Age: 8 to 10
Dates: Fridays, 9/14 to 11/2 (no class 9/21 & 10/19)
Fridays, 11/9 to 12/21 (no classes 11/23)
Time: 7:30 pm – 8:30 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

YOUTH SPORTS & ACTIVITIES

Gymnastics II

Age: 10 & up
Dates: Fridays, 9/14 to 11/2 (no class 9/21 & 10/19)
Fridays, 11/9 to 12/21 (no class, 11/23)
Time: 6:30 pm – 7:30 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

In the younger classes, children will learn basic gymnastics skills and improve fine and gross motor skills. We will introduce gymnastics terminology, basic gymnastics skills, body positions and the children will have greater exposure to gymnastic equipment. Elementary and Gymnastics I classes will work on forward and backward rolls, cartwheels, headstands and handstands, vault, bars, balance beam, trampoline. This class begins to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, strength, form and focus. Session is 6 weeks

KidFit

Ages: 3 to 5
Dates: Wednesdays, 9/12 to 10/24 (no class 9/26)
Wednesdays, 11/7 to 12/19 (no class 11/21)
Time: 10:00 am – 10:45 am
Registration: Wm. Talley Rec Center
Location: 24/7 Dance Studio
Instructor: Randi Collins
Fee: \$107

This class is not parent participation. It provides children an opportunity to safely explore their environment and introduces them to physical activity. Children will learn body positions and basic gymnastics skills. This class is also a great environment to introduce children to important social skills such as listening, taking turns and following directions. Session is 6 weeks

TENNIS

Private Tennis Instruction:

Age: 6 & up
Fee: Individual: \$30 per hour city / \$40 per hour non city
2 people: \$40 per hour city / \$50 per hour non city (cost is total for both)

Develop your game with one on one instruction. Times will be coordinated by the supervisor to meet the instructors and the participant's availability. Please contact the Recreation Department for information.



Fall Tennis Instruction

Dates: Mondays and Wednesdays, 9/10 to 10/3
Location: Fleming Ave Courts

Age: 4 & 5
Times: 5:30 – 6:00 pm
Fee: \$25 city / \$45 non city

Age: 11 to 14
Times: 6:00 – 7:00 pm
Fee: \$35 city / \$55 non city

Age: 6 & 7
Times: 5:30 – 6:00 pm
Fee: \$25 city / \$45 non city

Age: 15 to Adult Beginners
Time: 7:00 – 8:30 pm
Fee: \$45 city / \$65 non city

Age: 8 to 10
Times: 6:00 – 7:00 pm
Fee: \$35 city / \$55 non city

Age 15 to Adult Intermediate
Time: 7:00 – 8:30 pm
Fee: \$45 city / \$65 non city

Fall Jr. Tennis Training

Ages: 13 to 16
Dates: Tuesdays, 9/11 to 10/2
Time: 6:00 – 7:00 pm
Location: Fleming Ave Courts
Instructors: David A. Blowe, MTM Tennis Instructor
Fee: \$55 city / \$60 non city

This class is limited to 8 participants. All participants should have tennis experience as this program is designed to enhance both their skills and game. Program will consist of stretching and mild calisthenics, forehand topspin, backhand topspin, lobs topspin as well as learning serves with different types of spins. This is a great training opportunity for the high school tennis player looking to improve their game!!



Recruiting all Volunteers!

We are always looking for volunteers to work with the City of Frederick Parks and Recreation Department. We have a wide variety of volunteer opportunities available, not limited to but including: Special Events like Halloween, the Holiday Dance, helping with flower beds in the park, assisting the Park Enforcement Agent throughout Baker Park and other city parks etc., coaching one of youth sports teams. Please contact Joleen Hart our Park Enforcement Agent by email jhart@cityoffrederick.com if you are interested in being a volunteer with the Parks and Recreation Department. She will put you in contact with the correct staff person depending on area of interest. Thank you.

TEEN AND ADULT SPORTS & ACTIVITIES

Women's Fall Basketball League

Age: 18 & up
Dates: Tuesdays, beginning 9/18
Time: games times beginning at 7:00 pm
Location: Wm. Talley Rec Center
Fee: per team, city \$200 / *mixed \$250 / non city \$300
(*must have 30% city residents to qualify for mixed rate)
Scrimmages will be held on 9/18. Registration deadline is 9/18. Call 301-600-1492 for more information.

Men's Basketball League

Coming this winter! Call 301-600-3846 for details!

Fencing Adult Basics 101

Age: 13 & up
Wednesdays, 10/10 to 1/9/13 (no class 11/21 or 12/26), duration: 12 Week Course
Time: 8:15 – 9:30 pm
Fee: \$175 city / \$185 non city plus *\$20.00 glove purchase required at the beginning of class (paid to instructor). This also includes USFA membership.

This class will cover the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will also get a basic understanding of all 3 weapons, how each one is used, and a basic understanding of the rules. From the first lesson and onward through the class, beginners will also acquire a basic understanding of proper footwork, blade work, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic Games.

Epee 102

Age: 9 & up
Dates: Thursdays, 10/11 to 1/10/13 (no class 11/22 or 12/27), duration: 12 Week Course
Time: 7:45 – 9:30 pm
Fee: \$160 city / \$170 non city plus *\$65.00 partial equipment purchase prior to the beginning of class (paid to instructor).

Once the beginner course is completed, all students learning epee will proceed to this class. This class focuses on tactical strategies of epee, understanding tempo and timing, and holds the student to a higher physical demand. Students will learn epee blade work, footwork, acquire a good understanding of proper movement, and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

Fencing Youth Basics 101

Age: 9 to 12
Dates: Thursdays, 10/11 to 1/10/13 (no class 11/22 or 12/27), duration: 12 Week Course
Time: 6:30 – 7:45 pm
Fee: \$175 city / \$185 non city plus *\$20.00 glove purchase required at the beginning of class (paid to instructor). This also includes USFA membership.

This class will cover the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will also get a basic understanding of foil, and a basic understanding of the rules. From the first lesson and onward through the class, beginners will also acquire a basic understanding of proper footwork, blade work, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic Games.



Foil 102

Age: 9 & up
Dates: Wednesdays, 10/10 to 1/9/13 (no class 11/21 or 12/26), duration: 12 Week Course
Time: 6:30 – 8:15 pm
Fee: \$160 city / \$170 non city plus *\$65.00 Partial equipment purchase prior to the beginning of class.
Once beginner course is completed, all students learning foil will proceed to this class. This class focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

Badminton

Age: 14 & up
Dates: Tuesdays, ongoing
Time: 6:30 – 9:00 pm
Location: Trinity School gym
Supervisor: Barbara Smith
Fee: \$3 city / \$6 non city

Join the fun! Participate in a fun aerobic activity, and it is a great social activity as well! Participants just need to bring a racket.

This QR code links to the City of Frederick Parks & Recreation Department's web page



**Use your smart phone,
Scan and enjoy**

TEEN AND ADULT SPORTS & ACTIVITIES

Golden Knights Karate – Teen/Adult Beginners & Advanced

Age: 14 & up
Dates: Mondays & Thursdays
9/10 to 10/4
10/8 to 11/8 (no class 10/18, 11/5)
11/12 to 12/17 (no class 11/15, 11/22, 12/6)
Time: 8:00 – 9:00 pm
Location: Whittier Rec Center
Instructors: Scott Baldwin, Marty Weedon
Fee: \$60 * Multi-member family discount
cost would be \$45 for the 2nd, 3rd etc. family
member registering. First family member
pays the full price.

Adult/teen classes focus on all aspects of the Martial Arts (Shotokan, Tae Kwon do and Jujitsu) with an increased emphasis on sparring and physical conditioning.

Self Defense for Women & Teens

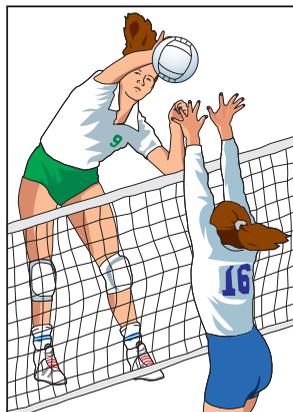
Age: 14 to Adult
Dates: Wednesdays, 9/5 to 9/26
Wednesdays, 10/3 to 10/24
Wednesdays, 11/7 to 11/28
Time: 7:00 – 8:30 pm
Location: Wm. Talley Rec Center
Fee: \$50 city / \$55 non city

Easy, simple and effective methods of self-defense for women. Learn tips to protect yourself and your family through lecture, hands on training and hand-outs. Following these simple steps can help to keep you and your family safe.

Fall Co-ed Sixes Volleyball League

Age: 16 & up
Dates: Sundays, beginning 9/9
Time: 12:00 pm start time based on division
Location: Wm. Talley Rec Center
Fee: per team, city \$95 / mixed \$140 / non city \$175
(must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)
Deadline for entering a team: 8/19
Entry fee and rosters due: 8/26

League consists of 8 weeks of round robin play followed by divisional play-offs. Teams placed in divisions based on ability/skill levels. Skill levels range from highly competitive, skilled play to beginner, recreational skill levels. For more information contact Jeff Hess at jhess@cityoffrederick.com.



Fall Men's Fours Volleyball League

Age: 16 & up
Dates: Wednesdays, beginning 9/12
Time: 6:30 pm
Location: Wm. Talley Rec Center
Fee: per team, city resident \$85 / mixed \$115 / non-city resident \$150
(must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)
Deadline for entering a team: 8/19
Entry fee and rosters due: 8/26

League consists of 8 weeks of round robin play followed by play-offs. Skill levels for this league range from highly competitive, skilled play to intermediate. This is not a league for beginner or recreational levels. Spaces for this league are limited at no more than 9 teams. For more information contact Jeff Hess at jhess@cityoffrederick.com.

Adult Co-ed Softball Fall 2012

Age: 18 & up
Dates: Regular season starts the week of 8/20, games begin 8/25
Games: All games are double headers; weeknights / weekends
Play off Tournament: One day, single elimination, exact dates TBA at the coaches meeting.
Time: Sat. & Sun 10am-8pm start time, Mon-Fri 6pm-8pm start time
Location: City of Frederick Softball fields
Softball Contact: JP Holmes
Email Address: jpholmes3030@yahoo.com
Coaches Meeting: 8/6, 7:00 pm at Wm. Talley Rec Center
Multiple divisions available, league provides game balls.
Intent to Play email deadline for Teams: before 8/10 email: nadkins@cityoffrederick.com

Team Fee:

\$640 mixed rate (Check made out to City of Frederick)
Form of payment: Check or credit card paid in full before 8/16
Where to make payment: Wm. Talley Center Front Desk
(Must have 30% city residents to qualify for mixed rate)
(Address verification will be required)

\$730 non city rate (Check made out to The City of Frederick)
Form of payment : Check or credit card paid in full by 8/16
Where to Make Payment: Wm. Talley Center Front Desk

Additional Fees:

ASA sanction fee \$25 per team / per year
Form of payment:(Check only made out to MDDC ASA)
Where to make payment: Coaches Meeting Only
Umpire Scheduling Fee: \$25 per season
Form of payment: (Check only made out to Ed Guise)
Where to make payment: Coaches meeting only

New Important Information:

Waiver due for all players before practices begin
All other team paperwork due by August 25th or before.
No additional player fees; it has been included in the team fees. No cash for any payments, please keep team receipts until end of the season.

To ensure there is sufficient time for scheduling and ordering softballs, ALL team fees must be paid in full by 8/16, Please no exceptions. We hope to see everybody back out there this fall!

CELEBRATE Frederick Inc.

Presents

Market Street Mile

Saturday, September 8

Market Street
8:45 – 10:30 AM

In The Street

Saturday, September 8

Market Street & Carroll Creek Linear Park
11 AM – 5 PM

Music, food, activities and more!

Up The Creek Party

Saturday, September 8

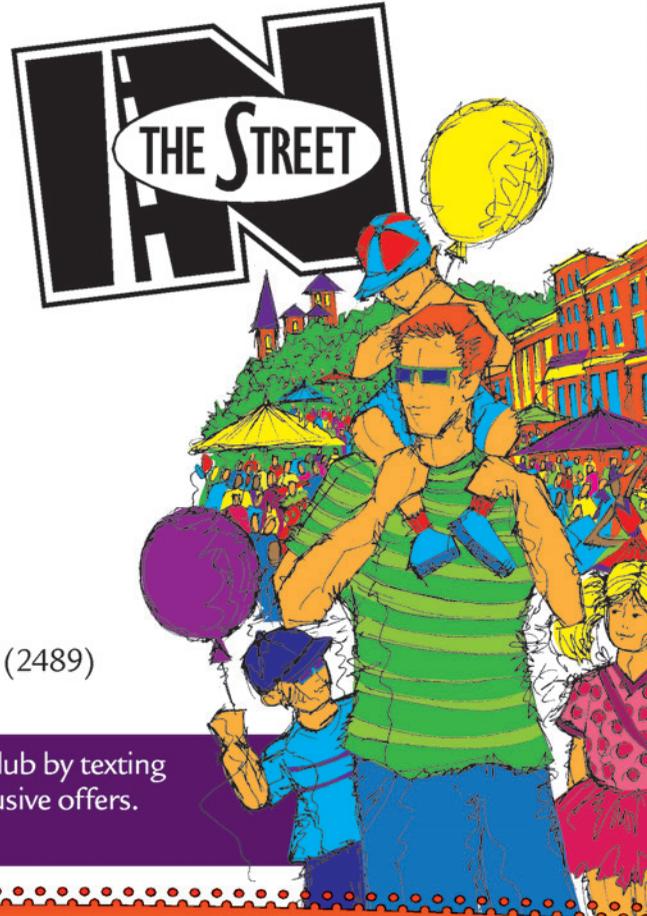
Carroll Creek Amphitheater
5 – 9 PM

Featuring The Reflex

For more information call 301-600-CITY (2489)
or visit www.CelebrateFrederick.com.

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CELEBRATE to 87365 and receive exclusive offers.

Standard texting fees apply



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Donations in support of Celebrate Frederick are accepted at
www.CelebrateFrederick.com.

DANCE CLASSES

Line Dancing

Age: 12 & up (min. 6 participants)
Dates: Mondays, 9/10 to 10/15
Mondays, 10/22 to 11/26
**** Mini Session Mondays, 12/3 to 12/17
Time: 7:00 – 8:00 pm, Beginner
8:00 – 9:00 pm, Intermediate
Location: Wm. Talley Rec Center – Multi Purpose Room L3
Instructor: Raymond Crum
Fee: \$30 city / \$35 non city
*** Mini session price \$15 city / \$17 non city

Beginner participants will learn the various dance steps, and put these steps to music. The Intermediate should already have some knowledge of the dances steps in line dancing and the class will incorporate more combos.

Irish Social Dancing



Age: 14 & up
Dates: Wednesdays, 9/ 12 to 11/ 14
Time: 7:00 – 8:30 pm
Location: Wm. Talley Rec Center
Registration: Wm. Talley Rec Center
Instructor: Marilyn Moore
Fee: \$75 city / \$80 non city (10 week session)

Do you like Irish music? Wish you could get up and do a few steps, but need something more user-friendly than Riverdance? Then this class is for you. Enjoy wonderful Irish dance tunes while learning basic and intermediate steps and movements for Irish social dances. Irish social dancing includes three separate traditions: set, Ceili and two-and three-hand dances. Set dancing is an ancestor of American square dance and involves four couples, usually in waltz hold, performing between 3 and 9 figures to complete a set. Set dances from a particular region in Ireland have different music, styles, and steps. Ceili dancing employs a variety of formations, including lines of couples in a progressive dance (similar to contra dancing), or couples or trios in a fixed formation “figure” dance (the Haymakers’ Jig is similar to the Virginia Reel, for example). Ceili dancing uses hoppy footwork derived from step dancing, but is not as precise or physically challenging. There is also a wide variety of two-and three-hand dances in the Irish tradition, the most common of which is the waltz, with many variations. Irish social dancing is a good aerobic workout (wear casual clothes that you can sweat in!). Please wear shoes that will stay on your feet (no flip-flops, sandals or mules), preferably with leather or other smooth soles...your feet need to be able to slide. Bring a water bottle. You don’t have to bring a partner; beginners are encouraged. And you definitely don’t have to be Irish to have fun doing this! Check out some clips on youtube: search for “set dancing Maryland” or “Ceili dancing Maryland” to see some action from local Ceilis and performances.

Latin Ballroom Favorites

Age: 18 & up
Dates: Tuesdays, 9/18 to 10/23
Tuesdays, 10/30 to 12/4
Time: 7:00 – 8:00 pm
Location: Wm. Talley Rec Center – Multi Purpose Room L3
Instructor: Regine Schwab
Fee: \$75 city / \$80 non city (per person)

Join this exciting six week class for a spicy, salsa mix of mambo, cha-cha and rumba. Learn the beginning steps of these dances while also learning about partnership – basics in leading/following, dance rhythm and styling. Please bring comfortable dance shoes.

Ballroom Big Band Classics

Age: 18 & up
Dates: Tuesdays, 9/25 to 10/30
Tuesdays, 11/6 to 12/11
Time: 8:00 – 9:00 pm
Location: Wm. Talley Rec Center – Multi Purpose Room L3
Instructor: Regine Schwab
Fee: \$75 city / \$80 non city (per person)

Charity balls, holiday dances and wedding celebrations are coming up.... Don’t be left at the table watching! This class will introduce students to the foundation steps and basic footwork in American Style Smooth – **Waltz, Fox Trot and Swing**. Lessons will include step by step instruction and practice with emphasis on partnership, dance style, posture and, of course, FUN! Please bring comfortable dance shoes. Come out, give it a try, make new friends and have a great time!

Ballroom Dance in Frederick

Ballroom Dance In Frederick has been providing dance instruction for 17 years in Frederick. Denise Mayer is a member of the N.D.C.A. & I.S.T.D. All of the instructors are well trained and know both the Leader's and Follower's part. The studio is located at 7313-H Grove Rd. It boasts a 2550 square foot floating wooden floor and mirrors. We offer public Saturday evening dances every weekend except Christmas. Our program builds on itself, it is important that all participants attend the first day of class. Dress is casual for classes; shoes are important, no rubber-soled or gym shoes, no open-toed or sling back shoes. If it is wet outside, please bring your shoes to class. Dancers dance in ballroom dance shoes, which have suede sole. It is not necessary to purchase or start with dance shoes right away, but they can be purchased at Footlights in Frederick.

Beginning Waltz, Fox Trot and Swing, Rumba, Cha Cha & Tango

Age: 14 & up
Dates: Wednesdays, 8/29 to 10/24 (no class on 9/5)
Thursdays, 10/4 to 11/15 (additional class on Friday, 11/2)
Wednesdays, 10/31 to 12/18 (additional class on Friday, 11/2)
(no class on 11/21)
Thursdays, 11/29 to 1/31/13 (no class on 12/27 or 1/3/13)
Time: 8:30 – 10:00 pm
Location: Ballroom Dance in Frederick / 7313-H Grove Road
Fee: \$180 per person for an 8 week session plus 4 regular public dances

We will be covering the dance rhythms of Waltz, Fox Trot & Swing the first 4 weeks, and Cha Cha, Rumba & Tango the second 4 weeks. These are the core dances that provide you with the most opportunity to dance at a dance. We not only use music from the 30's, 40's and 50's, but also many contemporary tunes that provide us with the rhythms that we are learning. Singles and couples are welcome. We have public dances every Saturday evening from 8:00 – 11:00 pm where students can practice and use what they are learning.

DANCE CLASSES

Adult Tap (Adv.Beg/Inter)

Age: 18 & up
Dates: Wednesdays, 9/5 to 10/31
Wednesdays, 11/7 to 1/23 (no class 11/21, 12/19, 12/26)
Time: 7:00 – 8:00 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$110

A mix of Broadway and rhythm tap for the adult tapper. Appropriate for advanced beginner/intermediate students. Session is 9 weeks.

Adult Tap (Beginner)

Age: 18 & up
Dates: Wednesdays, 9/5 to 10/31
Wednesdays, 11/7 to 1/23 (no class 11/21, 12/19, 12/26)
Time: 8:00 – 9:00 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$110

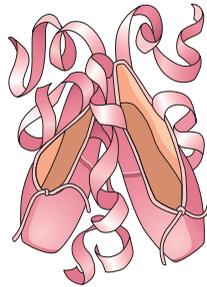
A mix of Broadway and rhythm tap for the adult tapper. Appropriate for beginner students. Session is 9 weeks.



Adult Ballet

Age: 18 & up
Dates: Thursdays, 9/6 to 11/1
Thursdays, 11/8 to 1/24 (no class 11/22, 12/20, 12/27)
Time: 7:45 – 8:45 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$110

Class will focus on traditional barre, center work and short combinations. Appropriate for beginner/intermediate level students. Session is 9 weeks.



Adult Yoga

Age: 18 & up
Dates: Tuesdays, 9/4 to 10/30
Tuesdays, 11/6 to 1/22 (no class 11/20, 12/25, 1/1)
Time: 7:00 – 8:00 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$110

Join us for this low impact workout and leave feeling empowered and stress free! Enjoy a perfect blend of movement, stretching, strength building and relaxation. Yoga helps to reduce pain from old injuries and ailments, while also teaching body awareness for healthy day to day living. This class is appropriate for all fitness levels.

Adult Jazz

Age: 18 & up
Dates: Wednesdays, 9/12 to 10/24 (no class 9/26)
Wednesdays, 11/7 to 12/19 (no class 11/21)
Time: 11:30 am – 12:30 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

Style is angular and disjointed. It employs hip isolations, shoulder shrugs and head rolls. Dance movements tend to be pedestrian, emphasizing walking, hand clapping, finger snapping and general body isolations. Session is 6 weeks.

Adult Tap

Age: 18 & up
Dates: Wednesdays, 9/12 to 10/24 (no class 9/26)
Wednesdays, 11/7 to 12/19 (no class 11/21)
Time: 9:00 am – 10:00 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

Movements of tap are concentrated in your feet and ankles. Wearing shoes with metal taps, you tap out the rhythm of the music you are dancing to. Arms, head and hands are important but complementary to the actions of the feet. Session is 6 weeks.

Tots Dance

Age: 2.5 to 3
Dates: Thursdays, 9/6 to 11/1, 11:15 – 11:45 am
Thursdays, 11/8 to 1/24, 11:15 – 11:45 am
(no class 11/22, 12/20, 12/27)
Saturdays, 9/1 to 10/27, 9:00 – 9:30 am
Saturdays, 11/3 to 1/19, 9:00 – 9:30 am
(no class 11/24, 12/22, 12/29)
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$90

This fun and playful 30 minute class will teach creative movement and basic ballet while also including introduction of lines, patterns and shapes. Average age is 3. Session is 9 weeks.

Cancellation and Information Line

The City of Frederick Parks and Recreation Department has an Inclement Weather and Information Line. The number is 301-600-6970. By calling you will have access to information regarding our programs and facilities including closings, delays and cancellations due to inclement weather.

DANCE CLASSES

Pre-Kinder Dance

Age: 4 & 5

Dates: Saturdays, 9/1 to 10/27, 9:35 – 10:20 am
Saturdays, 11/3 to 1/19, 9:35 – 10:20 am
(no class 11/24, 12/22, 12/29)
Thursdays, 9/6 to 11/1, 10:00 – 10:45 am
Thursdays, 11/8 to 1/24, 10:00 – 10:45 am
(no class 11/22, 12/20, 12/27)
Tuesdays, 9/4 to 10/30, 1:30 – 2:15 pm
Tuesdays, 11/6 to 1/22, 1:30 – 2:15 pm
(no class 11/20, 12/25, 1/1)

Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$120

This 45 minute class will include tap, ballet and creative movement while encouraging confidence and team work. Class is especially designed for pre-school age. Session is 9 weeks.

K-Dance

Age: 5

Dates: Mondays, 9/10 to 11/5, 5:30 – 6:30 pm
Mondays, 11/12 to 1/21, 5:30 – 6:30 pm
(no class 12/24, 12/31)
Saturdays, 9/1 to 10/27, 10:30 – 11:30 am
Saturdays, 11/3 to 1/19, 10:30 – 11:30 am
(no class 11/24, 12/22, 12/29)

Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: TBA
Fee: \$140

In this hour long class, students work on beginning ballet and are introduced to tap steps. Class work is structured to develop basic rhythm skills, creativity and coordination. Session is 9 weeks.

Primary Dance

Age: 6 & 7

Date: Mondays, 9/10 to 11/5
Mondays, 11/12 to 1/21 (no class 12/24, 12/31)
Thursdays, 9/6 to 11/1
Thursdays, 11/8 to 1/24 (no class 11/22, 12/20, 12/27)

Time: 5:30 – 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$140

In this class, students will continue to work on basic ballet and tap, as well as be introduced to beginner jazz skills. Class is structured to match both the motor skill development and social skills of students in 1st grade. Session is 9 weeks.



Primary Plus Dance

Age: 7 & 8

Date: Saturdays, 9/1 to 10/27
Saturdays, 11/3 to 1/19 (no class 11/24, 12/22, 12/29)
Time: 10:30 – 11:30 am
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: TBA
Fee: \$140

In this class, students will continue to work on basic ballet and tap, as well as be introduced to beginner jazz skills. Class is structured to match both the motor skill development and social skills of students in 2nd and 3rd grade. Session is 9 weeks.

Elementary Dance

Age: 7 & 8

Date: Thursdays, 9/6 to 11/1
Thursdays, 11/8 to 1/24 (no class 11/22, 12/20, 12/27)
Wednesdays, 9/5 to 10/31
Wednesdays, 11/7 to 1/23 (no class 11/21, 12/19, 12/26)

Time: 5:30 – 6:45 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$170

Class includes tap, ballet and jazz. Students learn elementary dance steps and positions, dance terminology and musical phrasing. Class is one hour and 15min long. Session is 9 weeks.

Pre Teen Jazz Dance

Age: 4th to 6th Grade

Date: Wednesdays, 9/5 to 10/31
Wednesdays, 11/7 to 1/23 (no class 11/21, 12/19, 12/26)

Time: 4:30 – 5:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$140

This high energy class is perfect for the pre-teen jazz enthusiast. Each week, class will progress through a warm up, floor crossings and mini combinations. Session is 9 weeks.

Mini Hip Hop Dance

Age: 1st to 4th grade

Date: Tuesdays, 9/4 to 10/30
Tuesdays, 11/6 to 1/22 (no class 11/20, 12/25, 1/1)

Time: 5:30 – 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$140

This fast paced and exciting class offers age appropriate street jam for the younger set. Session is 9 weeks.



DANCE CLASSES

Creative Movement

Age: 2.5 to 3
Dates: Tuesdays, 9/11 to 10/16
Tuesdays, 10/23 to 12/4 (no class 11/6)
Time: 11:00 am – 11:30 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$84

A breakdown of primary motor skill movement to fun and exciting activities. Through imagery and play the children learn cooperation, patience, gross motor skills, and self esteem. Includes some mat work. Session is 6 weeks.

Intro to Dance

Age: 3 & 4
Dates: Tuesdays, 9/11 to 10/16
Tuesdays, 10/23 to 12/4 (no class 11/6)
Time: 9:30 am – 10:15 am
Location: 24/7 Dance
Registration: Wm. Talley Rec Center
Instructor: Gina Korrell
Fee: \$107

A children's class which incorporates Pre-Ballet and Creative Movement. An introduction of basic ballet steps and vocabulary while continuing primary motor skills to build self-assurance and confidence. Includes some mat work. Session is 6 weeks.

PreDance I

Age: 4 & 5
Dates: Tuesdays, 9/11 to 10/16
Tuesdays, 10/23 to 12/4 (no class 11/6)
Time: 10:15 – 11:00 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: Gina Korrell
Fee: \$107

A children's class which incorporates Pre-Ballet and Creative Movement. An introduction of basic ballet steps and vocabulary while continuing primary motor skills to build self-assurance and confidence. Includes some mat work. Session is 6 weeks.

Combo I

Age: 6 & 7
Dates: Saturdays, 9/15 to 10/20
Saturdays, 10/27 to 12/8 (no class 11/24)
Time: 9:00 am – 10:00 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

A children's class which incorporates Ballet, Tap and Jazz. Class includes a breakdown of the basic dance steps with an emphasis on proper technique. Careful attention is given to positive encouragement while working on technical corrections. Session is 6 weeks.

Mini Jazz Hip Hop

Age: 6 to 8
Dates: Thursdays, 9/13 to 10/18
Thursdays, 10/25 to 12/6 (no class 11/22)
Time: 6:30 pm – 7:15 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$107

Elementary Hip Hop

Age: 8 to 10
Dates: Saturdays, 9/15 to 10/20
Saturdays, 10/27 to 12/8 (no class 11/24)
Time: 10:00 am – 11:00 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

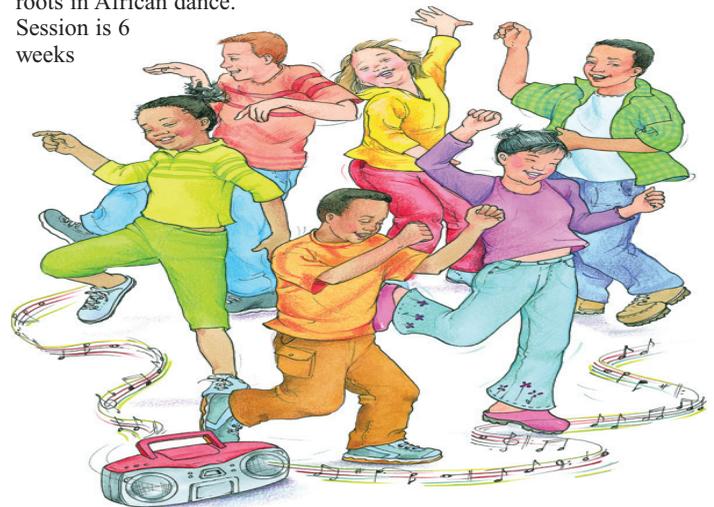
PreTeen Hip Hop

Age: 10 to 12
Dates: Saturdays, 9/15 to 10/20
Saturdays, 10/27 to 12/8 (no class 11/24)
Time: 11:00 am – 12:00 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

Hip Hop

Age: 13 & up
Dates: Saturdays, 9/15 to 10/20
Saturdays, 10/27 to 12/8 (no class 11/24)
Time: 12:00 pm – 1:00 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$129

A high energy, high impact class exploring current styles of movement seen on TV and in music videos. This form of dance is inspired by the urban hip hop music and makes its roots in African dance. Session is 6 weeks



THEATER/ACTING/MUSIC CLASSES

Theater Classes

Youth Acting 1

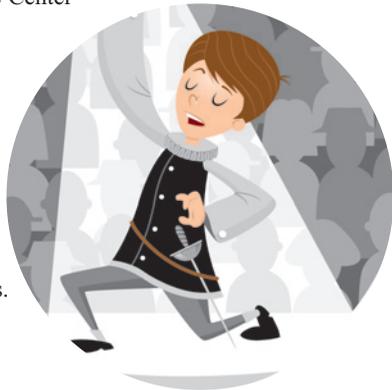
Age: Grades 2nd to 4th
Dates: Mondays, 9/10 to 11/5
Mondays, 11/12 to 1/21 (no class 12/24, 12/31)
Time: 5:30 – 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$140

Focus of the class is on acting basics: stage direction, terminology, and vocal qualities (diction, projection and placement). Different acting exercises and projects will be used to develop the skills listed above. Session is 9 weeks.

Youth Acting 2

Age: Grades 4th & 5th
Dates: Thursdays, 9/6 to 11/1
Thursdays, 11/8 to 1/24 (no class 11/22, 12/20, 12/27)
Time: 6:30 – 7:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited
Fee: \$140

Through exercises in projection, diction, improvisation, pantomime, character development and scene study, students will develop stage presence, performance skills and technique. Session is 9 weeks.



Music Classes

Private Guitar Lessons for Beginners & Intermediates

Age: 7 & up
Date: Mondays, 9/24 to 10/29
Mondays, 11/5 to 12/10
Time: 12:00 – 8:00 pm (30 or 60 min slots)
Location: Wm. Talley Rec Center
Fee: 30 min slots - \$65 city / \$75 non city
60 min slots - \$120 city / \$130 non city

Private lessons in both classical, and electric guitar for all levels. The lessons will be geared to your interests and needs. Music Theory can be included.



Group Guitar Lessons for Beginners

Age: 7 & up
Date: Fridays, 9/28 to 11/2
Fridays, 11/9 to 12/21 (no class 11/23)
Time: 6:00 – 7:00 pm
Location: Wm Talley Recreation Center
Fee: \$60 city / \$70 non city

Come with your guitar and once we get it tuned and working we are ready! We will focus on chords, and by the end of the session you should know a basic chord dictionary and we will learn a simple four chord song.

Music Pups

Age: 1 to 3 with parent
Dates: Mondays, 9/10 to 10/22
Mondays, 10/29 to 12/10, (no class 11/5)
Time: 10:00 am – 10:45 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$107

Music Pups

Age: 3 to 5 with parent
Dates: Mondays, 9/10 to 10/22
Mondays, 10/29 to 12/10 (no class 11/5)
Time: 12:30 – 1:15 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Dance
Fee: \$107

Designed to nurture the musical development of young children by motivating parents and caregivers to engage in musical activities with their child. Through teacher modeling, play, parent education, a developmentally appropriate curricula, CDs, books, instruments, and activities. Session is 6 weeks

CALLING ALL CANINES! DOG PARK IS OPEN



*Please remember to
clean up
after your pet!*

Calling all dog owners and dog walkers! The City of Frederick is receiving numerous complaints regarding dog owners/walkers not cleaning up after their dogs and leaving sidewalks and/or grassy areas unpleasant for others. **We love our City and we love our dogs.... We just don't love stepping in what they leave behind, though!**

The City of Frederick Parks & Recreation Department's Dog Park is open and thriving. The Dog Park is located at 212 Carroll Parkway, at the corner of North Bentz Street and Carroll Parkway across from Baker Park. We are extremely pleased to offer this park to all residents, particularly those in the downtown area.

Please be advised that all dogs must be registered and receive a tag from the Department of Parks & Recreation prior to using the park. You may visit the Wm. Talley Recreation Center at 121 North Bentz Street during normal business hours to apply for and receive your tag prior to using the park.

The brochure and application are also on our website at: www.cityoffrederick.com/departments/Recreation/docs/dog-park-registration.pdf.

The Dog Park may be closed temporarily for certain Recreation Department programs and/or classes. Check the bulletin board at the Dog Park for details.

For your safety and the safety of your dog, the City Dog Park will be staffed periodically this summer. The staff will be there to ensure that all dogs within the park are registered properly through the City Parks and Recreation Department.

Frederick City Code Section 3-26.1 - Removal of Feces, states that no owner or other person who has possession or control of a dog, animal or other pet shall permit its feces to remain upon any streets, parks, or sidewalks or in any public place within the police limits of the City. Violation of this section is a municipal infraction and can result in a fine of up to \$75.00.

Park Enforcement



The mission of the City of Frederick's Park Enforcement Office is to oversee activities within the parks by serving and protecting citizens who use these parks. Proper usage of the park system is essential for peace and order and benefits all users. The Park Enforcement Agent is charged with detecting violations and addressing violators in a fair, impartial, consistent, complete and professional manner. Ensuring all citizens a pleasurable experience but safely following the local ordinances is our goal. You can help by obeying all laws when using the parks and reporting any suspicious activity immediately to 301-600-1492.



← **takes YOU there!** →

- **9 Connector Routes** serve medical, employment, education and shopping centers in Frederick.
- **5 Commuter Shuttles** travel between Frederick and the Route 85 Business Corridor, Spring Ridge, Emmitsburg/Thurmont, Brunswick/Jefferson, and the Point of Rocks MARC train station.
- Connector and shuttle fares are \$1.10, with reduced fares for students, seniors, and persons with disabilities. Free transfers!
- Senior citizens and people with disabilities can take **TRANSIT-Plus** from their homes to medical appointments for \$1.50 each way! Transportation for other needs is provided at a cost of \$2.50 each way. Prepaid tickets offered at reduced rates.



Come take a ride, meet our award-winning drivers and find out what nearly 787,000 riders already know...

301-600-2065
www.FrederickCountyMD.gov/transit

HORSEBACK RIDING PROGRAM



CAMPS/ GROUPS / PRIVATE LESSONS YOUTH & ADULT

Beginner through Advanced Levels

We offer both private and group lessons. Our Horsemanship Program is designed for all ages, including adults, and all levels from beginners through advanced riders. We begin each rider with private lessons to ensure individual attention at an instruction level appropriate for their experience and age. Once underway within our horsemanship program group lesson opportunities are available.

The basic skills taught at this stable are walk, trot, canter, jumping, trail riding, stable management, and horse care. Many other skills, activities, and aspects of horsemanship, too numerous to mention, will also be explored. Safety is our top priority and is the foundation upon which all lessons are built. Lessons are conducted RAIN or SHINE!

Our instructional staff, including two American Riding Instructor Certification Program certified instructors, combines over 48 years of teaching experience from devoted lifetime professional horsepersons. Our stable is defined by its 20 patient and well mannered horses and

ponies enabling riders to be matched with a mount(s) that is suitable for their size and skill level.

We specialize in teaching our students to be safe, sensible, and knowledgeable horse people who ride correctly and still have lots of fun!



for more information call 301-600-1492

Horseback Riding Day Camps

****GREAT PRICE****

Camps are one day only!

Age: 8 to 15

Dates: Monday, 9/17

Friday, 10/19

Monday, 11/5

Tuesday, 11/6

Thursday, 12/27

Friday, 12/28

Tuesday, 1/22

Wednesday, 1/23

Monday, 2/18

Time: 9:00 am – 4:00 pm

Location: at the stables, Frederick Area

Registration: Wm. Talley Rec Center

Instructor: Lois Banks & Staff

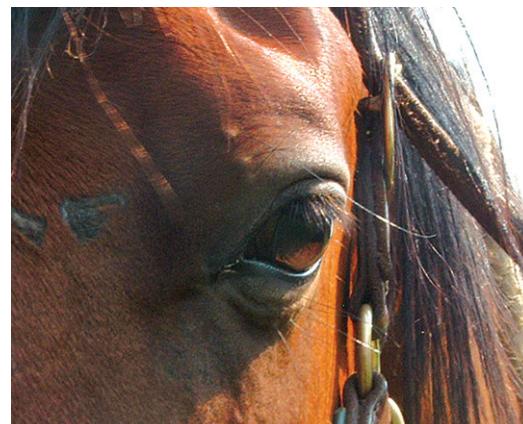
Fee: \$60

Special Fee: If you sign up for any 3 days of camp special price of \$150, otherwise the fee will be \$60 per day.

A wonderful way to spend a day off school.... at the stables!



We will provide riding instruction and other fun activities all centered on the horse, rider and barn. Make sure to bring your lunch and a drink. Wear jeans, and dress based on weather. Protective, secure shoes or boots, bring your sneakers also. This is a perfect way to spend some time off school or celebrating that special birthday with your friends. This "Day at the Stables" is designed for all levels of riding from the very beginner through advanced. This is one of our popular activities so register early. There is limited registration for each date. Pre registration is required at Wm Talley Rec Center. Make sure to ask for directions when registering for class.



HORSEBACK RIDING PROGRAM

PRIVATE HORSEBACK RIDING LESSON PACKAGE AGE 6 TO 15

Beginner thru Advanced Riding Instruction

September

Age: 6 to 15
Dates: Tuesdays, 9/4 to 9/25
Times: 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 pm
Dates: Saturdays, 9/8 to 9/29
Times: 12:00, 12:30, 1:00, 1:30 pm
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$120 for 4 weeks / 30 min. lesson

October

Age: 6 to 15
Dates: Tuesdays, 10/2 to 10/23
Times: 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 pm
Dates: Saturdays, 10/6 to 10/27
Times: 12:00, 12:30, 1:00, 1:30 pm
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$120 for 4 weeks / 30 min. lesson

November

Age: 6 to 15
Dates: Tuesdays, 11/6 to 11/27
Times: 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 pm
Dates: Saturdays, 11/3 to 11/24
Times: 12:00, 12:30, 1:00, 1:30 pm
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$120 for 4 weeks / 30 min. lesson

December

Age: 6 to 15
Dates: Tuesdays, 12/4 & 12/11
Times: 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 pm
Dates: Saturdays, 12/1 & 12/8
Times: 12:00, 12:30, 1:00, 1:30 pm
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$60 for 2 weeks / 30 min. lesson



PRIVATE HORSEBACK RIDING LESSONS AGE 16 & UP

Beginner thru Advanced Riding Instruction

September, October, November
Age: 16 & up
Dates: Tuesdays, 9/4 to 9/25, 10/2 to 10/23, 11/6 to 11/27
Times: 2:00, 6:00 pm
Dates: Saturdays, 9/8 to 9/29, 10/6 to 10/27, 11/3 to 11/24
Times: 1:00 pm
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
\$150 for 4 weeks / 45 min

Private lessons are available on different days and times throughout the week. A first time beginner rider needs to use our private lessons as stepping stones into our group lesson program or you can stay in private lessons if you prefer and that works better with your schedule. We keep private lessons going throughout the fall, early winter, spring and summer.. Private lessons are also a great way to focus on your own riding experience, they are a nice addition to group classes or a great way to learn if your schedule is difficult or you prefer a private learning atmosphere to a group atmosphere. No Monday private lessons, stables are closed. So anyone who is a first time rider starts with private lessons for the first session, after that it is discussed between the rider and instructor how to proceed and what class to sign up for in the future.

If you do not see a date, time frame or day that suits your schedule please call Nancy Adkins, Recreation Supervisor at 301-600-6238 to discuss other options. We usually have additional time slots available throughout the day and evening. Make sure to ask for directions to the stables when registering for classes.



WALK-IN FITNESS CLASSES

FALL 2012, SEPTEMBER THROUGH NOVEMBER

All walk-in fitness classes are open to Fitness Center members AND NON MEMBERS. All classes are ongoing and are held at the Wm. Talley Fitness Center. Class days, times, and descriptions are subject to change.

The Walk-In Fitness Class Schedule is now a monthly schedule. Refer to Talley front desk or www.cityoffrederick.com for exact schedule.

Scan the QR code below for a direct link to our website –



NEW AUTOMATED PUNCH CARDS NOW IN USE !

Here is what you need to know!

- 1) The automated punch cards resemble the Talley Fitness Center membership cards. If you are currently a fitness center member and have a membership card you will be able to use your existing card to load/purchase new punches. If you are not a member you can purchase your card at the front desk.
- 2) Once you have obtained your automated punch card you will be able to purchase and load additional classes onto your existing card as required.
- 3) Each time you enter the facility to participate in a Walk-In Fitness Class you will need to swipe your card at the front desk. One credit/punch will be used on your automated punch card .
- 4) You will still be required to sign the sign-in sheet upon entering your class. Please leave your card on the table next to the sign-in sheet and ENJOY THE FITNESS CLASSES.
- 5) At the conclusion of the class, please be sure to pick-up your card on the way out.
- 6) If you intend to take another class before leaving the facility for the day, please be sure to stop by the desk again to “swipe in” for that class.
- 7) You can still pay for a 1 time class visit as well. Please stop by the front desk upon entering the building and pay for the class at that time. The front desk staff will issue you a “1 time pass” that you will present to the instructor.

Walk-in Fitness Class Fees - Valid for all Fitness Classes

Fitness Center Members

Per class: \$3 city / \$6 non city
10 class punch Card: \$10 city / \$20 non city
15 class punch Card: \$14 city / \$28 non city
25 class punch Card: \$20 city / \$40 non city

Non – Members

Per class: \$3 city / \$6 non city
10 class punch Card: \$25 city / \$50 non city
15 class punch Card: \$37 city / \$74 non city
25 class punch Card: \$60 city / \$120 non city

SAMPLE WALK-IN FITNESS CLASS DESCRIPTIONS – CLASS NAME AND DESCRIPTIONS WILL VARY

AWESOME ABS/LETHAL LEGS:

Abdominal and leg strengthening and toning exercises

BODY SCULPT:

A total body toning class using various resistance equipment

BOOT CAMP:

60 minutes of movement – running, sprinting, & plyometrics

BUTT & GUT:

Strengthening and toning targeting the lower body and abs

CARDIO SCULPT:

High energy, full cardio workout sure to get your heart pumping

DJ-EXERCISE:

A high-energy low/high impact class, to great music from the 60's – 90's

KICKBOXING/ABS:

A great cardio workout that includes kicks and punches using no impact, cool down with an abs workout

KICKBOXING:

A high energy cardio workout blending aerobics, boxing & martial arts. This is a fun, fast paced whole body workout!

PILATES:

Class focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine

R.A.D.:

A total body workout that incorporates the use of light, medium, or heavy weights to increase your cardio workout

RESISTANCE TRAINING:

An overall toning class using free weights, resist-a-ball, & resistance bands

STEP & SCULPT:

A combo of step and sculpting class incorporating low impact step aerobics and free weights



WALK-IN FITNESS CLASSES

TNT - TABATA N TIGHTEN UP:

Tabata is a 4 min, 4 exercise workout done in a 20/10 split. It's 20 second (on) all out active and 10second (off) rest. Tabata builds lean muscle, increase cardio and promote fat loss using bodyweight and equipment. Class will consist of several tabata set of exercises followed by more cardio outside or the gym. Interval sprints, suicides, hill runs, etc.

TORSO TRAINING:

A toning class that targets the upper body and abs

YOGA:

A variety of levels teaching the art of yoga

Do you have an exercise group that is looking for a specific class?? We are starting a program allowing YOU to create the class. All you need is a minimum of 6 participants and we'll create the class just for your group. If you have additional questions or are interested, please submit your request to our Group Fitness Coordinator @ eburge@cityoffrederick.com.

SPECIAL INTEREST

Ladies Handgun Course

Age: 18 & up

Dates: Thursday, 9/13, 7:00 – 10:00 pm

Saturday, 9/15, 9:00 – 5:00 pm (Lunch will be provided free)

Location: Cresap Rifle Club

Instructor: Cresap Rifle Club

Registration: Wm. Talley Rec Center

Fee: \$ 75

We recommend early registration for this class, fills very quickly. Registration will be held at Wm. Talley Rec. Center. Limited registration of 20 students, this will provide all students with the maximum of hands on instruction and range time. This is a National Rifle Association (NRA) course and all instructors are certified through the NRA. This course requires attendance for the entire 10 hours, a passing score on the test (open book), and shooting a minimum of 25 rounds of ammunition under the supervision of a certified instructor. All firearms, ammunition, training materials, ear and eye protection and refreshments are supplied. Come and learn from the best!

Getting Paid To Talk, Making Money with Your Voice

Age: 18 & up

Date: 10/8, Monday, one evening class

Time: 6:30 – 9:00 pm

Location: Wm. Talley Rec. Center

Instructor: Voice Coaches

Fee: \$25 city / \$35 non city

An introduction to professional voice over's. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all – important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our voicecoaches.com producer! If you have ever thought about getting into the business this should answer a lot of your questions on how to proceed. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, so register early! To make sure this is what you are looking for go to www.voicecoaches.com/gptt for further information.



8415 Gas House Pike / Frederick, MD 21701
301-600-1295

An 18 Hole PGA recognized golf facility.
All grass golf range with bunker and practice greens.
Voted best course in Frederick 8 consecutive years.
Golf Digest rated as a 4 star facility.

Clustered Spires Golf Course Named Best – Again!

It's another "hole in one"! Clustered Spires Golf Course was named Best Golf Course for the 3rd consecutive year in the 2012 Annual Reader's Poll conducted by Frederick Magazine! The City of Frederick's public municipal golf course, located on Gas House Pike, has found a place among the Best of Frederick's Annual Reader's Poll for the last 15 years.

Don Frost, General Manager of Clustered Spire Golf Course for the past 17 years said, "This is a wonderful tribute to Frederick City's own golf course. To be recognized by the local resident golfers in the Frederick County area as "The Best" is an honor. A good working partnership with the elected City officials, Director of the Recreation Department the outstanding condition of Clustered Spires and work of our golf superintendent Mr. Springirth, the 365 a day effort by the F&B manager Dustin Hajjjar and the pro shop professionals Mrs. Maureen Barolet and Mr. Jeff Trecost, is the secret to the success."

Clustered Spires was established in 1991 as Frederick's first public golf course and covers 180 acres along the Monocacy River measuring almost 7,000 yards in length. A championship golf course that hosts many of the State's top golf events, the facility is further enhance by a state of the art club fitting and teaching room known as "The Vault", a 30 person all grass driving range and an award winning Pro-Shop. After a round of golf, patrons can relax at the restaurant, which offers a variety of beverages and American cuisine.

Clustered Spires offers many discount specials to Frederick City residents, military, seniors (60 years), and juniors. Throughout the season Clustered Spires host over 120 golf outings and charity events.

For more information about Clustered Spires Golf Course or to inquire about hosting a charity event, please call the Pro Shop at 301-600-1295.

SPECIALTY FITNESS

Chi Running

Age: 18 and up

Dates/Times: Choose one, 3.5 hour session

Saturday, 9/15, 1:30 – 5:00 pm

Saturday, 10/20, 1:30 – 5:00 pm

Saturday, 11/10, 1:30 – 5:00 pm

Saturday, 12/8, 1:30 – 5:00 pm

Location: Wm. Talley Rec Center

Instructor: Mark Lawrence, Self-Propel, LLC.

Fee: \$90 city / \$100 non city

Optional Activity Fee: For an additional \$30 receive a running metronome that is a valuable training tool for engraining the Chi technique along with either the original Chi Running or new Chi Marathon book as a reference to use after the training (combined \$48 value).

Spend a single afternoon learning the technique that has helped millions walk and run more comfortably with less effort by improving alignment and efficiency while reducing impact and injuries. Recommended for all levels of runners who want to learn how we were “born to run” by using our posture and body mechanics to run in cooperation with the forces of nature. Class includes the basic building blocks of posture, lean, ankle lift, and arm swing; and then build on those components to improve performance through cadence and stride length. The combined principles are then applied to running on various types of terrain, along with pre-run loosening and post run stretching techniques, and discussion of proper footwear for runners. Majority of class taught indoors in a temperature controlled environment before heading outdoors for the culminating segment of the training. 30 days of on-call follow-up consultation included.



Running Programs

Group Training Runs (hosted by the Frederick Steeplechasers Running Club).

Monday Night Relaxed Runs: 20-30 minute run through Baker Park at a relaxed pace beginning at the Wm. Talley Recreation Center from 6:00 to 6:30 pm. Emphasis placed on running in proper form for injury free running. Great for entry level runners or as a beginning of the week loosening-up run for the more experienced. A second loop option is available.

Wednesday Night Tempo Training: Two 5K loops at a tempo pace. Run one or both loops. First loop around Baker Park at 6:00 pm.

Open to runners of all abilities. No fee or membership required. Please wear something reflective for safety! For more information on running events and training groups in the local area go to www.steeplechasers.org.



Citysize

Age: 18 & up

Dates/Times:

September Session –

Monday and Thursday, 9/6 to 9/27, 4:15 – 5:15 pm (no class on 9/3)

October Session –

Monday and Thursday, 10/1 to 10/25, 4:15 – 5:15 pm

November Session –

Monday and Thursday, 10/29 to 11/29, 4:15 – 5:15 pm (no class on 11/22)

Location: Wm. Talley Rec Center

Instructor: Darlene Posey

Fee: per session, \$40 city / \$50 non city

60 minutes of great fun – toning, cardio and core strengthening. Get your heart pumping and your muscles toned!

50 + Interval Training

Age: 50 and up

Dates/Times:

September Session – Wednesdays, 9/5 to 9/26, 11:00 – 11:45 am

October Session – Wednesdays, 10/3 to 10/31, 11:00 – 11:45 am

November Session – Wednesdays, 11/7 to 11/28, 11:00 – 11:45 am

Location: Wm. Talley Rec Center

Instructor: Darlene Posey

Fee: per session, \$20 city / \$25 non city

Are you young at heart and want to maintain optimal fitness? Class will include the use of stability balls and weights to diversify your workout with cardio and toning applications.

Couch to 5K the Chi Way!

Age: 18 and up

Dates: Wednesdays, 9/5 to 11/14 (10 weeks)

Time: 5:30 – 6:30 pm

Location: Wm. Talley Rec Center

Instructor: Mark Lawrence, Self-Propel, LLC.

Fee: 10 week program for \$180 city / \$190 non city

Combines the lessons of ChiWalking/Running into a couch to 5K program done in beautiful Baker Park area. Class will meet at the Wm. Talley Rec. Center. 10 week program meeting Wednesday evenings with workout plans provided for the other days of the week. Appropriate for entry level runners or run/walkers. Program timed to get participants ready for the Turkey Trot 5K on Thanksgiving Day (race participation separate and optional).

Optional Activity Fee: For an additional \$30 receive a running metronome that is a valuable training tool for engraining the Chi technique along with either the original Chi Running or new Chi Marathon book as a reference to use after the training (combined \$48 value).

SPECIALTY FITNESS

Adult Exercise Class 20-20-20 (Cardio / Sculpt / Core & Flexibility)

Age: 50 & up
Dates: Tuesdays & Thursdays, on going
Time: 9:00 – 10:00 am
Location: Wm. Talley Rec Center gymnasium
Instructor: Kim Burdette, Darlene Posey
Fee: \$1 city / \$2 non city (pay at the door)
Materials Needed: Bring your own mat. If you have hand weights you can bring those also but not needed to attend class.

Come and enjoy exercising to music, interaction with your friends, or find some new exercising buddies. Pay as you go at the door, on the days you attend class only!

This class will work on improving mobility, stability, muscle tone, endurance, breathing, flexibility and overall fitness health ... a great workout. Have more energy throughout the day to finish the other errands, chores or recreation time with your friends and family! Greatly improve your everyday overall fitness level.

Mighty Fit's Fall Prevention / Balance Training

Age: 50 & Up
Dates/Times:
Mondays/ Fridays, 9/10 to 9/28, 10:30 – 11:30 am
Mondays/ Fridays, 10/1 to 10/29, 10:30 – 11:30 am
Mondays/ Fridays, 11/2 to 11/30 (no class 11/23), 10:30 – 11:30 am
Mondays/ Fridays, 12/3 to 12/31, 10:30 – 11:30 am
Mondays/ Fridays, 1/04 to 1/28, 10:30 – 11:30 am
Location: Wm. Talley Rec Center
Instructors: Darlene Overholtzer and Liz Hardy
Fee: \$25 city per month/ \$30 non city per month

Did you know that 1/3 of Americans over the age of 65 falls down each year? Falls cause 90% of fractures and falls are a leading cause of injury death in those over the age of 65. The good news is that falls can be prevented by identifying the risk factors and by making some lifestyle changes. This class will improve your functional ability in your everyday life...regardless of your current fitness level. Your goals will be accomplished by: assessing current fitness levels; providing specific attention towards maintaining strength, balance, flexibility, endurance and range of motion. Personalized safe exercise instructions are designed with your personal medical conditions, medicines, and state of health in mind. Participants will work individually while also in a group setting. We will help you reach your health and fitness goals.

Cancellation Policy: For the safety of our participants, Mighty Fit follows FCPS weather policy. If schools are closed due to inclement weather conditions, there will not be any classes.



Zumba

Ages: 13 and up
Dates:
Thursdays, 9/13 to 12/13, 5:30 – 6:30 at Whittier Rec Center
(no class 10/18, 11/15, 11/22, 12/6)
Fridays, 9/21 to 11/30, 5:30 – 6:30 (no class 11/23) at Wm. Talley Rec Center
Saturdays, 9/22 to 12/1, 10:30 – 11:30, (no class 11/24) at Wm. Talley Rec Center
Instructors: Caroline Ferrante, Suzanne Mullin Koppanen, Michelle Silver
Fee: \$60 New Reduced Price

Tuesday Classes at TJ Middle will be back in January also.
Our goal is simple: Love your workout! Zumba features interval dance sessions that combine fast and slow rhythms to maximize fat-burning. We'll add some Latin flavor and international zest into the mix while you experience an hour of body-energizing, stress-relieving fun. Join the Zumba Fitness Party! 10 class session!

Choreography Jam

Ages: 13 & up
Dates: Saturday, 9/15
Time: 2:00 – 4:00 pm
Location: Wm. Talley Rec Center
Instructor: Zumba Instructors
Fee: \$7 for Zumba Students / \$10 for non – Zumba students.
Pre - registration required for this class.

Have you ever wished you could hit "PAUSE" at your Zumba class and get a breakdown of steps and technique? Or do you ever wish you could practice new choreography before class? Come join us and learn choreography for the Fall / Winter session! We'll take several breaks and approach this like a group dance lesson. Purchase a DVD of the event so you can keep practicing at home. Join the party!!

Zumba Toning

Ages: 13 & up
Dates: Fridays, 9/21 to 11/30, 6:30 – 7:30 pm (no class 11/23)
Saturdays, 9/22 to 12/1, 11:30 am – 12:30 pm (no class 11/24)
Location: Wm. Talley Rec Center
Instructors: Caroline Ferrante, Suzanne Mullin Koppanen, Michelle Silver
Fee: \$60 New Reduced Price!

Cardio and resistance training in one hour! Zumba Toning features interval dance and toning choreography that combine fast and slow rhythms to maximize fat-burning while building muscle. Be prepared for results! Zumba Toning is an excellent addition to your current Zumba dance fitness schedule, or on its own. If you are new to Zumba, this is a great place to start! Bring 1 to 2 pound weights. 10 class session!



WILLIAM TALLEY FITNESS CENTER

121 North Bentz Street, Frederick, MD 21701 • 301-600-1492

Amenities

Cardio Vision
 Stair Climbers
 Upright and Recumbent Bikes
 Treadmills
 Ellipticals
 Concept II Rower
 BATCA Equipment & Free Weights
 Locker and Shower Facilities
 Talley Trainers (by appointment)
 New Flat Screen TV's

Hours of Operation

Monday – Thursday 5:30 am – 9:30 pm
 Friday 5:30 am – 8:00 pm
 Saturday 8:00 am – 5:00 pm
 Sunday 1:00 pm – 5:00 pm



Open Gym Activities

- check www.cityoffrederick.com for details
 (subject to change, check for details)
 Mondays, 7:00 to 9:30 pm, Adult Coed Volleyball (age 16 and up)
 Thursdays, 5:00 to 9:30 pm, Open Coed Basketball

Fee Schedule

- Monthly memberships are available by bank draft only
- Annual & Semi-annual memberships are available

Membership Type	Monthly city resident	Monthly non city resident	Yearly city resident	Yearly non city resident
Adult (19 & up)	\$21	\$42	\$230	\$460
Family*	\$35	\$70	\$405	\$810
Senior (55 & up)	\$16	\$32	\$170	\$340
16 – 18 years	\$15	\$30	\$165	\$330
Corporate Memberships**	\$21/\$16**	N/A	\$230/\$170**	N/A

Pass Type	city resident	non city resident	city resident	non city resident
10 visit punch pass, 16-18 years	\$16	\$32	N/A	N/A
10 visit punch pass, adult	\$35	\$70	N/A	N/A
10 visit punch pass, senior	\$16	\$32	N/A	N/A
Yearly gymnasium only pass, No age restrictions	N/A	N/A	\$75	\$100

* Family memberships consist of Participant, Spouse and dependent children only – NO EXCEPTIONS!
 ** Business must be located within City limits. Please refer to Corporate Membership qualifications for details.
 Daily Passes are available for Adults at \$4 for City residents and \$8 for non City residents.
 Daily Passes are available for Seniors and Youth at \$2 for City residents and \$4 for non City residents.

Childcare Hours of Operation

(age 3 months to age 8)
 Monday, Wednesday & Friday: 9:00 am – 1:00 pm
 Tuesday & Thursday: 8:00 am – 12:00 noon
 Monday to Thursday: 4:30 – 7:00 pm

FACILITIES AND PARKS

Lincoln Elementary Recreation Center

At Lincoln Elementary School, 200 Madison Street, Frederick, MD 21701

Opening Winter 2013. Details to follow!

Whittier Elementary Recreation Center

At Whittier Elementary School, 2400 Whittier Drive, Frederick, MD 21702, 301-600-2748

OPEN GYM ACTIVITIES:

Fee: \$2 Adults / \$1 Students 18 & Under

OPEN GYM HOURS:

Limited open gym for basketball. Times are subject to change – please check the center for current schedules.

RENTAL HOURS Available:

Contact Cheryl Radcliffe (301-600-3844 or cradcliffe@cityoffrederick.com) for rental availability and rates.

HOURS:

Hours will vary, call for details.

Read about our many Special Programs & Activities throughout this brochure!! **COME JOIN THE FUN!**

Thomas Johnson Middle Recreation Center

At Gov. Thomas Johnson Middle School, 1799 Schifferstadt Blvd., Frederick, MD 21701 240-236-4906

OPEN GYM ACTIVITIES:

Fee: \$2 Adults / \$1 Students 18 & Under

OPEN GYM HOURS:

Limited open gym for basketball. Times are subject to change – please check the center for current schedules.

RENTAL HOURS Available:

Contact Cheryl Radcliffe (301-600-3844 or cradcliffe@cityoffrederick.com) for rental availability and rates.

HOURS:

Hours will vary, call for details.

Read about our many Special Programs & Activities throughout this brochure!! **COME JOIN THE FUN!**

Trinity Recreation Center

6040 New Design Rd., Frederick, MD 21703

Rental hours are available. Contact Cheryl Radcliffe (301-600-3844 or cradcliffe@cityoffrederick.com) for rental availability and rates.

See our other programs such as badminton and fencing offered at this facility.

**On-line
Registration
is available!**

On-line registration is available for many programs.

Visit www.activityreg.com to register for all of your favorites. It's now easier for you to enjoy what we have to offer!

PARK PAVILIONS & BANDSHELL

YARD SALE PERMITS

\$25 city / \$50 non city

PAVILIONS

Small pavilions and/or pavilions with no restrooms: Amber Meadows, Baughman's Babe, Catoctin Avenue, E. 3rd Street, Gazebo, Grove, Hillcrest, Sagner, and Stonegate

\$15 city \$30 non city

Medium pavilions: Greenleaf, Lake Coventry, Monarch Ridge, South End, Walnut Ridge, Whittier Lake and Willow Brook

\$30 city \$60 non city

Large pavilions: Amber Meadows, Carrollton, College Estates, Harmon, Hill Street, Mullinix, Maryvale, Overlook, Riverwalk, and Rosedale

\$50 city \$100 non city

MONOCACY VILLAGE AND STALEY PARK PAVILLIONS

\$75 city \$100 non city

BANDSHELL

\$100 city \$200 non city

This fee will be charged whether or not there is music. (Note: there are many stipulations to using the bandshell, please refer to policy & regulations in the application package.)

Bandshell restrooms ONLY (when available) – \$15 city / \$30 non city

CARROLL CREEK URBAN PARK:

Amphitheater:

city = \$40 / hour OR \$200 / day
non city = \$80 / hour OR \$400 / day

Trellis:

city = \$30 / day non city = \$60 / day

Larger Creek Area:

city = \$500 / day non city = \$1,000 / day

Completed park between South Market and Carroll Streets)

¼ Section of Park:

city = \$125 / day non city = \$250 / day

(¼ Section defined as: NW, SW, NE of Suspension Bridge)

For reservations and information, contact Kristi Winterstein at 301-600-1493 or kristi@cityoffrederick.com



Park Rentals

Fall will pass by before you know it, don't forget to reserve a park for your family reunion, picnic, party, corporate function, etc...

Contact Kristi Winterstein at 301-600-1493 OR visit our website to view the Parks Manual and get an application. www.cityoffrederick.com

FACILITIES AND PARKS

BALL FIELDS, TENNIS, BASKETBALL & HOCKEY COURTS

McCurdy Field*

Daily w/o lights – city \$200 / non city \$400
 Daily w/lights – city \$350 / non city \$700
 Established Leagues (city only): Daily w/o lights - \$10 per hour
 Daily w/ lights - \$25 per hour

Loats Field* –

Daily w/o lights – city \$125 / non city \$250
 Daily w/lights – city \$175 / non city \$350
 Established Leagues (city only): Daily w/o lights - \$5 per hour
 Daily w/ lights - \$25 per hour

*Conditions apply, call for details

Field User Fees – \$2 per hour city / \$4 per hour non city – for all hours incurred Colleges / Schools - \$25 per hour city / \$50 per hour non city

Lights for sports fields – \$25 per hour city / \$75 per hour non city

Tennis Courts – Time Slots = 6 am-12 noon, 12 noon-4 pm, 4 pm – 10 pm city - \$10 per time slot per court / non city \$50 per time slot per court

Basketball Courts – city - \$10 per day / non city - \$50 per day

RAINDATE – cost same as rental rate(s)

Inline Hockey Courts – Riverwalk and/or Hill Street courts only – \$25 city / &100 non city

Parking Lots (per day / when available) –

Small (25 – 50 spaces) = \$50 city / \$100 non city
 Medium (51 – 100 spaces) = \$100 city / \$200 non city
 Large (101+) = \$200 city / \$400 non city

RENTAL RATES FOR BUILDINGS AND ALTERNATE SITES

Burck Street Building (former Youth Center / shared with Boys & Girls Club) –

Multi-Purpose Room = \$100 city / \$200 non city
 Kitchen = \$50 city / \$100 non city

NOTE: A refundable \$250 Security Deposit will be required with certain events in the building.

For reservations and information, contact Kristi Winterstein at 301-600-1493 or kristi@cityoffrederick.com

Accuracy Policy

The City of Frederick Parks and Recreation Department has made reasonable effort to determine that everything stated within this brochure is accurate. The City of Frederick Parks and Recreation Department apologizes for accidental omissions and/or errors. The information contained within this brochure, including prices, fees, facility schedule, hours of operation, classes, programs and instructors is subject to change without notice by the City of Frederick Parks and Recreation Department.

WILLIAM TALLEY RECREATION CENTER

A Security Deposit is required and will vary depending on the type of event.

It will range between \$500.00 and \$1,000.00.

Additional Security Deposit will be required for events having alcohol (not to exceed \$2,500.00).

Gymnasium:

Sporting Event = \$ 250 city / \$ 500 non city
 Non-sporting Event = \$ 300 city / \$ 600 non city
 ½ Gymnasium (one court) = \$ 20 per hr city / \$ 40 per hr non city

Kitchen:

= \$ 100 city / \$ 200 non city

Meeting Rooms: (\$20.00 - \$100.00 depending upon room and residency)

Multi-purpose Room B (MPB) = \$50 city / \$100 non city
 29th Division Room (29th) = \$20 city / \$40 non city
 Classroom A (CrmA) = \$20 city / \$40 non city
 Classroom B (CrmB) = \$20 city / \$40 non city
 Conference Room (ConRm) = \$20 city / \$40 non city
 Historic Room (HistRm) = \$20 city / \$40 non city
 Nature Room (NatRm) = \$20 city / \$40 non city
 Multi-purpose Room 3 (MPR3) = \$50 city / \$100 non city
 Babysitting Room (BR) = \$35 city / \$70 non city

Equipment:

Tables / 8' long = \$10.00 / each
 Chairs / folding = \$2.00 / each

For reservations and information, contact Kristi Winterstein at 301-600-1493 or kristi@cityoffrederick.com



Treasure In The Castle!

Located in historic Baker Park

Event Rentals

Looking for a place to host your meeting, party, reception, expo, reunion, sporting or other event?

We have one of the largest spaces in downtown Frederick at 10,000 open square feet with wood floors and access to a commercial kitchen.



The City of Frederick
 Wm R Talley Recreation Center
 121 North Bentz Street
 Frederick MD 21701
 301-600-1493
 www.cityoffrederick.com

Event-By-Design packages now available with
 Bradd Hammond ~ Interior Style.
 Contact Office Manager for more information.

REGISTRATION INFORMATION & POLICIES

City of Frederick Parks & Recreation Department REGISTRATION FORM

Class Participant

Name _____ D.O.B. _____ Gender: M / F

Street Address _____ City _____ State _____ Zip _____

E-mail _____ Phone (H) _____ (Cell) _____

Program/Class Name	Date & Time	Fee

Total Amount \$ _____

Mail completed form and check or credit card info. to: 121 North Bentz Street, Frederick, MD 21701, c/o Class Registration
(checks made payable to "City of Frederick")

Credit Card Information:

Card Holder Name: _____ Signature: _____

___ Visa ___ Master Card Account Number: _____ 3 Digit V Code: _____ Exp. Date: _____

Authorization for use of Photographic likeness: I agree to allow the City of Frederick Recreation Department to take and utilize photos, slides and video images of the above registered individual(s) for the purpose of promotion and publicizing of the Department's programs. IF I prefer to not allow the above registered individual(s) to be photographed, I will call the Recreation Department at 301-600-1492 to inform them of this request.

(Parent / Guardian's signature if participant is under 18 years of age)

Date

Registration Information & Policies

Register on-line at www.activityreg.com

How to Register: (1) On-line at www.activityreg.com (2) By calling 301-600-1492. (3) By mail to The City of Frederick Parks and Recreation Department, 121 North Bentz Street, Frederick, MD 21701, c/o Class Registration. (4) Walk-in registration at the Wm. Talley Rec Center at 121 N. Bentz St.. Hours: Monday to Thursday from 9 am – 9 pm; Friday until 7 pm; Saturday, 9 am – 4 pm.

Register Early: Please do not wait until the day before the classes, or the day of classes to register. Class decisions are made about one week before the class is scheduled to start. Help keep our classes going by signing up early. Remember we are scheduling rooms, instructors, getting materials in many cases; we cannot wait until the day the class starts to finalize those decisions. We appreciate your consideration.

Registration Confirmation: Confirmation will not be sent. You will only be notified if there is a problem processing your registration, if the program is full or if the program is cancelled. Please make note of the program start date.

Refund Policy: Request for refunds due to withdrawal from a program must be made in writing to the respective Recreation Supervisor, and must be received no later than Five Business Days prior to the start of the program (unless stated otherwise

for a program). A \$5 processing fee will be charged for all refunds. After the established refund deadline, no refunds will be issued except in cases of medical emergency, in which participant must submit a letter and doctor's note to the Recreation Supervisor within 4 weeks of the class starting date.

Payment Options: We accept cash, check (made payable to "City of Frederick"), Visa or Master Card

Returned Checks: A \$25 fee will be charged for checks returned for non-payment.

Program Cancellations: May take place due to insufficient registration, school conflicts and/or closings (holidays, inclement weather, emergencies, etc.). In the event of inclement weather, listen to your local radio stations or call 301-600-6972. If a program/class is cancelled due to the weather every effort will be made to reschedule the missed class. Refunds will not be granted for rescheduled classes that are missed due to conflicts with personal schedules.

Discipline: The City of Frederick Recreation Department has a discipline policy for all program participants. In the event the participant is asked to leave a program/facility, no refund will be issued.



**The City of Frederick
Parks & Recreation Department**

121 North Bentz Street
Frederick MD 21701
301-600-1492
www.cityoffrederick.com

This QR code links to the City of Frederick
Parks & Recreation Department's web page



Use your smart phone, Scan and enjoy

CARRIAGE RIDES
See page 2 for details.



FLEA MARKET

Sept. 22nd, Saturday, 8 am - 2 pm

See page 2 for details.

**4TH ANNUAL
HALLOWEEN
IN BAKER PARK**

Oct. 24th, 25th, 26th

* Volunteers needed

See page 3 for details.

**3RD ANNUAL
"HOME FOR
THE HOLIDAYS"
BIG BAND DANCE**

Dec. 1, Saturday, 8:30-11:30 pm

See page 4 for details

Parks and Recreation Department Staff Contacts

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**Cancellation and Information Line, 301-600-6970
Clustered Spires Golf Course, 301-600-1295**

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