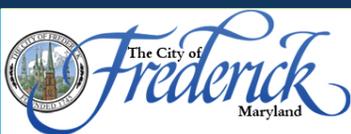
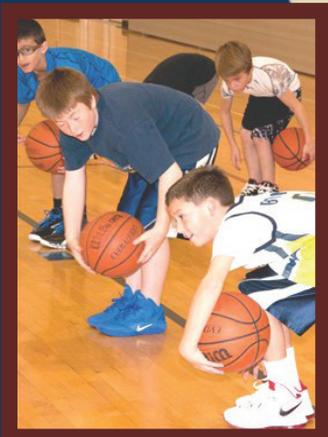
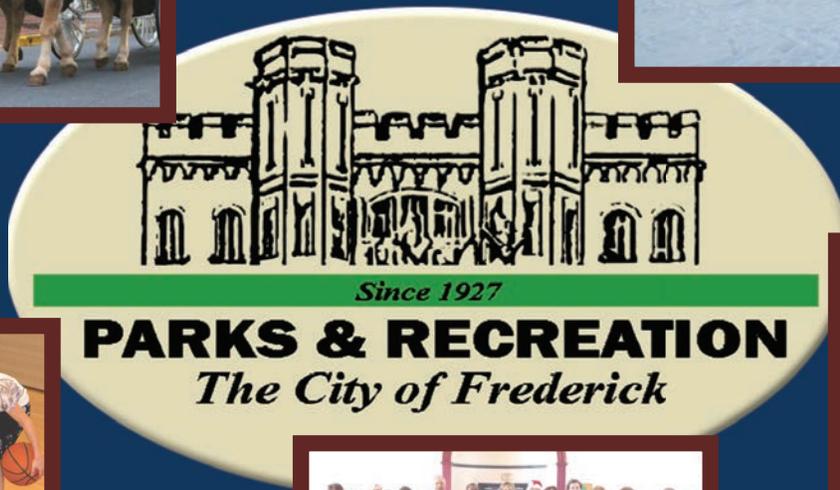
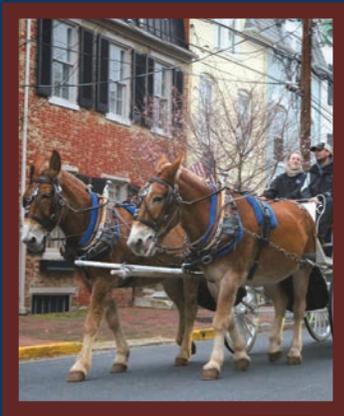




2016-17 Winter Programs



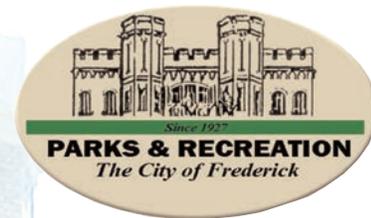
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Winter

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City Dog Park Information



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:
<http://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 throughout the year. The staff will be there to ensure that all dogs within the park are registered properly through the City Parks and Recreation Department.

visit us at www.cityoffrederick.com

*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.**

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

Carriage Rides and Events

Holiday Weekend Carriage Rides

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

Dates and Times:

Saturday, December 3, 4:00 - 8:00 pm
Sunday, December 4, 4:00 - 8:00 pm
Saturday, December 10, 4:00 - 8:00 pm (2 wagons)
Sunday, December 11, 4:00 - 8:00 pm (2 wagons)
Friday, December 16, 5:00 - 9:00 pm
Saturday, December 17, 4:00 - 8:00 pm
Sunday, December 18, 4:00 - 8:00 pm (2 wagons)
Friday, December 23, 5:00 - 9:00 pm

Location: Carriage will leave every 30 minutes from Market Street in front of Brewer's Alley. Please arrive at least 15 minutes prior to your scheduled ride time to check in. We need to maintain our schedule and will not be able to wait for late arrivals so plan accordingly.

Fee: \$10 per person (children 2 and under 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.

Rides are provided by Donnie and Jessica Lambert

Cinderella Carriage Holiday Weekend Rides

Dates and Times:

Friday, December 16, 5:00 - 9:00 pm
Saturday, December 17, 4:00 - 8:00 pm
Friday, December 23, 5:00 - 9:00 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 or Percheron horses. Please arrive at least 15 minutes prior to your scheduled ride time to check in. We need to maintain our schedule and will not be able to wait for late arrivals so plan accordingly.

Fee: \$30 per person / \$120 for all four seats on the ride (families with small children may be able to add more *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 4. (Families with small children may be able to add 1 more with permission from supervisor. Call the Rec Dept.)

Rides are provided by Donnie and Jessica Lambert



Cookies and Carriage Holiday Light Tour

Date: Thursday, December 15

Time: 5:30 - 8:30 pm (two wagons will leave every 30 minutes)

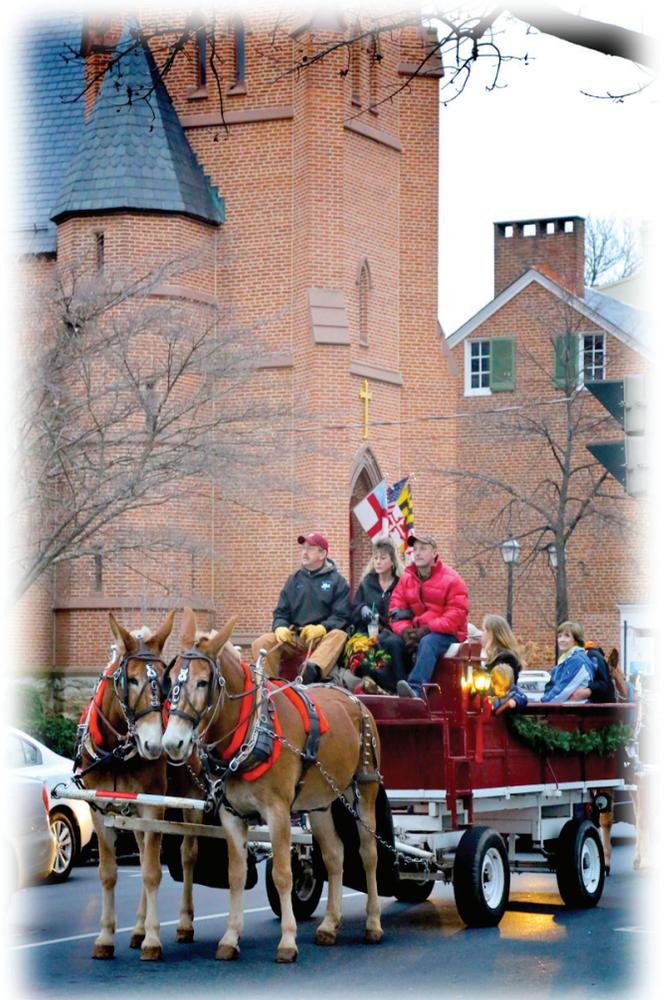
Location: Skater's House on the corner of Second Street and West College Terrace

Fee: \$12 per person (children 2 and under 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.

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.

*****REGISTRATION FOR ALL CARRIAGE RIDES MONDAY –
FRIDAY 8:30 AM - 6:30 PM AT 301-600-1492.
and weekends by calling 301-600-1450**



Arts & Crafts



Gingerbread Houses

Ages: 6 & up / 3 to 5 with adult
Date: Saturday, 12/10 *Registration deadline 12/9, or until class is full.
Times: 10:00 - 11:30 am
Location: Wm. Talley Recreation Center
Instructor: Donna Bruchey
Fee: \$12 city / \$15 non city (Min 6 Max. 16 participants per class)

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.

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.

Winter's Delight Basket

Age: 16 & up
Dates: Sunday, 1/29 * deadline to register 1/20
Time: 1:00 - 4:00 pm
Location: Wm Talley Rec Center
Fee: \$24 city / \$26 non city

The Snowman & Snowflake embellishments put the final touches on this little basket. Participants will learn how to create and wrap a handle.



Williamsburg Basket

Age: 16 & up
Dates: Sunday, 2/26 * deadline to register 2/17
Time: 1:00 - 5:00 pm
Location: Wm Talley Rec Center
Fee: \$43 city / \$45 non city

This is one of my all-time favorite baskets. I always use this basket when I take a dish to a gathering. Plus, it is a fun basket to weave!



Funny Bunny Easter Basket

Age: 16 & up
Dates: Sunday, 3/19 * deadline to register 3/10
Time: 1:00 - 4:00 pm
Location: Wm Talley Rec Center
Fee: \$38 city / \$40 non city

This is such a beautiful Easter Basket for someone extra special. Participants can choose to make the basket a little taller or change the colors around. Handle is wrapped to give it a polished look.



Introducing Jewelry Making Classes

We are excited to be offering Jewelry Making in 2017 at the Talley Recreation Center. Classes will be offered for Beginners as well as those who have experience with proper beading techniques in both Bead Stringing and Bead Weaving. Most of the classes are designed to teach the proper basics and foundation of Beaded Jewelry Making. In addition, specific projects using the skills you have learned will also be offered. Our new instructor is Shauna Loun. She is a native of Frederick and has close to 10 years of experience creating and teaching jewelry making classes. Shauna makes her jewelry under the name of "Skayel Creations". The maximum number of students will be class specific.

Basic Beading



Age: 16 & up
Dates /Times: Tuesday, 1/3 / 6:30 - 9:00 pm
Sunday, 1/8 / 2:30 - 5:00 pm
Tuesday, 1/31 / 2:30 - 5:00 pm
Sunday, 2/12 / 2:30 - 5:00 pm
Tuesday, 2/21 / 6:30 - 9:00 pm
Tuesday, 3/7 / 6:30 - 9:00 pm
Sunday, 3/12 / 2:30 - 5:00 pm
Tuesday, 3/21 / 6:30 - 9:00 pm

Location: William Talley Rec Center
Instructor: Shauna Loun
Fee: \$28 city / \$30 non city
Skill Level: Beginner

This is where it all begins. Students will make two bracelets in this class, one with a clasp and one using stretch cord. Topics and techniques covered include basic design, beads, terminology and how to use basic tools and findings to properly finish off their designs. Once completed, students will have the knowledge and skills to create their own jewelry designs.



Arts & Crafts

Basic Leather Wrap



Age: 16 & up

Dates/Times: Tuesday, 1/10 / 6:30 - 9:00 pm
Tuesday, 2/28 / 6:30 - 9:00 pm
Tuesday, 3/14 / 6:30 - 9:00 pm
Sunday, 1/22 / 2:30 - 5:00 pm

Location: William Talley Rec Center

Instructor: Shauna Loun

Fee: \$28 city / \$30 non city

Skill Level: Beginner

Students will learn to weave beads between strands of leather and wrap around their wrist one to two times as time permits.



Bead Crochet Wrap Bracelet



Age: 16 & up

Dates/Times: Tuesday, 1/24 / 6:30 - 9:00 pm
Tuesday, 2/7, / 6:30 - 9:00 pm
Sunday, 2/26 / 2:30 - 5:00 pm
Sunday, 3/26 / 5:30 - 9:00 pm

Location: William Talley Rec Center

Instructor: Shauna Loun

Fee: \$28 city / \$30 non city

Skill Level: Must know how to crochet a single chain stitch.

This technique will teach the students to create a Wrap Bracelet by crocheting with beads, cord and a crochet hook. This bracelet is right in style with its bohemian look.



Maria's Christmas Craft Class



Age: 6 to 10

Date: Thursday, 12/8

Time: 6:00 - 7:30 pm.

Location: Wm. Talley Rec Center

Registration: Wm. Talley Rec.

Instructor: Maria Cole

Fee: \$15 city / \$20 non city / Fee includes materials

Learn to make an adorable wooden snowmen wall - hanging while listening to festive Christmas music. This craft makes a unique, thoughtful gift that will be treasured for years to come.



Youth Sport & Activities



Youth Soccer Program for Pre-Schoolers

Age: 2 to 3

Dates: Saturdays, 1/7 to 2/25

Time: 9:40 - 10:10 am

Age: 3 to 5

Dates: Saturdays, 1/7 to 2/25

Time: 9:00 - 9:30 am

Location: Lincoln Recreation Center

Fee: \$120

Soccer Shots is an engaging children's soccer program for ages 2 - 4 with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. You will be contacted upon registration with additional details.

To register: Contact 202-957-8252 or Frederick@soccershots.org

Little Hoops Basketball League – Varsity

Grades: 3 through 5

Date/Times: Wednesday evening practice / Saturday AM games, beginning 1/7

Location: Thomas Johnson Rec Center / Lincoln Rec center

Fee: \$80

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 medal.

VOLUNTEER COACHES AND HELPERS ARE NEEDED!

Little Hoops Basketball League – Junior Varsity

Grades: K through 2

Date/Times:

Tuesday evening practice / Saturday AM games, beginning 1/7/

Location: Whittier Rec Center / Lincoln Rec center

Fee: \$80

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 medal.

VOLUNTEER COACHES AND HELPERS ARE NEEDED!

Youth Sport & Activities

Spring Youth Soccer Program

Please note the new age classifications in accordance with US Soccer.

Age Groups: Under 6 - born in 2011 or 2012

Under 8 - born in 2009 or 2010

Under 10 - born in 2007 and 2008

Under 12 - born 8/1/04 to 12/31/06

(born after 8/1 2004 or in 2005 and 2006)

Fee: \$40 city / \$75 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 by early April. Season runs April through early June. Games are held Saturday mornings. Each team will practice 1 night per week. Fee includes t-shirt and trophy.

VOLUNTEER COACHES AND HELPERS ARE NEEDED!



Adult / Teen Sports & Activities



Pickleball

Age: 45 & up

Days/time:

Mondays - 10:30 am - 12:00 pm - Novice

12:00 - 1:30 pm - Intermediate

Wednesdays - 10:30 am - 12:00 pm - Intermediate

12:00 - 1:30 pm - Novice

Thursdays - 10:30 - 12:30 pm - Mixers

Fridays 10:30 - 1:30 pm - all levels

Location: Wm. Talley Rec Center

Fee: \$2 city / \$3 non city

AND

Date: Mondays - all levels

Time: 6:00 - 9:00 pm

Location: Trinity School Gym

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

The Basics

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball

Badminton

Age: 14 & up

Dates: Tuesdays ongoing

Time: 6:00 - 9:30 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.



Winter 2017 Men's & Women's Sixes Volleyball League

Age: 16 & up

Dates: Sundays, league starts, 1/8

Time: 12:30 pm - start time based on division

Location: Wm. Talley Rec. Center, Whittier Elementary School and TJ Middle School

Fee: per team, city resident \$95 / mixed \$140 / non-city resident \$175 (must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)

Deadline for entering a Team, 12/5

Deadline for Entry Fee & Roster due, 12/12

Easiest way to pay call 301-600-1492, use credit card over the phone.

Registration Desk is Open Mon - Fri. 8:30 - 6:30 pm

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. Stephanie Richards at srichards@cityoffrederick.com or 301-600-3848.

Adult / Teen Sports & Activities

Winter 2017 Co-ed Fours Volleyball

Age: 16 & up
Dates: Wednesdays, league starts 1/4
Time: 7:00 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: 12/5

Deadline for Entry Fee and Rosters Due: 12/12

Easiest way to pay call 301-600-1492, use credit card over the phone.
Registration Desk is Open Mon - Fri. 8:30 - 6:30 pm

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. Any questions please contact Stephanie Richards at srichards@cityoffrederick.com or 301-600-3848.

Spring Co-ed Sixes Volleyball League

Age: 16 & up
Dates: Sundays, league start 4/9
Time: 12:30 pm - start time based on division
Location: Wm. Talley Rec. Center, Whittier Elementary School and/or TJ Middle School
Fee: per team: all city residents \$95 / mixed \$140 / non-city resident \$175 (Must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)

Deadline for entering a Team: 3/13

Deadline for Entry Fee and Rosters Due: 3/20

Easiest way to pay call 301-600-1492, use credit card over the phone.
Registration Desk is Open Mon - Fri. 8:30 - 6:30 pm

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. Any questions please contact Stephanie Richards at srichards@cityoffrederick.com or 301-600-3848.

Do you have a special skill or certification?

Have you always wanted to share this skill with adults or children, dreamed about teaching a class and now you finally have the time?

Contact one of the Recreation Supervisors on the back of this brochure to discuss your special talent, the City of Frederick is always looking for new classes to offer the Frederick Community!

CALL or email now to arrange a meeting with one of us, you may just see yourself in the Winter brochure.

Spring Women's Triples Volleyball League

Age: 16 & up
Dates: Wednesdays, league starts 4/12
Time: 6:30 pm
Location: Wm. Talley Rec. Center
Fee: per team: all city residents \$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: 3/13

Deadline for Entry Fee and Rosters Due: 3/20

Easiest way to pay call 301-600-1492, use credit card over the phone.
Registration Desk is Open Mon - Fri. 8:30 - 6:30 pm

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. Any questions please contact: Stephanie Richards at srichards@cityoffrederick.com or 301-600-3848.

Adult Co-ed Softball Spring 2017

Age: 18 & up
Dates: Season starts the week of 4/10
1st Mandatory Coaches / Managers Meeting:
1/23, 6:30 pm at Wm. Talley Rec Center
2nd Mandatory Coaches / Managers Meeting:
3/6, 6:30 pm at Wm. Talley Rec Center
Meeting Location Address: 121 North Bentz Street, Frederick, Md. 21701
Weeknights - one or two nights a week
Games: All games are double headers
Play off Tournament: Double elimination playoff tournament
Time: Weekdays 5:30 - 8:00 pm or 8:00 - 10:00 pm (**Note: lights turn out right at 10:00 pm**)
Location: City of Frederick Softball fields, Max Kehne (7th street), Walnut Ridge, Riverwalk

Please click on <http://www.cityoffrederick.com/softball> for all Spring information and forms.

Softball Contacts / Important Information:

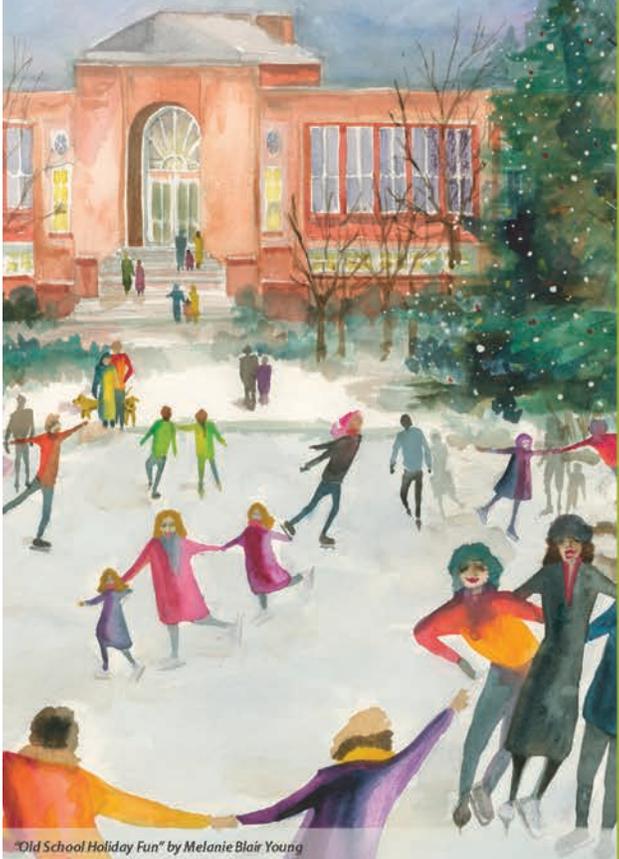
Program Coordinator, Chris Ashley
email address; hitter85@hotmail.com
(Please contact early with intent to play in this league)
Recreation Supervisor: Sean Poulin email; spoulin@cityoffrederick.com
Cut off to register teams & registration fee due: 3/22
Softball Schedule out to Teams: Week of 3/27
Always looking for new teams to enter our league!
Looking for individual players & coaches (men & women) to form new teams.

Upper and lower divisions available.

celebrate
FREDERICK

PRESENTS

THE HOLIDAYS IN HISTORIC FREDERICK



"Old School Holiday Fun" by Melanie Blair Young

CATCH THE HOLIDAY SPIRIT

HOLIDAY ART COMPETITION

Wednesday, November 30, 5:30 pm • Delaplaine Visual Arts Center
Pick your favorite depiction of the Holidays in Frederick at this juried art competition featuring the Barbara Maghan People's Choice and \$1000 First Place Prize winners.

SCENTS & SWEETS COMPETITION AND AUCTION

Thursday, December 1, 5:30 pm • Talley Recreation Center
Place your vote and bid on holiday themed gingerbread structures and floral arrangements designed by local professional and amateur designers.

KRIS KRINGLE PROCESSION

Friday, December 9, 6:30 pm • Downtown Frederick
Baker Park Band Shell
presented by KEY103 & 106.9 The Eagle

Celebrate Old World Holiday magic with this walking parade featuring German/English characters of yesteryear and holiday favorites Frosty, Rudolph and Kris Kringle. The parade concludes at the Baker Park Band Shell for a closing ceremony and lighting of the City Christmas tree.

FESTIVAL OF LIGHTS

Friday, December 16, 7 pm • City Hall Courtyard
Holiday greetings, carols and an inspirational message are all part of this event that highlights the true meaning of the holiday season. Attendees join in the program with a moving candle lighting ceremony, filling the Courtyard with magnificent light.

UNIQUE DOWNTOWN TOUR

CANDLELIGHT HOUSE TOUR (\$)

December 3, 5-9 pm & December 4, Noon-4 pm
Downtown Frederick

Delight in the architectural nuances and historic significance of this tour featuring historic private Frederick homes elaborately adorned with holiday décor.

\$25 Advance • \$30 Tour Day
\$45 Home & Garden Ticket Package

FOR MORE INFORMATION ON THESE EVENTS
LOG ONTO
CELEBRATEFREDERICK.COM

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Carillon Sponsors

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106.9 The Eagle,
Sandy Spring Bank,
& Weis Markets

Bandshell Sponsors

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Mid-Maryland Oral and Maxillofacial Surgery, PA,
The Plamondon Companies, Roy Rogers & WHAG

Event Sponsor

The City of Frederick

Fencing

Fencing Basics 101

Age: 9 & up
Dates: Thursdays, 2/23 to 5/11
Time: 6:30 - 7:45 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$210 city / \$220 non city * fee includes \$25.00 glove purchase and your RTF 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.



Adult Foil 102

Age: 13 and Up
Dates: Wednesdays, 2/22 to 5/10
Time: 7:45 - 9:15 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$170 city / \$180 non city *\$65.00 Partial equipment purchase prior to the beginning of class. (paid to instructor)

Once beginner course is completed, all students, ages 13 & up 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.

Youth Foil 102

Age: 9 to 12
Dates: Wednesdays, 2/22 to 5/10
Time: 6:30 - 8:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$170 city / \$180 non city *\$65.00 Partial equipment purchase prior to the beginning of class. (paid to instructor)

Once beginner course is completed, all students, 9 to 12 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.

Foil 202

Age: 9 & up
Dates: Wednesdays, 2/22 to 5/10
Time: 7:00 - 9:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$200 city / \$210 non city

Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering 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, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment.

Foil 303

Age: 9 & up
Dates: Wednesdays and Thursdays, 2/22 to 5/11
Time: Wednesdays, 7:00 - 9:00 pm & Thursdays 6:30 - 8:30 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$280 city / \$290 non city

This is for fencers who have acquired all of their own fencing gear, has demonstrated a proper understanding of rules, procedures and strategy. Requires Coach Copeland's approval for entry.

Epee 102

Age: 9 & up
Dates: Thursdays, 2/23 to 5/11
Time: 8:00 - 9:30 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$170 city / \$180 non city *\$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

Epee 202

Age: 9 & up
Dates: Thursdays, 2/23 to 5/11
Time: 7:30 - 9:30 pm
Instructor: David Copeland
Location: Trinity Rec Center
Fee: \$200 city / \$210 non city

Once a student has completed two Epee 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence with open bouts on electronic scoring equipment, mastering tactical strategies of epee, a greater understanding of tempo and timing, and holds the student to a higher physical demand. Students will learn to epee blade work, continue to master footwork, acquire proper movement, and will spend time observing, refereeing, fencing, and in physical training.

Epee 303

Age: 9 & up
Dates: Wednesdays and Thursdays, 2/22 to 5/11
Time: Wednesdays, 6:30 - 8:30 pm & Thursdays 7:00 - 9:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee: \$280 city / \$290 non city

This is for fencers who have acquired all of their own fencing gear, has demonstrated a proper understanding of rules, procedures and strategy. Requires Coach Copeland's approval for entry.



DOCS *in the park*

Have you heard about local doctors prescribing and encouraging nature and outdoor activities for their patients? “Play” is a great way to enhance physical and mental health for everyone. This year the Frederick County Parks and Recreation, Frederick City Parks and Recreation, and the Frederick County Health Department will partner with local medical professionals like you to promote healthy lifestyles in the community at three major special events.

The purpose of this initiative is to connect each member of our community with the amenities and healthy opportunities in our parks. In doing so participants will recreate with others, increase flexibility and creativity, reduce symptoms of depression, stress and loneliness. This is what Doc's in the Parks is all about!

Look for upcoming Featured Events this spring and summer!

In addition, look for programs/classes endorsed by the Docs in the Park initiative in this brochure. Visit www.DocsInThePark.com for more information.



Martial Arts / Kickboxing / Boxing

Golden Knights Karate – Beginners

Age: 5 to 14

Dates: Mondays & Thursdays, 11/28 to 12/22

Mondays & Thursdays, 1/5 to 1/30

Mondays & Thursdays, 2/2 to 2/27

Mondays & Thursdays, 3/2 to 3/27

Time: 6:00 - 7:00 pm

Location: Whittier Rec Center

Instructor: Scott Baldwin

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. Great way to learn in a smaller class atmosphere.

Golden Knights Karate Adv. Beginner / Teen/ Adult Beginners & Advanced

Age: 8 & up

Dates: Mondays & Thursdays, 11/28 to 12/22

Mondays & Thursdays, 1/5 to 1/30

Mondays & Thursdays, 2/2 to 2/27

Mondays & Thursdays, 3/2 to 3/27

Time: 7:00 - 8:00 pm

Location: Whittier Rec Center

Instructor: Scott Baldwin

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

For those youth previously in the beginner class with permission of the instructor as well as teens and adults of all levels. The class will focus on all aspects of the martial arts (Shotokan, Tae Kwon do and Jiu-Jitsu) with an increased emphasis on sparring and physical conditioning.

Urban Ninjas: Functional Body Movements mixed with Brazilian Jiu-Jitsu & Judo

Age: 4 to 7

Days/Dates: Mondays & Wednesdays

1/9 to 3/1 (no class 1/16 or 2/20)

Times: 5:00 pm - 5:45 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructor: Ed O'Connor

Fee: \$169 for 8 weeks.

\$199 Multi-family / (Includes all children of same family)

This course has two objectives; better functional movement and self-defense. We introduce body movements like running, skipping, jumping, lifting, and clearing obstacles they might find while running and playing outdoors. This course of instruction is designed to ease youngsters into the basic positions and moves contained in the martial arts of Brazilian Jiu-Jitsu and Judo. Your child will learn how to confidently clear obstacles, rolling and falling forwards and backwards while safely going to the ground and defending themselves on the ground. This is the opportunity which allows your child to learn how their body works, gaining confidence in basic strength building skills and obstacle clearing techniques.

for more information call 301-600-1492

Jungle Ninjas:

Functional Body Movements mixed with Boxing & Kickboxing

Age: 4 to 7

Days/Dates: Mondays & Wednesdays

3/6 to 5/3

(No classes spring break 3/17 & 3/19)

Times: 5:00 pm - 5:45 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructor: Ed O'Connor

Fee: \$169 for 8 weeks.

\$199 Multi-family / (Includes all children of same family)

This course has two objectives; better functional movement and self-defense. First we introduce basic body movements like climbing rope, jumping rope, climbing over fences, balancing, crawling under and over basic obstacles they might find while running and playing outdoors. Then class instruction will ease youngsters into the basic positions and moves contained in the martial arts of Burmese Kickboxing and Boxing. Your child will learn how to confidently clear obstacles, crawl, climb and jump while learning to defend themselves on their feet. This is the opportunity which allows your child to learn how their body works, gaining confidence in basic strength building skills and obstacle clearing techniques.

Kids Striking: Boxing and Kickboxing

Age: 6 to 12

Days /Dates: Monday & Tuesday & Wednesday & Thursday

1/3 to 2/2

2/6 to 3/2

3/6 to 3/31

4/4 to 5/4 (no class spring break 4/17 to 4/20)

Times: 5:30 - 6:30 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructors: Abbe Pannucci, Cody Marley

Fee: \$169

\$300 Multi Family, (Includes all children in same family)

This is a fantastic way to introduce both boys and girls to Boxing and Kickboxing. Your child can choose to come 2 to 4 days a week. Whether your child wants to learn more boxing, kickboxing or both, the fee covers 4 days of classes so it's up to you and your child. Monday and Wednesday will focus on Burmese Kickboxing. Tuesday and Thursday will focus more on Boxing. For the Kickboxers, your child will learn how to both defend against kicks and punches as well as the proper delivery of our martial arts techniques under the Burmese art of Lethwei Kickboxing. For the Boxers, your child will learn stances, techniques, jumping rope, warm-up exercises and heavy bag work. Your child will learn in a clean, relaxed and professional atmosphere. Wrestling shoes or boxing shoes recommended for boxing but bare feet are fine to start classes. Youth Boxing gloves and hand wraps available for sale at the academy but not required to start classes.



Martial Arts / Kickboxing / Boxing

Introduction to Adult "Lethwei" Kickboxing



Age: 13 & up
Days / Dates: Tuesdays & Thursdays
1/3 to 2/9
2/14 to 3/23
3/28 to 5/4
Times: 5:30 pm - 6:15 pm
Registration: Wm. Talley Rec Center
Location: Bowerhouse Academy of Martial Arts
Instructor: Jason Boyer
Fee: \$99 one person
\$169 Couples / (Or two family members)
\$199 Multi-family (Includes all children in same family)

This is great fun! You will learn in a clean, relaxed and professional atmosphere from Saya Jason Boyer. This is an introductory class meant to get the beginner with no experience up and into our regular curriculum class. Moisture wicking shorts and t-shirt recommended. Boxing gloves, hand wraps, shin pads available for sale on-site but not required for classes. Class can only be taken once. 6 weeks of instruction

Adult Amateur Boxing



Age: 13 & up
Days / Dates: Mondays & Tuesday & Wednesdays & Thursdays
1/3 to 2/2
2/6 to 3/2
3/6 to 3/30
4/4 to 5/4
(No class spring break 4/17 to 4/20)
Times: 7:30 pm - 8:30 pm;
Registration: Wm. Talley Rec Center
Location: Bowerhouse Academy of Martial Arts
Instructor: Jason Boyer
Fee: \$169
\$300 Multi-family, (Includes all children in same family)

Boxing curriculum starts with stance, punches and drills. Soon your jump rope and bag work will intensify as you get fit learning from expert instructors how to become an Amateur Boxer. This is great fun so come join our coaches and start boxing at Bowerhouse. Boxing gloves and hand wraps available for sale on-site but not required to begin classes.

Adult Kickboxing

Age: 13 & up
Days / Dates: Mondays & Tuesdays & Wednesdays & Thursdays
1/3 to 2/2
2/6 to 3/2
3/6 to 3/30
4/4 to 5/4
(No class spring break 4/17 to 4/20)
Times: 6:30 pm - 7:30 pm
Registration: Wm. Talley Rec Center
Location: Bowerhouse Academy of Martial Arts
Instructor: Jason Boyer
Fee: \$169
\$300 Multi-family, (Includes all children in same family)

This is great fun! You will learn in a clean, relaxed and professional atmosphere from the Burmese "Lethwei" Black Belts at the Bowerhouse. Uniform not required, moisture wicking shorts and t-shirt recommended. Boxing gloves, hand wraps, shin pads available for sale on-site but not required to start classes. Sparring included Tuesday & Thursday 7:30 - 8:00 pm.

This is great fun! 6 weeks of instruction. You will learn in a clean, relaxed and professional atmosphere from Saya Jason Boyer. This is an introductory class meant to get the beginner with no experience up and into our regular curriculum class. Moisture wicking shorts and t-shirt recommended. Boxing gloves, hand wraps, shin pads available for sale on-site but not required for classes. Class can only be taken once.

Kids Judo

Age: 5 to 12
Days / Dates: Tuesday & Thursday
1/3 to 1/26
1/31 to 2/23
2/28 to 3/30
4/4 to 5/4
5/9 to 6/1
(No class spring break 4/18 to 4/21)
Times: 5:30 - 6:30 pm
Registration: Wm. Talley Rec Center
Location: Bowerhouse Academy of Martial Arts
Instructors: Forrest Disney & Mark Leahy
Fee: \$169
\$300 Multi-family, (Includes all children in same family)

We have fun learning the ancient art of Judo. Parents watch as your kids learn the fast and effective throws of Judo. Our floors have 3 1/2" of state of the art padding and throws are performed onto the newest "Crash Pads" on the market today making Bowerhouse Judo both fun to learn and exciting to master.

**On-line
Registration available!**
On-line registration is
available for select programs.

Visit www.activityreg.com to register for all of your favorite programs.
It is now easier for you to enjoy what we have to offer!

Martial Arts

Adult Judo

Age: 13 & up

Days /Dates: Tuesday & Thursday

1/5 to 1/30

2/2 to 2/28 (No class 2/16),

3/2 to 4/4 (No class spring break 3/19 to 3/26)

Times:

Tuesday/Thursday, 6:30 pm - 7:30 pm, Saturday, 11:30 am - 1:00 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructors: Jani Palmer/Mark Leahy

Fee: \$169

\$300 Multi - family

We have fun learning the ancient art of Judo. Our floors have 3 1/2" of state of the art padding and throws are performed onto the newest "Crash Pads" on the market today making Bowerhouse Judo both fun to learn and exciting to master. Come let our two-time National Judo Champion and Black Belt Janise Palmer teach you her world of Judo. Or share the experience and fun of competitor and Black Belt Mark Leahy from the famous Hayastan Academy where Olympian and UFC Champion Ronda Rousey hails.

Beginning Tai-Chi

Age: 12 & up

Dates: 12/1 to 12/29

1/3 to 1/31

2/2 to 2/28

3/2 to 3/30

4/4 to 4/27

Days: Tuesdays & Thursdays

Time: 6:30 - 7:30 pm

Location: Wm. Talley Rec Center.

Registration: Wm. Talley Rec Center

Instructor: Cain Yentzer

Fee: \$75 city / \$80 non city (monthly fee)

Pre-Registration required each month.

Description: This class is the first in a 3-part series on Zheng Man Ching's 37 Postures or movements. Students will learn the basic principles of Tai Chi and how they function to open the body and concentrate "Chi". This traditional instruction offers Tai Chi in its centuries-old spirit and format, and is designed for students seeking an authentic approach to the time-honored practice.

About the Teacher: Cain Yentzer is an expert in the science and practice of Tai-Chi. Educated in Washington D.C. at the Great River Taoist Center and in the Republic of China at The National Tai-Chi Ch'uan Association. He has since gone on to teach in both the Far-East and West. His greatest pleasure is helping others in true healing and inner peace.



Kids Brazilian Jiu-Jitsu (BJJ)

Age: 5 to 11

Days /Dates: Mondays & Wednesdays

1/4 to 2/1

2/6 to 3/1

3/6 to 3/29

4/3 to 5/3

(No class spring break 4/17 to 4/20)

Times: 6:30 - 7:30 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructor: Pete Sheng

Fee: \$169

\$300 Multi family

We have fun learning the techniques of Brazilian Jiu-Jitsu which allow the smaller and weaker opponent to defeat the stronger and larger opponent. Great for kids seeking self-defense experience and lots of fun. Our instructors are highly trained and recognized as expert practitioners of BJJ with numerous years training youth in BJJ.

Kids Brazilian Jiu-Jitsu (BJJ)

Age: 12 to 15

Days /Dates: Mondays & Wednesdays

1/4 to 2/1

2/6 to 3/1

3/6 to 3/29

4/3 to 5/3

(No class spring break 4/17 to 4/20)

Times: 6:30 - 7:30 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructor: Pete Sheng

Fee: \$169

\$300 Multi family

We have fun learning the techniques of Brazilian Jiu-Jitsu which allow the smaller and weaker opponent to defeat the stronger and larger opponent. Great for kids seeking self-defense experience and lots of fun. Our instructors are highly trained and recognized as expert practitioners of BJJ with numerous years training youth in BJJ.

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



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

Martial Arts

Introduction to Adult Brazilian Jiu-Jitsu

Age: 16 & up

Dates: Monday & Wednesday

1/4 to 2/8

2/13 to 3/22

3/27 to 5/3

Times: 6:30 - 7:30 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructors: Chris Bower

Fee: \$99 one person

\$169 Couples or two family members

\$199 Multi-family discount

This is great fun so come join Black Belt Chris Bower for Brazilian Jiu-Jitsu at the Bowerhouse. BJJ is one of the most popular self-defense fighting being studied today. Why? It is a very dominant art to know if you ever get taken to the ground. Ideal for everybody interested in learning how to defend themselves. Grab a friend or come alone, but join and learn from the best Black Belt practitioners of Brazilian Jiu-Jitsu at Bowerhouse. This class is a 6 week introductory class designed to get the beginner with no experience into the regular curriculum class with basic knowledge and skill of the drills and techniques of BJJ. Class can only be taken once.

Adult Brazilian Jiu-Jitsu

Age: 16 & up

Dates: Monday & Tuesday & Wednesday & Thursday

1/3 to 2/2

2/6 to 3/2

3/6 to 3/30

4/4 to 5/4

(No class spring break 4/17 to 4/20)

Times: 7:30 - 8:30 pm

Registration: Wm. Talley Rec Center

Location: Bowerhouse Academy of Martial Arts

Instructors: Chris Bower, Paul Schiller, James Dillon

Fee: \$169

\$300 Multi family

This is great fun so come join Black Belt Chris Bower for Brazilian Jiu-Jitsu at the Bowerhouse. BJJ is one of the most popular self-defense fighting being studied today. Why? It is a very dominant art to know if you ever get taken to the ground. Ideal for everybody interested in learning how to defend themselves. Grab a friend or come alone, but join and learn from the best Black Belt practitioners of Brazilian Jiu-Jitsu at Bowerhouse.



Hillstreet Skate Park

Hillstreet Skate Park

The Hillstreet Skate Park is now a free skate park open to the public between the hours of 7am and sunset. The park is not supervised by staff. Please be aware that all persons using the facility do so at their own risk.

The 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.

Rules and Regulations

- o The Skate Park is not supervised. Please remember that all persons using this facility do so at their own risk.
- o In the event of a serious accident, call 9-1-1 and advise the operator that you are at 100 Hill Street, Frederick, MD 21703. Next, contact the Parks and Recreation office at 301-600-1492.
- o The Park is open from 7 AM until sunset daily unless otherwise posted. Closed when surfaces are wet, icy, or snow covered.
- o No loitering, trespassing, or skating when the park is closed.
- o Graffiti and vandalism are not permitted in this park. Failure to comply will result in park closures, permanent loss of use of the facility, and/or prosecution.
- o Gang activity, alcohol, tobacco and illegal drugs are prohibited. Report suspicious activity.
- o Fighting and disruptive or aggressive behavior will not be tolerated.
- o Profanity and recklessness will not be permitted.
- o Contests, demos and competitions are prohibited unless sanctioned and/or authorized by the City of Frederick Parks and Recreation Department.
- o Helmets are recommended, and you are encouraged to wear safety gear, including elbow, knee, and wrist guards.
- o Do not use features or elements beyond your skill level.
- o Unauthorized ramps and obstacles are prohibited.
- o No food, drinks, or glass containers in the skating area.
- o Please place all trash and recycling in appropriate receptacles.
- o The City of Frederick Parks and Recreation Department does not assume responsibility for lost or stolen items.
- o Everyone must enter and exit through designated areas only.
- o No amplified sound in the Skate Park, parking lot, or surrounding areas. Personal music devices are permitted, provided headphones are used.
- o Skater etiquette is expected at all times.
- o Bicycles, scooters and motorized vehicles are not permitted.
- o Have fun, be courteous, and skate safely at all times.



Snapology



The Snapology Approach: Our activities are designed to reinforce core competencies and curricula being taught at each grade level in FCPS and beyond. Research has shown that many of children's best learning experiences come when they are engaged not simply in interacting with materials but in designing, creating, and inventing with them. Our activities offer students an environment where they are encouraged to create and interact with materials and technology enabling them to explore solutions through hands-on "playful" learning. "Lego® is a registered trademark of the LEGO company, which is not affiliated with these programs."

About Snapology: Snapology is a truly customizable platform to engage children of all ages by using STEM (Science, Technology, Engineering, Art and Math) principles and fun. Our mission is to provide children an opportunity to engage in "playful learning" activities that will stimulate their creativity and spark an interest in learning. Snapology instructors all have current criminal background checks and child clearances and many are certified teachers.



Snapology's Wizarding Workshop

Age: 5 to 13
Dates: Friday, 12/30
Time: 1:00 - 4:00 pm
Location: Wm Talley Rec Center
Fee: \$39 city / \$42 non city



Enter the world of wizards and witches in Snapology's LEGO® Wizards class. The students will get to learn what it takes to become the next Harry Potter or Dumbledore. Builds such as an evil wizard trap, creating their own coat of arms, and making their very own magical creature will spark their creativity and allow them to build amazing new things.



How the Grinch Stole LEGO® Bricks Workshop



Age: 5 to 13
Dates: Tuesday, 12/27
Time: 1:00 - 4:00 pm
Location: Wm Talley Rec Center
Fee: \$44 city / \$47 non city

Guests enjoy the story of the TV version of How the Grinch Stole Christmas, play LEGO games, create Lego builds related to theme and learn that Christmas is more than presents! It's the we and not the me.



PreK ABC's and 123s



Age: 2 to 5 (2 to 3 ½ Parent & Child OR 3 ½ to 5 Child only)
Dates: Fridays, 2/3 to 2/24
Tuesdays, 3/7 to 3/28
Time: 10:00 - 11:00 am
Location: Wm. Talley Rec Center
Fee: \$40 city / \$42 non city

Learning was never this much fun when I was a child. Children will learn their colors, shapes, letters and numbers using Duplo® bricks during this fun program. This program is designed to reinforce the current curriculum being taught to preschoolers. Min. 8/ Max. 12



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 45 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!

“In riding a horse we borrow freedom.” ~Helen Thomson

Horseback Riding Day Camps *****Great Price*****

Camps are one day only!

Age: 8 to 15

Dates: Thursday, 12/29

Friday, 12/30

Monday, 1/16

Monday, 2/20

Time: 9:00 am - 4:00 pm

Location: at the stables, Frederick Area

Registration: Wm. Talley Rec Center

Instructor: Lois Banks & Staff

Fee: \$65

Special Fee: If you sign up for any 2 days of camp special price of \$110, otherwise the fee will be \$65 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 LESSONS AGE 16 & UP

Beginner thru Advanced Riding Instruction

March, April

Age: 16 & up
Dates: Tuesdays 3/7 to 3/28, 4/4 to 4/25
Times: 1:00, 2:00, 6:30 pm
Dates: Saturdays, 3/11 to 4/1, 4/8 to 4/29
Times: 2:00
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$180 for 4 weeks / 45 mins

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. 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.

PRIVATE HORSEBACK RIDING LESSON PACKAGE AGE 6 TO 15

Beginner thru Advanced Riding Instruction

March

Age: 6 to 15
Dates: Tuesdays 3/7 to 3/28
Times: 3:15, 3:45, 4:15, 4:45, 5:15, 5:45 6:15 pm
Dates: Saturdays, 3/11 to 4/1
Times: 1:00, 1:30
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$140 for 4 weeks / 30 min. lesson

April

Age: 6 to 15
Dates: Tuesdays 4/4 to 4/25
Times: 3:15, 3:45, 4:15, 4:45, 5:15, 5:45 6:15 pm
Dates: Saturdays, 4/8 to 4/29
Times: 1:00, 1:30
Location: at the stables, Frederick Area
Registration: Wm. Talley Rec Center
Instructor: Lois Banks
Fee: \$140 for 4 weeks / 30 min. lesson



Gymnastics

Kinder Tumble

Age: 4 to 5
Dates/ Times: Thursdays, 2/9 to 4/13, (No class 2/16)
Time: 5:45 - 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$150

This beginner gymnastics class will teach your young dancer fun skills to build their tumbling foundation using floor crossings, group stretch & other high energy activities. Gymnastics is a great way to build strength, agility, power, dexterity & coordination in youngsters. Session is 9 weeks.

Sports Ninjas

Age: 3 to 5
Dates: Tuesdays, 1/17 to 3/7
 Tuesdays, 3/14 to 5/16
 (No classes 4/14 to 4/22)
Time: 10:00 - 10:45 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Instructor
Fee: \$160

Join us for this fun 8 week program that will help your child gain fitness and sports skills while improving confidence and self-esteem.



Tumble Tots I

Age: 18 mo. to 2.5
Dates: Tuesdays, 1/17 to 3/7
 Tuesdays, 3/14 to 5/16
Wednesdays, 1/18 to 3/8
 Wednesdays, 3/15 to 5/17
 (No classes 4/14 to 4/22)
Time: 10:00 - 10:30 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: Randi Collins
Fee: \$130 (8 week session)

This 30 min class is an introduction to gymnastics in a positive, fun and energetic learning environment (non-parent participation). Class consists of meaningful movement experiences such as circle time, jumping on trampolines, balancing, tumbling, parachute games, music and movement. Boys and girls will improve their loco-motor and social awareness skills.



Tumble Tots II

Age: 2.5 to 4
Dates: Tuesdays, 1/17 to 3/7
 Tuesdays, 3/14 to 5/16
 Wednesdays, 1/18 to 3/8
 Wednesdays, 3/15 to 5/17
 (No classes 4/14 to 4/22)
Time: 10:30 - 11:15 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: Randi Collins
Fee: \$160 (8 week session)

This 45 min class is an introduction to gymnastics in a positive, fun and energetic learning environment (non-parent participation). Class consists of meaningful movement experiences such as circle time, jumping on trampolines, balancing, tumbling, parachute games, music and movement. Boys and girls will improve their loco-motor and social awareness skills.

Preschool Gymnastics

Age: 3 to 5
Dates: Tuesdays, 1/17 to 3/7, 1:15 - 2:00 pm
 Tuesdays, 3/14 to 5/16, 1:15 - 2:00 pm
 Wednesdays, 1/18 to 3/8, 1:15 - 2:00 pm
 Wednesdays, 3/15 to 5/17, 1:15 - 2:00 pm
 Fridays, 1/20 to 3/10, 4:45 - 5:30 pm
 Fridays, 3/17 to 5/19, 4:45 - 5:30 pm
 (No classes 4/14 to 4/22)
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: Randi Collins
Fee: \$160 (8 week session)

Preschoolers are introduced to basic gymnastics skills and physical fitness in a fun, safe and energizing atmosphere. The program is creatively designed to promote self-esteem and body awareness through gymnastics. Children will learn forward/backward rolls, hand/head stands, cartwheels and more while starting to build upper body strength and flexibility. They will learn basic skills on the gymnastic equipment (bars, beam, vault, trampoline, etc.) in addition to jumping, hopping, balance and coordination. This non-competitive program is designed to build gymnastics skills through progression.



Elementary Gymnastics

Age: Grades K to 2
Dates: Thursdays, 1/19 to 3/9, 4:30 - 5:30 pm
 Thursdays, 3/16 to 5/18, 4:30 - 5:30 pm
 (No classes 4/14 to 4/22)
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: Randi Collins
Fee: \$184 (8 week session)

Boys and Girls will focus on tumbling (forward and backward rolls, cartwheels, headstands and handstands), vault, bars, balance beam, trampoline, etc. This class begins to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, strength, form, body awareness and focus. This non-competitive program is designed to build gymnastics skills through progression.



Gymnastics

Gymnastics I

Age: 8 & up

Dates: Saturdays, 1/21 to 3/11, 9:00 - 10:00 am
Saturdays, 3/18 to 5/20, 9:00 - 10:00 am
(No classes 4/14 to 4/22)

Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Instructor
Fee: \$184 (8 week session)

Boys and Girls will build upon the skills learned in the earlier classes and further focus on vault, tumbling (round-offs and back-walk-overs), bars (pull-over and back hip circle), and balance beam. This class continues to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, strength, form, body awareness and focus.



Mommy and Me

Age: Walking to 2.5

Dates: 4 week sessions:
Saturdays, 1/7, 1/14, 1/21, 1/28
Saturdays, 2/18, 2/25, 3/4, 3/11
Saturdays, 4/1, 4/8, 4/15, 4/22
Saturdays, 5/13, 5/20, 5/27, 6/3

Time: 9:45 - 10:30 am
Registration: Wm. Talley Rec. Center
Location: EGS Gymnastics
Instructor: EGS Instructors
Fee: \$71

This is a parent and child class that requires parent participation. This class introduces children to gymnastics movement and discovery. Teachers 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.

Tiny Tumblers

Age: 3 & 4

Dates: 4 week sessions:
Saturdays, 1/7, 1/14, 1/21, 1/28
Saturdays, 2/18, 2/25, 3/4, 3/11
Saturdays, 4/1, 4/8, 4/15, 4/22
Saturdays, 5/13, 5/20, 5/27, 6/3

Time: 9:00 - 9:45 am
Registration: Wm. Talley Rec. Center
Location: EGS Gymnastics
Instructor: EGS Instructors
Fee: \$71

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

for more information call 301-600-1492

Silver Stars

Age: 5 to 7

Dates: 4 week sessions:
Wednesdays, 1/4, 1/11, 1/18, 1/25
Wednesdays, 2/15, 2/22, 3/1, 3/15
Wednesdays, 3/29, 4/5, 4/12, 4/19
Wednesdays, 5/10, 5/17, 5/24, 5/31

Time: 5:00 - 5:55pm
Registration: Wm. Talley Rec. Center
Location: EGS Gymnastics
Instructor: EGS Instructors
Fee: \$74

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 build upon the basic skills they have learned. Don't forget to bring lots of energy!

Gold Stars

Age: 8 & up

Dates: 4 week sessions:
Wednesdays, 1/4, 1/11, 1/18, 1/25
Wednesdays, 2/15, 2/22, 3/1, 3/15
Wednesdays, 3/29, 4/5, 4/12, 4/19
Wednesdays, 5/10, 5/17, 5/24, 5/31

Time: 6:00 - 6:55 pm
Registration: Wm. Talley Rec. Center
Location: EGS Gymnastics
Instructor: EGS Instructors
Fee: \$74

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, while still enhancing self-esteem, coordination, balance, flexibility and strength. As children improve throughout the session, we build upon the basic skills they have learned. Don't forget to bring lots of energy!

Boy's Class

Age: 6 & up

Dates: 4 week sessions:
Mondays, 1/2, 1/9, 1/16, 1/23
Mondays, 2/13, 2/20, 2/27, 3/6
Mondays, 3/27, 4/3, 4/10, 4/17
Mondays, 5/8, 5/15, 5/22, 6/5 (No classes on 5/29)

Time: 6:30 - 7:45 pm
Registration: Wm. Talley Rec. Center
Location: EGS Gymnastics
Instructor: EGS Instructors
Fee: \$80

In this boys only class participants will learn fundamental skills on each of the 6 male apparatus (rings, parallel bars, pommel horse, high bar, floor, and vault) This class also includes instruction in tumbling, trampolines, strength building & more!

Adult Dance Classes

Ballroom Dance in Frederick

Ballroom Dance In Frederick has been providing dance instruction for 18 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 soles. 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:

Thursdays, 12/1 to 2/2 & Friday, 12/2 (no class 12/22, 12/29 & 1/5)

Wednesdays, 1/11 to 3/1

Thursdays, 2/9 to 3/30

Wednesdays, 3/8 to 4/26

Time: 8:30 - 10:00 pm

Location: Ballroom Dance in Frederick / 7313-R 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.

Line Dancing

Age: 12 & up (min. 6 participants)

Dates: Mondays, 12/12 to 1/30 (No class 12/26 & 1/2)

Mondays, 2/13 to 3/20

Mondays, 4/3 to 5/8

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: \$35 city / \$40 non city

What a great way to exercise and have fun at the same time! Beginner participants will learn the various dance steps, and put these steps to several different dances. The Intermediate student should already have some knowledge of the dance steps in line dancing. In the intermediate class the student will incorporate more combos, and learn some other dances.

Adult Tap (Adv.Beg/Inter)

Age: 18 & up

Dates: Wednesdays, 2/8 to 4/12 (No class 2/15)

Time: 7:00 - 8:00 pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Donna Grim

Fee: \$135

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, 2/8 to 4/12, (No class 2/15)

Time: 8:00 - 9:00 pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$135

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, 2/9 to 4/13, (No class 2/16)

Time: 7:30 - 8:30 pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$135

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



**The Wm. Talley Rec Center
now has -**



Youth Dance Classes

Tutus & Tiaras

Age: 3 to 5
Dates: Wednesdays, 1/18 to 3/8
Wednesdays, 3/15 to 5/17
(No classes 4/14 to 4/22)
Time: 10:00 - 10:45 am
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Instructor
Fee: \$160



Join us for a Magical Experience as we take your little one into the wonderful world of dance! Watch them twirl, flutter & sparkle with joy as they dance & make new friends. Tutu & tiara provided. A Mini Performance on the last day of class. Smiles guaranteed.

Tots Dance

Age: 3
Dates/ Times:
Tuesdays, 2/7 to 4/11 (No class 2/14), 4:30 - 5:00 pm
Thursdays, 2/9 to 4/13 (No class 2/16), 10:45 - 11:15 am
Fridays, 2/10 to 4/21 (No class 2/17, 4/14), 1:00 - 1:30 pm
Saturdays, 2/4 to 4/8 (No class 2/18), 9:00 - 9:30 am
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$125

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.



Pre-Kinder Dance

Age: Pre Kinder
Dates / Times:
Tuesdays, 2/7 to 4/11 (No class 2/14), 5:00 - 5:45 pm
Thursdays, 2/9 to 4/13 (No class 2/16), 10:00 - 10:45 am
Fridays, 2/10 to 4/21 (No class 2/17 to 4/14), 1:30 - 2:15 pm
Saturdays, 2/4 to 4/8 (No class 2/18), 9:35 - 10:20 am
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$150

This 45 minute class will include intro to tap, basic ballet and creative movement while encouraging confidence and creativity in a fun & friendly environment. Class is especially designed for pre-schoolers, average age 4. Session is 9 weeks.



Kinder Hip Hop

Age: 4 to 5
Dates: Mondays, 1/30 to 4/3 (No class 2/13), 4:45 - 5:30pm
Fridays, 2/10 to 4/21 (No class 2/17, 4/14), 5:30 - 6:15pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$150

This dance class is a fusion of basic hip hop and creative movement to get all the wiggles out. Through creative combinations & activities, dancers will be introduced to basic hip hop isolations, precision & age appropriate urban choreography while developing coordination and musicality. Session is 9 weeks.



K-Dance

Age: Kindergarten
Dates: Tuesdays, 2/7 to 4/11 (No class 2/14), 5:45 - 6:45 pm
Thursdays, 2/9 to 4/13 (No class 2/16), 4:30 - 5:30 pm
Saturdays, 2/4 to 4/8 (No class 2/18), 10:30 - 11:30 am
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

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



Primary Dance

Age: 1st grade
Date: Wednesdays, 2/8 to 4/12 (No class 2/15), 4:30 - 5:30 pm
Thursdays, 2/9 to 4/13 (No class 2/16), 5:30 - 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

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.

Youth Dance Classes

Kids Combo

Age: 1st thru 3rd grade
Date: Saturdays, 2/4 to 4/8 (No class 2/18)
Time: 10:30 - 11:30 am
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

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 thru 3rd grade. Session is 9 weeks.



Elementary Dance

Age: 2nd & 3rd grade
Date: Tuesdays, 2/7 to 4/11 (No class 2/14), 4:30 - 5:45pm
Tuesdays, 2/7 to 4/11 (No class 2/14), 5:30 - 6:45pm
Thursdays, 2/9 to 4/13 (No class 2/16), 4:30 - 5:45pm
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$205

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

Youth Tap Dance

Age: 4th to 6th grade
Date: Wednesdays, 2/8 to 4/12 (No class 2/15)
Time: 5:30 - 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

This high energy class is perfect for the pre-teen tap enthusiast. Each week, class will progress through a warm up, floor crossings and mini combinations to build strength in the legs & feet, improve rhythm & timing, and increase muscle & mental memory of the skills necessary to be a successful tap dancer. Session is 9 weeks.

Mini Hip Hop Dance

Age: 1st to 4th grade
Date: Thursdays, 2/9 to 4/13 (No class 2/16)
Fridays, 2/10 to 4/21 (No class 2/17, 4/14)
Time: 5:30 - 6:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

This fast paced and exciting class offers age appropriate hip hop for the younger set. Perfect for the child with energy to spare! Come and learn some urban, kid friendly dance moves while developing precision and coordination. Session is 9 weeks.

Pre Teen 1 (Combo) Jazz & Tap Dance

Age: 5th to 7th grade
Date: Thursdays, 2/9 to 4/13 (No class 2/16)
Time: 6:30 - 7:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

This Jazz and Tap combo class will emphasize proper technique and body alignment, as well as develop all dance-related skills, in a fun and exciting atmosphere. Session is 9 weeks.

Youth Hip Hop Dance

Age: 5th to 7th grade
Date: Tuesdays, 2/7 to 4/11 (No class 2/14)
Time: 6:45 - 7:45pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

It's time to get funky! Come explore the dynamic world of hip hop through a high energy class designed for your pre-teen dancer. Session is 9 weeks.



Youth Dance Classes

Teen Hip Hop Dance

Age: 8th to 12th grade
Date: Wednesdays, 2/8 to 4/12 (No class 2/15)
Time: 5:45 - 6:45 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

Teens will love this fast paced, high energy hip hop jam session, a mix of urban street dance and "new style". Session is 9 weeks.

Youth Lyrical 1A

Age: 2nd to 5th grade
Date: Mondays, 1/30 to 4/3 (No class 2/13)
Time: 4:30 - 5:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

A blend of ballet and jazz in an artful interpretive style for the expressive young dancer. Prior ballet training helpful but not required. Session is 9 weeks.

BOYS Tap/Hip Hop

Age: 2nd to 5th grade
Date: Fridays, 2/10 to 4/21 (No class 2/17, 4/14)
Time: 4:30 - 5:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

An upbeat mix of age appropriate hip hop and introductory tap skills in a class designed specifically for the creative young male. No tutus! No tights! No girls allowed! Session is 9 weeks.

Do you have a special skill or certification?

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Contact one of the Recreation Supervisors on the back of this brochure to discuss your special talent, the City of Frederick is always looking for new classes to offer the Frederick Community!

CALL or email now to arrange a meeting with one of us, you may just see yourself in the Winter brochure.

Theater/Acting/ Music Classes

"Shrek, Jr." Musical Theater Factory Show

Age: 8 & up
Dates: Saturdays, 1/21 to 3/25
Time: 9:00 am - 1:00 pm
Location: 24/7 Dance Studio
Registration: Wm. Talley Rec Center
Instructor: 24/7 Instructors
Fee: \$400

Camp size - 25. This 10 week camp is full of musical theater fun! Campers will learn basic acting and musical theatre performance techniques while developing self-confidence, poise and stage presence. Emphasis on vocal projection and articulation, character development, memorization, concentration skills and development of the ability to follow directions while preparing for the end-of-camp in-house production of "Shrek, Jr." where the show comes to life enacted solely by campers, utilizing their newly learned skills to entertain family and friends! All students are cast in the show and is the perfect mixture of camp fun and getting down to business. There are no refunds or credits for camps. Due to the nature of theatrical bookings show/selection may be changed without notice. Tech Rehearsal: March 25th 9am - 5pm / Performance date: March 25th (6pm) & March 26 (12pm, 3pm & 6pm) Coming in the summer: Legally Blonde, Jr. June 26, 2017 - July 8, 2017

Youth Acting 1

Age: grades 2nd to 4th
Dates: Wednesdays, 2/8 to 4/12 (No class 2/15)
Time: 4:30 - 5:30 pm
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Susan Thornton
Fee: \$180

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 all of these skills for the young actor to take the stage! Session is 9 weeks.

Youth Acting 2

Age: grades 4th to 6th
Dates: Tuesdays, 2/7 to 4/11 (No class 2/14)
Time: 5:30 - 6:30 pm
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Susan Thornton
Fee: \$180

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.

Theater/Acting/Music Classes

Youth Acting 3

Age: grades 6th to 8th
Dates: Tuesdays, 2/7 to 4/11 (No class 2/14)
Time: 4:30 - 5:30 pm
Location: Dance Unlimited
Registration: Wm Talley Rec Center
Instructor: Susan Thornton
Fee: \$180

Curriculum includes a review and elaboration of skills from Acting 1 and 2, as well as focusing on new techniques and exercises in bringing a character to theatrical like from read-through to performance. Session is 9 weeks.

Group Voice Class

Age: 10 to 15
Dates: Thursdays, 2/9 to 4/13 (No class 2/16)
Time: 7:30 - 8:30pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Cathie Porter-Borden
Fee: \$200

The class will focus on solid vocal technique, including breathing/support, diction, interpretation, tone production, and posture. The group will work on group routines with blocking as appropriate. In addition each singer will work on a solo 16-bar audition selection to incorporate into their audition notebook. Session is 9 weeks.



Dance for Musical Theatre

Age: 12 to 18
Dates: Mondays, 1/30 to 4/3, (No class 2/13)
Time: 7:30 - 8:30 pm
Location: Dance Unlimited
Registration: Wm. Talley Rec Center
Instructor: Dance Unlimited Staff
Fee: \$180

Perfect for the pre teen and teen performers trying to boost their dance ability for school or community theatre shows & auditions. Class will include jazz and tap and is designed to help performers gain skills and confidence in musical theatre dance. Session is 9 weeks.

THE PRINCESS AND THE PEA

(Mini Musical Theatre Workshop)

Age: 5 to 8
Date: Saturdays, 1/7 to 1/28
Time: 9:00 am - 12:00 pm
Location: Dance Unlimited
Instructor: Susan Thornton
Registration: Wm Talley Rec Center
Fee: \$150

A fun and exciting introduction to musical theater for young actors! Students will learn basic theater terminology, staging & choreography through theater games and as they rehearse for their final production. This workshop will conclude with a production of THE PRINCESS AND THE PEA in our 115 seat, state of the art theatre. Performance is on Saturday 1/28 at 12:00pm.

Piano / Private Lessons – Youth & Adult

Age: 5 yrs. through Adult students
Dates: Tuesdays,
1/10 to 2/28
3/14 to 5/2
5/16 to 7/11
8/8 to 9/26

Wednesdays,
1/11 to 3/1
3/15 to 5/3
5/17 to 7/12
8/9 to 9/27

Time Slots: Start at 5:00 to 7:30pm
Location: Wm. Talley Rec Center
Registration: Wm. Talley Rec.
Instructor: Maria Cole
Fee: \$160 city / \$165 non city

Maria Cole is a private piano teacher local to the Frederick area. She specializes in beginners of all ages while offering a well-rounded approach combining sight and interval reading, scales, theory, and song writing. Maria customizes her teaching around each individual student. Most importantly Maria's goal is to foster a love and dedication for the instrument, music and personal self-expression. This is an 8 week session. Register early to get your preferred time slot! If you need a time slot that is not listed above please contact Nancy Adkins, Recreation Supervisor at 301-600-6238 to discuss time needed.

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.

Healthy Cooking & Nutrition

HEALTHY COOKING & NUTRITION CLASSES – ALL NEW

Healthy Lunch Options Cooking Class



Age: 18 & up
Date: Wednesday 1/11
Time: 6:30 - 8:00 pm
Location: Wm. Talley Rec Center Kitchen
Instructors: Registered Dietitian Nutritionist Emily Spear and Executive Chef Chris Spear
Fee: \$45 city / \$50 non city

Bored with your current lunch options? Come to this class for inspiration and new ideas. In this participative cooking lesson and demonstration, you will learn preparation and cooking tips, as well as receive information on the nutritional benefit of the foods used in this class. Come learn to cook with us, enjoy some food and take home recipes for you to recreate. Please wear comfortable, casual clothing and flat comfortable shoes, long hair should be tied back. Please do not wear open-toed shoes or sandals. Class Limited to 15 participants.

Healthy Italian Cooking Class



Age: 18 & up
Date: Thursday 2/9
Time: 6:30 - 8:00 pm
Location: Wm. Talley Rec Center Kitchen
Instructors: Registered Dietitian Nutritionist Emily Spear and Executive Chef Chris Spear
Fee: \$45 city / \$50 non city

Come discover the lighter side of Italian cooking. In this participative cooking lesson and demonstration, you will learn preparation and cooking tips, as well as receive information on the nutritional benefit of the foods used in this class. Come learn to cook with us, enjoy some food and take home recipes for you to recreate. Please wear comfortable, casual clothing and flat comfortable shoes, long hair should be tied back. Please do not wear open-toed shoes or sandals. Class Limited to 15 participants.

Healthy Asian Cooking Class



Age: 18 & up
Date: Thursday 3/9
Time: 6:30 - 8:00 pm
Location: Wm. Talley Rec Center Kitchen
Instructors: Registered Dietitian Nutritionist Emily Spear and Executive Chef Chris Spear
Fee: \$45 city / \$50 non city

In this class, we'll be taking some of our favorite Asian dishes and giving them a healthy makeover. In this participative cooking lesson and demonstration, you will learn preparation and cooking tips, as well as receive information on the nutritional benefit of the foods used in this class. Come learn to cook with us, enjoy some food and take home recipes for you to recreate. Please wear comfortable, casual clothing and flat comfortable shoes, long hair should be tied back. Please do not wear open-toed shoes or sandals. Class Limited to 15 participants.

Healthy Spanish Cooking Class



Age: 18 & up
Date: Wednesday 4/12
Time: 6:30 - 8:00 pm
Location: Wm. Talley Rec Center Kitchen
Instructors: Registered Dietitian Nutritionist Emily Spear and Executive Chef Chris Spear
Fee: \$45 city / \$50 non city

Say adiós to fat and salt, and get ready to make some seriously flavorful Spanish food that's perfect for your next tapas party. Recipes will include White Gazpacho, Garlic Shrimp and more. In this participative cooking lesson and demonstration, you will learn preparation and cooking tips, as well as receive information on the nutritional benefit of the foods used in this class. Come learn to cook with us, enjoy some food and take home recipes for you to recreate. Please wear comfortable, casual clothing and flat comfortable shoes, long hair should be tied back. Please do not wear open-toed shoes or sandals. Class Limited to 15 participants.



All About our Dietitian and Executive Chef:

Emily Spear has been helping people learn to balance nutrition and taste for 10 years as a dietitian with a culinary background. She enjoys teaching and counseling for various health needs whether you require a specialized diet plan for a medical condition or you want to improve your overall health and diet. Emily is a realist and understands that everyone has their own nutrition story and journey.

Chris Spear is the chef and owner of Perfect Little Bites, a personal chef and culinary instruction business in Frederick, MD. Originally from Marlborough, MA, he obtained his culinary degree from Johnson & Wales University in Providence, RI. After college, he traveled around the country, running kitchens in Seattle and Philadelphia. Since moving to Maryland, chef Spear has focused on contemporary mid-Atlantic and southern cuisine, incorporating regional and global ingredients and techniques into his dishes. For any questions about the classes please email Chris at perfectlittlebites@gmail.com



Special Interest / Weight Management

Getting Paid To Talk: Making Money with Your Voice

Age: 18 & up

Date: Tuesday, 1/17 (one evening class)

Monday, 5/15 (one evening class)

Time: 6:30 - 9:00 pm

Location: Wm. Talley Rec Center

Registration Deadline:

Two weeks before class at the latest, sign up early!

Instructor: Voice Coaches

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

An introduction to professional voice acting. 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 overs.

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visit us at www.cityoffrederick.com

Weight Loss/Maintenance Program – “Challenge You” with Kim Burdette

Ages 18 & up

Day/ Dates:

Monthly, Tuesdays, 10:15 - 11:15 am, (ongoing program)

Monthly, Thursdays, 5:30 - 6:30 pm, (ongoing program)

Monthly, Saturday, 9:30 - 10:00 am, (ongoing program)

Registration: Wm. Talley Rec Center

Location: Wm. Talley Rec Center

Instructor: Kim Burdette

Fee: \$30 city (per month) / \$35 non city (per month)

Special Note:

Tuesday, Thursday, or Saturday class, (One class required per week).

In addition to the required weekly meeting, participants can choose to attend the following exercises classes, at no additional charge:

Tuesday, 10:45 - 11:15 am - Moderate Intensity Total Body work-out

Thursday, 5:30 - 6:00 pm - Moderate Intensity Total Body work-out

Saturday, 10:00 - 11:00 am - Circuit Training

Finding it tough to start, and stick to a regular exercise routine, healthy eating plan, and all the other lifestyle behaviors that you know will bring great benefit? Did you know being able to maintain those healthy lifestyle behaviors is the key to maintaining a healthy weight? If you answered yes consider joining the ongoing Weight Loss/ Maintenance “Challenge You” program. You will receive weekly group support, as well as the assistance of your own personal Wellness Coach, to help you stay on track. Your Wellness Coach will introduce topics relevant to Weight Loss/Maintenance, in a supportive, small to mid- size group environment, and encourage you as you explore how healthy eating, physical activity, and behavior change can benefit your overall health.

This is what current participants have to say:

- *“The accountability and the community of the group is crucial in my weight loss journey!”*
- *“If you are looking to become a healthier you, I highly recommend the “Challenge You” class. I have been a participant for the past 4 months, with a current weight reduction of 25 lbs. I attribute this to the instructor Kim Burdette’s well rounded knowledge of nutrition, fitness and life skills. Kim creates a positive environment for discussion, which allows for an open exchange among the participants. In the exercise portion she gently pushes me to give a little more. I have incorporated many of the exercises into my home workouts. For the first time in my life I am enjoying fitness. “*
- *“Kim Burdette has created The Challenge You Class with you in mind. If you are working on weight maintenance, slimming down, trying to improve your health or just improve your strength, Kim has the background and the commitment to help you succeed. Kim not only understands the science of personal training, she also understands the science of motivation. I like many am a work in progress. I enjoy her classes each week as a touch base for my weight loss goal and overall health.”*
- *“I was looking for a program that would keep me focused on losing weight and not putting it off for another day. I was not sure in reading the program material if this was the right one for me. It WAS! What I found was a group of people all focused on the same thing and being supported by a motivated leader and each other. I was not sure about the exercise portion of the class but found that it helped and that I look forward to it. The program is working for me and I plan on continuing.”*

Questions, or to schedule your orientation, please contact Kim Burdette at kburdette@cityoffrederick.com

Specialty Fitness



Cardio Step and Sculpt

Age: 16 & up

Dates:

Saturdays, ongoing November - December 17 (no class 11/19 & 12/3)

Saturdays, ongoing starting 1/7

Time: 11:00 am - 12:00 noon

Or

Dates: Thursdays, ongoing until 12/15

Thursdays, ongoing starting 1/5

Time: 7:00 - 8:00 pm

Location: Wm. Talley Rec Center

Instructor: Sandra Troutman

Fee: daily walk in \$5 city / \$6 non city or 6 classes for \$ 24 city / \$30

non city

This class keeps you moving by combining Step with cardio workouts and sculpting benefits. This is a great step workout with diverse music (Reggaeton, Salsa, Techno, Caribbean, African Rhythms, and more) followed by an intense muscle conditioning that including Abs.

BANG Power Dance™

Age: 18 & up

Dates: Tuesdays, 1/17 to 3/7

Tuesdays, 3/28 to 5/16

Time: 7:00 - 8:00 pm

Location: Wm. Talley Rec Center

Registration: Wm. Talley Rec Center

Instructor: Shannon Gyles

Fee: \$40 city / \$45 non city (8 weeks)

Walk-In Fee: \$6 city \$7 non city

(If you sign up for 8 week session, fee is less per class!)



Free Class: Tuesday, 1/10, 7:00 - 8:00 pm at Wm. Talley Rec Center. Come in ready for a fun work-out and see what BANG Power Dance™ is all about!



BANG Power Dance™ is the newest, coolest, most body building dance fitness workout to hit the land in basically forever! BANG is a high-intensity workout with an urban flare. It's a music-driven workout that takes urban dance and incorporates intervals of higher intensity and weighted gloves that promises to take your dance fitness workout to a whole new level. The format is a fusion of hip hop, Latin, aerobics and boxing. There are three levels of intensity, so whether you're a fitness pro, or have never set foot in a gym, Bang promises to meet your workout needs. Bang...because it's more than just exercise.



Chi Running

Age: 18 and up

Dates/Times: Choose one, 4 hour session

Saturday, 1/14, 12:00 - 4:00 pm

Saturday, 2/11, 12:00 - 4:00 pm

Saturday, 3/11, 12:00 - 4:00 pm

Saturday, 4/8, 12:00 - 4:00 pm

Location: Wm. Talley Rec Center

Instructor: Mark Lawrence, Self-Propel, LLC.

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

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 walkers and/or runners who want to learn the secrets of how to move with less effort and be naturally lighter on your feet. Class includes the basic building blocks of posture, lean, ankle lift, arm swing, and cadence. The combined principles are then applied to running on various types of terrain. Also included is a discussion of proper footwear. 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.

ChiRunning



Circuit Training with Kim Burdette

Age: 18 & up

Day/Date: Class meets monthly/ Saturdays, ongoing classes

Time: 10:00 - 11:00 am

Location: Wm. Talley Rec Center

Registration: Wm. Talley Rec Center

Instructor: Kim Burdette

Walk In Fee: \$5 city per class / \$6 non-city per class

Come for a full-body workout that focuses on cardiovascular fitness, endurance strength, and flexibility.

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, helping with flower beds in the park, coaching one of our youth sports teams, etc. Please contact the Parks and Recreation Department at 301-600-1492 if you are interested. Thank you.

Specialty Fitness

Adult Exercise Class 50 +

Total Body (Cardio / Sculpt / Core & Flexibility)

Age: 50 & up

Dates: Tuesdays & Thursdays, on going

Time: 9:00 - 10:00 am

Location: Wm. Talley Rec Center Gym

Instructors: Tuesdays, Kim Burdette

Thursdays, Darlene Posy

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. You will get a terrific workout!

Pay as you go at the door, on the days you attend class only!

This, **low impact, moderately intense** 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.

Important Weather Information: If Frederick County Public Schools are cancelled for the day, no class. If school is 2 hours late class will be held on Tuesday and Thursday.

Mighty Fit's Fall Prevention / Balance Training

Age: 50 and Up

Dates/Times: Mondays/ Fridays, 1/2 to 1/30 10:30 -11:30 am

Mondays/ Fridays, 2/3 to 2/28 10:30 -11:30 am

Mondays/ Fridays, 3/3 to 3/31 10:30 -11:30 am

Mondays/ Fridays, 4/3 to 4/28 10:30 -11:30 am

Location: Wm. Talley Rec. Center

Instructors: Darlene Overholtzer and Liz Gillison

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. The class exercises will be adjusted to each participant's individual ability.

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 or delayed due to inclement weather conditions, there will not be any classes.

Zumba



Zumba Toning

Age: 12 & up

Dates: Tuesdays, 1/10 to 2/28

Tuesdays, 3/14 to 5/2

Time: 4:30 - 5:30

Location: Wm. Talley Rec Center etc.

Registration: Wm. Talley Rec Center

Instructor: Megan Rosier

Fee: \$40 city / \$45 non city

Fee for Walk-in: \$6 city / \$7 non-city

If you sign up for the session- Fee is less per class.

Perfect For

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

How It Works

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

Benefits

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



Zumba

Age: 12 & up

Dates: Wednesdays, 1/11 to 3/1

Wednesdays, 3/15 to 5/3

Time: 4:30 - 5:30

Location: Wm. Talley Rec Center etc.

Registration: Wm. Talley Rec Center

Instructor: Megan Rosier

Fee: \$40 city / \$45 non city

Fee for Walk-in: \$6 city / \$7 non-city

If you sign up for the session - Fee is less per class.

Perfect For:

Everybody and every - body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Walk-in Fitness Classes

The Walk-In Fitness Class Schedule is now a quarterly schedule. Refer to Talley Desk or www.cityoffrederick.com for exact schedule. Scan the QR code below for a direct link to our website –



ALL OF OUR FITNESS CLASSES CONTAIN ORIGINAL CHOREOGRAPHY BY INSTRUCTORS.

USE YOUR AUTOMATED PUNCH CARDS TO PARTICIPATE IN CLASSES!

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 ON FITNESS CLASS DESCRIPTIONS

AWESOME ABS/LETHAL LEGS

Cardio & Strength combine to target your core and lower body

BODY BLAST

This high-powered, total body, conditioning workout set to music works all the major muscle groups of the body using some or all of the following: dumbbells, body bars, resistance tubing, stability ball, step platform, BOSU and your own body weight. This workout will build your strength and endurance. All fitness levels welcome!

BUTT & GUT

Strengthening and toning targeting the lower body and abs

CARDIO KICKBOXING

High energy, cardio based kick boxing class to get your heart pumping

CARDIO STRETCH & MEDITATION

Starts with an easy warm up and moves on to cardio moves centering on Yoga poses. We will end with a cool down and meditation. Good for focused stretching and meditation

CIRCUIT TRAINING

Body conditioning using high intensity aerobics. We will focus on building, targeting, and strengthening your muscular endurance.

HIIT

The concept of HIIT is to perform an activity at near max effort for a certain amount of time to be immediately followed by a rest period of a specific amount of time. The time periods can be the same or different. The premise of this class is to provide an opportunity to receive a great metabolic workout that will challenge every muscle in your body (including your heart!) without compromising any key aspects of a great workout. You can be in and out, showered, and ready to head back to the office all without extending your lunch break. Come in and try HIIT today

INTERVAL TRAINING (50+)

A combination of cardio and strength training geared towards adults over 50. Appropriate modifications will be made to give you a challenging and safe strength and cardio interval training class.

DJ-ERCISE

An energetic workout that combines high/low aerobic dance steps to great music. So get ready to walk, march, skip and dance to the best tunes from past hits and today's top favorites.

This cardio workout will help you to lose weight, tone muscles and improve the quality of life while burning calories in a fun way

PILATES

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

POWER SCULPT

A total body workout that incorporates the use of light, medium, and heavy weights for a combination strength and cardio workout

RESISTANCE TRAINING

Exclusively a strength training class using free weights, resistance balls, resistance bands. Come ready to lift

TONE IT UP!

Cardio & Strength fusion class. Primarily based in floor exercise and will use a variety of strength training tools, including bodyweight for a challenging workout

TORSO TRAINING

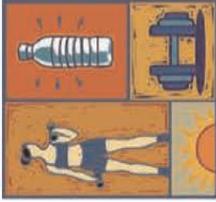
A toning class that targets the upper body and abs

YOGA (50+)

This class is intended for adults 50 and older. We will start out with some basic movements and go through some basic beginner Yoga poses. There will be a few challenging poses as well if you want to be challenged, although this is not required! We will end with a cool down and a soothing relaxing meditation. No matter your experience, you will find this class the ultimate hour of exercise

Walk-in Fitness Classes

Walk-In Fitness Class Schedule – Winter 2016/2017 (effective 12/1/16)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Power Sculpt MPRL3 (Lora Scott)	8:15am-9:15am 50+Interval Training MPRB (Darlene Posey)	6-7am Power Sculpt MPRL3 (Lora Scott)		8:15-9:15am Fit Camp MPRL3 (Stephen Ames) 8:30-9:30am Cardio Stretch & Meditation MPRB (Caroline Stevens)
9:30-10:30am Cardio Kickboxing MPRB (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	9:30 – 10:30am Cardio Sculpt MPRB (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	9:30-10:30am Pilates MPRLB (Lora Scott) 	9:30-10:30am Power Sculpt MPRL3 (Lora Scott) 10:45-11:45am Pilates MPRB (Lora Scott)
	10:15-11:15am Yoga <i>Recommended for 50+</i> MPRL3 (Kristi Brownlow)		10:15-11:15am Yoga <i>Recommended for 50+</i> MPRL3 (Kristi Brownlow)		
					
4:30-5:30pm Tone it Up! MPRB (Darlene Posey)			4:30-5:30pm Tone it Up! MPRB (Darlene Posey)	<div style="border: 1px solid black; padding: 5px;"> <p>Stop by the Front Desk to get your Automated Punch Card!</p> <p>Fitness Center Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$10 city / \$20 non city 15 class Fitness Pass: \$14 city / \$28 non city 25 class Fitness Pass: \$20 city / \$40 non city</p> <p>Non – Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$25 city / \$50 non city 15 class Fitness Pass: \$37 city / \$74 non city 25 class Fitness Pass: \$60 city / \$120 non city</p> <p>Find the latest class schedules & updates on our website: www.cityoffrederick.com</p> </div>	
5-6pm Butt & Gut MPRL3 (Theresa Thomas)	5-6pm HIIT MPRB (Stephen Ames)	5-6pm Torso Training MPRB (Theresa Thomas)	5-6pm Awesome Abs/Lethal Legs MPRL3 (Theresa Thomas)		
6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Pilates MPRB (Lora Scott) 	6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Resistance Training MPRB (Marcia Fortunato)		
6-7pm Circuit Training MPRB/gym (Theresa Thomas)		6-7pm Cardio Stretch & Meditation MPRB (Caroline Stevens)	6-7pm Circuit Training MPRL3 (Theresa Thomas)		

William Talley Fitness Center

121 North Bentz Street, Frederick, MD 21701 • 301-600-1450

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)
 Johnny G Krank Cycle by Matrix

Hours of Operation – NEW EXTENDED WEEKEND HOURS

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

Open Gym Activities (membership required effective 1/1/13) —

check www.cityoffrederick.com for details

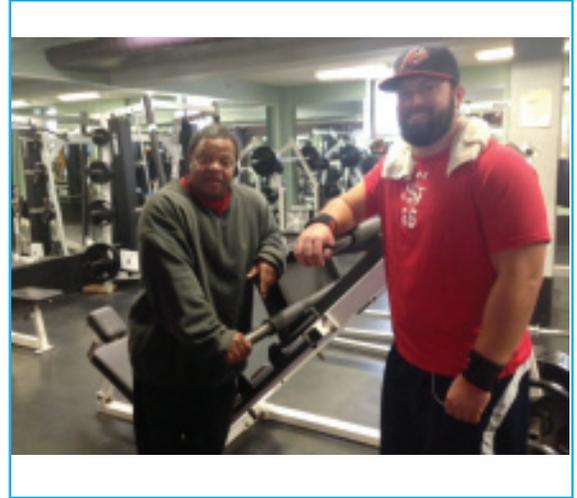
(Schedule is subject to change)

Mondays, 6:00 to 9:30 pm, Adult Coed Volleyball (age 16 & up)

Tuesdays & Thursdays, 5:00 to 9:30 pm, Open Coed Basketball

Fee Schedule

- Monthly memberships are available by bank draft only
- Annual and Semi Annual memberships 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	\$18	\$36	N/A	N/A
10 visit punch pass, adult	\$35	\$70	N/A	N/A
10 visit punch pass, senior	\$18	\$36	N/A	N/A
Yearly Gymnasium Only pass, must be at least 9 yrs.	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 Guest Passes available to the Fitness Center....come check us out.

Childcare Hours of Operation

(age 3 months to age 8)

Monday, Wednesday & Friday: 9:00 am — to 1:00 pm

Tuesday & Thursday: 8:00 am — 12:00 noon

Monday, Wednesday & Thursday 4:00 pm – 7:00 pm

Forget Something???

We now sell hair ties, water, protein drinks, and Wm. Talley Fitness Center t-shirts and hats.

for more information call 301-600-1492

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follow us on Pinterest - City of Frederick Parks and Rec

Facilities and Parks

Lincoln Elementary Recreation Center

At Lincoln Elementary School, 200 Madison Street, Frederick, MD 21701, 301-600-6904

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!

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.

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, Catocin Avenue, E. 3rd Street, Gazebo, Grove, Hillcrest, Sagner, and Stonegate

\$20 city \$40 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

\$125 city / \$250 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 our Program Registration and Facility Reservation Desk at 301-600-1492 or 301-600-1493.



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 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 – \$3.50 per hour city / \$7 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

For field reservations and information, contact Sarah Stamper at 301-600-1173 or sstamper@cityoffrederick.com

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 our

Program Registration and Facility Reservation Desk at 301-600-1492 or 301-600-1493.



CLUSTERED SPIRES GOLF COURSE

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.



TREASURE IN THE CASTLE!

Located in Historic Baker Park

Looking for a place to host your reception or other event?

We have one of the largest spaces in Downtown Frederick at 10,000 open square feet with wood floors.

The City of Frederick
 Wm R Talley Recreation Center
 121 North Bentz St., Frederick, MD 21701
301-600-1493





Visit our Program Registration & Facility Reservation Desk!

Open Monday through Friday from 8:30 am to 6:30 pm.

Enter the building through the double doors located on North Bentz Street.

A specialized desk staff is waiting to assist you!

- ◆ *Register in person during office hours*
- ◆ *Register via the phone 301-600-1492 during office hours*
- ◆ *Register online 24/7 at www.activityreg.com*
- ◆ *Register via one of our two drop boxes located at the Talley Front Desk or the side entry door along 2nd St.*

◆
The Talley Center Desk and existing entry door facing Baker Park remain open for Talley Fitness Center members and facility usage during building hours.



Registration Information & Policies



The City of Frederick Parks & Recreation Department PROGRAM REGISTRATION FORM

Register on-line at www.activityreg.com

Class Participant Name _____ D.O.B. _____ Gender: M / F
 Street Address _____ City _____ State _____ Zip _____
 E-mail _____ Phone (H) _____ (Cell) _____
 Emergency Contact: _____ Phone: _____

Program/Class Name	Date & Time	Fee

Total Amount \$ _____

Place in Drop Box or mail completed form and check/credit card information to:
 City Parks and Rec, 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.

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.

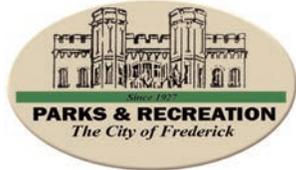
After the established refund deadline, no refunds will be issued except in cases of medical emergency, in which participant must submit a letter and doctor's note to the Recreation Supervisor within 4 weeks of the class starting date.

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

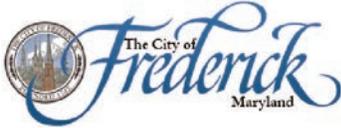
Returned checks: A \$25 fee will be charged for checks returned for non-payment.

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



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



CARRIAGE RIDES

December

See page 3 for details.

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



Use your smart phone,
Scan and enjoy

COMING IN MARCH...

**REGISTRATION BEGINS
FOR SWIM LESSONS &
SUMMER DAY CAMPS**

Parks and Recreation Department Staff Contacts

301-600-1492 • fax, 301-600-2849 • www.cityoffrederick.com

Bob Smith, Deputy Director

301-600-1902 - bsmith@cityoffrederick.com

Cheryl Radcliffe, Recreation Supervisor/Satellite Facility Registration

301-600-3844 - cradcliffe@cityoffrederick.com

Nancy Adkins, Recreation Supervisor

301-600-6238 - nadkins@cityoffrederick.com

Sean Poulin, Recreation Supervisor /

Celebrate Frederick Volunteer Coordinator

301-600-3846 - spoulin@cityoffrederick.com

Sarah Stamper, Office Manager

301-600-1173 - sstamper@cityoffrederick.com

Catherine Effland, Talley Center Supervisor /

Recreation Supervisor – Marketing & Membership Services

301-600-3850 - ceffland@cityoffrederick.com

Scott Geasey, Parks Superintendent

301-600-3857 - sgeasey@cityoffrederick.com

Jennifer Martin, Celebrate Frederick Marketing Coordinator

301-600-2844 - jmartin@cityoffrederick.com

Keri Amorosi, Celebrate Frederick Development Supervisor

301-600-2841 - kamorosi@cityoffrederick.com

Cancellation and Information Line, 301-600-6970

Clusted Spires Golf Course, 301-600-1295

Program Registration and Facility Reservation Desk, 301-600-1492 or 301-600-1493

Talley Center Desk, 301-600-1450

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